

# Ramblings

Newsletter of Athletics Tauranga Incorporated



**March 2010**

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## ATHLETE OF THE MONTH

**March 2010**



### **Joseph Millar**

New Senior Boys 200m record at  
WBOP SS Champs of 22.01s  
National 100m (10.74) /200m (21.60)  
M19 champ & NISS 100m/200m  
Champ.

Joseph was also part of a NZ 4x  
400m relay team which set a new  
NZ U18 record of 3.13.70 in  
Melbourne.

Having qualified for World Juniors  
with 1 B standard performance he  
needs another to secure his place.



## Editorial MARCH MADNESS

It's been that time of year when suddenly  
all the championships are upon us &  
stuffed into a month. Not only have our  
athletes been racing all over the  
countryside but our track officials and  
photofinish box have been working  
overtime. We had a huge number of  
school events at the Domain this year. I  
think we coped wonderfully and  
congratulate all those who made these  
events happen. Easter Eggs all round!



Another moment of madness has occurred,  
which may be the result of a stray discus  
hit in the back of the head, which caused  
certain trackside persons to act so.  
Hopefully, when the swelling goes down,  
they will see fit to correct the situation  
before irreparable damage is done. If not,  
then perhaps a well-placed javelin....  
which leads on to....

**ma raison d'être** ...or why I joined  
Ramblers.... a timely reflection on my 13-  
14 year association. Advertised then as:  
**"an organisation committed to  
providing an opportunity whereby  
people of all ages and abilities can  
enjoy athletics."**

Our kids wanted to be able to run just like  
their cuzzies, who were all members. A  
Club which caters for all. Be it 5-or 95,  
**elite or plodder**. Something we can do  
and enjoy as a family. Great! Time to  
work on our fitness- sucks when our 9-10  
year olds keep beating us!

**Has anything changed?** I for one hope  
not- (except our kids still beat us). As we  
start a new season - you decide: what do  
you want your Club to be?

Club Email:

[athletics.tauranga@xtra.co.nz](mailto:athletics.tauranga@xtra.co.nz)

website: [www.taurangaramblers.co.nz](http://www.taurangaramblers.co.nz)

or [www.athleticstauranga.co.nz](http://www.athleticstauranga.co.nz)

plus summer track results are on:

[www.sportsground.co.nz/taurangaarc](http://www.sportsground.co.nz/taurangaarc)

### Kingsgate Rotorua Half Marathon & 10km 7<sup>th</sup> March

Run through the Whakarewarewa Forest over scenic trails and smooth gravel forest roads, 604 finishers in the half run & 175 walkers. 280 finishers in the 10km run, & 112 walkers.

Steven O'Callaghan won in 1h 13m 29s, ahead of Phil Murray 1h 14m 18s and Colin Earwaker 1h 18m 20s. Maja Alm first woman in 1h 24m 15s (15<sup>th</sup> overall) .

Ex-Ramblers Tony Chudley placed 14<sup>th</sup> in 1.24.13 & Roger Creighton 27<sup>th</sup> in 1.27.20

**Michelle Basson**  
5<sup>th</sup> W (29<sup>th</sup>) 2<sup>nd</sup> F35-44 1.27.44

**Stu Smith**  
45<sup>th</sup> 4<sup>th</sup> M55+ 1.32.00

**Les Dobson**  
58<sup>th</sup> 12<sup>th</sup> M45-54 1.34.40

**Mike Powell**  
170<sup>th</sup> 11<sup>th</sup> M55+ 1.45.45

**Ethney Barnaby**  
395<sup>th</sup> 47<sup>th</sup> F35-44 2.03.16

#### 10km

**Dan Smith** 1<sup>st</sup> 38.53

**Petra Creighton** 1<sup>st</sup> W (10<sup>th</sup>) 44.07

### IAAF Melbourne Track Classic 4<sup>th</sup> March

**Joseph Millar** ran as part of a 4x400m Junior team which placed 7<sup>th</sup> against open teams from Australia, setting a new NZ M18 record of 3.13.70.

### Canberra 26 February 2010

Sorry these were left off the last newsletter: Awesome results against the Aussies, while on a 9 day trip with NZ team & spending time at the Australian Institute of Sport

**Joseph Millar** 100m 2<sup>nd</sup> 10.90s

**Joseph Millar** 100m race 2  
2<sup>nd</sup> 10.88s

**Michael Cochrane** 110m hurdles  
1<sup>st</sup> 14.60s

### Australian Junior Champs 11<sup>th</sup>-14<sup>th</sup> March

#### **Michael Cochrane M19**

Stella performances: only .01s from a world qualifying Junior A time of 52.50 in the 400mHurdles.

400mH Heat 1<sup>st</sup> (PB) 52.85

Final 1<sup>st</sup> (PB) 52.51

110mH Heat 3<sup>rd</sup> 14.75

Final 5<sup>th</sup> 14.62

#### **Anna Lisa Uttley WU18**

3000m 2<sup>nd</sup>/10 9.55.30

### Everyone's Run Walk Series Maxwells Rd

#### 4<sup>th</sup> March

45 runners & 20 walkers in the 5km & 27 in the 3km

#### **5km**

1 Kyle MacDonald 15.01

2 Iain MacDonald 15.31

3 Ben Ruthe 18.17

5 Terry Furmage 18.21

10 Max Ball 20.05

12 Mike Powell 20.31

13 Stu Smith 20.32

18 Macca McKenzie 22.25

19 Morgan Ball 22.47

22 Fiona Ellison 24.16

25 Jodi Furmage 24.51

28 Terry Furmage 25.23

#### **3km**

1 Scott Croasdale 10.35

5 Abby Furmage 14.48

24 Michelle Basson 23.20

#### 11<sup>th</sup> March

29 runners & 24 walkers in the 5km, plus 13 in the 3km event

#### **5km**

1 Iain MacDonald 15.34

4 Terry Furmage 18.20

9 (1stW) Petra Creighton 20.20

12 Ian Bitcheno 21.10

13 Mike Powell 21.21

14 Jessica Bitcheno 22.31

10<sup>th</sup> walk Kerry Smith 39.48

#### 18<sup>th</sup> March

35 runners & 26 walkers in the 5km, plus 14 in the 3km.

#### **5km**

1 Daniel Smith 18.08

2 Terry Furmage 18.28

5 Stu Smith 18.53

6 Laurie Pugh 19.26

7 Macca McKenzie 20.09

10 Murray Clarkson 20.51

12 Mike Powell 21.11

8<sup>th</sup> walk Kerry Smith 36.52

#### **3km**

1 Petra Creighton 11.54

3 Kelly Furmage 13.25

#### 25<sup>th</sup> March

27 runners & 27 walkers in the 5km, 16 in the 3km event.

#### **5km**

1 Terry Furmage 17.57

2 Daniel Smith 18.30

5 Stu Smith 18.59

7 Laurie Pugh 19.23

11 Petra Creighton 20.48

12 Macca McKenzie 21.10

13 Fiona Ellison 21.57

6<sup>th</sup> walk Kerry Smith 35.19

#### **3km**

1 Scott Croasdale 10.36

3 Jodi Furmage 13.35

5 Kelly Furmage 13.55

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### Club Night 2<sup>nd</sup> March

#### **200m heat 1**

1 Claudia TeWhata-Allen W19 33.53

2 Tess Te Whata SW 34.24

3 Olivia Hines G10 37.97

4 McKenzie Ball G10 40.63

5 Cassidy Ball G7 46.07

6 Iris Ball G10 54.06

#### **200m heat 2**

1 Jason Wallace M19 30.93

2 Alex McKenzie M45 33.02

3 Gavin Smith M55 34.06

4 Josh Dyer SM 39.87

5 Sid Pavett M75 44.34

#### **400m**

1 Josh Dyer SM 01:01.1

2 Shaun Goldie M50 01:06.5

3 Les Dobson M50 01:08.5

4 Brendon Magill M45 01:08.8

5 Murray Clarkson M60 01:10.7

6 Gavin Smith M55 01:11.5

7 Brendan Gibbs M50 01:14.4

8 Max Ball M50 01:17.4

9 Sid Pavett M75 01:37.1

#### **400m Women**

1 Sally Gibbs W45 01:05.2

2 Emily McCormick G14 01:11.7

3 Morgan Ball G13 01:17.9

4Olivia Hines G10 01:21.6  
5McKenzie Ball G10 01:26.4

### 1500m

1Josh Dyer SM 04:49.4  
2Dean Willacy M35 04:50.2  
3Sally Gibbs W45 05:08.4  
4Russell Lake M40 05:14.3  
5Gavin Smith M55 05:26.6  
6Les Dobson M50 05:44.0  
7Max Ball M50 05:44.0  
8Alex McKenzie M45 05:49.5  
9Olivia Hines G10 06:31.2  
10Sid Pavett M75 07:03.5

### 5000m

1Jason Wallace M19 18:12.7  
2Russell Lake M40 19:05.5  
3Gavin Smith M55 19:19.4  
4Josh Dyer SM 21:06.5  
5Alex McKenzie M45 21:08.3  
6Les Dobson M50 21:49.5  
7Sid Pavett M75 24:30.5

### Discus

1Alex Colvin B14 26.92  
1EmmaShanley-McD G13 18.88  
1Luke Davison M16 36.64  
1Brendon Magill M45 17.17

### Javelin Club Championships

1Morgan Ball G13 14.95  
1Luke Davison M16 42.52  
1Brendan Magill M45 28.69  
1Max Ball M50 19.04  
2Brendan Gibbs M50 19.03  
1MurrayClarkson M60 11.01

### Club Night 9<sup>th</sup> March

#### 10,000m Club Champs

1Michael Sutton M16 34:32.49  
2Dean Willacy M35 36:54.00  
3Jason Wallace M19 36:56.66  
5Sally Gibbs W45 39:08.65  
4Russell Lake M40 39:50.00  
6Jamie Regan M19 40:15.46  
7MurrayClarkson M60 44:44.36  
8Kirk Brennan Vis 45:25.76  
9Sid Pavett M75 49:20.19  
10Robyn Winter W60 62:25.74

#### 100m H1

1Olivia Hines G10 16.97  
2Anna McFall G7 21.67

### 100m H2

1Mariah Rinui W19 12.82  
2Genelle Vanderschantz 16 13.39  
3RebeccaAndrews W16 13.91  
4Alice McFall G14 15.07

### 100m H3

1Michael Goldie M16 12.05  
2Thomas Bernard M16 12.58  
4Miles Farrant B14 13.56  
5Liam McFall B12 15.58

### Triple Jump Club Champs

1BrendanMagill M45 8.84  
1ThomasBernard B14 11.04

### Shot Put

1Luke Davison M16 13.38  
2Joseph Reynolds M16 11.50

### 400m H1

1MichaelGoldie M16 54.54  
2Miles Farrant B14 1:09.26  
3Liam McFall B12 1:18.85

### 400m H2

1RebeccaAndrews W16 1:07.70  
2Alice McFall G14 1:12.64  
3Olivia Hines G10 1:24.62  
5Anna McFall G7 2:10.51

### 60m H1

1BrendonMagill M45 9.68  
2KeeganMillar B10 9.76  
3Liam McFall B12 10.47

### 60m H2

1BethanyMillar G10 11.01  
2Anna McFall G7 14.07  
3Alice McFall G14 14.19

### Club Night 16<sup>th</sup> March

#### One Mile Club Championships

1Michael Sutton M16 4.42.2  
2Jamie Regan M19 5.18.7  
3Nathan Burgi M16 5.19.8  
4Russell Lake M40 5.24.7  
5Mathew Smith SM 5.36.5  
6Jessica Bitcheno G12 5.37.7  
7Laurie Pugh W35 5.47.4  
8Petra Creighton W40 5.51.7  
9Murray Clarkson M60 6.12.2  
10Morgan Ball G13 6.29.2  
11Emily McCormick G14 6.30.7  
12Olivia Hines G10 6.38.3  
13Sid Pavett M75 7.30.1  
14Robyn Winter W60 8.19.0

#### 5000 Metres

1Russell Lake M40 18.01.0

2Nathan Burgi M16 19.59.8  
3Jamie Regan M19 20.10.3  
4Les Dobson M50 20.23.9  
5Laurie Pugh W35 20.32.0  
6Sid Pavett M75 24.27.2

### 400m

1Oliver Ranby B14 55.2  
2Petra Creighton W40 1.07.0  
3Miles Farrant B14 1.07.8  
4Alice McFall G14 1.13.6  
5Olivia Hines G10 1.20.3  
6Andrew Creighton B8 1.23.9  
7Mia Pugh G8 1.27.8  
8Jasmine Creighton G10 1.39.1

### 200m Heat One

1Abby Goldie G13 27.1  
2Petra Creighton W40 29.7  
3Murray Clarkson M60 30.7  
4Olivia Hines G10 36.2  
5Andrew Creighton B7 36.6  
6Mia Pugh G7 37.0  
7Sid Pavett M75 43.8

### 200m Heat Two

1Miles Farrant B14 29.7  
2Alice McFall G14 31.2

### Long Jump

1Rochelle Newdick G14 5.09  
1Mia Pugh G8 3.40  
1Ian Pugh B5 2.20  
1Andrew Creighton B8 3.19  
1Alex Colvin B14 5.62  
2Thomas Bernard B14 5.18  
1Luke Davison M16 5.65  
2Joseph Reynolds M16 4.97

### High Jump

1Luke Davison M16 1.85  
2Joseph Reynolds M16 1.85  
3Alex Colvin B14 1.50

### Club Night 23<sup>rd</sup> March

#### 60 Metres

1Abby Goldie G13 8.34  
2Bella Andrews W16 8.61  
3Jessica Bitcheno G12 9.14  
4Olivia Hines G10 10.55

#### 60 Metres H2

1Michael Goldie M16 7.71  
2Luke Davison M16 7.85  
3Joseph Reynolds M16 8.13  
4Genelle Vanderschantz W16 8.50  
5Brendon Magill M45 10.16

6Andrew Creighton	B9	10.35
7Sid Pavett	M75	12.81

**2000 Metres**

1Mathew Smith	SM	7.45.11
2Jamie Regan	M19	8.03.14
3Alex Colvin	B14	8.21.23
4Gavin Smith	M55	8.21.70
5Ian Bitcheno	M35	9.07.27
6Brendon Magill	M45	9.55.83
7Sid Pavett	M75	11.23.12
8Robyn Winter	W60	11.27.37

**800 Metres**

1David Allworthy	SM	2.17.76
2Jamie Regan	M19	2.19.71
3Alex Colvin	B14	2.20.81
4Jessica Bitcheno	G12	2.21.07
5Sally Gibbs	W45	2.21.75
6Murray Clarkson	M60	2.42.38
7Gavin Smith	M55	2.42.83
8Laura Stott	SW	3.05.59
9Olivia Hines	G10	3.12.49
10 Sid Pavett	M75	3.38.21

**100 Metres**

1Michael Goldie	M16	11.98
2Alex Colvin	B14	12.76
3Abby Goldie	G13	13.02

**Final Club Night & BBQ 30/3/10****400 Metres Hurdles Club Champs**

1Sally Gibbs	W45	1.24.40
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**60 metres**

1Keegan Millar	B10	9.91
2Olivia Hines	G10	11.01
3Lauren Hines	G12	12.10
4Sid Pavett	M75	12.77
5Ian Pugh	B6	13.09
6Elliot Pugh	B4	15.51
7Laurie Pugh	W35	15.55

**60 metres**

1Joseph Millar	M19	7.29
2Michael Goldie	M16	7.76
3Abby Goldie	G13	8.53

**100 Metres**

1Joseph Millar	M19	11.24
2Michael Goldie	M16	12.27
3Abby Goldie	G13	13.44
4Brendon Magill	M45	15.31
5Laurie Pugh	W35	15.94
6Sid Pavett	M75	21.02

**100 Metres**

1Keegan Millar	B10	15.57
2Olivia Hines	G10	18.23
3Lauren Hines	G12	20.06

4Ian Pugh	B6	22.55
5Elliot Pugh	B4	27.87

**800 Metres**

1Russell Lake	M40	2.37.10
2Laurie Pugh	W35	2.40.64
3Gavin Smith	M55	2.43.40
4Keegan Millar	B10	2.56.20
5Olivia Hines	G10	3.13.73
6Sid Pavett	M75	3.38.73
7Lauren Hines	G12	4.14.62

**One Mile**

1Russell Lake	M40	5.29.44
2Sally Gibbs	W45	5.33.06
3Gavin Smith	M55	5.46.72
4Laurie Pugh	W35	5.56.54
5Olivia Hines	G10	7.00.11
6Brendan Gibbs	M50	7.16.43
7Sid Pavett	M75	7.29.81
8Lauren Hines	G12	10.18.29

**WBOP OPEN MEET,  
Tauranga Domain 20/3/10**

*Very poor turnout request meet and the dozen or so helpers who turned out had a wasted afternoon. 7 athletes 2 of whom were just pacing. Seems the clash with NISS and a Masters Meet next day was the main problem. The 1500m provided a bit of a buzz though as we waited to see if Tim would make his sub4.*

**1500m Results**

1st Tim Prendergast		
Woodford Green	SM	3.58.68
2nd Cory Whiting		
Hamilton Hawks	M19	4.11.72
3rd Gavin Smith		
Tauranga Ramblers	M55	5.20.51
4th Robyn Winter		
Tauranga Ramblers	W60	7.27.76
Ben Ruthe		
Tauranga Ramblers	SM	dnf (pace)
Gareth Hyett		
Tauranga Ramblers	SM	dnf (pace)

**400m Hurdles**

1st Brendan Magill	M45	1.23.81
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**Triple Jump**

1st Brendan Magill	1 <sup>st</sup>	8.79m
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**Javelin**

1st Brendan Magill	1 <sup>st</sup>	26.79m
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**BOP Secondary Schools Champs  
Tauranga Domain 3/3/10**

Brilliant day with Ramblers dominating many of the track events including relays. Unfortunately, Joseph Millar was missing from the Senior Boy's line-up:- competing in Australia at the time.

**Christine Sutton JG (TGC)**

3000m all grades girls-	4 <sup>th</sup> /17	11.26.46
1500m	3 <sup>rd</sup> /8	5.10.67
High Jump	3 <sup>rd</sup> =/14	1.30m

**Abby Goldie JG (TGC)**

100m	H2/2	1 <sup>st</sup>	13.15 Q
100m	final	2 <sup>nd</sup>	13.11
200m	H2/2	1 <sup>st</sup>	27.03 Q
200m	final	1 <sup>st</sup>	26.96
Long Jump	4 <sup>th</sup> /18		4.32m

**Amy Robinson JG (TGC)**

70m Hurdles	1 <sup>st</sup>	12.45
100m H2/2	2 <sup>nd</sup>	13.38 Q
100m final	1 <sup>st</sup>	13.10
Long Jump	1 <sup>st</sup> /18	4.93m

**Kelly Furmage JG (Beth)**

800m	10th	3.00.35
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**Khanum Elisaia IG (TGC)**

Discus	1 <sup>st</sup> /17	34.86m
Shotput	3 <sup>rd</sup> /17	10.75m

**Rochelle Newdick IG (MtM)**

80m Hurdles	2 <sup>nd</sup>	14.05
Discus	3 <sup>rd</sup> /17	28.55m
Long Jump	1 <sup>st</sup> /19	4.81m

**Bella Andrews IG (TGC)**

80m Hurdles	1 <sup>st</sup>	12.90
100m H1/3	1 <sup>st</sup>	13.59 Q
100m final	1 <sup>st</sup>	13.78
High Jump	1 <sup>st</sup> /13	1.45m

**Sophie Millar IG (Aqu)**

100m	H2/3	1 <sup>st</sup>	13.75 Q
100m	final	7 <sup>th</sup>	14.67
200m	H1/3	2 <sup>nd</sup>	29.06 Q
200m	final	2 <sup>nd</sup>	28.33
400m	final	1 <sup>st</sup>	1.01.16

**Rebekah Millar IG (Aqu)**

200m	H3/3	2 <sup>nd</sup>	28.96 Q
200m	final	3 <sup>rd</sup>	28.41
400m	final	3 <sup>rd</sup>	1.07.74

**Mariah Ririnui SG (TGC)**

100m	H2/2	2 <sup>nd</sup>	13.15 Q
100m	final	1 <sup>st</sup>	12.76
200m	final	1 <sup>st</sup>	26.08
Long Jump	1 <sup>st</sup> /11		5.18m

**Genelle Vanderschantz SG (TGC)**

100m	H2/2	1 <sup>st</sup>	13.07 Q
100m	final	2 <sup>nd</sup>	13.24
200m	final	2 <sup>nd</sup>	27.53

**Shelby Goddard SG (TGC)**

800m	1 <sup>st</sup> /6	2.23.45
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1500m 2<sup>nd</sup>/4 5.10.57  
**Julia Campbell SG (TGC)**  
 800m 2<sup>nd</sup>/6 2.32.04  
 1500m 3<sup>rd</sup>/4 5.18.43

**AnnaLisa Uttley SG (Otum)**  
 1500m 1<sup>st</sup>/4 4.53.49  
 3000m all grades girls 1<sup>st</sup>/17 10.17.85

**Vanessa Hill SG (Otum)**  
 100m Hurdles 1<sup>st</sup> 19.01  
 100m H2/2 3<sup>rd</sup> 13.33 Q  
 100m final 3<sup>rd</sup> 13.54  
 Triple Jump 2<sup>nd</sup>/7 10.19m

**Emma Jackson SG (Otum)**  
 200m final 3<sup>rd</sup> 27.80  
 400m final 1<sup>st</sup>/5 59.57  
 Long Jump 3<sup>rd</sup>/11 4.54m

**Scott Croasdale JB (TBC)**  
 3000m all grades boys 8<sup>th</sup>/19 10.02.51  
 1500m 1<sup>st</sup>/10 4.49.57

**Ollie Ranby IB (TBC)**  
 400m final 1<sup>st</sup>/8 55.15

**Michael Sutton IB (TBC)**  
 3000m all grades boys 1<sup>st</sup>/19 9.02.37  
 1500m 1<sup>st</sup>/7 4.14.32

**Luke Davison IB (Beth)**  
 Shotput 1<sup>st</sup>/24 14.42m  
 High Jump 1<sup>st</sup>/15 1.98m  
 Javelin 1<sup>st</sup>/16 51.56m

**Joseph Reynolds IB (Otum)**  
 100m Hurdles 1<sup>st</sup> 15.14  
 Shotput 3<sup>rd</sup>/24 11.75m  
 High Jump 2<sup>nd</sup>/15 1.85m

**Michael Goldie IB (TBC)**  
 100m H2/4 1<sup>st</sup> 12.14 Q  
 100m final 2<sup>nd</sup> 12.40  
 200m H3/3 2<sup>nd</sup> 24.68 Q  
 200m final 2<sup>nd</sup> 24.48

**Alex Colvin IB (TBC)**  
 Triple Jump 1<sup>st</sup>/14 11.81m  
 Long Jump 1<sup>st</sup>/22 5.58m  
 High Jump 4<sup>th</sup>/15 1.70m

**Sean Turner SB (Beth)**  
 100m H3/3 6<sup>th</sup> 12.48  
 200m H2/3 2<sup>nd</sup> 25.13 Q  
 200m final 5<sup>th</sup> 24.61

**Jono Morton SB (TBC)**  
 100m H1/3 2<sup>nd</sup> 11.86 Q  
 100m final 5<sup>th</sup> 12.10  
 200m H3/3 1<sup>st</sup> 24.84 Q  
 200m final 2<sup>nd</sup> 23.81

**Jamie Regan SB (Aqu)**  
 800m 5<sup>th</sup> 2.13.54  
 1500m 4<sup>th</sup> 4.44.91

**Nathan Burgi SB (Beth)**  
 1500m 5<sup>th</sup> 4.48.18  
 3000m all grades boys 6<sup>th</sup>/19 10.02.20

**Ryan Sowry SB (TBC)**  
 Long Jump 1<sup>st</sup>/19 6.63m  
 Triple Jump 1<sup>st</sup>/14 12.79m

## WBOP Secondary Schools Champs, Tauranga Domain 15/3/10

Another full-on day with great results from our locals, especially Luke Davison-winner of 4 individual events.

**Christine Sutton JG (TGC)**  
 3000m 3<sup>rd</sup> 11.21.24  
 1500m 5<sup>th</sup>/14 5.14.37

**Scott Croasdale JB (TBC)**  
 3000m 2<sup>nd</sup> 9.57.98  
 1500m 3<sup>rd</sup>/12 4.43.29

**Michael Sutton IB (TBC)**  
 3000m 1<sup>st</sup> 8.55.74  
 1500m 1<sup>st</sup>/9 4.10.88

**Nathan Burgi SB (Beth)**  
 3000m 2<sup>nd</sup> 9.55.15

**Amy Robinson JG (TGC)**  
 70mHurdles H1 1<sup>st</sup> 12.55 Q  
 70mHurdles final 1<sup>st</sup> 12.66

**Bella Andrews IG (TGC)**  
 80mHurdles final 1<sup>st</sup> 13.36  
 300mHurdles Open final 2<sup>nd</sup> 50.50  
 100m final 4<sup>th</sup> 13.45  
 High Jump 5<sup>th</sup> 1.45m

**Vanessa Hill SG (Otum)**  
 100mHurdles final 2<sup>nd</sup> 18.84  
 100m final 3<sup>rd</sup> 13.17  
 Triple Jump 2<sup>nd</sup> 10.38m

**Joseph Reynolds IB (Otum)**  
 100mHurdles final 1<sup>st</sup> 15.39  
 High Jump 2<sup>nd</sup> 1.90m  
 Shotput 6<sup>th</sup> 12.01m

**Ollie Ranby IB (TBC)**  
 400m final 3<sup>rd</sup> 55.04

**Abby Goldie JG (TGC)**  
 100m H2 2<sup>nd</sup> 13.21 Q  
 100m final 2<sup>nd</sup> 13.35  
 200m H2 1<sup>st</sup> 27.25 Q  
 200m final 2<sup>nd</sup> 27.15

**Amy Robinson JG (TGC)**  
 100m H2 3<sup>rd</sup> 13.57 Q  
 100m final 3<sup>rd</sup> 13.43  
 Long Jump 1<sup>st</sup> 5.11m

**Michael Goldie IB (TBC)**  
 100m H1 3<sup>rd</sup> 12.12 Q  
 100m final 4<sup>th</sup> 12.53  
 200m final 2<sup>nd</sup> 24.71

**Mariah Ririnui SG (TGC)**  
 100m final 1<sup>st</sup> 12.33  
 200m final 1<sup>st</sup> 26.06  
 Long Jump 1<sup>st</sup> 5.33m

**Genelle Vanderschantz SG (TGC)**  
 200m final 3<sup>rd</sup> 26.95

**Joseph Millar SB (Aqu)**  
 100m H1 1<sup>st</sup> 10.99 Q

100m final 1<sup>st</sup> 10.96  
 200m H2 1<sup>st</sup> 24.27 Q  
 200m final 1<sup>st</sup> 22.01 **record.**

**Alex Colvin IB (TBC)**  
 Long Jump 1<sup>st</sup>/8 5.90m  
 Triple Jump 3<sup>rd</sup>/9 12.04m

**Khanum Elisaia IG (TGC)**  
 Discus 1<sup>st</sup> 33.45m

**Livvie Duggan SG (Kati)**  
 Discus 1<sup>st</sup> 35.18m

**Rochelle Newdick IG (MtM)**  
 Long Jump 1<sup>st</sup> 5.01m

**Luke Davison IB (Beth)**  
 High Jump 1<sup>st</sup> 1.95m  
 Shotput 1<sup>st</sup> 14.23m  
 Discus 1<sup>st</sup> 44.69m  
 Javelin 1<sup>st</sup> 47.01m

**Ryan Sowry SB (TBC)**  
 Long Jump 1<sup>st</sup> 6.71m  
 Triple Jump 1<sup>st</sup> 12.88m

**Emma Jackson SG (Otum)**  
 400m final 2<sup>nd</sup> 1.00.86  
 200m final 4<sup>th</sup> 27.20  
 Long Jump 4<sup>th</sup> 4.70m

**Julia Campbell SG (TGC)**  
 1500m 1<sup>st</sup> 5.10.44  
 800m 3<sup>rd</sup> 2.30.11

**Shelby Goddard SG (TGC)**  
 800m 2<sup>nd</sup> 2.23.87

**Rebekah Millar IG (Aqu)**  
 200m H1 4<sup>th</sup> 28.38 Q  
 200m final 7<sup>th</sup> 29.68

**Sophie Millar IG (Aqu)**  
 400m H2 1<sup>st</sup> 1.05.95 Q  
 400m final 7<sup>th</sup> 1.12.19

**200m H2 3<sup>rd</sup> 28.91 Q**  
**200m final 6<sup>th</sup> 28.51**  
**400m H1 4<sup>th</sup> 1.03.91 Q**  
**400m final 2<sup>nd</sup> 1.02.45**

**Jono Morton SB (TBC)**  
 200m H1 5<sup>th</sup> 24.03 q  
 200m final 5<sup>th</sup> 24.14

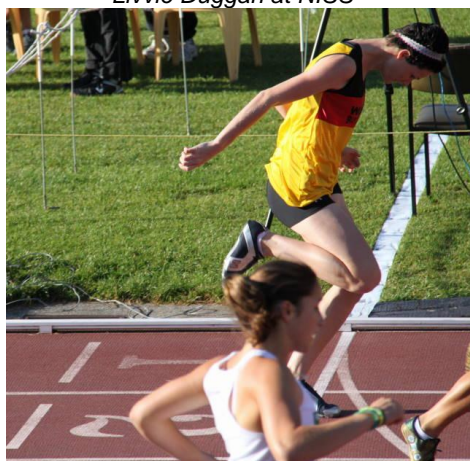


Ollie Ranby at NISS





Livvie Duggan at NISS



Bella Andrews



Luke Davison

## **NORTH ISLAND SECONDARY SCHOOL'S CHAMPS 20-21<sup>st</sup> March 2010**

Thankyou to Catherine Davison for the photos .

Fantastic efforts from Michael Sutton , Joseph Reynolds, Amy Robinson & Joseph Millar for their individual gold medals. WBOP relay teams also won several golds.

<b>Michael Sutton IB</b>		
1500m	3 <sup>rd</sup> /14	4.07.48
3000m	1 <sup>st</sup> /7	8.55.96

<b>Christine Sutton JG</b>		
3000m	5 <sup>th</sup> /10	11.09.13

<b>Joseph Reynolds IB</b>		
100m Hurdles final	6 <sup>th</sup> /9	15.42
High Jump	1 <sup>st</sup> /15	1.90m

<b>Luke Davison IB</b>		
High Jump	2 <sup>nd</sup> /15	1.90m
Shotput	2 <sup>nd</sup> /12	14.06m
Discus	5 <sup>th</sup> /12	46.11m
Javelin	2 <sup>nd</sup> /15	49.37m

<b>Alex Colvin IB</b>		
Long Jump	7 <sup>th</sup>	58.85m
Triple Jump	6 <sup>th</sup> /18	11.92m

<b>Khanum Elisaia IG</b>		
Shotput	8 <sup>th</sup> /10	10.89m
Discus	5 <sup>th</sup> /9	30.24m

<b>Livvie Duggan SG</b>		
Discus	5 <sup>th</sup> /13	37.76m

<b>Abby Goldie JG</b>		
100m H1	2 <sup>nd</sup>	13.08 Q
100m final	2 <sup>nd</sup>	12.92
200m H3	1 <sup>st</sup>	26.23 Q
200m final	2 <sup>nd</sup>	26.36

<b>Amy Robinson JG</b>		
100m H2	1 <sup>st</sup>	13.01 Q
100m final	2 <sup>nd</sup>	13.04
80mHurdles H2	3 <sup>rd</sup> IG	13.28 Q
80mHurdles F	6 <sup>th</sup> IG	12.95
Long Jump	1 <sup>st</sup> /13	4.97m

<b>Bella Andrews IG</b>		
100m H3	4 <sup>th</sup>	13.33 –
80mHurdles	4 <sup>th</sup>	12.75 q
80mHurdles F	7 <sup>th</sup>	13.04
300mHurdlesH2	2 <sup>nd</sup> open	47.74 Q
300mHurdles F	8 <sup>th</sup> open	49.56

<b>Mariah Ririnui SG</b>		
100m H2	1 <sup>st</sup>	12.46 Q
100m final	2 <sup>nd</sup>	12.29
200m H3	2 <sup>nd</sup>	26.14 Q
200m final	3 <sup>rd</sup>	25.63
Long Jump	5 <sup>th</sup> /12	5.00m

<b>Michael Goldie IB</b>		
100m H3	5 <sup>th</sup>	11.96 –
200m H3	4 <sup>th</sup>	24.17 –

<b>Joseph Millar SB</b>		
100m H1	1 <sup>st</sup>	10.93 Q
100m final	1 <sup>st</sup>	10.99
200m H1	2 <sup>nd</sup>	23.55 Q
200m final	1 <sup>st</sup>	21.80

<b>Genelle Vanderschantz SG</b>		
200m H1	5 <sup>th</sup>	26.30 –

<b>Sophie Millar IG</b>		
400m H2	4 <sup>th</sup>	1.01.99 q
400m final	8 <sup>th</sup>	1.02.62

<b>Ollie Ranby IB</b>		
400m H2	4 <sup>th</sup>	55.10 –

<b>Shelby Goddard SG</b>		
800m final	4 <sup>th</sup>	2.19.41

<b>Julia Campbell SG</b>		
800m final	6 <sup>th</sup>	2.29.30
1500m	7 <sup>th</sup>	5.06.33

<b>Anna-Lisa Uttley SG</b>		
1500m	3 <sup>rd</sup>	4.53.21
3000m	2 <sup>nd</sup> /12	10.06.65



Michael Sutton

### **Mountain to Surf Marathon, New Plymouth 6/3/10**

Won by Grant McLean (M40) in 2.31.35.  
with 1<sup>st</sup> Woman: Ingrid Frost (W40) in 3.15.02

**Barry Watson** finished 18<sup>th</sup> overall (3<sup>rd</sup> M50) in 3.14.46.

### **8 hour ARC Blue Moon Adventure Run, Whitianga 20-21 March**

**Wayne Smith & Mathew Smith** teamed up to finish 2<sup>nd</sup> in the Mens Pairs.

## National T & F Champs Christchurch, 26-28 March

Outstanding solo performance at the front of the Women's 5000m by Jess Ruthe. Joseph Millar added couple of golds and titles in the 100m/200m to his growing collection. Michael Cochrane also equalled the 2001 National Junior record in the 110m hurdles, but unfortunately was disqualified due to some technicality in the 400m Hurdles, despite winning the event. An appeal was lodged but to no avail. Mariah Ririnui also added another Long Jump title to her resumé. Check out NZRun.com website for the videos of some of these events.

<b>Jess Ruthe</b>	<b>SW</b>		
5000m	1 <sup>st</sup>		15.57.30
<b>Bella Andrews</b>	<b>W16</b>		
100mHurdles	2 <sup>nd</sup> /7		15.35
300mHurdles	5 <sup>th</sup> /8		47.78
<b>Michael Cochrane</b>	<b>M19</b>		
110mHurdles	1 <sup>st</sup> /6		14.22NR=
400m Hurdles dq			
& WBOP relays	3 <sup>rd</sup> & 5 <sup>th</sup>		
<b>Mariah Ririnui</b>	<b>W19</b>		
Long Jump	1 <sup>st</sup> /9		5.54m
Long Jump SW	8 <sup>th</sup> /9		5.23m
100m H2	2 <sup>nd</sup>		12.51 Q
100m final	5 <sup>th</sup>		12.45
& WBOP relay	2 <sup>nd</sup>		
<b>Joseph Reynolds</b>	<b>M16</b>		
High Jump	2 <sup>nd</sup> /9		1.92m
High Jump M19	6 <sup>th</sup> /14		1.90m
<b>Luke Davison</b>	<b>M16</b>		
Javelin	2 <sup>nd</sup> /13		53.36m
Shotput	4 <sup>th</sup> /13		14.10m
Discus	7 <sup>th</sup> /15		38.72m
<b>Genelle Vanderschantz</b>	<b>W16</b>		
100m H1	3 <sup>rd</sup>		12.73 q
100m final	6 <sup>th</sup>		12.72
200m H1	5 <sup>th</sup>		26.15 –
& WBOP relays	3 <sup>rd</sup> & 2 <sup>nd</sup>		
<b>Sophie Millar</b>	<b>W16</b>		
400m H1	7 <sup>th</sup>		62.50 –
& WBOP relay	2 <sup>nd</sup>		
<b>Scott Nelson</b>	<b>SM</b>		
20km Walk	2 <sup>nd</sup> /5		1.43.30
<b>Joseph Millar</b>	<b>M19</b>		
100m H3	1 <sup>st</sup>		10.87 Q
100m final	1 <sup>st</sup>		<b>10.74</b>
200m H1	1 <sup>st</sup>		22.31 Q
200m final	1 <sup>st</sup>		<b>21.60</b>
& WBOP relays	3 <sup>rd</sup> & 5 <sup>th</sup>		
<b>Livvie Duggan</b>	<b>W19</b>		
Discus	7 <sup>th</sup> /11		36.53m

Discus SW 2<sup>nd</sup>/7 37.99

### **Michael Sutton M16**

3000m 2<sup>nd</sup>/7 8.48.33

## WBOP CHILDREN'S CHAMPS Tauranga Domain 6<sup>th</sup> March

A bunch of our young rising stars were competing in their Children's Club colours. Awesome wins to Samantha & Jessica Bitcheno. Amy & Andrew Robinson, Rochelle Newdick and Alex Colvin.

### **Samantha Bitcheno G11 (Greerton)**

100m H2 1<sup>st</sup> 14.05 Q  
100m final 1<sup>st</sup> 14.44  
200m H2 2<sup>nd</sup> 30.65 Q  
200m final 1<sup>st</sup> 29.73  
400m 1<sup>st</sup>/11 1.05.38  
Discus 8<sup>th</sup>/10 15.78m

### **Jessica Bitcheno G12 (Greerton)**

100m H2 2= 14.51 Q  
100m final 1<sup>st</sup> 14.49  
800m 2<sup>nd</sup>/10 2.23.40  
1500m 1<sup>st</sup>/7 5.10.22  
Discus 6<sup>th</sup>/14 18.28

### **Brooke Somerfield G12 (Greerton)**

100m H1 3<sup>rd</sup> 14.34 Q  
100m final 5<sup>th</sup> 14.86  
200m H1 3<sup>rd</sup> 30.95 Q  
200m final 3<sup>rd</sup> 30.29

### **Amy Robinson G13 (Greerton)**

100m H1 1<sup>st</sup> 13.91 Q  
100m final 3<sup>rd</sup> 13.58  
80mHurdles 1<sup>st</sup> 13.69  
Long Jump 1<sup>st</sup>/7 5.19m  
Shotput 1<sup>st</sup>/8 9.34m

### **Abby Goldie G13 (Greerton)**

100m H2 2<sup>nd</sup> 13.46 Q  
100m final 2<sup>nd</sup> 13.49  
200m H2 2<sup>nd</sup> 28.42 Q  
200m final 2<sup>nd</sup> 26.86

### **Emma Shanley-McDonald G13(Gr)**

Shotput 2<sup>nd</sup>/8 9.13m

### **Rochelle Newdick G14 (Papamoa)**

80mHurdles 1<sup>st</sup> 14.62  
High Jump 1<sup>st</sup>/4 1.41m  
Long Jump 1<sup>st</sup>/7 4.88m

### **Andrew Robinson B11 (Greerton)**

200m H1 2<sup>nd</sup> 30.00 Q  
200m final 2<sup>nd</sup> 29.43  
400m 1<sup>st</sup>/8 1.04.93  
800m 1<sup>st</sup>/9 2.26.01  
Long Jump 3<sup>rd</sup>/11 4.68m

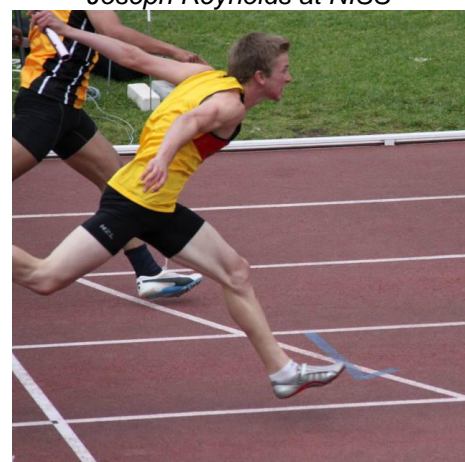
### **Scott Croasdale B13 (Greerton)**

800m 4<sup>th</sup>/10 2.24.89  
1500m 4<sup>th</sup>/7 4.49.22

80mHurdles 2<sup>nd</sup>/8 13.81  
High Jump 2<sup>nd</sup>/9 1.55m  
**Alex Colvin B14 (Bellevue)**  
100mHurdles 3<sup>rd</sup> 21.08  
High Jump 1<sup>st</sup> 1.75m  
Long Jump 1<sup>st</sup>/5 5.60m



Joseph Reynolds at NISS



Joseph Millar, relay finish

## Taupo Iron Man 6/3/10

**Russell Lake (M40-44)** blitzed his last year's performance to finish in 10:15:11 - 54 minutes faster than 2009.

Splits 1.08.08, 5.39.28, 3.18.10.. This placed him 147 overall, 28<sup>th</sup> in age group but with the fastest run time in age group.



**Craig Kirkwood (M35-39)** splits 59.13, 5.20.00, dns run due to back problems.



**Helpers Needed:**  
**Rotorua Marathon Day Fun**  
**Runs Marshalling:**  
**Saturday, May 1st, 2010.**

As in previous years Marshalls are required for the two Fun Runs that take place during the running of the Rotorua Marathon. This involves around two hours of your time from 8.30 a. m. and you can be on hand afterwards to watch the Marathon runners as they come in to the finish.

The marathon starts at 9.00 a.m. and the Fun Runs at 9.15. It is the 46<sup>th</sup> running of the Rotorua marathon and additional entertainment and prizes are incentives this year. Ramblers participants will appreciate your support.

If you are able to assist could you please contact Euan Ross on 5765669, Email [euanr@xtra.co.nz](mailto:euanr@xtra.co.nz) or Malcolm Taylor, Ph. 5760000, Email [janmal@xtra.co.nz](mailto:janmal@xtra.co.nz).



**Winter Training Sessions**

**Monday:** Waipuna Park, Kaitemako Road, Waipuna Park at 4:00 pm. Targeted at Secondary School and Year 7 and 8 students. Every Monday with Mathew Smith, Bradley Smith and Malcolm Taylor. Ph 576 0000 or Mobile 0272924411. All welcome.

**Tuesday:**

A regular training group leaves from the Tauranga Domain gates at 5.30 pm. every week. This is a road run going through the streets of Otumoetai. Various distance options of your own choice. Contact Stu Smith 5442123.

**Wednesday:** Crown & Badger Run/Walk at 6:00pm. 4 or 7 km from downtown. More of a social event. \$5.00 entry fee, includes a drink & snacks at C& B after.

**Thursdays:** The Pub Run from The Pub, 40A Maleme Street Greerton ( Next to RPL) at 6:00 pm. Contact Les Dobson 0274 824646.

**Sundays:** Own training- Suggest talk to fellow club members to link into group runs.



**Subscriptions** are due again from 1<sup>st</sup> April. A full list of the Club subs will be published on the website & Winter programme. See Bev Smith about payment & family discounts.



Brendan Magill, Malcolm Taylor, Brendan Gibbs & Gavin Smith re-enact their 4x400m relay (28th Feb) win at WBOP's for the camera-photo provided by Sally Gibbs

**Coming Events**

**Sun 4 April** Ohope Beach Half Marathon, 10km & 5 km doggie dash (Go Sally the Dog!....we know you can beat Sjors Corporaal's pig dog/mutt)

**Sat 10 April** Opening Club Winter Run – Waipuna Park. All ages & abilities encouraged to attend. Meet 1.45 p.m. Rogaine Event – lots of fun!

**Sat 10 April** Xterra 21km & 11 km off-road events Blue Lake, Rotorua. also triathlon & MTB <http://res.nz.eventdirector.net/XTNZ/SITES/719/>

**Sat 17 April** Club Run at Te Puna Quarry – Meet 1.45pm.

**Sun 18 April** Half 4 Heart Half Marathon from Fergusson Park. Plus 3km, 5km, 10km options. Check [www.sportbop.co.nz](http://www.sportbop.co.nz) or [www.enteronline.co.nz](http://www.enteronline.co.nz)

**Sat 24 April** L'Anson Bush Park Reserve Loop Road Te Puna – Distances for all abilities: Meet 1.45pm.

**Sat 1 May** Rotorua Marathon – Rotorua. Marshalling for 5km & 10km Rotorua. Also a Redwoods Run after the Marathon . No organised run at Tauranga. [www.athletics.org.nz](http://www.athletics.org.nz).

**Sun 2 May**

**The Annual General Meeting of Athletics Tauranga Inc** will be held at 1:30pm at the Tauranga Sports Clubrooms, Tauranga Domain. Please make a huge effort and attend and consider making yourself available to help on committee or at events. Many hands make light work. Summer Prizegiving will be also been held.