

Ramblings

Newsletter of Athletics Tauranga Incorporated



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For appointment Ph 5779267
Free ACC related treatments to Ramblers
Club members

Athlete of the Month

October



Michael Sutton

Winner M16 5km NZ Road
Champs at Sir Barry Curtis,
Pakuranga and overall Winner
10000m WBOP Champs
Tauranga.

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website: www.taurangaramblers.co.nz
plus track results are on:
www.sportsground.co.nz/taurangaarc

Track & Field has Started and with
it Ramblers have a new Sponsor:

*CNS Chiropractic 'n Sports Clinic,
located in the front entrance of the
QEII Centre 11th Avenue, Tauranga.*

We are now known as:

CNS TAURANGA RAMBLERS

As part of the deal Ramblers now have use
of partitioned Clubrooms in the building
behind the grandstands at the Tauranga
Domain. CNS Clinic is also running a
Sports Coaching Clinic from part of the
building and our Track Coach Val
Bromley is working out of these premises.

To Support our sponsors, go to
<http://www.cnsclinic.co.nz/>

**Award winning Chiropractor &
Sports/ PhysEd Coach: Dr Pat
Wrigley**



Physiotherapist: Steve Smith



Rambler Steve has as a special interest in
sports injuries and rehabilitation and in
2009 won the NZ Sports & Orthopedic
Physiotherapy Assn Student Research
Award for his work.

National Road Relay Champs, Inglewood, 2/10/2010

By Terry (aka Whistleblower)

The 2010 National Road Relay Champs saw Ramblers only enter two teams, a Masters 50+ and a Composite team. The majority of the contingent travelled to New Plymouth on the Friday and then to did a reconnaissance of the course in the afternoon. This was important, as the information from the lap profiles indicated there weren't any easy laps and many with severe climbs and down hills. After surveying the course, most laps were not quite as severe as the profiles that had been seen, but needed careful consideration to runner placement. It seemed the Composite team were happy with their team order, but the 50+ made one adjustment to their original order.

All runners having seen the course gave their estimated times for their laps which indicated that it would be an interesting day. Both teams would start together and on paper the 50+ team would lead for the first lap and then the Composite team would then take the lead and push this out to 10 minutes by lap 5. The 50+ team would then work their way back to take the lead on the penultimate lap and be four minutes ahead at the finish.

The Naki turned on beautiful weather for the relay on the Saturday, fine, warm and just a gentle breeze. No one knew the drama that would unfold as the Composite and 50+ teams clashed.

At the gun on the first lap 1 Max Ball took off like a man possessed and by halfway through the lap led Tim Masters of Composites by 1m 30s. Max even had the 50+ team ahead of all the other 50+ teams early on and continued to race away from Tim to lead by 2m 30s by the end of the lap.

This was a better than expected start as Stu Smith was only expecting to have a minute lead on the Composite team as he took off on lap 2. Sally Gibbs had other ideas, having what would be the run of day for the club, and well before half way had cut extensively into Stu's lead. On the last downhill Sally passed Stu, but Stu managed to hang on to the finish neck and

neck with Sally at the changeover. This left the 50+ team shell-shocked and in awe of Sally's run, and asking the question as to when Sally would be available to run in the 50+ team?

Michael Sutton and Gavin Smith took off together on lap three with Gavin expecting to lose six minutes to Michael according to the pre-race predications. Within the first few metres Michael had opened up a gap and continued to pull away on the toughest and the longest lap of the day. Michael loped away from Gavin who was in damage control, but still ran well and limited the margin to just three minutes. Predictions had the Composite team over five minutes ahead by this stage so the 50+ team were more than happy.

Russell Lake continued the Composite teams surge away from the 50+ team on Lap 4 and extended their advantage to 6m 40s by the end of the lap, with an impressive run that had the Composite team in second place overall in their grade. This could have been first with some help from Sally Gibbs, who nearly took out the leading runner at the change over, while parking her van. The 50+ team had expected the Composites to be at least 10minutes ahead at this stage and weren't panicking. More drama than 'Days of our Lives' was about to unfold: Malcolm Taylor, el president, so intent on seeing and gloating on how far the Composite team were ahead of the 50+ team, forgot to get Mathew Smith to the change over before Russell had arrived. Russell was left fuming at the change over, expressing a few colourful expletives that left the officials there blushing. 1m 40s after Russell arrived; Malcolm managed to deliver Mathew to the changeover. Barry Watson ran well to keep the Composite teams lead to 6m 40s and handed over to Terry who had witnessed all this drama. As Terry ran past Malcolm parked on the side of the road he called out "Thanks Malcolm," and gave him the thumbs up, only to receive the encouragement, "Oh , *@\$\$*!!".

Terry was only expected to take a couple minutes out of Mathew, but more drama was about to unfold. About a third of the way through the lap, Terry was told Mathew was having a bad one. Then half way through Terry thought he was

delusional in the heat and saw Mathew up ahead. With 4km to go Terry had Mathew in his sights but as he turned the corner Mathew disappeared, literally. As Terry ran by, Mathew was off on the side of the road stretching. Later we were informed Mathew's demise was due to not being properly warmed up and under stress, arriving late to the changeover. A couple of kilometres further down the road Terry saw Malcolm driving back towards Mathew. Mathew, unfortunately, had to eventually pull out and the next runner had to take over. This happened to be none other than Malcolm, who was to run the next lap. In the excitement of it all, Malcolm passed Melissa Moon, but Malcolm forgot he still had another 8km to run after he finished this lap.

This was the last that the 50+ team saw of the Composite team at the end of lap five where the 50+ team had a 1m 50 second lead which would extend to 19 minutes by the finish, plus the 7 minute penalty incurred for changing a runner half way through a lap.

For the 50+ team Murray Clarkson ran extremely well to start to pull in a couple of the 50+ teams ahead of us. Up until now the 50+ team hadn't been too worried about the other teams in their grade as Auckland University and Tasman Tigers were well out in front. What they hadn't realised was that third placed Hamilton Hawks was just ahead of them, with Wellington Scottish just behind, then Ramblers and ACA closing in as well. At the end of lap 6 Murray had us in touch with Hawks and Scottish.

Les Dobson took over and quickly made inroads on the teams in front and at one stage had Ramblers in third place. ACA though, came through to be in third at the end of Lap 7 with Ramblers 50 seconds behind, then Scottish 15 seconds behind Ramblers and Hawks another 1m 5 seconds behind Scottish. This set up for an exciting finish with Wayne Smith given the responsibility of bringing Ramblers 50+ home. Scottish made the first move and went past Wayne, though Wayne stated afterwards that he thought the little Asian guy wasn't in our grade and wasn't worried about him. Both Wayne and the Scottish runner closed in on the ACA runner with Hawks having one of their

strongest runners closing in fast. Half way through the last lap, you could have thrown a blanket over all the runners. Hawks glided away to eventually take third, 2m 10s ahead of Wayne who ran a blinder for fourth, with ACA 34 seconds behind and Scottish another 45seconds adrift.

At the end of the day the 50+ team were extremely pleased with the result to be fourth and to have bragging rights as the best performed Ramblers team at the relay champs for the year.

As for the Composite team, there were many excuses for their demise but that is another story for another day. Kerry Smith and Steve Smith ran lonely vigils in their legs not seeing any other team runners against whom they could pace. The 50+ team are already planning their assault on the National Road Relay Champs in Auckland and how they can get another two minutes out of the old bodies to have a chance for a medal.



Max-i-mum effort!



Stu-finds out that it's not easy to stay ahead of a woman on a mission!



Wayne sprints into the stadium



Steve enters the stadium for Composites

	50+ Team			Composite Team	
Lap	Runner	Distance	Time		
1	Max Ball	7.79	32.09	Tim Masters	34.42
2	Stu Smith	10.41	41.06	Sally Gibbs	38.23
3	Gavin Smith	11.30	46.28	Michael Sutton	43.44
4	Barry Watson	9.70	39.18	Russell Lake	35.46
5	Terry Furmage	10.80	42.18	Mathew Smith	50.36
6	Murray Clarkson	8.20	35.05	Malcolm Taylor	43.47
7	Les Dobson	8.20	35.21	Kerry Smith	41.28
8	Wayne Smith	9.70	40.22	Steve Smith	42.52
Total			5.12.08		5.31.08 + 7min 5.38.08 penalty



Les takes over from Murray



Malcolm -proof that he was in front of Melissa Moon until the brief adrenaline spurt wore off!

Left – the Tunnel Leg 3- At the top of a mean hill



Sally hands over to Michael with Stu & Gavin right behind.



Terry crosses the swing bridge in leg 5



Stu enjoyed the Lamb shanks at dinner Saturday night in New Plymouth's Club.



Wood Pigeons checked out all the runners in Pukekura Park, NP, on Sunday morning's run & walk. We crossed paths with athletes from Clubs all over NZ.

Unfortunately, there was a major problem with timing and it took several weeks before results were finally available on the internet and it seems some of the lap splits still might not be accurate .

University of Canterbury easily retained their senior men title (4h 4m 39s 1), with Pakuranga 2nd & New Brighton 3rd.

The senior women's title also went to University of Canterbury (4h 53m 16s 1) with Pakuranga 2nd and Wgtn Scottish 3rd

The Masters 40+ was won by Scottish ahead of Hamilton Hawks, whilst the 50 + was won by Auckland University ahead of Tasman Tigers. Hamilton Hawks won the Masters Women ahead of Scottish. Hamilton Hawks also won the Junior Men & ACA won the Junior Women..

3/10/10 New Plymouth Half Marathon

It was the 30th anniversary of this event, sponsored by Taranaki Daily News, run by New Plymouth Joggers & Walkers and was held the day after Road Relays. Fine cool, conditions.

586 finishers. The race was won by David Morton in 1.14.49.

Russell Lake 2nd 1.19.26
Sally Gibbs 10th (1st Woman) 1.24.00

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Everyone's Run/Walk

30/9/10

Light moisture, bit windy & chill. 32 runners & walkers

5km

1 st	Murray Clarkson	21.34
2 nd	Morgan Ball	22.48
4 th	Jodi Furmage	22.59
5 th	Kerry Smith	23.01
7 th	McKenzie Ball	36.28
8 th	Shari Ball	35.53
Walk:	Alex Whimster	36.52

3km

1 st	Jessica Bitcheno	13.39
2 nd	Cassidy Ball	19.41
3 rd	Max Ball	19.42
4 th	Michelle Basson	20.38
5 th	Mikaela Basson	20.39
8 th	Sue Furmage	30.07

6/10/10

55 participants.

5km

3 rd	Murray Clarkson	20.25
4 th	Sam Averill	21.30
5 th	John Addy	21.37
7 th	Kelly Furmage	22.21
8 th	Terry Furmage	22.21
9 th	Morgan Ball	22.43
11 th	Jodi Furmage	22.48
12 th	Kerry Smith	23.06
15 th	Shari Ball	25.49

3km

2 nd	Sam Copeman	14.48
3 rd	McKenzie Ball	14.53
7 th	Cassidy Ball	19.26
8 th	Max Ball	19.27
10 th	Stu Smith	19.51
15 th	Karen Smith	23.43

14/10/10

63 runners & walkers

5km

1 st	Dan Smith	17.37
2 nd	Roger Creighton	17.42
5 th	Terry Furmage	18.36
6 th	Stu Smith	18.44
7 th	Winston Murton	20.01
9 th	John Addy	20.52
10 th	Petra Creighton	21.14
11 th	Sam Averill	21.27
15 th	Morgan Ball	23.05
16 th	Jodi Furmage	23.05
17 th	Kelly Furmage	23.06
19 th	McKenzie Ball	23.34
20 th	Shari Ball	24.55
22 nd	Rod Taylor	25.07

3km

1 st	Andrew Creighton	13.30
2 nd	Sam Copeman	13.54
11 th	Jasmine Creighton	15.40
15 th	Karen Smith	17.38

21/10/10

54 finishers

5km

1 st	Terry Furmage	18.38
2 nd	Stu Smith	18.52
3 rd	Winston Murton	21.02
4 th	Murray Clarkson	21.08
5 th	John Addy	21.24
9 th	Kerry Smith	23.18
10 th	Jodi Furmage	23.35
11 th	Kelly Furmage	23.53

3km

1 st	Mitchell Ferguson	12.22
2 nd	Andrew Creighton	12.38
3 rd	Petra Creighton	12.40

5 th	Jasmine Creighton	15.41
6 th	Sam Copeman	16.18
10 th	Karen Smith	17.59

28/10/10

66 runners & walkers

5km

1 st	Ben Ruthe	16.50
2 nd	Gareth Hyett	16.51
3 rd	Terry Furmage	18.37
4 th	Stu Smith	18.44
5 th	Emma Hyett	20.06
6 th	Murray Clarkson	20.12
7 th	Max Ball	21.09
8 th	Petra Creighton	21.15
9 th	Mike Powell	21.51
Walk:	20 th Kerry Smith	47.59

3km

1 st	Mitchell Ferguson	12.36
2 nd	Morgan Ball	12.48
3 rd	Kelly Furmage	12.51
4 th	Andrew Creighton	13.02
5 th	Jodi Furmage	13.14
9 th	Jasmine Creighton	14.55
17 th	Karen Smith	17.39
19 th	Sam Copeman	18.26

1 st	Genelle Vanderschantz	8.33
4 th	Rebekah Millar	8.71
5 th	Sophie Millar	8.74
6 th	Bethany Millar	10.62

60m H2 men

1 st	Alex Colvin	7.69
2 nd	Ollie Ranby	7.88
4 th	Connor Millar	9.03
5 th	Keegan Millar	9.49

60m H3 Men

3 rd	Michael Goldie	7.53
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110m Hurdles

1 st	Joseph Reynolds	15.96
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100m Hurdles

1 st	Bella Andrews	17.80
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Long Jump

2 nd	Joseph Reynolds	5.62m
3 rd	Ollie Ranby	5.19m
4 th	Alex Colvin	3.15m

Discus

1 st	Livvie Duggan	35.79m
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Shotput

W19	1 st Livvie Duggan	9.91m
W16	1 st Bella Andrews	7.80m
M16	1 st Joseph Reynolds	12.72m
M16	2 nd Alex Colvin	11.12m

Open Meet, Tauranga Domain

16/10/10

Fine sunny conditions. It would have been slim pickings without the Millar family making up the fields.

100m mixed h1

5 th	Connor Millar	14.55
6 th	Keegan Millar	15.33

100m mixed h2

1 st	Michael Goldie	11.90
2 nd	Ollie Ranby	12.11
3 rd	Alex Colvin	12.33
4 th	Bethany Millar	17.31

150m H1 Men

3 rd	Michael Goldie	NT
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150m H2 Women

1 st	Genelle Vanderschantz	19.04
4 th	Sophie Millar	19.88
5 th	Rebekah Millar	19.92
6 th	Bethany Millar	24.98

150m H2 men

1 st	Ollie Ranby	17.11
4 th	Connor Millar	20.93
5 th	Keegan Millar	22.28

600m

3 rd	Keegan Millar	2.04.3
4 th	Bethany Millar	2.14.7

60m H1 Women

Putaruru Bell Round 1 Porritt Stadium, Hamilton 23/10/10

Michael Goldie M16

100m	2 nd	11.70
200m	2 nd	23.50

Abby Goldie G14

100m	1 st	12.80
200m	1 st	26.00

Mariah Ririnui W19

100m	1 st	13.00
200m	1 st	27.90

Livvie Duggan W19

Shotput	1 st	9.43m
Hammer	2 nd	38.00m

(note : Julia Ratcliffe W19 threw a new NZ Junior Record in the Hammer at this meet of 58.89m)

Putaruru Bell Round 2, Tauranga Domain, 30/10/10

100m Women A

2 nd	Mariah Ririnui	W19	13.00
4 th	Genelle Vanderschantz	W19	13.14

100m Women B

1 st	Abby Goldie	W16	13.05
2 nd	Amy Robinson	W16	13.70

4 th	Samantha Bitcheno	W16	13.95
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100m Men A

1 st	Joseph Millar	M19	10.97
5 th	Mike Cochrane	M19	11.86
7 th	Max Joret	M19	12.91

100m Men B

1 st	Michael Goldie	M16	11.81
3 rd	Olly Ranby	M16	12.13

80m Hurdles

1 st	Amy Robinson	W16	14.29
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110m Hurdles

1 st	Joseph Reynolds	M16	16.40
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200m Women

2 nd	Abby Goldie	W16	26.20
4 th	Amy Robinson	W16	28.01
7 th	Genelle Vanderschantz	W19	28.59

200m Men B

1 st	Michael Goldie	M16	23.44
2 nd	Olly Ranby	M16	23.45
7 th	Max Joret	M19	26.34
8 th	Mariah Ririnui	*W19	26.94

200m Men A

1 st	Joseph Millar	M19	21.87
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800m Women

4 th	Jessica Bitcheno	W16	2.37.37
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Discus

Samantha Bitcheno	3 rd	W16	13.90m
Jessica Bitcheno	4 th	W16	13.70m
Livvie Duggan	1 st	W19	34.93m
Luke Davison	1 st	M16	40.19m
Mike Cochrane	1 st	M19	36.44m

Shotput

Mariah Ririnui	1 st	W19	8.72m
Luke Davison	1 st	M16	13.30m
Max Joret	1 st	M19	11.36m
Mike Cochrane	2 nd	M19	10.95m

Long Jump

Rebecca Cochrane	1 st	SW	4.39m
Amy Robinson	2 nd	W16	4.78m
Mariah Ririnui	1 st	W19	4.22m
Alex Colvin	1 st	M16	6.06m
Joseph Reynolds	3 rd	M16	5.80m
Michael Goldie	6 th	M16	4.87m

High Jump

Joseph Reynolds	1 st	M16	1.90m
Alex Colvin	2 nd	M16	1.75m

10000m WBOP Championship 30/10/10

1	Sutton Michael	M19	TGA	33:47.34
2	Doney William	SM	WHK	36:34.95
3	Gibbs Sally	W45	TGA	37:17.49
4	Smith Gavin	M55	TGA	38:23.96
5	Watson Barry	M55	TGA	41:00.57
6	Brennan Kirk	M40	TGA	42:14.37
7	McCready Karyn	W40	HAWK	42:37.78
8	Clarkin Grahame	M55	HAWK	46:24.55
9	Pavett Sid	M75	TGA	49:57.67

Opening T&F Club Night **Tauranga Domain 19/10/10**

Good numbers for our first night, with plenty of school age participants.

100m heat 1

1Cullum Philpot	15.87	B10
2Jasmine Creighton	16.14	G10
3Andrew Creighton	16.35	B9
4Mia Pugh	16.84	G9
5Cassidy Ball	18.45	G8
6Ian Pugh	20.38	B7
7Elliot Pugh	24.79	B4

100m heat 2

1Lauren Hines	16.52	G13
2McKenzie Ball	17.47	G11
3Catherine Sutton	17.94	G10
4Joanne Sutton	18.26	G10

100m heat 3

1Brooke Somerfield	14.25	G13
2Paula Muller	14.28	W16
3Samantha Bitcheno	14.38	G12
4Hannah Philpot	15.23	G13
5Lauren Hines	18.25	G13

100m heat 4

1Ross Coleman	13.07	B13
2Ben Short	13.55	B14
3Miles Farrant	13.77	M16
4Jack Dangen	14.92	B14
5Jeremy Shaw	15.48	B11
6Nicholas Jordan	15.80	B13

100m heat 5

1Abby Goldie	13.06	G14
2Amy Robinson	14.03	G14
3Petra Creighton	14.55	W40
4Christine Sutton	15.19	G14
5Alice McFall	15.40	W16

100m heat 6

1Michael Goldie	11.74	M16
2Oliver Ranby	11.77	M16
3Michael Booth	11.88	M16
4Mathew Connolly	12.27	M16
5Cole Wood	12.34	M16

100m heat 7

1Joseph Millar	11.44	M19
2Jared McNaughton	11.84	M19
3Kieren McKinley	11.91	SM
4Ryan Sowry	12.04	M19
5Stephen Te Whaiti	12.69	M45
6Shaun Goldie	13.46	M50
7John McKinley	14.57	M50
8Brendon Magill	14.85	M45

300m heat 1

1Olivia Hines	54.89	G11
2Andrew Creighton	56.68	B9
3Mia Pugh	57.12	G9
4Jasmine Creighton	59.31	G11

300m heat 2

1Paula Muller	46.66	G14
2Petra Creighton	46.77	W40
3Samantha Bitcheno	49.30	G12
4Christine Sutton	50.25	G14
5Hannah Philpot	51.85	G13
6Laurie Pugh	52.29	W35
7Alice McFall	52.32	W16
8Lauren Hines	67.90	G13

300m heat 3

1Michael Goldie	37.94	M16
2Oliver Ranby	37.95	M16
3Stephen Te Whaiti	41.37	M45
4Joseph Reynolds	42.71	M16
5Ross Coleman	44.33	B13
6Miles Farrant	45.07	M16

800m heat 1

1Sally Gibbs	02:28.0	W45
2Christine Sutton	02:36.6	G14
3Laurie Pugh	02:40.7	W35
4Petra Creighton	02:42.9	W40
5Alice McFall	02:44.0	W16
6Kelly Furrage	02:45.6	G14
7Charlotte Bartrum	02:51.4	SW
8Nikki Furrage	02:52.0	W16
9Olivia Hines	02:53.0	G11
10McKenzie Ball	03:06.7	G11
11Jasmine Creighton	03:13.3	G11
12Lauren Hines	03:14.1	G13
13Cassidy Ball	03:51.3	G8

800m heat 2

1Michael Sutton	02:12.8	M16
2Miles Farrant	02:27.1	M16
3Mathew Smith	02:27.5	SM
4Gavin Smith	02:38.7	M55
5John McKinley	02:41.9	M50
6Ian Bitcheno	02:43.5	M40
7McKinley Kieren	02:50.0	SM
8Jeremy Shaw	02:58.0	B11
9Nicholas Jordan	04:00.2	B13

3000 Metres

1Sally Gibbs	10:43.8	W45
2Gavin Smith	11:09.7	M55
3Laurie Pugh	12:02.7	W35
4Murray Clarkson	12:49.1	M60
5Christine Sutton	13:20.4	G14
6Jodi Furrage	13:43.9	G14
7Morgan Ball	14:17.1	G14
8Jessica Bitcheno	14:17.1	G13
9Cole Wood	16:11.4	M16
10Nikki Furrage	16:12.1	W16

Long Jump

1Mia Pugh	3.44	G9
1Olivia Philpot	3.03	G8
2Cassidy Ball	2.84	G8

1Lauren Hines	3.18	G13
1Olivia Hines	3.01	G12
1Jasmine Creighton	3.70	G11
2Catherine Sutton	3.02	G11
3McKenzie Ball	3.00	G11
4Joanne Sutton	2.23	G11
1Andrew Creighton	3.03	B9
1Ian Pugh	2.13	B7
1Elliot Pugh	1.78	B5
1Callum Philpot	3.46	B10
1Jeremy Shaw	3.75	B11
1Nicholas Jordan	3.26	B13
1Amy Robinson	4.67	G14
2Brooke Somerfield	4.41	G14
1Alex Colvin	5.74	M16
2Matthew Connolly	5.26	M16
3Ryan Sowry	6.15	M19
1Stephen Te Whaiti	5.21	M45
1Rochelle Newdick	4.73	W16

Hammer Throw

1Livvie Duggan	35.16	W19
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Discus

1Rochelle Newdick	26.72	W16
1Luke Davison	37.80	M16

Club Night 26/10/10

60m heat 1

1Olivia Hines	9.86	G11
2Jasmine Creighton	9.98	G10
3Mia Pugh	10.22	G9
4Olivia Philpot	10.79	G9
5Cassidy Ball	11.00	G8

60m heat 2

1Jack Dangen	9.20	B12
2Keegan Millar	9.26	B11
3Fynn Dangen	9.66	B10
4Cullum Philpot	9.69	B10
5Shaw Jeremy	9.92	B11
6Andrew Creighton	10.06	B8
7Ian Pugh	12.20	B7
8Elliot Pugh	15.16	B5

60m heat 3

1Brooke Somerfield	8.75	G13
2Samantha Bitcheno	8.77	G12
3Jodi Furrage	9.27	G14
4Hannah Philpot	9.38	G13
5Christine Sutton	9.65	G14
6Morgan Ball	9.73	G14
7Lauren Hines	11.19	G13

60m heat 4

1Abby Goldie	8.21	G14
2Mariah Ririnui	8.27	W19
3Amy Robinson	8.58	G14
4Sophie Millar	8.67	W16
5Paula Muller	8.80	G14

60m heat 5

1Michael Booth	7.57	M16
2Michael Goldie	7.59	M16
3Mathew Connolly	7.82	M16
4Oliver Ranby	7.87	M16
5Jarrad Hawes	8.27	B14
6Jack Colvin	8.35	B13

60m heat 6

1Joseph Millar	7.08	M19
2Daniel Guler	7.41	SM
3Michael Cochrane	7.51	M19
4Stephen Te Whaiti	7.79	M45
5Max Joyet	8.22	M19
6Shaun Goldie	8.47	M50

200m heat 1

1Olivia Hines	34.02	G11
2Bethany Millar	34.58	G11
3Mia Pugh	34.76	G9
4Jasmine Creighton	35.01	G10

200m heat 2

1Jack Dangen	30.38	B12
2Keegan Millar	31.47	B11
3Jordan Nicholas	32.20	B13
4Fynn Dangen	32.61	B10
5Jeremy Shaw	32.72	B11
6Cullum Philpot	34.23	B10
7Andrew Creighton	35.79	B8
8Lucas Darling	39.17	B9

200m heat 3

1Abby Goldie	26.28	G14
2Amy Robinson	28.26	G14
3Paula Muller	28.84	G14
4Brooke Somerfield	29.93	G13
5Frances Peat	30.64	SW
6Emma S-McDonald	30.87	G14
7Lauren Hines	39.28	G14

200m heat 4

1Michael Cochrane	23.45	M19
2Michael Goldie	23.53	M16
3Oliver Ranby	23.82	M16
4Booth Michael	24.58	M16
5Mathew Connolly	24.93	M16
6Stephen Te Whaiti	26.02	M45
7Jarrad Hawes	26.99	B14

200m heat 5

1Shaun Goldie	28.66	M50
2Gavin Smith	33.41	M55
3Sid Pavett	44.15	M75

1000m heat 2

1Michael Sutton	2:51.19	M16
2Miles Farrant	3:08.41	M16
3Russell Lake	3:21.52	M40
4Gavin Smith	3:23.97	M55
5Barry Watson	3:38.33	M55
6Max Ball	3:48.07	M50
7Sid Pavett	4:31.60	M75

1000m heat 1

1Sally Gibbs	3:09.15	W45
2Christine Sutton	3:18.69	G14
3Jack Dangen	3:20.63	B12
4Laurie Pugh	3:21.91	W35
5Alice McFall	3:28.30	W16
6Emily McCormick	3:31.27	W16
7Keegan Millar	3:32.40	B11
8Karen McCready	3:33.11	W35
9Frances Peat	3:36.52	SW
10Charlotte Bartrum	3:38.22	SW
11Olivia Hines	3:39.48	G11
12Morgan Ball	3:47.39	G14
13Andrew Creighton	3:47.93	B8
14Bethany Millar	3:49.21	G11
15Mia Pugh	3:54.56	G9
16Lauren Hines	4:07.32	G13
17Jasmine Creighton	4:14.86	G10
18Lucas Darling	4:18.99	B9
19Cassidy Ball	5:06.81	G8

4000m

1Michael Sutton	12:57.86	M16
2Russell Lake	14:27.52	M40
3Gavin Smith	14:57.80	M55
4Barry Watson	15:25.76	M55
5Steve Smith	15:31.90	SM
6Laurie Pugh	15:44.87	W35
7Karen McCready	16:07.00	W35
8Christine Sutton	16:36.04	G14
9Jessica Bitcheno	16:51.66	G13
10Ian Bitcheno	16:57.82	M40
11Kelly Furmage	17:03.81	G14
12Jodi Furmage	17:24.63	G14
13Morgan Ball	18:54.61	G14
14Max Ball	19:02.95	M50
15Sid Pavett	19:21.77	M75

Shot Put

1Fynn Dangen	B10	2kg	7.36
1Jeremy Shaw	B11	3Kg	5.75
1Jack Dangen	B12	3kg	8.71
1Jack Colvin	B13	4kg	9.46
1Morgan Stone	B14	5kg	9.20
1Andrew Creighton	B8	1.5kg	5.22
1Lucas Darling	B9	1.5kg	5.18
1Catherine Sutton	G11	2kg	3.08
1Emma S-McDonald	G14	3Kg	9.28
2Amy Robinson	G14	3Kg	8.96
1Mia Pugh	G9	1.5kg	2.61
1Luke Davison	M16	5kg	14.48
1Stephen Te Whaiti	M45	7.26kg	10.01
1Livvie Duggan	W19	4kg	9.81

High Jump

1Fynn Dangen	B10	1.10
2Bradley Colman	B10	1.10
2Cullum Philpot	B10	1.10

1Jeremy Shaw	B11	1.15
2Keegan Millar	B11	1.15
1Jack Dangen	B12	1.20
1Jack Colvin	B13	1.45
2Nicholas Jordan	B13	1.00
1Lucas Darling	B9	0.80
1Catherine Sutton	G11	1.00
2Joanne Sutton	G11	0.80
1Lauren Hines	G12	0.80
1Hannah Philpot	G13	1.35
1Christine Sutton	G14	1.30
1Mia Pugh	G9	1.00
1Joseph Reynolds	M16	1.90
2Alex Colvin	M16	1.70
1Michael Cochrane	M19	1.70
1Stephen Te Whaiti	M45	1.55

Article : From SunMedia 4/11/10

Running Coach wins Lifetime Award



Bay of Plenty coaches of the year with Watties' Rhys Haman and SPARCs Trafford Wilson.

Tauranga's Malcolm Taylor is the winner of the 'lifetime achievement' category at the Sport Bay of Plenty Watties Volunteer Coach of the Year awards.

Malcolm has given over 25 years to coaching both athletics and cross country at Tauranga Boys' College and Tauranga Ramblers. This reward reflects his commitment to athletics and young people. He is highly regarded by his coaching peers across the country.

The award was presented to Malcolm on Saturday 30th October at Kiwi360 in Te Puke.

Adidas Auckland Marathon & Half Marathon- (NZ Marathon Champs) 31/10/10

Marathon

Dale Warrander kept his title in	2.19.22
2 nd Sam Wreford	2.19.56
3 rd Phil Costley	2.24.26
1 st W Shireen Crumpton 19 th o/a	2.45.51
24 th Russell Lake 5 th M40	2.50.39
32 nd Roger Creighton 4 th M45	2.52.19
275 th Malcolm Smith	3.25.29

Half Marathon

1 st Matt Smith	1.06.38
2 nd Stephen Lett	1.10.04
3 rd Rowan Hooper	1.12.20
1 st W Danielle Trevis 6 th o/a	1.13.08
9 th W Ruby Muir 50 th o/a	1.24.18

Quarter Marathon

1 st M Brett Tingay	32.20
1 st W Fiona Crombie	37.30

SIR BARRY CURTIS 10km & 5km, 17th/10/10, Pakuranga (NZ Road Champs)

Strong cool breeze with a sprinkle of rain near the finish. The Smiths travelled up the day before and checked out the course. The first km was downhill out of the golf course at Musick Point, then another couple of flat kilometres along the flat Bucklands Beach harbourside, then a mean steep uphill before a long stretch of Buckland Beach Road onto Aviemore Drive. Right turn onto another gradual climb back to Lloyd Elmore Park & a circuit of the brand new allweather track. A good medal haul from those Ramblers present.

10km

1 st Dale Warrander	29.39
2 nd Hayden McLaren	30.05
3 rd Cameron Graves 1 st M19	30.18
1 st W Danielle Trevis 15 th o/a	32.41
2 nd W Shireen Crumpton 33 rd	34.36
3 rd W Rachel Kingsford 37 th	34.50
53 rd Roger Creighton 2 nd M45	36.12
63 rd Gavin Smith 2 nd M55	37.43
69 th Johanna Ottosson 9 th W	38.11
105 th Murray Clarkson 2 nd M60	42.11
179 th Sid Pavett 1 st M75	48.49

5km

1 st Michael Sutton 1 st M16	16.11
10 th Sally Gibbs 1 st W +1 st W45	17.34
27 th Petra Creighton 17 th W+3 rd W40	20.18

Sid Pavett finishing the Sir Barry Curtis 10km & winning gold M75 grade



North Island Combined Events Champs, Hastings 23/10/10

Heptathlon

Bella Andrews 2nd W16 3111 points
100m Hurdles 16.09, HJ 1.34m, SP 7.40m,
200m 29.01, LJ 4.25m, Jav 24.69m, 800m
3.07.09

Octathlon

Luke Davison 1st M16 5067 points
100m 12.19, LJ 5.93m, SP 14.64m,
400m 56.20, 110mH 16.89, HJ 1.82m,
Jav 51.04m, 1000m 2.58.46.

Joseph Reynolds 2nd M16 4242 points
100m 12.53, LJ 5.54m, SP 11.90m,
400m 58.71, 110mH 16.34, HJ 1.85m,
Jav 34.37m, 1000m 3.27.88.

Alex Colvin 3rd M16 3752 points
100m 12.03, LJ –NoJump, SP 10.52,
400m 57.10, 110mH 17.83, HJ 1.82m,
Jav 24.40m, 1000m 2.58.42

Hamilton Half Marathon – 3 October 2010

Phil Murray won in 1h 12m 51s from Gavin Spiers 1h 14m 24s.

Ruby Muir won the women's section in 1h 25m 8s, five seconds ahead of Erin Furness.

John Caie was 34th M35-44 1.43.53

Kawerau King of the Mountain 30/10/10

Sjors Corporaal won the event in 48.07
Karen Hanlen was 1st woman in 58.38
Shay Williamson 1st MU20 48.36
Zara Murrihy 1st WU20 1.19.17
Gordon Townsend 1st M40-49 59.48
Michelle Howard 1st W 35-44 1.29.52
Gary Schwass 1st M50+ 58.08
Cheryl Everest 1st W45+ 1.17.19

Sri Chinmoy 24 hour & 12 hour Champs, Sovereign Stadium North Shore – 2 October 2010

The Sri Chinmoy 24-Hour men's race was won by NZ 100km rep Greg Hannah 41, of Dunedin with a fine 217.802 Km, from 2008 winner Rambler **Alex (Macca) McKenzie** 49, in a personal best 206.530 km.

Another NZ representative, Vivian Cheng 32, from Wellington (201.400 km), won the women's 24-Hour, attaining 200 km for the first time.

Macca



XTERRA Trail Running Challenge Karangahake Gorge Waihi 02 Oct 2010

330 contestants over 3 distances. The Long course was won by Ed Hyde in 1.38.55.

Ruby Muir was 1st Woman & 1st Junior Woman (5th overall) in 1.47.13



More Road Relay Pics

Coming Events

2 November

6pm 100m & Javelin, 6.30pm 1500m & Triple Jump, 6.45pm 400m, 7pm 5000m.

7 November

Bays & Bridges Challenge 14km starting from Strand car park area/ Harbour Bridge/ Airport/ Omanu Golf Course/ Matapihi/ Rail Bridge/ back to Strand. Walkers 7.30am & Runners 8am

<http://www.baysandbridgeschallenge.co.nz/>

Anyone not entering can you please make yourself available to marshall, or help in other areas. Contact David Whitehead, Russell Lake or Bev Smith to volunteer and be allocated a job.

9 November

Including Secondary Schools invitation

5.30pm 80mH/100mH/110mH, 6pm 100m, 6.30pm 1500m, 7pm 4x100 relay, 400m, 5.45pm, Hammer, 6pm, High Jump, 6.15pm Discus, 6.30pm Long Jump

13 November

Battle of the Regions Round 1 Mt Smart Stadium, Auckland

13 November

Maratoto Challenge tough 21km (3 peaks), 10km (1 peak), 5km fun run/walk - relatively flat, off-road from Hikutaia School on Paeroa-Thames road. Also a Mountain bike division.

14 November

Toi's Challenge Whakatane 18km off-road.

16 November

5.30pm 1500m walk, 5.45pm 300mH, 6pm 200m, 6.30pm 800m, 7pm 3000m, 5.45pm Triple Jump, 6pm Shotput, 6.30pm Javelin

20 November

Jennings Cup Children's meet, Tauranga Domain

20 November

Battle of the Regions Round 2 Porritt Stadium, Hamilton

21 November

Round the Bridges, Hamilton 12km & 6km

<http://www.roundthebridges.co.nz/>

23 November

5.30pm 80mH/100mH/110mH, 5.45pm Hammer, 6pm 100m & High Jump, 6.15pm Discus, 6.30pm 1500m & Long Jump, 7pm 4x100m relay, 7.15pm 400m

26 November

BOP/Poverty Bay Int School's Athletics at Tauranga Domain

30 November

5.30pm 1500m walk, 5.45pm 300mHurdles, & triple Jump, 6pm 200m & shotput, 6.20pm 800m, 6.30pm Javelin, 6.45pm 100m, 7pm 3000m

4th December

Open Meet A, Porritt Stadium