

# Ramblings

Newsletter of Athletics Tauranga Incorporated



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### Athlete of the Month

September



**Jessica Bitcheno**

Winner Yr 8 Girls AIMS XC, in a new AIMS Games record time of 11.10 for 3km, not easy in the windy conditions.

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plus track results are on:  
[www.sportsground.co.nz/taurangaarc](http://www.sportsground.co.nz/taurangaarc)

### Road Relays this weekend- Yay!

We have two very keen Teams going made up of some of our club's most ardent. With 2 family members in one team and three in the other, I find myself on the fence deciding who to support. May the best Team win! Shouts all around.

#### Looking at form: MM50+ vs Composite

leg 1	7.79km	Max	vs Tim,
leg 2	10.41km	Stu	vs Sally,
leg 3	11.3 km	Gavin	vs Michael S
leg 4	9.7km	Les	vs Russell
leg 5	10.8km	Terry	vs Mathew
leg 6	8.2km	Murray	vs Mike P
leg 7	8.2km	Barry	vs Kerry
leg 8	9.7km	Wayne	vs Steve

We reckon it's pretty even. The 50plus will be relying on Wayne's racy red flats to bring them home in a flash, as they have many times in the past. Steve, straight from scoring the final goal of the season for Tauranga City United, will be sporting new shoes for the event and is hoping to stay in touch with his uncle (it might come down to a mean sprint finish). His form this season comprises only one race in the 12km City 2 Surf last weekend & that was after spending the night celebrating soccer prizegiving, an overload of carbs & virtually no sleep, which got him off to a queasy start. Despite the lethal mix, he picked it up as the race progressed, coming in strongly over the soft sand, at the finish.

Scottish have 17 Teams entered. Hawks have 9 Teams and their junior men look pretty hot to contest against ACA. University of Canterbury, Pakuranga & Scottish appear the 3 favorites to contest the SM title. Auckland University with icon Gavin Stevens running leg 3 should be unbeatable in the MM50+ grade. University of Canterbury are fielding a strong women's Team again this year.

## **Whangamata Run/Walk Festival** **4/9/10**

It turned out a fine day despite a week of rain beforehand. Perfect running conditions. Rather glad we chose to do this event instead of Christchurch! Awesome efforts from Kyle and Iain, who took out the 21km & 10km events respectively. Iain was sent the wrong way by a marshall but managed to recover the lead. First woman home in the half marathon was Mikki Williden of Auckland in 1.23.40 (9<sup>th</sup> overall).

### **21km**

Kyle Macdonald	1 <sup>st</sup>	1.10.41
Paul Crowhurst	2 <sup>nd</sup> (Akl)	1.10.44
Craig Kirkwood	3 <sup>rd</sup>	1.10.54
John Caie	4 <sup>th</sup> (1 <sup>st</sup> M40)	1.18.15
Gavin Smith	11 <sup>th</sup> (2 <sup>nd</sup> M55)	1.24.22
Kylie Kirkwood	160 <sup>th</sup> (10 <sup>th</sup> F35)	2.01.14

### **10km**

Iain Macdonald	1 <sup>st</sup>	33.43
Garit Read	2 <sup>nd</sup> (Hamilton)	33.58
Tracey Futter	7 <sup>th</sup> 1stW (Akl)	41.14

### **5km**

Kevin Fly	1 <sup>st</sup> (Hamilton)	18.06
Fay Smith	120 <sup>th</sup> (5 <sup>th</sup> W55)	38.27



John Caie 1<sup>st</sup> MM at Whangamata

## **NZ Road Champs, Christchurch** **4/9/10** **"The Champs that Weren't:"** **by Sally Gibbs**

Runners who travelled to Christchurch for the Athletics New Zealand Road Champs may have planned an early start on race day, but not the 4.30am wake-up call that turned the weekend into an expensive earthquake drill.

Of the four Ramblers staying in various parts of the city, Tim Masters was ringside in Manchester St, where the front of a neighbouring building collapsed in the 7.1 quake. After the swaying stopped, with the power off and the sirens on, "we all ended up on the street like stunned mullets," he said. Tim's solidly built two-storey youth hostel stayed intact and habitable, but was inside the subsequent emergency cordon for two days.

Sid Pavett, the guest of a friend/rival in Opawa, braced himself in a door frame when the earthquake hit. The shake cracked the house's concrete floor and drained the hot water cylinder – which still remained to be fixed three days later. "If you didn't mind cold showers in Canterbury it was OK," he said. However continuing and increasingly strong aftershocks made for some apprehension.

At the Top 10 Holiday Park in Papanui, Brendan and I and our two teenage supporters were shaken comparatively mildly, suffering only the loss of power, water and sleep and not realising the extent of the damage until we ventured out in daylight. On the lighter side, our family had flown in late the night before and were ill-prepared with supplies. So in deference to Civil Defence pleas to keep unnecessary cars off the road, we took the holiday park's alternative transport – pedal cars – to queue for rationed "basics" being sold at a supermarket door.

The roads at the Spencer Park champs venue were left resembling a hurdles course; and transport and communications problems as a state

of emergency was declared also contributed to the organisers' call to cancel the event.

After all the training and planning we were certainly disappointed – all the more so to be "tourists" in a closed city on a perfect spring day – but also acutely aware of the ongoing effects of the destruction for residents who have to live with them long after we visitors are back at home. And it was a reminder that there are some things in life we just can't control, much as we'd like to think otherwise!

Editors note:

*NZ Road Champs have now been re-scheduled to be run in conjunction with the Sir Barry Curtis 10km Classic in Auckland on Sunday 17 October 2010.*

*<http://www.sirbarrycurtis10k.co.nz/> Athletes who have already paid for Christchurch can have their entry transferred.*

*Others who now wish to enter the champs in Auckland can enter online \$32.00 (closes 10/10/10) or post. Late entries are also being accepted with an additional late fee of \$15.*

*W19, M16, W16 & MW will be entered in the 5km event costing \$15.*

*<http://www.sirbarrycurtis10k.co.nz/default.asp?PageID=3997>*

## **Summerhill Farm Rogaine, Reid Rd, Welcome Bay 4/9/10** **By Mathew Smith**

For the last 3 years the Tauranga Ramblers have had a Rogaine race once a year on the winter programme. The two previous events have been held at Waipuna Park. This year we have branched out to a new venue at Summerhill farm where we have traditionally held a 3km loop race. This year's event was organised by Mathew Smith and Russell Lake.

The weather treated us kindly with a beautiful sunny day. This event had a lot of competition from other events including the off road half marathon in Taupo, the Whangamata road half marathon, and also the AIMS games crosscountry race at Waipuna the following day. As a result the number of Ramblers competing was a little low with 5 members competing. This



event was also publicised to the BOP orienteering club and with 27 competitors turning up. The race involved trying to get a total of 20 controls with a time limit of 1 hour.

The event was won by Angela Simpson from Rotorua with all 20 controls in 37mins, closely followed by her dad Ian in 42mins. There was a van load of students from Trident High School in Whakatane which helped boost numbers which was pleasing for the organisers. Angela Simpson has just been to the World University orienteering Champs and gained 7<sup>th</sup> in the sprint distance so we had a NZ rep in our little race, pretty cool. Just to promote orienteering, there will be a Summer Nav orienteering series held between Tauranga, Rotorua and Whakatane over the summer between November and March on Wednesday nights with starts between 5.30 and 6.30. There will be 3 courses to choose from, short, medium and long with expected finishing times of 15, 30 and 45 minutes. New maps have been made of the Otumoetai area and The Lakes at Tauriko. It can be an added challenge to regular running and still improve your fitness. Hope to see you out there. Flyers will be put into Sports shops in October. For more info check out the following websites <http://www.cdorienteering.co.nz/> or for more info <http://www.maptalk.co.nz/>

Place	Name	Points	Time
1	Angela Simpson	20	37.00
2	Ian Simpson	20	42.00
3	Raewyn Simpson	19	49.00
4	Steven Simpson	19	50.40
5	Aaron, Celine	19	59.50
6	Ash, Josh	18	52.20
7	Phil Browne, Christine, Georgia, Caleb	17	54.50
8	Samantha Vlaming, Katelyn Goldsmith, Anita Coxhead	17	56.15
9	Logan, Kevin	17	56.30
10	Sam, Jordan	17	1.00.00
11	Tarin Krammer	(18) 17	1.00.30
12	Mrs Krammer	15	59.30
13	Helen, Oliver	15	1.00.00
14	Terry Russel, Greg	(17) 15	1.04.00
15	Ruth Coxhead, Penny Vlaming	14	57.30
16	Tim, Emma, Catherine, Johanna	11	56.00
17	Alex Whimster	(16) 10	1.12.20

## AIMS GAMES Cross Country Waipuna Park 5/9/10

Involving Intermediate and Middle Schools from throughout NZ this has grown into a huge event. Run by Sport BOP with the assistance of Ramblers, Malcolm Taylor & Fay Smith timekeeping, Wayne Smith, marshalling & helping set up course.

The day was highlighted by great racing by our younger Ramblers members. The weather stayed fine for the duration, but a cool strong wind was blowing, making it hard going in exposed areas. Amazingly several teams from Christchurch made it, despite the earthquake 2 days earlier disrupting flights.



Yr 7 Girls line up



Olivia Hines

### **Results -3km.**

#### **Yr 7 Girls (60 finishers)**

1 <sup>st</sup> Keeley Grantham of Tga Int	11.37
2 <sup>nd</sup> Olivia Hines Tga Int	12.21
33 <sup>rd</sup> Samantha Bitcheno Te Puke	13.48

#### **Yr 7 Boys (75 finishers)**

1 <sup>st</sup> Justin Mitchell Tga Int	11.02
10 <sup>th</sup> Jeremy Shaw Tga Int	11.44

#### **Yr 8 Girls (63 finishers)**

1 <sup>st</sup> Jessica Bitcheno Te Puke	11.10
4 <sup>th</sup> Lili Crombie Aquinas	11.41
7 <sup>th</sup> Alice McCafferty Kaimai	12.05

#### **Yr 8 Boys (76 finishers)**

1 <sup>st</sup> Leo Roper Buckland Beach	10.28
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2<sup>nd</sup> Andrew Robinson Tga Int 10.41

Tauranga Intermediate won the 12x 1km relay made up of boys & girls from all grades in 43.52, with Otumoetai Intermediate in 2<sup>nd</sup> place 44.26 and Ilminster 3<sup>rd</sup> in 45.15.



Jeremy Shaw

## Mizuno Off-Road Half Marathon, Kinloch, Taupo 4/9/10

The half marathon was won by Matthew Jarvis of Taumarunui in 1.29.05 with 1<sup>st</sup> woman Annika Smail of Rotorua in 26<sup>th</sup> overall 1.39.09.

**Wayne Smith 34<sup>th</sup> 1<sup>st</sup> M55-59**  
**1.40.54**

**Les Dobson 170<sup>th</sup> 16<sup>th</sup> M50-54**  
**2.01.29**

The quarter marathon was won by James Weal of Taupo in 43.36 with 1<sup>st</sup>W Isobel Light of Wellington 5<sup>th</sup> overall in 47.11 561 runners & 199 walkers competed in the half . 137 runners & 85 walkers did the quarter.

## City to Surf 26/9/10 12km Tauranga –Mt Maunganui

With a new start line near the Tauranga Marina the distance of this event was also reduced to 12km from the old half marathon. The finish line was on soft sand along Mount surf beach . Fine weather and good conditions. Ben Ruthe made the front page of BOP Times for his win, well done! Michelle Basson was 1<sup>st</sup> woman. Impressive time also by 13 year old Scott Croasdale.

### **Results (12km)**

Ben Ruthe	1 <sup>st</sup>	40.08
Russell Lake	2 <sup>nd</sup>	43.00
Roger Creighton	4 <sup>th</sup>	43.55
Michelle Basson	6 <sup>th</sup> (1stW)	44.10
Scott Croasdale	7 <sup>th</sup>	44.27
Terry Fumage	9 <sup>th</sup>	45.03
Barry Watson	25 <sup>th</sup>	48.12
Winston Murton	29 <sup>th</sup>	49.37
David Stewart	34 <sup>th</sup>	50.09
Emma Hyett	40 <sup>th</sup> (3rdW)	50.34
Steve Smith	45 <sup>th</sup>	51.10
John Addy	58 <sup>th</sup>	52.41
Jack Dangen	92 <sup>nd</sup>	54.13
John McKinley	205 <sup>th</sup>	59.15
Jeremy Shaw	215 <sup>th</sup>	59.39
Sam Averill	347 <sup>th</sup>	1.04.16

1072 finishers in the 12km run plus 734 finishers in the 12km walk.



Emma



Michelle



Scott

## The Legend Marathon & Arthur's Half Marathon 18/9/10

This event is run in the scenic Waitakere Hills, Auckland:- training ground for the legendary Arthur Lydiard . Fantastic marathon time from Iain MacDonald for 2nd over this difficult course.

### Marathon 42.2km (165 finishers)

Winner was Dale Warrander in 2.30.01  
**2<sup>nd</sup> Iain Macdonald 2.35.21**  
 3<sup>rd</sup> Steve O'Callaghan 2.36.57  
 Womens winner was Shireen Crumpton in 2.59.32

### Arthur's Half 21.1km (282 finishers)

Winner was Stephen Lett in 1.11.55  
**5<sup>th</sup> Craig Kirkwood 1.16.48**  
 Womens winner was Maria Akesson in 1.27.28

## World Mountain Running Champs, Kamnik, Slovenia 5/9/10

Congratulations to **Ruby Muir** who placed 11<sup>th</sup> in the Junior Women's event from 51 finishers in a time of 26.42. She raced over 4.5km with a 430m ascent in cloudy but freezing conditions. Starting conservatively Ruby moved strongly through field from about half way and had an excellent finish just 2mins behind the winner. It was Ruby's first World Championship event and signals a good future in the event. 350 athletes from 39 nations competed over the various race distances.



NZ runners Jonathan Wyatt, Anna Frost, Ruby Muir, James Coubrough

## WBOP Secondary School's Road Champs, The Lakes, Tauriko 22/9/10



Not large fields. A cold, strong wind was blowing across the subdivision Brad Smith & Gareth Hyett organised, using the TBC marquee as shelter from the passing showers. I popped along to help time-keep & photograph with Sally Gibbs recording places which Malcolm Taylor compiled on computer. Medals were donated and presented by the Lakes developers.





Julian Oakley & Mohamed Ali battle in the SB 6km race

#### JG 3km (7)

1<sup>st</sup> Isabella Kirk of TGC 11.41

4<sup>th</sup> Amy Robinson TGC 12.38

#### JB 3km (19 finishers)

1<sup>st</sup> Jacob Priddey Hamilton 10.02

3<sup>rd</sup> Scott Croasdale TBC 10.22

11<sup>th</sup> Hayden Keyte Te Puke 11.17

#### Int G 3km (12)

1<sup>st</sup> Olivia Ritchie Dio 10.46

#### Int B 4km (11)

1<sup>st</sup> Michael Sutton TBC 12.50

7<sup>th</sup> Jason Keyte Te Puke 13.57

9<sup>th</sup> Ollie Ranby TBC 14.21

#### SG 4km (5)

1<sup>st</sup> Mikayla Nielson (Corr) 13.50

2<sup>nd</sup> Shelby Goddard TGC 15.47

3<sup>rd</sup> Julia Campbell TGC 16.08

#### SB 6km (6)

1<sup>st</sup> Julian Oakley TBC 20.06

2<sup>nd</sup> Mohamed Ali Fairfield 20.08



Hayden Keyte



Amy Robinson (right)



Ollie Ranby



Jason Keyte

## Redwoods Relays, Rotorua 11/9/10

The weather was a bit doubtful but the rain held off until after the event. 68 run teams & 18 walk teams participated coming from as far away as New Plymouth, Napier, Auckland & Kapiti.

Ramblers Open Men won with very consistent times on all legs. Well done guys! While Hawks & Lake City got off to a good start running Aaron Pulford & Steve O'Callaghan first to take the lead (both recording 15.17) we had the depth in the ranks as the race progressed. Ben ran twice due to a late withdrawal by Gareth Hyett. Sally Gibbs had the fastest women's lap time.

### Results (approx 5km laps)

#### MO (7 teams)

Tauranga Ramblers 1<sup>st</sup>

Ben Ruthe 16.18

Kyle MacDonald 16.08

Craig Kirkwood 16.14

Iain MacDonald 16.06

Ben Ruthe 16.32

**1.21.18**

#### MM (11 teams)

Won by Hawks 1.27.46, Lake City 2<sup>nd</sup> 1.29.32

Tauranga Ramblers 3<sup>rd</sup>

Roger Creighton 18.36

Gavin Smith 19.36

Stu Smith 19.43

Ken Keyte 18.02

Terry Furmage 19.09

**1.35.06**

Tauranga Ramblers 6<sup>th</sup>

Dean Willacy 20.30

Dean Willacy 19.41

Max Ball 21.21

Murray Clarkson 20.59

Barry Watson 20.54

**1.43.25**

Tauranga Ramblers 7<sup>th</sup>

Ian Bitcheno 22.09

Brendan Gibbs 22.18

Mike Powell 22.04

Les Dobson 20.33

John Addy 22.07

**1.49.11**

Cambridge Harriers won the Women's open grade in 1.41.17 ahead of Hawks.



# **MW (4 teams)**

2 Hawks teams placed 1<sup>st</sup> & 2<sup>nd</sup>

Tauranga Ramblers 3<sup>rd</sup>

Sally Gibbs	19.25
Sally Gibbs	21.13
Petra Creighton	21.03
Shari Ball	27.20
Robyn Winter	<u>32.28</u>
	<b>2.01.29</b>

*The youth grades ran over the shorter*

*3km approx lap distance:*

## **FY (13 teams)**

Tauranga Girls College 1<sup>st</sup>

Esther McArthur	12.57
Shelby Goddard	13.46
Julia Campbell	13.57
Casey Blackwell	<u>13.05</u>
	<b>53.45</b>

TGC 2 team 5th

Amy Robinson	14.24
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Tauranga Ramblers 7<sup>th</sup>

Morgan Ball	15.11
Samantha Bitcheno	15.21
Jodi Furmage	15.15
Kelly Furmage	<u>14.21</u>
	<b>1.00.08</b>

## **MY (13 teams)**

Egmont Athletics 1<sup>st</sup>

Tauranga Boys College 2<sup>nd</sup>

Michael Sutton	11.26
Michael Sutton	11.51
Javahn Kennedy	12.01
Scott Croasdale	<u>12.10</u>
	<b>47.28</b>

Tauranga Ramblers Comp 9<sup>th</sup>

Hayden Keyte	12.30
McKenzie Ball	15.16
Andrew Creighton	14.33
Jasmine Creighton	<u>17.49</u>
	<b>59.38</b>



Dean



Ben



Andrew



Jasmine



Ian Bitcheno



Jodi



Shari

## Wheelbarrow Race 18<sup>th</sup> September.

The weather wasn't great and very few showed up so a pack run was organised at Waipuna instead.

## Fernland Spa Run 25<sup>th</sup> September

Again it rained but a bunch of hardy runners including Terry, Jodi & Kelly, Sally, Sid, Gavin, Russell, Alex, Tom, Laurie, Mia, Ian & Murray ran. Eric DeLautour, Malcolm & myself preferred the shelter of a handy covered picnic table. Due to the inclement weather it was decided not to have the BBQ.

### **Smith's Sports Shoes Everyone's 5km Run Walk Series returns 30<sup>th</sup> September 2010.**

Maxwells Road Reserve entries from 5:15pm,  
5km Walk start 5:45 pm. Entry Fee \$5.00  
5km Runners start 6:00 pm. Entry Fee \$5.00  
3km Runners start 6:00 pm. Entry Fee \$3.00  
Spot Prizes.



*Les at the Redwoods relay*

## **Coming Events**

### **2 October**

NZ Road Relay Championships, Inglewood. The big event of the season. We have a MM50+ team and a Composite Team entered & the competition will be intense between them.

### **3 October**

SBS Half Marathon, Hamilton

### **3 October- 14 October**

Commonwealth Games in New Delhi, India

### **7 October & every Thursday**

Everyone's Run /walk 5km series from Maxwells Rd entries from 5.15pm, walk starts 5.45pm, run 6pm. Prizes after.

### **17 October**

Sir Barry Curtis 10km & 5km Auckland(Sunday) incorporating the previously cancelled NZ Road Champs

<http://www.sirbarrycurtis10k.co.nz/>

### **19 October**

Summer track & Field commences Tauranga Domain.

Programme to be finalised but most likely: 5.45pm Hammer, 6pm 100m, 6.30pm 800m & Long Jump, 6.45pm 300m, 7pm 3000m.

### **23 October**

North Island Combined Events Champs, Hastings

### **26 October**

6pm 60m & High Jump, 6.30pm 1000m, 6.45pm 300m & Shotput, 7pm 4000m

### **31 October**

adidas Auckland Marathon & Half Marathon & Quarter Marathon (NZ Marathon champs) <http://www.aucklandmarathon.co.nz/>

### **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.