

Ramblings

Newsletter of Athletics Tauranga Incorporated



April 2011
Volume 2011, Issue 4

Editor Fay Smith
Ph/fax 5443666, Email:
gc.flsmith@xtra.co.nz

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Athlete of the Month April



Johanna Ottosson

*Women's Winner Rotorua
Marathon, including NZ &
AWBOP Marathon Champs, in
2.48.28*

Club Contacts:

President: Malcolm Taylor Ph 5760000
Secretary: Ray Young Ph 5753159
Treasurer: Alex Whimster Ph 5765039
Event Entries: Bev Smith Ph/fax
5764469

Email: klbjsmith@clear.net.nz
Uniforms: Robyn Winter 027 6406559
or 5702341

Winter Club Captain:
Russell Lake Ph 5786979

Club Email:

athletics.tauranga@xtra.co.nz
website: www.taurangaramblers.co.nz
plus track results are on:
www.sportsground.co.nz/taurangaarc

AGM & PRIZEGIVING

The Annual General Meeting of Athletics Tauranga Incorporated was held on 27th April 2011, in the CNS Meeting Room at Tauranga Domain, at 7pm.

The following were elected:

Patron: Lloyd Christie
President: Malcolm Taylor
Vice Presidents: Graeme McCabe
Rod Taylor
Secretary: Ray Young
Treasurer: Alex Whimster
Winter Club Captain: Russell Lake
Summer Club Captain: Val Bromley
Race Entries Secretary: Bev Smith
Committee Members:

Dave Whitehead
Catherine Davison
Eddy Grogan
Murray Clarkson
Robyn Winter
Brendan Magill

Newsletter Editor : Fay Smith

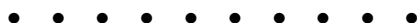
Prizegiving for the past couple of seasons followed the AGM and it seemed Sally Gibbs would need a wheelbarrow to cart away her haul of trophies at the end of the night. Michael Sutton did pretty well on tally also!

Thank you Sally & Brendan for donating a new trophy for the Volunteer of the Season, duly awarded to myself. It is wonderful being appreciated!

Refreshments followed, along with a good old natter before we closed up shop.



For appointment Ph 5779267
Free ACC related treatments to Ramblers
Club members
(note: they have good coffee too!)



Opening Winter Season Club Day at Waipuna Park 9th April

The weather was fine and we held a pack run with 2-3 groups splitting depending on ability. Runners also headed into Johnson Reserve to run the trails & boardwalks. Cuppa and refreshments afterwards in the Clubrooms.



Ohope Half Marathon 3/4/10

It rained for most of it, but at least there was no wind. Organisers were dissatisfied that they only received 5 on the day entries compared with over 100 last year, due to the wet conditions. The course had changed from last year with two laps run from the reserve by the golf course. Some confusion as to whether the course measurement was accurate, as many athletes were rather disappointed with their times. A couple of GPS watches measured over 21.7km. Ramblers dominated.

Half

1 st Kyle MacDonald	1.10.35
2 nd Iain MacDonald	1.13.43
3 rd Ben Ruthe	1.17.16
7 th Gavin Smith	1.27.27
1 st Woman Helen Rountree	1.24.16

finished 6th overall from 102 finishers

Quarter

Won by Darren Ashmore in 38.41 from 49 finishers.

5km Doggy Dash

Won by NZ Track Star Nikki Hamblyn 21.34.

Half 4 Heart Half Marathon Fergusson Park Tauranga 17/4/11

Half Marathon

98 runners & 19 walkers finished the half. Awesome to see TBC /Ramblers in top 3 placings.

1 st Michael Sutton	JM	1.16.30
2 nd Julian Oakley	JM	1.20.46
3 rd Matt Strange	JM	1.23.55
7 th Winston Murton	3 rd OM	1.32.32
29 th Robert McPherson	11 th MM	1.48.31

1st Female was Amy Fowler (15th overall) in 1.41.08

Quarter Marathon

162 runners & walkers finished.

1 st Iain MacDonald	37.09
2 nd Patrick Burrows	40.47
3 rd Roger Creighton	41.20
4 th Sally Gibbs (1 st W)	42.16
9 th Petra Creighton (2 nd W)	46.45
12 th Murray Clarkson (3 rd MM)	48.17
18 th John Addy (5 th MM)	52.03
24 th Sam Averill (JM)	56.16

5km

97 finishers.	
32 nd Robyn Winter (9 th MW)	32.28

3km

40 finishers.	
3 rd Andrew Creighton (1 st Boy)	14.42
6 th Jasmine Creighton (4 th Girl)	17.50

Bayfair Relay Russley Drive Reserve 16th April

Another wet day, culled all but the most enthusiastic. I must admit we weren't there, as Gavin had already done a long training run that morning and the thought of going back out into the weather after his hot shower wasn't too appealing.

Teams run together 1st lap, dropping weakest runner, then same again 2nd lap etc until the strongest runners are left to sprint the last lap.

Results:

1st

Robyn Winter	8:53	8.53
Morgan Ball	15:20	7.27
Mathew Smith	20.45	5.25
Russell Lake	26.10	5.25

2nd

McKenzie Ball	7:22	7.22
Samantha Bitcheno	14:33	7.11
Jessica Bitcheno	20:54	6.21
Terry Fumage	27.05	6.11

3rd

Cassidy Ball	7:54	7.54
Olivia Hines	14.36	6.48
Kelly Fumage	21:40	7.04
Stu Smith	27.35	5.55

4th

Lauren Hines	7:54	7.54
Jodi Fumage	14:39	6.45
Mike Powell	21:29	6.50
Max Ball	27.52	6.23

5th

Nigel Hines	8.17	8.17
Alex Whimster	15.31	7.14
Malcolm Taylor	22.52	7.21
Murray Clarkson	28.55	6.03

At the Australian Track & Field Champs in Mebourne on 15th, 16th & 17th April, new Rambler Matthew Lack competed in the Wheelchair, bringing home 3 silver medals.

400m w' chair hts	53.09s q,	
400m w' chair	51.57s	2 nd
800m w' chair	1m 44.53s	2 nd
100m w' chair	16.08s	5 th
1500m w' chair	3m 25.80s	2 nd
200m w' chair	28.02s	4 th

I'Anson Reserve Run 23rd April 2011

<u>Loop Road Te Puna</u>	<u>Lap1</u>	<u>Lap2</u>	<u>Lap3</u>	<u>Lap4</u>	<u>Lap5</u>
Andrew Creighton	9:26	19:14			
Jasmine Creighton	11:10	23:38			
Robyn Winter	12:25	25:18			
Petra Creighton	9:18	18:07	26:40		
Olivia Hines	8:51	19:07	29:56		
Russell Lake	7:44	15:26	31:05	30:37	37:44
Gavin Smith	8:00	16:08	24:15	31:30	40:55
Roger Creighton	11:10	23:38	31:05	38:50	47:00
Syd Pavett	10:36	21:19	31:59	44:12	54:56

Marathon Results

<i>1st Dale Warrender</i>	<i>2.23.01</i>
<i>2nd Scott Winton</i>	<i>2.24.53</i>
<i>10th Russell Lake 2nd M40</i>	<i>2.47.23</i>
<i>12th Johanna Ottosson 1stW</i>	<i>2.48.28</i>
<i>22nd Victoria Beck 2ndW</i>	<i>2.56.10</i>
<i>34th Sally Gibbs 1st W45,3rd W</i>	<i>2.59.22</i>
<i>61st Gavin Smith 3rd M55</i>	<i>3.09.33</i>
<i>128th Barry Watson 6th M55</i>	<i>3.26.46</i>
<i>184th Les Dobson 13th M50</i>	<i>3.35.32</i>
<i>228th Jenny Davis 5th W45</i>	<i>3.41.12</i>
<i>32nd walk Keith Still 6th M55</i>	<i>5.32.37</i>

Half Marathon

<i>1st Aaron Pulford</i>	<i>1.07.41</i>
<i>14th Jamie Regan 7th M16-34</i>	<i>1.26.35</i>
<i>162nd Sid Pavett 1st M75</i>	<i>1.47.52</i>
<i>175th Brendan Gibbs 9th M50</i>	<i>1.49.01</i>

Wheelies Half

<i>1st Matthew Lack</i>	<i>57.07</i>
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10km

<i>1st Nick Pannett</i>	<i>34.05</i>
<i>1stW Gabby O'Rourke</i>	<i>37.56</i>
<i>10th Alice Wilson (3rdF)</i>	<i>43.50</i>

**47th Lion Foundation Rotorua
Marathon 30th April 2011**

Awesome BIG THANK YOU to those Ramblers & friends who helped marshall on the day. Huge event which can't be run without many volunteers. Event included NZ & AWBOP Marathon Champs.

Perfect running conditions on the day. A little controversial regarding the organisers decision to finish inside the events centre this year. A bit cramped & stifling in there at the end, and some difficulty for tired athletes finding support crew and drinks. However, well done to the new organisers for trialling something new. Overall, a well run event and prizegiving was great. Dale Warrender recorded his 5th Rotorua win also breaking the 35-39 age group record. I noticed many more than usual faster athletes from various clubs dropping out or losing it in the last 10-12kms this year. Lack of preparation or the warmer conditions due to later start time???? Ramblers DNF's included Kyle & Iain Macdonald who chucked it in between the 26 & 31km marks followed shortly after by Roger Creighton. John Caie leg injury at around 1-2 kms . Ruby Muir around half way (ankle injury) discovered a road marathon was harder on her joints than offroad.



5km mark : lead bunch including Dale Warrender, Scott Winton (2nd) & Masashi Shirotake (3rd). Macca's tucked in behind.



Sally Gibbs excellent running - on the Ohau Channel side



Russell Lake – fantastic finish for 10th overall and 2nd M40-44



Gavin Smith found this his toughest marathon or ultra, ever, but hung in for 3rd M55-59.



Happy Bunch at prizegiving. This was followed by a trip to Pizza Hut, where Braden Neal took out the “Most you could eat” challenge, followed by Russell Lake (who paced himself for a marathon effort.) Impressive displays by Sally & Brendan who after a slow start downed a whole pizza each. Gavin & Andrea both performed well from the all you can eat bar and I was left in their crumbs. Sid & Gill Pavett only managed half a large pizza between them, but got to take home a tasty doggybag.

North Island Secondary School's Track & Field Champs Porritt Stadium, Hamilton 2nd – 3rd April 2011

Great results from Club athletes. 2 Gold medals each to Alex Colvin and Abby Goldie. Well done! Golds also to Amy Robinson, Julian Oakley & Jessica Bitcheno, plus a bunch of silvers & bronzes in the mix!

Vanessa Hill SG		
100m heats 3/11		12.86 Q
100m final 4 th		13.12
Triple Jump 3 rd		10.67m
Emma Jackson SG		
200m heats 8/10		27.07 q
200m final 6 th		27.26
400m heats 4/10		61.57 q
400m final 3 rd		60.65
Long Jump 5 th =		4.80m
Bella Andrews SG		
100m Hurdles 5 th /7		15.92
Alice McFall JG		
2000m Open Steeples 8 th /12		8.03.78
Brooke Somerfield JG		
100m heats 9/11		13.83
Long Jump 11 th =/16		4.42m
Jessica Bitcheno JG		
800m heats 3/15		2.24.63 Q
800m final 1 st		2.16.52
1500m final 6 th /18		5.00.47
Lilli Crombie JG		
3000m final 6 th /13		10.53.15
Alice McCafferty JG		
3000m final 11 th /13		11.41.37
Amy Robinson IG		
100m heats 2/15		12.80 Q
100m final 2 nd		12.78
200m heats 2/15		26.42 Q
200m final 2 nd		25.75
80m Hurdles heats 3/12		12.99 Q
80m Hurdles final 1 st		12.20
Long Jump 2 nd /12		5.31m
Abby Goldie IG		
100m heats 4/15		12.87 Q
100m final 1 st		12.73
200m heats 4/15		26.69 Q
200m final 1 st		25.55
Long Jump 9 th /12		4.74m
Anneke Grogan IG		
800m 7 th /12		2.22.20
1500m 6 th /17		4.52.97
Alex Colvin IB		
Long Jump 1 st /15		6.38m
Triple Jump 1 st /16		13.10m

Luke Davison SB		
110m Hurdles 2 nd /5		15.76
Shotput 3 rd /10		14.79m
Discus 9 th /12		35.78m
Javelin 7 th /12		49.79m

Joseph Reynolds SB		
High Jump 2 nd /11		1.94m
Triple Jump 7 th =/13		12.07m

Ollie Ranby IB		
200m heats 3/13		23.68 Q
200m final 3 rd =		23.35

Andrew Robinson JB		
3000m 5 th /15		10.05.10

Michael Goldie SB		
200m heats 3/11		22.99 Q
200m final 3 rd		23.05

Matt Strange SB		
800m 9 th /17		2.01.90

Julian Oakley SB		
1500m 1 st /14		3.56.62

Michael Sutton SB		
3000m 6 th /15		9.00.50

Patrick Burrows SB		
3000m 13/15		9.36.06

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NZ Mountain Running Champs Porirua, Wellington 16/4/11

Ruby Muir won the Senior Women's race over 8.8km in a time of 42.39, nearly 3 minutes ahead of her nearest rival Tina Harris of Wgtn Scottish. **Angus Bell**, who has recently joined us and was the 2007 winner, placed 3rd in the SM in 55.49. Dougan Butler of Hawera took out the SM 13.3km event. Shay Williamson of Whakatane was the Junior Men's winner and Grant McLean, Wgtn Scottish the Masters winner.



Ruby (1107) in the Rotorua Marathon
Hastings Half Marathon 17/4/11

The day after competing in the NZ Mountain Running Champs **Ruby Muir** popped into Hastings on her way home and won the Women's grade in a time of 1.25.45, finishing 7th overall.

The race was won by Ross McIntyre in 1.13.59 followed by ex-Rambler & M50 grade, **Paul Herlihy**, whose definitely on the comeback, with his 2nd place 1.15.44.

There were 117 runners & 71 walkers in the half marathon plus another 256 in the 10km event.

Grade 12 & 13 Interprovincial Athletics, Inglewood 23-24 April

Samantha Bitcheno G12

100m	3 rd /31	13.84
200m	2 nd /40	28.44
400m	14 th /41	66.59
Discus Div1	15 th /24	21.46m
WBOP 4x100 relay	2 nd /9	

Jessica Bitcheno G13

400m	16 th /51	64.53
800m	6 th /31	2.28.21
1500m	2 nd /18	4.57.49
Long Jump Div2	26 th /26	3.03m

Andrew Robinson B12

800m	6 th /28	2.21.18
1500m	5 th /21	4.52.77
80mHurdles	7 th /16	15.21
Long Jump Div1	3 rd /17	4.38m
WBOP 1600m medley relay	4 th /6	

Congratulations to **Julian Oakley** who has been named as one of the Gold Athletes in the Rio Squad, by Athletics NZ.

Gareth Hyett has also been named as a coach for the squad which comprises around 50 gold & silver athletes striving for the ultimate goal of the project – a competitive team at Rio 2016 Olympic Games. This squad may yet be trimmed and the door is not closed, as others may yet step up to the challenge.

Tauranga Ramblers Harrier Club.
A Look Back 30 years
by Euan Ross

I happened to be looking at some past editions of the Rambler's newsletters and my attention was held by the year 1981. The Editor back then was no other than Ray Young and his monthly 'Official Newsletters' were typed out on foolscap size newsprint paper and contained a wealth of results, reports, information, profiles and gossip. He did not have access to computers back 30 years ago like Fay has today, and there were no photos or clip art insertions. We were under the cloak of the Waikato A.A.A. and our summer track season at the Domain was organized by the Tauranga Athletic Club.

Lloyd Christie was Club Patron, a position he still holds today, Mike Powell was on the committee and Rod and Malcolm Taylor were Centre Delegates and Ken Smith Secretary. Mike was also on the Social Committee along with Kenny Kerewaro, and others who were on the scene then and who are still around today were Rob McGregor, Barry Ellis, Wayne Smith, and Euan Ross. Graham Bennett was our long serving and very much committed President and Gordon Taylor (men's) and Diane Christiansen (women's) Club Captains. Taken overall the Club was in good heart with a very large membership, talented and enthusiastic members over a wide range of ages and a good share of personalities to keep us amused both socially and at official functions.

The Club uniform was a plain, emerald green men's cotton singlet with 'Tauranga Ramblers' printed on the front, (\$4.50), and black shorts. A special fitted ladies top became available that year for the first time. (\$6.50) The annual subscription for Senior and Vet men was \$12.50 and for Senior and Vet women it was \$10.00. Juniors (Under 14) paid just \$2.50. The large cloth registration numbers needed to be pinned to the back of your club uniform.

The Cross Country/Road season ran from early April to late October like it does today and there was a very full programme every week at a variety of places. Most of

the C.C. club runs were held on our infamous course 10km up Oropi Road on Lloyd Christie's farm. It was an extremely tough, gut-busting circuit of 4km and had to be completed three times by Senior men, twice by Vet men and once plus 1000m by the women for championship events. The annual Taylor Cross Country events were held here each Queen's Birthday Weekend and attracted runners from all over the North Island. It took a big effort to prepare the course for this event and provide the catering, and there was always a big social function in the evening.

Some of the club's standout events of the 1981 year were:

Barry Ellis representing N.Z. at the World C.C. Champs in Madrid and achieving 137th place and was one of the six counting N.Z. team members.

BOP participated under the **Waikato Assn.** banner back in 1981. A Ramblers **Tour group** of 50 travelled to the Gold Coast to participate in the annual Superfast International marathon. Ray Edwards 2h.27m.21s came home in 2nd place and the Senior Women came in first to win their team's race.

Our club had the highest N.Z. representation in the Fletcher Marathon with 92 members participating.

Telephone books were even being delivered back then to supplement club funds.

The **Geoff Willacy Memorial Handicap C.C. races** and the **Gladys Nelson Memorial Handicap road races** were being held back then.

There were a large number of **relay teams** required to be selected to compete in the Matamata relay, Rotorua (Statecraft) relay, Tokoroa relay, Round the Mount relay, Kaimai relay, the Wairoa to Gisborne and NZ. road relay events.

Club members were also well represented at the Tauwhare Cup, Taupo C.C. races, Tauranga Open C.C., Hawera trip, Racecourse Time Trial, and Paeroa to

Thames Road race among others.

As well there were the **N.Z., Waikato and B. O. P.** cross country and road championships at various venues.

Ramblers has been fortunate in having a large core of loyal ex members who are always willing to help out on days when we host a major event as was the case in 2003 when we held the N.Z. Cross Country Championships at Waipuna Park.

Euan Ross.

Phone Book Deliveries

To everyone who came forward and helped with these, the club is very grateful for your effort and time, It is a great fundraiser to help our athletes to National competitions. I know some put in extremely long hours bagging. I haven't been given a list of all the names, but you all deserve a great big



Commonwealth Youth Games Team Announced

Seventeen athletes have been named in the New Zealand team to compete at the Commonwealth Youth Games in the Isle of Man 7 - 13 September.

Among them congratulations to **Kodi Harman** 100m, 200m

Commonwealth Ultra Distance Champs Team Announced:

Congratulations **Alex (Macca) McKenzie** for his selection in the 24 hour race

Athletics Silly Season Update.

By Dave Millar

Great News: Joseph has won the CNS Clinic Summer Sportsman of the year prize. He cleans up about \$5K worth of prizes. Voting was a big team effort with Bethany spending many evenings sitting in front of the computer voting hard out and figuring out ways to speed up the voting. On the last day of voting we had 7 computers up and running on the home network and we all got involved. CNS Clinic in Tauranga offer Chiropratic care and sports physiotherapy and seem to punch well above their weight in supporting the local athletics scene.

CNS Clinic Sportsperson of the Season

The CNS Clinic Sportsperson of the Summer Season 2010/11 will receive a Monster Prize Pack containing:

- **\$1000** RRP* of CNS Clinic Services
- **\$1000** RRP* of Lotto Sportsgear or Equipment
- **\$500** Cash* from BNZ Cameron Road Banking Centre
- **\$500** RRP* of vouchers from Seirra Cafe at the Hub
- **\$500** RRP* for a Team or \$300 RRP* for an Individual winner from Smiths Sports Shoes
- **12 Month** Gym Membership from Fitco*
- **Also this Season's Winner will receive \$1000 RRP* worth of sporting goods from Pasgaard Sports**

[Distributors to give to the Club or School of their choice in Tauranga](#)

Kodi Harman, Josephs training partner and understudy, was 17 yesterday. Happy Birthday Kodi! After cleaning up at the Athletics NZ nationals in Dunedin Kodi went on to the Australian Surf Life Saving champs at Karrawa beach on the Gold Coast and won gold in the U17 beach flags competition. The previous day he was leading the beach sprint final by a huge margin when he tripped over a couple of metres from the line and was disqualified. A big disappointment for him but a colossal statement nonetheless. Read [Jamie Troughtons fantastic writeup in the BOP times here.](#) On his return Kodi learned that he has been selected to go to the Isle of Mann to compete for NZ in the Commonwealth Youth Games later this year. What a season!!!!

A big thank you to Alan Wainwright of the [CLM Heath and Fitness centre](#) who had kindly organised the gym over the back fence to sponsor Joseph for the last two years. He has had free use of the facility which has a key ingredient in Josephs success as well as helping to survive the long winter training period. They even had a notice board up with newspaper cuttings of Josephs exploits. As this door closes another opens and thanks to Kodi's Mum, Estelle, for arranging with Oceanblue Spa to sponsor both boys for the next six months. [Oceanblue Spa](#) is a well equipped health and fitness club at the Papamoa Plaza.

Megan Osborn, Josephs physiotherapist who has sponsored him for four years, sold her business and moved to Auckland. She is a highly respected physiotherapist and incredibly knowledgeable. Her professional approach using proven techniques made sure Josephs body has been in top shape for his competitions. She conducted assessments, performed diagnoses and treated the inevitable strains and sprains. She continues to keep a personal interest in Josephs progress. We are really appreciative of her support and wish her and her family all the best in the big city. Joseph is now working with NZ Academy physiotherapist Mike Ellis to get him back to full sprint fitness.

NEW ZEALAND ROAD RELAY CHAMPIONSHIPS, 3rd September 2011, HUNUA SOUTH AUCKLAND. START TRAINING NOW
<http://www.pakrun.org.nz/nzroadrelay/>

The biggest thanks of all must go to Mike Corboy who is retiring from coaching. His retirement brings to an end a hugely successful five season association. Joseph has won three individual secondary school titles, three national titles, a New Zealand record and represented New Zealand twice at world champs since joining Mikes squad in 2006. It has been Mikes dedication and commitment to excellence that saw both athlete and coach develop together in a winning combination. While the Coach - Athlete relationship closes the special relationship is set to continue as Mike will always be a mentor and advisor to Joseph. That relationship was the envy of other Athletes. We are extremely grateful for Mikes contribution to Josephs sprinting success and wish him well for the future.

Mikes place can't be filled immediately and Josephs new challenge will be to improve performance under a team approach made up of friends, family, past and present athletes, Surf Life Saving coaches and Rio squad coaches. Todd Blythe a four time NZ sprint champion (1992 - 94) is also willing to offer valuable assistance at training.

While Josephs back injury worries are not yet fully behind him it has improved enough for him to start easing himself into some light training. He has spent many hours designing a 6 day cycle for himself and Kodi using Mikes philosophies of periodisation throughout the year. The shorter cycle will give him a rest day sooner and will make up a larger proportion of the total training time for optimal recovery. He continues to work with his NZ academy of sport medical professionals on treatment and management of his condition.



Happy Easter

Coming Events

7 May

McLaren's Falls Relay, McLarens falls Park, Meet 1.45pm. A fun relay over a 1km loop x 9 laps. Teams made up on the day. BBQ & plate afterwards.

14 May

Cambridge XC Relay, names to Bev Smith. Starts 1pm.

21 May

Race Course Time Trial. Tauranga Racecourse, Greerton, meet 1.45pm inside main gates.

22 May

31st Solid Energy Half Marathon, Huntly, includes WBOP Half Marathon Champs, plus Mizuno 10km. www.huntlyhalf.co.nz

25 May

BOP Secondary Schools & Mid Island XC Champs, Waipuna.. Details www.sportbop.co.nz First race starts 10am

28 May

Tauranga Open Cross Country Races, Waipuna Park. We need all hands on deck to help with setting up course, marshalling, timekeeping, kitchen hands/ sandwich making etc. Please arrive early. Enquiries Contact Malcolm Taylor ph 5760000 or 027 292 4411. Please bring a plate towards afternoon tea. First event starts 11am.

30 May

Super 8 Cross Country (Secondary Schools) Waipuna Park

4 June

Summerhill Park Rogaine. Meet 1.45pm for some real hills and XC at the Summerhill Farm Park, top of Reid Rd, Welcome Bay. A \$2 donation is requested for admission to the park plus \$2 towards map printing costs etc.

5 June

Mount Joggers 25th Half Marathon plus 10km & 5km http://www.eventday.co.nz/Mt_Joggers_and_Walkers_Half_Marathon.php

5 June

3D Rotorua Offroad Half Marathon starting at Redwoods, Long Mile Rd, Rotorua. Also multisport races, 10.km run/walk, duathlon & other options. www.3drotorua.co.nz

8 June

WBOP SS XC Champs, Waipuna Park

Iain Macdonald



Kyle Macdonald

