

# Ramblings

Newsletter of Athletics Tauranga Incorporated



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## Athlete of the Month August



**Julian Oakley**

Athletics NZ & WBOP M19  
Road Race Champion

## RELAYS-RELAYS- RELAYS

CNS Tauranga Ramblers has three Teams  
Competing at National Road Relays,  
Hunua. Cheer them on Folks:

### Senior Men

Kyle Macdonald  
Michael Sutton  
Angus Bell  
Craig Torr  
Chris Morrissey  
Russell Lake  
Julian Oakley  
Iain Macdonald

### Senior Women

Sally Gibbs  
Laurie Pugh  
Ewa Wystepok  
Petra Creighton  
Alice Wilson  
Johanna Ottosson  
Judith May  
Michelle Basson

### Masters 50+

Les Dobson  
Brendan Gibbs  
Stu Smith  
Tim Masters  
Murray Clarkson  
Gavin Smith  
Robert McPherson  
Barry Watson

Teams to beat will be Auckland  
University M50+  
University of Canterbury will be  
defending their senior title with Pakuranga  
New Brighton & Scottish chasing hard.  
In the Women North Harbour Bays looks  
strong along with Canterbury and  
Pakuranga.

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



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

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## **WBOP ROAD CHAMPS,** **The Lakes, Tauranga, 6/8/11**

HUGE BIG THANKS to the Ramblers & Helpers who showed up bright & early to set up the course, maquee etc and who helped with marshalling, entries, timing, recording and all the COULDN'T DO IT WITHOUT YOU JOBS.

Terrific field of Ramblers competing. Steve Rees-Jones & Helen Rountree of Hawks took out the Senior Titles in 31.31 & 36.58 respectively.



*Alex Whimster in the fun walk*



*Sam Averill did both the 2km then the 10km senior race!*      *Alice right>*



*Jasmine above & Andrew below*



*Angus, Kyle & Iain above with Scott & Adam below*



## **Ramblers Results**

Anneke Grogan	1 <sup>st</sup> W16 5km	19.42
Morgan Ball	2 <sup>nd</sup> W16 5km	21.49
Petra Creighton	2 <sup>nd</sup> W40 5km	20.32
Sally Gibbs	1 <sup>st</sup> W45 5km	17.36
Scott Croasdale	4 <sup>th</sup> M16 6km	21.40
Julian Oakley	1 <sup>st</sup> M19 8km	25.51
Kyle Macdonald	4 <sup>th</sup> SM 10km	32.19
Iain Macdonald	5 <sup>th</sup> SM 10km	32.22
Angus Bell	6 <sup>th</sup> SM 10km	32.37
Gareth Hyett	9 <sup>th</sup> SM 10km	34.01
Adam Garner	12 <sup>th</sup> SM 10km	35.55
Mathew Smith	15 <sup>th</sup> SM 10km	49.27
Chris Morrissey	1 <sup>st</sup> M35 10km	34.25
Dean Willacy	2 <sup>nd</sup> M35 10km	35.43
Russell Lake	3 <sup>rd</sup> M40 10km	35.35
Roger Creighton	4 <sup>th</sup> M45 10km	36.12
John Caie	5 <sup>th</sup> M45 10km	36.28
Ken Keyte	6 <sup>th</sup> M45 10km	37.58
Terry Furmage	2 <sup>nd</sup> M50 10km	40.26
Max Ball	3 <sup>rd</sup> M50 10km	41.48
Gavin Smith	3 <sup>rd</sup> M55 10km	38.57
Barry Watson	4 <sup>th</sup> M55 10km	40.13
Stu Smith	5 <sup>th</sup> M55 10km	40.56
Murray Clarkson	2 <sup>nd</sup> M60 10km	42.37
John Addy	3 <sup>rd</sup> M60 10km	45.55
Tim Masters	4 <sup>th</sup> M60 10km	48.22
Robert McPherson	1 <sup>st</sup> M65 10km	47.26
Sid Pavett	1 <sup>st</sup> M75 10km	49.25
Johanna Ottosson	3 <sup>rd</sup> SW 10km	37.17
Alice Wilson	8 <sup>th</sup> SW 10km	43.25
Andrew Creighton	1 <sup>st</sup> B10 2km	8.10
Ian Pugh	3 <sup>rd</sup> B10 2km	10.19
Elliot Pugh	4 <sup>th</sup> B10 2km	11.02
Sam Averill	2 <sup>nd</sup> B12 2km	7.43
Cassidy Ball	2 <sup>nd</sup> G10 2km	10.52
Rebekah McCafferty	1 <sup>st</sup> G12 2km	7.31
Olivia Hines	3 <sup>rd</sup> G12 2km	7.48
McKenzie Ball	5 <sup>th</sup> G12 2km	8.34
Jasmine Creighton	7 <sup>th</sup> G12 2km	9.15
Lauren Hines	7 <sup>th</sup> G14 3km	16.23



*Chris & Gareth*



## Athletics NZ ROAD Champs Wellington Waterfront, 20/8/11

### Three Golds to Ramblers!

Gavin & I flew down on the Friday. Our morning flight out of Tauranga was cancelled due to engine problems, necessitating a detour by bus to Rotorua sitting in the airport there for a couple of hours, then catching another plane. Consequently, we arrived 4 hours later than our original plan. Andrea informed us that it had been pouring down in Wellington all morning so we missed nothing. Still a cold, bitter wind was blowing. Luckily it was much improved on the waterfront next morning, though still chilly.

**Sally Gibbs (W45)** got WBOP- Ramblers off to a spectacular start by blitzing the combined Masters Women & W19, W16 race field from start to finish. Luckily, she had a lead cyclist to follow, as the 5km course was confusing. A few more cones or ropes on corners would have been helpful, for the un-initiated, you could potentially choose to run either side of cones, which were moved during the race. Front runners also crossed in front of tail-enders. Fay Riley found herself dodging to get through the traffic. Thankfully, the other races were simpler. Sally's winning time was 17.22.



*Sally's lead in the first 1km.*

The Masters Men's 10km race was won by Dan Nixon M35 of Wellington in 32:34.38.

**Gavin Smith**, not in top form due to a chesty flu virus during the 2 weeks prior placed 5<sup>th</sup> M55 in 38:46.80

**Murray Clarkson M60** 9<sup>th</sup> 42:03.53

**Tim Masters M60** 11<sup>th</sup> 46:28.58

**Sid Pavett M75** 1<sup>st</sup> 48:12.95



*Murray*



*Tim & Sid*



*Gavin*

**Julian Oakley** sat with the bunch of lead runners for much of his 8km race until the final kilometre when he made his move, unleashing a burst of speed that left the others struggling and straggling, well behind, in the finish straight. His winning time 25:42.69.



*Julian on the right.*

Stephen Lett won the SM 10km in 30:58.51 and Lisa Robertson the SW in 34:32.13.

Great performance also by WBOP runner Jacob Priddey who took out the M16 6km in 19:13.72 and not to be out-done, younger brother Isaiah Priddey won the B12 2km in 6:41.79.

## Brooks Rotovegas Half Marathon, Rotorua 28/8/11

235 runners & 111 walkers.

Won by Aaron Jackson in	1.11.47
2 <sup>nd</sup> Phil Murray	1.15.10
3 <sup>rd</sup> <b>Roger Creighton</b>	<b>1.21.28</b>
4 <sup>th</sup> <b>John Caie</b>	<b>1.22.31</b>
5 <sup>th</sup> <b>Johanna Ottosson 1stW</b>	<b>1.23.36</b>

## Matapihi Road Run 13/8/11

Runners meet at the Bayfair Reserve, Russley Drive. Russell Lake had organised 3 distances: 2km, 5km & 9.5km.

### 5km

Murray Clarkson	21.46
Morgan Ball	24.43
Kelly Furmage	25.12
Jodi Furmage	25.13
They all carried on and did extra 2km	
Murray	31.15
Morgan	35.21
Kelly	35.25
Jodi	35.26

### 9.5km

Russell Lake	35.12
Gavin Smith	38.17
Max Ball	38.42
Dean Willacy	48.23



*At the Matapihi Rd 2.5km mark*



## **NZ AIMS GAMES Cross Country, Waipuna Park, 28/8/11**

Brilliant day with huge crowd support from parents & schools. Several Ramblers in attendance helped set up course & marshall, with Ray Young & myself timekeeping for Sport BOP. Rebekah McCafferty starred as the Yr 7 Girls Champion. Legend!

### **Yr 7 Girls 3km (73 finishers)**

1 <sup>st</sup> Rebekah McCafferty, Kaimai	11.34
14 <sup>th</sup> Bethany Millar, Papamoa	12.46
36 <sup>th</sup> Joanne Sutton, Mount	13.35
37 <sup>th</sup> McKenzie Ball, Bethlehem	13.41
61 <sup>st</sup> Catherine Sutton, Mount	14.25

### **Yr 7 Boys 3km (76 finishers)**

Won by Isiah Priddey, Peachgrove	10.46
33 <sup>rd</sup> Sam Averill, Bethlehem	12.17

### **Yr 8 Girls 3km (78 finishers)**

Won by Paige Satchell, John Paul College	
In	11.18
4 <sup>th</sup> Keeley Grantham Tga Int	11.56
24 <sup>th</sup> Olivia Hines Tga Int	12.44

### **Yr 8 Boys 3km (86 finishers)**

Won by Dan Hoy, Northcross Int	10.28
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Tauranga Intermediate won the 12.1km Team relay in 41.30 ahead of Ilminster Intermediate 41.55.

Tauranga Intermediate also won the Year 7 Girls & Boys Points plus Yr 8 Boys Points, with Aquinas winning the Yr 8 Girls Points.



*Masses of Yr 8 Boys scramble over the hurdle*



*Joanne 1211*



*Keeley*



*Rebekah's medal ceremony*

## **NZ Aims Games Multisport, McLarens Falls Park 31/8/11**

Another Exciting day of Competition for our Year 7 & 8 contestants, who were competing in a 1.5km kayak, 3.8km mountainbike & 2.4 km run. Wayne Smith & myself went along to help out. Awesome, well run event.s

**Sam Averill** was 7<sup>th</sup> in the individual Year 7 Boys race and also anchored the Bethlehem College 3 person Team as the runner.

**Olivia Hines** looked to be making great headway in the kayak, flew in & out of transition from the bike to run and carried off a 5<sup>th</sup> overall in the Yr 8 Girls.

**Rebekah McCafferty**'s superb fitness was an advantage on her competition in the run leg of her race and she finished 4<sup>th</sup> in the Year 7 Girls.



*Olivia*

## **BOP/Poverty Bay Intermediate Schools Elite XC, Waipuna, 12/8/11**

Ramblers helped out again setting up & time-keeping for this Sport BOP event.

### **Yr 7 Girls 3km: 41 finishers**

Winner:	Kennedy Crowther,	Tga Int,	12.14
17 <sup>th</sup>	Joanne Sutton	Mt M	13.44
29 <sup>th</sup>	Catherine Sutton	Mt M	14.22

### **Yr 7 Boys 3km: 42 finishers**

Winner :	Cole Forbes	Te Puke	11.09
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### **Yr 8 Girls 3km: 47 finishers**

Winner:	Maia Bryant	Mt M	12.02
2 <sup>nd</sup>	Olivia Hines	Tga Int	12.11
3 <sup>rd</sup>	Keeley Grantham	Tga Int	12.19

### **Yr 8 Boys 3km: 43 finishers**

Winner:	Alex Revington	Tga Int	10.44
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## Nelson Memorial 8.64 km Open Handicap 28/08/11

Place	Name	Start	Finish	NetTime	Malcolm's comments
Visitor	Ian Young	0:00	57:51	57.51	Great Effort for this walker. He worked hard.
Invite	BrendanGibbs	15:00	63:08	48.08	Just testing his injured legs. His real Hcp 27:00
1	Dean Willacy	33:15	63:49	30.35	Under the radar again
2	Michael Sutton	34:30	64:08	29.38	That more like it. Good one he will be back.
3	Barry Watson	30:00	64:58	34.58	Steady as it goes
4	Russell Lake	33:30	65:01	31.31	Saving something
5	Gavin Smith	31:00	65:09	34.09	Mr Consistent
Visitor	Michael Young	4:00	65:10	61.10	He is better than this. Watch out for this walker.
6	Les Dobson	29:00	65:20	36.20	Looking better in this effort.
7	MurrayClarkson	29:00	65:32	36.32	Thought he might take this one.
8	Mathew Smith	29:00	66:44	37.44	Not far away.

### Nelson Memorial 3km

1	Ian Pugh	1.00	16:28	15.28	Focused all the way.
2	Elliot Pugh	0.00	17:46	17.46	A bit field shy.

### Nelson Memorial 5km

1	Sally Gibbs	2.00	19:09	17.09	No wonder Brendan is injured chasing Sally.
2	Laurie Pugh	0.00	19:16	19.16	Good form a surprise of Northern summer.



*The club's oldest member, 91 years young, Eric DeLautour, jogged and walked a couple of kms*



*Elliot Pugh our youngest club member*



*Laurie Pugh, fresh back from Germany*



*Dean Willacy wins again.*



## **2011 Australian Cross Country Champs, 20<sup>th</sup> August at Stromlo Forest Park, Canberra**

**Michael Sutton** travelled over the ditch to compete at this event which was held the same weekend as our National Road Champs.

In the M18 race Michael placed 30<sup>th</sup>. His time was 19:36 for the 6km (2 lap) course. Fellow kiwi Declan Wilson of Auckland won the M20 8km race in 23.57.

## **Mizuno Half Marathon Taupo 7/8/11**

Won by Chris Sanson of Bunnythorpe in 1.17.21 with 1<sup>st</sup> Woman Rowan Baird of Auckland in 1.21.12. 6<sup>th</sup> overall. 929 runners finished plus 604 walkers.

**Craig Torr**     5<sup>th</sup>     1.21.04



Barry's Girls

**GO  
RAMBLERS!!!**

## **Coming Events**

### **3 September**

Athletics NZ Road Relay Champs, Hunua, Auckland. Teams of 8 runners for Seniors and Masters, or 5 runners for juniors. Full details on [www.athletics.org.nz](http://www.athletics.org.nz) &

<http://www.pakrun.org.nz/nzroadrelay/nzroadrelay.asp?roadrelayid=1>     GO RAMBLERS!!!!

### **3 September**

Mizuno Offroad Half Marathon, Taupo

<http://www.taupohalfmarathon.org.nz/info-offroad.htm>

### **3 September**

Hawkes Bay Marathon, Half Marathon & 10km. Havelock North

<http://www.runwalkhb.org.nz/hbmarathon/>

### **10 September**

Greerton Road Race. Meet at Pemberton Park Hall, Fraser St, at 1.45pm. Races over 2km circuit, distances up to 10km. **Please bring a plate for shared afternoon tea.**

### **10 September**

Whangamata Run/Walk Festival, Half Marathon, 10km & 5km start from 8.30am     <http://whangamatarun.co.nz/>

### **17 September**

Redwoods Forest Relay, Rotorua. Enter through club. Awesome event 5km loop for adults, 3 km for kids. School ages check whether your school is entering a team first.

### **17 September**

Arthur Lydiard Legend Marathon, Half & 10km , Waitakere Ranges Auckland <http://www.thelegend.co.nz/>

### **21 September**

Secondary Schools Road Race, The Lakes, Tauranga Race briefing at 10.20am Landing Drive off Lakes Boulevard. Email: [b.smith@tbc.school.nz](mailto:b.smith@tbc.school.nz)

### **24 September**

Final club run on the winter season. Meet at Fernland Spa hotpools, Cambridge Rd at 1.45pm for pack runs of various distances. Relax in hotpools afterwards at own expense and enjoy a BBQ- weather permitting.

### **25 September**

City to Surf fun run 12km from Sulphur Point to Mount Main Beach plus surf to surf 5km run/walk

<http://citytosurf.co.nz/>

### **1-2 October**

Sri Chinmoy 24hr, 12hr & 6hr Track Races, Sovereign Stadium incorporating NZ 24 hour champs

<http://nz.srichinmoyraces.org/races/auck/24hr>

### **8 October**

Xterra Trail Challenge at Waihi, Karangahake Gorge. Various distances 7.3km, 13km, 19km -National Trail Running Champs, 42.2 km & 60km ultra

[http://www.trailrun.co.nz/XTERRA\\_Waihi.php](http://www.trailrun.co.nz/XTERRA_Waihi.php)

### **8 October**

Rotorua Ekiden relay