

Ramblings

Newsletter of Athletics Tauranga Incorporated



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Athlete of the Month January



Mike Cochrane

*New **NZ Record** in the M19
400m hurdles. Mike set a record
of 51.25 in Auckland then 2
weeks later broke it again at the
Capital Classic with 50.62s
This qualifies him for the World
University Games in Shenzhen
China in August.*

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Tauranga Twilight 1/1/2011



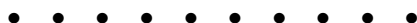
Rod & Ruchira ready for the onslaught of entries



Mia Pugh flying high



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



Awesome effort by everyone helping to get this show on the road. The weather was kind and turnout good.

I spent my time in photo finish box per usual, with the best view in the stadium.

Some highlights included the Mens 800m with Michael Whitehead of Pukekohe winning in 1.54.33 holding out Alex Parlane ACA 1.55.55.

The 3000m was taken out by Jono Jackson of ACA in 8.31.02 . Michael Sutton gave himself a heavy workload, racing in 2 3000m events. Nikki Hamblin of Bays Cougars was fastest woman in 9.18.41.

Ramblers Twilight results:

3000m includes AWBOP Champs - placings indicated after athletes names:

3000m M16 & M45+ (12finishers)

1st Michael Sutton	1 st M16	9.21.53
7 th Terry Furmage	1 st M50	10.52.75
8 th Gavin Smith	1 st M55	10.57.95
9 th Murray Clarkson	1 st M60	11.48.07
10 th Brendan Gibbs	2 nd M50	12.41.82
11 th Robert McPherson	1 st M65	12.48.72
12 th Sid Pavett	1 st M75	14.44.01

3000m MW, SW, W19, W16 (11)

2 nd Sally Gibbs	1 st W45	9.55.39
7 th Petra Creighton	1 st W40	11.43.98
9 th Kelly Furmage	3 rd W16	12.33.12
10 th Emily McCormick	4 rd W16	12.33.29
11 th Jodi Furmage	5 th W16	12.46.53

3000m SM, SW, M19 & MM35-44 (23)

12 th Michael Sutton	4 th M19	9.27.05
14 th Dean Willacy	1 st M35	9.37.27
21 Russell Lake	1 st M40	10.04.06

1500m Ben Ruthe Invitation Race

1 st Julian Oakley	3.55.84
DNF Ben Ruthe	
DNF Tim Prendergaast, injury	
DNF Gareth Hyett, pacemaker	



Ben leads Tim & Julian

100m W16

1 st Abby Goldie	12.99
2 nd Amy Robinson	13.34
3 rd Bella Andrews	13.40
4 th Rebekah Millar	13.68
7 th Brooke Somerfield	14.28

100m M16

1 st Ollie Ranby	11.58
2 nd Michael Goldie	11.58

100m M19

1 st Joseph Millar	10.77
4 th Mike Cochrane	11.42

100m Hurdles

2 ^{nd/4} Bella Andrews	NT
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110m Hurdles

1 st Mike Cochrane	14.11
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400m W h1

3 rd Emma Jackson	1.01.53
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400m W, h2

1 st Anneke Grogan	1.03.96
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400m M

2 nd Ollie Ranby	51.71
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800m W

2 nd Sally Gibbs	2.22.27
3 rd Anneke Grogan	2. 22.75

800m M h1

6 th Matt Strange	2.03.25
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800m M h2

3 rd Scott Croasdale	2.07.97
6 th Mathew Smith	2.16.90
10 th Brendan Gibbs	2.55.57

200m W16

2 nd Abby Goldie	26.61
5 th Bella Andrews	28.55

200m M

1 st Joseph Millar	21.80
4 th Michael Goldie	23.22
5 th Ollie Ranby	23.28



Joseph with about 50m to go, battles with Adam Someville CMA whom he beat by .02s in the 200m

Long Jump

M16	2 nd Alex Colvin	6.13m
M16	3 rd Luke Davison	5.74m
M19	3 rd Mike Cochrane	6.01m
SW	3 rd Rebecca Cochrane	4.39m

High Jump

M16	1 st Joseph Reynolds	1.90m
M16	3 rd Luke Davison	1.80m
M16	4 th Alex Colvin	1.80m

Discus

M16	1 st Luke Davison	37.58m
M19	1 st Mike Cochrane	36.76m
W16	2 nd Rochelle Newdick	27.21m
W19	1 st Livvie Duggan	31.89m

Javelin

W19	2 nd Livvie Diggan	29.21m
M19	2 nd Mike Cochrane	35.89m
M16	1 st Luke Davison	47.11m

Shotput

M16	2 nd Luke Davison	12.26m
M19	2 nd Mike Cochrane	11.66m
W16	2 nd Emma Sh-McDonald	7.15m
W19	1 st Livvie Duggan	8.90m

Hammer

W19	2 nd Livvie Duggan	32.53m
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Dean Willacy in the 3000m

Children's Twilight events

Mia Pugh Girls 9 &10

100m	5 th	16.61
200m	4 th	34.92
Long Jump	3 rd	3.60m

Bethany Millar Girls 11

100m	4 th	17.19
200m	1 st	36.17
Long Jump	3 rd	3.18m
Shotput	4 th	5.00m

Keegan Millar Boys 11

100m	3 rd	14.84
200m	3 rd	30.30
High Jump	4 th	1.24m
Long Jump	2 nd	3.87m

Sam Averill Boys 11

100m	4 th	14.87
200m	2 nd	30.20
High Jump	3 rd	1.24m
Long Jump	3 rd	3.49m
Shotput	3 rd	4.58m

Samantha Bitcheno Girls 12

100m	1 st	13.60
200m	1 st	28.77
Shotput	2 nd	6.89m

Andrew Robinson Boys 12

100m	2 nd	14.32
200m	2 nd	29.29
High Jump	3 rd	1.40m
Long Jump	2 nd	4.45m
Shotput	3 rd	6.68m

Brooke Somerfield Girls 13

100m	1 st	13.67
200m	1 st	29.00
Long Jump	2 nd	4.39m

Jessica Bitcheno Girls 13

100m	4 th	14.60
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Jack Colvin Boys 13

100m	2 nd	12.85
200m	2 nd	26.69
High Jump	2 nd	1.50m
Shotput	1 st	9.40m

Connor Millar Boys 13

100m	5 th	13.93
200m	6 th	30.32
Long Jump	7 th	4.29m
Shotput	4 th	8.05m

Luke Robinson Boys 13

100m	8 th	16.60
High Jump	3 rd =	1.40m
Long Jump	9 th	3.80m
Shotput	5 th	7.82m

Abby Goldie Girls 14

100m H1	1 st	12.74
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Amy Robinson Girls 14

100m H1	3 rd	13.07
200m	2 nd	27.25
High Jump	4 th	1.35m
Long Jump	1 st	5.08m
Shotput	2 nd	9.14m

Emma Shanley-McDonald G14

100m H2	4 th	14.24
200m	6 th	29.61
Shotput	1 st	9.79m



Emma Jackson centre in the 400m

NZ 10,000m Champs & Open
Meet, Tauranga Domain 4/1/11

10000m

1	Aaron	Pulford	M19 - 1	Hawks	29:52.51
2	Stephen	Lett	SM - 2	Takapuna	30:25.76
3	Alex	Parlane	SM - 3	Pakuranga	30:33.48
4	Jonathon	Jackson	M19 - 2	ACA	31:05.36
5	Steven	O'Callaghan	SM - 3	Lake City	31:36.35
6	Nathan	Coombes	SM - 4	Takapuna	32:14.49
7	Iain	MacDonald	SM - 5	Ramblers	32:19.29
8	Cory	Whiting	M19 - 3	Hawks	32:27.30
9	Nicholas	Browne	SM - 6	Melbourne	32:56.35
10	Danielle	Trevis	SW - 1	North Harbour Bays	33:18.26
11	Michael	Sutton	M19 - 4	Ramblers	33:23.08
12	Wayne	Guest	SM - 7	Matamata	33:27.26
13	Sally	Gibbs	SW - 2	Ramblers	35:49.47
14	Gabrielle	O'Rourke	SW - 3	Wellington Harriers	35:58.90
15	Jason	Steyn-Ross	SM - 8	Lake City	36:13.28
16	Daniel	Pinkney	M19 - 5	Fielding Moas	36:24.67

200m heat 1

1	Keegan Millar	B11	31.14
2	Andrew Creighton	B8	34.12
3	Bethany Millar	G11	35.11
4	Alex MacFarlane	B7	35.17

200m heat 2

2	Abby Goldie	G14	26.13
4	Amy Robinson	G14	27.59
5	Petra Creighton	W40	29.43
6	Sid Pavett	M75	43.37

200m heat 4

1	Michael Goldie	M16	23.25
2	Olly Ranby	M16	23.67
3	Max Joret	M19	25.99
5	Connor Millar	B13	29.50

800m heat 1

1	Keegan Millar	B11	2:40.23
2	Kelly Furmage	G14	2:42.07
3	Emily McCormick	W16	2:44.33
4	Jodi Furmage	G14	2:45.10
5	Morgan Ball	G14	2:45.64
6	Bethany Millar	G11	3:00.16
7	Andrew Creighton	B8	3:01.48
8	Joanne Sutton	G11	3:02.53
9	Jasmine Creighton	G10	3:05.09
10	Catherine Sutton	G11	3:08.07
11	McKenzie Ball	G11	3:17.35
12	Cassidy Ball	G8	4:09.15

800m heat 2

1	Jessica Bitcheno	G13	2:26.62
2	Christine Sutton	G14	2:32.64
3	Petra Creighton	W40	2:33.33
5	Laurie Pugh	W35	2:44.33
6	Brendan Gibbs	M50	2:54.84
7	Sid Pavett	M75	3:35.35



Kelly, Emily, Morgan & Jodi in the 800m

800m heat 3

1	Julian Oakley	M19	1:57.69
2	Ben Ruthe	SM	1:59.20
7	Scott Croasdale	B14	2:11.90

Shot Put

Luke Robinson	B13	8.00m
Emma Sh-McDonald	G14	9.44m
Joseph Reynolds	M16	12.35m
Luke Davison	M16	12.38m
Max Joret	M19	12.39m
Warren Button	SM	11.81m
Livvie Duggan	W19	9.58m

Discus

Luke Robinson	B13	26.89m
Connor Millar	B13	23.91m
Emma Sh-McDonald	G14	20.59m
Luke Davison	M16	38.55m
Max Joret	M19	28.94m
Rochelle Newdick	W16	26.47m
Livvie Duggan	W19	32.76m

Long Jump

Alex Macfarlane	B7	3.16m
Andrew Creighton	B8	2.96m
Jasmine Creighton	G10	3.47m
Brooke Somerfield	G13	4.42m
Amy Robinson	G14	5.10m
Alex Colvin	M16	6.24m
Rochelle Newdick	W16	4.77m

Triple Jump

Alex Colvin	M16	12.77m
Joseph Reynolds	M16	11.55m
Rochelle Newdick	W16	9.96m

Club Night 11/1/11

80mHurdles Club Champs

1 st Amy Robinson	13.43
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100m Hurdles Club Champs

1 st Bella Andrews	18.84
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110m Hurdles Club Champs

1 st Joseph Reynolds	16.72
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2000m Steeplechase (low) C Champs

1 Michael Sutton	M16	6.41.7
2 Gavin Smith	M55	8.00.3
3 Ashley Clements	W19	8.27.7
4 Mathew Smith	SM	8.31.2
5 Christine Sutton	G14	8.49.3
6 Kelly Furmage	G14	8.51.0
7 Jessica Bitcheno	G13	9.31.6
8 Morgan Ball	G14	9.31.6
9 Olivia Hines	G11	9.31.8
10 Andrew Creighton	B8	10.10.0
11 Jasmine Creighton	G10	11.01.0
12 Lauren Hines	G13	11.06.7
13 Sid Pavett	M75	11.23.2

Hammer Club Champs

Warren Button	SM	36.15m
Livvie Duggan	W19	34.74m

High Jump

Alex Carroll	B11	1.00m
Connor Millar	B12	1.35m
Jack Colvin	B13	1.50m
Keegan Millar	B11	1.20m
Bethany Millar	G11	1.05m
Joseph Reynolds	M16	1.85m
Alex Colvin	M16	1.75m

200m Heat 1

1 Keegan Millar	B11	30.68
2 Jasmine Creighton	G12	32.97
3 Andrew Creighton	B8	33.04
4 Olivia Hines	G11	34.55
5 Alex Macfarlane	B7	35.32
6 Bethany Millar	G11	35.42

7 Alex Carroll	B11	36.92
8 Lauren Hines	G13	37.46

200m Heat 2

1 Michael Goldie	M16	23.46
2 Stephen TeWhaiti	M45	25.72
3 Tessa Carnie	SW	25.94
4 Cory Lipinski	M14	26.34
5 Abby Goldie	G14	26.74
6 Kaid Burke	B13	27.36
7 Jack Colvin	B13	28.42
8 Connor Millar	B13	28.97

200m Heat 3

1 Aidan Campbell	SM	24.91
2 Shaun Goldie	M50	27.22
3 Peter Ayson	M55	27.71
4 Petra Creighton	W40	28.76
5 Dean Willacy	SM	30.69
6 Ashley Clements	W19	31.31
7 Sid Pavett	M75	42.92

800m heat 1

1 Kelly Furmage	G14	2.48.9
2 Morgan Ball	G14	2.52.4
3 Jodi Furmage	G14	2.53.2
4 Olivia Hines	G11	2.54.3
5 Andrew creighton	B8	3.03.6
6 Jasmine Creighton	G10	3.13.6
7 Lauren Hines	G13	3.33.4
8 Cassidy Ball	G8	4.18.8
9 Jessica Bitcheno	G13	4.20.3

800m heat 2

1 Aidan Campbell	SM	2.04.6
2 Michael Sutton	M16	2.12.7
3 Mathew Smith	SM	2.14.8
4 Dean Willacy	M35	2.22.7
5 Christine Sutton	G14	2.26.7
6 Petra Creighton	W40	2.28.0
7 Ashley Clements	W19	2.32.6
8 Gavin Smith	M55	2.43.3
9 Murray Clarkson	M60	2.45.8
10 Max Ball	M50	3.34.7
11 Sid Pavett	M75	3.34.8
12 Ian Bitcheno	M40	3.35.9

Shotput

Victor Macfarlane	B10	6.21m
Alex Macfarlane	B7	5.23m
Alex Colvin	M16	10.49m
Stephen Te Whaiti	M45	9.58m
Warren Button	SM	11.10m

Club Night 18/1/11

Rainy night put a few off.

100m heat 1

1 Cory Lipinski	B14	12.48
2 Jack Colvin	B13	12.49
3 Kaid Burke	B13	13.39
4 Connor Millar	B13	13.49
5 Nicholas Jordan	B13	15.14
6 Victor Macfarlane	B10	15.61
7 Alex Macfarlane	B7	16.83

100m heat 2

1 Joseph Millar	M19	10.94
2 Ollie Ranby	M16	11.53
3 Michael Goldie	M16	11.57
4 Alex Colvin	M16	11.78
5 Luke Davison	M16	12.35
6 Abby Goldie	G14	12.71
7 Shaun Goldie	M50	13.15
8 Rebekah Millar	W16	14.25

200m

1 Jack Colvin	B13	27.75
2 Kaid Burke	B13	28.27
3 Cory Lipinski	B14	29.69
4 Dean Willacy	M35	30.60
5 Jordan Nicholas	B13	32.09
6 Victor Macfarlane	B10	32.21
7 Alex Macfarlane	B7	37.01

1500m

1 Dean Willacy	M35	4.48.9
2 George Tighe	B14	5.01.3
3 Gavin Smith	M55	5.24.3
4 Emily McCormick	W16	5.52.2
5 Warren Taylor	M45	5.55.3
6 Max Ball	M50	5.57.4
7 Cindy Taylor	W50	6.25.7

3000m

1 Gavin Smith	M55	11.17.9
2 Cindy Taylor	W50	12.56.4
3 Warren Taylor	M45	13.02.6

Long Jump

Sarah Yardley	SW	5.19m
Rebecca Cochrane	SW	4.40m
Kaid Burke	B13	4.33m
Nicholas Jordan	B13	3.32m
Cory Lipinski	B14	5.05m
Alex Colvin	M16	6.33m
Luke Davison	M16	5.66m

CHRISTCHURCH

IPC Athletics World Championships, QEII Stadium

22 January:	Matthew Lack	T54 800m heat 3 1 st 1m 41.28s Q
23 January:	Matthew Lack	T54 800m final 8 th 1m 39.09s
25 January:	Matthew Lack	T54 1500m heat 1 6 th 3m 17.42s DNQ
27 January:	Matthew Lack	T54 400m heat 1 5 th 51.63s DNQ

Club Night 25/1/11

200m Club Champs h1

1 Jordan Nicholas	B13	31.22
2 Victor Macfarlane	B10	32.83
3 Olivia Hines	G11	34.92
4 Lauren Hines	G13	36.69
5 Alex Macfarlane	B7	38.27

200m Club Champs h2

1 Ollie Ranby	M16	22.98
2 Michael Goldie	M16	23.11
3 Matthew Connolly	M16	24.78
4 Joseph Reynolds	M16	24.89
5 Abby Goldie	G14	25.52
6 Cory Lipinski	B14	25.96
7 Max Joret	M19	25.99
8 Amy Robinson	G14	27.89

200m Club Champs h3

1 Stephen Te Whaiti	M45	26.55
2 Shaun Goldie	M50	27.25
3 Terry Furmage	M50	28.04
4 Phil Colvin	M35	28.11
5 Gavin Smith	M55	34.02
6 Sid Pavett	M75	42.16

400m h1

1 Anneke Grogan	G14	1.03.1
2 Emma Sh-McDonald	G14	1.04.7
3 Abby Goldie	G14	1.10.2
4 Victor Macfarlane	B10	1.14.6
5 Olivia Hines	G11	1.19.6
6 Jordan Nicholas	B13	1.28.3
7 Lauren Hines	G13	1.29.7
8 Alex Macfarlane	B7	1.33.2

400m h2

1 Ollie Ranby	M16	54.60
2 Michael Goldie	M16	54.82
3 Stephen Te Whaiti	M45	57.29
4 Terry Furmage	M50	1.03.5
5 Joseph Reynolds	M16	1.09.4
6 Gavin Smith	M55	1.13.5
7 Sid Pavett	M75	1.36.5

5000m

1 Dean Willacy	M35	17.11.9
2 Russell Lake	M40	17.32.5
3 Gavin Smith	M55	18.45.8
4 Warren Taylor	M45	22.10.6
5 Sid Pavett	M75	24.11.9
Dnf Cindy Taylor	W50	-

1000m

1 Anneke Grogan	G14	3.12.6
2 Russell Lake	M40	3.20.5
3 Gavin Smith	M55	3.25.8

4 Kelly Furmage	G14	3.33.6
5 Emily McCormick	W16	3.35.0
6 Olivia Hines	G11	3.36.0
7 Jodi Furmage	G14	3.37.8
8 Charlotte Bartrum	SW	3.37.9
9 Morgan Ball	G14	3.38.7
10 Warren Taylor	M45	3.43.5
11 Cindy Taylor	W50	4.06.1
12 Lauren Hines	G13	4.22.7
13 Sid Pavett	M75	4.32.6

Discus

Rochelle Newdick	W16	27.79m
Nicholas Jordan	B13	12.99m
Brendan Magill	M45	18.52m
Stephen Te Whaiti	M45	23.79m
Lauren Hines	G13	9.04m
Emma Sh-McDonald	G13	20.13m
Olivia Hines	G11	7.74m

Everyone's Run/Walk Series

6/1/11 24 runners & walkers

5km

1 st Roger Creighton	19.11
2 nd Terry & Sally the Dog	21.15
6 th Jodi Furmage	23.29
7 th Kelly Furmage	23.41
8 th Morgan Ball	23.48
10 Paul Chapman	25.90
11 McKenzie Ball	26.30

13/1/11 66 runners & walkers

5km

<i>Won by Ben Twyman</i>	<i>17.50</i>
2 nd Roger Creighton	18.19
3 rd Michelle Basson	1 st W 18.48
4 th Nicola McKay	19.11
5 th Winston Murton	20.27
6 th Terry & Sally the Dog	20.58
8 th Robert Jackson	22.44
12 th Alex Whimster	24.54
13 th Paul Chapman	25.13

3km

1 st Petra Creighton	11.44
2 nd Morgan Ball	13.20
3 rd Kelly Furmage	13.21
4 th Jodi Furmage	13.46
10 Cassidy Ball	20.14
11 Max Ball	20.17

20/1/11 61 runners & walkers

5km

1 st Ben Ruthe	15.40
2 nd John Caie	17.32
3 rd Roger Creighton	18.10
4 th Michelle Basson	1 st W 18.55
5 th Winston Murton	19.12
6 th Stu Smith	19.24

7 th John Addy	21.57
10 th Robert Jackson	22.41
14 th Paul Chapman	25.05
4 th Walk Alex Whimster	33.39

27/1/11 64 runners & walkers

5km

1 st Gareth Hyett	17.03
2 nd John Caie	17.14
4 th Winston Murton	19.34
6 th Robert Jackson	23.10
7 th Mike Powell	23.36
4 th walk Alex Whimster	33.32

Open Meet Tauranga Domain
15/1/11

100m MM

2 nd Bruce Solomon	M45	13.85
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100m B 14 & U

1 st Connor Millar	B13	14.14
3 rd Keegan Millar	B11	15.43

100m M16 & M19

2 nd Michael Goldie	M16	11.76
3 rd Ollie Ranby	M16	11.88
4 th Luke Davison	M16	12.31

100m G14, W16 & W19

1 st Abby Goldie	G14	12.64
2 nd Mariah Ririnui	W19	12.72
6 th Brooke Somerfield	G13	13.87

200m B 14 & U

2 nd Keegan Millar	B11	31.95
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200m M16 & M19, SM & MM

2 nd Michael Goldie	B16	23.55
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200m G14, W16 & W19

2 nd Abby Goldie	G14	26.66
4 th Brooke Somerfield	G13	29.37

800m

1st Aidan Campbell Whakatane 2.00.27

400m

2 nd Ollie Ranby	M16	53.80
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3000m

1 st Ben Ruthe	SM	8.46.00
2 nd Julian Oakley	M19	8.46.81
3 rd Iain MacDonald	SM	8.59.35
4 th Angus Bell ACA	SM	9.02.48
5 th 1 st W Sarah McSweeney		11.17.52

Javelin

1 st Luke Davison	M16	44.70m
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High Jump

1 st Alex Colvin	M16	1.85m
2 nd Joseph Reynolds	M16	1.80m

Shotput

1 st Rochelle Newdick	W16	8.08m
1 st Mariah Ririnui	W19	8.88m
1 st Warren Button	SM	11.36m
1 st Luke Davison	M16	14.36m
1 st Connor Millar	B13	8.41m

Discus

1 st Rochelle Newdick	W16	26.60m
1 st Luke Davison	M16	31.83m
1 st Connor Millar	B13	22.89m

Long Jump

1 st Mariah Ririnui	W19	5.46m
1 st Rochelle Newdick	W16	4.98m
1 st Brooke Somerfield	G13	4.42m
1 st Alex Colvin	M16	6.32m

North Island Colgate Games
Hastings 7-9 January 2011

Jasmine Creighton G10

100m heats	22/47	16.40
400m heats	7/28	1.14.16 Q
400m final	7/8	1.16.63
800m heats	12/25	2.58.66 Q
800m final	13/16	3.01.47
Long Jump	22/57	3.61m

Bethany Millar G11

100m heats	29/29	17.86
400m heats	27/36	1.19.07
800m heats	16/24	2.52.81 Q
800m final	16/16	3.01.64

Catherine Sutton G11

400m heats	32/36	1.21.44
800m heats	20/24	3.16.22
1500m	15/18	6.27.49
Long Jump	27/37	3.51m

Joanne Sutton G11

400m heats	35/36	1.23.32
800m heats	19/24	3.09.90
1500m	16/18	6.31.43
Long Jump	32.37	3.37m

Samantha Bitcheno G12

100m Heats	6/32	14.21 Q
100m semi	2/16	13.82 Q
100m final	2/8	13.85
200m heats	2/28	28.59 Q
200m semi	2/16	28.92 Q
200m final	2/8	28.45

Brooke Somerfield G13

100m heats	5/28	14.15 Q
100m semi	5/16	14.27 Q
100m final	4/8	14.19

200m heats	5/25	29.71 Q
200m semi	2/16	28.15 Q
200m final	2/8	28.49
Long Jump	2/31	4.74m

Amanda Somerfield G13

100m heats	19/28	15.06
200m heats	20/25	31.73
400m heats	15/21	1.10.33
Discus	15/23	18.36m

Jessica Bitcheno G13

800m	3/17	2.21.13
1500m	3/13	4.55.98

Abby Goldie G14

100m heats	1/27	13.21 Q
100m semi	1/16	13.10 Q
100m final	4/8	13.27
200m heats	4/24	27.81 Q
200m final	2/8	26.76

Amy Robinson G14

80m hurdles heats	3/10	12.90 Q
80m Hurdles final	2/8	12.39
100m heats	4/27	13.42 Q
100m semi	2/16	13.15 Q
100m final	2/8	13.21
200m heats	5/24	27.92 Q
200m final	5/8	27.60
Long Jump	2/26	5.18m

Emma Shanley-McDonald G14

200m heats	13/24	30.11
400m heats	5/20	1.05.02 Q
400m final	8/8	1.06.68
Shotput	8/15	9.14m
Discus	11/15	21.73m

Greerton 4 x 100m relay team comprising Emma, Amy, Brooke & Abby

2 nd heats	53.55
2 nd final	52.30

Christine Sutton G14

400m heats	9/20	1.08.66
800m	12/20	2.33.90
1500m	9/19	5.13.43

Anneke Grogan G14

800m	6/20	2.29.80
1500m	3/19	4.58.97

Keegan Millar B11

100m heats	17/38	14.66
200m Heats	12/38	30.56 Q
200m semi	10/16	30.09
400m heats	8/33	1.08.72 Q
400m final	8/8	1.07.65

Long Jump	28/44	3.46m
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Jack Colvin B13

80m hurdles heats	3/14	13.73 Q
80m hurdles final	2/8	13.48
100m heats	7/37	13.40 Q
100m semi	7/16	13.19 Q
100m final	6/8	13.44
High Jump	8/23	1.55m
Shotput	10/19	9.01m

Connor Millar B13

100m heats	24/37	14.16
200m heats	29/36	28.56
High Jump	=17/23	1.40m
Discus	11/18	25.29m

Luke Robinson B13

80m Hurdles heats	6/14	14.42 Q
80m hurdles final	7/8	14.87
High Jump	= 17/23	1.40m
Discus	12/18	23.87m

Scott Croasdale B14

100m Hurdles heats	5/10	16.54 Q
100m Hurdles final	5/8	16.15
800m	3/12	2.08.44
1500m	5/11	4.33.98
High Jump	10/10	1.35m

Greerton Mixed 1600m medley relay grade 13

Samantha & Jessica Bitcheno & Luke Robinson & 2 more 1st /12 4.17.91

Greerton Mixed 1600m Medley relay Grade 14

Brooke, Emma, Amy, Scott & Imore 1st /11 4.15.23

Open Meet, Porritt Stadium
22/1/11

Ollie Ranby M16

3 rd 100m	12.12
1 st 200m	24.80
2 nd 400m	52.96

Michael Goldie M16

1 st 100m	12.00
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Mike Cochrane M19

1 st 110m Hurdles	14.58
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Abby Goldie G14

1 st 100m	13.02
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Mariah Ririnui W19

1 st 100m	12.93
1 st Long Jump	5.15m

Rebecca Cochrane SW

1 st Long Jump	4.36m
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Pauanui Mountain Race 2/1/11

Warm & fine and a good turnout.

Chris Morrissey took out the Men's Title.

Ruby Muir won the women's event again this year placing 2nd overall.

Gavin Smith placed 2nd in the M40 division behind a much younger M40 athlete.

Steve Smith took a bit of a tumble on a sharp downhill corner on the Mountain but carried on to finish in a pretty good time, not far behind his dad. (I don't have results.) Medals awarded this year.



Ruby at prizegiving



Gavin heads out towards the Mountain



Steve returning on Mountain basetrack.

Auckland Centre Hotmeet Mt Smart, 15/1/11

Mike Cochrane M19
400m Hurdles 1st 51.25 (NZ -
M19 Record)

Rebecca Cochrane SW
Long Jump 2nd 4.12m

Cooks Classic, Palmerston North, 25/1/11

Michael Sutton placed 8th running up a grade in the M19 ANZ 3000m Champs, held in conjunction with The Cooks Classic. His time 9.14.05

Mike Cochrane M19 starred with an outstanding 51.35 win in the 400m Hurdles.
He also placed 2nd in the 110m Hurdles in 14.38 behind Australian Nick Hough.

Joseph Millar was 4th in the Open Mens 100m running 10.93s

Mariah Ririnui was 2nd in the Open Women's Long Jump, 5.45metres, with the 1st placegetter Australian, Brooke Stratton.

Mariah also placed 4th in the Womens 100m in 12.63s.

Capital Classic, Wellington 28/1/11

Top competition and some really big fields, plus a few Aussies in the mix. The 3rd round of the Grand Prix series.

Mike Cochrane M19 put in some outstanding performances, winning the Open 110m hurdles, beating Brent Newdick & recording 14.63s.

Racing in the 400m Hurdles **Mike set a new NZ M19 record, winning in 50.62s.** This was also an Capital Classic Open Meet record.

Joseph Millar M19 placed 7th in his 100m division with 11.10s

Mariah Ririnui W19 was 3rd in the SW Long Jump 5.62m
And 7th in the SW 100 m with 12.83s

Open Meet Porritt Stadium 30/1/11

Livvie Duggan W19
2nd Hammer 34.33m

Alex Colvin M16
3rd 100m 12.11

Luke Davison M16
4th 100m 12.27
3rd Javelin 46.13m
2nd Shotput 13.92m

Warren Button SM
2nd Hammer 37.86m

Sylvia Potts Classic, Hastings 22/1/11

Joseph Millar placed 2nd in the M19 100m with a time of 11.29 behind Nick Hough of Australia who ran 10.96.

In the Athletics New Zealand 3000m Champs in Wellington on 28th January, Hamish Carson of Wgtn Scottish won in 8.06.70. Nikki Hamblin, Nth Harbour Bays, won the women's race in 9.32.44.