

Ramblings

Newsletter of Athletics Tauranga Incorporated



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

Athlete of the Month July



Sally Gibbs

Three golds in 3 races at the World Masters Athletics in Sacramento. Sally won the 5000m, 10,000m & marathon. She also broke the W45 record course record when winning the Masters 35+ race at North Island XC Champs.

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World Masters Games Sacramento, USA. 6th-17th July 2011

Sally Gibbs gets the trifecta. Three races = Three Gold Medals.

First up was a Gold in the 5000m in 17.19, start was slow, so she decided to head to the front & lead the whole way.

2nd gold was in the 10,000m where Sally lapped all but 2 people in the 35-49 age group race. Her time 36.03.59.

Sally followed the 10,000m up the next day by being first woman across the line in the marathon, over 7 1/2 minutes ahead of the 2nd place-getter who was 11 years her junior. Sally's time 2.52.53! This time was only 2 minutes slower than running legend Gavin Steven's effort in the same event. Overall Sally placed 29th from 227 Men & Women finishers.

Also racing at Sacramento **Brendan Gibbs** placed 44th/53 in the M50-54 5000m in 23.40.8 and 34th/40 in the M50-54 8000m CrossCountry event.

Ex-Rambler Club Secretary, Chris McCahill won Gold in the W45 Weight Throw 15.58m, bronze in Hammer 42.21m, 5th Shotput 11.68m, 6th Discus 34.52m. In the weight pentathlon Chris won silver overall from 14 contestants with 3968 points: hammer 4th, 42.38m, shotput 2nd 11.27m, discus 3rd 34.03m, javelin 9th 21.87m, weight throw 1st 15.17m.

ALSO OFFSHORE: GOLD COAST HALF MARATHON 2/7/11

Johanna Ottosson 89th overall, 11th F, & 4th F30-34, Time 1.19.39.

Willacy Memorial Open Handicap Races 16th July 2011

	2km	Elapsed Time	Hdcp	Nett Time	Time Place
1	Elliot Pugh	11.21	go	11.21	4
2	Mia Pugh	11.38	3.00	8.38	2
3	Olivia Hines	11.56	3.20	8.36	1
4	Ian Pugh	12.07	2.00	10.07	3
	4km				
1	Morgan Ball	20.43	2.15	18.28	3
2	Jodi Furmage	20.52	1.00	19.52	4
3	Daniel Hines	21.28	5.15	16.23	1
4	Kellie Furmage	21.37	2.00	19.31	5
5	Melissa Beeler	21.47	5.15	16.32	2
6	Lauren Hines	25.25	go	25.25	6
7	Robyn Winter	28.20	go	28.20	7
	8km				
1	Mathew Smith	41.38	9.00	32.38	4
2	Robin Reed	42.25	4.00	38.25	12
3	Les Dobson	42.35	7.10	35.25	8
4	Max Ball	42.50	7.00	35.50	9
5	Fraser Graham	43.24	10.30	32.54	5
6	Sid Pavett	43.42	go	43.42	15
7	Dean Willacy	43.43	12.45	30.58	1
8	Stu Smith	43.51	8.45	37.06	11
9	Barry Watson	43.59	9.00	34.59	6
10	Gavin Smith	44.09	11.43	32.26	3
11	Russell Lake	44.33	13.25	31.08	2
12	Murray Clarkson	45.29	8.45	36.44	10
13	Robert McPherson	45.55	6.10	39.45	13
14	Kirk Brennan	47.22	12.00	35.22	7
15	Mike Powell	48.34	6.10	42.24	14
	8km Walk				
1	Alex Whimster	58.16		58.16	1

Omanu to Mount Beach Run 23-7-11

Small turnout. Weather hadn't been too flash earlier, but it was fine and mild for the run. Alex Whimster left on scratch, followed by Robert McPherson 2 minutes later, then Gavin Smith & Russell Lake 3 minutes behind Robert.

All came in fairly close together at the Mt Surf Club, with Russell slightly ahead. Net Times 18.56 Russell, 19.47 Gavin, 22.37 Robert, & 24.58 Alex.

Right>>>>>>> Mike & Robert



Dean Willacy, fastest time



Mathew Smith, winner of the 8km race



The "Go's" take off



Close racing between Les & Max



North Island Cross Country Champs, Taupo, 2/7/11

Fine, good running conditions. Great wins by Rebekah McCafferty, Lili Crombie & Sally Gibbs.

Runners' up included Gavin Smith & Anneke Grogan, whilst Russell Lake scored a bronze.

G10 1000m

8th/38 Casey Loader 4.21

G12 2000m

1st/31 Rebekah McCafferty 7.15

6th/31 Olivia Hines 7.53

13th/31 Maggie McCafferty 8.43

B12 2000m

12th/29 Sam Averill 8.00

G14 3000m

1st/30 Lili Crombie 11.28

4th/30 Jessica Bitcheno 11.36

G16 4000m

2nd/28 Anneke Grogan 15.20

W19 4000m

4th/22 Melissa Beeler 15.56

SW 5000m

Won by Danielle Trevis (NHB Cougars)

From 16 finishers in 17.51

MW 5000m

1st Overall from 50 in race &

1st/12 W45-49 Sally Gibbs 18.44

MM 35-49 6000m

Won by Stephen Day (Scottish) 20.16

3rd/18 M40 Russell Lake 22.17

17th/18 M40 Ian Bitcheno 26.44

4th/17 M45 Ken Keyte 22.43

MM50+ 6000m

Won by Colin Earwaker (LC) 21.35

11th/23 M50 Max Ball 26.12

16th/23 M50 Brendan Gibbs 27.48

2nd/15 M55 Gavin Smith 23.44

4th/11 M60 Murray Clarkson 25.47

6th/11 M60 Tim Masters 28.30

SM 9000m

Won by Stephen Lett (Takapuna) 28.35

9th/40 Angus Bell 29.59

14th/40 Iain Macdonald 30.37



Lili



Anneke



Rebekah



Jessica



Casey

Another awesome win by **Rebekah McCafferty** at the **BOP Primary & Middle School's XC Champs at the Redwoods, Rotorua on July 12th** in the Y7 Girls 3km.

Mia Pugh also competed with a very credible 7th place in the Y6 Girls over 2km.

Schools were grouped into 3 Divisions: Eastern BOP, Western BOP and Central BOP. with the top 15 from each divisional champs competing.

Matamata Relays 30-07-11

Lovely fine day, but still a little cool.
 Ramblers sent over 6 Teams. The event
 attracted about 6 more teams than last
 year, with Lake City surprising us all by
 entering 14 Teams, whereas we haven't
 seen much of them recently.
 Fastest laps : Corey Whiting (Hawks) 9.53
 Hannah Barker (Lake City) 11.18

U12 Girls	Ramblers	1st
Olivia Hines		14.20
Maggie McCafferty		15.17
Rebekah McCafferty		<u>13.10</u>
		<u>42.47</u>

U16 Girls	Ramblers	2nd
Samantha Bitcheno		15.11
Lauren Hines		18.45
McKenzie Ball		<u>15.44</u>
		<u>49.40</u>

Senior Women	Ramblers	2nd
Johanna Ottosson		11.48
Jessica Bitcheno		12.48
Morgan Ball		14.04
Petra Creighton		<u>12.43</u>
		<u>51.23</u>

Masters Men	Ramblers A	4th
Dean Willacy		10.58
Roger Creighton		11.20
Les Dobson		12.34
Gavin Smith		11.53
Barry Watson		<u>12.38</u>
		<u>59.23</u>

	Ramblers B	7th
Stu Smith		12.30
Max Ball		13.08
Terry Furmage		12.05
Robyn Winter		20.13
Ian Bitcheno		<u>12.33</u>
		<u>70.29</u>

Masters 60+	Ramblers	2nd
Murray Clarkson		13.12
Robin Reed		14.28
Sid Pavett		16.00
Tim Masters		<u>17.12</u>
		<u>60.52</u>

Maggie>>



Dean



Johanna



Murray



Olivia



Hidden Trails Kawerau Half Marathon 3/7/11

New course this year with the half going
 off- road instead of the old Mid-winter
 Road course.

Half Marathon 158 runners & walkers

1 st Daniel Jones, Whakatane	1.12.46
2 nd Craig Kirkwood, Ramblers	1.16.09
3 rd Nick Pannett, Rotorua	1.16.43
4 th Aiden Campbell, Whakatane	1.19.29
1 st W Sarah Biss, Hawks	1.19.51
3 rd M45-54 Roger Creighton	1.22.45
2 nd M55-64 Barry Watson	1.31.52
1 st WU20 Jessica Bitcheno	1.50.12
11 th M35-44 Ian Bitcheno	1.50.15

12km run/walk 122 runners & walkers

Won by Todd King, Hamilton	48.04
4 th Petra Creighton 2nd F	52.31

*Full results & photos available on the
 Kawerau Harriers website.*

Western BOP Primary School's XC, Waipuna. 8/7/11

*Ray Young & I helped set up the course ,
 marshall & timekeep for this Sport BOP
 event.*

Yr 7 Girls 3000m

Rebekah McCafferty Kaimai	1 st	10.41
McKenzie Ball Bethlehem	10 th	

Yr 6 Girls 2000m

Mia Pugh Selwyn Ridge	3 rd	8.16
Ashley Keyte Fairhaven	12 th	
Maggie McCafferty Kaimai	18 th	

Yr 5 Girls 2000m

Rosie Averill Bethlehem	31 st	
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Yr 7 Boys 3000m

Sam Averill Bethlehem	11 th	
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Yr 6 Boys 2000m

Victor MacFarlane Greenpark	3 rd	7.40
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Yr 5 Boys 2000m

Andrew Creighton Bethlehem	17 th	
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WBOP XC Champs, Minogue Park, Hamilton, 9/7/11



Terry Furmage made his finish a swim to the line

Interesting Course with a long uphill & downhill, some swampy puddles on the flat bits and a mean, muddy, uphill bank that had everyone scrambling to stay upright. Medals were awarded in a tent afterward, while those that couldn't fit inside stood around under umbrellas. Thankfully, it had been fine during most of the races except the kids first out! Clean sweeps for Hawks runners with Winner of the Senior Men Steve Rees-Jones, Helen Rountree winning the Womens event. Glenn Sexton won the MM and Katy Dawson the MW and Tim Stewart the M19.



Michael Sutton

Ramblers Results

Angus Bell	SM 12k	2 nd	42.55
Michael Sutton	M19 8km	2 nd	29.41
Dean Willacy	M35 8km	2 nd	33.28
Russell Lake	M40 8km	3 rd	32.36
Terry Furmage	M50 8km	5 th	37.47
Gavin Smith	M55 8km	1 st	33.56
Stu Smith	M55 8km	3 rd	37.05
Murray Clarkson	M60 8km	2 nd	37.23
Tim Masters	M60 8km	3 rd	41.23
Robin Reed	M65 8km	1 st	40.26
Sid Pavett	M75 8km	1 st	48.22
Morgan Ball	W16 4km	3 rd	19.07
Kelly Furmage	W16 4km	4 th	19.42
Jodi Furmage	W16 4km	6 th	20.30
Lauren Hines	G14 3km	3 rd	19.16
Olivia Hines	G12 2km	1 st	8.45



Robin Reed



Gavin & Russell



Stu & Murray

Angus Bell in NZ XC Champs>>

Athletics New Zealand XC Champs, Halswell Quarry Park, Christchurch, 23/7/11

Cool conditions. A very small contingent from Tauranga travelled the distance. Gold to Sid Pavett!

MM 8000m

Race won by Phil Costley in the M40 grade 26.22, ahead of Rees Buck M35, 27.07.

Murray Clarkson	5 th M60	33.58
Tim Masters	10 th M60	41.23
Sid Pavett	1 st M75	41.46

MW 6000m

Won by Gabby O'Rourke W40 in 22.34 Ahead of Steph MacKenzie W35 22.54 Fay Riley 1st W65 52.50

SW 8000m

Won by Danielle Trevis Akl in 28.20 Ahead of Nicki McFadzien 28.52

M19 8000m

Won by Declan Wilson Akl 25.00 Michael Sutton 7th/26 26.57

W19 6000m

Won by Mikayla Nielson WBOP 21.16

M16 6000m

Won by Mike Lowe, Tasman 20.04

W16 4000m

Won by Kara Macdermid 14.33

B14 3000m

Won by Sean Eustace Chch 10.19

G14 3000m

1st Jessica Morrison Pakuranga 11.28 Jessica Bitcheno 6th/15 12.08

B12 2000m

Won by Byron Heath Chch 7.21

G12 2000m

Won by Ari Graham, Phoenix 7.16

Rebekah McCafferty 2nd/23 7.23

Maggie McCafferty 16th/23 8.50

SM 12000m

Won by Matt Smith Canterbury in 37.47

2nd Stephen Lett Akl 37.52

Angus Bell 10th /40 39.05



EXCITING NEW EVENT FOR TAURANGA RUNNERS AND WALKERS

A 13k trail run and walk is being organized at the **TECT All Terrain Park** in Pyes Pa. The event is unique for several reasons and will become the first off-road running and walking event for the Tauranga region, catering for those wanting to get away from the city pavements and traffic. Participants will be rewarded with views from Mount Tarawera to Mount Maunganui, the course also takes in native bush, stream crossings and the astonishing 60-metre long Te Rerenga Tunnel – hand dug during the Great Depression of the 1930's.

To compliment the spectacular location, the trail run will be a unique carbonZero certified event, meaning that it's not only good for you but also good for the environment as all carbon emissions will be off-set by the purchase of carbon credits. Bio Cups are going to be used at aid stations and native trees will also be planted for every participant to add to the Park's ongoing development, there will hardly be a plastic bag in sight!

More importantly, 100% of proceeds are going directly to support Tauranga school groups, so unlike many of the big events that simply line event promoters' pockets, your entry fee will go towards seeing local youth provided with better opportunities to help them become the next Hamish Carter or Nick Willis.

Entry forms are available at the website:

www.sports.tbc.school.nz/TrailRun.pdf or check out the facebook page for regular updates.
<http://facebook.com/pages/Smith-Sports-Shoes-Tauranga-Trail-Run/165928856794925>

Make it your goal to tackle this great new event!

Dont Forget The Big One: New Zealand Road Running Relay Championships includes club and corporate teams.

Coming Events

6 August

Waikato-BOP Road Champs, The Lakes Subdivision, Tauriko Tauranga. Enter through Club, Bev Smith. Also incorporates CNS Tauranga Ramblers Club Champs, so don't miss this event. It will be a good indication of form for selections leading up to NZ Road Relays. We also need helpers setting up course, marquees, marshalling, time-keeping and recording etc, so please offer your assistance.

7 August

Mizuno Half Marathon, Taupo

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

12 August

BOP/Poverty Bay Intermediate Schools' XC Waipuna Park

13 August

Matapihi Road Races, various distances. Meet 1.45pm at Bayfair Reserve, Russley Road.

20 August

Athletics NZ Road Champs, Wellington Waterfront. Enter online via www.athletics.org.nz or download entryform.

20 August

Those not travelling to Wellington can do a pack runs from Tauranga Domain Clubrooms. Meet 1.45pm

27 August

Nelson Memorial Handicap Races around the Waikareo Estuary. Trophies for 3 different distances 8.64km, 5km or kids 3km. Meet 1.45pm at the end of Coach Drive, off Grange Rd.

28 August

NZ AIMS Games XC at Waipuna Park

<http://www.nzaimsport.co.nz/sports/crosscntry.html>

28 August

Rotovegas Half Marathon Rotorua www.rotoruahalf.co.nz

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.pakrun.org.nz/nzroadrelay/nzroadrelay.asp?roadrela](http://www.pakrun.org.nz/nzroadrelay/nzroadrelay.asp?roadrela%20id=1)

[id=1](http://www.pakrun.org.nz/nzroadrelay/nzroadrelay.asp?roadrela%20id=1) GO RAMBLERS!!!!

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

