

Ramblings

Newsletter of Athletics Tauranga Incorporated



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Athlete of the Month June



Anneke Grogan

Silver medal NZ Secondary
School's Cross Country in the
Junior Girls 3km

Notice

NZ Road Relays

These are being organised by Pakuranga Club this year and you can find full details including rules, course maps etc here

<http://www.pakuranga.org.nz/nzroadrelays/nzroadrelay.asp?roadrelayid=1>

The start & finish is at YMCA Camp Adair, Hunua Rd. There is on site accommodation.

Time to start planning ahead:

Remember : Club transfers must be completed by 1st August to be eligible to run for the club.

If you are interested in running in a relay team, whether competitive or social, then let Malcolm Taylor or Russell Lake know, don't wait to be asked. Being closer to home this year we would expect to be able to enter quite a few teams.

Senior teams this year are 8 person, and cover 64.3km. Junior Teams are 5 person & cover 41.7km. It's fairly hilly so make sure you do some hill training and also show up for the showdown at The Lakes, on 6th August, which will help selectors judge form.

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plus track results are on:
www.sportsground.co.nz/taurangaarc



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



Fielding 2004 Mens A Team

NZ SS XC Champs, Tinwald Domain, Ashburton 18/6/11

Cold temperatures. Volcanic ash cloud from the Chile eruption meant Tauranga College Athletes had to travel the long distance by road instead of air. 17 hours.

Congratulations to the young athletes that represented the Western Bay of Plenty Secondary Schools.

Daniel Hintz, TBC, **Gold** Medal Winner of Year 9 Boys. 3000m. 9.46

Anneke Grogan, Aquinas College, **Silver** medallist Junior Girls 3000 m. 10.38

Julian Oakley, TBC, **Bronze** medallist Senior Boys 6000 m 18.52

Top ten finishers

Andrew Robinson, TBC 4th Year 9. 10.01

Isabella Kirk, TGC 5th JG 10.47.

Lili Crombie, Aquinas 6th Y9G 10.57.

Michael Sutton, TBC 8th SB 19.20.

Other Ramblers

Jessica Bitcheno TGC 11th Y9. 11.12

Scott Croasdale TBC 14th JB 13.35

Amy Robinson TGC 33rd JG 11.44

Christine Sutton TGC 68th JG 12.22

Matt Strange TBC 30th SB 20.28

Ollie Ranby TBC 143rd SB 22.47

Great team effort by ;

Tauranga's Year 9 Boys & Girls 3 & 6 person Gold Medalists.

Tauranga Junior Boys 6 man team Gold

Tauranga Junior Boys & Girls 3 person Bronze

Tauranga Boys Senior 3 man Silver, and 6 man Bronze.

Overall Boys Teams 3 Person and 6 Person Tauranga Boy's the best team , counting all age groups.

*Photos: Senior Boys start (955- Matt)
(948- Julian)*

Left side partial: Michael

: Junior Girls (101 - Lili)

Foster –Smyth- Lamason Handicap XC, Rotorua, 18/6/11

Miserable, wet morning but the hardy ones didn't let that deter them and showed up for the tough 10km challenge.

First over the line on handicap was Paul Charteris of Kawerau who started on a 25min handicap, finishing in 1.33.39 or 68.39 actual time.

Fastest time over the course was shared by Rambler Russell Lake & Sam Clark, Kawerau (M20) in 40.10.

44 runners & walkers took part.

Ramblers results	clock	(h/c)	net
5 th Robin Reed	1.36.02	44.00	52.02
10 th Dave Whitehead	1.37.02	45.00	52.02
11 th Russell Lake	1.37.40	57.30	40.10
12 th Ken Keyte	1.38.06	38.00	60.08
16 th Tim Masters	1.39.13	46.00	53.13
21 st John Addy	1.40.56	47.00	53.56
22 nd Murray Clarkson	1.41.13	52.00	49.13
31 st Les Dobson	1.43.09	50.00	53.09

Another 20 competed in the 3km & 2km events.

Summerhill Park Rogaine 4/6/11

By Mathew Smith

18 hardy people braved the elements at Summerhill in the Papamoa Hills on Saturday of Queens Birthday weekend. The weather was raining a bit and many runners ran in wind breakers. The numbers were down due to the bad weather and also the multiday orienteering event in Auckland. There were a few newbies to orienteering from Ramblers who did enjoy the challenge and adventure of this race. Terry and Abby Furnage got all the controls but ended up a fair bit over the 1 hour time limit. Tom Keenan and Alex Whimster also just about got them all but were over time also.

The event was won by multisporter and adventurer Chris Morrissey (33.38) who has raced really well in many mountain races and adventure races. He was followed by the first female, Christine Browne (36.27), just under 3 min behind, and just behind her was Scott Van Dyke in third (39.14). Scott was amazed to be so easily under the hour. Good to see some new faces out there who may have been told, "You just gotta have a go at this sport mate".



YATTON PARK RUN

11/6/11

2.35km laps approx.

	<u>Lap 1</u>	<u>Lap 2</u>	<u>Lap 3</u>	<u>Lap 4</u>
Russell Lake	10:00	20:00	29:46	39:29
Sally Gibbs	10:20	20:39	31:03	
Gavin Smith	10:21	20:43	31:17	
Fraser Graham	10:21	21:05	31:56	
Mathew Smith	10:26	21:05	32:12	43:12
Barry Watson	11:45	23:24	35:02	
John Addy	11:45	23:54	36:16	
Olivia Hines	12:15	23:41		
Brendan Gibbs	12:25	25:24	38:18	
Jodi Furmage	12:54	25:38		
Ian Bitcheno	13:20	27:01	40:42	55:16
Jessica Bitcheno	13:20	27:16	41:19	55:14
Tom Keenan	13:44	29:12	47:06	1:04:03
Alex Whimster	13:55	28:26	49:35	
Samantha Bitcheno	14:04			
Christine Browne	14:55			



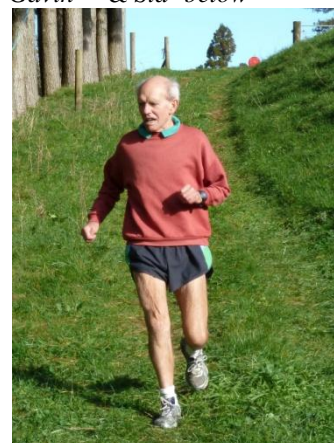
Russell leading 1st lap Somerfields



Alice & Morgan



Gavin & Sid -below



Somerfield's Farm 25-6-11

1.75km laps approx

	<u>Lap 1</u>	<u>Lap 2</u>	<u>lap 3</u>	<u>lap 4</u>
Russell Lake M40	7.48	15.28	23.13	30.49
Sally Gibbs W45	8.03	16.06	24.08	32.17
Gavin Smith M55	8.04	16.09	24.23	32.33
Fraser Graham M40	8.05	16:10	24.25	32.44
Daniel Hines M16	8.06	17.15	26.29	
Murray Clarkson M60	8.55	17.57	26.44	35.42
Max Ball M50	8.56	17.59	27:00	36.06
Olivia Hines G12	9.24	19.24		
Morgan Ball W16	10.46	21.32	33.2	
Alice McCafferty G13	10.48	21.34	33.21	
Rebekah McCafferty G11	10.49	21.37		
Maggie McCafferty G9	10:50	21:40		
Alex Whimster M55	10.51	21.53	37.03	
Lauren Hines G13	11.57	26.01		
Sid Pavett M75	13.18			
Dean Willacy M35	8.01	short lap withdrew		

Waikato- BOP Masters Cross-Country Day, 12/6/11

Womens 3k Run

	Time	Age	Net	Graded
1 Sally Gibbs	11.38	48	10.20	1
3 Karen Smith	19.12	58	15.28	4
4 Robyn Winter	19.39	61	15.20	3

Men 6k Run

1 Gavin Smith	24.58	58	20.49	1
2 Barry Watson	26.15	56	22.22	3
3 Murray Clarkson	26.29	64	20.51	2
4 Stu Smith	26.45	57	22.31	4
6 John Addy	28.32	61	23.08	6
8 Tim Masters	28.58	62	23.16	7
9 Brendan Gibbs	31.13	52	27.25	10
11 Sid Pavett	33.40	77	22.32	5
DNF	Max Ball ,	Brendan Magill		

Mount Joggers Half Marathon 5/6/11

Base-track around the Mount was closed due to slips, so the course was different this year. The event managers haven't bothered with any age grades either- all competitors are in the Open grade. Congratulations to Ben Ruthe & Sally Gibbs for their wins.

Half Marathon

372 runners & 130 walkers

1 st Ben Ruthe	1.18.48
4 th Mikayla Nielson 1 st W	1.23.12
6 th Roger Creighton	1.25.06
21 st Barry Watson	1.33.07
22 nd Winston Murton	1.33.12
28 th Max Ball	1.36.01
33 rd Murray Clarkson	1.36.27
44 th Les Dobson	1.39.50
66 th Jenny Davis 10 th W	1.43.33
76 th Robert McPherson	1.46.18
153 rd Dave Whitehead	1.56.36
185 th John McKinley	2.01.38

10km

610 runners & walkers

1 st Sally Gibbs 1 st W	38.08
6 th Michelle Basson 2 nd W	40.34
14 th Petra Creighton 3 rd W	43.22
37 th Morgan Ball 5 th W	47.12
44 th Sam Averill	48.01
66 th Mike Powell	50.32
78 th Robin Reed	51.50

5km

199 runners & walkers

6 th Andrew Creighton	23.56
18 th Rosie Averill 8 th F	29.32
19 th Tom Averill	29.33
72 nd Robyn Winter 49 th F	36.20

Waikato-BOP SSXC Champs Waipuna 8/6/11

Awesome day, I went along and helped out timekeeping & grabbed some photos. Well done our Ramblers who medalled.

Junior:Girls: 63 finishers

1 Lili Crombie (Aquinas)	11:36,
2 Jessica Bitcheno (TGC)	11:39,
3 Emily McCarthy (TGC)	11:44.
53 Lauren Hines (TGC)	15:26

Junior Boys: 58 finishers

1 Daniel Hintz (Tauranga Boys),	10:19
2 Aidan Hawkins (Tauhara)	10:23,
3 Andrew Robinson (TBC)	10:30.

Intermediate Girls: 42 finishers

1 Anneke Grogan (Aquinas)	11:26,
2 Isabella Kirk (Tauranga Girls)	11:38,
3 Nicole Van Der Kaay (Taupo)	11:44.
11 Amy Robinson (TGC)	12:44
12 Christine Sutton (TGC)	12:45
15 Morgan Ball (Beth College)	13:08
33 Sophie Millar (Mt M)	14:27 ,

Intermediate Boys: 43 finishers

1 Jacob Priddey (Hamilton Boys)	13:46,
2 Dion Goodhue (Waihi College)	14:27,
3 Jonty Cooke (Hamilton Boys)	14:28.
28 Ollie Ranby (TBC)	16:16,
Senior Girls: 21 finishers	
1 Kate Loye (St Peters, Cambridge)	15:52,
2 Olivia Ritchie (Waikato Dio)	16:04,
3 Kerry White (Te Aroha College)	16:04.
5 Melissa Beeler (Te Puke)	16.47

Senior Boys: 37 finishers

1 Julian Oakley (Tauranga Boys)	20:21,
2 Michael Sutton (Tauranga Boys)	21:13,
3 Matt Strange (Tauranga Boys)	21:56.
21 Jason Keyte (Te Puke)	24:49



Anneke ^ Christine v



New Rambler Melissa Beeler Te Puke



Matt ^ Jason v



North Harbour XC, Long Bay
Auckland. 25/6/11

The Bitcheno family travelled North.

G14 2000m 34 finishers

Jessica Bitcheno	2 nd	7.12
Samantha Bitcheno	27 th	8.56

M40 4000m 10 finishers

Ian Bitcheno	9 th	17.08
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Oceania Regional T&F Champs
Apia (east region) 21/6-23/6/2011

Mariah Ririnui

100m Women	Heats	3 rd	12.76 q
100m Women	Final	3 rd	12.74
Long Jump		1 st	5.62m
4x 400m relay	NZ Team	2 nd	4.34.77
4x 100m relay	NZ Team	2 nd	50.04

British U/23 Championships,
Bedford Stadium – 25/26 June
2011

Michael Cochrane

400m Hurdles	Heats		53.17 q
400m Hurdles		8 th	53.71

NZ Development Squad Tour
Namur, Belgium 29/6/11

Michael Cochrane

400m Hurdles		5 th	53.61
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Coming Events

2 July

North Island XC Champs, Spa Park Taupo Enter through Club

2 July

Club pack run from Fergusson Park, Matua, for those not travelling to Taupo. Meet 1.45pm

3 July

Hidden Trails, Kawerau Half Marathon, 10km & 3km

6 July

Western BOP Primary School's & Clusters XC, Waipuna.

9 July

Waikato-BOP XC Champs, Minogue Park, Tui Ave, Hamilton
Enter through Club, Bev Smith <http://www.athletics.org.nz/WAIKATO/>
First race 12.45pm. Late entries are being accepted on the day.

10 July

Saucony Off-road Half Marathon & 10km , Taupo
<http://www.epicevents.co.nz/page/32-running-events+brooks-half-marathon>

12 July

BOP Primary Schools XC Champs, Redwood Forest, Rotorua, organized by Sport BOP

16 July

Willacy Memorial Handicap XC, Waipuna Park, Welcome Bay
Meet 1.45pm Distances for all grades. Trophies for each race.
Please bring a plate for afternoon tea.

23 July

Athletics NZ XC Champs, Halswell Quarry, Christchurch. Enter online <http://www.athletics.org.nz/article.aspx?ID=5577&Mode=1>

23 July

Omanu to Mount beach run. Meet Omanu Surf Club at 1.45pm to arrange transport. Shorter distance for kids. Mount Hot Pools swim after for those keen at own cost.

30 July

Matamata Road Relay. Matamata Domain. Start 1pm. 3.3km circuit. Enter through Club, Bev Smith. Prizes & afternoon tea follow.

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>

3D Offroad Half Marathon ,
10.5km & Multisport Festival,
Redwoods, Rotorua 5/6/11

Awesome, well run inaugural event , organised by Neil Gellatly and incorporating the 2011 Australasian Multisport Championships. Wet conditions and mean, very hilly course, but everyone loved it. Richard Ussher & wife, Elina, took out the multisport titles.

Daniel Jones of Whakatane won the **half** in 1.23.59

Gavin Smith 5th o/all 1st M50+ 1.45.25

<http://www.3drotorua.co.nz/>