

Ramblings

Newsletter of Athletics Tauranga Incorporated



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Athlete of the Month May



Sally Gibbs

*Overall Winner Tauranga Open
XC Women's Race.
Also fastest time by a woman at
Cambridge XC relays.
Sally was also 3rd overall woman
last month in the Rotorua
Marathon (1st W45+)*

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www.sportsground.co.nz/taurangaarc

Editorial

Hi everybody. My apologies for a few late newsletters recently. I've had some major computer issues and managed to lose my desktop hard-drive when my computer crashed. Luckily I had a few items stored on my laptop and we're now running with that and trying to get up-to-date. If I've not published something that you've sent me, it is because I also lost my emails and contacts. I'd welcome you resending any items of interest.



Facebook

Tauranga Ramblers is now on facebook and you can keep up to date between newsletters with the latest news, events and smack-talk. Go in and click "Like".

<http://www.facebook.com/pages/Tauranga-Ramblers/191264287587830>

Congratulations

To **Mariah Ririnui**: selected in the ANZ Team for Oceania Regional T&F Championships, Samoa, 21-23 June, in the 100m, Long Jump & 4 x100m relay. Good luck Mariah!

Also **Michael Cochrane** has been confirmed in the NZ Team for the World University Games in China in August. Michael will run in the 400m Hurdles.



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

<http://www.cnsclinic.co.nz>

Support our Sponsor

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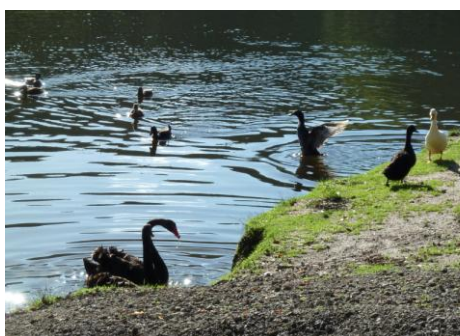
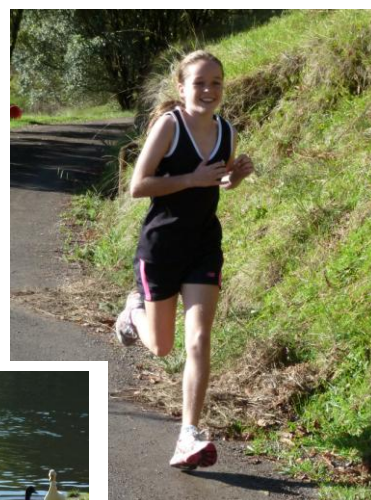
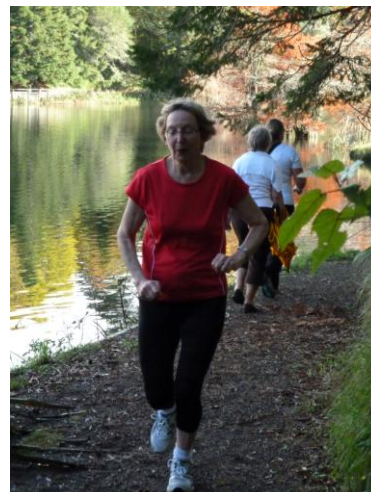
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McLAREN FALLS RELAY May 7th, 2011

Gavin Smith	3.40	Kelly Furmage	4.03	Sally Gibbs	3.39
Murray Clarkson	3.55	Jessica Bitcheno	3.40	Mckenzie Ball	4.44
Daniel Hines	3.42	Max Ball	4.10	Sally	3.43
Gavin	3.44	Kelly	4.07	John Addy	4.08
Murray	4.00	Jessica	3.58	Sally	3.39
Daniel	3.55	Max	4.09	John	4.04
Gavin	3.43	Kelly	4.07	McKenzie	4.47
Murray	4.04	Jessica	4.01	Sally	3.53
Gavin	<u>3.47</u>	Max	<u>4.13</u>	John	<u>4.13</u>
1st	<u>34.30</u>	2nd	<u>36.28</u>	3rd	<u>36.50</u>

Jody Furmage	4.14	Ian Bitcheno	3.53	Amy Robinson	4.02
Tim Masters	4.34	Morgan Ball	4.02	Olivia Hines	4.08
Mathew Smith	3.32	Samantha Bitcheno	4.32	Dave Whitehead	4.06
Jody	4.08	Ian	3.48	Amy	4.09
Tim	4.32	Morgan	4.08	Olivia	4.02
Mathew	3.33	Samantha	4.19	Dave	4.21
Jody	4.18	Ian	4.00	Amy	4.13
Tim	4.32	Morgan	4.15	Olivia	4.08
Mathew	<u>3.29</u>	Ian	<u>4.04</u>	Dave	<u>4.28</u>
4th	<u>36.52</u>	5th	<u>37.01</u>	6th	<u>37.37</u>

Russell Lake	3.38	Mia Pugh	4.27
Alex Whimster	4.23	Mike Pugh	3.13
Lauren Hines	5.17	Ian Pugh	5.03
Russell	3.50	Mia	4.34
Alex	4.27	Gisela	6.37
Lauren	5.06	Mike	3.10
Russell	4.06	Ian	5.18
Alex	4.31	Mike	3.21
Russell	<u>4.06</u>	Mia	<u>4.41</u>
7th	<u>39.24</u>	8th	<u>40.24</u>



Cambridge Cross Country Relay **14/5/11**

36 Teams plus individual children's race
Hamilton Hawks dominated fields with
the exception of that Ramblers Women
won their grade.

Fastest Men's lap went to Tim Stewart of
Hawks with 9.58.

Sally Gibbs was fastest woman with
11.42.

Ramblers results

MM	4th	<u>49.21</u>
Russell Lake		11.40
Gavin Smith		11.57
Ian Bitcheno		12.41
Murray Clarkson		13.03

CO	2nd	<u>53.46</u>
Max Ball		13.46
Brendan Gibbs		13.59
Mike Pugh		10.37
Malcolm Taylor		15.24

WO	1st	<u>36.26</u>
Sally Gibbs		11.42
Laurie Pugh		12.36
Jessica Bitcheno		12.08

WO2	6th	<u>52.25</u>
Samantha Bitcheno		15.06
Lauren Hines		17.20
Robyn Winter		19.59

XY	5th	<u>43.31</u>
Morgan Ball		14.42
Kelly Furmage		14.32
Jodi Furmage		14.17

Childrens U12 Race (27 athletes)

Olivia Hines	1 st Girl	8.21
Mia Pugh	3 rd Girl	9.18
Ian Pugh	7 th Boy	10.25



Racecourse Time**Trial****21/05/2011**

	<u>Start</u>	<u>Finish</u>	<u>Net Time</u>
Mike Pugh	Go	5.35	5.35
Russell Lake	0.30	6.40	6.10
Sally Gibbs	1.00	7.11	6.11
Gavin Smith	1.30	8.01	6.31
Max Ball	2.00	9.26	7.26
Malcolm Taylor	2.30	10.56	8.26
Terry Furmage	3.00	9.39	6.39
Fraser Graham	3.30	10.04	6.34
Dave Whitehead	4.00	11.28	7.28
Robin Reed	4.30	12.21	7.51
Brendan Gibbs	5.00	12.40	7.40
Morgan Ball	5.30	13.13	7.43
Laurie Pugh	6.00	12.43	6.43
Ian Pugh	6.30	15.38	9.08
Cassidy Ball	7.00	18.11	11.11
Shari Ball	7.30	17.40	10.10

*New Ramblers: Robin ^ & Fraser***BOP /Mid Island Secondary School's XC**
Waipuna , 25/5/11

Fantastic day for XC, slightly overcast, mild and no wind. Tauranga Boys College were out in force. Exams kept Senior Tga Girls away, with 2 exceptions.

Events ran like clockwork. Malcolm & myself assisted with timekeeping and Malcolm had earlier helped TBC set up . Full results are on Sport BOP website.

Junior Girls 3km (48 finishers)

1 st Lili Crombie	Aquinas	11.38
2 nd Emily McCarthy	TGC	11.44
3 rd Jessica Bitcheno	TGC	11.55
8 th Alice McCafferty	Bethlehem	12.43

Junior Boys 3km (44 finishers)

1 st Daniel Hintz	TBC	10.25
2 nd Aidan Hawkins	Tauhara	10.28
3 rd Andrew Robinson	TBC	10.40
43 rd Kaid Burke	Aquinas	13.30

Int Girls 3km (38 finishers)

1 st Isabella Kirk	TGC	11.45
2 nd Nicole Van der Kaay	Taupo	11.49
3 rd Charlotte Skelton	Aquinas	12.05
5 th Amy Robinson	TGC	12.21
6 th Christine Sutton	TGC	12.38
8 th Sophie Millar	Mount	12.56
12 th Emily McCormick	Otumoetai	13.09
15 th Morgan Ball	Bethlehem	13.12
18 th Kelly Furmage	Bethlehem	13.17
23 rd Jodi Furmage	Bethlehem	13.46

Int Boys 4km (39 finishers)

1 st Kieran Coates	Trident	14.32
2 nd Scott Croasdale	TBC	14.40
3 rd Javahn Kennedy	TBC	15.00
35 th Ollie Ranby	TBC	17.33

Senior Girls 4km (11 finishers)

1 st Casey Blackwell	TGC	16.43
2 nd Melissa Beeler	Te Puke	16.46
3 rd Simone Rockcliffe	TGC	18.23
5 th Emma Jackson	Otumoetai	19.38
Dnf Rebekah Millar	Mount	

Senior Boys 6km (23 finishers)

1 st Julian Oakley	TBC	20.23
2 nd Michael Sutton	TBC	20.34
3 rd Patrick Burrows	TBC	21.52
4 th Matt Strange	TBC	22.14
17 th Jason Keyte	Te Puke	25.41
20 th Eremia Tapsell	Bethlehem	28.54



Lili Crombie Jr Girls winner tops the stopper



Amy Robinson



Sophie Millar



Scott Croasdale



Michael Sutton



Julian Oakley heads for the finish line



Emily McCormick, Otumoetai IG

Solid Energy Huntly Half Marathon 22/5/11

Big OOOOPPs because of a slip up with the course measurement which was found to be 639 metres short. Organisers have consequently adjusted the times.
1180 finishers in the half plus 214 finishers in the half walk and 1122 finishers in the 10km event.

Half Marathon		adjusted
1 st Aaron Pulford	1.06.06	1.08.04
2 nd Stephen Lett	1.06.40	1.08.39
3 rd Kyle MacDonald	1.08.19	1.10.22

8 th Gavin Stevens (1 st M50 & 1 st MM)	1.13.26	1.15.37
9 th Lisa Robertson (1 st Woman)	1.13.28	1.15.38
10 th John Crane (1 st M40)	1.13.49	1.16.00
20 th Helen Rountree (2 nd Woman)	1.16.52	1.19.08
435 th John McKinley (56 th M50)	1.48.30	1.51.32

10km (303m short)		adjusted
1 st Steve Rees-Jones	30.39	31.34
9 th Mikayla Nielson (1 st Woman)	35.41	36.45
10 th Dan Smith	35.41	36.45

SUPER 8 Cross Country, 30/5/11 Waipuna Park

Six of the 8 College Teams in the competition fronted. Tauranga Boys College won overall and retained the shield, with 3 person Team wins in the Y9 Boys and Seniors and 2nd place in the Juniors.

Julian Oakley & Michael Sutton placed 2nd & 3rd behind New Plymouth's Matt Baxter in the Seniors. Jacob Priddey of Hamilton won the Juniors.

Tauranga Open Cross Country, Waipuna Park 28/5/11

Lovely day, To all the helpers who arrived early to set up and stayed late to take down the course, you are AWESOME. To Jan and the kitchen helpers too, we wouldn't survive without you. You kept our hunger pains at bay. To everyone else who provided support around the course & finish line, GREAT STUFF!

With Super 8 on Monday our grade 16 & 19 Men's fields were lacking, however, the Seniors made up for it. It was wonderful seeing so many of our Senior Men and Masters turn out for the big race of the day. It made for some thrilling racing, and many mini battles going on through the race. Aaron Pulford of Hamilton Hawks showed a classy field a clean set of heels by taking the win, but was challenged in the early stages by Angus Bell. Sally Gibbs likewise showed the much younger runners in the Women's race that all those workout efforts that Barry is giving her are paying off.

I have a heap of photos which I will post on the website. Unfortunately, I was otherwise engaged in the clubrooms during the Grade 10 and 12 races, so none of them, sorry kids!

Ramblers results

8000m SM & MM

1 st Aaron Pulford	Hawks	26.45
2 nd Iain MacDonald		28.01
3 rd Kyle MacDonald		28.04
4 th Angus Bell		28.10
7 th Craig Kirkwood	1 st MM	29.06
8 th Ben Ruthe		29.11
11 th Adam Garner		30.03
14 th Russell Lake	4 th MM	31.28
17 th Dean Willacy	7 th MM	32.09
21 st Dan Smith		32.54
22 nd Gavin Smith	2 nd M50+	33.20
25 th Winston Murton	11 th MM	35.09
26 th Mathew Smith		35.38
27 th Terry Furmage	4 th M50+	35.51
28 th Murray Clarkson	5 th M50+	36.10
31 st Les Dobson	8 th M50+	37.41
32 nd Max Ball	9 th M50+	37.44
33 rd John Addy	10 th M50+	39.04
35 th Tim Masters	12 th M50+	39.48
36 th Brendan Gibbs	13 th M50+	40.13
37 th Dave Whitehead	14 th M50+	40.48
38 th Robin Reed	15 th M50+	41.07
40 th Sid Pavett	17 th M50+	44.54



Start, lead bunch



Adam battles up the stopper in the 1st lap



Ben attempts synchronised hurdling

6000m M16 & M19

1st Mac Harcourt Cambridge 25.03

4000m SW, MW, W16 & W19

1st Sally Gibbs 1st MW 15.40
 3rd Anneke Grogan 1st W16 16.09
 8th Laurie Pugh 3rd MW 17.26
 9th Amy Robinson 4th W16 18.03
 11th Christine Sutton 6th W16 18.25
 14th Morgan Ball 7th W16 19.17
 15th Kelly Fumage 8th W16 19.20
 16th Charlotte Bartrum 2nd SW 19.35
 18th Jodi Fumage 9th W16 20.43

3000m G14

1st Lili Crombie 11.44
 2nd Jessica Bitcheno 11.56
 6th Abby Fumage 15.26
 7th Lauren Hines 16.10

3000m B14

1st Taine Sweeney Te Aroha 11.28

2000m B12 & G12

1st Justin Mitchell 7.37
 3rd Olivia Hines 1st G12 8.19
 4th Sam Averill 3rd B12 8.22
 6th Rebecca McCafferty 2nd G12 8.25
 19th Joanne Sutton 10th G12 9.30
 20th Catherine Sutton 11th G12 9.50
 21st Maggie McCafferty 12th G12 9.51

1000m B10 & G10

1st Cooper Newton 3.24
 3rd Mia Pugh 1st G10 3.39
 18th Ian Pugh 15th B10 4.18
 33rd Cassidy Ball 12th G10 5.02
 36th Elliot Pugh 23rd B10 5.14

(49 finishers)

Walk in the Park

1st Alex Whimster 29.35



Kelly

Coming Events

4 June

Summerhill Park Rogaine. Meet 1.45pm for some real hills & 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

Mt 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 events & 10km run/walk, duathlon & other options <http://www.3drotorua.co.nz/>

5 June

Christchurch Marathon <http://www.sbsmarathon.co.nz/>

Also half marathon & 10km

8 June

WBOP SS XC Champs, Waipuna Park. First race 11am.

11 June

Yatton Park. New event this year. Test yourself on this course. Not suitable for spikes as short section of road & gravel paths. Meet 1.45pm inside main gates off Fraser St, Greerton.

18 June

NZ SS XC Champs , Ashburton www.nzssaa.org.nz

18 June

Foster-Smyth-Lamason XC Handicap Race. Hosted by Lake City Club, Rotorua. Tough & hilly 10km on farmland. Very good test of your fitness. Also 3km event for juniors or those wanting a shorter course.. Enter through Bev Smith. Private transport arrangements. Afternoon tea provided afterwards at Lake City Clubrooms .

25 June

Somerfields XC, 990 Oropi Rd. Meet 1.45pm. Berryfarm. Traditional XC involving some mud, cowpats, fences & hills. Everyone loved it last year, come along & see for yourself!

2 July

North Island XC Champs, Spa Park, Taupo. Enter through Club Race secretary - Bev Smith. This is a huge event, extremely popular, & all ages & abilities are catered for. Let's see those green singlets out in force. Take some warm gear as it has been known to have frosts, cold wind or sleet.

2 July

Pack run from Ferguson Park for those not going to NI XC in Taupo. Possibly several groups to accommodate different abilities. Run on roads & reserves in the area. Meet 1.45pm

3 July

Hidden Trails Half Marathon, 12km & 3km little trail run. Kawerau. (replaces Great Midwinter Half) Description & online or downloadable entries:

http://www.kawerauharrierclub.co.nz/?page_id=17

6 July

Western BOP Primary Schools XC Waipuna Park