

Ramblings

Newsletter of Athletics Tauranga Incorporated



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Athletes of the Month September



Our SM National Road Relay Team :
Julian Oakley, Russell Lake,
Angus Bell, Craig Torr, Chris
Morrissey, Iain Macdonald,
Michael Sutton & Kyle
Macdonald

Awesome 4th place at NRR

NATIONAL ROAD RELAYS, HUNUA, 3/9/11

With key players from the past missing from the Ramblers lineup this year the bookies had virtually dismissed them as any threat. The Senior Men's Team, however, had other ideas and were totally focussed on their mission. Road relays has a tendency to bring out the best in a runner and this year was no exception.

With experienced old hands at relays, Iain & Kyle Macdonald, anchoring on the two longest legs the A Team was re-shuffled on race morning following the withdrawal of Craig Kirkwood to injury the prior week. First time at relays, our newest National Champion Julian Oakley didn't bat much of a nervous eye when given the significant task of getting the boys off to a good start on the first 8.4km leg- a major change from the shorter hillier leg 7 he had previously been allocated. The gauntlet thrown down, he stepped up admirably and like a pro did the job. Clinging to the 3 top-favoured Teams for over 2/3rd of the race he finally faltered slightly off the pace on a rise. The top 3 also splintered just before the end of the leg, coming in UC's Brett Tingay, Scottish runner Hamish Carson and Pakuranga's Scott Winton, with Julian finishing 4th just 42 seconds behind. A minute further back, Takapuna, Scottish B & Wesley were fighting it out.

Next up to the plate was MM Russell Lake who found the legs of a much younger athlete and hung on for dear life. By changeover Ramblers had dropped two places but there was only a few seconds in it. Russell still had the 6th fastest time of the day over all grades- fantastic effort!

Angus Bell made short work of gaining back Ramblers 4th placing when he took over for the next 9km leg. A

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www.sportsground.co.nz/taurangaarc



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

couple of steep uphill didn't faze this Mountain runner who recorded 4th fastest run of the day on this 9km undulating leg, from 77 Teams.

Lap 4 was handed over to new Rambler & NZ triathlete Craig Torr. Wesley's Aniel Smith, put in a serious challenge here, however, and managed to steal back a 10second gap at changeover. The 2 runners had dropped their other competition further back. The junior Teams joined in on this leg and there were now 102 Teams on the road.

Lap 5 saw Chris Morrissey, usually more at home off-road, take on one of the meanest hill sections of the day. Drawing on that strength, Chris's gutsy effort got Wesley back for a while, the 2 dicing all the way, to fade back by 10 seconds again at change. Scottish's B Team were now 2 minutes further behind.

Imac was having none of that, and with the reliability and performance of the brand quickly pulled in Wesley's Andrew Haigh. Passing our women's Team in the process, he covered the longest leg of the day in the 6th fastest time overall. No mean feat when all Teams had allocated this section to their best. Fastest at the top was Steven Lett, of Takapuna, Hayden McLaren, New Brighton, Dan Wallis of Scottish, Phil Costley, Nelson, Dale Warrander, Pak, and Hugo Beamish, UC.

With a 12sec advantage, junior Michael Sutton, who had been initiated into relays last year in a Composite Team, had drawn the short straw and one of the nastiest. The hill went on forever and climbed steadily for about 5kms, before respite and a quick downhill and short, flat section to finish. Wesley's runner wasn't up to the task and was overtaken by Takapuna. Michael had opened a 1 ½ min gap on Wesley but the Takapuna threat was just 40 seconds back.

Kmac with the bit between his teeth galloped away over the final mainly downhill 10km stage recording 5th fastest lap of the day from 102 Teams in the charge for the finish line. Coming back Wesley grabbed 5th, Scottish B 6th & Takapuna 7th. In front, University of Canterbury had defended their title with a convincing win in 3.26.01 over Wellington Scottish 3.27.52. Pakuranga

3rd 3.30.00. Ramblers 4th 3.37.51. Well done guys- truly impressive stuff!



Men's A Team gather before the start.



SM & MM line up at 10am



Front bunch leg 1.



Russell, leg 2

Sorry no pic Angus: I was off chasing the Women's & Masters 50 Teams.



Craig leg 4



Chris leg 5



Iain leg 6



Michael leg 7 above & Kyle leg 8 below



Road relays continued:

Taking one look at our line-up of ladies, the old codgers weren't ready to place any beers on the table this year, but agreed the girls had a good edge, given their own injury-ridden bodies. Again, with a number of the key 50's players missing a team was formed with little more than the joy of competing at relays in mind, and fond memories of the years that Ramblers 50 plus reigned supreme: with golds in 1999, 2000 & 2001, silvers in 2002, 2003 and bronze 2004. Yes: some of those same athletes were running again this year! They might not have the same legs 12 years on, but plenty of heart!

World Masters Champion Sally Gibbs burst off the start line ahead of athletes half her age, covering the 8.4km first leg in a time of 30.35, 1min 20s ahead of NH Bays Cougars SW runner Alice Mason giving our girls a good head start.

Laurie Pugh, fresh back from Germany, pushed on to hold the Team in 2nd place. The depth of talent in the UC & other teams would prevail though with UC's Tracy Crossley, an ex-Rambler, coming through the women's ranks for fastest time over leg 2 and 4 other Teams also gaining valuable ground.

New Rambler and marathoner, Ewa Wysteppek, recovering from injury took over on the undulating 9km 3rd leg with a tremendous run against some tough challenges and young stars, to changeover in 6th place. Spotted on this leg was another ex-Rambler & 3rd placegetter in the NZ Road Champs, Lydia O'Donnell, running for NHBays Cougars and also WBOP Women's Champ, Helen Rountree. Competition indeed!

Petra Creighton was our 4th runner and ran brilliantly to bring the girls back closer to the action although they were still in 6th pozzie, Petra time was 5th fastest.

Leg 5 saw Alice Wilson tackle the mean hill that others were seen walking up. Alice maintained 6th fastest SW on this 7.2km leg.

On the longest 10.5km leg 6, marathoner Johanna Ottosson stretched out with the 5th fastest women's time. A 5minute gap

existed to the runner in front, but the next Team was 10minutes behind.

Dr Judith May, 3rd in the NZ Mountain running champs last year, had the unenviable task of the notorious Leg 7 hill. Total respect Judith- that was no mean feat and you didn't miss a beat! Judith's time was 4th fastest, a bit more ground gained.

Carrying the ladies to the finish line and maintaining 6th spot, Michelle Basson flew over the last 10km, finishing 13 ½ mins up on the next team ACA. (a 3 ½ min gain) Those Tuesday night runs with the boys giving chase obviously paid off! Winners were UC, Hawks 2nd Pak 3rd.



9.30 Start with Sally & Les

No pic of Laurie Leg 2 – I was still at the start line waiting for the SM race.



Ewa on leg 3 with Lydia in front & Hawks' Helen Rountree behind



Petra starts leg 4



Alice leg 5



Johanna leg 6



Judith leg 7



Michelle leg 7

One of the best runs of the day must've been Les Dobson's start for the M50's Team when he came in in 3rd place to the changeover. Awesome stuff Les!

Already suffering from a painful achilles that he hadn't run on all week, Brendan Gibbs wasn't going to let the Team down when he took over leg 2.

Turning to grab the baton, he pulled a calf muscle, adding insult to existing injury. A little divine help wouldn't have gone amiss at this stage! Brendan continued to run to the end of his 5.6km leg although the Team dropped a couple of places. Getting in and out of the van later was a mission but Brendan still had a smile on his face- he'd made it!

Leg 3 and Stu Smith took over with a very respectable 9km effort. Ramblers were still 5th with the gap to 4th the same.

Leg 4 and one of the old-timers from the Ramblers golden heyday era popped out of the van to view the great scenery over the next 6.7km. After 500m of flat to warm up, Tim Masters charged up about 1.4 km of steep hill before the going got a tad easier and he got to free-wheel downhill for a while.

Leg 5 and another of our golden oldies Murray Clarkson got to breathe deeply (gasp) the fresh air in his rugged hill climb. Murray was 4th fastest of the old fellas in this leg with the Team maintaining 5th. Murray had the added incentive of chasing down ex-Rambler Andrea Smith in the Scottish women's B Team over this leg.

Leg 6 and it was Gavin Smith's turn. A bet was on with Braden Neal, running for the Scottish SMC grade team over the same leg. Braden had taken off 5 minutes ahead. Gavin's time over the leg was 29 seconds quicker, winning the bet and also the 4th fastest over 50's. Any beers on that???

Having turned 70 a week earlier was no deterrent when Robert McPherson was called upon to take on leg 7's hill. Robbie had fessed up to training on some steep sidings, while spending 300 hours spraying gorse recently on some rugged farmland. Like a tractor, he kept a determined, steady pace and was awarded the baton as a keepsake for his effort at the finish.

Barry Watson ran like a rabbit over the last 10km in the 4th fastest 50+ time, bringing Ramblers home in 5th place. 1st was the favorite Auckland University, 2nd WHAC, 3rd Hawks, 4th Pakuranga.



Les with Andrea before the start

I missed legs 2-3 & 7 for the 50's while covering the SM & SW.



Tim leg 4



Murray leg 5



Murray hands over to Gavin leg 6

Check out more relay photos on our facebook page...

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



Barry finishing.

Editor's note:

Road relays are my favorite event of the season. Nothing brings a club together better than competing as a Team. Whether fast, slow, competitive or social there is a race going on, or a personal challenge, even if it is the Boat race at the after function. The team may fall out of touch with the race leaders, but back in the ranks, there is always someone else to take on. A few friendly jibes thrown from the vans, weird costumes and Team antics add to the fun.

We've had years not so long ago in the past when we've send 6-8 teams away. For some reason, people are just too busy to bother anymore. My advice: Start planning for next year now :- anyone over the age of 14 on race day can start gathering their mates together now. Don't wait for someone to organise you- just do it yourself. Five or more people you train with, and you have a Team. Easy!

Whangamata Run/Walk Festival **10/9/11**

Beautiful day!

Half Marathon (223 finishers)

Won by Aaron Pulford , Hawks	1.10.11
2nd Kyle Macdonald	1.11.35
3 rd Cory Whiting Hawks	1.12.09
4 th Sarah Biss Hawks (1 st W)	1.15.22
6th John Caie (1 st MM)	1.19.29
7th Sally Gibbs (1 st MW, 2 nd W)	1.20.04

10km (408 finishers)

1st Iain Macdonald	32.09
2 nd Daniel Stoner Auckland	37.45
1 st W (12 th o/all) Trish Stockman	
Hamilton	43.00

5km (261 finishers)

Won by Olivia Ritchie Hamilton 18.2

Greerton Road Run **Lap1** **Lap2** **Lap3** **Lap4** **Lap 5**
2km circuit 10/9/11

Dean Willacy	6.54	14.01	21.14	28.31	35.39
Roger Creighton	6.55	14.02	21.14	28.31	35.38
Ian Bitcheno	7.22	15.16			
Melissa Beeler	7.33	15.45			
Gavin Smith	7.35	15.31	23.52	32.23	
Laurie Pugh	7.43	15.42			
Petra Creighton	7.47	16.14			
Max Ball	8.07	16.44	28.29		
RobertMcPherson	9.03	18.28	27.50		
Mia Pugh	9.06				
Fraser Pugh	9.50				
Ian Pugh	9.51				
Micah Pugh	10.21				
Bevan Pugh	12.06				
Cassidy Ball	12.35				
Elliott Pugh	12.55				

Also running incomplete circuit: Jessica Bitcheno & Morgan Ball & pram pushing Mike Pugh. The little Pugh cuddies all had a run on this warm spring day.

City To Surf, 12km Tauranga to Mount 25/9/11

Fast times or was the course was short? 877 finishers in the 12km run plus 112 walkers. Another 260 completed the 5km event.

12km run

1 st Patrick Burrows (TBC 1 st M15)	39.31
2 nd Chris Morrissey (1 st M35)	40.16
4 th Paul Herlihy (1 st M50)	41.00
6 th Helen Rountree (1 st F)	41.43
7 th Jamie Regan (1 st M19-29)	42.53
23 rd Alice Wilson (2 nd F)	45.31
29 th Judith May (3 rd F)	47.05
30 th Winston Murton (6 th M35)	47.32
80 th John Addy (3 rd M60)	51.51
100 th Alex Colvin (9 th M15)	52.55
156 th Mike Powell (6 th M60)	56.01

Commonwealth Mountain Running Championships, Llanberis North Wales – 24 September 2011

Angus Bell finished 26th in the men's 12km race recording 57m 56s. James McMullan of England won in 50m 3s.

RED STAG REDWOODS RELAY, ROTORUA 17/9/11

108 Teams. Good conditions. The Mens Open grade was won by Lake City in 1.22.16, from Hamilton Hawks & Auckland Grammar.

Ramblers	4th	1.23.10
Iain Macdonald	Lap 1	16.00
Iain Macdonald	Lap 2	17.11
Craig Torr	Lap 3	17.24
Ben Ruthe	Lap 4	16.32
Kyle Macdonald	Lap 5	16.03

The Women's Open Grade was won by Hamilton Hawks in 1.37.09.

Ramblers	2nd	1.40.01
Sally Gibbs	Lap 1	18.13
Sally Gibbs	Lap 2	19.40
Melissa Beeler	Lap 3	20.16
Alice Wilson	Lap 4	19.36
Morgan Ball	Lap 5	22.16

The Masters Men Grade was won by Hamilton Hawks in 1.29.20 from Lake City 2nd.

Ramblers	3rd	1.33.31
Russell Lake	Lap 1	17.35
Dean Willacy	Lap 2	17.57
Ian Bitcheno	Lap 3	19.52
Ken Keyte	Lap 4	18.43
Gavin Smith	Lap 5	19.24

Ramblers MM	7th	1.54.45
Murray Clarkson	Lap1	20.47
John Addy	Lap 2	22.36
Tim Masters	Lap 3	23.35
Malcolm Taylor	Lap 4	25.51
Max Ball	Lap 5	21.56

The Masters Women's grade was won by Fielding Moas in 1.46.17 beating Hawks. North Shore Bay Cougars won the Combined Open Grade in 1.24.23 ahead of Taupo Harriers.

In the Male Youth Grade over the shorter distance Egmont Athletics won in 43.10 ahead of Auckland Grammar.

New Plymouth Girls High won the Female Youth division in 50.43.

Competing in Tauranga Girls College Teams Jessica Bitcheno ran 3km in 12.48 and Amy Robinson 15.27.



Amy Robinson



Iain MacDonald



Craig Torr



Malcolm Taylor



Jessica Bitcheno in the JG 3km



Ian Bitcheno



Ben Ruthe



Kyle MacDonald



Wai-BOP SS Road Champs, The Lakes, Tauranga 21/9/11

Fine day, but a very cool, strong breeze.
Senior numbers down due to other
activities on that week.

Jnr Girls 3 km 19 finishers

Arianna Lord, St Peters,	1 st	10.36
Jessica Bitcheno, TGC	3 rd	11.07

Jnr Boys 3km 24 finishers

Daniel Hintz TBC	1 st	9.22
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Int Girls 3km 10 finishers

Isabella Kirk TGC	1 st	10.49
Morgan Ball Bethlehem	6 th	11.47
Kelly Furnage Bethlehem	8 th	12.00
Jodi Furnage Bethlehem	9 th	12.43

Int Boys 4km 15 finishers

Jacob Priddey Hamilton	1 st	12.12
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Senior Girls 4km 7 finishers

Olivia Ritchie Waikato Dio	1 st	13.25
Melissa Beeler Te Puke	2 nd	14.21

Senior Boys 6km 7 finishers

Tom McLaughlin, Hamilton	1 st	19.29
Michael Sutton TBC	2 nd	19.35



Kelly Furnage



Michael Sutton & Tom McLaughlin



Melissa Beeler SG 4km right>>>>

CLUB T-SHIRTS

The club has had some very nice cotton T-Shirts printed. They are available at \$20 each. Women's sizes 10 & 12 or multi-fit sizes S, M, L & XL. Should you require other sizes, eg kids, then let Robyn Winter know and she'll see what can be arranged. Robyn's Ph 027 640 6559 or 5702341 or email the club.

athletics.tauranga@xtra.co.nz



CNS High Performance School Holiday Programme:

Run, Jump Throws Coaching during October 11th, 12th, 13th & 18th, 19th 20th.

Cost involved.

Contact Val Bromley for details

Ph: (07) 5779222 or 021 1486695

Email: val@cnsclinicpc.co.nz

Everyone's Run Walk 5km & 3km Series

Thursdays evenings during Daylight Savings.

Walkers 5.45pm

Runners 6pm start

29 Sept to 22 Dec 2011 and

12 Jan to 29 Mar 2012

Maxwells Road Reserve: Full details

http://www.sportsground.co.nz/files/Site/709/0/Pdf/110925172743A_WZCYPLZ.pdf

Coming Events

4 October

Opening Club night Summer Season Tauranga Domain. Arrive early to register & warm up. First race 6pm: 60m, 600m, 150m, 1mile & medley relay. Shotput, Long Jump

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

8 October

Rotorua Ekiden relay

11 October

Club night first race 6pm: 100m, 1000m, 300m, 4000m, High Jump, Discus

16 October

Masters warm up meet1 Porritt Stadium, Hamilton, midday start.

16 October

Sir Barry Curtis 10km, Pakuranga Auckland

16 October

Waikato Half Marathon, & 10km, 5km Lake Karapiro, Cambridge

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

18 October

Club night first race 6pm: 200m, 1500m, 400m, 5000m, Javelin & Triple Jump

23 October

TECT All Terrain Park Trail Run 13km or 26km . TBC fundraiser

<https://www.facebook.com/#!/pages/Smiths-Sports-Shoes-Tauranga-Trail-Run/165928856794925>

25 October

Club night plus invitation to Secondary School Athletes competing in NZSS Champs. First race 5.30pm: 80m/100m/110m hurdles, 100m, 800m, 200m, shotput & Long Jump.

26 October

Wai-Bop SS League Round 1, Porritt Stadium 5.30pm

29 October

Open Meet, Porritt Stadium, 3pm

29 October

Trans-Tasman Trial 1, Mt Smart, Auckland, 8.30am

30 October

ANZ Half Marathon Champs, Auckland & adidas Auckland Marathon

1 November

Club night first race 5.45pm: 300m Hurdles, 100m, 800m, 200m, 3000m, High Jump & Discus

2 November

Wai-Bop SS League Round 2, Porritt Stadium 5.30pm

5 November

Open Meet, Tauranga Domain 3pm

5 November

Trans- Tasman Trial 2, Mt Smart, Auckland 8.30am

6 November

New Balance Bays & Bridges 14km Run/walk.

<http://baysandbridgeschallenge.co.nz/2011.html>

This is a Ramblers organised event. **Anyone not running or walking, please assist by helping with marshalling and other duties.**

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