

Ramblings



Newsletter of Athletics Tauranga Incorporated

August 2012

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(note: they have good coffee too!)

Athlete of the Month August



Mike Pugh

*1st M35-39 at NZXC Champs
Hamilton 8km & 1st M35-39
Wai-Bop Road Champs, Tauranga
10km.
Great come-back after injury.*

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plus track results are on:

www.sportsground.co.nz/taurangaarc

Facebook:

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

NZ XC Champs, Hamilton 4th August 2012

Wet & mucky conditions that found some in their element and left others struggling.

The Senior Men's 12km event was won by Kenyan/Wellington Scottish runner, Edwin Kaitany in 38.54 and the Senior Women's 8km event went to Australian Celia Sullohern in 29.33.

Congratulations to all our medallists and particularly performances of Michael Sutton 3rd & Mike Pugh 1st both of whom had some stiff competition. Age group golds also went to Murray Clarkson & Robert McPherson. However, Julian Oakley, brought in to make up a Waikato-Bop team, struggled a little with the distance after just getting of the plane from running track & field 800m-1500m distances overseas.



2km

G12 5th Mia Pugh 7.49

G12 7th Arleah Tippins 8.12

B12 16th Anthony Powell 8.58

3km

G14 10th Erin Conway 12.04

G14 11th Olivia Hines 12.09



Mia Pugh



Vivien Conway



Erin Conway

4km

W16	10 th	Anneke Grogan	16.01
W16	21 st	Jessica Bitcheno	16.49
W16	34 th	Lauren Hines	22.08

6km

W19	12 th	Melissa Beeler	26.17
W19	17 th	Vivien Conway	32.59
W60	4 th	Robyn Winter	41.08
W70	2 nd	Iris Hansen	54.31



Alice above & Iain below



8km

M19	3 rd	Michael Sutton	26.45
M19	15 th	Julian Oakley	28.39
SW	5 th	Sally Gibbs 4thNZ	31.02
SW	15 th	Alice Wilson	34.09
M35	1 st	Mike Pugh	27.04
M40	4 th	Russell Lake	29.08
M45	3 rd	John Caie	29.03
M45	11 th	Ian Bitcheno	34.32
M55	6 th	Gavin Smith	31.46
M60	8 th	Tim Masters	40.29
M65	1 st	Murray Clarkson	35.39
M65	5 th	Kerry Smith	41.57
M70	1 st	Robert McPherson	39.46
M75	2 nd	Sid Pavett	46.18

12km

SM	13 th	Iain Macdonald	41.57
SM	21 st	Kyle Macdonald	43.01



Also Mike Pugh, Russell Lake & John Caie Team Gold M35-49.
Gavin Smith Team Gold M50+,
Sally Gibbs & Alice Wilson Team
Gold SW, Anneke Grogan & Jess
Bitcheno Team silver W16, Melissa
Beeler & Vivien Conway Team
Silver W19, Michael Sutton & Julian
Oakley Team Bronze, Iain & Kyle
MacDonald Team Bronze.



Robert above & Gavin below



BOP-Poverty Bay **Intermediate School's Elite** **XC Waipuna Park, 10/8/12**

Great day. Well done our young guns.

Y7G 3km (38 finishers)

Won by Olivia Corrin (Gisborne) in 11.51

Arleah Tippins (Otum) 3rd 12.21

Y7B 3km (39 finishers)

Won by Logan Karauria (Tga) 10.59

Edward Johnson (Tga) 4th 11.28

Nick Freeman (Otum) 11th 12.02

Y8G 3km (36 finishers)

Won by Grace Herdman
(Whakatane) in 12.21

Joanne Sutton (Mt M) 15th 13.22

Catherine Sutton (Mt M) 19th 13.35

Jasmine Creighton (Tga) 29th 14.34

Y8B 3km (38 finishers)

Won by Korban Eades (Tga) in 11.03



Matamata Round the Streets Relay 3.3km 11/8/12

Well done our GU16 Team & SW Teams winning their races. Sally Gibbs had the fastest lap of the day by a woman.

Lake City won the SM & MM & Super Vet grades & Cambridge won the MW. Hawks won the MU16 & M19 grades, with Tim Stewart having the fastest lap of the day (9.45). 35 teams took part.

WU16 Tauranga 1st

Kelly Furnage	15:18	15:18
Jodi Furnage	14:31	29:49
Morgan Ball	14:17	44:06

SW Tauranga 1st

Sally Gibbs	11:16	11:16
Jessica Bitcheno	12:55	24:11
Olivia Hines	14:26	38:37
Melissa Beeler	12:42	51:19

Mixed & MM Tauranga 4th

McKenzie Ball	13:44	13:44
Shari Ball	16:51	30:35
Max Ball	14:18	44:53
Max Ball	15:57	60:50
Robyn Winter	19:56	80:46

Mens Super Vet 60+ Tauranga 2nd

Murray Clarkson	13:13	13:13
Kerry Smith	15:33	28:46
Tim Masters	15:06	43:52
Sid Pavett	15:57	59:49

Manawatu Striders Half Marathon- incorporating NZ Half Marathon Champs, 12/8/12

Just two Ramblers in it & two gold medals collected. (Well actually they haven't received them yet because ANZ wasn't present.). Weather was drizzly rain. Nice, scenic course starting at the Massey University Campus in Palmerston North and running along the riverside paths. Race winner was Oska Inkster-baynes of Wanaka in 1:09.13 and first female Lisa Robertson of Auckland in 1:16.53.

Congratulations Ramblers :

Russell Lake 10th 1st M40+
(1.17.48)
Gavin Smith 26th 1st M55+.
(1.24.55)



Russell Lake

Wai-Bop Road Champs & The Lakes Run/walk Festival, Tauranga 19/8/12

10km Judged Walk:

Mark Gray	1 st	66.49
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10km freestyle/fun walk

Alex Whimster	2 nd	69.21
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2km

Andrew Creighton	B10	1 st	7.58
Ian Pugh	B10	2 nd	8.51
Elliott Pugh	B10	4 th	11.13
Cassidy Ball	G10	3 rd	10.50
Sam Tanner	B12	2 nd	6.35
Eddie Johnson	B12	4 th	7.42
Anthony Powell	B12	10 th	9.18
Arleah Tippins	G12	1 st	7.48
Jasmine Creighton	G12	5 th	8.16

3km

Sam Averill	B14	3 rd	11.56
Olivia Hines	G14	3 rd	11.58

The Lakes 10km start, race won by Steve O'Callaghan of Lake City in 31.36 with Ramblers Sally Gibbs, 1st Woman.



5km

Petra Creighton	W40	1 st	20.59
Robyn Winter	W60	2 nd	30.39
Iris Hansen	W70	1 st	39.12
Anneke Grogan	W16	1 st	18.56
Morgan Ball	W16	5 th	21.17
Lauren Hines	W16	9 th	26.38
Melissa Beeler	W19	1 st	18.47

10km

Mike Pugh	M35	1 st	32.07
Russell Lake	M40	2 nd	36.27
John Caie	M45	2 nd	34.33
Max Ball	M50	3 rd	46.01
Gavin Smith	M55	1 st	38.42
Barry Watson	M55	3 rd	41.42
John Addy	M60	2 nd	46.28
Tim Masters	M60	3 rd	47.20
Murray Clarkson	M65	1 st	43.14
Robert McPherson	M70	1 st	47.31
Sid Pavett	M75	1 st	52.25
Ben Ruthe	SM	3 rd	34.09
Thomas Keenan	SM	10 th	54.34
Sally Gibbs	SW	1 st	35.45



Ben Ruthe & John Caie



Murray Clarkson & Mike Pugh



Barry Watson

(Note: no Ramblers ran the 8km event M16 won by Jacob Priddey & M19 won by Tim Stewart of Hawks)



Max & John



Thomas Keenan



Olivia Hines & Sam Averill



Melissa & Anneke



Morgan & Petra



Elliott Pugh



Robert & Tim

Nelson Memorial Open Handicap Races 25th August 2012 , Waikareao Boardwalks

Nice day for running. Gavin had to work hard to take Sid just before the finish and grab the trophy.

8.62k	Gun	H/cap	Net	fastest
1 Gavin Smith	58.46	25.25	33.21	2
2 Sid Pavett	58.55	15.00	43.55	8
3 M Clarkson	59.19	22.50	36.29	5
4 John Addy	59.35	20.30	39.05	6
5 R McPherson	59.40	18.30	41.10	7
6 Russell Lake	59.50	28.30	31.20	1
7 Barry Watson	60.23	25.00	35.23	3
8 AlexWhimster	60.46	Go	60.46	10
9 Dean Willacy	63.28	27.30	35.58	4
10 L Reynolds	67.44	18.30	49.14	9

5km	
1 Robyn Winter	44.10 15.00 29.10 1

3km	
1AnthonyPowell	32.14 16.00 16.14 1



Australian XC Champs , Adelaide, 25/8/12

Michael Sutton placed 6th in 28.36 over 8km distance in U20 grade.

Anneke Grogan placed 20th out of 75 in the U18 Women over 4km. Her time 16.30. The race was won by fellow kiwi Rosa Flanagan in 15.00

Trofeo Rifugio Scarpa, Frassene, Agordino, Italy – 26 August 2012

Sally Gibbs won her first lead-up race before the World Mountain Running Champs crossing the line in 41.02 , 11 seconds ahead of fellow WBOP athlete Helen Rountree. The 5.5km and 650m+ uphill mountain race proved to be a good test for the NZ team and they enjoyed some local competition from runners in the Agordo and Belluno area.

Olympic Games

What a fantastic couple of weeks of competition! Were you glued to the TV? Awesome medal haul by the kiwis. Now we must wait for Commonwealths- Will any Ramblers be there? Watch this space....

Tough Guy & Gal Challenge, Rotorua

4th August

Chris Morrissey placed 2nd in the 12km mudrun in a time of 58.40 7 seconds behind winner Josh Harrison. The slowest in 314th spot took 2 hours:12.30. Another 1417 finished the 6km event.

18th August

Chris Morrissey placed 3rd in the 12km mudrun in 59.23. Sjors Corporaal was the winner in 58.24. 396 finishers plus 1623 in the 6km mudrun.

Cambridge Half Marathon 26/8/12

Won by Kerry Suter in 1.12.09. 1st woman Candice Hammond of Cambridge in 1.23.59. 167 finishers. Kerry Goodhue won the 10km in 36.31 with Maria Bentley of Tauranga 1st woman in 38.31.

Athletics Holiday Programme Tauranga Domain

Week 1 October 2, 3 and 4th 2012
Week 2 October 9, 10 and 11th 2012

**9am to noon, 8 – 11/12yrs Run,
Jump, Throw**

**12.30pm to 3.30pm, 12 – 18yrs
Event Technique**

Welcome

9am to noon for 8 to 11/12yrs will
Jump, and Throw programme
teaching skills in all events. Cost
\$100.00 for 3 mornings – 9 hours of
coaching.

From 12.30pm Event technique
coaching sessions each 90mins
duration for athletes 12 to 18yrs on:
sprints, hurdles, jumps and throws.
Cost \$25.00 per session/athlete.

Week 1 - enrol by 26th
September

For October 2, 3 and 4th 2012
(Tues, Wed, Thurs)

Week 2 – enrol by 3rd Oct

For October 9, 10 and 11th 2012
(Tues, Wed, Thurs)

Parking

There is limited parking in the
Tauranga Domain but space is
available to drop off and pick up
participants.

Clothing

Bring adequate clothing for any
variation in the weather. In the
event of persistent wet weather we
will continue indoors with an
adapted programme. Hats,
sunscreen and a (large) towel too
please.

Food and Drink

Athletes need to bring their own
snacks and drinks.

Footwear

Trainers/bare feet are acceptable.
Spiked running shoes will be checked
for correct type of spike. **Only**
'Christmas tree' or flat topped cones
are acceptable to use on the Mondo
track.

Coach Ratio

We aim to keep a ratio of 1 coach to
10 – 15 athletes. **Numbers are**
limited so enrol early.

Event Technique - \$25.00/session
(90 minutes)

Date 12.30pm to 2pm

2.15pm to 3.45pm 2nd Oct.

Tues Speed (8-12yrs) Speed
13yrs +

3rd Oct Wed H/J (Flop) H/J
(Flop)

Beginners Advanced

4th Oct Thurs Hurdles
Hurdles

Beginners Advanced

9th Oct Tues Shot/discus
Shot/discus

Beginners Advanced

10th Oct Wed Javelin Javelin

Beginners Advanced

11th Oct Thurs L/J and T/J
Speed

All ages All ages

Refund/Cancellation Policy

After enrolment, cancellation will
only be considered in extenuating
circumstances on a case by case
basis.

If a refund is to be issued, it will be
the pro-rata balance less 10%
administration fee.

Registration Form. Please fill in and
send with payment to address
below before closing date.

Name
Age M/F

Address
Ph.

School Club

Favourite athletics events

Identify any Health Issues, eg
asthma, allergies, injuries
etc.....

Medical Plan required Yes/No

I(parent) give
permission for
.....(athlete) to
participate in the holiday
programme.

Run, Jump ThrowWK 1.....WK 2
.....(pls circle) OR

Event Technique – Date – Day –
Time - Cost

1.

2.

3.

4.

(Due with registration) **Total**
Cost \$

Signed

.....

To enrol Contact:

Val Bromley - Athletics NZ Coach,
45 Little John Drive, Otumoetai,
Tauranga.

Ph: (07) 5760559 or 0211486695

Email: bromley@clear.net.nz

Direct banking to:
030435 0760180 00 with
athlete's **initial and surname.**

Coming Events

1 September

Athletics NZ Road Champs, Wellington. Enter via <http://robo.co.nz/o/nzrc2012/http://athletics.org.nz/article.aspx?ID=8302&Mode=1>

1 September

Pack runs at Waipuna Park for those not going to NZ Road Champs Meet 1.45pm

1 September

Mizuno Kinloch Off-road Half Marathon, Taupo

<http://www.taupohalfmarathon.org.nz/index.php/offroad-half-marathon/enter-here>

8 September

Red Stag Redwoods Forest Relay, Rotorua. Enter through Race Secretary, Bev Smith. Teams of 4 x 5km, Secondary School – check with your school or children 3.2km laps. http://lakecity.co.nz/wp_temp/wp-content/uploads/2011/05/Redstag-Event-Information.pdf

9 September

NZ AIMS Games, Year 7 & 8 Schools' XC Waipuna Park . Enter via School. <http://www.nzaimsport.co.nz/>

15 September

Matapihi Road Races, Meet at Bayfair Reserve, Russley Rd, 1.45pm

15 September

The Legend Marathon & Arthur's Half, Auckland.

22 September

Club Road Champs around 2km loop. From Pemberton Park, Greerton Athletic Clubrooms on Fraser St. Meet 1.45pm & bring a plate for afternoon tea afterwards please.

29 September

Season ends. Pack runs on reserve paths from the BMX track off Cambridge Rd (next drive Tauriko side of the hot-pools.). Meet 1.45pm.

30 September

City to Surf 12km & 5km from Sulphur Point to Mount.

4 October

Smiths Sports Shoes Everyone's Run/Walk Series from Maxwells Rd reserve recommences, + every Thursday evening. Register from 5:15 pm. Walkers start at 5:45 pm and Runners 6:00 pm. 3km and 5km options. Entry fee is \$5.00 17 years old and above. 16 years and under \$3.00.

6 October

National Road Relay Championships, Nelson. The highlight of the year when Clubs face off against each other in various grades. Some funding available. www.athletics.org.nz

6 October

Sri Chinmoy & NZ 24hr, 12hr & 6hr ultradistance champs, Sovereign stadium.

Also: Hi-tec Rotorua Ekiden relay <http://www.rotoruaekiden.com/>

7 October

NZCT Hamilton Half Marathon <http://www.hamiltonhalfmarathon.org.nz/>

9 October

Summer Track & Field recommences (every Tuesday evening). Start times can vary slightly depending on programme. This week the first race is at 6pm: 60m & shotput, then 800m, long jump, 150m, 3000m & medley relay. Be there early to register, collect numbers & warm up.

13 October

Xterra Trail runs, Waihi, incorporating NZ Trail running Champs

<http://www.trailrun.co.nz/XTERRAtrailchallenge/>