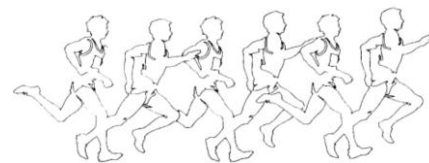


Ramblings



Newsletter of Athletics Tauranga Incorporated

July 2012

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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

Oceania Marathon Champion & Age Group Record Holder in a PB time of 2.41.15. Sally placed 6th woman overall, 1st W45-49 in a very classy Gold Coast field.

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www.sportsground.co.nz/taurangaarc

Facebook:

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

Olympics Open on 28/7/12 Go the Kiwis!



Gold Coast Marathon 1/7/12

Sally Gibbs finished the Gold Coast marathon in the fantastic PB time of 2.41.15 1st F45-49. 6th Woman overall & 29th over the line. This won her 1st Woman in the Oceania Championships and another age group record.

Diana Harbuz completed the Goldcoast Half marathon in 1.32.14 placing 24th F25-29 & 501st overall from 9049 finishers.

The **Ball** Family also crossed the ditch to the Gold Coast with dad **Max** & daughter **Morgan** running together completing the 10km run in 48.21 & 48.19. **McKenzie** recorded 24.00 for 5km. Youngest **Cassidy**, accompanied by mum **Shari** both ran 38.33.

World Junior Athletics Champs, Barcelona

Julian Oakley (3.49.43) 8th in 1500m heats. In his 800 metres heat he recorded 1m 54.74s, unfortunately neither placing qualifying for the final.

Kodi Harman placed 6th in his 100m heat, recording 10.99 & also didn't qualify.

**Kawerau Hidden Trails Half
Marathon, 1/7/2012**

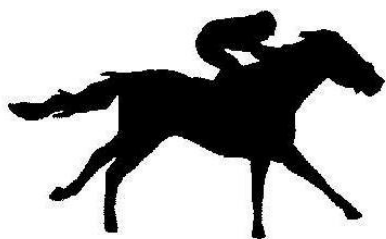
Fine day.

- 1st Daniel Jones, Whakatane 1.12.19
- 2nd **John Caie (1st M45-54) 1.17.53**
- 3rd Glenn Sexton, Hawks 1.18.14
- 11th Jessica Lawson, 1st W 1.31.47
- 12th **Barry Watson (2nd M55-64)
1.32.28**
- 19th **Les Dobson (6th M45-54)
1.38.00**



Winner of the 12km event was John Harvey of Rotorua in 57.21 with Charlotte Pearson, Rotorua 1st Woman & 2nd overall in 57.45.

**Racecourse Time Trial
7/7/2012**



1	Gavin Smith	Go	6.44	6.44
2	Arleah Tippins	0.30	7.50	7.20
3	Mia Pugh	1.00	8.39	7.39
4	Jodi Furmage	2.00	10.00	8.00
5	Kelly Furmage	1.30	9.31	8.01
6	Abby Furmage	2.30	10.56	8.26
7	Ian Pugh	3.00	11.42	8.42
8	Alex Whimster	4.30	13.03	8.33
9	Elliot Pugh	3.30	12.51	9.21
10	Robyn Winter	4.00	16.40	12.40
11	Eleanor Pugh	5.00	22.12	17.12

**Wai-Bop XC Champs, Hamilton
14/7/12**

Conditions were dry and there was a good turnout from Ramblers, who grabbed plenty of age group medals. Well done Mia Pugh winner of the G12 race, Olivia Hines winner G14, Anneke Grogan winner W16, and Mike Pugh winner of the Masters Men race.

12km

Won by Aaron Pulford Hawks in 37.42

- Ian Macdonald 2nd SM, 39.31
- Kyle Macdonald 3rd SM, 39.50
- Angus Bell 4th SM, 39.54



8km

- Mike Pugh 1st M35, 26.08
- Russell Lake 1st M40, 28.45
- Stephen Blair 2nd M40, 29.33
- John Caie 1st M45, 28.04
- Ian Bitcheno 4th M45, 32.39
- Gavin Smith 2nd M55, 31.13
- Barry Watson 4th M55, 33.53
- Tim Masters 3rd M60, 38.25
- Murray Clarkson 1st M65, 34.13
- Kerry Smith 2nd M65, 41.10
- Rob McPherson 1st M70, 39.09
- Sid Pavett 1st M75, 43.58
- Michael Sutton 2nd M19, 26.23



Stephen Blair

6km

- Judith May 2nd W40, 25.19

- Robyn Winter 2nd W60, 44.08
- Iris Hansen 3rd W70, 55.38
- Melissa Beeler 2nd W19, 23.38



Judith May

4km

- Anneke Grogan 1st W16, 15.10
- Jess Bitcheno 3rd W16, 15.45
- Kelly Furmage 8th W16, 19.09
- Morgan Ball 9th W16, 19.30
- Lauren Hines 10th W16, 21.00



Melissa & Jess

3km

- Olivia Hines 1st G14, 12.01
- Erin Conway 2nd G14, 12.17
- McKenzie Ball 6th G14, 12.55



McKenzie Ball

2km

- Sam Tanner 2nd B12, 6.50
- Nick Freeman 4th B12, 7.43
- Anthony Powell 9th B12, 12.02
- Mia Pugh 1st G12, 7.48
- Ian Pugh 4th B10, 8.51
- Elliott Pugh 5th B10, 9.31
- Bethany Lake 5th G10, 12.05

Willacy Memorial Handicap Races, Waipuna Park, 21/7/12



Bethany Lake



Elliott Pugh

Omanu Surf Club to Mount Surf Club Beach Handicap Race, Mt Maunganui 28/7/12

Perhaps it was the Olympics Opening Ceremony that morning or the gathering clouds with a shower or two hovering, but only 2 athletes ran, with 5 non-runners present. The tide was full in making it a soft sand workout. It was suggested that Alex start 5 mins ahead of Gavin, but Alex didn't feel he was in that sort of shape so they gave him 6 minutes. Turned out that Alex was in much better shape than he thought!

Alex Whimster 24.58
 Gavin Smith 26.40
 (less 6mins 20.40 net)



Alex finishing on Mt beach.

Sid Pavett grabbed another win in the Willacy Memorial handicap (8km) trophy race. Melissa Beeler ran well from the back to take out the 4km handicap and Anthony Powell won the 2km handicap. There was a great battle between Mike Pugh & Michael Sutton who were last of the mark.



Sid & Robyn start



Nick



Murray & Barry



Kerry



Dean Willacy

2km	Hcp	Clock	Net	
Anthony Powell	3.00	12.47	9.47	4
Nick Freeman	6.20	14.23	8.03	2
Sam Tanner	7.00	14.26	7.26	1
Arleah Tippins	6.00	14.47	8.47	3

4km				
Melissa Beeler	12.15	28.04	15.49	1
Lauren Hines	7.00	28.40	21.40	3
Olivia Hines	11.30	29.08	17.38	2
Robyn Winter	Go	30.00	30.00	4

8km				
Sid Pavett	Go	45.08	45.08	10
Russell Lake	15.15	45.19	30.04	3
Michael Sutton	18.00	45.29	27.29	1
Michael Pugh	18.00	45.49	27.49	2
Gavin Smith	13.00	46.09	33.09	4
Barry Watson	10.00	46.28	36.28	5
Kerry Smith	3.00	46.29	43.29	9
Rob McPherson	5.00	46.33	41.33	8
Tim Masters	5.30	46.46	41.16	7
Murray Clarkson	10.00	47.44	37.44	6
Dean Willacy	14.30	50.02	35.22	5
Alex Whimster	Go W	59.55	59.55	11

Wai-BOP Masters XC, Waipuna Park 8/7/12

Well done Gavin Smith, winning on age grading and John Caie 1st over line.

Womens 3km/	clock/	graded time	
Robyn Winter	5th	21.34	16.33 5th
Mens 6km			
John Caie	1 st	21.28	19.46 2 nd
Russell Lake	2 nd	22.55	21.44 6 th
Gavin Smith	3 th	23.40	19.33 1 st
Barry Watson	5 th	25.15	21.15 4 th
M Clarkson	6 th	25.43	20.02 3 rd
John Addy	10 th	28.31	22.54 9 th
R McPherson	11 th	29.27	21.41 5 th
Sid Pavett	14 th	33.11	21.52 7 th

Coming Events

3rd August but postponed to 10 August due to weather

BOP- Poverty Bay Intermediate Schools XC, Waipuna Park.

4 August

Athletics NZ & Oceania Cross Country Champs, Minogue Park, Te Rapa, Hamilton. Entries close 22 July, so don't forget to get you entry in early

[Online Entry](http://robo.co.nz/o/nzxc2012/) (<http://robo.co.nz/o/nzxc2012/>).

First race starts 11am. Full details: <http://athletics.org.nz/article.aspx?ID=8301&Mode=1>

5 August

Mizuno Half Marathon, Taupo <http://www.taupohalfmarathon.org.nz/>

11 August

Matamata Relay, from Matamata Domain.Hohaia St. Road races for all grades. Full details to follow. Enter through Club: Bev Smith

12 August

Athletics NZ Half Marathon Champs, Palmerston North, from the Massey University Recreation Centre, Collinson Rd.

<http://www.manawatustriders.org.nz/half-marathon/event-info-2/>

<http://athletics.org.nz/article.aspx?ID=8303&Mode=1>

[Online Registration](#) (via EnterOnline.co.nz)

19 August

The Lakes Run/Walk Festival (open to non- registered runners) also incorporating Athletics Wai-Bop Road Championships, (registered athletes) The Lakes, Tauriko, Tauranga, Enter through Race Secretary, Bev Smith or enter online

<http://www.enteronline.co.nz/index.cfm?page=EventDetails&id=4842> Race details

<http://www.athletics.org.nz/WAIKATO/Resource.aspx?ID=15197> Late entry fee after 14th August

25 August

Nelson Memorial Handicap Race around Waikareao Estuary. Meet at end of Coach Drive (off Grange Rd). Races in memory of Gladys Nelson. Shorter Distances for children.

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 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/>