

# Ramblings



Newsletter of Athletics Tauranga Incorporated

## June 2012

Editor : Fay Smith

Ph: 07 5443666

[gc.flsmith@xtra.co.nz](mailto:gc.flsmith@xtra.co.nz)

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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 June



**Michael Sutton**

*1<sup>st</sup> Wai-BOP SS XC Champs,  
2<sup>nd</sup> NZ SS XC Champs In Senior Boys*

### Club Contacts:

President: Malcolm Taylor Ph 5760000  
Secretary: Ray Young Ph 5753159  
Treasurer: Alex Whimster Ph 5765039  
Event Entries: Bev Smith  
Ph/fax 5764469

Email: [klbjsmith@clear.net.nz](mailto:klbjsmith@clear.net.nz)  
Uniforms: Robyn Winter 027 6406559  
Or 5702341  
Winter Club Captain:  
Russell Lake Ph 5786979  
Summer Club Captain  
Val Bromley Ph 5760559

### Club Email:

[athletics.tauranga@xtra.co.nz](mailto:athletics.tauranga@xtra.co.nz)  
[janmal@xtra.co.nz](mailto:janmal@xtra.co.nz)

**P O Box 2376 ,Seventh Ave, Tauranga**

Website: [www.taurangaramblers.co.nz](http://www.taurangaramblers.co.nz)  
plus track results are on:  
[www.sportsground.co.nz/taurangaarc](http://www.sportsground.co.nz/taurangaarc)

### Facebook:

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

## Waikato-BOP Secondary Schools' XC Champs, Porritt Stadium Grounds, Hamilton, 7/6/2012

Well done our local Rambler athletes. Some top results, particularly Michael Sutton & Daniel Hintz winning their grades & Erin's 2<sup>nd</sup> place in the Junior Girls.

### JG 3km (57 finishers)

Won by Paige Satchell	JPC	11.54
2 <sup>nd</sup> Erin Conway	TGC	12.39
4 <sup>th</sup> Olivia Hines	TGC	12.53
45 <sup>th</sup> Samantha Bitcheno	TGC	15.54

### JB 3km ( 62 finishers)

Won by Aaron Fredheim TBC 11.02

### IG 3km (47 finishers)

Won by Ariana Lord	STP	11.49
4 <sup>th</sup> Anneke Grogan	AQU	12.28
8 <sup>th</sup> Jessica Bitcheno	TGC	13.00
17 <sup>th</sup> Amy Robinson	TGC	13.41
31 Anna O'Laughlin	TGC	14.52
34 <sup>th</sup> Lauren Hines	TGC	15.30

### IB 4km (62 finishers)

1<sup>st</sup> Daniel Hintz TBC 14.34

### SG 4km (27 finishers)

Won by Mikayla Nielson	COR	15.13
4 <sup>th</sup> Melissa Beeler	TEP	17.26
7 <sup>th</sup> Casey Blackwell	TGC	17.43
13 <sup>th</sup> Vivien Conway	TGC	19.33

### SB 6km (33 finishers)

1<sup>st</sup> Michael Sutton TBC 21.06



*Daniel Hintz*



*Vivien Conway at WBOP SS XC*

### **Ohauti Reserve Run 2/6/12**

In McFetridge Lane (off Ohauti Rd) is a quiet hidden reserve that runs parallel to Ohauti Rd and following a pretty creek. Plantings of trees and shrubs, formed paths, stairs, bridges & walkways, make this an ideal place for a pleasant walk or in this case –a Saturday gallop.



Just a small group gathered - numbers down partly due to the Mt Joggers Half next day. Runners had the option of however many laps they were comfortable with. Laps approx. 1.8km.



### **Mt Joggers Half Marathon 3/6/2012**

Another brilliant Macca double in Half Marathon. Ben Ruthe won the 10km.

#### **Ramblers in the Half:**

Kyle Macdonald	1st	1:12.08,
Iain Macdonald	2nd	1:12.29.
Russell Lake	6 <sup>th</sup> 1st 40+	1:23.26,
Andrew Vane	11 <sup>th</sup> 3rd M35	1:25.46,
Reuben Tomlinson	17th	1:28.00,
Adam Garner	18 <sup>th</sup>	1:29.16,
Barry Watson	19 <sup>th</sup> 1st M55	1:29.22,
Murray Clarkson	23 <sup>rd</sup> 1 <sup>st</sup> M65	1:30.48,
Les Dobson	49 <sup>th</sup> 4th M50	1:35.59,
Robert McPherson	112 1 <sup>st</sup> M70	1:48.01.

*1st Woman was Jessica Lawson in 1:29.41 20th overall.*

#### **10km**

Ben Ruthe took line honours: 34.26.  
Vivien Conway 36<sup>th</sup> 4<sup>th</sup> W15+ 46.12,  
Mike Powell 99<sup>th</sup>, 4th M60+ : 51.43.  
Lynette Gong 160<sup>th</sup> 6<sup>th</sup> W45+ 54.30.

#### **5km**

Sam Averill 4th (3rd BU14) 22.29,  
McKenzie Ball 6th (1st GU14) 22.48,  
Rosie Averill 29th (3rd Gu14) 25.55

### **3D Off-Road Half Marathon Australasian Multi-sport & NZSS Multi-sport Champs Redwoods, Rotorua 3/6/12**

Gavin Smith placed 6th overall, 1st M50+ in 1hr 54m. The course changed from last year & possibly slightly longer. Very well organised and fantastic prizes! Winner of the Half was Nick Pannett in 1.33.42. Glenn Sexton 3rd overall won the M40-49 in 1.42.51. First Woman overall was Anna Grayling in 2:00.51.

In the 10.5km event Jessica Bitcheno was 1st WU20 in 1:05.17. Ian Bitcheno 4<sup>th</sup> M40-49 in 59.07.

Samantha Bitcheno ran the 5.5km & placed 3rd WU20 in 33.37.



*Jessica finishing the 10.5km*

### **Monty's Revenge 9/6/12 Whakatane**

Gavin & Wayne Smith took out the Monty's Revenge corporate Team trophy & prizes. It was a perfect day for a mean run/ mountainbike/ kayak. Gavin did the run then Wayne the MTB then Gavin kayaked down the river to finish.

Local Whakatane runner Daniel Jones blitzed the field in the run for his Team.





**NZ SS XC Champs,**  
**St Kentigern College,**  
**Auckland, 16/6/2012**

Michael & Daniel again produced medal winning results at National Secondary Schools.

**SB 6km: 227 finishers**

Won by Matt Baxter New Plymouth  
 Boys High 19.33.48  
 2<sup>nd</sup> Michael Sutton TBC 19.56.74  
 157<sup>th</sup> Scott Croasdale TBC 24.08.07

Somerfields	Lap 1	Lap 2	Lap 3	Lap 4	Total Time
Russell Lake	8.16	8.14	8.17	8.26	33.13
Sally Gibbs	8.18	8.15	8.23	8.30	33.26
Gavin Smith	8.27	8.36	8.46	8.39	34.28
Diane Harbuz	9.02	9.10	9.18	10.15	37.45
Rueben Tomlinson	8.22	9.31	10.15		28.08
Clive Reynolds	8.27	8.25	9.18		26.10
Murray Clarkson	9.14	9.14	9.27		27.55
Tim Masters	10.26	10.36	10.23		31.25
Robyn Winter	14.08	15.22			29.30
Anthony Powell	11.18				11.18
Fay Riley					NT

**SG 4km: 145 finishers**

Won by Rosa Flannigan of Rangī  
 Ruru Girls High 14.55.35  
 9<sup>th</sup> Anneke Grogan AQU 16.09.00  
 37<sup>th</sup> Casey Blackwell TGC 17.18.03  
 53<sup>rd</sup> Amy Robinson TGC 17.54.25  
 77<sup>th</sup> Vivien Conway TGC 18.29.47

**JB 4km: 194 finishers**

1<sup>st</sup> Daniel Hintz TBC 13.48.66

**JG 3km: 123 finishers**

Won by Josie Kozyniak of St  
 Catherine's College 10.50.40  
 15<sup>th</sup> Jessica Bitcheno TGC 11.36.65  
 90<sup>th</sup> Anna O'Laughlin TGC 13.24.91  
 111<sup>th</sup> Lauren Hines TGC 14.06.64

**Y9B 3km: 171 finishers**

Won by Dan Hoy of Westlake Boys  
 High 9.37.11

**Y9G 3km: 110 finishers**

Won by Paige Satchel of John Paul  
 College 10.40.50  
 3<sup>rd</sup> Erin Conway TGC 11.09.26  
 12<sup>th</sup> Olivia Hines TGC 11.39.44  
 84<sup>th</sup> Samantha Bitcheno TGC 13.32.6

Michael Sutton & Anneke Grogan have been selected in the NZ SS XC Team for Australia.

**Somerfields Berry Farm XC**  
**Run, Oropi, 16/6/2012**

Fine but cold breeze from the South. After a warm-up jog around the course a hardy bunch completed between 1-4 laps.



Anthony



Tim



Diane & Reuben



Sally, Reuben, Gavin & Clive

Yatton Park Run 23/6/12	Lap1	Lap2	Lap3	Lap 4
Russell Lake	10.04	19.43	29.20	38.22
Sally Gibbs	10.13	20.31	30.53	41.07
Alex Whimster	12.54	26.28	39.58	
Kerry Smith	13.02	26.29	40.08	
Anneke Grogan	11.01	28.50		
Shari Ball	14.23	28.50		
Mackenzie Ball	14.25			
Arleah Tippins	13.09			
Robyn Winter	17.31			

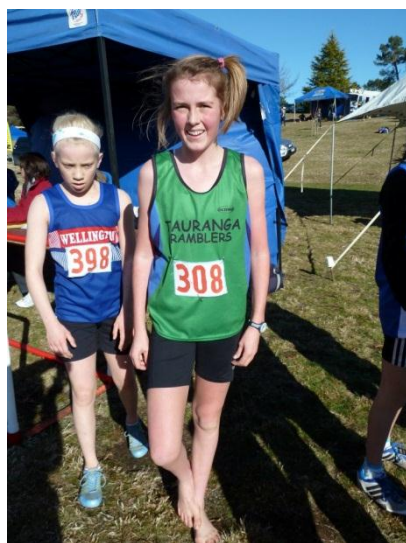
June 2012

## North Island XC Champs Taupo, 30/6/12

Gorgeous day & fantastic white frosts on the trip down to Taupo. The Mountain, covered in snow, stood out brilliantly. Wellington had a huge contingent of runners and dominated the Senior Men's event.

New Rambler Sam Tanner won the B12. & Aleah Tippins placed 2<sup>nd</sup> in the G12. Murray Clarkson won his age grade. Russell Lake, Johanna Ottosson and Judith May all placed 2<sup>nd</sup> in their grades and Gavin Smith 3<sup>rd</sup> in the M55.

Kip Kemei of Wgtn Scottish won the SM event & Kara MacDiamid of Fielding Moas won the SW race. The M35-49 race belonged to Lake City's Sjors Corporaal and clubmate Colin Earwaker annihilated the M50+ field. Rachel Penney of Pakuranga won the Masters Women event. Matt Baxter, Egmont, won the M19, Jacob Priddey, Hawks the M16.



Arleah- 2<sup>nd</sup> place in G12



Judith



Angus



Kyle



Michael's foot clips the hurdle



Johanna



Murray



Sam Tanner heads off Isiah Priddey



SM 9km winner Kip Kemei

### **SM 9000m:**

Kyle Macdonald	11th	29.39,
Angus Bell	15th	30.00,
Iain Macdonald	17th	30.24,
Reuben Tomlinson	46th	38.46,

### **MM40-44 6000m**

Russell Lake	2 <sup>nd</sup>	21.39,
Steven Blair	5th	22.19,

### **M55-59 6000m**

Gavin Smith	3rd	24.04,
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### **M60-64 6000m**

Tim Masters	4th	29.48,
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### **M65-69 6000m**

Murray Clarkson	1st	25.53,
Kerry Smith	7 <sup>th</sup>	31.34,

### **MW 35-39 5000m**

Johanna Ottosson	2nd	19.26,
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### **MW40-44 5000m**

Judith May	2nd	20.47,
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### **M19 5000m**

Michael Sutton	4th	16.11,
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### **W19 4000m**

Melissa Beeler	8th	16.13,
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### **W16 4000m**

Anneke Grogan	5th	15.31,
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### **G14 3000m**

Olivia Hines	13th	12.17,
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### **B12 2000m**

Sam Tanner	1 <sup>st</sup>	6.55,
Anthony Powell	36 <sup>th</sup>	9.43,

### **G12 2000m**

Arleah Tippins	2nd	7.52,
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### **Mens walk**

Alex Whimster	4th	33.48.
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# **Belgium: EAP Meeting de Nivelles – 23 June 2012**

Mike Cochrane was 3rd in the 400m hurdles in 53.10s.

# **Bauhaus Junioren-Gala, Schonau Mannheim Germany– 24 June 2012**

Kodi Harman 200m 21.79s (+0.1)  
Julian Oakley 800m 1m 54.66s

# **Halluin France, 27th June**

Mike Cochrane won the final of the 400m Hurdles in 52.18

# **Villefranche-sur-Saone, 30 June.**

Julian Oakley finished 2nd in the 1500m in 3m 52.69s

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# **Western BOP Inter-school & BOP Primary Yr 4,5,6, 7&8 Zones XC Waipuna Park, 20/6/2012**



Y7G medallists with Mia Pugh, right



Y8G with Rebekah McCafferty, centre & Bethany Millar, right



Andrew Creighton



Sam Averill



Sam Tanner 1<sup>st</sup> Y7B

Congratulations to our young athletes who competed at BOP Zones :

Rebekah McCafferty	1st	Y8 Girls,
Bethany Millar	3rd	Y8 Girls,
McKenzie Ball	4th	Y8 Girls
Sam Averill	11th	Y8 Boys,
Keegan Millar	17th	Y8 Boys
Mia Pugh	3rd	Y7 Girls
Sam Tanner	1 <sup>st</sup>	Y7 Boys
Andrew Creighton	8 <sup>th</sup>	Y6 Boys
Joshua Tisch	9th	Y6 Boys,
Millie Tisch	5th	Y4 Girls,

# **BOP Primary Schools XC Champs, Opotiki 27/6/12**

Full details not available as Sport BOP only provided the first 5 placings in each grade, but more fantastic results from our Ramblers who competed:

Rebekah McCafferty	1 <sup>st</sup>	Y8G	12.24
Sam Tanner	1 <sup>st</sup>	Y7B	11.14
Mia Pugh	4 <sup>th</sup>	Y7G	13.14

# **Christchurch Airport Marathon 3/6/12**

Won by Sam Wreford in 2.17.30 with Dale Warrander 2<sup>nd</sup> in 2.22.42 and Blair McWhirter 3<sup>rd</sup> in 2.25.24. First Woman was Liza Hunter Galvan (10<sup>th</sup> overall) in 22.45.42 followed by Gabrielle ORourke (12<sup>th</sup>) in 2.47.24.

The Half Marathon went to Kip Kemei 1.05.01, ahead of Stephen Lett 1.07.57. Lisa Robertson was 1stF (15<sup>th</sup> overall) in 1.15.35 and Sarah Biss 2ndF (16<sup>th</sup>) 1.16.21.

Callan Moody won the 10km in 31.51 with Paula Whiting 1<sup>st</sup> F (12<sup>th</sup>) 34.35.

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# **Mini-Meet for World Junior Athletes 16/6/12, Sovereign Stadium, Auckland**

**Mike Cochrane** 2<sup>nd</sup> 110m Hurdles 14.92s (+1.2 wind)

Race 2 110mH= Mike 2<sup>nd</sup> 15.50s (+2.3 wind)

300m Mike 3<sup>rd</sup> 36.03s

**Kodi Harman** 100m Men Race 2 – 1<sup>st</sup> . 10.90 (Wind + 2.0)  
200m Mens Race 1 Kodi 4<sup>th</sup> 21.77 (wind +1.4)

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# **Notice:**

Don't forget to get your Ramblers subs paid before WBOP & NZ XC Champs if you want to be considered for medals. With Nationals in Hamilton this year this is the perfect opportunity to compete.

Subscriptions can be paid to Athletics Tauranga Inc, Westpac account by internet banking 03-0435-0459195-00

Include your name in the particulars. Be sure to also email full details to [janmal@xtra.co.nz](mailto:janmal@xtra.co.nz)

or post a copy of the Application for Membership to the Club P O Box 2376, Seventh Ave Tauranga. Cheques can also be posted or Applications & Cash handed to Malcolm Taylor, Alex Whimster or Bev Smith at club events.

## **Coming Events**

### **1 July**

Kawerau Hidden Trails Half Marathon, 12km & 3km little trail run/walk

### **7 July**

Race Course Time Trial. Meet 1.45pm inside main gate of racecourse. Greerton

### **8 July**

WBOP Masters Cross Country, Waipuna Park. Register from noon. Races start 1pm. Please take a plate for afternoon tea.

### **8 July**

Saucony Off Road Half Marathon, Mt Tauhara, Taupo

### **14 July**

AWBOP XC Championships, Minogue Park, Te Rapa, Hamilton. First event starts 12.45pm. All ages from B&G10 & Under, 2km lap. Timing chips being used. Late entries after 10<sup>th</sup> July & on the day extra \$3.

<http://www.athletics.org.nz/WAIKATO/Article.aspx?ID=857>

### **21 July**

Willacy Memorial Open Handicap XC races, Waipuna Park. Trophy races. Meet 1.45pm for 2pm start. Some help earlier setting up course would be appreciated.

### **28 July**

Omanu to Mount, Beach run. Meet at Omanu Beach carpark at 1.45pm.

### **3 August**

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 your 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.manawatu riders.org.nz/half-marathon/event-info-2/>

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

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

