

# Ramblings



Newsletter of Athletics Tauranga Incorporated

## September 2012

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## Athletes of the Month September



**Samuel Tanner & Arleah Tippins**

*Winners NZ AIMS GAMES XC.*

## NZ Road Relays Preview:

It's nearly time to fly our colours again, but, unfortunately, due to numerous reasons, we only have one Team doing it for us this year. There are a few very disappointed extras who would have loved to have run in a B/C/Composite Team if given the opportunity.

Good luck to our old stalwarts, our Veterans Over 60 Men, you deserve to be there. These are some of the guys that turn up to everything, always help out and regardless of the pain that their 60 + 70 + year old bodies are feeling (and are well-used to) still get out there and give it a go.

Murray Clarkson, John Addy, Robert McPherson, Tim Masters & Kerry Smith: do us proud!

Ramblers are up against 2 Nelson Teams, 2 Wellington Scottish Teams, Wellington Harriers, Port Hills and Auckland University in the 60+ grade. We know that our guys will give it all they've got.

## NZ Road Champs, Wellington Waterfront, 1/9/12

Ramblers in action at National Champs in Wellington included:

Sid Pavett	1st M75	50.54,
Murray Clarkson	2 <sup>nd</sup> M65	41.51,
Tim Masters	4th M60	46.53,
Judith May	7th W40	19.42,
Stephen Blair	10th M40	36.41,
Michael Sutton	6th M19	25.47,

The SM 10km race was won by Edwin Kaitany (Wgtn Scottish) in 30.20 and the SW 10km by Sarah Drought (Wgtn) in 34.46.

M19s was won by Matt Baxter & M16s won by Hawks Jacob Priddey, Ariana Harper won the W19 and Susannah Lynch the W16.

Two Tasman athletes Simon Mardon M35 and Graham Taylor M40 battled for first across the line in the Masters Men race, crossing the line just 1 second apart in 32.31 & 32.32 respectively.



Stephen Blair



Judith , Murray below



Michael Sutton



Sid's gold medal!

## **Mizuno Off-road Half Marathon, Taupo 1/9/12**

Great run by **Russell Lake** in the Mizuno Kinloch Off-road challenge.

Russell completed the full marathon in 3.08.47, for 2nd place overall (1st MM) just 4 seconds behind winner Kristian Day (M20-24).

## **Whangamata Half Marathon 1/9/12**

Won by Aaron Pulford of Hamilton Hawks in 1.09.09.

2nd **Kyle MacDonald**, 1.09.41,

3rd **Iain MacDonald**, 1.11.12.

Tony Olsen, Hawks, 4th & 1st M45 1.15.06.

5<sup>th</sup> **John Caie**, (2nd M45) 1.15.55,

1st woman was Jessica Lawson of Tauranga in 14th overall & 1.26.15.

Cory Whiting won the 10km event in 32.52.

## **World Mountain Running Champs , Ponte di Legno, Italy 2/9/12**

**Sally Gibbs** placed 33rd in 52.19. The women's race was won by **Andrea Mayr** of Austria in 46.35.

The Men's race went to **Petro Mamo** of Eritrea.

## **Redwoods Relay, Rotorua, 8/9/12**

Well done **Alex Whimster & Malcolm Taylor** winning the walk relay at Redwoods from 17 walk teams.

Ramblers Combined relay Team of **Gavin Smith, Tim Masters, Robyn Winter, Max Ball & Murray Clarkson** placed 8th from 20 combos.

Lake City won the open men in 1.21.54 with **Steve O'Callaghan** fastest lap time of the day. Fastest women's lap went to **Danielle Trevis-Ingram** (Egmont).

Lake City had the fastest women's Open Team and the fastest Masters Men. Hawks the fastest Masters Women. Tauranga Girls College were fastest female Youth (included some Ramblers). Fastest Male Youth team was Egmont Athletics lead by Matt Baxter.





## NZ AIMS Games Cross Country, Waipuna Park 9/9/12

Several Ramblers helped set-up the course and marshall/ timekeep for this huge event. The day turned out fine and the park was packed with parents, schools & supporters from all over NZ & a couple of Aussies. Fantastic wins by Ramblers **Arleah Tippins & Sam Tanner** in their races!



Arleah's medal presented by Dick Quax



Nick (left) 1225



McKenzie 1061



Bethany

### Ramblers results (all 3km) :

#### **Div 1 Girls (106 finishers)**

Arleah Tippins	1 <sup>st</sup>	12.02
Mia Pugh	11 <sup>th</sup>	12.36

#### **Div 1 Boys ( 95 finishers)**

Samuel Tanner	1 <sup>st</sup>	10.35
Eddie Johnson	17 <sup>th</sup>	11.35
Nick Freeman	26 <sup>th</sup>	11.46

#### **Div 2 Girls (90 finishers)**

1<sup>st</sup> Georgia Clode (Baradene) 11.14

Rebekah McCafferty	4 <sup>th</sup>	11.34
Bethany Millar	14 <sup>th</sup>	12.24
McKenzie Ball	40 <sup>th</sup>	13.18
Joanne Sutton	45 <sup>th</sup>	13.28
Catherine Sutton	52 <sup>nd</sup>	13.38
Jasmine Creighton	76 <sup>th</sup>	14.43

#### **Div 2 Boys (83 finishers)**

1<sup>st</sup> Bradley Christison of Tutira in a spectacular photo finish from Theodore Quax of Farm Cove

Intermediate, both recording 10.12	
Sam Averill	43 <sup>rd</sup> 12.23

The schools' 12 x 1km relay was won by Tauranga Intermediate, with Otumoetai 2<sup>nd</sup> and Bucklands Beach 3<sup>rd</sup>.

### Ramblers spotted at the NZ AIMS Games Multisport event (kayak/MTB/run) at McLaren's

Falls Park 12/ 9/12 included

Jasmine Creighton 2nd Div 1 Girls, Rebekah McCafferty, 2nd Div 2 Girls, Sam Averill 8th Div 2 Boys, Nick Freeman 17th Div 1 Boys & Sam Tanner 24th Div 1 Boys.

Race winners were Bryn Fredheim Div1B, Tauranga Int , Madeline Mear Div1G, Tauranga Int, Theo Wright Div2B, Tauranga Int, and Alicia Hoskin Div2G, Ilminster Int.

The weather was lovely & fine but a cool breeze blowing down the lake made the kayak hard work and the Mountain bike track was a bit slippery from the previous day's rain.



Jasmine above & Rebekah below



### Matapihi Road Run 15/9/12

Only a small turnout and they had several different turnaround points.

1 Max Ball	RW 5km	24.01
2 Morgan Ball	RW 5km	27.53
3 Anthony Powell	RW 5km	27.53
4 Rob McPherson	Matapihi School	35.07
5 Dean Willacy	Hoskins/Station Rd	36.44
6 Lynette Gong	Hungahungatoroa Rd	37.25
7 Shari Ball	Hungahungatoroa Rd	37.25

### Torpedo7 City to Surf, Sulphur Point Marina to Mount Maunganui 30/9/12

Congratulations: **Ben & Jess Ruthe**, winners of the 12km Race.

<b>Ben</b>		36.52
<b>Kyle Macdonald</b>	2nd	37.03,
<b>Mike Pugh</b>	3 <sup>rd</sup>	37.33
<b>Jess</b>	(8th overall). 1stW	40.36
<b>Russell Lake</b>	9th	41.27,
<b>Stephen Blair</b>	11th	42.26,
<b>Judith May</b>	3rdW	46.55,
<b>John Addy</b>	126th	55.07.

858 finishers in the 12km run alone.



## Manawahe Eco Trust 6 hour Adventure Race, 16/9/12

Gavin Smith and Steve Smith placed 3rd 2-man team in the Manawahe Eco Trust 6 hour Adventure Race which finished at Lake Rotoma.

60 2 & 4-person teams took part. The Race started with a belly crawl under zigzag electric fencing (yes it was live- zap!), a Mountain bike section where Steve took 2 nasty downhill tumbles & had to be physically rescued by his dad from a rather large blackberry bush. He got stuck under his bike. (No extra points for blood). A quick rope climb at 1st transition followed by a long hilly bush & farm run section, with planting some trees as a bonus, then shooting tin cans with a .22 rifle at the 2nd transition, then a run/cycle leg with 1 bike they could share, swapping if one got tired. A paddle-board extra on Lake Rotoma, then run/bike again to finish.

They missed a couple of the minor check point marks but overall pretty happy for their first attempt at this sort of thing. They will be much wiser next time out. I played pit crew, picking up bikes at transitions etc. Luck was with us and the threatening rain started just after they finished.



*1<sup>st</sup> transition- where next?*



*Finish Rotoma School*

## The Legend Marathon Auckland 15/9/12

Awesome win by **Iain Macdonald** in the hilly "Legends". Iain's time was 2.37.14 ahead of Jono Jackson on 2.46.45.

1st Female Lesley Turner Hall 3.19.07.

Kip Kemei won the "Arthurs" half marathon in 1.10.03.

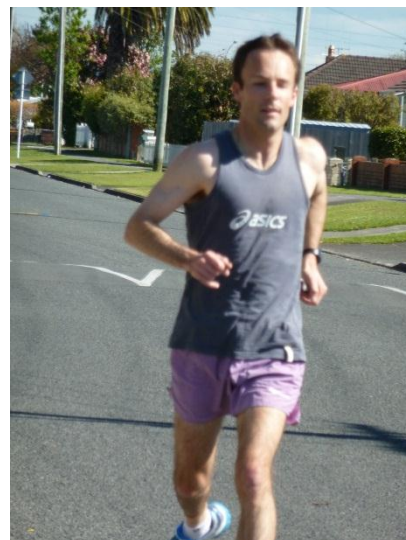
Sarah Ulmer 1st F 1.30.20.

## Club Road Champs, Greerton, 22/9/12

Nice sunny spring day but the breeze was cool.

Sally Gibbs took off fast and lead for several laps, winning the Womens' distance then carried on for the full 10km. Mike Pugh started slowly behind Russell then upped the pace, overtaking Sally in the last couple of 2km circuits. Yummy afternoon tea in the Greerton clubrooms after.

		2km	4km
1	Olivia Hines	G14 7:58	18:07
2	McKenzie Ball	G14 8:00	
1	Mia Pugh	G12 8:23	
1	Ian Pugh	B10 9:17	
1	Anthony Powell	B12 9:32	
2	Elliott Pugh	B10 14:14	
		4km	
1	Morgan Ball	W16 17:29	
2	Lauren Hines	W16 22:25	
		6km	10km
1	Sally Gibbs	W45 21:15	35:52
1	Shari Ball	W40 31:05	
1	Robyn Winter	W60 36:53	
		10km	
1	Michael Pugh	M40 34:53	
2	Russell Lake	M40 36:46	
1	Gavin Smith	M55 39:35	
1	Dean Willacy	M35 39:59	
1	M Clarkson	M65 43:05	
1	John Addy	M60 46:33	
1	Rob McPherson	M70 48:17	
1	Sid Pavett	M75 52:30	
2	Kerry Smith	M65 55:08	
2	Alex Whimster	M60 walk 72:17	





### **Trail Pack Run, BMX Track Cambridge Rd, 29/9/12**

Another very small turnout, with Anneke Grogan, Gavin Smith, Robert McPherson, & Dean Willacy being the only runners. Also present Alex & Malcolm.

### **Notices:**

For those who were looking forward to **The Bays & Bridges Challenge** which was scheduled for 4th November 2012:

Please note that this event has had to be **cancelled** this year as the Council needs to complete repair work to the Matapihi foot bridge which has been deemed unsafe.

See you all next Year!

Congratulations to **Michael Sutton** who has been named in the initial squad for the 2013 World XC Champs in Poland.

### **A great article copied from the BOP Times about our Awesome**

**Amy:**

### **College Sport: NZ squads in three different sports**

**Amy Robinson** has made three New Zealand sporting squads in 2012.

There has been no shortage of sporting talent at Tauranga Girls' College since the school began in 1958 but Amy Robinson has set a record that may take some beating.

The 16-year-old has been selected in three New Zealand squads this year in hockey, athletics and beach volleyball - sports that require different skill sets and disciplines.

Last year she was named Junior Female Athlete of the New Zealand Secondary Schools Championships after winning gold medals in the 100 metres and the long jump, silver in the 80m hurdles and 100m relay, and bronze in the 400m relay.

She followed that up this year by helping her school win bronze at the national cross country champs and she finished second in the gruelling seven-event heptathlon at the nationals.

Her reward is inclusion in the Athletics New Zealand squad for the Australian Youth Olympic Festival in January, which will be selected after the nationals in December.

This winter Robinson made the Tauranga under-18 and Midlands under-21 secondary schools hockey teams, before getting the call to join the New Zealand under-18 training squad that starts a four-day camp this Friday.

To round off an extraordinary sporting year, she won gold at the

national under-17 age group beach volleyball champs and went to Vanuatu with the New Zealand team.

Robinson is as highly focused and goal-orientated as you would expect from an elite athlete and is thrilled to make all three squads.

"It makes me quite happy and it is a big achievement to make a New Zealand squad, let alone three. I work hard at it, that's for sure. I am well organised so try to fit in all the training and my school work as well."

Of all her achievements so far in her sporting career, being named the best junior female athlete at last year's secondary school nationals is top of the list.

"I thought after one of my races I had to have a chance as I was one of the top performers. It was really exciting being called up to get that award as I didn't think that I could get it."

Her athletics coach is former Bay of Plenty rugby player Todd Blyth, who also coaches 19-year-old national sprint champion Joseph Miller.

"This is my first year with Todd and I feel like I am improving so much already, just getting more strength, and I quite like the training."

Robinson has two sporting pathways to consider when she finishes school next year.

"I have this dream to study in America but if I could make the New Zealand hockey team then I would stay here and chase my goal of going to the Olympics in Rio."

Mark Elliott is the director of sport at Tauranga Girls' and has not comes across another athlete quite like Robinson.

"I have been here 17 years and we have had a lot of New Zealand reps through the school," he said. "We have had 32 this year but in my time, we have never had someone make three New Zealand squads in one year."



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"It is an outstanding achievement and just shows the multi- talent that she has, as the national squads are in three very different sports. On top of that is her heptathlon.

"She shows huge leadership potential and uses her time wisely and is 100 per cent reliable and a pleasure to deal with."

**Throwers Spring Meeting,  
Sovereign Stadium North Shore  
30 September 2012**

Hammer Throw:

Livvie Duggan 3<sup>rd</sup> PB of 40.95m

Club member **Jason Cameron of Victory Events** has a new event on his race calendar in the New Year:

The Goat Goes Bush Kaimai,  
Saturday 23<sup>rd</sup> March 2013

<http://www.thegoat.co.nz/home/goes-bush-kaimai>

Finally if you have any borrowed equipment or know of anyone that may have borrowed track equipment please have it returned. Several sets of the training blocks i.e. those with the green foot pads are not in the gear shed. Summer is coming so the demand on the club's training gear will be greater.

**Club Contacts:**

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Val Bromley Ph 5760559

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**Website:** www.taurangaramblers.co.nz  
plus track results are on:  
www.sportsground.co.nz/taurangaarc

**Facebook:**

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

**Coming Events**

**4 October & every Thursday evening**

Smiths Sports Shoes Everyone's Run/Walk Series from Maxwells Rd reserve recommences. 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.

[www.athletics.org.nz](http://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/>

**13 October**

Great Barrier Island Wharf to Wharf Marathon & Half Marathon

<http://www.thebarrier.co.nz/wharf2wharf.htm>

**14 October**

Waikato Half Marathon, Lake Karapiro

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

**16 October**

Bellevue Club join us for their 1<sup>st</sup> track night of the season.

5.40pm (80m 10/11yrs on back straight) and Discus/Long jump

5.40pm Hurdles 12/14yrs

6pm 100m and High Jump

6.25pm 1000m / 800m 10/14yrs combine with us.

6.45pm 300m and Discus

7pm 200m / 7-9yrs (lanes 3-8) and also H/J or L/J 10/14yrs

7pm 4000m

**23 October & 30 October**

Tuesday evening Track & Field programme to follow.

**28 October**

Auckland Marathon/ **NZ Marathon Champs**

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

**4 November**

Tikitapu Offroad Trail Runs, Blue Lake Rotorua Half Marathon, 17km & 10km

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

**10 November**

The Taniwha Offroad Trail Runs (Mangakino area). Waikato River Trails.

7km / 14km / 21.1km / 42.2km / 58km <http://www.thetaniwha.co.nz/>

**10 November**

Maratoto Challenge Half Marathon, 10km & 5km Hikutaia School, near

Paeroa <http://www.maratotochallenge.co.nz/>

**11 November**

Toi's Challenge, Whakatane 18km

<http://www.nduroonline.co.nz/seriesdetail.php?clientid=15&seriesid=22>