

TAURANGA RAMBLERS

www.taurangaramblers.co.nz

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

CLUB RAMBLINGS

2 July 2014

Hi Ramblers Members

Thank you for all those who emailed me their favorite name for the newsletter. The winner was "CLUB RAMBLINGS" which was suggested by Mark Crowther - Well done Mark, we will arrange getting your prize to you!

Remember each week if you have any news/information/success stories you would like put into the newsletter - We would love to hear them! Please email Nicola Tisch onetwothree@zip.co.nz by Monday 10pm.

WHAT'S BEEN HAPPENING this week?

Western Bay of Plenty - Primary Schools Cross Country

Well done to our Rambler's Kids who managed to get into the top 15 at the Western Bay of Plenty Cross Country last week. This means they now go through to the Bay of Plenty level this week in Opotiki.

Congratulations to:

Elliot Pugh 1st

Ian Pugh 4th

Millie Tisch 6th

Amelia Farrar 8th

Corban Crowther 2nd



Elliot Pugh straight after his race - Not even looking puffed!



Corban Crowther - Another great performance!

There are some fabulous photos of this race on our facebook page taken by Fay Smith. Take the time to have a look (click on the link at the top of this page)

Congratulations to Anneke Grogan!

A great photo of Anneke Grogan running for Sacred Heart Girls College at the national schools cross-country. Anneke finished 5th in the Senior girls and is part of the NZ team going to the Australian Cross-country in Perth at the end of August. What a fantastic result. We wish Anneke all the best!



Anneke in red looking very in control

Oceania Area Champs in Rarotonga

Brooke Somerfield, age 17, is competing in the Oceania Area Champs in Rarotonga: Results so far: 2nd Junior Long Jump 4.97m (1.8w) & 5th 100m (heat 12.58) final 12.70 1.8w. Relay 4x100m Junior 1st NZL 49.44. WELL DONE BROOKE! What amazing results!



Last weekend's CLUB RUN

We had a good turnout for the Willacy Memorial Open Handicap races on Saturday afternoon at Waipuna. Congratulations to Ian Bitcheno for winning the 8km handicap!



Thank you to everyone for bringing some afternoon tea to share. It was nice to be able to enjoy a cuppa and a chat afterwards. Here is a few photos below and thank you to Fay Smith for the great selection on facebook!



Ramblers youngest runner - Harrison Tisch (7 years) with our very inspiring senior runner - Sid Pavett (80 years)

WHAT'S COMING UP?

THIS WEEKEND

North Island Cross Country Championships in Taupo this Saturday 5th July 2014. Good luck to our runners who are going to this. We look forward to seeing how you go!



NEW ZEALAND ROAD RELAY CHAMPIONSHIPS 2014

Christchurch (Takahe – Akaroa Relay)
4th October 2014

Categories

Senior Men
Senior Women
Masters Men 40-49yr
Masters Woman 35yr+
Open Masters 50+
Open Masters 60+
Junior Men (under 20)

Your club committee is going to apply for funding to cover the majority of the expenses. However, to do that we need an indication of who is interested and available and to what category you wish to be selected for. Please email the Malcolm janmal@xtra.co.nz

Entries close on 22nd September but to get good airfare prices we need to book early July! Please email Malcolm this week if you are interested.

DO YOU WANT TO UPSKILL IN THE ATHLETICS WORLD?

A Reminder from Heather O Hagan

Anyone interested in attending a COURSE - There are 2 organised. In summary about 'What an official needs to know about Non-Stadia Events like Road Running and Cross Country. These courses are on:

Cambridge Sunday 29th June, starting at 9.30am, with exams after lunch and Tauranga at Waipuna Park, Sunday July 13th starting at 9.30am, exams after lunch.

Anyone interested please contact Heather. We have the NZ Road Relay Champs in Tauranga in September- an ideal chance to get a National Champs on your officiating log.

Anyone interested in sitting a higher-grade exam for track and field either of those afternoons, please contact me to arrange this. Pass this on to anyone you think might be interested.
Heather O'Hagan 0274 713220 or email ohagan@visique.co.nz

Remember the full winter calendar is on the website if you need to know additional dates.

For extra information and motivation look at the Athletics NZ website **MORE ATHLETICS NEWS!**
<http://www.athletics.org.nz/>

BECOME MORE INVOLVED!

We would love you to join us at any of these weekly training seasons! Hopefully you have been inspired by the photos of our members and want to do more running too!

Mondays:

Waipuna Park, Kaitemako Road, Waipuna Park at 4:00 pm. Targeted at Secondary School and Year 7 and 8 students. Every Monday, with Malcolm Taylor. Contact Malcolm Taylor 576 0000 or Mobile 0272924411. All welcome.

Tuesdays:

A regular pack run training group leaves from the Tauranga Domain Grandstand at 5.30 pm. every week. This is a road run going through the streets of Otumoetai. Various distance options of your own choice.

Contacts: Russell Lake 578 6979 or Gavin Smith 5443666

Wednesdays:

Tauranga Domain 5:15 pm another option for speed work at Tauranga Domain All Weather Track.

Thursdays:

The Cornerstone Pub, Bethlehem Shopping Centre at 6:00 pm. Meet in car park. Contact Les Dobson 0274 824646.

Saturdays:

A weekly cross country run at varying locations starting at 1.45pm Great fun for a range of abilities and ages to run as many laps as you can and get your times recorded!

SHARE YOUR NEWS!

Remember if you have any information about athletics events or news/success stories or photos of our members in action please email the details to Nicola Tisch onetwothree@zip.co.nz
By Mondays 10pm