

TAURANGA RAMBLERS

www.taurangaramblers.co.nz

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GUFF SHEET

25 June 2014

Hi Ramblers Members

Thank you for the emails with feedback to the new weekly newsletter and of course name suggestions! We have had some fabulous suggestions and it will be very hard to choose one winner! Here are the finalists. Please vote this week on your preferred choice of name for our club newsletter (by Monday 10pm) and the winner will be announced next week!

- 1) RAMBLINGS
- 2) CLUB RAMBLINGS
- 3) THE RAMBLER'S RUNAROUND
- 4) THE WEEKLY RUNNER
- 5) FAST FEET SHEET
- 6) INFORMATION STATION
- 7) COMMUNICATIONS CORNER
- 8) RAMBLER'S RAMBLINGS
- 9) THE RAMBLERS' RAMBLE
- 10) THE GOSS
- 11) "HUFF & PUFF" GUFF SHEET
- 12) HUFF & PUFF NEWS
- 13) MEET SHEET

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?

The NZ Half Marathon Champs!

Congratulations to our inspirational runners Sally Gibbs NZ Half Marathon Women's Champ in 1.18.50 & Gavin Smith M60+ Champ 1.26.40 Also Ken Knott 1.48.21 (M50-59 Not reg). WOW - What an amazing result!

Here are a few photos but check out the fantastic photos on our facebook page and be inspired to put on those running shoes!



For extra information and motivation look at the Athletics NZ website

[MORE ATHLETICS NEWS!](http://www.athletics.org.nz/)

<http://www.athletics.org.nz/>

Secondary School Cross Country Champs (Story - Thank you Malcolm Taylor)

Bethlehem Colleges Samuel Tanner was the star of the Western Bay of Plenty cross country runners contesting the New Zealand Secondary Schools Cross Country Championships at Massey University on Saturday in windy conditions. Tanner went straight to the lead which he relinquished part way around the 3000 metre course. With strong winds buffeting the runners Kerikeri's Alexander Hull gradually gained the upperhand leading Tanner out of the water jump and into the home straight by 10 metres. Tanner who is trained to produce a strong sprint gathered in Hull with 50 metres to go to win by 1 second in 9 minutes 57 seconds to Hull's 9 minutes 58 seconds with Nikolai Allen of St Patrick's College of Silver Stream third in 10 minutes 6 seconds. Tauranga Boys College athlete Lachlan Haycock placed seventh in 10 minutes 13 seconds to lay the foundation for Tauranga Boys College to win the 6 person teams race with Jamie Shields 13th, Kaleb Hyndman 29th, Josh Stewart 33rd, Russell Green 36th and Matthew Brittain 37th completed the team. Haycock, Shields and Hyndman were 3rd in the 3 man team. Other placings were Moss Sandford 38th, Adam Hitchner 47th, Edward Johnson 56th (6 stitches in his foot), Ollie Valentine 64th, Kobe Rodger 72nd, Nick Freeman 85th and Riley Kirk 125th out of 162 finishers.

Nelson Boys High School were second with Wellington Boys third. In the three person team the placings were reversed Wellington Boys winning and Tauranga Boys third.

Secondary School Cross Country Champs continued ...

Arleah Tippins Tauranga Girls was 7th in the year nine girls in 11 minutes 16 seconds. Kalais Going 35th, Tabitha Marshall 73rd, Maddy Mear 86th, Rebecca Baron 88th, Emily Kneale 100th. Tauranga Girls College placed 4th in both 3 person and 6 person teams races.

Tauranga Girls College won both the three and six person teams races in the Junior Girls with Kaylee Mudgway 16th, Erin Conway 21st, Sophie McConnell 28th, Jaysha Tippins 45th, Joanne Sutton 59th, and Catherine Sutton 84th. The top three Girls Mudgway, Conway and McConnell made up the three person team.

Bethlehem College were disqualified from first and third placings in the six and three person teams respectively after Maddison Rennie who struggling to the finish line was assisted compassionately by her sister Courtney after stumbling 10 metres short of the line. Maddison was in trouble way from the finish and actually crossed the line in twelfth place. The task is now for the team to regroup following the disappointment as they demonstrated they were competitive. Maddison would have crossed the line in 12 place approximately, with Mia Pugh 20th, Poppy Porter 50th, McKenzie Ball 54th, Mica Church 56th and Emma Waddell 57th.

Siannah Cowles Otumoetai College was 75th. In the Junior Boys Tauranga Boys College runners Jackson Filipo 76th, Bryn Fredheim 87th, Kinnon Nelson 88th, Jackson Currie 90th and Connor Farrant were 14th 3-man team.

Outstanding effort in the Senior Girls was Tauranga Ramblers Anneke Grogan running for New Plymouth's Sacred Heart College for Girls while Otumoetai College's Debra Paine was 14th was an excellent effort.

Tauranga Girls College's runners were Jessica Bitcheno 43rd, Naomi Stewart 71st, Kirsty Burrows 75th, Stellar Marshall 88th, Rose Barker 115th.

Bethlehem Colleges team of Courtney Rennie 48th, Mikaela Basson 52nd, Eden Kleinman 62nd, Morgan Ball 84th, Kelly Furmage 95th, Lucy Cameron 96th, finished in 5th place.

Senior Boy Daniel Hintz finished very fast to finish 18th after being in 40 place after 2km of the race of 6km. His Tauranga Boys College teammate Cameron Wells was 129th.

THE TALENTED SAM TANNER!



SAM TANNER - 1st place in the NZ Secondary School champ

Last week's CLUB weekend run

The great thing about the Saturday afternoon runs is you get to see different parts of Tauranga. This weeks run was out the back of Welcome Bay running up the Papamoa Hills. Stunning views and a good workout for all involved! Thank you to Brendan Magill for organising the groups and for the lollies at the end were very popular!





PAPAMOA HILLS - A great workout for the legs!

Primary school Cross Country results for our Members

The following Ramblers kids did incredibly well in the Tauranga Cluster Cross country events held last week:

Elliot Pugh 1st, Ian Pugh 1st, Corban Crowther 2nd, Millie Tisch 2nd and Amelia Farrar 4th.

Good luck to you all for the Western Bay Cross Country event this week (Postponed today until Friday)

WHAT'S COMING UP?

This weeks local run Saturday 28th June

Is the Willacy Memorial Open Handicap Cross Country at our local Waipuna Park. Starting at 1.45pm Trophy races are in memory of Geoffrey Willacy. (Note this correct time - The last newsletter had it wrong)

Varying distances dependent on age and gender, 2km, 4km, 8km. A chance for anyone to be a winner!! Trophies awarded in set age groups and distances. **PLEASE BRING A Plate for a shared afternoon tea afterwards**

LOVE CROSS COUNTRY RUNNING??

North Island Cross Country Championships in Taupo are coming up on 5th July 2014. Please advise if you are competing, as the club will enter you. Remember if you enter you will need to pay your entry fee if you do not run; A strict late entry policy applies. Entries to MalcolmTaylor by email janmal@xtra.co.nz

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.

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