

RUNNING WITH TAURANGA RAMBLERS 2015

Athletics Tauranga Incorporated P O Box 2376 Tauranga

www.taurangaramblers.co.nz

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

Tauranga Ramblers Harrier Club is an organisation committed to providing an opportunity whereby people of all ages and abilities can enjoy cross-country and road running at a level that suits them. Through this booklet we aim to provide a brief introduction to our club and the sport of harriers.

Key Personnel

President:	Malcolm Taylor	Ph 576 0000 Mobile 027 292 4411 Email: "janmal@xtra.co.nz"
Secretary:	Ian Bitcheno	Ph 544 4047 Mobile 027 2055953
Treasurer:	Alex Whimster	Ph 576 5039 Email: atwhim@xtra.co.nz
Club Captain (Winter)	Gavin Smith	Ph 544 3666
Uniforms:	Shari Ball	Ph 544 8386 Email: maxico@clear.net.nz
Race Entry Secretary:	Malcolm Taylor	Ph 576 0000 Mobile 027 292 4411 Email: "janmal@xtra.co.nz"

The Seasons

Ramblers provides activities all year round – Harriers in Winter (events April to October) and Track and Field in Summer. This booklet deals mostly with the Winter Seasons activities.

Media & Results.

The club produces detailed results of past and more specific details about coming events via the club website or facebook. Also keep an eye on the Athletics Waikato Bay of Plenty website <http://www.athleticswaikatobayofplenty.org.nz/> where sanctioned events are displayed. Fay Smith updates the club's facebook page. Fay's contact details are 544 3666
Email: "gc.flsmith@xtra.co.nz"

Ages and Abilities

We have members of all ages and abilities. Generally we would say that if a child is old enough to manage a 2km run comfortably, they are old enough for harriers. At the other end of the scale we have members well into their 70s & 80s. Perhaps the biggest fallacy we would like to correct is that harriers is for fast runners. True some fast runners do take part, but the majority of our members are very ordinary people, running at very ordinary paces. We believe the clubs activities are particularly suited to family groups.

Subscriptions: Preferably pay online as per instructions on www.taurangaramblers.co.nz using a credit card which is the most efficient method for the club administration.

NOTE: PAYMENTS WILL APPEAR ON YOUR CREDIT CARD STATEMENT AS "IMG ECOMMERCE MELBOU AU"

For alternative payment methods see the separate membership form on the last two pages of the booklet which details the clubs various age groups and membership fees. Remember that the subscription is for the period April to March, so that if you join in the Winter Season this automatically gives you membership to the Track and Field season (Summer) part of the club. The club welcomes people to attend up to three local events prior to the payment of subscriptions.

What do you get for your money?

- 1 Up to 12 months membership of the club
- 2 Registration to Athletics New Zealand; Website www.athletics.org.nz
- 3 Participation in most local events at no extra cost.
- 4 Newsletters on website. For printed copy contact Nicola Tisch 5703579
- 5 Opportunity to win a variety of trophies and prizes (Championship and Handicap)
- 6 Opportunity to obtain coaching advice
- 7 Opportunity to obtain travel subsidies when competing in some specific out of town events
- 8 Opportunity to train and race with others of similar abilities.

Travel Assistance to New Zealand Championships: The club has limited funding to these events along with Athletics Waikato Bay of Plenty although we encourage participation at all levels of the sport including New Zealand Championships. If you plan to take part in these events the club will seek financial assistance from Charitable Trusts which require early applications. Please advise the Secretary of your plans early as funding is not always forthcoming and cannot be guaranteed. This also applies for those selected to represent New Zealand

Race Entry Procedure

For most local club events, no entry process is necessary, just turn up on the day (in plenty of time) and listen to event briefing. There is no entry cost for most local events – it is covered by your subscription. The only exception to this is when our local club is holding events that are open to all comers. These are specifically the Tauranga Open Cross-Country, the Waikato Bay of Plenty Cross Country Championships. For these events along with other Saturday events that we attend, that are hosted by other clubs, you will need to pre- enter (usually at least one week prior) through Race Entry Secretary. There is a race entry fee that needs to be paid to the club. Note that you must be registered with Athletics Waikato Bay of Plenty to contest Waikato Bay of Plenty Championships medals. Club only athletes can run.

This fee is payable even if you scratch from the event as the club has already made the payment on your behalf.

Relays

Our own club relays are fun events and teams of similar abilities are made up on the day. For out of town relays the club usually makes up teams of a more competitive nature although in all instances all abilities are catered for. The club has a team of selectors who choose the make- up of the teams and allocate the specific laps. The selectors use their knowledge of “current form” as their main selection criteria. Please be aware that scratching from a relay team once it is entered can create considerable difficulty for the club to keep the team intact if it loses a member.

Uniforms

The club has uniforms that consist of a singlet/top and shorts, or female two-piece. Uniforms must be worn when competing in inter-club events. Club Uniform can be purchased through Shari Ball Ph 544 8386

Email: maxico@clear.net.nz, and other items include short and long legged training pants.

Members are encouraged to wear the uniform in all events including club runs. Uniform must be worn in Waikato Bay of Plenty Cross Country and Road Championships and teams events.

The Weather

Club events take place regardless of weather conditions – so no excuses!

Walkers

The club welcomes walkers to take part in most events.

Helpers

We always require helpers to run events for the club. Any help at all would be appreciated, so if you are a non-runner or injured please make the offer. Any assistance welcomed.

Coaching

The club has a number of well qualified coaches keen to assist anyone wanting assistance. Contact Malcolm Taylor or any other club official.

Training Sessions

Monday: 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.

Tuesday:

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

Tuesday : 5:15 pm Targeted at Secondary School and Year 7 and 8 students, with Malcolm Taylor.

Contact Malcolm Taylor 576 0000 or Mobile 0272924411. All welcome.

Thursdays: The Cornerstone Pub, Bethlehem Shopping Centre at 6:00 pm. Meet in car park.

Contact Les Dobson 0274 824646.

Sundays: Own training- Suggest talk to fellow club members to link into runs.

Social Events

Social occasions provide a great opportunity to get to know your fellow members. Please join in if you can.

Apart from the club afternoon teas that follow most events - when we are running from Waipuna Park.

Tauranga Ramblers (Athletics Tauranga Inc) Winter Programme 2015

Website: www.taurangaramblers.co.nz

- Mar 8** **Copthorne Hotel Rotorua Off-Road Half Marathon, Quarter M & 5km**
WBP1501 Event Promotions, PO Box 324, Rotorua. Ph 07 3483301
Email: info@eventpromotions.co.nz Website: www.eventpromotions.co.nz
- Apr 11** **Te Awamutu Athletic Club Fun Run, Ramblers members away trip** **9.30am**
WBP1504 Te Awamutu Athletic Club, P O Box 30, Te Awamutu.
Murray Green, Ph 07 8715257 or 027621660
Email: teawamutu@paperplus.co.nz
website: <http://www.sportsground.co.nz/teawamutuathletics>
- Apr 11** **Athletics NZ Mountain Running Champs, Nelson**
ANZ Ph 09 4770210 Fax 09 4795089
Email: competition@athletics.org.nz website: www.athletics.org.nz
- Apr 12** **Tauranga Half Marathon, Fergusson Park & 14km, 7km & mile**
Website: <http://taurangahalfmarathon.co.nz/>
- Apr 18** **Tauranga Ramblers Opening Club XC Run, Waipuna Park, Welcome Bay** **2pm**
1km lap relays, Mixed teams made up on day, all ages welcome. Meet 1.45pm
- Apr 25** **Tauranga Ramblers Club XC Run, Waipuna Park Welcome Bay** **2pm**
Races over 2km course, various distances to suit all ages, meet 1.45pm
- May 2 no local club run as members helping or running at Rotorua marathon*
- May 2** **The 51st Rotorua Marathon, Half Marathon, Quarter Marathon & 5km**
WBP1506 (includes AWBOP Marathon Championships)
Email: info@rotorumarathon.co.nz Website: www.rotorumarathon.co.nz
- May 9 no local run: see away trip Sunday.*
- May 10** **Cambridge Cross-Country Relay (note this is a Sunday), all ages** **1pm**
Sunday (Athletic Park cnr of Vogel Street/SH1), P O Box 245, Cambridge
WBP1505 George Chambers Ph 07 8274995, email: gp_chambers@hotmail.co.nz
- May 16** **McLaren Falls Relay** **2pm**
Meet at McLaren Falls Park visitor centre, off Kaimai Rd 1.45pm Mixed Teams made up on day , 1km circuit. BBQ & afternoon tea afterwards. Bring a plate.
- May 23** **Waipuna Park, Welcome Bay, Races over 2,4,6,& 8km Meet 1.45pm** **2pm**
- May 26** **BOP Secondary Schools' Cross Country, Waipuna Park, Tauranga**
Sport Bay of Plenty, Julie Adamson, 07 5780016 or 027 4583622
Email: juliea@sportbop.co.nz Website <http://www.sportbop.co.nz/vdb/document/1962>
- May 30** **Pack training runs through Waipuna Park & Johnson Reserve. Meet 1.45pm** **2pm**
(Queens Birthday weekend)
- May 31** **Athletics NZ Half Marathon Championships, Christchurch,**
in conjunction with Christchurch Marathon. Ph ANZ 09 4770210
Email: competition@athletics.org.nz Website: www.athletics.org.nz
Also <http://www.christchurchmarathon.co.nz/>

- Jun 6 Tauranga Open Cross Country, Waipuna Park, Tauranga 12.30pm**
 WBP1502 Hosted by Tauranga Ramblers P O Box 2376 Tauranga 3140
 Open to all clubs, schools & non members. We need all available helpers
 this day to set up course early & help marshal, kitchen duties, record etc.
 Malcolm Taylor ph 07 5760000, or 027 2924411
 Email: janmal@xtra.co.nz Website: <http://www.taurangaramblers.co.nz>
- Jun 10 Waikato-BOP Secondary Schools' XC Champs, Tokoroa.**
 WBOP SS Athletics Assn, Martin Holmes Ph 07 9578899(w)
 Email: m.holmes@stpauls.school.nz
- Jun 13 Foster-Smyth Lamason 10km & 3km Handicap Cross Country Races, Rotorua**
 Venue whereabouts to be confirmed by Lake City Athletic Club
 Email: adrian.lysaqht@xtra.co.nz Website: <http://lakecity.co.nz>
- Jun 14 Waikato-BOP Masters XC Challenge, Waipuna Park Tauranga**
 Murray Clarkson Ph 07 5769575 Email: wbopmasters@xtra.co.nz
- Jun 20 I'anson Reserve XC Run, Loop Road, Te Puna, Meet 1.45pm 2pm**
- Jun 20 NZ Secondary Schools' Cross Country Champs, Dunedin**
 NZSS Athletics Assn email : oe@nzssaa.org.nz Website: www.nzssaa.org.nz
- Jun 27 Huharau Park XC Races, end of Plummer's Point Rd Omokoroa. 2pm**
 All ages. Meet 1.45pm. Ph Gavin Smith 07 5443666
- Jul 4 North Island Cross Country Champs, Spa Park Taupo,**
 WBP1508 Races for all ages: Ramblers send a big team- very popular!
 Taupo Harrier Club P O Box 1112 Taupo 3351. Noel Bennett Ph 07 3783543
 or 027 7583410 Email: noel.bennett@slingshot.co.nz
 Website: www.taupoharriers.com
- Jul 11 Willacy Memorial Handicap XC, Waipuna Park, Tauranga 2pm**
 Trophy races in memory of Geoff Willacy. All grades. Meet 1.45pm
- Jul 18 Athletics Waikato-BOP Cross-Country Championships Hamilton**
 WBP1509 Hosted by Hamilton City Hawks P O Box 46 Hamilton 3200, Ph 07 8585392
 Narrows Camp, Narrows Park, 442 Airport Road (State Highway 21), Hamilton
 Email: administrator@athleticswbop.org.nz
 Website: www.athleticswaikatobayofplenty.org.nz
- Jul 25 Somerfield's Farm Cross Country, 999 Oropi Rd, Tauranga. 2pm**
 Meet in the Somerfield's Berry Farm carpark 1.45pm, real farm xc, cowpats,
 gates, thistles & possibly water.
- Aug 1 Waipuna Park & Johnson Reserve pack training runs, Meet 1.45pm 2pm**
- Aug 1 Athletics New Zealand Cross Country Champs, Christchurch**
 ANZ Ph 09 4770210, fax 09 4795089, email: competition@athletics.org.nz
 Website: www.athletics.org.nz

- Aug 8 Matamata Around the Streets Relay, Matamata Domain, Hohaia St. 1pm**
 3.3km road/footpath circuit, afternoon tea & prizegiving afterwards
 Matamata Harrier Club, Dave Taylor Ph 078880804
 Email: im.arty@xtra.co.nz Website www.sportsground.co.nz/matamataharriers
- Aug 16 Athletics Waikato-BOP Road Championships, "The Lakes" Tauriko Industrial Estate Sunday**
 Hosted by Tauranga Ramblers, Malcolm Taylor Ph 07 576000, or 027 2924411
 WBP1511 email: janmal@xtra.co.nz Club entries to Centre administrator , P O Box 46,
 Hamilton 3200. Email: administrator@athleticswbop.org.nz
 Website: www.athleticswaikatobayofplenty.org.nz
 Tauranga Ramblers Club Championships to be held in conjunction with this meet,
 and helpers are required please. Report at Poturi St.
- Aug 22 Nelson Memorial Handicap Races, from Coach Drive, off Grange Rd, Otumoetai 2pm**
 Trophies races around Waikareao Estuary. M 8.64km, W & YM 5km, U14 3km.
- Aug 23 Cambridge Half Marathon (inc Wai-BoP Half Marathon Champs), 10km & 5km**
 WBP1512 Cambridge Athletic & Harrier Club, P O Box 245, Cambridge 3450
 Paul Signal Ph 07 8230044, Email: pvnbsignal@xtra.co.nz
 Website www.cambridgeharriers.co.nz
- Aug 29 Matapihi Road Time Trials. Meet 1.45pm Cnr Matapihi Rd, Russley Drive, 2pm**
 Mt Maunganui . Out & back on footpath , Last workout before Nationals
- Sep 5 Athletics New Zealand Road Championships, "The Lakes", Tauriko Industrial Estate, Poturi St.** ANZ Ph 09 4770210 , fax 09 4795089, email competition@athletics.org.nz
 Website: www.athletics.org.nz Plenty of helpers will be required to help host this.
- Sep 6 AIMS GAMES Cross Country & Relay, Waipuna Park, Welcome Bay. 11.30am**
 For year 7 & 8 Students only. Sport Bay of Plenty, P O Box 13355, Tauranga
 Vicki Semple Ph 07 5780016 ext 805 Or 027 2900122
 Email: vickis@sportbop.co.nz website <http://nzaimsgames.co.nz/>
- Sep 12 Red Stag Redwoods Forest Relay, Long Mile Rd, Rotorua.**
 Lake City Athletic Club, P O Box 2136, Rotorua 3040. Pam Kenny Ph 07 3488448
 Email: info@lakecity.co.nz (for attn Pam). Website : www.lakecity.co.nz
- Sep 19 Road Races around the Short Course, Tauriko Industrial Estate, 2pm**
 Meet 1.45pm Whakakake St /Poturi St corner. Last chance for Road relay teams.
- Sep 26 Season end Fun run hosted by the Smiths 200 Ranginui Rd, Welcome Bay 11.30am**
 Meet 11.15am & bring old shoes for a run at low tide followed by BBQ lunch
 & beverage of your choice. Please bring a plate. Tea & coffee provided.
- Oct 3 Athletics New Zealand Road Relay Championships, Christchurch**
 Takahe to Akaroa. ANZ Ph 09 477 0210, fax 09 4795089
 Email competition@athletics.org.nz Website: <http://www.athletics.org.nz>
- Nov 1 Athletics New Zealand Marathon Championships, Auckland**
 In conjunction with Auckland Marathon <http://www.aucklandmarathon.co.nz/>
 Athletics New Zealand Ph 09 477 0210, fax 09 4795089
 Email competition@athletics.org.nz Website: <http://www.athletics.org.nz>

Nov 22 Toi's Challenge, Whakatane

Whakatane Athletics & Harrier Club, P O box 142 Whakatane 3158

Website : <http://www.sportsground.co.nz/whakataneahc/38594/>

Dec 26 King & Queen of the Mountain, Mt Maunganui

Tauranga Ramblers : Malcolm Taylor Ph 07 576000, or 027 2924411

Website: <http://www.taurangaramblers.co.nz/kingmountain.html>



Smith Sports Shoes Everyones Run Walk Series returns on **2nd October 2015** with Daylight Saving. This popular series of 3km & 5km Runs and Walks caters for all abilities and ages. Cost is \$5.00. All Students \$3.00. Spot prizes every night drawn at Neighbour Beer Kitchen 47 Cherrywood Drive Cherrywood. Smiths Sports shoes are our major sponsor so please support those who support the sport.

Note – Smiths Sports Shoes get a lot of entry forms for all sorts of events throughout the year. Pop in regularly to see what is coming up! Also the following web sites list events and often have links for entries too:

www.coolrunning.co.nz

www.runningcalendar.co.nz

www.enteronline.co.nz

www.endurancesport.co.nz

www.sportzhub.co.nz

www.athletics.org.nz

www.athletics.org.nz/Waikato

Athletics Tauranga Incorporated (Tauranga Ramblers)

Subscriptions 2015-2016

Notes

1. Grade is determined by age as at 31/12/15 except for Masters when actual date of birth applies. Note that 15 to 19 year age groups apply in calendar year which affects our summer Track & Field athletes.
2. Social Member is a non running person who wishes to be a full member of the club.
3. Associate membership is open to fully paid up **Athletics New Zealand** members of other clubs and centres.
4. Officials, Coaches & Supporters may join Athletics New Zealand at no cost, see below.

Grade	Full Sub	Associate Fee
Masters Women 35 plus	\$ 85.00	\$50.00
Masters Men 35 plus	\$ 85.00	\$50.00
Senior Women	\$ 85.00	\$50.00
Senior Men	\$ 85.00	\$50.00
Junior Women 18,19	\$ 82.00	\$47.00
Junior Men 18,19	\$ 82.00	\$47.00
Youth Women 15,16,17	\$67.00	\$32.00
Youth Men 15,16,17	\$ 67.00	\$32.00
Girls 7-14	\$ 50.00	\$25.00
Boys 7-14	\$ 50.00	\$25.00
Girls 6 & Under.	\$ 30.00	\$25.00
Boys 6 & Under.	\$ 30.00	\$25.00

***Officials, Coaches & Supporters may join Athletics New Zealand at no cost via
www.taurangaramblers.co.nz membership or

IMG Portal <https://memberdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=10558>

NOTE: PAYMENTS WILL APPEAR ON YOUR CREDIT CARD STATEMENT AS "IMG ECOMMERCE MELBOU AU"

The full subscription includes the Athletics Waikato-BOP Levy and Athletics New Zealand Levy, allowing members to compete as fully registered athletes in both open and championship events, including the New Zealand Championships.

Members should note that the club sub applies from April through to March. Those members wishing to compete year-round get greater value for money if they join the club in April.

Athletics Tauranga Incorporated
TAURANGA RAMBLERS
APPLICATION FOR MEMBERSHIP

Name: _____

Address: _____

_____ **Post Code** _____

Email _____

Phone _____

Mobile: _____

Date of Birth _____ **Country of Birth** _____

Coach _____

Grade _____ **(e.g. Junior Men) Fee Payable \$** _____:

Singlet Purchase: \$60.00. \$ _____:

Total Payment \$ _____:

I can assist at club events i.e. Timekeeping, recording, coaching , setting up etc.

**Preferably payments can be made by credit card via the link on the
Club's website www.taurangaramblers.co.nz.**

NOTE PAYMENTS WILL APPEAR ON YOUR CREDIT CARD STATEMENT AS "IMG ECOMMERCE MELBOU AU"

Alternatively follow the intructions under Subsciptions above.

Pay online to Athletics Tauranga Inc Westpac Tauranga Centre

Account Number 03 0435 0459195 00

Include Name & AWBOP Membership Number or Phone number in reference

Email copies registration form to:

atwhim@xtra.co.nz janmal@xtra.co.nz

or alternatively hand the Subscription Secretary, Treasurer or President at any Club event or post to:

Athletics Tauranga Incorporated

(Tauranga Ramblers)

P O Box 2376 Seventh Avenue

TAURANGA 3140