

# **RUNNING WITH TAURANGA RAMBLERS 2018**

**Athletics Tauranga Incorporated P O Box 2376 Tauranga**

[www.taurangaramblers.co.nz](http://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:	Nichole Gough			Email: bnpp@xtra.co.nz
Treasurer:	Alex Whimster	Ph 576 5039		Email: atwhim@xtra.co.nz
Club Captain (Winter)	Ian Bitcheno		Mobile 027 205 5953	Email: ian.bitcheno@jci.com
Uniforms:	Malcolm Taylor	Ph 576 0000	Mobile 027 292 4411	Email: janmal@xtra.co.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.

<https://www.facebook.com/TaurangaRamblers/> Fay's contact details are (07) 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 only 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](http://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 "STG\*Athletics New Zeal 94151962 NZ"

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](http://www.athletics.org.nz)
- 3 Participation in most local events at no extra cost.
- 4 Newsletters on website and regular updates/reports on facebook
- 5 Opportunity to win a variety of trophies and prizes (Championship and Handicap)
- 6 Opportunity to obtain coaching advice
- 7 Opportunity to get discounts into some Athletics NZ sanctioned events
- 8 Opportunity to train and race with others of similar abilities.

### **Race Entry Procedure**

For most local club events, no entry process is necessary, just turn up on the day 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 and sometimes 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.

**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 or crop top (\$60 each) and shorts (\$30 each). Alternatively any plain black shorts may be worn. Uniforms must be worn when competing in inter-club events. Club Uniform can be purchased through Malcolm Taylor (ph 07 5760000 or email [janmal@xtra.co.nz](mailto:janmal@xtra.co.nz))

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 & Wednesday:** Waipuna Park, Kaitemako Road, Welcome Bay at 4:00 pm. Targeted at Intermediate and Secondary School ages but all welcome (parents bring your running gear!). A mix of hill work, speed work, hurdle practice and designed with specific emphasis on preparing students for upcoming races such as AIMS games. Every Monday and Wednesday with Malcolm Taylor and/or Ray Wakeford.

**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: Gavin Smith 5443666**

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

**Contact Les Dobson 0274 824646.**

**Sunday:** Many club members do a longer run on a Sunday, often between 1 – 2hrs. If you would like company or to join in with others post your intentions on the Tauranga Ramblers Facebook page.

## **Tauranga Ramblers (Athletics Tauranga Incorporated Winter Programme 2018)**

Website: [www.taurangaramblers.co.nz](http://www.taurangaramblers.co.nz)

- Mar 17 New Zealand Mountain Race Championships Cardrona Alpine Resort
- Mar 25 Huntly Half Marathon: website: <http://www.huntlyhalf.co.nz/>
- Mar 31 Club Winter opening pack run Waipuna Park, Welcome Bay. Meet 1:45pm
- Apr 6 - 8 North Island Secondary Schools Track & Field Champs -Wanganui
- Apr 7 XC Pack Run at Waipuna Park incl Johnson Reserve, Welcome Bay. Meet 1.45pm
- Apr 14 TECT Park trail run, State Highway 36 (half way to Rotorua) [www.tectallterrainpark.co.nz](http://www.tectallterrainpark.co.nz)  
Meet at Mountain bike Hub car park for 2.4km trail laps. Meet 1.45pm
- Apr 15 Tauranga Half Marathon , Fergusson Park Tauranga, also 15km, 10km, 5km & kids mile.
- Apr 21 Te Awamutu Athletic Club Fun Run 3km, 6km or 9km gentle cross country (away trip - no local run)  
Te Awamutu Athletic Club PO Box 30, Te Awamutu  
Murray Green: Ph. 07 8715257 (w), 07 8712182 (h), 0276216608(m)  
Email: [teawamutu@paperplus.co.nz](mailto:teawamutu@paperplus.co.nz)  
Website: [www.sportsground.co.nz/teawamutuathletics](http://www.sportsground.co.nz/teawamutuathletics)
- Apr 28 Waipuna Park Cross Country Races 2km circuit. Meet at 1.45pm
- May 5 TECT Park trail run, State Highway 36 (half way to Rotorua) [www.tectallterrainpark.co.nz](http://www.tectallterrainpark.co.nz)  
Meet at Adrenalin Forest (follow directions after entering park). Meet 1:45pm
- May 5 Rotorua Marathon, NZ Marathon Champs, (plus half marathon, 5km and Quarter marathon fun run/walks),  
Rotorua ~ *includes the AWBoP Marathon Championships* Email: [info@rotorumarathon.co.nz](mailto:info@rotorumarathon.co.nz)  
Website: [www.rotorumarathon.co.nz](http://www.rotorumarathon.co.nz)
- May 6 NZ 100km Championships, Christchurch & Sri Chinmoy races.  
<https://nz.srichinmoyraces.org/100km-race>
- May 12 Trail Run at Summerhill Farm (off Reid Rd, Welcome Bay) Meet 1.45pm Gold coin donation .  
Please bring a plate for a shared afternoon tea afterwards.
- May 19 McLaren Falls Relay. Meet at McLaren Falls visitor centre 1:45pm.  
Speedy 1km circuit, great for families. BBQ and shared afternoon tea afterwards.  
Please bring a plate
- May 22 BoP Secondary Schools Cross-Country Champs, Waipuna Park from 9am  
Sport Bay of Plenty: Ph: 07 578 0016 (w) Julie Adamson: Mob: 027 458 3622  
Email: [juliea@sportbop.co.nz](mailto:juliea@sportbop.co.nz)
- May 26 **Tauranga Open Cross-Country**, Waipuna Park, Welcome Bay, Tauranga.  
Our biggest home event each year with competitive races for all ages.  
Club members are encouraged to enter in advance to minimise on the day entries.  
Lots of good prizes up for grabs and please bring a plate for a shared afternoon tea.  
Contact Malcolm Taylor: Ph: 07 576 000 (h), Mob: 027 292 4411 Email: [janmal@xtra.co.nz](mailto:janmal@xtra.co.nz)  
Website: [www.taurangaramblers.co.nz](http://www.taurangaramblers.co.nz)
- Jun 2 I'Anson Reserve XC Race, Loop Rd, Te Puna. Meet 1:45pm
- Jun 3 Mount Joggers Half Marathon <http://www.mtjoggershalfmarathon.co.nz/>

- Jun 7 Waikato-Bay of Plenty Secondary Schools Cross-Country Champs, Taupo 10:30 am.
- Jun 9 Foster-Smythe and Lamson Cups XC, Rotorua. Exact venue to be advised.  
Kids and adults distances.
- Jun 10 Waikato Bay of Plenty Masters Cross Country Day Waipuna Park, Tauranga.
- Jun 16 Summerhill Farm run (off Reid Rd, Welcome Bay) Meet 1:45 pm. Gold Coin Donation.  
Please bring a plate for a shared afternoon tea afterwards.
- Jun 16-17 NZSS Cross-Country Champs, Taupo. NZ Secondary Schools Athletics Assn Website: [www.nzssaa.org.nz](http://www.nzssaa.org.nz)
- Jun 23 Willacy Memorial Open Handicap Cross Country Races, Waipuna Park. Meet at 1:45 pm.  
Trophy races in memory of Geoffrey Willacy.
- Jun 30 XC Relays Huharau Park, end Plummers Point Road, Omokoroa. Meet 1:45pm
- Jul 7 **North Island Cross-Country Champs**, Spa Park, Taupo.  
Taupo Harrier Club PO Box 1112 Taupo 3351  
Noel Bennett Email: [noel.bennett@slingshot.co.nz](mailto:noel.bennett@slingshot.co.nz) Website: [www.taupoharriers.com](http://www.taupoharriers.com)
- Jul 14 McLaren Falls pack run. Meet at the McLaren Fall visitor centre.  
Beautiful trails around the park, alongside the lake and in the bush. Suitable for all ages.  
Meet 1:45pm
- Jul 21 **Athletics Waikato-BOP Cross Country Champs**, Whakatane. Exact venue to be advised.  
Website: [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz)
- Jul 28 Club XC Pack Run at Waipuna Park incl Johnson Reserve, Welcome Bay. Meet 1.45pm
- Aug 4 Trail run to Ottawa trig and return 12.8km, meet Reid Road Extension, Rocky Cutting.  
**NOTE – Please meet at the earlier time of 1pm.** Shorter kids options available.
- Aug 5 **Athletics NZ Cross-Country Championships**, Grenada North Park, Tawa, Wellington  
Athletics New Zealand: Tel: 09 477 0210, Fax: 09 479 5089  
Email: [competition@athletics.org.nz](mailto:competition@athletics.org.nz) Website: [www.athletics.org.nz](http://www.athletics.org.nz)
- Aug 11 Nelson Memorial Open Handicap Races around Waikareao Estuary.  
Off Coach Drive Road, Otumoetai, Tauranga. Senior Men & Masters Men 8.64km, Women 5km,  
MU18 & MU20 5km. Children 14 and under 3km. Meet 1:45pm
- Aug 18 **Athletics Waikato-Bay of Plenty Road Championships**, Cambridge  
Hosted by: Hamilton City Hawks  
Website: [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz)
- Aug 25 Mount Maunganui Half Marathon Hawaiian Airlines, also 10km or 5km  
<http://www.mountmaunganuihalfmarathon.co.nz/>
- Aug 26 **Cambridge Half Marathon**, also 10km & 5km (Incorporating Waikato Bay of Plenty Half  
Marathon Champs) Website: [www.cambridgeharriers.co.nz](http://www.cambridgeharriers.co.nz)
- Sep 1 Carmichael Reserve Trail Run, Bethlehem. Good variety of lap distances for all ages. Meet 1:45pm

- Sep 2      **Athletics NZ Road Championships, Cambridge**  
Athletics New Zealand: Tel: 09 477 0210, Fax: 09 479 5089  
Email: [competition@athletics.org.nz](mailto:competition@athletics.org.nz) Website: [www.athletics.org.nz](http://www.athletics.org.nz)
- Sep 8      Red Stag Redwoods Forest Relay, Rotorua. Stunning 5km (adults) or 3km (junior) laps through the beautiful Redwood forest. 5 members per adults team, 4 per junior team.  
Good prizes up for grabs. Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)
- Sep 8      Whangamata Half Marathon, 10km, 5km
- Sep 9      NZ Half Marathon Championships –Logan Park, Dunedin  
<https://dunedinmarathon.co.nz/>
- Sep 9      **AIMS Games Cross-Country & Relay**, Waipuna Park, Welcome Bay, Tauranga  
For Year 7 & 8 school students only
- Sep 15     Club Trail Champs, Carmichael Reserve, Bethlehem. Meet 1:45 pm.  
Final Trials for NZRR Teams
- Sep 22     Village on 17<sup>th</sup> Pack run – no toilets at start, 5k, 10k and 15k options. Meet 1:45pm
- Sep 22     Tauranga International Marathon, 21km, 10km, 5km & 2km kids, The Strand ,Tauranga
- Oct 6      **Athletics NZ Road Relay Championships, Takahe to Akaroa Relay, Christchurch**  
Athletics New Zealand: Tel: 09 477 0210, Fax: 09 479 5089  
Email: [competition@athletics.org.nz](mailto:competition@athletics.org.nz) Website: [www.athletics.org.nz](http://www.athletics.org.nz)
- Nov 18     The Julian's Berry Farm and CafeToi's Challenge, Whakatane. 18km of stunning coastal trails.  
Shorter options available. Starts from 9am.  
Website: [www.sportsground.co.nz/whakatanehc](http://www.sportsground.co.nz/whakatanehc)
- Dec 26     **King & Queen of the Mountain,**  
Mt Maunganui ~ *includes the AWBoP Mountain Running Championships*  
Malcolm Taylor: Ph: 07 07 576 000 (h), Mob: 027 2924411  
Email: [janmal@xtra.co.nz](mailto:janmal@xtra.co.nz) Website: [www.taurangaramblers.co.nz](http://www.taurangaramblers.co.nz)

*Also the following web sites list events and often have links for entries too:*

[www.coolrunning.co.nz](http://www.coolrunning.co.nz)

[www.runningcalendar.co.nz](http://www.runningcalendar.co.nz)

[www.enteronline.co.nz](http://www.enteronline.co.nz)

[www.endurancesport.co.nz](http://www.endurancesport.co.nz)

[www.sportzhub.co.nz](http://www.sportzhub.co.nz)

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

[www.athletics.org.nz/Waikato](http://www.athletics.org.nz/Waikato)

# Athletics Tauranga Incorporated (Tauranga Ramblers)

## Subscriptions 2018 -2019

### Notes

1. Grade is determined by age as at 31/12/18 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.

<b>Grade</b>	<b>Full Sub</b>	<b>Associate Sub</b>
Masters Women 35 plus	\$120.00	\$50.00
Masters Men 35 plus	\$120.00	\$50.00
Senior Women	\$120.00	\$50.00
Senior Men	\$120.00	\$50.00
Junior Women 18, 19	\$102.00	\$47.00
Junior Men 18, 19	\$102.00	\$47.00
Youth Women 15, 16, 17	\$87.00	\$32.00
Youth Men 15, 16, 17	\$87.00	\$32.00
Girls 14	\$65.00	\$25.00
Boys 14	\$65.00	\$25.00
Girls 13	\$65.00	\$25.00
Boys 13	\$65.00	\$25.00
Girls 10 & Under, 11, 12	\$65.00	\$25.00
Boys 10 & Under, 11, 12	\$65.00	\$25.00
Under 6yrs	\$35.00	\$25.00
Social Member (Non Runner)	\$40.00	See Note ***

\*\*\*Officials, Coaches & Supporters may join Athletics New Zealand at no cost via  
[www.taurangaramblers.co.nz](http://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 “STG\*Athletics New Zeal 94151962 NZ”

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. SM):** \_\_\_\_\_

**Fee Payable \$.....** <https://memberdesq.onesporttechnology.com/3281/org>

**Singlet/Uniform Purchase:** \$..... **Pay Direct Credit**      **Account Number 03 0435 0459195 00**

**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](http://www.taurangaramblers.co.nz) . **NOTE PAYMENTS WILL APPEAR ON YOUR CREDIT CARD  
STATEMENT AS "STG\* Athletics New Zeal 94151962 NZ"**

Alternatively, 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](mailto:atwhim@xtra.co.nz) [ianmal@xtra.co.nz](mailto:ianmal@xtra.co.nz)

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

**Athletics Tauranga Incorporated**  
**(Tauranga Ramblers)**  
P O Box 2376 Seventh Avenue  
TAURANGA 3140