EDITORIAL

I’m at a total loss for words! Come on guys & gals- how about some of you help me out and send in some articles about runs you have done, your thoughts, goals, ambitions, jokes, ANYTHING! This is your Club newsletter... your opinions matter.... kids too.

I am desperately seeking profiles for the newsletter and website. Email me with stuff about you. As an example you could use the following headings:
Name
Age
Started Running
Favourite Distance
Claim to Fame
PBs
Training
Most Memorable Event
Funniest/ wierdest experience running
Regrets
Goals & Ambitions
Include photo if possible.

And email to gc.flsmith@xtra.co.nz

The difference between the impossible and the possible, lies in one’s determination.

Strength does not come from physical capacity. It comes from an indomitable will.

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Inside this Issue

1 Athlete of the Month
   Editorial

2 North Island XC Champs

3 Racecourse Time Trial
   WBOP XC Champs

4 Kawerau Half Marathon
   Bayfair Reserve Run

5 Brooks Offroad Half at Taupo
   World Youth T&F Italy
   Gold Coast Half Marathon
   Coming Events

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plus summer track results are on: www.sportsground.co.nz/taurangaarc

July 2009

Athlete of the Month

Gavin Smith

1st M55 in the WBOP XC Champs over 8km and 2nd, narrowly missing out on 1st, in a sprint finish at the North Island XC Champs over 6km.

Congratulations:

to Michael Cochrane who is one of seven athletes selected in the NZ Under 23 squad to compete in the Oceania Regional Track & Field Championships, on the Gold Coast. Michael will be competing in the 110m Hurdles and the 400m Hurdles.

The difference between the impossible and the possible, lies in one’s determination.

Strength does not come from physical capacity. It comes from an indomitable will.
The weather was kind, track firm.

Alice & Jessica battle it out for 2nd & 3rd

Sally Gibbs placed well overall in the womens 35-49 race

Michael Sutton was a class act again in the M19 & M16 combined race

Dale Bull, home from uni in M19’s

Gavin on his way to silver in M55

Gareth & Ben together over 1st lap

Russell Lake in the M35-49

Tauranga’s Masters Men numbers were down this year, with several opting to do the Kawerau Half next day. Overall, some exciting racing. The Open Mens race was won by Andrew Davidson of University of Canterbury in 28.31. Mike Pugh spurned the M35 race in favour of the Open competition and placed 6th after a tough sprint for 5th with Rees Buck of Wgtn Scottish. Gavin Smith also had a tough sprint finish, narrowly missing 1st in his grade to Brett Katters of Auckland Uni. Murray Clarkson scored silver in the M60 grade. Michael Sutton did well placing 2nd to Mohamed Ali of Hawks. Alice & Jessica battled hard together for silver & bronze in the G12.

The senior women’s 5km race was won by Rachel Kingsford, Hill City in 18.11 from Melissa Moon 2nd.

Results

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Racecourse Time Trial 11/7/09

Runners were let off at 30-second intervals and completed a circuit of Tauranga Racecourse just in from the outside fence & hedgeline.

1940 metres

Michael Sutton 6:32 0:30 6:02
Steven Langdon 6:16 0:00 6:16
Malcolm Smith 8:24 1:30 6:54
Les Dobson 9:17 2:00 7:17
Sally Gibbs 10:26 3:00 7:26
John Addy 10:16 2:30 7:46
Christine Sutton 12:07 4:00 8:07
Kelly Furmage 16:29 8:00 8:29
Alex Whimster 14:12 5:30 8:44
Malcolm Taylor 13:14 4:30 8:44
Olivia Hines 14:44 6:00 8:44
Tim Green 12:27 3:30 8:57
Tayne Burrows 13:57 5:00 8:57
Jodi Furmage 15:42 6:30 9:12
Lauren Hines 17:01 7:30 9:31
Robyn Winter 17:45 7:00 10:45

Because of the threat of rain the course finish line was placed up at the clubrooms, to provide shelter for the recorders.

Some excellent runs from some of our younger members, with Jessica Bitcheno reversing the North Islands finish by beating clubmate Alice over the line. Newcomers Brad Currie & Rebekah McCafferty also had wins.

Michael Sutton dined with Mohamed Ali of Hawks for a couple of laps before being dropped near the finish. Aaron Pulford of Hawks proved too classy for the rest of the M19 grade and lead from the gun.

Kent Hodgson of Hawks led the Masters Men’s race with close company from fellow clubmate John Crane & Ramblers John Caie, before shaking them in latter stages.

Russell Lake, Gavin Smith & Robert McPherson won golds in their grades. Mike Pugh challenge Steve O’Callaghan of Lake City for several laps of the Open race before the younger athlete stretched it out, with a time of 42.39

Well done John Addy who finished the 12km event, when work kept him from making the start of the Masters event. John gave us the 4th person required for an Open team.

Results:

2100m, B10, G10, B12, G12
Sam Averill B10 3½/8 9.52
Rebekah McCafferty G10 1½/9 9.16
Olivia Hines G10 3½/9 10.02
Mia Pugh G10 6½/9 10.57
McKenzie Ball G10 8½/9 11.41
Brad Currie B12 1½/9 8.33
Jack Dangen B12 7½/9 9.13
Jessica Bitcheno G12 1½/8 8.58
Alice McCafferty G12 2½/8 9.04
Brooke Somerset G12 6½/8 10.46
Lauren Hines G12 8½/8 12.14

2900m, B14 & G14
Scott Croasdale B14 5½/9 12.07
Daniel Hines B14 7½/9 14.59
Christine Sutton G14 6½/10 13.30
Morgan Ball G14 10½/10 17.23

4100m W16
No Ramblers

6100m, M16 & W19, MW
Michael Sutton B16 2½/5 22.12
Shari Ball W40 3½/3 36.12
Cindy Taylor W50 1½/1 29.59

WBOP CROSS COUNTRY CHAMPS, WAIPUNA 18/7/09

Thank you very much to those who turned out in the nasty cold rain from 8.30am to set up the course, and the ladies who helped out in the kitchen making sandwiches & soup to feed the hungry hoards later. Thanks also to those who timekept, recorded, marshalled & commented.

Luckily, the rain stopped before the racing started, but the wind remained bitter. The course, after a full night of rain was heavy underfoot and muddy and slippery in places. Races ran like clockwork and Malcolm produced the printed results promptly.

8100m, M19, MM, SW
Dale Bull M19 7½/7 32.44
Nicola MacKay SW 4½/5 36.29
Russell Lake M35 1½/2 31.55
John Caie M40 2½/4 30.33
Ken Keyte M45 2½/8 31.57
Terry Furmage M45 4½/8 33.00
Barry Watson M50 3¾/7 36.01
Les Dobson M50 4½/7 36.34
Max Ball M50 5½/7 37.42
Gavin Smith M55 1¾/7 34.12
Wayne Smith M55 2¾/7 35.41
Stu Smith M55 3¾/7 35.53
Mike Powell M55 4½/7 39.46
Robert Jackson M55 6½/7 40.05
Murray Clarkson M60 2¾/3 37.03
Tim Masters M60 3½/3 39.58
Robert McPherson M65 1½/3 40.18

12100m M20+
Mike Pugh M35 2¾/7 43.25
Gareth Hyett SM 3½/7 44.59
Mathew Smith SM 6½/7 57.49
John Addy M50 7½/7 58.42

John Addy relieved to finish.
Great Mid-Winter Half Marathon, Kawerau 5/7/09

80 runners and 43 walkers completed the half marathon and a further 115 runners & walkers the 11km event.

Next lap still dead even

Christine Sutton

Ken Keyte

Gareth Hyett

Iain MacDonald 1st 1.11.41
Stephen Smith (Hamilton) 2nd 1.14.44
Daniel Jones (Whakatane) 3rd 1.18.14
Sarah Biss (Rotorua) 1stW 6th 1.21.39
Michelle Basson 2ndW 13th 1.25.38
Barry Watson 2nd M45-54 14th 1.26.15
Les Dobson 3rd M45-54 15th 1.28.15
John Addy 1st M55+ 20th 1.34.09
Pete Kennedy 2nd M55+ 21st 1.36.34

11km
Cindy Taylor 2nd F 9th 48.40
Deirdre Lack 3rd F 10th 49.42

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Run at Bayfair Reserve, Russley Drive, 25th July

It was a brilliant, fine day, with almost a touch of spring.
Four teams were made up on the spot, with the 4 runners from each team having to stay together as a group, with one dropping out each lap.
Ian Bitcheno was roped in to make up numbers and ran one lap in rolled up jeans, opting away from the suggested undies:togs look, which may have distracted other teams. He set a cracking first lap pace to give Stu’s team a good lead.
Fastest last lap went to Gavin Smith.
In the spot draw a towel each went to Murray’s team.

Ian Bitcheno Lap 1 6.14 6.14
Jessica Bitcheno Lap 2 12.17 6.03
Sally Gibbs Lap 3 18.29 6.12
Stu Smith Lap 4 24.12 5.43

Alex Whimster Lap 1 6.47 6.47
Dave Whitehead Lap 2 13.54 7.07
Robert McPherson Lap 3 20.21 6.27
Dan Smith Lap 4 26.11 5.50

Karen Smith Lap 1 8.25 8.25
Olivia Hines Lap 2 15.16 6.51
Mike Powell Lap 3 21.30 6.14
Gavin Smith Lap 4 26.58 5.28

Lauren Hines Lap 1 8.26 8.26
Brendan Gibbs Lap 2 16.20 7.54
Brendan Magill Lap 3 23.13 6.53
Murray Clarkson Lap 4 29.07 5.54

The winning team

Downhill: Keep up Gav!
151 Men & 112 Women competed in the half which was won by Coast to Coaster & Ironman, Cam Durno of Taupo in 1.28.19. Ist woman was Mountain biker, but also a handy runner, Annika Smail in 1.37.16.

Run around the base of Mount Tauhara near Taupo. Terrain was off road and included farmland, pine forest and native scrub. Elevation 'rolling'. It was a super cold day with wind gusts of up to 70km per hour. This added an edge to an already challenging course.

Rambler Robert Jackson was 27th in the Masters Men grade (lap splits 59:43, 56:29) 1:56:12

Another 131 people contested the walks or 10.5 km event

World Youth Champs, Italy

Unfortunately, Joseph Millar was disqualified in the 100m for a false start with 2 others in the same Heat 5, also having DQ’s. The starting blocks automatic timing system is more sensitive than the manual, visual starts that Joseph has been used to.

Joseph also competed in the medley relay running 200m, helping his NZ team to a 4th place.

Mariah Ririnui jumped 5.30m in her long jump event, not quite in touch with her normal standard.

Gold Coast Half Marathon 5th July

Dale Warrander DNF'ed at 31km after leading through halfway on 2:14 pace. William Chebor (2:11) won.