



CNS TAURANGA RAMBLERS

(Athletics Tauranga Incorporated)

Website: www.taurangaramblers.co.nz

Run, Jump, Throw, Walk 2011/2012

Tauranga Ramblers is an organisation committed to providing an opportunity whereby people of all ages and abilities can enjoy Athletics. Through this booklet we aim to provide a brief introduction to our Club and to the sport of Track and Field.

WHAT : Track & Field

WHEN : Tuesday Nights (Beginning 4th October Wet or fine)

TIME : 5.30p.m. through 7.15p.m.

WHERE : Tauranga Domain All Weather Athletics
Track

WHO : All Ages and Abilities

Contacts

President	Malcolm Taylor	Ph.57600000 or 27 292441 Email: janmal@xtra.co.nz
Secretary	Ray Young	Ph 5753159
Chairperson:	Rod Taylor	Ph. 5764207
Treasurer:	Alex Whimster	Ph. 5765039
Subscriptions:	Bev Smith	Ph. 5764469
Uniforms:	Robyn Winter	Ph. 5702341
Summer Captain:	Valerie Bromley	Ph. 5760559

Websites: www.taurangaramblers.co.nz or www.sportsground.co.nz/taurangaarc

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

Other Websites: www.athletics.org.nz or “ www.athleticswbop ” for results and information.



BACK OR NECK PAIN? SPORTS INJURY?

ONE BODY, ONE CHOICE: THE CNS CLINIC!

Committee:

Rod Taylor , Malcolm Taylor, Bev Smith, Alex Whimster, Brendon Magill, Russell Lake, Val Bromley, Eddie Grogan, Catherine Davison, Robyn Winter, Dave Whitehead, Murray Clarkson, Graeme McCabe.

The Seasons

Ramblers provides activities all year round – Track and Field in the summer and Harriers in the winter (April to October) . This booklet deals mostly with the summer seasons activities.

Ages and Abilities

We have members of all ages and abilities. Whilst we encourage those below the age of 14 years to participate in one of the local children’s clubs, Tauranga Ramblers club does provide events within the standard programme catering for all children who are welcome.

Uniforms

The club has uniform options which consists of a singlet/top and shorts or a female crop top. Uniform must be worn when competing in a representative Club team. Club uniform can be purchased from the club at a cost of \$60.00. Ramblers members are encouraged to wear the Club uniform in all events including club nights. A club T Shirt is available for \$20.00 for casual wear.

Loan Uniforms The club has singlets and crop tops for loan which are hired out on an annual basis. These uniforms have the Lion Foundation logo and remain the property of Athletics Tauranga Incorporated and must be returned to the club when if your membership ceases.

The Weather

The club events take place on Tuesday **regardless** of weather conditions – so no excuses! Warm clothes are advisable to cater for wet conditions after events. Windproof jacket a must for changeable weather.

Helpers

We always require help to run events on club nights. Any help at all would be appreciated as this ensures Tuesday nights run smoothly.

Officials

Those wanting Track and Field official grading please contact Officials Liason Officer – Ray Young Ph. 575 3159

Coaching

The club has a number of experienced coaches including Val Bromley, Murray Chell, Malcolm Taylor as well as others keen to assist. Discuss your needs and options with them.

Those wanting to take on coaching courses can contact Malcolm Taylor.

Training Sessions

These are generally worked out with your individual coaches. A distance training session is held at Waipuna Park, Kaitemako Road, Welcome Bay at 4:00 pm on Mondays with Malcolm Taylor. Other sessions are available with other coaches.

Track & Field Training: Tuesdays and Thursdays from 4:00 p m. Sundays from 10:00 a m. Contact individual coaches re times and costs. Please contact the above coaches for further details. **Equipment** is provided for club members for training purposes, please respect it and report any damage to a committee member. The Tauranga Millenium Track Trust provides equipment only for **competitions** in most instances, please use the club's equipment for training.

Newsletters

The club produces a regular newsletter detailing results of past events and including more specific details about coming events. If you have any contributions Fay Smith Ph. 544 3666. The newsletter is on the club website

www.taurangaramblers.co.nz. Check out the photos on Facebook.

Media

Club media officer – Refer Malcolm Taylor. Results of events will regularly feature in print and on radio. Any worthy news items should be reported to Malcolm.

Club Events

Held at Tauranga Domain as detailed in the programme listed on the next page. **Note: Social events will be held in CNS club rooms behind the grandstand.**

N.B. These events are held regardless of weather conditions.

Other events

There is a comprehensive programme of events covering the Auckland/Waikato/Bay of Plenty area. Key events are listed on the previous pages, further details maybe obtained from the Waikato-BOP Centre Year Book (available from the Secretary), or the websites Website: www.athletics.org.nz or “ www.athleticswbop ”

Protect Our Track: Use correct spikes being Xmas Tree or Pyramid less than 6mm.

The use of sleds on the track is not permitted.





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For an award winning back care experience Ph: 07-577 9267 .

Queen Elizabeth Youth Centre

Cnr 11th Avenue & Devonport Road, TAURANGA 3110

- Clinic Hours
- Mon: 7am - 12 + 3.00 - 5.30pm
- Tue: 7am - 12 + 3.00 - 5.30pm
- Wed: 7am - 12 + 3.00 - 5.30pm
- Thur: 7am - 12 + 3.00 - 5.30pm
- Fri: 7am - 11 + 1pm - 5.00pm

Chiropractic care with a difference



Award winning Chiropractor Dr Pat Wigley has now set up in Tauranga to continue to provide the same affordable and results driven care that thousands have benefited from to date.

People with back or neck pain, headaches or migraines, achy hips and pain between the shoulders are just some of the problems that Dr Pat faces on a daily basis. "What is rewarding is the difference my Chiropractic care has made, which, for some patients is after their first visit. It's very satisfying to have people of all ages able to get back on their feet and see them active again."

Dr Pat provides Chiropractic care not only for national and regional sports teams and athletes, but what is interesting is a lot of the mums, dads and coaches who have witnessed the benefit of Pat's Chiropractic care have themselves seen Pat for their own back or neck pain.



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Fresh new approach to physiotherapy

Steve Smith is an exciting young physio who has just joined the CNS Clinic from the University of Otago. A local boy born and bred, Steve grew up in Tauranga where he attended Tauranga Boys College before journeying to Dunedin to pursue a career as a physiotherapist.

He has as a special interest in sports injuries and rehabilitation and in 2009 won the New Zealand Sports & Orthopedic Physiotherapy Association Student Research Award for his work.

He enjoys all sports, especially football, water skiing and tramping, and on Saturdays during winter you will find him, playing football for Tauranga City United or treating his team mates on the side lines when they get injured.

CNS Clinic has sponsored CNS Tauranga Ramblers Harrier Club providing the CNS High Performance Centre Club Rooms at Tauranga Domain for use by club members to support events hosted by the club at Tauranga Domain. Committee meetings are also held in the CNS Meeting room on a monthly basis.

Fund Raising: The club delivers local telephone directories and organises events to generate money to assist with the running of the club and assisting athletes to events.

Your help with these activities would be appreciated for us to be able to provide this assistance for you.

Subscriptions

2011/2012 Summer Season

Notes

1. Grade is determined by age as at 31/12/11 except for Masters when actual date of birth applies.
2. Family Discount (3 or more) – 15 % off club portion of subscription.
3. Social Member is a non running person who wishes to be a full member of the club.
4. Associate membership is open to fully paid up **Athletics New Zealand** members of other clubs and centres.

Grade	Full Sub	Associate Sub
Masters Women 35 plus	\$ 103.00	\$ 40.00
Masters Men 35 plus	\$ 103.00	\$ 40.00
Senior Women	\$ 103.00	\$ 40.00
Senior Men	\$ 103.00	\$ 40.00
Women W20	\$ 79.00	\$ 37.00
Men M20	\$ 79.00	\$ 37.00
Women W17	\$ 53.00	\$ 22.00
Men M17	\$ 53.00	\$ 22.00
Girls 14	\$ 46.00	\$ 15.00
Boys 14	\$ 46.00	\$ 15.00
Girls 13	\$ 26.00	\$ 10.00
Boys 13	\$ 26.00	\$ 10.00
Girls 12	\$ 21.00	\$ 5.00
Boys 12	\$ 21.00	\$ 5.00
Social Member (Non Runner)	\$ 33.00	

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.



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**CNS TAURANGA RAMBLERS
APPLICATION FOR MEMBERSHIP**

Name: _____

Address: _____

_____ **Post Code** _____

Email _____

Phone _____

Mobile: _____

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

Coach _____

Grade _____ (e.g. Men 20) **Fee Payable** \$ _____ : _____

Singlet Purchase: \$60.00 or Singlet Hire Annual Fee \$10.00. \$ _____ : _____

Total Payment \$ _____ : _____

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

Please hand this form and fee to the Subscription Secretary at any Club event or post to:

**Athletics Tauranga Incorporated
(Tauranga Ramblers)**

P O Box 2376 Seventh Avenue
TAURANGA 3140

Or pay online to Athletics Tauranga Inc Westpac Tauranga Centre

Account Number 030435045919500

(Email registration form to entries@taurangaramblers.co.nz)

Club Use Only: Athletics NZ Membership Number: _____



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Athletics Tauranga Incorporated (CNSTauranga Ramblers)
Club Night Programme 2011 / 2012 Season

Please be aware of the different start times for Club Night during the season – it varies between 5.30pm to 6pm. Every endeavour will be made to start the programme on time.

<u>Date</u>	<u>Time</u>	<u>Track Event</u>	<u>Time</u>	<u>Field Event</u>
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4 October

6pm	60m	6pm	Shot Put
6.20pm	600m	6.30pm	Long Jump
6.40pm	150m		
7pm	1 mile		
If time	Medley relay (100m,100m,200m,400m)		

11 October

6pm	100m	6pm	High Jump
6.30pm	1000m		
6.45pm	300m	6.45pm	Discus
7pm	4000m		

18 October

6pm	200m	6pm	Javelin
6.30pm	1500m	6.30pm	Triple Jump
6.45pm	400m		
7pm	5000m		

25 October

Club night plus Invitation to Sec.School Athletes competing in NZSS Champs

5.30pm	80/100/110m Hurdles		
6pm	100m	6pm	Shot Put
6.30 pm	800m	6.30 pm	Long jump
6.50pm	200m		

1 November

5.45pm	300m H	6pm	High jump
6pm	100m		
6.20pm	800m	6.45pm	Discus
6.40pm	200m		
7pm	3000m		

6 November New Balance Bays & Bridges 14km Run /Walk. If not running or walking please assist with this event by helping with marshalling and other duties.

8 November

5.45pm	80/100/110m Hurdles (entries by 5.30pm)		
6.05pm	200m	6pm	Javelin
6.30pm	1500m		
6.50pm	4 x 100m Relay	6.30pm	Triple Jump

15 November

6pm	100m	6pm	Shot Put
6.30pm	800m		
6.45pm	400m	6.30pm	Long Jump
6.55pm	3000m		

22 November

6pm	200m	6pm	Discus
6.20pm	1500m	6.30pm	Triple Jump
6.40pm	4 x 400m relay		
6.55pm	4000m		

29 November

5.45pm	80/100/110m Hurdles (entries by 5.30pm)		
6.05pm	100m	6pm	Javelin
6.30pm	800m		
6.50pm	400m	6.30pm	High Jump
7pm	5000m		

6 December

5.45pm	300/400m Hurdles (entries by 5.30pm)		
6.05pm	100m	6pm	Shot Put
6.30pm	1500m		
6.50pm	200m	6.30pm	Long Jump
7pm	3000m		

13 December**Pentathlon**

	<u>Men</u>	<u>Women</u>
6pm	Long Jump (3 jumps) Javelin (3 throws) 200m Discus (3 throws) 800m	6pm 100m Shot Put (3 throws) Long jump (3 jumps) Javelin (3 throws) 800m
6.15pm	60m (for individuals not in Pentathlon)	
6.30pm	5000m (a/a)	

17 January

5.45pm	300/400m Hurdles (CC)	
6.05pm	100m	5.45pm Long Jump (CC)
6.20pm	1500m (CC)	6.30pm Javelin
6.40pm	200m	
7pm	3000m	

24 January

5.45pm	100m (CC)	6pm Discus (CC)
6.15pm	800m (CC)	
6.35pm	400m	6.30pm Triple jump
6.50pm	5000m	

31 January

5.45pm	200m (CC)	5.45pm Hammer
6.15 pm	1500m	6pm High Jump
6.40pm	100m	6.30pm Shot Put (CC)
6.55pm	4000m	

7 February NOTE this may delayed/cancelled due to Oceania Masters Champs which are on all week. So no Club Champs events today.

6pm	100m	6pm Long Jump
6.20pm	800m	
6.35pm	200m	6.30pm Wt Throw
6.50pm	3000m	

14 February

5.45pm	80/100/110m Hurdles (lanes 4 to 8 only)	
6pm	5000m (CC)	6pm Triple Jump (CC)
6.15pm	200m (lanes 4 – 8)	
6.30pm	1500m	6.30pm Javelin
6.50pm	400m	

21 February

5.45pm	100m	5.45pm High Jump (CC)
6.05pm	3000m (CC)	
6.30pm	200m	6.30pm Shot Put
6.50pm	800m	

28 February

5.45pm	400m (CC)	6pm Discus
6.10pm	1500m	
6.30pm	100m	6.30pm Long Jump
6.55 pm	5000m	6.30pm Wt Throw (CC)

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6 March

		5.45pm Javelin (CC)
6pm	10000m (CC)	
6.15	60m (lanes 4 – 8)	
6.45pm	200m (lanes 4 – 8)	6.30pm High Jump
7pm	800m	

13th March

5.45pm	100m	
6.05pm	1 Mile (CC)	6pm Triple Jump
6.30pm	300m	6.30pm Shot Put
6.45pm	3000m	

20 March

Request Meeting and BBQ night.

Please get your event requests in the week before so officials can organise the club night. Thankyou

**22/23/24th March NZ Track and Field Championships in Waitakere
Good luck to all those involved.**

27 March Request Meeting ?????

**31 March/1st April North Island Secondary School Championships
in Tauranga.
Good luck to all those involved.**

NOTE: Where there are long distance Club Championship races (after Xmas) we will endeavour to hold short sprint races in the outside lanes while the distance races are in progress. To do this will require many helpers, so please give assistance to help run the programme smoothly. Instructions will be given to enable parents to help with running the Club nights.

Club Championships: Where Club Championships are run in age groups contestants for each age group shall contest the same race.

Outside Events: Refer to your AWBOP year book for entry procedures on how to enter, especially Waikato Bay of Plenty Championships.

April is the start of the winter season, check out our website for details.



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ATHLETICS WAIKATO-BAY of PLENTY

Composite Calendar of Local, Area, National & International Events 2011-12

Day / Date	Finishes	Event	Venue	Start
OCTOBER 2011				
Sun 16-Oct		Masters Warm-up Meet 1	Porritt	Midday
Wed 26-Oct		Waikato-BoP Sec Schools League Round 1	Porritt	5:30pm
Sat 29-Oct		Open Meeting	Porritt	3:00pm
Sat 29-Oct		Trans-Tasman Trial 1	Mt Smart	8:30am
Sun 30-Oct		ANZ Long Distance Walks Champs	Palmerston N	
Sun 30-Oct		ANZ Half Marathon Champs	Auckland	
NOVEMBER 2011				
Wed 2-Nov		Waikato-BoP Sec Schools League Round 2	Porritt	5:30pm
Fri 4-Nov & Sat 5-Nov	Sat 5-Nov	Parafed National Champs	Porritt	
Sat 5-Nov		Trans-Tasman Trial 2	Mt Smart	8:30am
Sat 5-Nov		Tokoroa Ribbon Day, Strathmore Park	Tokoroa	10:00am
Sat 5-Nov		Open Meeting	Tauranga	3:00pm
Sun 6-Nov		Bays and Bridges	Tauranga	
Sat 12-Nov		Putaruru Bell Round 1, with AWBoP 10000m Champs	Tauranga	4:00pm
Sat 12-Nov		Fairfield Ribbon Day	Porritt	10:00am
Sun 13-Nov		Masters Warm-up Meet 2	Porritt	Midday
Sat 19-Nov		Putaruru Bell Round 2	Porritt	3:00pm
Sat 19-Nov		Te Awamutu Ribbon Day, Te Awamutu Stadium	Te Awamutu	10:00am
Sat 19-Nov		Jennings Cup - NO PARKING	Tauranga	9:30am
Sat 19-Nov & Sun 20-Nov	Sun 20-Nov	North Island Combined Events Champs	Hastings	
Sun 20-Nov		Toi's Challenge	Whakatane	
Sat 26-Nov		Open Meeting	Porritt	3:00pm
Sat 26-Nov		Cambridge Ribbon Day	Cambridge	10:00am
Sat 26-Nov		Auckland "T&F Festival"	Mt Smart	2:00pm
Sat 26-Nov & Sun 27-Nov	Sun 27-Nov	North Island Masters Champs	Wellington	
DECEMBER 2011				
Sat 3-Dec		Open Meeting	Tauranga	3:00pm
Sat 3-Dec		Children's Relay Championships	Porritt	9:30am
Sat 3-Dec		Auckland "T&F Festival"	Mt Smart	1:00pm
Sat 3-Dec & Sun 4-Dec	Sun 4-Dec	Australian All-Schools Champs	Queensland	
Sun 4-Dec		Sam Johnson Memorial Throws Meeting	Porritt	10:00am
Sat 10-Dec		Kawerau Ribbon Day, Prideaux Park	Kawerau	10:00am
Sat 10-Dec		<i>No Open Meeting due to NZ Secondary Schools Champs</i>		
Sat 10-Dec & Sun 11-Dec	Sun 11-Dec	NZ Secondary Schools Track & Field Champs	Wellington	NZSSAA
Sat 10-Dec		Zatopek Meeting	Melbourne	
Sat 17-Dec		Rotorua Ribbon Day, No. 2 Stadium grounds	Rotorua	10:00am
Sat 17-Dec		Open Meeting	Porritt	3:00pm
Sat 17-Dec		(Sir) John Walker Night of Miles	Mt Smart	3:30pm
Sun 18-Dec		Masters Christmas Meet	Tauranga	Midday



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JANUARY	2012			
Sun 1-Jan		Tauranga Twilight with AWBoP 3000m Champs	Tauranga	2:30pm
Tue 3-Jan		National 10000m Champs with Open Events	Tauranga	4:30pm
Fri 6-Jan -	Sun 8-Jan	North Island Colgate Games, Tauranga Domain	Tauranga	9:00am
Sat 7-Jan		Lovelock Classic	Timaru	
Fri 13-Jan -	Sun 15-Jan	South Island Colgate Games, Saxton Field, Stoke	Nelson	9:00am
Sat 14-Jan		Open Meeting	Porritt	3:00pm
Sat 21-Jan		Open Meeting, with Children's events	Porritt	3:00pm
Sat 21-Jan		Potts Classic, with National M/W19 3000m Champs	Hastings	
Sat 21-Jan	Sun 22-Jan	Northern Regional Combined Events	Papakura	
Sun 22-Jan		Masters New Year's Meet	Tauranga	Midday
Mon 23-Jan		Capital Classic	Wellington	
Fri 27-Jan		Cook Classic	Wanganui	
Sat 28-Jan		Open Meeting	Tauranga	3:00pm
<u>Sun 29-Jan</u>		Grade 14 U16 U18 Inter-Regionals	Palmerston N	
FEBRUARY	2012			
Sat 4-Feb		Open Meeting	Porritt	3:00pm
Sat 4-Feb		International Track Meet (on a grass track)	Christchurch	
Sat 4-Feb -	Sun 5-Feb	National Combined Events Champs	Palmerston N	
Sun 5-Feb -	Sun 12-Feb	Oceania Masters Champs	Tauranga	WMA
Sat 11-Feb		Porritt Classic	Porritt	3:00pm
Sat 11-Feb		Putaruru Ribbon Day, Glenshea Park	Putaruru	10:00am
Sat 18-Feb		Te Aroha Ribbon Day, Herries Park	Te Aroha	10:00am
Sat 18-Feb		National 3000m Champs	Dunedin	
Sat 18-Feb		AWBoP Senior Track & Field Champs: Day 1	Tauranga	1:30pm
Sun 25-Feb		AWBoP Senior Track & Field Champs: Day 2	Porritt	1:00pm
Sat 25-Feb		Greerton/Bellevue Ribbon Day	Tauranga	10:00am
Sat 25-Feb		Auckland Track & Field Champs: Day 1	Mt Smart	1:00pm
Sun 26-Feb		Auckland Track & Field Champs: Day 2	Mt Smart	1:00pm
MARCH	2012			
Fri 2-Mar -	Sun 4-Mar	Australian Olympic Trials	Melbourne	
Sat 3-Mar		Paeroa Ribbon Day	Paeroa	10:00am
Sat 3-Mar		Open Meeting	Tauranga	3:00pm
Sat 3-Mar		IAAF Meet	Melbourne	
Sat 3-Mar -	Tue 6-Mar	Masters National T&F Champs	Auckland	
Tue 5-Mar	TBC	Mid Island Secondary Schools Zone Champs	TBC	
Tue 5-Mar	TBC	Bay of Plenty Secondary Schools Zone Champs	Tauranga	
Wed 6-Mar		Central Zones 1 & 2 Secondary Schools Champs	Porritt	
Thu 7-Mar		Thames Valley Secondary Schools Zone Champs	Paeroa	
Thu 8-Mar		King Country Secondary Schools Zone Champs	Te Awamutu	
Fri 9-Mar -	Sun 11-Mar	World Indoor Champs	Istanbul	
Sat 10-Mar		AWBoP Children's Track & Field Champs	Porritt	9:30am
<u>Sun 11-Mar</u>		Open Meeting	Porritt	3:00pm
Wed 14-Mar -	Sun 18-Mar	Australian Junior Track & Field Champs	Sydney	
Sat 17-Mar		Waikato-BoP Secondary Schools Track & Field Champs	Tauranga	9:00am
Sun 18-Mar		Masters Trophy Day	Porritt	Midday
Fri 23-Mar -	Sun 25-Mar	National Track & Field Champs and Olympic Trials	Waitakere	
Sat 31-Mar	Sun 1-Apr	North Island Secondary Schools Track & Field Champs	Tauranga	NZSSAA
Sat 7-Apr	Sun 8-Apr	Easter Weekend: Grade 12 & 13 Inter-Regionals	Auckland	
Fri 14-Apr -	Sun 16-Apr	Australian Open, AWD & Combined Events Champs	Melbourne	



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Support our sponsors



CNS CLINIC HIGH PERFORMANCE CENTRE
AND MEETING ROOM



New Balance and NZCT SUPPORTED BAYS & BRIDGES



The Lion Foundation \$10,000 for equipment for Track & Field



Pub Charity have provided support for travel.



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www.smithssportsshoestauranga.co.nz

Smiths Sports Shoes sponsored many events including Bays to Bridges, Tauranga Twilight Athletics Meeting. Everyone's Run Walk, from Thursdays 29th September 2011, Maxwells Road 5km \$5.00 17yrs + \$3.00 16yrs & Under.

Register 5:15pm, Walk 5:45 Run 6:00, Also 3km option.



www.orthocentre.co.nz

Grace Sports Medicine sponsored Tauranga Twilight Athletics Meeting



nzwindows.co.nz sponsored Tauranga Twilight Athletics Meeting

