

# Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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- > North Island T&F Champs
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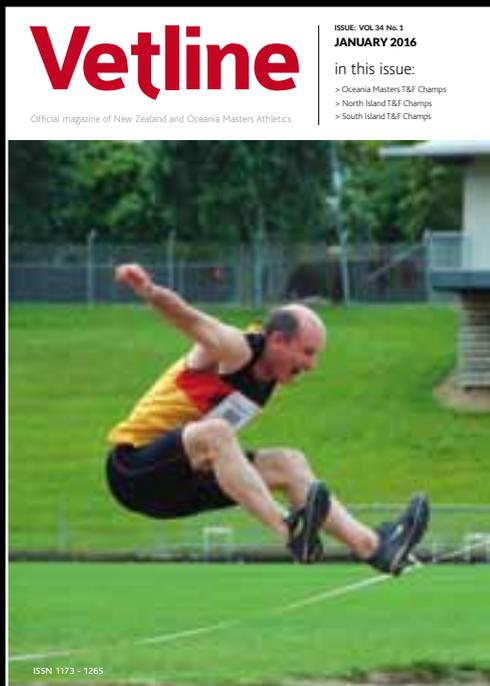




David Anstiss attempting a North Island record in the men's high jump

PHOTO: John Campbell

Official Magazine of New Zealand and Oceania Masters Athletics  
FOUNDED IN 1970



### Cover Photo

Stephen Burden (WBP) won the M55 triple jump at the North Island Champs in Auckland  
Photo - John Campbell

### Inside Back Cover

Mark Flaus (STH) throwing the heavy weight at the North Island Champs in Auckland  
Photo - John Campbell

### Back Cover

Willie Bowmar (submerged) and Delwyn Smith (both NTH) during the steeplechase at the North Island Champs in Auckland

Photo - John Campbell





The start of the M60 800m at the Oceania Masters champs in Rarotonga

PHOTO: Michael Slagter

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# Letters to the Editor

## Rarotonga Half Marathon (OMA Champs)

I went to the Rarotonga Oceania Masters champs which was very enjoyable - great venue, racing and friendly but intense competition.

However one issue that happened, has left a lot of questions unanswered:

1. How can a runner who does not appear on the official race entry lists, get a late entry start in the half marathon ?
2. How can he run in the event not wearing the official uniform of his country (rule 3).
3. The athlete does not wear race numbers on the back or front (rule 4). He finishes 2nd in his age group and receives the silver medal. Compare this with two other runners in the same age group, who entered officially and were on the official race entry list, ran in the full uniform of their country and had race numbers on their back and front .

They have been denied any action on this by officials. Many emails about this have been sent, but I have now been advised that rule 20 (protests) has now been applied on the 29th Oct, when the race was run on the 10th Oct.

It seems strange that rule 20 is now being used but all other rules (entries, uniforms, race numbers) have been ignored. As yet, no official explanation why that this has happened has been received.

Do other Vetline readers have any views on this ?

*Alan Eustace*

### NZMA e-mail Database

NZMA are intending to use e-mail as a method of contacting our members.

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Council of Athletics New Zealand (ANZ)





# President's Report

by ANDREW STARK - NZMA President



In late November, I attended both the South Island and North Island Track and Field Championships where I took the opportunity to talk about the proposed 'partnership' and creation of a Memorandum of Understanding between Athletics New Zealand (ANZ) and New Zealand Masters Athletics (NZMA). All athletes who attended these meetings were given a flyer explaining the membership options going forward. This has been reproduced in Vetline on pages 29-29 and the same information has been available on the NZMA website. Thank you to those who have taken the time to e-mail me your opinions.

Why change what we do and how we run NZMA? The reality is that membership numbers are falling, yet there are 1200+ mastered aged athletes within ANZ clubs, who currently do not join NZMA.

The key purpose of working with Athletics New Zealand is to simplify the registration process by having only ONE fee and to allow NZMA to have access to ANZ members and vice versa. This will allow both NZMA and ANZ to promote what we offer to all masters athletes and allow all athletes an opportunity to compete in all events of their choice, as determined by their membership selection, as explained on page 29.

In the process of talking with others, I have been made aware of some mis-information that is out there. These include the following incorrect statements:

- ANZ are taking NZMA over
- NZMA members will be forced to join a club
- It is going to cost you more to join ANZ or NZMA
- NZMA will be forced to run our events under IAAF rules

In response I wish to clearly state that:

- NZMA will retain control over the events we already organise and we will remain financially separate from ANZ
- No one will be forced to join a club
- For club athletes, who are also NZMA members, your costs will go down and for non-club athletes, ie just NZMA members, your costs will remain about the same, depending on what Vetline costs to produce
- NZMA will continue to run its track and field championships under our rules

However, there will be some changes. NZMA will not receive as much income from its members as before. Fees paid by our members who also belong to clubs will be retained by ANZ. Only fees paid by non-club NZMA members will be retained by NZMA, therefore if the agreement precedes the Board will be reviewing how we operate.

At a local masters' centre level, it will be difficult to force all master's athletes to pay a local masters fee, especially those who have previously only joined ANZ clubs. Therefore it will be necessary to rethink how you operate and where you will generate income to cover costs such as venue hire. As President of Canterbury, I have been successfully receiving funding from New Zealand Community Trust to assist us when hosting big events, so there is money out there. We also charge competition fees when holding our own championships as a way of generating income to cover costs. I am happy to assist any centre who requires advice / help on this matter.

Vetline will be offered as a 'stand-alone' subscription. We cannot force all members to buy a subscription, no matter how great we think the magazine is. This means it will rely on your support if it is to continue in its present format. It does not mean it will disappear if not supported, but we will have to reconsider the best way to provide the same service, i.e. keeping our members informed about what's coming up and what's happened.

Finally, given the lack of attendance at both the South Island (63) and North Island Championships (145), we need to do something to increase our active membership. I know that the relationship between ANZ and NZMA has not always been positive. However, we have to move on and 'let go of the past' and trust that both groups have the interests of masters athletes as the reason for wanting to 'work together'. The idea of a 'merger' has been talked about for twenty years. We now have a 'Memorandum of Understanding' prepared as to how we can 'share membership' that could take effect immediately following our AGM in February, depending on how your centre representatives vote. Talk to each other and provide me with your feedback too, so the decision we make reflects what you ... the members want.

I am looking forward to the AGM.

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# Oceania Masters Athletics Championships 2015

by Michael Wray

The Oceania Masters Athletics Champs returned to the Cook Islands for the first time since 2004. The event was a success overall but not everything was positive.

Holding the event before the track season had even started did not make it an attractive event to attend for all. In addition, the World Championships had been in Lyon just six weeks previously; many of Oceania's top performers were absent due to being unable to commit to two overseas trips in as many months.

I don't understand why the whole championship has to be compressed in to a six day programme. Bendigo used nine days, Tauranga used eight and the next championships in Dunedin is scheduled for eight. A six day programme is a reduction to 67%-75% duration. It felt a little rushed and those of us who compete in several events were running tired by the end, much more so than normal. There were also issues with the 4x100m relay and teams being assigned to run in the wrong age group.

The Rarotonga track is smaller than the standard size, being six lanes only. The surface felt quite new and was a good surface to run on. The reduced width was only a factor in two ways. Some races were very crowded at the start, creating a "bumper car" experience at the gun. This was exacerbated with the merging of wide age-ranges for some events, such as the M30-59 1500m (more on that impact below) and 2000m steeplechase.

The other issue with the six lane track only revealed itself on the final track day. It appears one athlete had not read the programme properly and assumed their seven person 200m heats would go straight to final, not realising a six lane track meant heats were required. The athlete did not turn up for their heat, which resulted in the (now) six person heat going to a straight final. Instead the athlete only appeared for the final and was upset to discover their qualifying heat DNS ruled them ineligible to run in the final and there was no seventh lane available for them even if the officials waived the DNS. This is entirely the athlete's fault; the six lane limit was clearly stated in the event brochure. The lesson is clear: always turn up for your scheduled heat.

A windy first day consisted of the 10km road walks, enneathlon (i.e. a decathlon less the pole vault), heptathlon, several throwing events, long hurdles and 5000m. Despite being the only runners in their respective age groups, Stan Miller (M70) and Stewart

Foster (M75) staged an entertaining race in the 300m hurdles. They were neck and neck down the finishing straight, pushing each other to an honest effort despite each being guaranteed gold. It looked like whoever took the final hurdle the best would claim line honours. Foster jumped smoothly, while Miller stuttered badly to the point that instead of jumping he attempted to step over the hurdle while still running. He fell over the hurdle, losing 15-odd seconds as he got up and completed his race - fortunately unhurt.

The second day started with rain, which mostly cleared up in time for competition. The combined events completed their programme, giving way to the 60m sprints, continued throws and the 800m. The combined M30-49 800m race was probably the pick of the events for the neutral, with all five runners lined up in close contention at the bell and a drag-race in the final 200m stringing out the finishing order as Michael Wray (M45), Dwight Grieve (M35), Andrew Sexton (M40), Bill Twiss (M45) and Paul Carter (M30). Andrew Stark (NZ) and Trevor Scott (AU) also put on an exciting finish in a full M55 race, with the New Zealander sitting and kicking in a strong finish to reach the line first. Notably, Eric de Lautour became the first ever M95 to complete the event at the OMA Champs.

Day three produced a wet and windy day to follow an evening of torrential rain. It was fitting, therefore, for the day to start with the cross country. Several of us were able to comfortably wear cross country spikes and take the hairpin bends faster as a result. The course itself was somewhat dull, being a flat dog-legged circuit of the golf course. There were no hills and no jumps in the 2km lap, which was to be run four times.

The course had not been set up when the women, who started an hour before the men, warmed up and this meant there was no opportunity to run a sighting lap. This didn't help Australian W55 Elizabeth Slattery. She followed NZ's Andrea Williams (W40) through the first lap but Andrea worked out a strong lead and on the second lap Elizabeth was not following so closely. Consequently, Elizabeth managed to miss the cones and marshalling instructions on her second lap and missed a half kilometre dogleg. To avoid disqualification, Elizabeth had to re-run a complete lap and lost a significant amount of time in the process. Amusingly, at least to my eyes, Elizabeth almost repeated the error - when I was

warming up, I witnessed Elizabeth run past the second dogleg turn on her final lap before being sent back by an alert race marshal. Consequently, Elizabeth had to put up with wise cracks from all and sundry for the rest of the week!

After the wind and rain had alternated or shared appearances, the fourth day produced the kind of day you associate with the Pacific Islands: still and hot. In one of the sprint races, one of the runners had to deal with an unexpected obstacle, when a dog wandered onto the track. I don't think it changed the result but I wasn't close enough to the incident to be sure. Dogs are pretty much everywhere on Rarotonga and are friendly enough - three "adopted" Sharon and I on a leisurely bush walk a few days after the champs, joining us for the duration of our trek.

The 1500m races were initially run in 10 year age bands but by the time the M50s were reached, the meet was late. The schedule slipped on this day, with events running a fair way behind schedule by the time the 1500m events came round. It made it difficult to time your warm-up routine, especially when all the 1500m races were given the same start time in the programme and you had to try and figure out what that actually meant for your scheduled start time let alone allow for the delay. Eric de Latour ran the OMA Champs' first M95 1500m and scored the highest age-grade percentage (88.16%) to claim the Clem Green 1500m Trophy.

The M30-59 race was merged into one race. The older runners were given the inside starting positions, with the younger (and faster) runners placed outside. On the six lane track, it was crowded and when the faster runners cut across to the inside there was a lot of bumping. Bill Twiss in particular had an "elbow fight" with an inside runner. Dwight Grieve grabbed the early lead, closely followed by Michael Wray and Bill Twiss. After the first lap, Michael and Bill fought out a tight race at the front, dropping any chasers and exchanging the lead several times. Unfortunately a duel that was building to an exciting finish did not get a chance to put on a finishing straight sprint-off. On the final bend, Michael was running on the inside with Bill on his shoulder. About 20m or so from the start of the straight, they came across M55 Roger Pilkington who was being lapped. With Roger blocking his way and Bill on his shoulder, and both Michael and Bill running very fast, Michael had nowhere to go. He tried to squeeze around and instead collected Roger's elbow (two weeks later, as I write, the arm is still purple and green). While Michael fell backwards, Bill overcame his initial fright and kicked. By the time Michael had recovered forward momentum, Bill was away. It was a shame to have a race, which could have gone either way, settled prematurely by a backmarker. If only the M50-59 race had not been merged with the M30-49 race.

The long jump produced a more spectacular crisis. Australian M35 Darrin Norwood suffered an injury of some kind as he took off during a jump. It resulted in him landing in a crumpled heap and incurring serious pain. He thought he had dislocated his hip and possibly broken a bone. The hospital diagnosed a muscle tear, rather than any bone issues. It got worse however as he discovered he also had an abdominal hematoma after more pain on his return flight led to him going straight to the hospital after landing home.

The final track day was also warm and the main events were the 3000m walk, steeplechase, 400m and relays. The 4x100m relays were a little confused when the Solomon Island M150 team ran in the M240 race instead of the M150 race; it was clearly wrong as the Solomon Island team were markedly younger than their rivals and the NZ M150 team had no direct competition when they ran. The NZ M150 team were given the gold medal, despite having the slower M150 team. There was confusion on the M240 podium and during the 4x100m medal ceremony in general! I assume the NZ medals were swapped to silver but the NZ team (Arvindra Maharaj, Tim Cross, Corey Mennell, Mark Macfarlane) were denied the opportunity to race head-to-head against their rival team and I suspect both teams were given gold as a compromise. I certainly hope the team that finished fourth in the "M240" race were correctly recognised as the third M240 team, with the correct recognition of the real first and second teams too. The live meeting results webpage, which are the only results available as I write, still show the Solomon M150 team in the 1M240 position.

The final day overall was the half marathon on day six. To be able to start in daylight the race was delayed from 5:30am to 6am. Confusingly, the course map in the event programme said 7am so I hope no-one fell into the trap of turning up an hour late. The rain had returned and temperatures had settled down but it was humid and slippery underfoot.

Typically, the Oceania Masters half marathon has two types of competitor: the tired runner who has been competing at track all week and the half runner who has saved themselves for this event. The latter tend to run reasonable times and do well, while the former run times much slower than normal and are hanging on for the finish. This time everyone was tired. In the humid conditions, it took on the tone of a full marathon and no-one was running fast.

The first three in produced a repeat of the men's cross country: Michael Wray, Dwight Grieve and Bill Twiss. All New Zealanders so the Kiwis swept the teams again. Elizabeth Slattery was the first woman to finish, followed by Andrea Williams and Annette Pelgrim. With Elizabeth Eastwood not far behind, Australia took out the women's teams.



100m sprint - W60



60m sprint - M65



Women's 5000m



100m sprint - M75



5000m Race Walk - mixed



60m sprint - M50

# Oceania Masters Athletics Record Breakers - 2015

MEN					WOMEN				
Event	Name		Perf	Wind	Event	Name		Perf	Wind
<b>60m</b>					<b>60m</b>				
M50	Stephen Jones	AUS	7.83	0.9	W50	Gianna Mogentale	AUS	8.39	1.5
M55	Gary Rawson	NZL	8.08	0.9	W65	Wilma Perkins	AUS	9.52	1.9
M75	David Clive	AUS	9.33	0.9	<b>100m</b>				
M90	James Sinclair	AUS	12.41	1.0	W65	Wilma Perkins	AUS	15.43	1.7
<b>100m</b>					<b>400m</b>				
M90	James Sinclair	Aus	21.02	-1.8	W70	Marge Allison	AUS	79.76	
M95	Eric de Lautour	NZL	28.35	-1.8	<b>300m Hurdles</b>				
<b>200m</b>					W60	Gail Kirkman	NZL	55.05	
M90	James Sinclair	AUS	46.79	-2.0	W65	Wilma Perkins	AUS	65.55	
M95	Eric de Lautour	NZL	59.96	-2.0	<b>2000m Steeplechase</b>				
<b>400m</b>					W65	Loris Reed	NZL	10:00.33	
M90	James Sinclair	AUS	2:04.37		<b>3000m Track Walk</b>				
M95	Eric de Lautour	NZL	2:44.23		W55	Pam Tindal	AUS	15:28.33	
<b>800m</b>					W65	Heather Carr	AUS	17:04.84	
M95	Eric de Lautour	NZL	6:29.6		<b>5000m Track Walk</b>				
<b>1500m</b>					W65	Heather Carr	AUS	28:57.97	
M95	Eric de Lautour	NZL	14:06.88		<b>Javelin</b>				
<b>2000m Steeplechase</b>					W65	Wilma Perkins	AUS	24.51	
M75	Dave Eastwood	NZL	9:40.4		W70	Mary Thomas	AUS	21.51	
<b>3000m Track Walk</b>					<b>Hammer</b>				
M70	George White	AUS	16:41.63		W45	Althea Mackie	AUS	41.80	
<b>Javelin</b>					<b>Discus</b>				
M35	Ezehiel Rangī	SOL	52.34		W70	Mary Thomas	AUS	22.03	
<b>Discus</b>					<b>Shot Put</b>				
M45	Todd Davey	AUS	44.56		W75	Glen Watts	NZL	8.27	
<b>Shot Put</b>					<b>Weight Throw</b>				
M45	Laini Inivale	NZL	13.68		W35	Fionnula Connors	AUS	10.03	
<b>High Jump</b>					W45	Althea Mackie	AUS	12.84	
M85	Hector Mein	NZL	0.91		W50	Jayne Hardy	AUS	13.64	
<b>Triple Jump</b>					W60	Dorn Jenkins	AUS	17.36	
M65	Geoff Shaw	AUS	9.45	0.6	W75	Glen Watts	NZL	11.71	
<b>Throws Pentathlon</b>					<b>High Jump</b>				
M45	Todd Davey	AUS	3729		W65	Wilma Perkins	AUS	1.18	
M50	Stuart Gyngell	AUS	4192		<b>Long Jump</b>				
					W65	Wilma Perkins	AUS	3.78	0.7
					<b>Triple Jump</b>				
					W75	Frances Bayler	NZL	6.24	1.2
					<b>Throws Pentathlon</b>				
					W60	Dorn Jenkins	NZL	4443	
					W70	Mary Thomas	AUS	4377	
					<b>Pentathlon</b>				
					W75	Judy Hammond	NZL	3049	
					<b>Heptathlon</b>				
					W75	Judy Hammond	NZL	2491	

# 2015 OMA Champs, Cook Islands

by Nick Miletic

After arriving via Auckland, we landed at Rarotonga airport to the sounds of island music and a very happy atmosphere, receiving a lei as we left the airport to venture to our hotel at the Edgewater Resort.

Porters lugged our luggage to our rooms and were most willing to help with what ever we required.

Collecting a hire car turned out to be the best option, due to some inclement weather - a motor bike was not a good option, although it didn't seem to worry the locals.

We were told the only road rules were "stay left". The speed limit around the island is 50 kmh, but if you were riding a motor bike without a helmet it was 40 kmh.

The island is 32 kms in circumference. One bus travelled anti clockwise and one clockwise for most of the day.

We travelled around the island both ways and saw the most marvellous clear water and beaches, Coconut trees were abundant, as well as bananas, mangoes and all the tropical fruits.

The Championships started on the Monday and we were amazed at how smoothly everything ran, all events were on time and run very efficiently.



Nick Miletic

The 8km Cross Country was held on the Golf course which was undulating with some sandy patches.

We had a total of 103 athletes from Australia (43 women and 59 men) and of these, we had 12 representing WA. New Zealand had 106 athletes and the Cook Islands had 31. Six came from the Solomon Islands, one from French Polynesia (Tahiti) and one from the Czech Republic.

All our athletes performed with distinction and my partner Gail Castensen competed in her first masters competition, entering the 60m, 100m and Pentathlon and came home with a silver medal.

The weather was mostly fine around 26°C with a couple of rainy days.

The people of Cook Islands are very friendly and welcoming, the atmosphere is very easy paced and relaxing and the dancing girls were fantastic.

There is an expression in the Cook Islands known as Cook Island 'Time', meaning: it will happen, when it happens.

We had a marvellous time and would recommend a holiday in the Cook Islands - put it on your "bucket list" of things to do.



Gianna Mogentale



Andrew Stark (NZ) leads Trevor Scott (AUS)



Gail Kirkman (NZ)



Vanessa Story (L) and Andrea Williams



Petrina Brown (AUS)



Trackside officials, doing the lap scoring



Kevin Henderson (COK) running barefoot



Louise Martin (NZ) in the 100m sprint



Geoff Stoddart (COK) and Willie Bowmar (NZ)

# North Island Masters Champs 2015

by John Campbell

Seven years had passed since Auckland last hosted the North Island championships and being the largest city in the country, there was great anticipation that the event would be well supported.

Of course the fickle Auckland weather was always going to play its part in the outcome, but a decent total of 146 athletes (myself included) entered the champs and the stage was set.

Overall, the weather was pretty reasonable, but we got the usual 'four seasons in one day'. I guess that we should expect it at this time of year, as Spring weather is notoriously unreliable.

Unfortunately my comeback would have to wait for another day, but I hope at least I managed to instill some fear into the hearts of my peers, when they saw my name in the programme...yeah right! John who?

One world champion however, that would make his return appearance, was Mark Cumming. It was great to see him perform at this level again and also nice to catch up with Mark and chat. His passion for throwing hasn't waned in the slightest and he was out there giving it his all. Would we expect anything less?

That's not to say that all of the other competitors weren't giving 100% - in fact there were many North Island and NZ records broken during the weekend.

Notable NI record breakers were:  
Barbara Austin and Hector Mein (4 each),  
Laurie Malcolmson, David Anstiss and Gary Rawson (3 each), Tui Ashe and Jim Feist (2 each).

I won't list all of the record breakers here, however there were many other athletes that featured on the list of outstanding performances.

One 'performance' that stood out to me, was that of Willie Bowmar in the steeplechase. I had positioned myself at the water jump, because as Murray Free thankfully reminded me - "that's where the action is"... A few laps had passed and it was all going to plan. Willie, Terri Grimmer and fellow Northlander Delwyn Smith, were all progressing nicely.

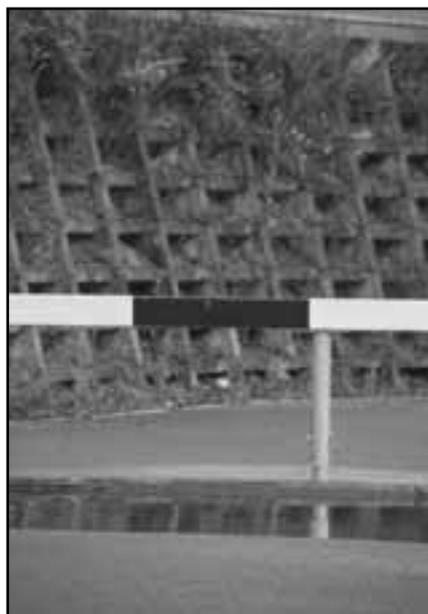
Then as Willie was hurdling the water jump, his foot caught the top of the hurdle and he fell head-first into the water. He was completely submerged for what seemed like an eternity and I just happened to catch the shot on my camera. To be honest I was quite concerned, as he took a long time to surface. Even though the water is only 700mm deep (at the deepest end), my worry is that Willie could have hit his head and drowned.

Thankfully, he surfaced and staggered out of the water, with a "where am I?" look on his face. Willie's glasses had slipped down to the side of his face and now he looked quite comical. I could see that he was fine and instead of retiring from the race, amazingly he battled on and finished. Gee, they sure breed them tough, up North!

On a sadder note, a tragic accident happened during the warm up for the men's shot put on Friday afternoon. Bruce Clarke was accidentally struck in the head and sadly never recovered. Our thoughts go out to his wife Marion and the rest of the Clarke family at this difficult time.



Willie decides to take a shortcut...



Uh-oh! He's completely submerged!



Willie, are you in there?

PHOTOS: John Campbell



Joan Mayall in the W70 800m



Mark Powell in the M65 weight throw



Hector Mein won the M85 400m



Iain MacGowan won the M35 triple jump



Laurie Malcolmson in the M65 400m



Anne Deleiros broke the NI record in the W65 long jump



Theresa Large in the W55 discus throw



Rob Kear 'walks on water' in the steeplechase



NZMA Patron - Jim Blair in the discus



Sheryl Gower passing the baton to Bruce Solomon in the 4 x 100m relay



Hans Barnard in the weight throw



Tui Ashe in the 300m hurdles



Gary Rawson soars high in the triple jump



Tony Deleiros won the M65 discus



Mark Gray in the 400m hurdles



Cara Billen (4051) being shadowed by Catherine Bacon in the 800m



Frances Bayler in the W75 long jump



Jonathon Harper won the M65 800m



Andy Mai won the M35 800m



From L to R: Dave Eastmond (M75), Leslie Quist (M60), Alan Jones (M70)



Tina Ryan was 2nd in the W50 discus



World Champion - Mark Cumming back in the throwing circle



Steve Hargreaves and Anne Goulter in the 4 x 100 mixed relay



Paul Daborn in the 100m hurdles

# > Results

## 60m

W40			
Julia Lile	WBP	8.61	
W45			
Louise Martin	CAN	9.17	
W55			
Anne Bartley	AKL	10.69	
W65			
Sheryl Gower	WBP	9.64	
Anne Deleiros	AKL	9.87	
Nancy Bowmar	NTH	10.52	
Margaret Crooke	NTH	10.53	
W70			
Chris Waring	AKL	10.23	
W75			
Frances Bayler	MNW	11.50	
M35			
Gideon Hanekom	NTH	7.48	
David Garrett	AKL	7.64	
Dennis Langford	NTH	7.83	
M40			
Trevor Wilson	AKL	7.90	
M45			
Steven Hargreaves	AKL	7.75	
Scott Dorset	AKL	7.90	
M50			
Bruce Solomon	WBP	7.88	
Mark Macfarlane	WGN	8.18	
Paul Daborn	WBP	8.49	
M55			
Gary Rawson	WGN	7.89	
Stephen Burden	WBP	8.06	
M60			
Chris Thompson	AKL	11.00	
M65			
Laurie Malcolmson	MNW	8.27	
Robin Reisenleiter	AUS	8.66	
Tony Deleiros	AKL	9.03	
Ross Brown	AKL	9.08	
M70			
John Lester	AKL	9.26	
Wolfgang Schenk	AKL	9.47	
David Anstiss	AKL	9.60	
M75			
Dave Eastmond	NTH	11.40	
M80			
Trevor Cowley	AKL	11.69	
Les Williams	WBP	11.79	
M85			
Hector Mein	WBP	14.01	

## 100m

W40			
Julia Lile	WBP	13.58	
W45			
Louise Martin	CAN	14.91	
W65			
Sheryl Gower	WBP	15.78	
Anne Deleiros	AKL	16.40	
Nancy Bowmar	NTH	17.60	
Margaret Crooke	NTH	17.80	
W70			
Chris Waring	AKL	16.50	
W75			
Frances Bayler	MNW	18.77	
M35			
David Garrett	AKL	11.78	
Gideon Hanekom	NTH	11.79	
M40			
Trevor Wilson	AKL	12.49	
M45			
Steven Hargreaves	AKL	12.17	
Scott Dorset	AKL	12.44	
M50			
Bruce Solomon	WBP	12.48	
Mark Macfarlane	WGN	12.75	
Paul Daborn	WBP	13.26	
Armin Kashammer	NTH	14.74	
Rob Kear	WBP	14.77	
M55			
Gary Rawson	WGN	12.59	
Stephen Burden	WBP	12.82	
M65			
Laurie Malcolmson	MNW	13.35	
Robin Reisenleiter	AUS	14.03	
Ross Brown	AKL	14.70	
M70			
John Lester	AKL	14.91	
David Anstiss	AKL	15.05	
M75			
Dave Eastmond	NTH	18.19	
Noel Jones	WBP	27.09	
M80			
Jim Feist	AKL	18.23	
Les Williams	WBP	19.62	
Trevor Cowley	AKL	23.85	
M85			
Hector Mein	WBP	23.00	

## 200m

W45			
Louise Martin	CAN	30.93	
W50			
Anne Goulter	AKL	32.79	
W65			
Sheryl Gower	WBP	34.11	
W70			
Chris Waring	AKL	34.47	
M35			
David Garrett	AKL	24.42	
Dennis Langford	NTH	25.68	
M40			
Trevor Wilson	AKL	25.40	
M50			
Bruce Solomon	WBP	25.45	
Mark Macfarlane	WGN	26.45	
Mark Lett	NTH	27.99	
M55			
Gary Rawson	WGN	26.79	
Stephen Low	TAS	28.39	
M65			
Laurie Malcolmson	MNW	28.06	
Robin Reisenleiter	AUS	28.76	
Jonathon Harper	WGN	30.78	
Ross Brown	AKL	30.88	
M70			
John Lester	AKL	31.97	
David Anstiss	AKL	32.32	
M75			
Noel Jones	WBP	53.41	
M85			
Hector Mein	WBP	57.96	

## 400m

W65			
Sheryl Gower	WBP	1:23.71	
Tui Ashe	AKL	1:28.15	
W70			
Chris Waring	AKL	1:26.56	
Joan Mayall	WBP	1:51.39	
M35			
Richard Fry	AKL	58.56	
M40			
Trevor Wilson	AKL	56.14	
Jamie Halla	AKL	1:02.42	
M50			
Bruce Solomon	WBP	58.27	
Rob Kear	WBP	1:08.19	
M55			
Stephen Low	TAS	1:03.97	
M60			
Leslie Quist	AKL	1:09.67	
Stephen Luketina	AKL	1:13.48	
M65			
Laurie Malcolmson	MNW	1:05.37	
Jonathon Harper	WGN	1:10.24	
Murray Clarkson	WBP	1:14.02	
M70			
David Anstiss	AKL	1:13.15	
Wolfgang Schenk	AKL	1:13.28	
Colin MacLeod	NTH	1:18.80	
Alan Jones	TAR	1:20.32	
M75			
Noel Jones	WBP	2:06.73	
M85			
Hector Mein	WBP	2:30.95	

## 800m

W40			
Cara Billen	AKL	2:35.30	
W45			
Catherine Bacon	AKL	2:39.31	
W55			
Terri Grimmer	WGN	3:32.32	
W65			
Tui Ashe	AKL	3:41.46	
W70			
Joan Mayall	WBP	4:12.01	
M35			
Andy Mai	AKL	2:20.56	
M40			
Brad Thompson	WGN	2:44.42	
M50			
Armin Kashammer	NTH	2:32.03	
M60			
Leslie Quist	AKL	3:02.92	
M65			
Jonathon Harper	WGN	2:46.54	
Murray Clarkson	WBP	2:53.70	
M70			
Alan Jones	TAR	3:16.71	
M75			
Dave Eastmond	NTH	3:36.51	

## 1500m

W40			
Cara Billen	AKL	5:20.93	
W45			
Catherine Bacon	AKL	5:41.28	
W65			
Judith Stewart	AKL	7:24.83	

M35			
Andy Mai	AKL	4:42.90	
M40			
Brad Thompson	WGN	5:42.67	
M45			
Richard Conyngham	AKL	4:52.13	
M50			
Armin Kashammer	NTH	5:17.42	
M55			
Ian Calder	NTH	4:51.13	
Tony Price	WGN	5:17.64	
M65			
Brian Warren	TAR	5:38.79	
Murray Clarkson	WBP	5:56.76	
M70			
Anson Clapcott	AKL	5:40.00	
Barry Jones	AKL	6:11.74	
Colin MacLeod	NTH	6:15.92	
Alan Jones	TAR	6:34.55	
M75			
Jeremy Griffiths	MNW	7:23.43	
M80			
Jim Feist	AKL	7:20.75	

## 3000m

W50			
Meghann Stewart	AKL	11:43.47	
W55			
Terri Grimmer	WGN	15:10.32	
W65			
Judith Stewart	AKL	15:29.94	
M35			
Andy Mai	AKL	10:04.42	
M45			
Richard Conyngham	AKL	10:33.09	
M50			
Ken Walker	AKL	10:06.76	
Armin Kashammer	NTH	11:18.50	
M55			
Ian Calder	NTH	10:08.81	
Alastair Prangnell	AKL	10:14.08	
Tony Price	WGN	10:55.00	
M65			
Brian Warren	TAR	11:52.36	
Murray Clarkson	WBP	12:57.69	
Graeme Adams	AKL	13:09.66	
Willie Bowmar	NTH	13:51.42	
M70			
Anson Clapcott	AKL	12:06.77	
Alan Galbraith	AKL	12:37.48	
Barry Jones	AKL	13:57.07	
M75			
Jeremy Griffiths	MNW	15:19.73	
Dave Eastmond	NTH	17:05.23	

## 5000m

W55			
Carolyn Smith	AKL	20:31.8	
M35			
Andy Mai	AKL	18:03.1	
M55			
Ian Calder	NTH	17:56.6	
Tony Price	WGN	19:15.6	
M65			
Brian Warren	TAR	20:30.3	
Donald Park	AKL	35:42.0	
M70			
Alan Eustace	AKL	37:47.6	
M75			
Jeremy Griffiths	MNW	27:15.1	
M80			
Jim Feist	AKL	27:59.6	

## 80m Hurdles

W50			
Anne Goulter	AKL	17.50	
W65			
Tui Ashe	AKL	18.01	
M70			
David Anstiss	AKL	16.08	

## 100m Hurdles

M50			
Paul Daborn	WBP	18.85	
M55			
Mark Gray	WBP	28.89	

## 300m Hurdles

W65			
Tui Ashe	AKL	1:10.36	
M65			
Laurie Malcolmson	MNW	53.78	

## 400m Hurdles

M55			
Mark Gray	WBP	1:40.64	

## 2000m Steeplechase

W45			
Delwyn Smith	NTH	10:23.89	
W55			
Terri Grimmer	WGN	11:13.91	
M65			
Willie Bowmar	NTH	10:25.55	

## 3000m Steeplechase

M45			
Craig Sinclair	WBP	12:40.53	
M50			
Rob Kear	WBP	14:57.91	
M55			
Mark Gray	WBP	16:12.44	

## 3000m Walk

W45			
Corinne Smith	NTH	14:58.18	
Larissa Wildsmith	AKL	19:17.50	
W55			
Terri Grimmer	WGN	19:07.54	
Theresa Large	WBP	20:01.58	
W65			
Shirley Barber	AKL	23:25.58	
M55			
Mark Gray	WBP	18:49.75	
M60			
Mike Parker	AKL	14:53.56	

## 10000m Walk

W45			
Corinne Smith	NTH	53:15.5	
Larissa Wildsmith	AKL	1:09:40.2	
M55			
Mark Gray	WBP	1:08:49.4	
M60			
Mike Parker	AKL	57:48.7	

## Mixed - 4x100m Relay

Waikato/BOP	WBP	54.51	
Auckland 1	AKL	55.98	

## Long Jump

W55			
Christine Polkinghorne	TAR	1.81	
W65			
Anne Deleiros	AKL	3.41	
Nancy Bowmar	NTH	3.38	
Margaret Crooke	NTH	3.29	
Gail Dryland	WBP	2.15	
W75			
Frances Bayler	MNW	2.62	
M35			
Dennis Langford	NTH	5.33	
M50			
Andy Richardson	AKL	5.21	
Mark Macfarlane	WGN	4.78	
Mark Lett	NTH	4.67	
Armin Kashammer	NTH	3.89	
M55			
Gary Rawson	WGN	4.91	
Seelan Ramiah	AKL	4.54	
M70			
David Anstiss	AKL	3.63	
M80			
Trevor Cowley	AKL	2.56	
Les Williams	WBP	2.44	
M85			
Hector Mein	WBP	2.23	

## Triple Jump

W50			
Elena Vinogradova	AKL	8.22	
W55			
Aggie Boxall	AKL	7.46	
W65			
Anne Deleiros	AKL	7.41	
Nancy Bowmar	NTH	6.88	
Gail Dryland	WBP	4.97	
W75			
Frances Bayler	MNW	5.95	
M35			
Iain McGowan	AKL	11.19	
M55			
Stephen Burden	WBP	11.34	
Gary Rawson	WGN	10.22	
M70			

## Shot Put

W45		
Brenda Davis	WBP	9.15
W50		
Tina Ryan	AKL	9.74
Anne Goulter	AKL	7.85
W55		
Aggie Boxall	AKL	8.28
Theresa Large	WBP	6.50
Christine Polkinghorne	TAR	4.22
W60		
Liz Hamilton	TAR	8.02
W65		
Anne Deleiros	AKL	7.91
Nancy Bowmar	NTH	6.80
Gail Dryland	WBP	5.13
W70		
Barbara Austin	NTH	8.05
Beth MacLeod	NTH	5.46
W75		
Julie Williams	WBP	4.38
M35		
Dave Couper	WBP	10.49
Dennis Langford	NTH	9.68
M45		
Laini Inivale	AKL	13.07
Dave McMillan	AKL	9.87
Christopher Mendes	AKL	8.70
Ian Clarke	WBP	7.96
M50		
Andy Richardson	AKL	10.75
M55		
Mark Flaus	STH	11.85
Gary Rawson	WGN	8.06
Tony Catchpole	AKL	8.03
Hans Barnard	AKL	7.74
M60		
Tuariki Delamere	AKL	10.65
Lester Laughton	STH	9.65
Christopher Thompson	AKL	8.66
M65		
Tony Deleiros	AKL	8.37
Mark Powell	AKL	7.05
M75		
Terry Ryan	AKL	6.77
Noel Jones	WBP	5.73
M80		
Trevor Cowley	AKL	7.49
Bryan Mayall	WBP	5.98
Jim Feist	AKL	5.95
M85		
Hector Mein	WBP	6.28

## Discus

W40		
Julia Lile	WBP	17.97
W45		
Brenda Davis	WBP	28.42
W50		
Anne Goulter	AKL	25.60
Tina Ryan	AKL	23.85
W55		
Theresa Large	WBP	14.95
W60		
Liz Hamilton	TAR	21.13
W65		
Gail Dryland	WBP	16.26
W70		
Barbara Austin	NTH	15.77
Beth MacLeod	NTH	13.53

W75		
Julie Williams	WBP	9.32
M35		
Dennis Langford	NTH	34.52
Dave Couper	WBP	28.24
M45		
Dave McMillan	AKL	30.53
Christopher Mendes	AKL	24.50
M50		
Bruce Solomon	WBP	34.99
Andy Richardson	AKL	32.92
Mark Cumming	AKL	31.51
Mark Lett	NTH	26.18
M55		
Mark Flaus	STH	35.24
Mark Bradley	WGN	28.61
Gary Rawson	WGN	26.71
Tony Catchpole	AKL	26.62
Hans Barnard	AKL	24.66
Ivan Smith	AKL	22.10
M60		
Lester Laughton	STH	35.42
Tuariki Delamere	AKL	33.31
Christopher Thompson	AKL	30.51
M65		
Tony Deleiros	AKL	25.86
Mark Powell	AKL	25.55
M75		
Noel Jones	WBP	17.45
Terry Ryan	AKL	17.19
Bruce McLean	AKL	9.81
M80		
Jim Blair	WGN	19.36
Jim Feist	AKL	16.70
M85		
Hector Mein	WBP	11.00

## Javelin

W45		
Veronica Romagnoli	WBP	27.39
Brenda Davis	WBP	24.65
W50		
Tina Ryan	AKL	19.73
W55		
Aggie Boxall	AKL	21.73
Christine Polkinghorne	TAR	7.78
W60		
Liz Hamilton	TAR	16.73
W65		
Gail Dryland	WBP	9.55
W70		
Barbara Austin	NTH	17.73
M35		
Dave Couper	WBP	46.30
Dennis Langford	NTH	44.71
Iain McGowan	AKL	33.76
M40		
Trevor Wilson	AKL	31.37
M45		
Steven Hargreaves	AKL	35.93
Christopher Mendes	AKL	24.07
M50		
Andy Richardson	AKL	41.31
Mark Lett	NTH	28.71
M55		
Mark Flaus	STH	32.31
Gary Rawson	WGN	28.26
Ivan Smith	AKL	24.99
Hans Barnard	AKL	19.59
M60		
Lester Laughton	STH	23.87

M65		
Mark Powell	AKL	17.37
M75		
Bruce McLean	AKL	7.18
M80		
Trevor Cowley	AKL	23.73
Jim Blair	WGN	22.90
M85		
Hector Mein	WBP	15.14

## Hammer Throw

W45		
Brenda Davis	WBP	33.24
W50		
Anne Goulter	AKL	37.88
Tina Ryan	AKL	31.10
W55		
Aggie Boxall	AKL	22.94
Theresa Large	WBP	18.90
Christine Polkinghorne	TAR	13.21
W65		
Anne Deleiros	AKL	21.57
Gail Dryland	WBP	19.06
W70		
Barbara Austin	NTH	24.15
M35		
Dave Couper	WBP	35.95
M45		
Laini Inivale	AKL	25.23
Ian Clarke	WBP	23.92
Dave McMillan	AKL	22.93
M50		
Mark Cumming	AKL	47.62
M55		
Mark Flaus	STH	33.96
Hans Barnard	AKL	30.99
M60		
Lester Laughton	STH	32.46
Tuariki Delamere	AKL	31.65
Christopher Thompson	AKL	31.49
M65		
Mark Powell	AKL	22.72
M70		
Kevin Bradley	WBP	37.26
M75		
Terry Ryan	AKL	16.57
M80		
Jim Blair	WGN	19.01
M85		
Hector Mein	WBP	15.31

## Weight Throw

W45		
Brenda Davis	WBP	10.91
Veronica Romagnoli	WBP	8.60
W50		
Tina Ryan	AKL	11.80
Anne Goulter	AKL	10.48
W55		
Aggie Boxall	AKL	10.28
Theresa Large	WBP	7.95
W65		
Gail Dryland	WBP	8.08
W70		
Barbara Austin	NTH	10.05
M35		
Dave Couper	WBP	10.57

M45		
Dave McMillan	AKL	7.80
M50		
Mark Cumming	AKL	18.30
M55		
Mark Flaus	STH	13.87
Hans Barnard	AKL	10.91
M60		
Lester Laughton	STH	13.42
Tuariki Delamere	AKL	13.08
Christopher Thompson	AKL	13.01
M65		
Mark Powell	AKL	9.17
M75		
Terry Ryan	AKL	7.20
M80		
Jim Blair	WGN	8.59
M85		
Hector Mein	WBP	7.32

## Pentathlon

W45		
Delwyn Smith	NTH	1171
W65		
Margaret Crooke	NTH	2362
M35		
Dennis Langford	NTH	2594
M40		
Jamie Halla	AKL	1919
M50		
Andy Richardson	AKL	3121
Bruce Solomon	WBP	2767
Mark Lett	NTH	2389
M55		
Gary Rawson	WGN	2577
M70		
Colin MacLeod	NTH	1625

## Throws Pentathlon

W45		
Veronica Romagnoli	WBP	2654
W50		
Tina Ryan	AKL	3031
Anne Goulter	AKL	2814
W65		
Gail Dryland	WBP	2084
W70		
Barbara Austin	NTH	3462
Beth MacLeod	NTH	1995
M35		
Dave Couper	WBP	2463
M45		
Laini Inivale	AKL	2617
M50		
Murray Free	AKL	2660
M55		
Mark Flaus	STH	3231
Hans Barnard	AKL	2266
M60		
Tuariki Delamere	AKL	2756
Lester Laughton	STH	2683
M65		
Mark Powell	AKL	1847
M75		
Terry Ryan	AKL	1622
M80		
Jim Blair	WGN	2419
M85		
Hector Mein	WBP	1985



PHOTO: John Campbell

The daunting view down the track, from the perspective of the sprint hurdlers in the starting blocks...

# South Island Masters Champs 2015

by Andrew Stark

Over the past few years we have seen a decline in participation numbers at this event. There were 63 entries this year. Being held in Timaru meant that athletes from both Otago and Canterbury had to travel, which also affected numbers.

Since the loss of the track at QEII, Athletics Canterbury have travelled to Timaru two weeks out from the NZ Secondary School Championships \ to hold their Combined Event Championships over Saturday and Sunday, plus a regular interclub meeting Saturday afternoon. Given everything would be set up for these, it made perfect sense to include our events within this meeting, rather than holding a stand-alone meeting with large gaps in the programme especially on the track.

Our events started on Friday evening with a few track events, a jump and two throwing events. During Saturday morning Canterbury Children's Athletics held their meeting so we continued our events on Saturday from 1:30 p.m. to 5:00 p.m. On Sunday we joined in the second day of the Combined Events athletes and our events concluded at lunchtime.

Given that NZMA are looking at having a closer relationship with Athletics NZ club athletes, this was a perfect time to see how such a meeting might work. I think it worked really well. There was always something going on to watch, especially on the track, but also in the field. The greatest challenge was making sure we had enough officials to cover our field events ourselves, so that we did not rely on Athletics Canterbury officials who were already stretched coping with the Combined Event Championships and interclub events.

Quite simply we could not have coped with this meeting within the help of our master's officials who travel with their partners to these events, plus several competitors who give of their time between events. I really appreciated the willingness of those who became involved and simply got on with the job.

In terms of performances, we had numerous SI Championship records broken and best performances set. These are all highlighted on the results on the NZMA website. I would like to make special mention of Winifred Harding (W60) whose SI Championship record in the Throws Pentathlon was also a NZMA record. Glen Watt (W75) who set five SI Championship records (hammer, discus, shot put, weight throw and throws pentathlon), four of which were also NZMA records (all but the weight throw) and Myrtle Rough (W75) who set SI & NZMA records for her efforts in the 1500m and 5000m. Well done to you three, plus all the others who broke records or set best performances.

The SI Masters AGM was held on Saturday at 12:00 noon, where Mike Weddell stepped down as President and was thanked for his involvement over the years. Claire Giles was elected as the new President. It was decided that in light of event commitments already in place for Otago in early 2016 and in Tasman early 2017, that the 2016 South Island Championships would again be held in Timaru ... so I look forward to doing it all again next year.

## > Results

### 60m

W40			
Rachel Simons	CAN	9.41	
Kirsty Richmond	TAS	9.66	
W50			
Helen Chignell	OTG	12.40	
W55			
Claire Giles	OTG	9.93	
Alison Newall	OTG	9.98	
Sylvia Urban	GER	10.26	
W60			
Noeline Burden	OTG	10.53	
W80			
Iris Bishop	CAN	20.30	
M35			
Scott Belesky	STH	7.71	
Jason Puddle	CAN	8.08	
M40			
Jonny Baird	CAN	7.94	
M45			
Tony Tan	OTG	8.07	
M50			
Mark Chignell	OTG	8.63	
M55			
Bruce Thompson	STH	8.67	

M60			
Bill Murphy	OTG	8.95	
Warren Green	STH	9.23	
M65			
Ian Sim	OTG	9.38	
M75			
Malcolm Fraser	CAN	9.76	
Alan Hunter	CAN	16.38	
M80			
Max Wood	CAN	11.64	

### 100m

W50			
Penny Reid	CAN	15.82	
Helen Chignell	OTG	20.23	
W55			
Claire Giles	OTG	15.82	
Alison Newall	OTG	16.06	
Sylvia Urban	GER	16.77	
W60			
Noeline Burden	OTG	17.11	
W70			
Margaret Fraser	CAN	23.36	
M35			
Scott Belesky	STH	12.30	
Jason Puddle	CAN	13.01	

M40			
Jonny Baird	CAN	12.72	
M45			
Tony Tan	OTG	12.8	
M50			
Mark Chignell	OTG	13.63	
M55			
Bruce Thompson	STH	14.03	
M60			
Bill Murphy	OTG	14.41	
Warren Green	STH	14.89	
M65			
Keith Hutton	OTG	14.68	
M75			
Malcolm Fraser	CAN	15.94	
M80			
Max Wood	CAN	18.96	

### 200m

W50			
Penny Reid	CAN	33.54	
Helen Chignell	OTG	45.38	
W55			
Claire Giles	OTG	33.12	
Alison Newall	OTG	33.49	
Sylvia Urban	GER	34.26	

W70			
Margaret Fraser	CAN	52.35	
M35			
Scott Belesky	STH	25.23	
M40			
Jonny Baird	CAN	26.01	
M50			
Mark Chignell	OTG	27.37	
M55			
Bruce Thompson	STH	28.20	
M60			
Bill Murphy	OTG	29.43	
Warren Green	STH	30.32	
M65			
Keith Hutton	OTG	30.17	
M75			
Malcolm Fraser	CAN	31.84	
M80			
Max Wood	CAN	40.01	
300m			
W70			
Margaret Fraser	CAN	1:24.50	
M80			
Max Wood	CAN	70.33	

## 400m

W55			
Sylvia Urban	GER	1:22.45	
W60			
Dalise Sanderson	OTG	1:22.47	
W65			
Barbara Patrick	OTG	1:29.02	
Lois Anderson	CAN	1:32.10	
M35			
Nige Burgess	TAS	60.28	
M50			
Graham Murphie	OTG	60.80	
M55			
Bruce Thompson	STH	63.20	
M60			
Bill Murphy	OTG	68.02	
M65			
Mike Weddell	OTG	69.69	
M70			
Michael Bond	CAN	1:24.58	
M75			
Malcolm Fraser	CAN	76.14	

## 800m

W55			
Sylvia Urban	GER	3:17.42	
W60			
Dalise Sanderson	OTG	3:08.68	
W65			
Barbara Patrick	OTG	3:22.01	
M35			
Nige Burgess	TAS	2:13.11	
Dwight Grieve	STH	2:18.88	
M50			
Graham Murphie	OTG	2:19.67	
Mark Chignell	OTG	2:32.12	
M60			
Noel Burr	CAN	2:50.59	
Gene Sanderson	OTG	2:54.16	
Warren Green	STH	3:32.35	
M70			
Michael Bond	CAN	2:54.20	
M75			
Walter Hume	CAN	3:48.96	

## 1500m

W45			
Julie Edmunds	OTG	5:52.53	
W50			
Helen Chignell	OTG	6:56.71	
W60			
Dalise Sanderson	OTG	6:23.50	
W65			
Barbara Patrick	OTG	6:52.71	
W75			
Myrtle Rough	OTG	7:01.64	
M35			
Nige Burgess	TAS	4:37.94	
Dwight Grieve	STH	4:39.60	
M45			
Malcolm Cornelius	CAN	4:40.97	
M50			
Graham Murphie	OTG	4:57.88	
M55			
Clive Kitchingman	CAN	5:24.48	
M60			
Noel Burr	CAN	5:48.19	
M75			
Walter Hume	CAN	7:37.41	

## 3000m

W60			
Dalise Sanderson	OTG	13:56.80	
W65			
Barbara Patrick	OTG	14:31.24	
M35			
Dwight Grieve	STH	10:01.25	
M45			
Malcolm Cornelius	CAN	10:12.16	
M55			
Clive Kitchingman	CAN	11:35.07	
M60			
Gene Sanderson	OTG	12:24.86	
M70			
Michael Bond	CAN	12:43.45	
M75			
Walter Hume	CAN	15:35.33	

## 5000m

W50			
Helen Chignell	OTG	29:21.14	

W65			
Barbara Patrick	OTG	23:48.90	
W75			
Myrtle Rough	OTG	26:04.40	
M40			
Dwight Grieve	STH	17:25.09	
M55			
Clive Kitchingman	CAN	20:08.94	
M70			
Jos Galavazi	CAN	27:37.18	

## 3000m Track Walk

W40			
Julie Edmunds	OTG	17:53.30	
W75			
Ann Henderson	CAN	24:55.47	
M60			
Malcolm Taylor	OTG	24:29.10	

## 5000m Track Walk

Malcolm Taylor	OTG	42:37.26	
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## 2000m Steeplechase

M60			
Gene Sanderson	OTG	9:09.74	
Kevin Prendergast	CAN	13:37.58	
M70			
Michael Bond	CAN	9:15.11	
Jos Galavazi	CAN	11:58.51	

## 110m Hurdles

M40			
Nick Bolton	CAN	15.97	

## 300m Hurdles

W40			
Rachel Simons	CAN	60.11	

## Long Jump

W40			
Kirsty Richmond	TAS	4.24m	
M35			
Jason Puddle	CAN	5.29m	
Scott Belesky	STH	5.24m	
M65			
Ian Sim	OTG	4.18m	
M75			
Alan Hunter	CAN	1.89m	

## High Jump

W40			
Kirsty Richmond	TAS	1.35m	
Rachel Simons	CAN	1.25m	
M50			
Ian Robertson	CAN	1.10m	
M75			
Alan Hunter	CAN	0.65m	
M80			
Jim Blair	WEL	1.00m	

## Triple Jump

W40			
Kirsty Richmond	TAS	9.27m	
W55			
Alison Newall	OTG	7.05m	
W60			
Noeline Burden	OTG	6.92m	
W65			
Ian Sim	OTG	8.25m	

## Shot Put

W35			
Lee Grieve	STH	6.56m	
W40			
Kirsty Richmond	TAS	7.48m	
W55			
Fiona Harvey	OTG	7.97m	
Alison Newall	OTG	7.41m	
Lyn Tribble	OTG	6.18m	
W60			
Winifred Harding	OTG	8.17m	
W65			
Noni Callander	OTG	7.59m	
Lois Anderson	CAN	7.14m	
W70			
Justine Whitaker	CAN	6.08m	
W75			
Glen Watts	CAN	7.55m	
Barbara Bird	CAN	6.03m	
Gwyn Heseltine	CAN	4.68m	
W80			
Iris Bishop	CAN	4.75m	

M50			
Wayne Doyle	CAN	12.48m	
Robert Homan	OTG	7.94m	
M60			
Alan Hallberg	OTG	11.07m	
Malcolm Taylor	OTG	6.18m	
M65			
Keith Hutton	OTG	10.01m	
Richard Davison	CAN	9.57m	
M75			
Alan Hunter	CAN	5.91m	

## Discus Throw

W35			
Lee Grieve	STH	17.83m	
W40			
Kirsty Richmond	TAS	22.09m	
Rachel Simons	CAN	21.10m	
W55			
Fiona Harvey	OTG	23.02m	
Alison Newall	OTG	17.47m	
Claire Giles	OTG	16.61m	
W60			
Winifred Harding	OTG	18.95m	
Jo Hurring	OTG	14.60m	
W65			
Noni Callander	OTG	18.51m	
Lois Anderson	CAN	15.92m	
W70			
Justine Whitaker	CAN	14.65m	
W75			
Glen Watts	CAN	18.34m	
Barbara Bird	CAN	14.21m	
Gwyn Heseltine	CAN	9.51m	
W80			
Iris Bishop	CAN	9.04m	
M50			
Wayne Doyle	CAN	39.59m	
M60			
Alan Hallberg	OTG	32.31m	
Warren Green	OTG	24.34m	
Malcolm Taylor	OTG	15.32m	
M65			
Richard Davison	CAN	34.23m	
M75			
Brian Senior	CAN	30.52m	
Alan Hunter	CAN	17.02m	
M80			
Jim Blair	WEL	19.86m	

## Hammer Throw

W35			
Lee Grieve	STH	21.22m	
W55			
Fiona Harvey	OTG	27.98m	
Lyn Tribble	OTG	26.11m	
W60			
Winifred Harding	OTG	32.63m	
Jo Hurring	OTG	19.58m	
W65			
Noni Callander	OTG	20.83m	
W70			
Justine Whitaker	CAN	18.55m	
W75			
Glen Watts	CAN	30.63m	
Gwyn Heseltine	CAN	17.72m	
Barbara Bird	CAN	15.16m	
W80			
Iris Bishop	CAN	14.04m	
M50			
Wayne Doyle	CAN	34.78m	
M60			
Alan Hallberg	OTG	27.69m	
M65			
Richard Davison	CAN	38.87m	
Keith Hutton	OTG	27.54m	
M75			
Alan Hunter	CAN	16.74m	
M80			
Jim Blair	WEL	20.48m	

## Javelin Throw

W35			
Lee Grieve	STH	14.06m	
W40			
Kirsty Richmond	TAS	23.09m	
Rachel Simons	CAN	18.61m	
W55			
Fiona Harvey	OTG	23.30m	
Alison Newall	OTG	17.60m	
W65			
Lois Anderson	CAN	14.35m	
Noni Callander	OTG	14.15m	

W70			
Justine Whitaker	CAN	11.22m	
W75			
Glen Watts	CAN	13.59m	
Barbara Bird	CAN	11.32m	
Gwyn Heseltine	CAN	6.32m	
W80			
Iris Bishop	CAN	7.81m	
M35			
Scott Belesky	STH	29.22m	
M40			
Jonny Baird	CAN	29.78m	
M60			
Warren Green	STH	28.63m	
Alan Hallberg	OTG	26.37m	
M65			
Keith Hutton	OTG	35.08m	
Richard Davison	CAN	29.52m	
M75			
Alan Hunter	CAN	14.06m	
M80			
Jim Blair	WEL	22.54m	

## Weight Throw

W35			
Lee Grieve	STH	7.28m	
W55			
Fiona Harvey	OTG	9.37m	
Lyn Tribble	OTG	8.34m	
W60			
Winifred Harding	OTG	11.00m	
Jo Hurring	OTG	7.02m	
W65			
Noni Callander	OTG	7.88m	
Lois Anderson	CAN	7.66m	
W70			
Justine Whitaker	CAN	8.33m	
W75			
Glen Watts	CAN	10.57m	
Gwyn Heseltine	CAN	5.71m	
Barbara Bird	CAN	4.81m	
W80			
Iris Bishop	CAN	5.10m	
M60			
Alan Hallberg	OTG	11.82m	
M65			
Richard Davison	CAN	13.15m	
Keith Hutton	OTG	11.07m	
M75			
Brian Senior	CAN	13.52m	
Alan Hunter	CAN	7.02m	
M80			
Jim Blair	WEL	8.56m	

## Pentathlon

W40			
Rachel Simons	CAN	2020 pts	
W55			
Claire Giles	OTG	2324 pts	
W60			
Noeline Burden	OTG	2118 pts	

## Throws Pentathlon

W35			
Lee Grieve	STH	1447 pts	
W55			
Fiona Harvey	OTG	2815 pts	
Alison Newall	OTG	2411 pts	
Lyn Tribble	OTG	2129 pts	
W60			
Winifred Harding	OTG	2977 pts	
Jo Hurring	OTG		
W65			
Noni Callander	OTG	2663 pts	
W70			
Justine Whitaker	CAN	2592 pts	
W75			
Glen Watts	CAN	3735 pts	
Barbara Bird	CAN	2181 pts	
Gwyn Heseltine	CAN	1972 pts	
W80			
Iris Bishop	CAN	1885 pts	
M60			
Alan Hallberg	OTG	2852 pts	
M65			
Richard Davison	CAN	3464 pts	
Keith Hutton	OTG	3006 pts	
M75			
Alan Hunter	CAN	1531 pts	
M80			
Jim Blair	WEL	2567 pts	



Malcolm Fraser (CAN) broke the M75 60m champs record. Max Wood (CAN #8003) was the previous M75 60m record holder.



Julie Edmunds (OTG), known more as a walker, battles with Noel Burr (OTG) in the combined 1500m



Ian Sim (OTG) broke the SI Champs in the M65 long jump record several times. His best jump was 4.18m.



Noeline Burden (OTG) puts the shot



Keith Hutton (OTG) wins the prize for the noisiest thrower (amongst the men anyway).



Dwight Grieve (STH) leads in the 1500m



Warren Green (STH) and Bill Murphy (OTG)



Men's 100m sprint (M35-M55)



(From L-R) Scott Belesky (STH) and Jason Puddle (CAN)



Lee Grieve (STH)

# Time to Target the Bottom Line!

by George White

What is the single most important muscle for running? Some might say the heart. Not a bad choice, as it is hard to run without one. Others might say the diaphragm. Another good one - you need to breathe to run, and you can't breathe without the diaphragm. Okay it isn't possible to isolate a single muscle, as there are many muscles without which running would be impossible.

But if we limit our thinking to locomotive muscles, then you may think of the calves or the hamstrings as the prime mover. However there are para-athletes who run with prosthetics without any calf or hamstring muscles. The prosthetics provide the leverage but they do not replace the locomotive ability of the calves and/or hamstrings. These people rely on the glutes to generate propulsion.

So there is the light bulb moment - the glutes are the major source of propulsive force even in runners with complete leg muscles. The glutes, in other words, are the most important locomotive muscles for running. The glutes include the gluteus maximus, gluteus minimus, and the gluteus medius. These muscles control movement at the hip and knee and help us stand, sit, run and stop us from tipping left or right.

Do you have the perfect derriere? Are you looking for buns of steel? Time to make your Gluteus more maximus! Maybe we will never look like Jennifer Lopez or David Beckham but we still need to get the most out of our rear end. Without wanting to be rude to sprinters, have you noticed that the good ones usually have big butts? To put it in the words of one of our more senior lady helpers one competition night "Look how developed he is - I could eat my lunch off of his bum". This happens because the glutes are the hardest-working muscles in sprinting. They are also the hardest-working muscles in distance runners, but the relatively low-intensity nature of distance training does not stimulate the same sort of enlargement.

If you want to improve your speed and performance as well as reduce knee pain with squatting or climbing stairs, want to be able to lift and carry things with less back pain - improving your ability to use the glutes will have the biggest impact. If the butt is weak the other muscles pay the price - especially the hamstrings.

Unfortunately modern living often results in lazy glutes. In our busy lifestyles we worry about what our brains remember but we rarely stop to think about our "muscle memory".



Oceania Masters Championships Rarotonga - Loloma Foster resting on the starter's stand. Despite not feeling great, an official's job is never done and Loloma battled on regardless...



Selina Ellis (AUS) competing in the weight throw at the Oceania Masters champs in Rarotonga



Laini Inivale 1st (NZ) & Todd Davey 2nd (AUS) both broke the OMA Championship record for the M45 shot put



Mona Henderson (Cook Islands) in the weight throw at the Oceania Masters champs in Rarotonga

If you suffer from knee, lower back, shoulder, or groin injuries, you could be suffering from gluteal amnesia. Your body actually forgets how to properly switch on the glutes. The glutes are abnormally weak in many people today because of all the sitting we do. When sitting, the glutes are stretched and inactive which over time can lead to muscle imbalance that compromises the ability to do their job during running.

One way to tell if you are suffering from gluteal amnesia is a feeling of tightness in your hamstrings after you do glute dominant exercises such as deadlifts and step-ups. If your glutes are too weak, the hamstrings and other muscles will begin to pick up the slack. This will put greater strain on areas like your knees, groin, or lower back. Stretching is often advocated for these symptoms but tight muscles don't always mean there is a flexibility issue - it could indicate a glute activation problem. Ask yourself where you get sore when you do squats? If it's primarily the glutes you're on track. If it's mainly in the quads you have a problem.

Posture plays an important factor in gluteal activation. Anterior pelvic tilt i.e. the pelvis tilting forward and the stomach protruding, also stretches your glutes into a relaxed state again decreasing the ability to properly activate them. Increasing pelvic stability by re-training your muscles will pull the pelvis back into a neutral position so that your gluteal muscles can be activated efficiently. Tight hip flexors are also characteristic of anterior pelvic tilt.

How do you evaluate your ability to activate your glutes? You must activate your glutes in isolation! Lie face down on your stomach with your legs straight. Have someone either observe or actually place one hand on

your hamstring and the other hand on your glute. Lift your leg up and see which muscle tenses up first. If your hamstrings fire first you might have problems. Teach the body how to fire the glutes by actively squeezing your abs as you extend your hip.

There are many exercises that can improve the strength, recruitment and function in the glutes, but these exercises must be performed correctly or other muscles may take over. Remember, if it doesn't feel like your glutes are working then they probably aren't!

At home or in the gym try:

- Squats
- Step ups
- Bridges
- Lunges
- Donkey kicks

Start with simple versions and only go to advanced versions when you are confident that you are using your glutes not the muscles around them. If you are feeling the stress in your back, hamstrings or quads instead of your butt, you are likely reinforcing the imbalances you hope to correct.

Outside you may like to try:

- Sprints
- Bounding
- Single leg jumping

Good luck with the perfect caboose. If you catch me checking you out - it will purely be to see if you have read the article!

# NZ Road Relays

by Michael Wray

For the third consecutive year, the NZ Road Relays were being held on the Takahe-Akaroa course. This is the country's most prestigious road relay, celebrating its 75th event but it's fair to say that three years on the trot had created a little over familiarity for some and several clubs reported runners taking a year off. Wellington Scottish still had 11 teams across the grades, closely followed by Wellington Harriers with 10.

I understand ANZ are looking at options to boost the race in future. It is no mean feat sorting out an 80km or so course in a location with manageable traffic levels. I would dearly love to see the return of the Wellington-Masterton relay but traffic killed that race as a usable course many years ago. As much as Akaroa-fatigue accompanied this year's race, the longevity of the event is a major achievement and the organisers deserve huge credit for their ongoing efforts in keeping the race alive.

It would be no surprise to see an experiment emerge to help meet the road relay course challenge in future years, where a fixed loop is used for all legs. In other words all runners use the same circuit and the start/finish point for each leg is at the same location. This would take away some of the variety and the benefit of having specialist uphill or downhill runners within a team would be lost when everyone has the same lap. However, this would be better than having a year with no willing host or with having Akaroa being used for too many consecutive years. Having an "even lap" course now and then would in itself provide some variety.

Perhaps more controversially, I'd be happy to see the road relays take place on a course where some legs are actually cross country. Perhaps the Wellington-Masterton relay could become viable again if the problem sections of the course could be run on the Rimutaka Cycle Trail to avoid traffic? Do the National Road Relays need to be wholly conducted on road? It's not like there's a National Cross Country Relay that would be displaced.

The master's men grade has featured four main challengers in the last few years and it was a surprise when the teams were announced to find one of those challengers absent. Recent back-to-back champions Athletics Nelson had no team. It seemed then that defending champions Hamilton Hawks, perennial bridesmaids Papanui Toc H and recent champions Wellington Scottish would be the main players. Lake City have been just off the pace in recent years but are always thereabouts if an opportunity presents itself and could not be dismissed as a threat.

Joseph Bulbulia got Scottish off to a strong start up the hill in leg one but it all changed going down the steep descent. Hamilton's Andrew Wark proved his downhill prowess, beating his rivals to the line and handed over a good lead to Allen Brears. Only Kerry Faas, running in the SM grade for New Brighton Olympic, ran a faster masters time on lap one. In the MM race, Olympic were second and Papanui third. Papanui had M50 Anthony Duncraft on the leg and as well as being in third place in the M40 race, he produced the fastest M50 leg on the lap.

Lake City fell out of contention early in leg two when Tony Broadhead, running with a nigggle, broke down completely and had to be replaced by Chris Corney. Chris ended up running close to a half marathon once he'd completed his own leg after finishing Tony's.

Scottish's Matt Dravitzki ran lap two and before long he'd passed Olympic's Hayden Munro. Not long after, he added Papanui's Jason Baillie. On the climb up the hill Matt took Scottish into the lead as he swept past Allen Brears. Worse was to come for Allen. About a kilometre after Matt passed, Allen signalled to his team that he had a hamstring problem. Jason Cameron had to replace him and run the last couple of kilometres of lap two before also running lap three.

So after the second leg, two of last year's top four teams had incurred seven minute penalties. To all practical purposes, the chase for gold was now between Scottish and Papanui Toc H. Going into lap three, Scottish were 39 seconds ahead.

Papanui had the accomplished Richard Bennett on leg three. Bennett ran the fastest M50 time on the leg, faster than any M40 time too. He reduced the gap to 13 seconds and had he been 100% fit, I've no doubt Papanui would have started leg four in the lead. As it was Don Greig lost time to Scottish runner Michael Wray and the gap returned to 83 seconds. Papanui's Chris Mardon took 25 seconds out of Scottish's Andrew Wharton into a strong headwind, setting up a nervous contest for the specialist laps.

Lap six is a challenging uphill leg, while seven is just as challenging going down. Scottish had risked in their team selection by putting the decorated veteran Grant McLean up the hill – a gamble because Grant has struggled with injury all season. The gamble paid off as Grant ran very strongly, over three minutes faster than Papanui's Shane Grose. When Simon Keller added another 40 seconds to the lead on lap seven, Scottish went into the final leg knowing only an injury to Todd Stevens would prevent the win.



Trevor Ogilvie (Lake City)

No such injury occurred; Todd added to the lead and Scottish secured the masters title for the first time since 2011. Papanui Toc H had to accept second and have now been on the M40 podium for six of the last seven years without ever winning.

The open masters 50 race had every expectation of Wellington Harriers and Athletics Nelson renewing their rivalry. Nelson came in as defending champions and three consecutive years on the podium. Leg one did not disappoint. Wellington's Paul Sharp and Nelson's Neil Whittaker came to the line with just five seconds between them and it looked like their recent duel would be conducted across the day. Unfortunately for the neutral, the day's second leg curse struck again and Nelson's Robbie Barnes had to be substituted.

With the focus taken away from the anticipated battle for gold, Hamilton Hawks got into the mix instead. John Crane ran the fastest M50 lap on leg two, taking 90 seconds out of Wellington's Jono Hales and giving Hamilton a seven second lead. Hamilton's lack of depth put them out of the running in lap three, when Dave Creamer was more than five minutes quicker than Garry Wilson. For the rest of the race, Ian MacFarlane, Dallas McCallum, Paul Forster, Paul Hewitson and Andrew Wheatley added to Wellington's lead to give them gold for the second time in three years.

With Nelson's penalty and Wellington's growing lead, Hamilton were never under pressure for the silver medal. Auckland City were similarly untroubled in securing the bronze medal, notably finishing with strong legs by Kerry Rodger and Alistair Prangnell.

Only four teams entered the master's women grade. The fastest master's women for the first two legs weren't running in the MW grade; Lisa Brignull in the Sumner mixed team and Shireen Crumpton in the Hill City senior women. Scottish had by far the greatest depth.

Tricia Sloan kicked them off with a three minute lead. The lead never wavered, finishing up over 17 minutes. Notable performances came from Melissa Moon and Katie Kemp, recording fastest laps. It's the fifth consecutive win for the Scottish women and no doubt next year they will look to equal Sumner's six in a row from 1986 to 1991.

Caversham put in an initial bid for silver when Kerry Rowley finished the first lap around 90 seconds ahead of Hamilton. Their lack of depth told after that and they found themselves firmly ensconced in fourth place, falling further behind with each leg. Hamilton Hawks kept themselves ahead of Lake City, running each of the first four legs a few seconds faster. Sue Crowley and Lorna Mills closed the gap a little for the Rotorua club but the Hawks were never in danger of losing second place – Lisa Joblin and Kirsten Milne opening up an aggregate of 11 minutes for Hamilton on their legs representing the final margin.

The open 60s grade was being contested for the fourth consecutive year and the question was whether Athletics Nelson would continue their domination with a fourth consecutive win. Hans Andersen got the defending champions off to a good start, delivering a 27 second lead. New Brighton Olympic and Tauranga were neck and neck, with Auckland Uni only a few more seconds behind.

Derek Shaw gave Nelson a firm lead to defend, now over a minute. New Brighton fell away a little, leaving Athletics Tauranga and Auckland University to scrap for the right to chase. They certainly did chase. Graham Macky (Auckland) and Gavin Smith (Tauranga) were the fastest runners on leg three. At this half way point of the race, Auckland were now in the lead, around 10 seconds ahead of Nelson, and Tauranga were a similar gap just behind.

In response, Nelson's Ian Carter and Barry Dewar put in fastest laps. Auckland Uni were within two minutes but more importantly put themselves over three minutes ahead of Tauranga. Unlike the other grades however, the final leg was not a dead rubber. For Nelson Steve Salt lost time to Tauranga but he was two minutes faster than Auckland – another gold for Nelson in a grade they've never lost. The racing wasn't over as Murray Clarkson ran the fastest leg to add to Auckland's last lap woes, securing silver for Tauranga by 39 seconds and pushing Auckland to third. The grade finished with the same podium as last year.

Next year the race goes to Rotorua. Athletics NZ have decided to extend their two year policy on hosting championships to the NZ Road Relay so Rotorua will have the race for both 2016 and 2017. The only negative I can see is the reduction to seven legs, from the standard eight. Christchurch will no doubt host again in 2018 or so as the Akaroa race will probably return to its four year rotation cycle for nationals.



*Paul Barwick (Scottish Athletics)*



*Richard Bennett (Papanui Toc H)*



*John Howell (Scottish Athletics)*



*Diane Morgan (Scottish Athletics)*



*Colin Earwaker (Lake City)*



*Clive Kitchingman (New Brighton Olympic)*

# Summary of OMA Council Meeting - October 2015

by Bob Schickert

The revised OMA website is nearly ready to go. Many thanks to Ernie Leseberg AUS for his work on the new site.

Andrew Stark the NZMA President has joined the OMA Council. Bob Banens of AUS retired after almost ten years of outstanding service to OMA. Bob updated OMA documents including the Constitution, By Laws, Policies, Handbook and Competition Manual. A huge volume of work deserving of a big THANK YOU AND WELL DONE BOB!

As mentioned in the summary of the meeting held in February 2015 the OMA Championships scheduled for 2017 have been allocated to Dunedin New Zealand and will now be held in January 2018 (20th-27th).

OAA Area and Regional Championships as shown below will have some masters events included and medals will be presented on an age graded basis.

Athletes interested in competing in the masters events should contact Yvonne Mullins at OAA: [yvonne@oceaniaathletics.com](mailto:yvonne@oceaniaathletics.com)

Polynesian Championships Papeete, Tahiti 8-9 April 2016

Melanesian Championships Suva, Fiji Islands 7-9 July 2016

Micronesian Championships Pohnpei, Federated States of Micronesia 22-24 June 2016

WMA Perth 2016, October 26 - November 6, is now only twelve months away.

TriEvents WA has been appointed as Event Manager and Athletics WA competition Manager.

The Perth website on which details are available is [www.perth2016.com](http://www.perth2016.com). The LOC is working on arrangements and it is planned to open entries in January 2016. All entries must be done online.

## Corrections

In the last edition of Vetline, we incorrectly published some results from the 2015 WMA championships in Lyon, France.

Marcia Petley's 200m performance in the final, was 52.21 and is a W85 NZ record (not her old record of 54.58 as listed).

Also we made an error with Alan Eustace's name (printed as Arthur Eustace).

Our apologies to both Marcia and Alan for the unintentional errors.

**Vetline Editor**



**'Reach for your Vision'  
in 2016**

You are invited to compete at the:

**Australian Masters  
Athletics Championships  
Adelaide, 16 – 19 April 2016**

This is your last serious chance for strong competition before the 2016 Perth World Masters Athletics Championships.

For more information and to enter:  
[www.samastersathletics.org.au/nationals2016/](http://www.samastersathletics.org.au/nationals2016/)

The Program includes a complete range of masters athletics disciplines, including non-stadia events.



Search for:  
AMA Championships Adelaide

# How Would a Partnership Between Athletics NZ and NZMA Affect You?

by Andrew Stark

## Background information to consider:

The reality is that our membership numbers are dropping, yet there are hundreds of masters athletes who join clubs via Athletics New Zealand (ANZ), but do not join New Zealand Masters Athletics (NZMA). Why?

Many of us have heard 'club' athletes complaining or commenting about having to pay two fees, one to ANZ and another fee to NZMA.

Many of these 'club' athletes really don't know what NZMA has to offer. Potentially this group is missing out on events they would enjoy, such as going to an Oceania or World Masters Track and Field Championship where they could compete in non-stadia events, if not on the track.

NZMA are promoting this **PARTNERSHIP** between ANZ and NZMA as a way forward whereby both organisations can work together to promote masters athletics to ALL masters... and encourage greater participation in all events.

Currently NZMA and ANZ have a **Memorandum of Understanding** that we have jointly created, as to how we will work together going forward. It is all about 'sharing membership', yet retaining our independence and doing what we do well, i.e. running masters track and field events. We are also keen to assist and 'educate' ANZ event manager staff as to how we would like our master's non-stadia events to be run more smoothly in the future and to give greater recognition to masters.

***What we do next is up to YOU, so now is the time to have your say...you can e-mail me on [aws@xtra.co.nz](mailto:aws@xtra.co.nz) with your views on whether you think this is a good idea or not.***

At the NZMA AGM in Dunedin on 26th February 2016, your Centre representatives will vote for or against a 'sharing of membership' agreement with ANZ.

Some of the finer points about how local master's centre will operate will need to be worked through. I am happy to talk through your local issues and help come up with solutions.

## Vetline

The Vetline magazine will be sold separately and will no longer be part of your NZMA membership fees.

The continued success of Vetline depends entirely on **YOUR** support...by buying a subscription and writing articles.



**Use this flow chart to work out the membership option that best suits you?**

**Are you currently a member of a Club that is affiliated to Athletics New Zealand?**

**Yes**

**No**

**If you are a member of this group, you can compete in the following events.**

This includes ...

- Local ANZ club, Inter-club meetings & Centre Championships,
  - ANZ National Track & Field Championships,
  - ANZ Combined Events Championships,
  - ANZ 3000m or 10000m Championships,
  - ANZ Cross Country Championships,
  - ANZ Road Championships,
  - ANZ Road Relay Championships,
  - ANZ Mountain Championships,
  - ANZ Half Marathon or Marathon Championships,
  - ANZ Long Distance Race Walk Championships,
- plus these events organised by NZMA,*
- NZMA South Island or North Island Track & Field Championships,
  - NZMA National Track & Field Championships,
- plus these events organised by OMA or WMA,*
- Oceania Masters Athletics (OMA) or World Masters Athletics (WMA) Track & Field Championships.

**Yes**

**You will be an ANZ Competitive Member who pays \$30.00 per year to ANZ plus Centre & Club Fees**  
(You no longer pay the NZMA fee of \$45)

**If you are a member of this group, you can compete in the following events.**

This includes:

- Local Masters track & field events,
  - North Island Masters Track & Field Championships,
  - South Island Masters Track & Field Championships,
  - NZMA Masters Track & Field Championships,
- plus*
- Oceania Masters Athletics (OMA) or World Masters Athletics (WMA) Track & Field Championships.

NZMA members within this group are excluded from competing in all ANZ organised Championship events, unless you join an ANZ affiliated club.

**Yes**

**You will be a NZMA Competitive Member who pays \$30.00 per year to NZMA**  
(You no longer pay the NZMA fee of \$45)

**No**

**You will be a NZMA Social Member who pays \$20.00 per year to NZMA**  
(You no longer pay the NZMA fee of \$45)

If you are a member of this group, you may compete at master's events at a local level.

**Points to note:**

1. You no longer pay the \$45.00 NZMA fee.
2. You will only pay ONE fee (as above) and you make the choice as to which one.
3. You either join as an ANZ club member or as a non-club NZMA member.
4. ALL ANZ members are automatically members of NZMA by default.
5. Vetline is sold separately to anyone who wants it.

**Distribution of Fees Collected:**

- ANZ retains the fees pay by masters joining a club and ANZ organised Championship events as listed above.
- NZMA retains the fees pay by non-ANZ members, Vetline sales and NZMA organised Championship events, as list above.

**All groups have the option to purchase Vetline.**

**4 issues per year for \$27.50 (TBA???)**

**This will be an additional cost to your membership fee.**

*Prepared by Andrew Stark (NZMA President)*

# Bruce Clarke

by Murray McKinnon (courtesy Athletics NZ)

PHOTO: John Campbell



Waikato Bay of Plenty stalwart and President of the Frankton Athletic and Harrier Club, Bruce Clarke died on Sunday 6 December 2015 aged 77 after an unfortunate accident a week earlier while warming up for the shot put at the North Island Masters Athletic Championships at Mt Smart Stadium in Auckland.

He was fiercely competitive and excelled in masters throwing events. At the New Zealand Masters National Championships in Tauranga in February/March he won the M75 hammer throw, weight throw and the throws pentathlon. He also finished second in the discus throw, third in the javelin throw and fourth in the shot put.

At the New Zealand Masters Games in Wanganui in February he won the gold medal in the 75-79 discus, hammer and javelin throws and the silver in the shot put. Bruce holds the M70 New Zealand Masters National and Championship record in the M70 track pentathlon with 1562 points set in March 2011.

He has been involved with the Frankton Club since 1986 and has been honoured with Life Membership of the Club. From 1999 to 2004 he managed a number of teams at the Frankton Rugby Sports Club and for 25 years was a captain in the Boys' Brigade.

He was a pig and beef farmer at Tuhikaramea and lately was well known for his Christmas tree farm. He was president twice, the current patron and gave 40 years service to the Waikato Winter Show Association.

Bruce's contribution to sport was recognised with the awarding of a Hamilton City Council Civic Award in 2012.

# Laurie Carter

by Murray McKinnon (courtesy Athletics NZ)

Glen Eden Athletic Club and Athletics Auckland stalwart who has given 72 years of service to athletics, Laurie Carter died on Tuesday 24 November 2015 aged 90.

After a stint playing rugby for the Grafton Rugby Club he started competing in athletics at aged 18, competing for the Auckland Amateur Athletic and Cycling Club on the Auckland Domain. He was initially a useful sprinter but soon found he was better suited to field events particularly in the throws. He competed in the decathlon and represented Auckland in the decathlon.

Laurie has been an accredited official for over 60 years officiating year round including the starter, with a whistle around his neck, at harrier events for many years. He was appointed a track umpire at the 1990 Auckland Commonwealth Games and was an official in the finishing chute at the 1988 World Cross Country Championships in Auckland. He joined the Glen Eden Athletic and Harrier Club just before he started competing in the masters.

He currently holds every Auckland masters throwing record including the throws pentathlon in the M85 grade. Laurie played a key role in the forming of the harrier section of the club and he established the annual Glen Eden 10 mile road race which celebrated its 50th anniversary last year. He was also involved with coaching at the Club controlling and encouraging senior athletes hopeful of keeping them at the Glen Eden Club.

He was a long serving Club delegate to Auckland Centre delegate meetings. Laurie has been honoured with Life Membership of the Auckland and Glen Eden Clubs as well as Auckland Masters Athletics. He received an Athletics Auckland Merit Award and an Athletics New Zealand long service badge and was the 1982 Glen Eden Council for Recreation and Sport senior sportsperson of the year and in 1988 was named the Glen Eden Council's administrator of the year.



PHOTO: Murray Free

# Taranaki

by Vicky Jones

The time has come for a new track season. For most it has been an easy start, but for seven of our members it has started with a hiss and a roar in October with the Oceania Track and Field Championships in Rarotonga.

## Oceania Masters Track and Field Championships

One would not choose the word 'cold' as a word to describe a tropical island, but cold was what it was when we arrived in Rarotonga having prepared ourselves to be enveloped by warm, tropical breezes and high humidity. The humidity was there, but not the warm tropical breezes, which isn't such a bad thing when competing, particularly in long distances. After a weekend acclimatising (with some improvement in the weather), the first event to kick off proceedings was the 10km road walk. A good proportion of the course was uneven, stony and potholed while the rest was unforgiving concrete footpath while battling a vortex one way, and a gusty head wind the other way. Vicky Jones, competing in the W35 grade claimed gold, while the M60 grade was contested by an all Taranaki field of Eric Kemsley, Peter Fox and Alan Clarke, who finished in that order. The trio earned an extra gold in the teams competition. All 4 walkers competed in all 3 walking events on the programme, with the same results; gold for Vicky, gold for Eric, silver for Peter, and bronze for Alan. Eric tried something different and competed in the 1500m run in a handy time, earning himself a bronze having been pipped for silver by Kevin Henderson of the Cook Islands.

Vicky Adams came to Rarotonga under a heavy injury cloud, but she still gave the 800m, 5000m and 8km cross country a go (scratching out of the 1500m). She performed admirably, winning silver in all events and no further increase to her injury woes.

In fact, in all events she became increasingly free of movement and exceeded her performance targets for the meet.

Lynne Mackay had very good meet, performing well in her 60m though it only earned her a 'tin medal' – fourth! Her triumph came in the pentathlon in which she ultimately emerged with gold in the W60 grade. Nice one Lynne!

Alan Jones faced the stiffest competition in what is probably the most competitive age grade in all Masters athletics – the M70 grade. In his four events; the 400m, 800m, 1500m and 8km cross country he earned himself four 'tin medals' – fourth placing, coming closest to a medal in the 400m but being pipped at the post by Michael Bond of Canterbury.

All up, Taranaki earned a total of 18 medals, 8 gold, 6 silver and 4 bronze.

### 400m

M70 Alan Jones 1:22.41

### 800m

W60 Vicky Adams 3:28.70  
M70 Alan Jones 3:06.01

### 60m Sprints

W60 Lynne Mackay 11.14

### 1500m

M60 Eric Kemsley 6:0.99  
M70 Alan Jones 6:57.86

### Outdoor Pentathlon

W60 Lynne Mackay 1647 pts

### 8km Cross Country

W60 Vicky Adams 46:34.36  
M70 Alan Jones 40:06.77

### 10km Walk

W35 Vicky Jones 1:21.08  
M60 Eric Kemsley 56.60  
Peter Fox 61.02  
Alan Clarke 61.41

### 3000m Walk

W35 Vicky Jones 23:07.58  
M60 Eric Kemsley 16:12.01  
Peter Fox 17:31.26  
Alan Clarke 18:54.32

### 5000m Walk

W35 Vicky Jones 39:25.81  
M60 Eric Kemsley 27:59.59  
Peter Fox 29:12.81  
Alan Clarke 32:02.55

### 5000m

W60 Vicky Adams 26:18.99

## Taranaki Masters Games Track & Field

Sunday 20th March 2016  
The Hub, Hawera

Events are:

#### Track:

- 100m
- 3000m
- 3km walk

#### Field:

- High Jump
- Long Jump
- Hammer

- Weight Throw
- Javelin
- Discus
- Shot Put

All enquiries to Judy Barr

Ph: 06-764 7243

Email: barr.family@xtra.co.nz

**PHOTO:** John Campbell

*Liz Hamilton competing in the discus throw at the North Island champs*
**PHOTO:** Sharon Wray

*Alan Jones chasing George White (AUS) in the cross country at the Oceania Masters champs in Rarotonga*

### North Island Masters Track and Field Championships

The weather was forecast to bring showers for the whole weekend in Auckland. The showers came overnight, but the days came out beautiful and humid (the kind of weather we were hoping for in Rarotonga!). Five members from Taranaki took part, with good results for some and not so good for others. Brian Warren dominated his age group in his events – the 1500m, 3000m and 5000m, coming on the back of his selection for the world duathlon championships next year. Christine Polkinghorne and Liz Hamilton placed well in their age groups in the field events, with Liz gaining a record the W60 grade for javelin – nice one! Alan Jones came fourth in 2 of his events – the 400m and 1500, but won in the M70 grade for the 800m. For Vicky Jones the meet was a disappointment having encountered different judging in the walks, suffering disqualification in both walk races as a result. Some post-race feedback has given an insight on what to work on to satisfy Auckland’s walking judges.

#### 400m

M70 Alan Jones 1:20.32

#### 800m

M70 Alan Jones  
(refer NI results)

#### 1500m

M65 Brian Warren 5:38.79  
M70 Alan Jones 6:34.55

#### 3000m

M65 Brian Warren 11:32.36

#### 5000m

M65 Brian Warren 20:03.30

#### Long Jump

W55 Christine Polkinghorne 1.81m

#### Shot Put

W55 Christine Polkinghorne 4.21m  
W60 Liz Hamilton 8.02m

#### Hammer

W55 Christine Polkinghorne 13.21m

#### Discus

W60 Liz Hamilton (refer NI results)

#### Javelin

W55 Christine Polkinghorne 7.78m  
W60 Liz Hamilton 16.73m

It was pleasing to see Andrew Stark present in Auckland meeting with us all to discuss the proposal of a closer alliance between ANZ and NZMA and address any concerns raised. Our centre is still looking at the proposal and have yet to form any opinion.

On behalf of the centre, I would like to offer our condolences to Bruce Clarke’s family. Sadly, Bruce never recovered from his injury sustained during the shot put warm ups at the championships.

# Perth Begins Countdown for 2016 World Masters Athletics Champs

by Perth 2016 Event Management Team

The countdown to the Perth 2016 World Masters Athletics Championships is underway with 26 October 2015 marking 'One Year to Go' until the competition commences.

The world-class championships, supported by the State government, are set to be the biggest event on WA's 2016 calendar with more than 4,000 athletes and 3,000 supporters expected to attend.

Athletes aged 35 and over from around 80 countries will compete at the WA Athletics Stadium in Mount Claremont, Ern Clark Athletic Centre in Cannington and other Perth locations, from 26 October to 6 November 2016.

Event Director David Budge said that plans are on track to deliver a great event. "365 days from now we look forward to what will be a fantastic spectacle, beginning with the opening ceremony at the exciting Elizabeth Quay development," said David Budge.



*Stan Perkins, World Masters Athletics President and Gwyn Dolphin (left), Tourism WA Executive Director Events enjoy Perth 2016 cupcakes*



*John Gilmour, Lyn Ventris and David Carr celebrate One Year to Go until Perth 2016*

"We're expecting to see an impressive mix of former Olympians, world record holders as well as a handful of participants who are over one hundred years old, all vying for the coveted title of world champion.

Lyn Ventris, 2011 and 2012 IAAF Female Masters Athlete of the Year winner and world record holder said that she is excited to compete in her home city. "I'm looking forward to competing in a new age group and producing my best times at a world class athletics event with a hometown advantage and a beautiful city and state to showcase," said Lyn.

With no entry standards to compete, Perth 2016 is a great opportunity to represent your country. Registrations open online in January 2016!

For more information visit [www.perth2016.com](http://www.perth2016.com) or follow the event Facebook page [www.facebook.com/perth2016](http://www.facebook.com/perth2016) for regular updates.

# Has This Ever Happened Before?

by Bryan Thomas

How many women over the age of 70, have ever completed a Track and Field multi-event competition? Even at a national championships it is rare that more than one or two attempt the outdoor pentathlon but on Thursday evening 26 November 2015, eleven Canberra septuagenarian and octogenarian women did just this. How many clubs could gather such a group of determined ladies? Over a couple of hours they sprinted 100m, put the shot, long jumped, hurled the javelin and completed the event by running 800m.

Fran Harris coached and encouraged this group of remarkable seniors to attempt such a difficult event as the pentathlon. Because of the number of women over 70 years of age who accepted the challenge we believed it was newsworthy so the local media was informed. The result was an ABC 666 Radio and ABC Television crew attended to one of Fran's training sessions at the AIS Track on the Tuesday two days before the competition. Then on the evening of the event both the ABC and the Canberra Times arrived to record the special occasion. This resulted in some positive exposure of both the women participants and our club. An excellent large photograph and accompanying article on page 2 of the Friday morning Canberra Times and that evening an item appeared on ABC TV News then it was mentioned again on Saturday morning ABC Radio.

Each of the competitors have their own fascinating story of their involvement with masters' athletics. Our impressive band of mature athletes are listed below in order of seniority.

**Gwen Gleeson (86)** is always one of the more prominent competitors at national and international championships because of her excellent sprinting and also because of her tiny stature. Gwen won bronze in the 200m at the recent World Championships in Lyon, France.

**Dawn La Fontein (84)** was encouraged to do more exercise in order to improve her health and discovered a latent talent for athletics. She must also possess good sporting genes as Dawn is the mother of Sue Bourke, a champion sprinter, who has won numerous medals at AMA Championships in events ranging from 60 to 400m.

**Consie Larmour (80)** is a talented all-round athlete who "has a go" at a variety of track and field disciplines and is currently amassing a bundle of club W80 record certificates. Consie enjoyed participating at the WMA Championships in Lyon.

**Cory Collins (79)** has long been a talented sprinter and middle distance runner who has enjoyed considerable success in national and international competitions. Like Dawn she is genetically blessed as two daughters have represented Australia in middle distances at Commonwealth Games.

**Jo Klemke (78)** is a very good runner over all distances from 60 to 800m and as such has been a member of our very successful club W75 quartet that has set records in the 4x100, 4x400 and 4x800m relays. Jo also participated at the WMA Championships in Lyon.

**Terill Stragham (78)** is a brand new member who obviously enjoyed her first experience of this difficult multi-event competition.

**Val Chesterton (75)** is a determined and talented athlete, coach, mentor and administrator. Val has "had a go" at most events even setting Australian Records in the pole vault. Val's real athletic love is race walking and just last September she set a World Record for the W75 50km walk (8:06.47).

**Janice Banens (74)** is our hard working president. Janice would not consider herself to be a runner but she is a champion thrower and therefore is guaranteed many points in the shot put and javelin within the pentathlon. She has held the World Record for the hammer throw and has won a medal in this event in every one of her 12 WMA Championships including at Lyon.

**Fran Harris (74)** is the coach and mentor of this outstanding group of women athletes. Fran was a champion junior athlete but had decades away from the sport until making a comeback in 1993. Fran has successfully participated at nine WMA Championships, including at Lyon, in which she has won medals in triple jump, steeplechase and as a member of national relay teams. Over the years Fran has completed many pentathlons – perhaps more than any other Canberran.

**Caroline Campbell (70)** is a champion distance runner on the track, cross-country and road. Caroline currently holds all ACT W70 distance running records. She has participated at three WMA Championships; her most recent being in 2013 at Porto Alegre, Brazil where she won bronze in both the cross-country and marathon.

**Jenny Rayner (70)** has been a regular participant at our club meets and at a variety of Masters Games for more than five years. This pentathlon was her third having set then improved the W65 ACT Record in her two previous competitions.

Apart from the above athletes another five younger women and five men completed the pentathlon. They were – W40 Helen Northey, W45 Gina Etienne, W50 She Hawke, W55 Sue Bourke and W65 Mairead Thomas; M40 Shane Hutchison, M50 Peter Baker and Ming Yung and M65 Bob Banens and Greg Stretton.

The final event of the women's pentathlon is the gruelling 800m, especially considering the athletes had already completed four events in the last two hours. The participants must have been looking forward to just getting through the two laps and having a well-earned rest.

But! The electronic timing equipment malfunctioned during the event and as there was no hand timing in operation the athletes were unable to have their time recorded. Sadly no time means no points for the 800m. Despite the disaster all competitors know that they completed the pentathlon but unfortunately their total score will only be what they earned from the first four events.

Nevertheless this amazing group of sportswomen have accomplished a memorable achievement. Indeed it was an historic occasion. Has it ever happened before?



*Handing over of the Oceania flag from Lynne Schickert (OMA President) to the NZ Masters Athletics President (Andrew Stark) and Otago Masters President (Claire Giles), with Ina Marsters, Athletics Cook Island President and Geoff Gardner OAA President in the background.*

# Waikato/Bay of Plenty

by Ray Laurie

Had it not been for Edgumbe College allowing us to use their facility again to hold the mid-winter challenge throws pentathlon, the Waikato/BOP masters would have had an even slower start to the summer programme. The throwing facilities in the centre of the Tauranga track are not available until October due to rugby still using the field, and Hamilton's Porritt Stadium was under maintenance. Our competition drew 13 competitors, and with few exceptions, it was obvious that most were showing the effects of the prolonged break.

The most noticeable exceptions were among the women competitors with Bev Savage (W65) scoring 3257 points to finish 4th overall, Brenda Davis (W45) with 3134, in 5th place and Jill Sherburn (W75) with 2786 in 7th place. Of the men, Bruce Solomon (M50) with 2550 points, finished 13th, followed by David Couper (M35) 2420 in 16th place and Bruce Clarke (M75) with 2307 points in 18th place.

Although the initial results showed there was great need to focus on improvement, two non-athletic events occurred which redirected our thoughts towards two of our members who tragically lost their spouses. Thus our thoughts and sympathies were directed towards Hector Mein on the loss of Dorothy, and later to Beverly Savage, when Murray was taken. Murray would be remembered by our current athletes for accompanying Beverly whenever she competed, while those long associated with Waikato would also remember him as a sprint athlete with the Frankton Club.

Once Porritt Stadium was available in early October, the Association organised a warm-up meeting so that those travelling to Rarotonga for the Oceania Masters Championships had an opportunity to sharpen up a little. To everyone's surprise the throwing events drew a greater number of entries than those for the runners. A special feature of this meeting was an invitation to former athletes who wished to test their capabilities after a prolonged absence prior to committing themselves to joining the "Masters".

## Oceania Championships

Those members who travelled to Rarotonga brought great credit to our association by bringing home a special award medal, 25 gold, 15 silver and 47 bronze medals. Three of our athletes shared the honour of being the most prolific medal winners. They were Sheryl Gower (W65), Hector Mein (M85) and Bruce Solomon (M50), all bringing home four gold and two silver medals each. Hector may have added a greater number of gold medals

had he not been injured when competing in the long jump. Following close behind, again with 6 medals was Brenda Davis with 2 gold, and 4 silver. Other winners were Brendan Magill (M50) (4 gold, 1 silver), Eric de Lautour (M95) (4 gold), Linda Reynolds (W50) (4 silver, 1 bronze), Peter Ayson (M60) (3 gold, 1 bronze), Stewart Foster (M70) (2 gold, 2 silver), Evelyn King (W65) (1 gold, 1 bronze), George Caddie (M75) (1 silver and 1 bronze) and Barbara Allen (W65) (1 bronze).

Eric de Lautour also won the Clem Green Trophy where his 88.16% was the best age related performance for the 1500m)

*Full results and performances can be found on the Oceania Masters Athletics website.*



PHOTO: Michael Slaughter

*Eric de Lautour - winner of the WBOP Clem Green Trophy, competing at the Oceania Masters champs in Rarotonga*

# Decathlon Diary from Lyon

by Merv Dudley

The following extract is from the diary to family and friends back home during the World Masters Decathlon in Lyon August 2015.



**Day One** is over. We started at 8.30am. Left the hotel at 6.30am. We're split into 3 groups of 17. I am in group A so went off first. Group C didn't start till 12.30pm. We had completed our 5 events by 2pm, so pretty full on, considering the high jump dragged on for two hours, because a Scottish guy cut his head on an upright. Bleed like a stuck pig. Put officials into a tiz. Medics put a collar on him, forced him to have oxygen and wouldn't let him move until the ambulance arrived. Half a dozen stitches will fix it. Language was an issue, so between us we reassured officials he was ok. I did suggest to him he was soft and Scotland had no show in the World Cup. It seemed funny at the time...

It was 26°C at the start of the day, but got to 38°C when we lined up for the 400m. Jesus...I left Hawkes Bay a week ago and it was -1°C. The 400m was by far the hardest event of the day. The heat sure sucks the stamina out.

Muggins drew the outside lane in my heat. I was a sitting duck for those inside. So I thought I'd throw caution to the wind, actually there was no wind...I'll go out hard and let my stamina carry me home in the last 150m. At the 200m under 30 secs all going good, the insides hadn't caught up. Just get around this bend and "I'm home James"...got around the bend into the last 100m and hit an air pocket that was 50°C plus and immediately disconnected my legs from my waist.

Marathoners hit the wall. I don't know what I hit, but it stopped the big bus...then I heard a scream from the grandstand, "go Kiwi!" I run that last 50m with arm swing only. What an experience, I've never been to that dark place before. I put it down to the heat. The officials had water bottles in your hands immediately.

Thank you very much for all the kind wishes, it means a bloody lot. Off to sleep, back on bus at 6.30am for 8.30am start in 100 hurdles.

**Day Two.** It's hotter than yesterday, mercury got to 40°C on the track when we did the 1500m. I've attached a photo that is self explanatory. *(Photo taken one hour after the race)*



Bummed out in the hurdles majorly. To start with, they were a hell of a lot higher than I trained on. Anyhow, was going OK until flight 7, the French guy inside of me and about a metre ahead hit his hurdle and fell into my path, which caused me to hit my hurdle to avoid him.

Went down bloody hard. Got back to my feet to carry on, only to have run out of momentum and enough distance to clear the last couple of flights. The last two seemed like they were 5 feet tall. Got over the first one, but had nothing left, as I jumped the last one I caught my back foot and arsed up very heavily. Running on instinct made me get back to my feet and sprint the last dozen metres. Got a big clap and cheer which was nice, but both knees were raw.

The other drama was the pole vault, the pole I hired, the same as I trained with, never appeared. Quite important to have the right pole. I liken it to giving a right hand golfer a set of left handed clubs...hence height was down.

Am I bugged? Yes. Am I sore all over? Yes. Do my legs and joints ache? Yes. Am I going to the next WMA in Perth October 2016? Yes...

I am definitely smarter and wiser for the experience, and there are some really nice people around this world.

Off to the official opening ceremony tomorrow, parade of nations etc, gotta do the track walk, hear speeches etc, but hey, another experience.

I'd just like to again thank everyone for the kind messages and words of encouragement.

*Au revoir.*

# NZMA Athlete of the Year Awards 2015-Finalists

## Women

### Sprints

Chris Waring, Anne Deleiros, Liz Wilson

### Middle Distance

Judy Stewart, Myrtle Rough, Sally Gibbs

### Distance

Paula Canning, Sally Gibbs, Myrtle Rough

### Hurdles

Gail Kirkman, Tui Ashe, Angela Graham

### Jumps

Anne Deleiros, Nancy Bowmar, Judy Hammond

### Throws

Glen Watts, Barbara Austin, Marcia Petley

### Walks

Jacqueline Wilson, Sue Hoskin, Corinne Smith

### Combined Events

Glen Watts, Tui Ashe, Barbara Austin

## Men

### Sprints

Bruce Solomon, Laurie Malcolmson, Gary Rawson

### Middle Distance

Ken Walker, Michael Bond, Ian Carter

### Distance

Grant McLean, Ken Walker, Alastair Pragnall

### Hurdles

Stewart Foster, David Anstiss, Nick Bolton

### Jumps

David Anstiss, Stephen Burden, Jim Blair

### Throws

Ric Davison, Brian Senior, Ron Johnson

### Walks

Mike Parker, Bob Gardner, Geoff Iremonger

### Combined Events

Ron Johnson, Ric Davison, Johan Van Zyl

There are three finalists (nominations) in each category and the winners in each category will be announced at the NZMA awards dinner during the NZ Masters Championships, in Dunedin on Saturday 27 February 2016.

# Coaching Corner

by Mike Weddell



As athletes we think about fitness as being specific to our event or group of events and all our training is focussed in that direction. This is probably the next biggest mistake that masters make after over training. Quit a lot of training time for those that are getting on a bit should be aimed at keeping us fit for everyday life. As we get older our muscle mass decreases so some sort of resistance training needs to be done as mentioned by George White in his excellent article in the October Vetline.

But there is one other area that is just as important - flexibility. If we find that everyday activities are getting a bit more difficult such as bending over to tie your shoe laces or pulling on your socks increasing flexibility will

make it easier. Getting in and out of a car or climbing stairs are easier if you are flexible.

Throwers benefit enormously from increased flexibility as it increases their range of motion which produces greater distances and the same is true for jumpers. Distance runner benefit from increased flexibility too but tend to neglect it the most.

It is important to increase whole body flexibility not just your throwing arm or hips as the body works as a unit for all activities.

Ultimately as athletes we are aiming to be agile and agility involves flexibility, strength and coordination for athletics but it is even more important for every day life.

# Northland

by Margaret Crooke

What has happened to the year? Is it the older you get, the faster the years go? What have we been up to in the North?

Beginning of September, a few hardy souls took part in the Oceania Throws Pentathlon, it was a very wet and windy morning, if you farmers out there want rain - just get Northland Masters to hold an event. No records or PBs were set, but lunch was very scrummy. Barbara Austin was the only one who wanted her throw results submitted, and was winner of W70 group, beating those Aussies.

From 5 October, Dave, Jenny, Nancy, Willie, Delwyn, Mark, Colin, Beth, Barbara and myself had a great week of competition in a friendly and welcoming atmosphere at the Oceania champs in Rarotonga. The weather mostly played nice; there were a couple of rainy days but even then it was still warm! Such a beautiful place to hold the champs, lots of amazing places to check out in between events. It's not every competition that you have our four legged friends running down the track, or hanging out at the throw events for some attention. The Northland team did very well, we came home with 39 medals, made up of 10 golds, 20 silvers and 9 bronzes. Nine Northland records were also broken. Thank you Cooks Islands for a great event, it was my first Oceania and I thoroughly enjoyed the experience.

On 28 October, the Whangarei Athletics club held their harrier prize giving. The Bennett Series Trophy is one that is keenly contested during the harrier season and is run over six events, three cross country and three road events, and you need to complete four events to qualify. Our two master's athletes Delwyn Smith and Tony Langton were the lucky recipients of the trophies.

The Far North's sporting success stories were recognized Friday 13 November at the Far North District Council Sports Awards held at Reia Beach Taipa Resort. A total of 45 awards were handed out. Masters Sports person of the year was Northland Masters walker Corrine Smith for her success at the World Masters Athletic Championships in Lyon, France.

Saturday 21 November was a busy day for members in various parts of the country. The Kerikeri Half Marathon was held with over 1900 starters. Seven Northland masters took part in this well-run event and the weather was kind. Congratulations to all masters who completed the 21k from Okaihau to Kerikeri.

W35 Ady McKenzie	1:25:54
<i>1st in division and 3rd female overall</i>	
W60 Judith Bradshaw	1:50:44
W65 Jenny Eastmond	2:03:43
<i>1st in division</i>	
W65 Oringa Barach	3:10:20
W80+ Clasina Van der Veecken	2:59:32
<i>1st in division</i>	
M65 Brian Barach	1:43:06
<i>2nd in division</i>	
M75 Neville Rae	2:29:04

At the other end of the country, the Queenstown marathon and half was being held, and Colin Thorne at the spritely age of 91 completed his 100th half marathon in a time of 3:16:52. You are an inspiration to us all Colin and I bet you crossed the finish line with that 'trademark' big smile.

In Devonport, the ANZ Long Distance Walks Championships were held. Corinne had another successful walk in the 20k with a time of 1:56.03 taking out the SW Championship title.

The weekend of 26-28 November, 14 Northland athletes and our young official Tayla Smith headed to Auckland to compete in the North Island Master Championships. By all accounts everybody enjoyed the competition and camaraderie. Willie Bowmar in the 2000m steeplechase showed how not to take the water jump or perhaps it was a new approach, with Willie feeling the heat and needing to cool off, diving into the water. There is a photo of his action on the back page of this edition. Our athletes came home with 27 first places, 11 seconds and 9 thirds. New Zealand records were broken by Nancy Bowmar (W65) high jump, Barbara Austin (W70) javelin, Corinne Smith (W45) 10000m track walk, and Colin MacLeod (M70) pentathlon. While we were all out there competing, young Tayla was busy officiating on both days. A big thanks to her from all the athletes - it is good to see young ones giving up their time to help at masters events.

Our next event will be our own Northland Masters Championships, to be held on 6th February, Waitangi Day. Keep an eye on our web page and Facebook for the programme and entries.



PHOTO: Paul Campbell



Northlanders in the Men's Pentathlon. From left, Dennis Langford, then on right of photo Mark Lett and Colin MacLeod

PHOTO: Paul Campbell



Armin Kashammer in the M50 1500m at the North Island champs. Armin is one of our new members.

PHOTO: Delwyn Smith



Tayla Smith on her first visit to Mt Smart Stadium. Tayla came down with her aunt to assist as she has got her "C" grade.

PHOTO: Mark Lett



Colin MacLeod at the Northland Oceania Throws Pentathlon

# Tasman

by Derek Shaw

## NZ Road Relay Champs

Tasman Masters were key members of Athletics Nelson OM50 and OM60 teams at the 2015 NZ Road Relay Championships held for the 3rd consecutive year on the Takahe to Akaroa course. Injuries and other commitments made it a challenge to get these teams to the start line with the last members only sorted a few days out and the same issues led to no team in the MM grade.

The OM60 team of Hans Andersen, Derek Shaw, Mike Morrissey, Ian Carter, Barry Dewar and Steve Salt were hoping to make it 4 wins in a row but were wary of quite a few possible challengers, including familiar rivals Auckland University and Athletics Tauranga. Andersen and Shaw got Nelson off to a good start with a lead of 1:36 at the end of the 2nd lap from Tauranga and a further 24s back to Auckland. However this changed after the 3rd lap with Auckland's Graham Macky running the fastest lap and taking his team to a 11s lead over Nelson with Tauranga a further 12s back. However, Carter soon had Nelson back in the lead and opened up a gap of 1:33 over Auckland by the end of the 4th lap. Dewar increased the gap by another 6s on the 5th lap. The last lap runner Salt, a late replacement, put in a steady lap to cross the line 3 minutes ahead of the fast finishing Murray Clarkson who swept past Auckland to give Tauranga the silver medals for the second consecutive year.

The OM50 team were hoping to repeat the winning success of the 2014 team but also had struggled to get a full team on the line. The team of Neil Whittaker, Robbie Barnes, Graeme Sellars, Clive Holyoake, Ian Courtenay, Colin Rolfe, Stu Cottam and Greg Fraine got off to great start and were only 5s behind the leaders, and eventual winners, Wellington Harriers after Whittaker's leg. However, Barnes ran into trouble on the second lap and had to be replaced and the team incurred a 7 minute penalty which effectively put them out of medal contention. The other members all ran well and they ended up fourth overall, 4:21 behind 3rd placed Auckland City and 8:21 behind 2nd placed Hamilton Hawks.

## Oceania Champs in Rarotonga

Two Tasman stalwarts had a successful time in these champs and won medals in all their events. Tim Cross (M55) won the half marathon (1:39.30), was second in the 8km cross country (33:47.69), 5000m (20:11.79) and 3km steeplechase (13:14.32), and third in both the 800m (2:44.31) and 1500m (5:27.05).

He also won a team silver in the M30+ 4x100 150-199yr relay. Ian Morrison (M65) took three individual gold medals from his 5000m (21:13.77), 2km steeplechase (8:57.33) and half marathon (1:38.28) and a silver in the 8km cross country (34:42.52). He was also part of the NZ gold medal winning M60+ team in the cross country and NZ 65+ team in the half marathon that was second.

## South Island Track & Field Champs

Two new Tasman members ventured to Timaru for the SI champs and enjoyed considerable success. Kirsty Richmond (W40) has competed at NZ and SI Masters Games and continued to demonstrate her versatility and fine athletic abilities at these events at the SI champs. She won all her six field events – high jump (1.35m), triple jump (9.27m), long jump (4.24m), shot put (7.48m), discus (22.09m), javelin (23.09) – and was second in the 60m (9.66).

Having turned 35, Nige Burgess decided to resume his track running and was the fastest of the men in his three events – 400m (60.28), 800m (2:13.11) and 1500m (4:37.94). He had a close race in the 1500m with Southland's Dwight Grieve (M35) and Canterbury's Malcolm Cornelius (M45) with 3 seconds separating the three of them at the end.

## North Island Track & Field Champs

Steve Low (M55) contested the NI champs in Auckland. He continued his good form from last season to win the 400m in 63.94 and 28.37 in the 200m to finish second behind Gary Rawson, a new arrival in the M55 age group who set a new NI record of 26.79.

## Nelson Sports Awards

Tasman Master Paula Canning (W40) won the masters award at the 2015 awards at the end of November. This acknowledged her outstanding achievements during the year which included 3rd place at the World Masters Mountain Running Champs (for second year in a row), 2nd SW NZ Mountain Running champs, 2nd NZ Half Marathon champs in W35+ championship and 1st in the W40-4 age group, 3rd NZ Cross Country Champs in W35+ championship and 1st in the W40. She is also consistently first women in local and regional events in Tasman and this year won the women's title in the Nelson Half Marathon for the tenth consecutive year setting a new record of 1:23:22, nearly 17 minutes quicker than her first win in 2006!

Well done Paula.

# Canterbury

by Andrew Stark

For the fifth year in a row we are using Rawhiti Domain as the only venue in Christchurch where we hold track & field meetings, while we wait for work to start on a new all-weather facility. Planning for the new Sports Hub on the Nga Puna Wai site is taking longer than we expected, but progress is being made. There is some talk about it being ready for the 2017-2018 season ... but we will see!!

PHOTO: Sharon Wray



NZMA President - Andrew Stark at the Oceania Masters champs

Several Canterbury athletes attended the Oceania Masters Track & Field Championships in Rarotonga in October, so at the opening CMA meeting held in mid-October we had a small group of active competitors, with others who came along for a social gathering.

This season we will be continuing to join in with the Athletics Canterbury Saturday interclub meetings. We are a select few of regular attendees. The challenge for many of the track athletes is to see how close they can get to the younger athletes. It is interesting to watch the faces of the 'young ones' as I'm not sure they like the idea of being beaten by us 'oldies'. The advantage for Athletics Canterbury is that several of the masters attending also help officiate. As we have been 'working together' for three seasons now, it is accepted as the way we do it now.

## CMA 5000m Championships

On Saturday 14th November we held our first championship event for the season, in combination with a 2000m interclub track walk. This was a first for the walkers. There were no issues and in fact it gave the walkers people to chase. The race proved to be a close battle between eventual winner Chris Mardon (M45) and David Fitch (M40) whose times were 16:28.35 & 16:28.73 respectively. They shared the lead which changed several times before Chris made a break. David hung on and never gave up as they sprinted to the finish side by side. Of the twelve starters, Bernadette Jago (W55) was the first woman home in a time of 22:06.18. Full results for all CMA events this season can be viewed on our website.

## South Island Masters Track & Field Championships

There is a report on this event in Vetline, but on behalf of Canterbury Masters I would like to acknowledge again the help we received from our Otago members /officials and to also thank Anne Davison and Dave Clarke from Canterbury. I would like to acknowledge Jim Blair for making the trip from Wellington plus those who came up from Te Anau and Invercargill. We also had a woman from Germany plan her holiday around being in Timaru that weekend.

I hope to see more of you there next year and perhaps if ANZ and NZMA have signed a 'sharing of membership' agreement by then, we might see more club masters athletes there too. I would also like to acknowledge the support CMA received from the New Zealand Community Trust by way of a \$5000 grant.

# Otago

by John Stinson

## South Island Masters Track & Field Championships

Twenty five Otago competitors enjoyed a successful weekend of competition at the South Island Masters Championships held on November 21- 22 at Timaru.

Two New Zealand, South Island and Otago records were posted by Myrtle Rough who continues to amaze everyone with her ongoing string of record breaking performances. Competing in the W75 age group, Myrtle had record breaking times of 7:01.64 in the 1500m and 26:04.40 in the 5000m. In the 5000m Myrtle shattered the previous record of 31:55.70 set by Ailsa Forbes in 1968, while in the 1500m she knocked 12.11s off her previous best time. Congratulations from all your fellow OMA members. Myrtle you are an inspiration to all of us.

Another outstanding performer in Timaru was Winifred Harding (W60) who recorded a New Zealand, South Island and Otago record in the throws pentathlon with 2977 points and also posted South Island and Otago records in the shot put with 8.17m, hammer 32.63m and weight throw 11.39m. South Island records were also posted by: Dalise Sanderson (W60) 400m 1:22.47; Tony Tan (M45) 60m 8.07; Ian Sim (M65) long jump 4.18m; Noni Callender (W65) throws pentathlon 2663 points; and Noeline Burden (W60) pentathlon 2118 points. Bill Murphy set a new Otago record in the M60 60m of 8.95. The Otago group thoroughly enjoyed the competition and the social opportunities provided during their weekend in Timaru. Thanks to the organising committee for making our stay so enjoyable.

## NZ Masters Track & Field Championships

Things are progressing well for the NZ Masters Track and Field Championships to be held in Dunedin in March 2016. There has been a pleasing response to requests for event sponsorship and fundraising is also tracking well. A most successful quiz night was held at the Kensington Tavern on 23 November with a significant total raised towards the championships budget. A lot of fun and friendly rivalry was in evidence with the team entitled "Misfits" being declared the winners by 1 point. Special thanks to Jo Hurring for all the organisational effort and to Marlene Dick and Anne and Brian Watkins who assisted with running the ship on the night. A repeat night is on the cards for 2016.

## Local News

Our regular Wednesday evening track and field sessions at the Caledonian Ground have proved the most successful for some years. Attendances have been consistently good and competition keen in both track and field events. On 11 November the Kenny's Canter Bill Kenny Memorial was held at the Caledonian Ground. This was a team relay comprising 2 runners and a walker with a steeple to negotiate during a 400m lap. Each participant completed two non consecutive laps. Kenny's Canter is dedicated to the late Bill Kenny a passionate supporter of master's athletics who enjoyed a special affinity with the steeplechase event.

On 9 December the Annual Geoff Capon Memorial Beach 5K Run will be held between St. Clair and St. Kilda Beaches for an entry fee of \$2. Following the race, spot prizes will be distributed to all competitors. This will be followed by the OMA Christmas Function at the Forbury Park Raceway Function Centre in Victoria Road - a nice way to end a good first half of the season.

The OMA wishes everyone a very Happy Christmas and we look forward to catching up with you in Dunedin next March for the 2016 NZ Masters Track and Field Championships.



Otago Masters President Claire Giles presenting the two trophies attached to the respective Race Winners Mike Wilson and Barbara Patrick



Our group of competitors gathered round the newly erected statue of "Mum" the legendary Otago Coast Sea Lion



Lester Laughton (STH) throwing the heavy weight at the North Island champs in Auckland

PHOTO: John Campbell

# Wellington

by Michael Wray

It's been a relatively quiet period in Wellington this quarter. In our last issue, we wrapped up the local harrier season with just two national championships and one local event to go. The track and field season is now underway and our members are active across the events.

The NZ Road Relays are reported elsewhere in this issue. The local interest in the NZ Marathon Champs in Auckland had men's teams prize won by Wellington Scottish, with one master (Paul Barwick) joining three senior men in the medal winning runners. Wellington was reasonably well represented in the individual medals, no more so than W35 Katie Kemp winning the women's race outright.

The Wellington Masters 10km was held in Lower Hutt in October. This took place on a new course along the Hutt River stop bank paths, allowing us to run the event in safer confines than the previous course on which the increase in traffic levels had become a concern. The clash with the Labour Day weekend hurt numbers a little,

although we had little choice given alternate weekends clashed with Oceania Champs or NZ Marathon Champs. The proximity of the Oceania Champs also meant most of the usual organisers did not return to Wellington in time to do the usual publicity push to local clubs.

Bill Twiss finished first and also scored the highest age-grade for the runners. First woman runner was Tineke Hooft. Given Bill had already won the prize for first male, the prize for highest age-grade went to the second highest scorer, David Hood. For the walkers, Sean Lake and Terri Grimmett were first home. The highest walking age-grade prize was secured by Jacqueline Wilson.

Masterton hosted the first of the three Regional League meets. The most noteworthy event here was Dallas McCallum's attempt to take the M50 NZ 3000m record. Dallas didn't quite make that mark but as consolation he claimed the Wellington Centre record, breaking Colin Maclachlan's record that had stood for a couple of decades.



PHOTO: Sharon Wray

*The Wellington Scottish team at the NZ Road Relays*

# Southland

by Dwight Grieve

Firstly a huge thanks to Evan MacIntosh who has been writing the Southland reports for many a day. His work has been enjoyable to read and hopefully the standard can be maintained. Evan has taught me many things like the appreciation of a post race beer and hopefully I can learn from his previous writings as well.

## Oceania Champs – Rarotonga

Seven of Southlands finest athletes, well six athletes and one of our finest in Gail Kirkman, made their way to the Oceania champs which in full honesty, apart from the amazing Gail Kirkman, was about self achievement and personal goals. In the end it was a huge success with Gail setting a new Oceania 300m hurdles record along with the NZ record, while the rest set a pile of PB's. The heat did provide a test for us Southlanders coming from winter snow training for the event but that just adds to the fun. Many memories were made and many tales will be told, including a few not to be told.

**Warren Green (M60):** Discus – 1st PB; Javelin – 1st PB; 60m – 1st; 100m – 2nd; Pentathlon – 1st; 4x100m relay – 1st; Distance medley relay (200m,200m,400m,800m) – 1st; Total = 6 Gold, 1 Silver, 2PBs

**Les Scown (M60):** Discus – 2nd PB; Javelin – 2nd PB; Pentathlon – 3rd; 4x100m relay – 1st; Half marathon – non placing; Total = 1 Gold, 2 Silver, 1 Bronze, 2 PBs

**Gary Kirkman (M60):** 5000m, 800m, 8km Cross Country, Half marathon – 4th in all

**Gail Kirkman (W60):** 300m hurdles – 1st 55.05 Oceania record (55.91) NZ record (56.58); 800m – 1st; High jump – 1st; 80m hurdles – 1st; 200m – 1st; 400m – 1st; Distance medley relay – 1st; Total – 7 Gold

**Dwight Grieve (M35):** 5000m – 1st; 800m – 1st PB (15 seconds); 8km Cross Country – 1st-Cross Country teams – 1st in NZ team; 1500m – 1st PB; Distance Medley relay – 1st; Half Marathon – 1st; Half Marathon team – 1st in NZ team; Total = 8 Gold, 2 PBs

**Lee Grieve (W35):** Weight throw – 3rd PB; Cross Country – 1st; Throws Pentathlon – 2nd PB; Hammer – 2nd PB; Discus – 3rd; Total = 1 Gold, 2 Silver, 2 Bronze, 3 PBs

**Corey Mennell (M40):** 5000m – 2nd; 1500m – 1st; 3000m Steeplechase – 1st; 4x100m relay – 1st; Total = 3 Gold, 1 Silver

## South Island Masters Champs

A team of 5 went to have a go at the SI champs in Timaru. As I personally found out, not only is it about competing and challenging yourself but also about catching up with those you have meet at previous events. As a newby to masters I am enjoying this aspect and are now planning my next lines of lies and abuse for Andrew Stark for the nationals in Dunedin. Team Southland had a decidedly young look to it with Bruce Thompson being the elder

statesman and having to keep us whipper snappers in line. Another aspect of masters I have found was shown with Bruce; is the experience with injuries!!! Bruce (and others) have a great depth of knowledge when it comes to staying healthy and the advice and time taken to help is appreciated. Back to the racing and the AWESOME achievements of the team which included Bruce, Warren Green, Scott Belesky, Dwight and Lee Grieve. Four records being set including some that were 14 years old.

- Scott setting a new 60m M35 record with 7.71 seconds
- Lee with a W35 weights pentathlon record
- Dwight beating the M35 3000m record in 10:01 and the 5000m record by a mere .11 of a second in 17:25.09
- The 3000m record was a personal highlight as it has previously been held by Southland athletes Glen MacIntosh and Corey Mennell.

## Queenstown Marathon and Bluff Hill climb

While the rest of the team tackled the SI champs, team MacIntosh took on their own challenges with Evan attacking the Queenstown marathon and son Glenn winning the Bluff Hill grunt, Glenn's effort particularly noteworthy as it indicates his return from injury in a race with horrific weather and a nice wee climb up Bluff Hill.

## The Sprint section – gossip and general happenings

The track and field season is well under way and despite the younger age groups dominating numbers a few of the masters have been keeping the young ones honest, of particular note is a recent sub-12 second 100m by Scott Belesky.

In other news a few masters members helped out at a "Run Camp" at Wairaki Station and passed on knowledge to some runners, sometimes it is taken for granted how much knowledge is gained over the years and others can benefit from it.

Southland masters also led the way in the recent Southland Beer mile champs dominating the younger age group with Dwight Grieve setting a new NZ record and Tyrone Lake taking second.

Southland Athletics are having a bit of a shake up and ALL of us need to help out and promote our sport – the committees are looking for help so let's get along.

Southland marathon was won by Tim DeRidder with Kelly McSorlily 3rd, Tyrone Lake 5th, Scott Underhay 9th and Garth Fairburn 23rd. In the women section Sarah Bryant took the title, Michelle Watt 2nd and Lyla Belesky 3rd - again the master's age group taking the lead. With the changes being proposed ahead for master's athletics many of these athletes will now be eligible for Masters champs and are likely to be encouraged along.



Terri Grimmett in the 2000m steeplechase at the North Island Championships

PHOTO: John Campbell

## COMING EVENTS

### 2016

26-28 FEBRUARY	NZMA T&F Championships	DUNEDIN
6-19 APRIL	Australia Masters Athletics Championships	ADELAIDE, AUSTRALIA
14 MAY	ANZ/NZMA Mountain Running Championships	QUEENSTOWN
3 JULY	Australia Masters Athletics Marathon Championships	GOLD COAST, AUSTRALIA
5-21 AUGUST	Olympic Games	RIO DE JANEIRO, BRAZIL
7 AUGUST	Oceania & ANZ/NZMA Cross Country Championships	AUCKLAND
27 AUGUST	World Masters Mountain Running Championships	SUSA, ITALY
3 SEPTEMBER	ANZ/NZMA Road Championships	MASTERTON
1 OCTOBER	ANZ Road Relays Championships	ROTORUA
26 OCT - 6 NOV	WMA Stadia Championships	PERTH, AUSTRALIA

### 2017

24-26 FEBRUARY	NZMA T&F Championships	NELSON
19 - 25 MARCH	WMA Indoor Championships	DAEGU, SOUTH KOREA
21 - 30 APRIL	World Masters Games	AUCKLAND

### 2018

20 - 27 JANUARY	OMA Stadia Championships	DUNEDIN
SEPT (TBC)	WMA Stadia Championships	MALAGA, SPAIN





NORTHLAND

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