

# vetline

New Zealand Masters Athletics

MARCH 2011

VOL 29 No. 1



**North Island  
Track & Field  
Championships  
INGLEWOOD**

**South Island  
Track & Field  
Championships  
INVERCARGILL**

ISSN 1173 - 1265



Raewyn Grigg (TAR) in W40 javelin at Inglewood

Photo | JIM TOBIN



Desmond Philips won the M60 300m hurdles at Inglewood

Photo | JIM TOBIN

Official Magazine of New Zealand Masters Athletics  
FOUNDED IN 1970



*Cover Photo*

Ian Calder (NTH) & Sally Gibbs (WBP) shared the pace in the combined M & W 5000m at the North Island Champs at Inglewood.

PHOTO - JIM TOBIN

*Inside Back Cover*

Robin Grant (TAR) and Ian Calder (NTH) in M50 1500m at the North Island Championships at Inglewood.

PHOTO - JIM TOBIN

*Back Cover*

Steve Hargreaves (AKL) in the M40 200m at the Auckland Masters Championships at Mt Smart.

PHOTO - JOHN CAMPBELL



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## Make The Most of Your Talents

As I write it is just a few days since I learned of the death of Clem Green who was the long serving patron of our organisation. I am not going to going to cover the pioneering work that Clem did in veteran athletics as there are others far more qualified to do that but I will offer a few thoughts on the part that we can all play in our chosen sport.

When we shuffle off this mortal coil and head for the great training camp in the sky we will all realise that we are not indispensable but equally we will all realise that we have had a part to play in whatever activity that we have participated in. Whether or not we can look back with satisfaction on the part we have played is something that only we, ourselves, can judge.

Masters athletics is populated with some remarkable people and Clem was certainly on of those. Some are remarkable for their administrative ability and others for their athletic ability. It does not matter what we do well as long as we use our talents. It is also true that the more we put into an endeavour the more we get out of it.

I suppose that this is a very roundabout way of saying that we should all aim at the start of this year to put some effort into making masters athletics an even better sport than it is already. You will be reading this about the time of the national track and field championships in Hastings and I hope that you are all fit and well and perform up to your expectations.

by | MIKE WEDDELL - NZMA President

# Letters to the Editor

## Clem Green

Clem Green was the man who established the Oceania Region within the Masters Athletics world. I well remember first meeting Clem in the early 1980's and being overwhelmed by his enthusiasm for the Oceania dream. He worked virtually unassisted in his early years within Oceania and was driven by the desire to see the vast Oceania geographic region come together as one in competition in the then veteran's track and field competition.

He was successful in that he managed to have several regional championships organised and conducted in localities that no one else would have considered as capable of undertaking such a task. He begged, pleaded and indeed cajoled people to help him. He was without doubt the father of Veterans/Masters athletics in the Oceania Region and a person whom we must never fail to acknowledge when we come together to participate in the Oceania Regional Championships. His memory will live on forever and we will miss him.

Let me finish with a little story about Clem. In one of the Oceania Regional veterans championships held at Norfolk Island, Clem was participating in the steeplechase. This was at the time when WMA had just introduced the Safety Judges to competition and I had been appointed as one of the safety judges for this competition. Clem was obviously neither fit nor prepared to undertake this event and on each occasion he came to the water jump he managed to crash heavily. About the third time around I went onto the track and told him that unless he could improve his effort he would need to withdraw. What he replied to me is not reportable.

I then went and spoke to his wife and asked "what do I do?" She simply said 'Let him kill himself, it is the only way you will stop him'. I did try to stop him again as he was not coping well and had in fact injured himself and was bleeding. It was to no avail so I let the man finish his race. Afterwards (well afterwards) I approached Clem and asked was he OK. He told me "Yes I am now, but early in the race some idiot came onto the track and told me to stop and that just made me more determined to finish". Enough said. No wonder he was successful with that type of thinking and that desire to succeed. Yes, we will miss him. God bless you Clem.

Stan Perkins  
WMA President, Brisbane

## Another Supporter

An item of interest for your readers. I have a friend down here who was once a very good long distance runner here in Otago. He is no longer directly involved in the Sport but still maintains a keen interest in it. I recently passed on to him spare copies of the June and September issues of Vetline. He was greatly impressed by the content of the magazine believing it to be one of the most informative and interesting publications that he has read for a long time. So there you are another to add to the long list of Vetline supporters.

John Stinson  
Dunedin

# Notice Board

## The Earthquake

Dear friends,  
We are so very sorry to hear about the terrible time that your people have been through in Christchurch. Hopefully your direct relations have not been affected but there are sure to be people that you know who have been injured or worse. It is encouraging that Britain and other countries are helping where they can, but what a frightening and shattering experience especially as the quake has come about four months after the previous one. I won't write any more now but want you to know that we are thinking of you at this tragic time. We hope and pray that things won't get any worse and that many survivors will still be found. Love and best wishes.

Leo & Marie Benning  
South Africa

On behalf of our members we wish to express heartfelt sympathy to the members of the Canterbury Centre who have been affected by yesterday's earthquake. This is indeed a major blow coming so soon after the previous tragedy and the thoughts of all of our members are with you at this time. We will be thinking of you and your families in the difficult and challenging days ahead. - Ed

## Brisbane All Go

Members will be aware that the Australian Masters stadia championships are scheduled to be held in Brisbane at Easter (22-25 April). We have been advised that these championship preparations are proceeding as normal and that the flooding in Queensland has not affected the actual organization of the event. In fact they need, more than ever, the support of competitors to attend to make the championships a positive and enjoyable event and something to look forward to after the widespread effects of such adverse weather seen this summer, not just in Queensland but in other states as well. As advised in the December Vetline there is an open invitation for our members to take part. You can be assured that you would be well looked after and you would enjoy the experience.

## Thanks To The Trust

The NZMA Board is pleased to thank the Fourth World Games Trust for a grant to fund a new camera for Vetline. This assistance is greatly appreciated.

## Bernie Does It Again

On Saturday 19 February, at Wellington's Newtown Park, Bernie Portenski set her fifth world record in the W60 age group. She broke the world 3000 metre record with a time of 11:00.10, smashing by six seconds the record previously held by Angela Copson of Great Britain. Bernie now holds the world records for 3000m 5000m 10,000m, half marathon and marathon. Well done Bernie.

# Vetline

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# North Island T&F Champs

## Inglewood



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PHOTO | JIM TOBIN

Judy Hammond (WLG) won the W70 800m

Desmond Philips (TAR) won the M60 100m hurdles



PHOTO | JOHN CAMPBELL

Vanessa Story (MWA) leads the women's 200m

### Results >

#### 60m

W35			
Vanessa Story	MWA	8.80	
Sandra Moratti	TAR	12.27	
W40			
Althea Mackie	AKL	9.21	
Katie Tahere	TAR	10.05	
W50			
Theresa Large	WBP	12.19	
W55			
Joy Baker	TAR	10.56	
W60			
Sheryl Gower	WBP	9.90	
Nancy Bowmar	NTH	11.33	
W65			
Chris Waring	AKL	9.91	
W70			
Frances Bayler	MWA	10.68	
W75			
Margaret Peters	AKL	10.61	
W85			
Pam Spiers	AKL	27.97	

#### M45

Shane Harris	WBP	8.96	
M50			
Gary Rawson	WLG	8.01	
M55			
Christian Hotta	WBP	9.39	
M80			
Hector Mein	WBP	12.90	

#### 100m

W35			
Vanessa Story	MWA	14.10	
Sandra Moratti	TAR	20.03	
W40			
Althea Mackie	AKL	15.62	
Katie Tahere	TAR	16.40	
W45			
Tania Nicholls	TAR	15.85	
Charlene Jacobs	TAR	15.87	
W50			
Theresa Large	WBP	19.70	
W55			
Joy Baker	TAR	17.80	
W60			
Sheryl Gower	WBP	16.23	
Tui Ashe	AKL	17.33	
Nancy Bowmar	NTH	19.52	
W65			
Chris Waring	AKL	16.22	
W70			
Frances Bayler	MWA	18.29	
Judy Hammond	WLG	19.27	
W75			
Margaret Peters	AKL	18.11	

#### M45

John Campbell	AKL	12.87	
M50			
Gary Rawson	WLG	13.04	
M55			
Christian Hotta	WBP	15.26	
M60			
Ross Brown	AKL	15.27	
Brian Walker	MWA	17.61	
M70			
Malcolm Fraser	CAN	15.28	
Bruce McPhail	CAN	15.98	
Stewart Foster	WBP	16.32	
M75			
Trevor Cowley	AKL	18.85	

#### 200m

W35			
Vanessa Story	MWA	27.90	
Sandra Moratti	TAR	43.46	

#### W40

Raewynn Grigg	TAR	35.45	
W45			
Tania Nicholls	TAR	31.22	
W55			
Joy Baker	TAR	36.90	
W60			
Sheryl Gower	WBP	32.03	
W65			
Chris Waring	AKL	33.38	
W70			
Frances Bayler	MWA	36.45	
Judy Hammond	WLG	36.60	

#### M45

John Campbell	AKL	25.71	
M50			
Gary Rawson	WLG	26.16	
M55			
Christian Hotta	WBP	30.68	
M60			
Laurie Malcolmson	MWA	26.64	
Ross Brown	AKL	28.81	
M70			
Malcolm Fraser	CAN	29.69	
Bruce McPhail	CAN	32.24	
Stewart Foster	WBP	36.87	

#### 400m

W30			
Marcia Taylor	WBP	1:28.94	
W35			
Vanessa Story	MWA	1:02.64	
Andrea Williams	HBG	1:06.38	
W45			
Charlene Jacobs	TAR	1:08.66	
Tania Nicholls	TAR	1:10.82	
W55			
Joy Baker	TAR	1:23.97	
W60			
Tui Ashe	AKL	1:16.57	
Sheryl Gower	WBP	1:21.29	
W65			
Chris Waring	AKL	1:16.63	

#### M45

Shane Harris	WBP	59.31	
M50			
Allan Thomas	TAR	1:05.77	
M60			
Ross Brown	AKL	1:08.73	
M65			
Alan Jones	TAR	1:15.96	
M70			
Malcolm Fraser	CAN	1:09.86	
M75			
Pat Mills	TAR	1:35.25	

#### 800m

W35			
Andrea Williams	HBG	2:29.54	
Sandra Moratti	TAR	3:56.60	
W45			
Sally Gibbs	WBP	2:23.42	
W55			
Vicky Adams	TAR	3:02.61	
Lynne Mackay	TAR	3:41.49	
W60			
Dianne Spiers	AKL	3:48.84	
W70			
Judy Hammond	WLG	4:00.20	

#### M50

Ian Calder	NTH	2:17.85	
Allan Thomas	TAR	2:24.39	
M55			
Ian Carter	MWA	2:20.29	
Murray Laird	TAR	2:29.26	

#### M60

Murray Clarkson	WBP	2:39.29	
Desmond Phillips	TAR	2:40.29	
Brian Warren	TAR	2:42.57	
M65			
Alan Jones	TAR	2:50.31	
David Trow	WLG	2:54.02	
Colin Macleod	NTH	3:05.08	

#### 1500m

W35			
Andrea Williams	HBG	5:19.75	
Sandra Moratti	TAR	7:22.40	
W45			
Sally Gibbs	WBP	4:54.66	
W55			
Vicky Adams	TAR	6:12.33	
Lynne Mackay	TAR	7:06.51	
W60			
Dianne Spiers	AKL	7:23.79	
W65			
Fay Riley	WBP	10:32.05	

#### M50

Ian Calder	NTH	4:33.33	
Robin Grant	TAR	4:35.43	
Allan Thomas	TAR	5:16.25	
M55			
Ian Carter	MWA	4:49.43	
Murray Laird	TAR	5:14.27	
M60			
Brian Warren	TAR	5:27.63	
Murray Clarkson	WBP	5:31.42	
M65			
David Trow	WLG	6:20.20	
Colin Macleod	NTH	6:21.47	
M75			
Pat Mills	TAR	7:19.77	

#### 3000m

W35			
Andrea Williams	HBG	10:57.33	
W45			
Sally Gibbs	WBP	10:06.89	
W60			
Dianne Spiers	AKL	15:23.72	
W65			
Iris Hansen		24:13.0	

#### M50

Robin Grant	TAR	9:31.24	
Ian Calder	NTH	9:32.59	
M55			
Ian Carter	MWA	10:56.96	
M60			
Murray Clarkson	WBP	11:48.43	
Desmond Phillips	TAR	12:29.10	
M75			
Pat Mills	TAR	15:15.89	
Jim Tobin	HBG	19:37.07	

#### 5000m

W45			
Sally Gibbs	WBP	17:32.70	
W60			
Dianne Spiers	AKL	26:06.48	
M50			
Ian Calder	NTH	18:01.02	
M75			
Pat Mills	TAR	26:03.53	

#### 100m Hurdles

W35			
Vanessa Story	MWA	20.62	
M60			
Desmond Phillips	TAR	24.89	

#### 300m Hurdles

M60			
Laurie Malcolmson	MWA	48.23	
Desmond Phillips	TAR	55.71	

#### 400m Hurdles

W35			
Andrea Williams	HBG	1:19.95	
M55			
Murray Laird	TAR	1:19.95	

#### 2000m Steeplechase

W35			
Andrea Williams	HBG	8:17.57	
M60			
Desmond Phillips	TAR	8:43.18	

#### 3km Track Walk

W35			
Sandra Moratti	TAR	18.32	
W40			
Katie Tahere	TAR	19.52	
W45			
Vanessa Lowl	TAR	16.33	
Serena Coombes	TAR	19.38	
W50			
Theresa Large	WBP	20.22	
Helen Baverstock	TAR	21.51	
W55			
Anne Fraser	TAR	20.01	
W60			
Marlene White	TAR	18.14	
W65			
Daphne Jones	WLG	20.44	

M55			
Eric Kemsley	TAR	15.23	
Peter Fox	TAR	16.57	

#### 10km Road Walk

W35			
Sandra Moratti	TAR	1:07.08	
W45			
Vanessa Lowl	TAR	1:02.00	
Serena Coombes	TAR	1:08.53	
W50			
Helen Baverstock	TAR	1:16.47	
W55			
Anne Fraser	TAR	1:10.03	
W60			
Marlene White	TAR	1:06.22	

M55			
Eric Kemsley	TAR	55.44	
Peter Fox	TAR	58:38.98	

#### Long Jump

W35			
Vanessa Story	MWA	4.08	
W40			
Raewynn Grigg	TAR	3.42	
W55			
Joy Baker	TAR	3.09	
W60			
Nancy Bowmar	NTH	2.77	
W65			
Beth Macleod	NTH	2.96	
W70			
Frances Bayler	MWA	2.85	
Judy Hammond	WLG	2.6	
M45			
Mark MacFarlane	WLG	4.44	
M50			
Gary Rawson	WLG	5.34	

M65 Mike Shepherd M70 Bruce Clarke M75 Tony Tolhurst Trevor Cowley Jim Blair M80 Hector Mein	MWA WBP MWA WBP WLG WBP	3.53 2.86 3.14 3.12 2.90 3.13	M50 Gary Rawson M65 Mike Shepherd M70 Bruce Clarke M75 Trevor Cowley Tony Tolhurst	WLG MWA WBP AKL MWA	10.21 7.28 6.56 6.80 6.04	Colleen Brunker W80 Ngawini Pepene Colleena Blair W85 Pam Spiers	NTH WLG	6.89 5.93 5.10 3.89	W45 Christine McCahill W50 Theresa Large W55 Liz Hamilton Katy Tapling Joy Baker W60 Tui Ashe Jill Evans Dianne Spiers W65 Barbara Austin Beth Macleod Sue Park Marion Clarke W70 Valerie Babe W80 Ngawini Pepene W85 Pam Spiers	WBP WBP TAR AKL TAR WBP AKL	31.96 15.89 20.09 15.93 11.69 18.97 18.13 13.47 18.37 13.67 11.97 10.81 15.14 11.98 7.79
<b>High Jump</b> W30 Marcia Taylor W35 Vanessa Story W60 Nancy Bowmar	WBP MWA MWA NTH	1.10 1.30 1.10	<b>Shot Put</b> W30 Marcia Taylor W35 Michelle Ward Sandra Moratti W40 Sharee Jones Raewynn Grigg Althea Mackie W45 Christine McCahill W50 Theresa Large W55 Liz Hamilton Katy Tapling Joy Baker W60 Tui Ashe Jill Evans Sheryl Gower Nancy Bowmar Dianne Spiers	WBP WLG TAR HBG TAR AKL WBP TAR AKL WBP TAR AKL AKL MWA MWA CAN TAR WBP TAR WBP AKL MWA MWA CAN TAR WBP TAR AKL AKL TAR WBP AKL MWA MWA CAN CAN TAR AKL	7.51 8.89 6.69 8.50 7.56 7.34 10.27 6.37 8.86 6.35 5.77 8.53 8.41 6.95 6.93 5.69 22.12 8.3 6.32 5.04 4.72 23.40 22.81 21.44	<b>Discus</b> W30 Marcia Taylor W40 Barbara Austin W35 Michelle Ward Sue Park Vanessa Story W40 Sharee Jones Raewynn Grigg Althea Mackie	WBP WLG TAR NTH WBP WLG MWA HBG TAR AKL	6.44 21.94 17.45 23.40 22.81 21.44	M45 Mark Cumming Neil Tait M50 Gary Rawson M55 Chris Thompson M60 Rick Davison Jos Pols Brian Walker M65 Phillip Cox Mike Shepherd M70 Wallace Opperman M85 Ivor Ellis	AKL WBP AKL WBP TAR CAN CAN MWA MWA CAN CAN TAR CAN CAN TAR AKL	29.17 26.37 28.27 29.58 38.93 32.52 25.21 29.24 25.54 25.09 30.66 21.56



Gary Rawson (WLG) leads John Campbell into the 200m straight

Bruce Clarke Trevor Gillum M75 Jim Blair Trevor Cowley M80 Wallace Opperman	WBP TAR WLG AKL AKL	19.91 15.98 20.78 20.15 15.50	M65 Phillip Cox M70 Brian Senior Kelvin Wackrow Bruce Clarke M75 Trevor Cowley Jim Blair M80 Hector Mein	MWA CAN TAR WBP AKL WLG WBP	22.39 20.24 18.32 16.90 22.30 19.07 12.68	M65 Phillip Cox Keith Bade M70 Brian Senior Bruce Clarke Kelvin Wackrow Trevor Gillum	MWA WLG CAN WBP TAR	33.9 22.44 35.82 26.44 21.87 15.90	M70 Brian Senior Bruce Clarke Kelvin Wackrow	CAN WBP TAR	13.40 9.07 8.03
<b>Javelin</b> W30 Marcia Taylor W35 Sandra Moratti Michelle Ward W40 Sharee Jones Althea Mackie Raewynn Grigg W50 Theresa Large W55 Liz Hamilton Joy Baker Katy Tapling W60 Jill Evans Tui Ashe Dianne Spiers W65 Barbara Austin Marion Clarke Sue Park W70 Valerie Babe W80 Ngawini Pepene	WBP TAR WLG HBG AKL TAR WBP TAR AKL MWA AKL AKL MWA AKL WBP AKL MWA AKL WBP AKL NTH WBP TAR NTH NTH	22.38 17.53 16.88 27.88 19.21 14.81 9.98 18.17 12.42 9.33 19.07 15.98 9.99 18.78 9.02 7.32 10.82 15.90	<b>Hammer Throw</b> W30 Marcia Taylor W35 Michelle Ward Sandra Moratti W40 Sharee Jones Althea Mackie Raewynn Grigg W45 Christine McCahill W50 Theresa Large W55 Katy Tapling W60 Jill Evans W75 Colleen Brunker W80 Ngawini Pepene W85 Pam Spiers	WBP WLG WBP WLG TAR HBG AKL TAR WBP WBP WBP WBP WBP WBP WBP MWA AKL WBP AKL NTH NTH NTH NTH NTH AKL	1.25 25.98 16.40 34.50 31.30 24.17 39.68 16.40 19.06 25.78 7.78 28.30 19.14 20.29 22.33 17.92 13.88	M45 Neil Tait M50 Gary Rawson Michael Roche M55 Christian Hotta Chris Thompson M60 Rick Davison Jos Pols Brian Walker	WBP WLG MWA WBP AKL CAN AKL MWA	20.08 30.30 26.66 30.57 18.08 29.30 25.67 16.87	M45 Mark Cumming Neil Tait M55 Chris Thompson M60 Rick Davison Jos Pols Phillip Cox Keith Bade M70 Brian Senior Bruce Clarke M75 Jim Blair	AKL WBP AKL AKL CAN AKL MWA WLG	2942 1782 2465 2465 16.01 13.13 12.26 8.14 3262 1963 3393 2426 2556
<b>Weight Throw</b> W30 Marcia Taylor W35 Michelle Ward Sandra Moratti W40 Sharee Jones Althea Mackie Raewynn Grigg W45 Christine McCahill W50 Theresa Large W55 Katy Tapling W60 Jill Evans Dianne Spiers Sheryl Gower W65 Barbara Austin Marion Clarke W70 Valerie Babe W80 Ngawini Pepene W85 Pam Spiers	WBP WLG TAR HBG AKL TAR WBP WBP WBP WBP WBP WBP WBP MWA AKL WBP AKL WBP WBP NTH NTH NTH NTH NTH AKL	8.04 9.57 5.97 10.69 10.32 8.77 4.33 7.57 6.50 10.42 6.89 6.68 10.63 6.71 7.78 6.45 5.37	<b>Weight Pentathlon</b> W40 Sharee Jones Raewynn Grigg W45 Christine McCahill W55 Katy Tapling W60 Jill Evans W65 Barbara Austin Beth Macleod Marion Clarke W70 Valerie Babe W80 Ngawini Pepene Colleena Blair W85 Pam Spiers	HBG TAR WBP AKL WBP AKL NTH NTH WBP NTH WLG AKL	2802 1982 420 1711 3217 3714 2189 1971 2701 4059 3072 3323						



Chris McCahill (WBP) won the heavy weight



Michele Ward (WLG) won the W35 heavy weight



Andrea Williams (HBG) won the W35 2000m steeplechase



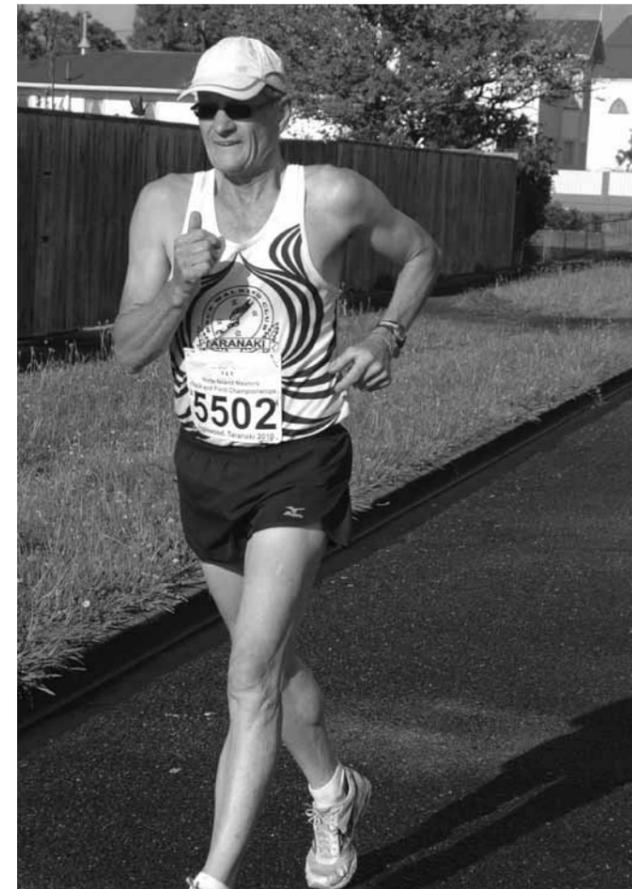
Lynne Mackay (TAR) 2nd in W55 800m



Anne Fraser leads Desmond Phillips and Geoff Ironmonger in 3000m walk



"Let there be light" – afternoon heavy fog



Eric Kemsley (TAR) won the M55 10km walk



Vicky Adams (TAR) emerges from the murk to win the W55 1500m



# Mastery at Surrey Park

by | LANCE SMITH

The South Island Masters track & field champs over the weekend of 3-5 December saw an influx of young but experienced athletes into Invercargill - some as young as in their 80's. Quite a few foolishly packed warm clothes and wet weather gear thinking that was the norm for down south but wished that they had packed sun block and sun hat instead. Whether it was the weather or the southern hospitality there were some great performances including a large number of meet records.

Canterbury's Loris Reed, who took more than her fair share of the records, does not know how to slow down. The 63 year old claimed four new distance track marks: the 800m, 1500m, 2000m steeplechase and 5000m and had the highest age graded score of the weekend with 95.47% for the steeplechase, slightly ahead of Myrtle Rough's 93.82% 1500m. Loris's 21:42.55 for the 5000m is a time that many women (and a lot of men) half her age would love to be able to do.

On Saturday Shireen Crumpton was busy winning the Kepler Challenge while in Invercargill Mum Myrtle Rough was equally busy setting track records. Myrtle from Otago is in the W70 grade and added to her host of national, Otago and South Island records with 6:35.36 in the 1500m to take over a minute off the old meet record and a day later running 24:26.38 to establish a new 5000m record.

Iris Bishop snared five new records and was probably the stand out thrower of the weekend, although Canterbury team mate Glen Watts could also lay claim to that title. A number of Southland's young elite athletes helped at the champs. The Development Squad pitched in with the catering and officiating and many expressed their admiration on the ability of the older generation.

A feature of the programme was the inclusion of open events for younger athletes. The Masters were treated to some excellent performances. A definite highlight was Gideon Barnard's 2.05 high jump. The Southland record holder (2.07) easily cleared the 2.05 height and came oh so close at 2.10. Savannah Bruin, Rebecca Peterson and Jade Graham who medalled at the New Zealand secondary schools championships a week later showed their form and Jade in particular (the following week she broke the NZSS JG triple jump record) gained the admiration of many of the older ones who commented on the superb technique of the young jumpers.

It was great to see oldies admiring the skills of young athletes and even more so, young athletes admiring the skills of the oldies!

ALL PHOTOS | LANCE SMITH



Barbara Patrick finishing 5000m



Lester Loughton (Sth) hammer

Records set at the 2010 South Island Championships:

W60	200	Lois Anderson	35.40	83.13%
W65	200	Glenyss Jones	37.60	81.28%
W45	400	Liz Wilson	1:05.15	87.49%
W60	400	Barbara Patrick	1:22.97	78.91%
W60	800	Loris Reed	2:56.52	87.62%
M35	800	Glenn MacIntosh	2:10.39	80.79%
W60	1500	Loris Reed	5:47.10	95.47%
W70	1500	Myrtle Rough	6:35.36	93.82%
M35	3,000	Glenn MacIntosh	10:15.35	75.10%
M50	3,000	Michael Wilson	11:03.30	76.46%
M70	3,000	Bill Kenny	14:04.37	71.20%
W55	5,000	Dalise Sanderson	22:02.48	81.00%
W60	5,000	Loris Reed	21:42.55	92.33%
W70	5,000	Myrtle Rough	24:26.38	91.86%
W60	2000 Stp	Loris Reed	9:15.07	93.50%
M65	HJ	Lance Smith	1.28	79.39%
M70	PV	Brian Senior	1.75 =	50.69%
W55	SP	Winifred Harding	9.26	62.16%
W70	SP	Glenn Watts	7.07	66.32%
W75	SP	Iris Bishop	5.80	62.71%
W70	DT	Glen Watts	19.61	52.04%
W75	DT	Iris Bishop	13.47	41.57%
W70	HT	Glen Watts	24.33	61.80%
W75	HT	Iris Bishop	18.56	54.87%
M30	HT	Michael Scholten	28.91	33.33%
W70	JT	Barbara Bird	18.09	55.09%
W75	JT	Iris Bishop	10.95	38.62%
M30	JT	Michael Scholten	37.95	39.19%
W30	WT	Andrea Cattermole	6.82	34.96%
W55	WT	Winifred Harding	11.74	67.66%
M30	WT	Michael Scholten	9.62	37.57%
M60	WT	Rick Davison	15.37	69.05%
W30	WP	Andrea Cattermole	1,428	
W75	WP	Iris Bishop	2,432	
M30	WP	Michael Scholten	1,875	
M70	WP	Brian Senior	3,293	
W70	3000 Walk	Ann Henderson	22:03.07	73.80%
W70	5000 Walk	Ann Henderson	38:14.81	73.68%

Highest age-graded percentages would go to Loris Reed 95.47% (1,500), and 92.33% (5,000), 93.50% (2000 Steeples), and Myrtle Rough (W70) with 91.86% (5,000) and 93.82% (1,500). Record data from Evan MacIntosh.



Barry Rait, Shot Put



Malcolm Cornelius and Glenn MacIntosh, 1500m (Malcolm finished 2nd, Glen 1st)



Don Chambers and Glenyss Jones, sprint hurdles



Julie Wilson with big lead in 1500m

# More from Surrey Park

by | MIKE WEDDELL

The South Island Championships were here over three days in mainly fine conditions at Surrey Park in Invercargill. The number of competitors was up with the last couple of years which is a good thing as it is not long ago that we were looking at the viability of the event. The championships were well supported by all South Island centres. It was a little breezy on the Friday evening but that did not put off the distance runners who tackled the 3000m in particular Loris Reed who started off a superb series of runs for the weekend.

Equally dominant in the sprints was Liz Wilson who had a clean sweep of her events on the track and the long jump for good measure. Don Chambers from Australia was in fine form in his track and field events and kept the locals on their toes. The other overseas visitor was Althea Mackie from Auckland who contested the throwing events.

Local president Mark Flaus as usual performed well leading the Southlanders from the front and 83 year young Alistair Mackay showed that age is no barrier in jumps and sprints. Myrtle Rough broke the national record for 5000m on the Sunday morning but a week later she lowered it even further in Dunedin and has now set New Zealand records at very event from 800-10,000 metres. There was a very friendly relaxed atmosphere at this event and it was greatly enjoyed by competitors and officials. There was a very good dinner on the Saturday evening with the best range of desserts that I have ever had to battle my way through. The championships ended as the weather packed up which no doubt was due to the barbecue being fired up for a parting lunch.



Ash Burgess, willing the shot to go a bit further



Debbie Telfer, Loris Reed, Dalise Sanderson, Carol Chettleburgh, Benadette Jago, 3000m



Beverley Church weight throw



Mike Piper, 3km walk



A pre-pre-masters amusing himself while Grandma ran

ALL PHOTOS | LANCE SMITH

## Results >

### 100m

W40			
Scott, Louise	CAN	14.19	
Mackie, Althea	AKL	14.51	
W45			
Wilson, Liz	OTG	13.54	
Main, Philippa	OTG	18.45	
W50			
Judd, Julie	OTG	15.30	
Giles, Claire	OTG	15.52	
Newall, Alison	OTG	15.78	
W55			
Steltner, Birgit	CAN	17.03	
W60			
Anderson, Lois	CAN	16.76	
W65			
Jones, Glenyss	STH	17.62	
W70			
Watts, Glen	CAN	20.80	

M35			
MacIntosh, Glenn	STH	12.89	
M50			
Thomson, Bruce	STH	13.62	
Low, Stephen	TAS	13.66	
M55			
Marshall, Stan	STH	15.22	
Sheehy, Barrie	STH	16.59	
M65			
MacIntosh, Evan	STH	15.37	
M70			
Chambers, Don	AUS	14.91	
Munro, Ron	CAN	15.04	
McPhail, Bruce	CAN	15.13	
Toomey, Brian	STH	16.98	
M80			
MacKay, Alistair	STH	17.29	

200m			
W40			
Scott, Louise	CAN	28.2h	
W45			
Wilson, Liz	OTG	27.2h	
Main, Philippa	OTG	38.9h	
W50			
Judd, Julie	OTG	31.96	
Giles, Claire	OTG	32.25	
Newall, Alison	OTG	33.09	
W60			
Anderson, Lois	CAN	35.40	
Patrick, Barbara	OTG	37.45	
W65			
Jones, Glenyss	STH	37.60	

M35			
MacIntosh, Glenn	STH	26.75	
M50			
Low, Stephen	TAS	27.68	
Reihana, Tom	CAN	30.38	
M55			
Marshall, Stan	STH	32.87	
Sheehy, Barrie	STH	34.17	
M65			
MACINTOSH, Evan	STH	31.77	
M70			
Munro, Ron	CAN	32.03	
Chambers, Don	AUS	32.37	
McPHAIL, Bruce	CAN	32.62	
M80			
MACKAY, Alistair	STH	37.69	

### 400m

W40			
Scott, Louise	CAN	1:05.64	
W45			
Wilson, Liz	OTG	1:05.15	
Main, Philippa	OTG	1:31.43	
W50			
Giles, Claire	OTG	1:15.04	
Newall, Alison	OTG	1:16.45	
W55			
Sanderson, Dalise	OTG	1:20.64	
W60			
Patrick, Barbara	OTG	1:22.97	
M35			
MacINTOSH, Glenn	STH	57.86	
M50			
Low, Stephen	TAS	1:01.80	
Thomson, Bruce	STH	1:02.52	
M55			
Morrissey, Michael	TAS	1:07.13	
Napper, Phil	OTG	1:09.90	
Sanderson, Gene	OTG	1:13.83	
Sheehy, Barrie	STH	1:23.03	
Marshall, Stan	STH	1:27.65	
M65			
MACINTOSH, Evan	STH	1:15.14	
M70			
Kenny, Bill	OTG	1:22.01	

M35			
Chettleburgh, Caro	OTG	2:52.51	
W55			
Sanderson, Dalise	OTG	2:57.53	
W60			
Reed, Loris	CAN	2:56.52	
Patrick, Barbara	OTG	3:06.54	
W65			
Fraser, Margaret	CAN	4:03.35	
W70			
Thompson, Carol	CAN	4:05.86	

800m			
W45			
Chettleburgh, Caro	OTG	2:52.51	
M50			
Wilson, Michael	OTG	11:03.30	
Cross, Tim	TAS	11:19.73	
Reihana, Tom	CAN	13:52.91	
M55			
Morrissey, Michael	TAS	11:00.77	
Napper, Phil	OTG	11:03.87	
Sanderson, Gene	OTG	11:20.10	
Gough, Maurice	CAN	13:09.02	
MACKAY, Bill	STH	13:20.98	
M65			
MACINTOSH, Evan	STH	13:31.06	
M70			
Galavazi, Jos	CAN	14:07.99	
M70			
Kenny, Bill	OTG	14:04.37	

M35			
MacIntosh, Glenn	STH	10:15.35	
M50			
Wilson, Michael	OTG	11:03.30	
Cross, Tim	TAS	11:19.73	
Reihana, Tom	CAN	13:52.91	
M55			
Morrissey, Michael	TAS	11:00.77	
Napper, Phil	OTG	11:03.87	
Sanderson, Gene	OTG	11:20.10	
Gough, Maurice	CAN	13:09.02	
MACKAY, Bill	STH	13:20.98	
M65			
MACINTOSH, Evan	STH	13:31.06	
M70			
Galavazi, Jos	CAN	14:07.99	
M70			
Kenny, Bill	OTG	14:04.37	

W70			
Rough, Myrtle	OTG	6:35.36	
M40			
Cornelius, Malcolm	CAN	4:41.95	
M45			
Rush, David	OTG	4:39.41	
M50			
Wilson, Michael	OTG	5:11.57	
M55			
Morrissey, Michael	TAS	4:58.76	
Napper, Phil	OTG	5:09.35	
Sanderson, Gene	OTG	5:21.84	
Gough, Maurice	CAN	6:12.81	
Sheehy, Barrie	STH	6:40.60	
Marshall, Stan	STH	7:30.57	

3000m			
W45			
Chettleburgh, Caro	OTG	12:46.88	
W50			
Telfer, Debbie	STH	12:06.91	
Jago, Bernadette	CAN	12:35.85	
W55			
Sanderson, Dalise	OTG	12:34.08	
Te AU, Linda	STH	15:20.98	
Marshall, Mary	STH	15:52.73	
W60			
Reed, Loris	CAN	12:30.75	
Patrick, Barbara	OTG	13:00.05	
W70			
Thompson, Carol	CAN	17:24.67	

M35			
MacIntosh, Glenn	STH	10:15.35	
M50			
Wilson, Michael	OTG	11:03.30	
Cross, Tim	TAS	11:19.73	
Reihana, Tom	CAN	13:52.91	
M55			
Morrissey, Michael	TAS	11:00.77	
Napper, Phil	OTG	11:03.87	
Sanderson, Gene	OTG	11:20.10	
Gough, Maurice	CAN	13:09.02	
MACKAY, Bill	STH	13:20.98	
M65			
MACINTOSH, Evan	STH	13:31.06	
M70			
Galavazi, Jos	CAN	14:07.99	
M70			
Kenny, Bill	OTG	14:04.37	

5000m			
W50			
Telfer, Debbie	STH	21:20.55	
W55			
Sanderson, Dalise	OTG	22:02.48	
Te AU, Linda	STH	25:56.55	
Marshall, Mary	STH	27:20.57	
W60			
Reed, Loris	CAN	21:42.55	
Patrick, Barbara	OTG	22:19.62	
W70			
Rough, Myrtle	OTG	24:26.38	

M35			
MacIntosh, Glenn	STH	18:26.06	
M40			
Cornelius, Malcolm	CAN	18:33.84	
M50			
Low, Stephen	TAS	22:12.39	
Reihana, Tom	CAN	24:25.57	

M55			
Sanderson, Gene	OTG	20:04.14	
MACKAY, Bill	STH	23:21.98	
Gough, Maurice	CAN	23:23.24	
M65			
MACINTOSH, Evan	STH	23:43.25	
Galavazi, Jos	CAN	24:30.29	
M70			
Kenny, Bill	OTG	25:16.91	

80m Hurdles			
W50			
Judd, Julie	OTG	17.53	
W60			
Anderson, Lois	CAN	19.09	
W65			
Jones, Glenyss	STH	20.74	
M70			
Chambers, Don	AUS	14.61	

2000m Steeplechase			
W60			
Reed, Loris	CAN	9:15.07	
M65			
MACINTOSH, Evan	STH	9:54.98	
Galavazi, Jos	CAN	10:24.05	

High Jump			
W50			
Judd, Julie	OTG	1.10m	
W55			
Steltner, Birgit	CAN	1.08m	
W65			
Jones, Glenyss	STH	1.04m	
M45			
Burgess, Ash	STH	1.24m	
M65			
Smith, Lance	STH	1.28m	
M70			
Toomey, Brian	STH	1.05m	
Chambers, Don	AUS	1.05m	
Munro, Ron	CAN	0.95m	
M80			
MACKAY, Alistair	STH	1.00m	

Long Jump			
W40			
MACKIE, Althea	AKL	3.46m	
W45			
Wilson, Liz	OTG	4.02m	
W50			
Main, Philippa	OTG	2.66m	
W55			
Newall, Alison	OTG	3.62m	
Giles, Claire	OTG	3.55m	
W60			
Judd, Julie	OTG	3.45m	
W55			
Steltner, Birgit	CAN	3.02m	
W60			
Anderson, Lois	CAN	3.45m	
W65			
Jones, Glenyss	STH	3.10m	
M55			
Marshall, Stan	STH	3.55m	



# Talking the Walk

by | MICHELLE STAINBURN

## A personal glimpse of a rural master's athlete.

Bernie Portenski and Val Muskett are certainly to be congratulated on establishing new world records in their respective athletic fields. What amazing achievements! Of course not every master's athlete could reach these great heights; nor would every athlete want to; nor is in a position to. Without a doubt, it takes a variety of factors coming together with perfect timing to achieve such a thing. This is particularly the case as the body ages, can no longer perform superhuman feats and doesn't bounce back the way that it used to! Which makes Bernie's and Val's achievements even more worthy of particular note.

I gave up any thoughts of achieving fame on the world athletics stage sometime ago. Why? Simply because the cosmos has conspired against me to ensure that the required variety of factors would not come into alignment at the right time. Why not? Well that's complicated. It's not that I lack competitiveness or ambition - I have a good dose of both. It's not that I am lacking in work ethic - my ambition ensures that I work hard for what I want. It's not that I lack motivation - once again ambition equals motivation doesn't it? But as I said, the cosmos has conspired against me.

You see, part of the issue is that I have chosen to live in the country (Central Otago) and therefore, am a rural master's athlete. As such, I can list all the things that I don't have at my fingertips: - no athletics club to join; no coach; no athletics track; no fellow athletes to train with (this is particularly the case as I am a race walker and viewed as a very strange breed); no tailor made races or race programs to compete in - and the list goes on. On top of this (if it isn't enough), I work full-time in a high stress job and have to travel over 100km one way just to get to work!! But I'm not looking for sympathy - not in the slightest!

I celebrate being a rural master's athlete. For one thing, I get to live, work and train in the country. My training comprises of all sorts of interesting, sometimes exciting, sometimes scary (especially when the farmer decides to move his young steers along the road just as you approach), roadways and tracks; some tarsal, others gravel; virtually never flat - which makes my chosen sport of race walking rather difficult at times.

As a rural master's athlete, I have learnt to sort myself out. I have become my own coach, motivator, competitor, psychologist, nutritionist. Of course, all athletes need to take responsibility for themselves to some extent but when you don't have anyone assisting you; you have to take over these roles. Therefore, yours truly has learned to keep her eyes and ears open. The internet (and Vetline, of course) is a frequent port of call and many hours are spent reading articles and tidbits on how to do. But it doesn't stop there with any authoritative advice being gratefully accepted - and I have received great tips from the gurus of race walking at events that I have attended over the last few years.



Michele Stainburn competing in Christchurch in 2007

PHOTO | ALLAN GARDINER

So many thanks for that! As a result, skills have been acquired that would not have been otherwise. Of course I don't purport to be an expert - far from it - but I have learned enough to get me by so that I can participate in race walks to the extent that I can be reasonably competitive without being disqualified (definitely a bonus!).

Race walking events are non-existent in my part of the world. Determined not to let this beat me, I have learned to become multi skilled and now love the versatility that I have developed with my walking, this being essential in order to keep motivation strong as goals are strived for. Consequently, I participate in all sorts of competitive events which include a walk of some description - whether it be cross country, off road, up mountains, around lakes, along beaches - all fabulous and equally enjoyable and if I'm lucky I may manage to sneak in a race walk somewhere if there is a reasonably flat, smooth surface. Unfortunately, having so much variety has meant that a track race is now the least enjoyable for me. I find these races so utterly, mind-numbingly boring but do them regardless, when I get the rare opportunity, because they do challenge me and besides, I get to test my race walking skills in front of a judge which is always an opportunity never to be missed!

That's not to say that rural athletes can't be world beaters. Many rural athletes are of course very competitive and do want to achieve at the highest level. But many will need to travel great

distances to access the type of training and racing environment that they require to achieve their goals. I have to admit that I have from time to time toyed with the idea of taking my walking more seriously, for example, finding a coach in the nearest city. This has been particularly so when frustration sets in; where I get stuck on a certain aspect of my walking life and can't seem to work out how to fix it.

But I haven't made that step. Why not? Well all rural people know about the issues with accessibility to practically everything in their lives and sport is not exempt from this. It takes a huge commitment eg time, travel, finance, to achieve access to the things that are going to enhance a rural athlete's career. It would appear that in my case I am not prepared to make this commitment. For one thing, I don't have the time. On top of this, I get very tired with the travel I need to do for my work. Then there's the husband and the cat... and besides I am getting older - now 56 years - and it doesn't get any easier, as we all know.

So, even though I do pop up every now and then at a race meeting, I am very conscious of maintaining a balance in my life. With my career as a health professional very full on and a big part of my life, I walk as therapy. And it is wonderful therapy, bringing me back to a state of mind where I am relaxed and content, and a state of body which has been thoroughly exercised but hasn't suffered any major impact in the process - all the while being surrounded by some of the most beautiful scenery in the world.

All this being said, I am content with my lot. I choose to live the life I live. I absolutely love walking and race walking in particular and hope to be able to continue for many years to come. I am not the New Zealand champion race walker in my age group and I certainly won't be breaking any world records any time soon. But I do greatly admire the Bernie's and Val's of this world and perhaps given other circumstances would hope to achieve what they have. In the meantime, I'll just keep plodding along...

## VALE - Clem Green

by | ANDREW STARK

On 28 January Clem Green passed away. He was a Life Member of NZAVA, now known as NZMA. With the permission of Merle Grayburn, the following article has been included in Cant-A-Long. It appeared in the book, 'A History of New Zealand Veteran Athletics 1962- 1999' and it sums up Clem's contribution to our sport.

*If Clarrie Gordon was the pioneer visionary and founder of the Canterbury Veteran Runners Association, Clem Green was surely the 'father' of the New Zealand Association of Veteran Athletes. Arising from the inaugural National cross country championships at Trentham in 1971 Clem saw the need, and took up the challenge to establish a national body to promote and co-ordinate veteran athletics nationwide. He set about the task with great enthusiasm, dedication and thoroughness under the title of National Co-ordinator.*

*In his career appointment with the Department of Education, Clem was required to travel throughout New Zealand. This provided him with the opportunity to recruit, and maintain contact with Centre Co-ordinators in each of the eleven NZAAA Centres. With this structure Clem administered and guided the association until the present formal structure was set up under a new constitution in 1983.*

*During that period of approximately 12 years, Clem worked tirelessly for New Zealand veteran athletics. With the help of his lovely wife, Nola he produced regular and comprehensive newsletters (the forerunner of Vetline) which were distributed to members through Centre Co-coordinators. He established international contacts and represented Oceania on the WAVA Executive. He also set up and nurtured the Oceania Association of Veteran Athletes.*

*All this Clem did with heroic effort and dedication and at considerable personal expense. When the current constitution was adopted in 1983, Clem (the obvious choice) assumed the International Portfolio on the new Executive and continued in this role until he stood down in 1989. During, and beyond this time, Clem continued his leadership role in WAVA and Oceania. The enormity of Clem Green's contribution to Veteran Athletics in New Zealand, Oceania and internationally, has been such that it would require a whole book to describe it in detail. The ultimate accolade for outstanding service is LIFE MEMBERSHIP. This honour was conferred on Clem in 1985 at a time when he still had many years of service to give to veteran athletics. Now in his eighties, Clem resides in Duvauchelle, Banks Peninsula, and he is still running. Fittingly Clem is currently Patron of both the New Zealand and Oceania Associations.*



PHOTO | JIM TOBIN

At a small ceremony held in Christchurch during the 2006 Oceania championships the 25th anniversary of the Fourth World Veteran Games Trust was recognised. Clem Green and Merle Grayburn shared the honour of cutting the anniversary cake under the watchful eye of Arthur Grayburn.

# A Dedicated Athlete and Gentleman - Dave Leech

by | ANDREW STARK

Earlier this year, I was attending the funeral of an old neighbour of mine, Peter Rennell. As a youngster, I spent many hours playing with his children who were my generation. Sitting near me that day was Dave Leech, who also knew Peter as they had been in Christchurch Harrier Club together in the mid 1940's. Dave also used to visit Peter at home and may well have been there on days when I was playing with Peter's children back in the 60's ... what a small world we live in! I first meet Dave in the mid 1970's. My father had recently died from a heart attack when I was 17 years old and a teacher at my school (Jim Sargent) suggested that I join the University of Canterbury Athletics Club.

To say that I 'knew' Dave is not really correct. He was one of those 'old buggers' (about the age that I am now) who made up the D or E teams in relay races. I later meet his son Matthew as we were in the same University course for one year and we both represented Canterbury at athletics in 1976. Dave is like so many of our 'mature' master members - the younger ones amongst us who know nothing about their 'history', so I thought that it was time to find out. Well ... here is some of Dave's history.

Dave was born in Christchurch on 9 March 1927 and lived in New Brighton. He attended St Bede's College, tried various sports, was an 'okay' runner, but showed natural talent for the various throwing events, initially the discus and later the hammer. In 1944 at aged 17 years old, he joined the Christchurch Harrier Club, now known as the Christchurch Avon Athletics Club.

In 1946 he represented Canterbury at the New Zealand Junior Championships (Dunedin) where he finished runner-up. In those days, your competition grade changed on day of your day birthday and had this event been held the next day, Dave would have been a senior and not able to compete for the title.



The three place getters (L to R) in the junior discus are Dave Leech (2nd), G Gilmour (1st) & D McKay (3rd)

Shortly after this time, Dave attended Canterbury University, studying mainly history and changed clubs. He joined the Canterbury University College Athletic Club and the Canterbury University Cross Country Club, where he was Club Captain in 1951 & 1952. Today both clubs are gone, having merged to be known as the University of Canterbury Athletic Club.

In 1952 he won the Canterbury championship hammer throw and also won the first of his four national hammer titles. The New Zealand championships were held at the famous Wanganui, Cook's Gardens track. However, the officials at Cook's Garden track would not let the hallowed turf get damaged by the hammer throw, so the competitors had to make their own throwing circle and sector by mowing a section of the Wanganui Racing Club's grounds, before the competition could take place.



This photo of Dave was taken by Arthur Grayburn who was also competing and won the first of his two New Zealand championship javelin titles. You will notice that the throwing circle is grass. It was not until 1957 that the first concrete throwing circles were introduced at the New Zealand Championships (Napier). For his efforts that season he was awarded the Canterbury University Blues and New Zealand University Blues. He also won New Zealand University Blues again in 1953 & 1957.

Later that year Dave moved to Wellington, where he did some clerical work and 'some' more university work ... well as Dave said himself. "Very little university work actually!" He was the Victory University Athletics Club captain in 1953 and 1954. In Wellington he trained with Max Carr and won the 1953 Wellington championship hammer throw. He had every intention of defending his title at the 1953 New Zealand championships (Dunedin), this time representing Wellington. However, Duncan Clark who had represented Scotland at the 1950 Empire Games in the hammer throw, had emigrated to New Zealand and turned up to claim the title.

I am that sure Dave would have been disappointed to have not won, but he and Duncan did become good friends. Dave might have lost the title, but he gained a greater prize that weekend. After the competition was over, several athletes gathered at a Dunedin flat and that is where Dave meet Patricia (Pat).

Pat was working at the Dunedin hospital as a radiographer and without quizzing Dave on the details ... the rest is history as they have been together ever since. Dave and Pat were married in 1955 and have three sons, Matthew, Jeffrey, and Simon.

In 1955 Dave moved back to Christchurch to attend a one year Christchurch Primary Teacher's College 'short course' and followed that up with a year of relief teaching. During the 1956 season he won the Canterbury hammer title, captained the Canterbury team at the New Zealand championships (Christchurch) held at Lancaster Park, place third in the hammer and broke the Canterbury record. Teaching was not really what he wanted to do and Duncan Clark suggested that he might like to work for the probation service of the Justice Department.

Having completed the training, he moved to Auckland in 1958 for his first placement and this is where he stayed until early 1962. During this time he won Auckland hammer titles, broke the Auckland record and won the New Zealand title representing Auckland in 1962. Dave was then transferred to Wellington, where he stayed until 1973. There he improved on his hammer throw performances, breaking the New Zealand resident record at Hataitai Park. He was rewarded for his efforts and represented New Zealand at the 1962 Commonwealth Games, held in Perth. In 1964 he won the New Zealand championship hammer title with a distance of 54.10m, improving upon the New Zealand resident's record that he already held.

In 1974 while living in Hamilton, Dave made his last appearance at the New Zealand championships (Dunedin), this time representing Waikato. He was joined by son Matthew who also threw the hammer (Under 19 Grade), an experience that brought Dave much pleasure.

In mid 1975, Dave moved back to Christchurch, where he has remained ever since. He continued to throw but also took part in some cross-country and road races. He also ran one marathon, just to 'prove that he could'. It was the Canterbury championships (1981?) and on the same day, he competed in the hammer throw before running the marathon.

While Dave was a keen competitor, he was also a capable and competent official and administrator.

- In 1964 he managed the New Zealand University Athletics team that went to Australia. The Captain of the team was Don Mackenzie who these days can be seen officiating at QEII.
- In 1971 he managed a small New Zealand team of eight on a week long visit to New Caledonia as a 'lead up' to the South Pacific Games. While on this tour, Dave threw the hammer, much to the surprise of the younger competitors ... after all he was over 40!
- In 1974 he was the Assistant Manager of the New Zealand Athletics team at the Commonwealth Games (Christchurch).
- In 1976 he managed the New Zealand Athletics team at the Olympic Games, Montreal (Canada).

- In 1981 he managed a New Zealand team that competed at the Australian Championships, Adelaide (South Australia).
- In 1990 he was the Chief discus judge at the Commonwealth Games (Auckland).
- In 2006 he was the Chief shot put judge at the New Zealand championships (Christchurch).

Dave has also held several positions of responsibility, being an Executive member of Athletics Canterbury and a member of the Track & Field Committee. For his continued years of service Dave has been made a Life Member of Athletics Canterbury, the University of Canterbury Athletic Club and more recently Canterbury Masters Athletics.

From 1974 onwards, Dave has competed regularly at masters events in New Zealand and Australia. Not to be out done, Pat took up competitive athletics in 1991 at aged 60 and together they went to the 1997 world track & field championships in Durban (South Africa). What was Pat's event? The hammer throw of course! With a bit of tutelage from Dave, Pat was third in the W65 grade and Dave also finished third in his M70 grade.

Dave is quick to acknowledge that without the support of Pat, he could not have continued in the sport for so long without a break. He remembers a time when Pat cashed in an insurance policy of hers just so he had enough money to pay for the trip from Auckland to Invercargill to compete at the 1960 New Zealand championships. I have no doubt that it's not easy living with an athlete and it is a testament to Pat and her willingness to get involved too, that Dave has been able to do what he has done. I have no doubt that it's been a win win situation for them both, as over the years they have made some wonderful friendships and had a reason to travel together.

What I remember about Dave and Pat, is seeing them both attending numerous track & field meetings (Dave throwing, Pat recording). At cross-country or road races throughout the years, they could both be seen sitting there is all weathers recording results. In 2007 they retired from the 'recording' jobs, other than helping out at track & field meeting when needed.

Now that Dave is in the M80 age group, he admits to 'slowing down' a bit, not helped by having both hips replaced (2006 & 2009) and having to deal with prostate cancer in 1995. These days his regime consists of three gym / weight sessions a week at QEII, one throw session, plus a lot of walking of up to three hours with a group of 'mature' former athletes. His plans for the 2010 - 2011 season? Maybe a little competition and after that, who knows?

It is impossible to sum up a person's life achievements is such a short article as this. I hope that what has been written here, gives you an insight into one of the true gentlemen of our sport, Dave Leech. I say this with all sincerity - when I see our 'mature' athletes competing in various events at our CMA or NZMA meetings, I am inspired to keep going.

# Hump Ridge Track

by | MIKE PIPER

As veteran athletes, the time will arrive when we realise that our running days are over. New Zealand as a country has many wonderful tracks which are just so spectacular that they must be walked (or run) whilst a good level of fitness is still retained. In western Southland a small town called Tuatapere is a base to possibly New Zealand's most scenic walking track.

For ten years now the Hump Ridge Track has been open to the public as a three day walk totalling 55 kilometres, and rising from sea level to just under 1000 metres at its highest point. The track season is from October through until April and the track allows movement through the native forest, as well as the thrill of witnessing sub alpine wilderness and experiencing along the way stunning sea level views.

The two lodges on the track are Okaka Lodge, the resting place after day one and the Port Craig Lodge (day two resting place). These lodges are as good as any back country accommodation in New Zealand and what more could one ask for than a nice glass of Pinot Noir, looking at the stunning views after a hot shower at the Okaka Lodge.

I was lucky enough to run the track shortly before it opened and can vouch for it being one of the scenic jewels that most Kiwi's and overseas tourists never know about.

Day one is a walk of seven to nine hours totalling 19km from the Rarakau car park to Okaka Lodge. This is flat terrain along the road and beach and then the climbing starts. The fabulous native bush and forest is enough to take away all your worries as you climb your way upward to the lodge. This is the hardest part but is simplified by large blocks of boardwalk which in fact total about 20km along the whole track. However, for a fee you can have the bulk of your backpack helicoptered to Okaka lodge to await your triumphant arrival.

Day two is again a seven to nine hour walk of 19km, descending from the tracks highest point to sea level. The highlights are views of the Cameron Mountains, the rugged South Coast, the Waitutu Terrace and the Te Wae Wae Bay. As I descended I felt like a monkey swinging from tree to tree. It was just magic, but the later part of the day was to me the highlight of the whole trip and this was seeing and crossing the Edwin Burn and Percy Burn Viaducts, two of three historic viaducts dating back to the 1920's when the area was party to New Zealand's most modern saw mill.

The Percy Burn Viaduct was built in 1923 and is 35 metres high and 125 metres long and was built so as to allow logs to be carried to Port Craig. It is the highest surviving wooden viaduct in the world. From here a 6.5km tramway dating to the 1920's forms part of the track towards the end of day two as the walk moves towards Port Craig Lodge.

The final day of 17km is back along tracks and beach to the starting point of Rarakau car park. It is full of interest along an inland route that provides a wonderful conclusion to the walk of a lifetime. There is also a coastal route which is not recommended on this last day due mainly to erosion and varying tidal fluctuations.

Your running days may be over but this track is a must for master's athletes. It is not an easy trip but can be achieved by someone with average fitness. The website is [www.humpridgetrack.co.nz](http://www.humpridgetrack.co.nz) and this site displays everything you need to know about the track and the area. Come south and experience this walking track and you wont be disappointed. Whilst the track is not a running track, it is a private track that, or a small fee, has everything that New Zealand tracks are well known for. This is where the Southern Alps swoop down to meet the Roaring 40's, and it's only just over an hour by car back to Invercargill, and easy motoring on to Te Anau, Milford Sound and Queenstown.

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**Specsavers® Hastings Half Marathon**

**TUMU BUILDING CENTRE**

**10km fun run/walk**

7:30am - Half marathon walkers  
8:30am - Half marathon runners  
9:00am - 10km walkers and runners

**Closing Date**  
All entries must be postmarked before 10 April 2011  
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# Obituary - Richard Harris

by | BARRY RAIT

## A Mighty Totara Has Fallen

Richard (Dick) John Harris (20 June 1934 - 23 November 2010) has left an indelible mark on New Zealand athletics and Olympic weightlifting. An immigrant from England in 1957, he settled, trained, worked, married and brought up a family of three daughters in Wellington.

For most of his working life Richard was directly associated with banks in London and Wellington. He was employed at what is now called Westpac.

Right from his arrival Richard was a member of the Wellington YMCA Weightlifting Club in Willis Street and the Kiwi Club athletics club based on Hataitai Park at that time. His powerful and predominant physical presence was immediately felt as he won multiple titles in both sporting spheres. During the 1950's and early 1960's he participated widely and represented New Zealand in Australia in Olympic lifting and was a pivotal athlete in the 'golden phase' of Wellington athletics in both sports.

In the early 1960's an ad hoc Wellington Throwers Club was formed to support Dave Leech, also of later master's fame, with his selection to represent New Zealand at the 1962 Perth Commonwealth Games. This loose arrangement benefited all of the throwers and still has a following today, even if a little less in numbers.

Even now the author nostalgically remembers the Sunday summer training sessions with Richard at Hataitai Park with the world champion Wellington Pipe Band practising in mid field, as we threw. It prepared us for the Easter Hastings Highland Games!

Always a genial person, who did not suffer fools or devious people gladly, he was quick to apply his talents to office bearing and on-the-field officiating, as the occasion arose. Richard was always ready to try to sort out problems and people where he thought the need was.

Rather than simply follow the current trend of 'retiring' from his sports once his peak-of-life-performances were behind him, Richard became interested in this new and rather strange concept of masters sports for those 35 years and older. He certainly caught on quickly and has a clutch of national records and titles from 1983.

In the early 1960's Richard was sufficiently enthused to expand his sporting horizons to join Frank Hamlin (former legal adviser to NZ Veterans/masters) and this author, on their new longer distance running ventures in mid winter. He was stirred from his bed at about 7.30am on Sunday mornings to run through central Wellington around Oriental Bay for a good 16km run.

Richard was not averse to trying a decathlon once at Karori Park about 1962, organised by Cecil (Ces) Blazey's local club through the youthful firebrand Richard Wilton.

Our sympathy is offered to Richard's wife Pat, his three children and five grandchildren. He will be sadly missed by his former sporting colleagues throughout New Zealand. A mighty Totara indeed, has fallen.



Richard Harris (first) is flanked by Barry Rait and Laurie Devlin at the 1998 OAMA champs in Hastings in 1998

# Keep Your Hat On, It Is Just Debriefing

by | BARRY RAIT

Senior masters athletes will recall the war time films of air force sorties and their necessary accounts of the battles called 'debriefing' that occurred after every action. Much valuable information and military intelligence was extracted from these debriefing sessions. The debriefing session was held as soon as possible after the action was completed. This procedure has now been formally incorporated into the coach-athlete relationship.

In a parallel manner Andy Harrison has applied the concept and practice of debriefing to track and field athletics in his article 'Debriefing: learning lessons the easy way in Peak Performance; 293, pp.8-9; 2010. All masters' athletes will be aware of the usefulness of a session of review of one's recent performances, if it shared with a knowledgeable observer or coach. The power of the coach-athlete relationship has been recognised in the prohibitive rules that apply to the conduct of an event, particularly what can be said and from where it is spoken, to an athlete by a coach. Of late, these rules seem to have been reinterpreted to allow athlete-coach interactions during the event.

In master's events it is officially acceptable for a fellow competitor to offer advice to another athlete should such advice be acceptable and part of the usual banter of commentary that is the social setting, particularly of throwing and jumping events.

The use of coach-athlete debriefing is a powerful technique when used correctly. Both 'bounce back' after a poor performance and positive reinforcement after a good effort, are very useful interactions. The former can shorten the learning necessary to produce a better or corrected performance while the latter is its own reward. This interaction is not haphazard but has its own learning to be effective. Harrison states that by "adding value by providing clarity" there are five points to consider, it must:

- Be unbiased, constructive and unambiguous**
- Not be self-serving for the coach's agenda**
- Be accurate, timely and relevant**
- Reference agreed performance criteria**
- Be understood by all involved**

The role of the coach as the dictator and final arbiter of all things to the athlete is a non-starter in today's athletic fields of endeavour. All coaches should be constantly aware that it is the athlete who is doing the performance not the coach. This is particularly important for parents who can unwittingly over-encourage their children in strenuous activity. Such is this danger that over-enthusiastic parental participation can bring, that some swimming pool training areas specifically ban parents during training sessions.

In some instances it is the athlete who can specify what the coach did and did not do at a certain point, that should be the focus of attention, particularly with a mature athlete. The athlete can also specify what if anything he or she wants from the coach at any juncture. What is appropriate for a coach at a particularly crucial time may not be what the athlete wants to happen. Well planned and structured debriefing sessions can usually clarify these matters, even if it means changing coaches!

One of the essential modern tools immediately available to coach and athlete is the digital photographic technologies that allow also immediate 'feed-back' of one's performances. Thus the illustrated actions are currently available and so apply to the present situation. This facility is particularly useful for the technical events. Additionally, the coach can rapidly verify any of his or her observations. Long gone are the days of using a standard 8mm cine camera, waiting until the roll of film had been used, then sending it to Australia for processing and then awaiting for the 'snail mail' to operate. A screen had to be set up in a darkened room before analysis could be attempted. It is now possible with modern digital technology and manipulation, to show an individual doing feats of enormous proportions without even actually performing them. Such are the things that dreams are made of. Harrison notes the important difference between athletes as the player and coach as the observer:

**It is sometimes said that athletes feel but can't see, while coaches see but can't feel.**

While this quip has relevance, it does not necessarily cover all the 'bases'. Some athletes have an excellent sense of kinaesthesia and can relate where their body was at a certain point. However, the prime position for observation is near the athlete, and positive consensus can often result when both parties agree.

Through the process of effective debriefing, that is devoid of the errors of anchoring, availability and attribution, can entertain the new ideas both from external and internal sources. The active listening and talking by both parties is necessary for a successful debriefing. There is usually a difference between coach and athlete about what constitutes success and what is failure or a poor performance.

The coach must recognise these 'errors' early on. 'Anchoring' refers to that tendency to choose the first piece of information that is observed to explain or interpret an action. 'Availability' is the mistaken application of former cases to the present situation. 'Attribution' occurs when stereotypes are employed to provide answers and thus the particular athlete's actions are more-or-less irrelevant. The athlete is a unique person and his or her participation will have these characteristics. Debriefing will surely bring out these points.

The athlete too, has definite responsibilities in this scenario. Harrison cites five areas of responsibilities in which he or she should develop certain skills:

- Acceptance of self-responsibility and accountability**
- Honest but controlled self-criticism**
- Awareness of self-perception**
- Acknowledgement of strengths and weaknesses**
- Adequate communication skills and accurate (training/performance) recall**

Masters athletes may have an advantage over their youthful compatriots in that they surely will have learned the value of pertinent information that offered by a dependable authority. The coach's guidelines are multifarious, in fact 14 in total. The first four are noted below:

- 1. It is critical that the environment is supportive (open, non-threatening, etc). Focus of the session should include what is successful as well as any shortcomings**
- 2. Question selection and timing (periodisation/competition schedule) needs to be correct**
- 3. Analysis should be impartial and objective**
- 4. Adequate time should be allotted to enable the process to be completed fully**

This approach when understood and practised should accelerate both the coach's and athlete's learning and the important 'common ground' of understanding is achieved early on. Harrison winds up his article with "Negotiate and resolve all confusion and disagreement: acknowledge what must be changed." **So say all of us!**



Joy Baker (TAR) 3rd in W55 javelin at Inglewood



Kate Tahere and Anne Fraser in 10km road walk at Inglewood

PHOTO | JIM TOBIN

# Tarahumara

by | JACK BUZELIN (Courtesy Tasmanian Masters Athletics)

Maybe you have heard of the 'Tarahumara' – an indigenous tribe from northern Mexico (more precisely, in the Sierra Madre range) who have within them an enduring ability to run. In normal circumstances, one would call them amazing – but when you realise both their natural and conditioned capacity, it is difficult not to confer upon them the title of – 'Super Athlete'. The 'Tarahumara' (Raramuri, in their own language – meaning: 'those who run fast') were featured on SBS television in early December – a small documentary segment dedicated to this remote community of Indians that number today around 90,000.

It seems, in historical terms, that this peace loving grouping of people had over the years been driven out systematically from their fertile valleys by the all too common capitalistic cry for minerals and gold. This forced these gentle folk to occupy Canyon terrains increasingly remote, rocky, and agriculturally less productive. Distances and communications between villages had always been formidable obstacles for the 'Tarahumara'. And it is thus through necessity that they overcame the tyranny of great distances – by running. So adept did they become, that travel by foot had given them abilities to run distances of 100 – 200 – and even up to 320km (non stop!) to reach their destinations.

Such is the prowess of the 'Tarahumara', that today (reminiscent of the ancient Spartans, who achieved such high states of physical conditioning) they compete in prestigious ultra marathon events. This they do with great success and still while wearing the traditional Indian toga - (a loose style loin cloth) as well as their huaraches - a flat sandal made of leather, soft animal skin, or sometimes made from recycled tyres.



Traditional 'Huaraches' footwear.



Tarahumara runner wearing 'Huaraches' and athlete with running shoes (note - front foot strike of individual athletes).

An example of endurance came recently in an ultra marathon of around 160km (competed over a day and night). This resulted in victory for a Tarahumaran - (he was 57 years old!). While feats of this kind are commonplace among these astounding runners, it is in the main through their 'bare foot' running technique (wearing only huaraches) that their style and power have held them in such reputation.

Technically speaking, the 'bare foot' style is just another term for the manner in which we, as humans, have a natural tendency to run (without shoes) which is - to strike the ground with the toes first. This is, of course, in total contrast to today's manner of running (with modern running shoes) which dictates athletes - to strike the ground heel first!

It has been reported that this natural form of running (the barefoot manner), has some very envious physiological attributes, such as – injury free bodies. And unlike the typical injuries that afflict modern track athletes, such as - ankle sprains, runner's knees, Achilles tendonitis, etc. The 'Tarahumara' are spared totally any of these afflictions.

This brings the issue of modern athletic shoes into real focus. Is there in fact a detrimental factor which is lurking that truly prevents us, as athletes, to run at our optimum capacity, and importantly, without injury? It seems that the 'Tarahumara' – these 'bare foot' runners of the harsh Mexican ranges, are proof that natural running (on ones toes) allows them to maintain their true connection to the earth as Nature in fact intended.'

\* addendum – the 'Tarahumara' not only in fact run fast - but a great percentage also reach centenarian status.

\* Extract and photos from 'Born to Run' by Christopher McDougall; Knopf Doubleday Publishing Group; 2009.

# Perth Bids For 2015 WMA Championships

In partnership with the State Government, Western Australia's athletics community is making a combined effort to bring the world's masters/veterans athletes to Perth in October 2015. Perth athletes now enjoy competing at the brand new WA Athletics Stadium and proudly claim their track is probably the fastest in the country to assist sprinters. All previous athletics meets in the west were at Perry Lakes Stadium, built for the 1962 Commonwealth Games. It has finally been replaced by a truly magnificent new stadium with excellent facilities and state-of-the art information technology.

Following on from the very successful Australian Masters Athletics Championships and the 88th Australian Athletics National Championships in April 2010, an Expression of Interest for the 2015 WMA Championships has been lodged with the WMA Council. A formal presentation will be made to the WMA General Assembly in Sacramento in July this year.

A committee has been set up comprising representatives of Eventscorp from the WA State Government, the CEO of Athletics WA and four local Masters Athletics members representing the local WA masters club, Australian Masters Athletics and Oceania Association of Masters Athletes. The committee is meeting regularly to ensure that all criteria for hosting the championships are addressed prior to an inspection visit early in 2011 by the three WMA Vice Presidents in charge of championship organisation.

## Perth's credentials as host city

In addition to the main venue, a secondary track and a warm-up track will be located in the adjacent UWA Sports Park with a third track easily accessible to the east of the city. The cross country and walks venues will also be located close to the main stadium and the marathon will be run along the river edge. With a history of hosting large-scale national and international events, Perth can offer a full range of accommodation options to suit all budgets and transport will be provided between the CBD and the venues.

For overseas and interstate visitors, Perth provides a friendly, welcoming environment, being the only capital city in Australia which offers the opportunity to explore a world-class wine region, picnic in one of Australia's oldest conservation areas or watch the sunset over the ocean, all within 30 minutes from the city. A visit to Kings Park and Botanic Gardens is a must for visitors to enjoy the breathtaking views over the city skyline and Swan River. A short ferry ride provides an opportunity to visit the quaint holiday island of Rottnest, home to WA's famous quokkas. So there is plenty to do on non-competition days.



View of main stadium

And after the championships, tourism opportunities abound with the South West offering world class food and wine, beautiful beaches, and forests of tall trees. The Golden Outback is where you'll find historic townships and gold rush history. The Coral Coast is home to awesome marine life, endless white sand beaches and the warm turquoise waters of the Indian Ocean. The Kimberley region in the North West is one of the world's last true wilderness areas.

The Oceania region has hosted three previous WMA championships - 1981 in Christchurch, 1987 in Melbourne and 2001 in Brisbane. Fourteen years on, Perth would be another great event location and the partnership between the WA Government and Australian Masters Athletics Inc would ensure a quality, well-organised and technically correct championships.

## Who are Perth's competitors?

Three other cities are bidding for the 2015 WMA Championships - Bydgoszcz/Torun (Poland), London (UK) and Lyon (France). The decision on who will host the event will be decided by the affiliates at the General Assembly in Sacramento.

Lynne Schickert  
Oceania Regional Delegate to WMA Council  
2015 Perth Bid committee member

# Wildlife Encounters

by | BRYAN THOMAS

Canberra is sometimes referred to as the "Bush Capital" and we who live here appreciate the proximity of natural bushland that is a feature of every Canberra suburb. Once upon a time when I was half a decent runner, who ran almost every day and many of my longer runs were along bush tracks, I would frequently see kangaroos. Indeed, even today I could run from home and guarantee that I would come across dozens of grazing kangaroos. Like most runners I have occasionally been bailed up by wayward dogs, but how many of you have had to stare down a large and frightened kangaroo?

I have had many incidents with kangaroos while on a run. The most unusual being the morning I came across another runner dragging a kangaroo by its tail.

PHOTO | JIM TOBIN



Diane Spiers (ALK) won the W60 5000m at Inglewood

It was very early on a dark and frosty winter morning that while running around Lake Burley Griffin I encountered local marathon champion Dave McInnes dragging an adult roo from the lake's edge towards Kings Ave Bridge. I stopped and enquired as to what was happening and did he need help? Dave said he saw the kangaroo fall into the lake and: "I couldn't leave the poor bugger to drown or freeze to death, could I?" So he pulled the kangaroo from the icy waters and was dragging it up onto the road to hail a passing motorist to take it to a vet (as in animal care). Fortunately, the first vehicle to arrive was a police patrol car and they took over from there.

My second serious encounter occurred while residing at a farm about 7km from town. I had just left the farm gate for an early morning run when I noticed a big male kangaroo tangled up in the wire fence. Obviously it had tried to jump the fence but didn't quite make it. The unfortunate kangaroo was on its back with both legs extended skywards and firmly clamped by the top two strands of wire that had twisted into a figure-of-eight. What was I to do? Continue on my run or try to disentangle the trapped kangaroo? Of course I would try to help. Using a fallen branch I managed to twist the wires so that one foot came free. But now I was in more trouble. Kanga was in pain, angry and now had one leg free. I was worried it might thrash about wildly and I might suffer a severe scratching.

At this stage I decided to talk to it softly, saying things like: "Good kangaroo. I'm here to help, not hurt you. Please stay calm." When I felt it understood I knelt down again and used the branch to open up a gap in the wires a little at a time and continuing to speak calmly. When the gap was wide enough to release his leg I immediately rose and moved away several metres. Kanga stood up, rested for awhile, then suddenly lunged at me. I turned and fled for 20 or 30 metres then stopped and looked back. He rested again for a few moments and although still tired he bounced across the road towards another fence.

"Please don't try to leap it" I implored. But Kanga wasn't heeding my wishes and he leapt, clipped the top wire and tumbled head over heel into the next paddock. By his time it was late and I needed to go to work. I hoped that he would find a nice safe place to lie down and recover. That evening I left work as soon as possible and went looking for him hoping I wouldn't find a dying kangaroo. He was nowhere to be found. Hopefully he recovered.

Again it was in pre-dawn darkness that I had my third serious encounter with a kangaroo while on a morning run. This time I was running along a cycle path squeezed between the edge of Lake Burley Griffin and Black Mountain when I came face to face with a kangaroo heading my way. I stopped, and it stopped, neither of us could continue in our desired direction. I yelled and waved my arms at it to no avail. Kanga couldn't go to its left

because of the lake and he couldn't go to its right because of a very steep embankment. I looked around for something to throw at him but the path was too clean. However, I managed to scrape up some dust which I hurled at him as I charged forward yelling and screaming. The frightened kangaroo edged to the side leaving just enough space for me to pass – and I was on my way.

Many years ago I was among a small group of runners jogging down a shady bush track in Stromlo Forest where we encountered a snake. While running down the track we were chatting about coming across snakes while on a run. Each of us had a story to tell and the one woman in the group, Miriam, told us something about a "veee-purr". But Miriam had a strong French accent and we had difficulty interpreting what she was saying. It took us some time to comprehend that she was relating a story as to how a viper had once bitten her on the thigh while she was on a run in Southern France.

The snake stories continued as we ran. Suddenly we all sprang to one side for we had almost accidentally stepped upon a large brown snake lying across the path. We stopped and looked but the snake didn't slither away. Ian, the snake authority within the group, thought that the poor old snake was probably injured so he gently moved him off the track and back into the bush.

So while out on your next pack run and the going is getting a little "tough" why not start up a conversation about incidents between runners and kangaroos or snakes? Or if running in New Zealand perhaps it would be deer, possums, keas or magpies. The number and variety of interesting stories generated should take your mind off any thought of tiredness and make the run feel so much easier.



Robin Grant (TAR) and Ian Calder (NTH in M50 1500m at Inglewood

PHOTO | JIM TOBIN

## Coaching Corner

by | MIKE WEDDELL

By the time that you read this column it will be the sharp end of the track season, championships time for regions & NZMA and the time to peak. Well that is the ideal, but if you are like me just getting to the start line will be a major achievement. If sickness and injury have taken their toll throughout the season and training has been missed it is tempting to train just a bit harder to try to make up lost time. This is just not logical. If sickness and injury occurred when training at normal intensity the chances of it occurring when training even harder are much greater. You cannot make up for training time lost. When restarting after a lay off of any sort it pays to ease back into training building up gradually to the desired level. It is better to get to the starting line underdone than not to get there at all or even worse get there with an injury.

The above advice gets more important the older you get. I have come to the conclusion that the hard track sessions of the past cannot be sustained without increased risk. I still think that track athletes should train hard and fast it is just that hard and fast have to be redefined as age advances. The time it takes to recover from hard sessions is greater and the time it takes to recover from injury is greater. If you take the time to recover from hard sessions you will reduce the chance of getting injured. It will be a classic example of making haste slowly. The conservative approach gives you more training time in the long run.



# The Queensland Flood Crisis

by | STAN PERKINS - WMA PRESIDENT

I wrote this note in response to the many emails and telephone calls that I received regarding the terrible tragedy that has been caused by flooding in my home city of Brisbane and the State of Queensland. My thanks to those who have made contact as it is heartening to know that your thoughts are with both my family and my fellow Queenslanders.

What we have experienced is something that has never occurred before in this State. We have had record rainfall that has been consistent for the last three months. Only the occasional day has gone by when it has not rained.

The trouble really started just before Christmas when a low pressure system settled over the eastern seaboard of the State and did not move. This meant that rain came down in huge quantities and everything became waterlogged. Then another weather pattern impacted and the rain intensified to an extent whereby some areas were receiving more than 300mm (12 inches) in an hour. Naturally this was far more water than the stormwater systems could handle and flooding resulted. It began in North Queensland and worked its way south. City after city succumbed and for many people Christmas was a non event as they were too busy trying to save their belongings and their properties.

The rain continued and eventually flooding reached the area just north of the State Capital, Brisbane. However then an extraordinary event occurred. An event they now describe as 'an inland tsunami' hit the city of Toowoomba, located 100 kilometres inland from Brisbane. The rain was more like turning on a fire hose and leaving it run full volume. Within minutes a wall of water roared down the main street of the city sweeping everything before it. A friend of my daughter in law was sitting in her car reading when she thought she saw a trash bin go by. She then realized that her car was moving. Thankfully she jumped out just in time to see her car catapulted down the street as a wall of water engulfed it. The car has still not been seen again. It is believed that 350mm (14 inches) of rain fell in 10 minutes.

The damage that occurred in that city in 15 minutes is beyond belief. Massive trucks, entire buildings and structures that have stood for years were just blasted away. Two people drowned in a car. Several are missing and presumed dead. It was all over in 15 minutes. I think most of you would have seen the coverage on television.

Then the water continued on its way. Toowoomba sits atop a mountain range so flooding of this type just does not happen in that City. But it did and all that raging water had to go somewhere - down the mountain into the Lockyer Valley below - the Valley that sits between Brisbane and Toowoomba. This is the fruit and

vegetable area that serves a large percentage of the fresh food to Queensland and Australia.

As the torrent flowed down the mountain many other streams that were also overflowing joined in and by the time this flow hit the valley it was a wall of water seven metres in height, full of trees, and debris. The first house it hit had three people inside. All that was left was the concrete slab and some steel uprights that had been bent to the ground. They have still not been found. The devastation and speed of this flow was something that had never been seen before. Many eyewitness accounts tell of the frightening experience that many people endured. It had such force that it blew the windows out of houses and all of the interior fittings were also just blown out. The loss of life in this area is still not known but at this time there are still 61 people missing. The death toll is now 15.

All of that water has to come through Brisbane to get to the sea and that is why Brisbane has had such problems. Those of you who were here for the WAVA Stadia Championships would remember some aspects of Brisbane. The Southbank precinct is under two metres of water. The hotel that was the official hotel where the General Assembly was held has water up to the second level. The Queensland University athletics field is two metres under water. The River Cat Ferries are destroyed. The Board Walk along the Brisbane River is gone - ripped from its moorings and mostly demolished.

I could go on but I won't. I think it is fair to say that I have been distracted somewhat in the last few weeks by all of this terrible flooding impact across Queensland. My family is safe - I grew up in a flood prone city so I always live on a high area now. But many of my friends, particularly Masters athletes, are suffering terribly.

The estimates are that the repair costs for Queensland will exceed 20 billion dollars. We will be paying for this for many, many years to come. The clean up is even worse - I went to help and I have never seen anything like it. You have to walk in the mud and it sucks your shoes off. Everything has this terrible smell and after three hours I was totally exhausted. It is difficult just to stand up let alone try and do anything. But life has to go on and the community support is fabulous.

Around Australia our master's athletes have been concerned as to whether or not our AMA national championships at Easter would be able to go ahead. The whole area around the QEII stadium is high ground and was well away from the floods and the accommodation and other facilities are all operating normally. Queensland Masters Athletics looks forward to welcoming any competitors coming over from New Zealand.



The Southbank Walkways were destroyed

PHOTO | JENNY COOPER

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# Goody Two Shoes

by | JOHN MUSKETT

At the age of 57 I decided that it was time to once again run a marathon. I have had more knee operations than I have knees and more upsets with troublesome calves than a dairy farmer. However Val told me train carefully and to take my time increasing mileage and all would be good. For once she was wrong! A slow build up saw me able to plod for an hour without any trouble and then on one easy jog my Achilles started to hurt. Run it off I thought – bad decision!

After self medication, (that week both Countdown and New World) had wine specials, I turned to our trusted physio. I had a swollen Achilles that stemmed from... good shoes!

He explained to me that after my last big knee operation my original physio and surgeon both banned me from running and told me that if I was going to walk any distance I had to wear "good shoes" I refuse to name the brand as Asics have stopped helping Val! Being from Yorkshire I found spending money almost as difficult as using an "H" to start a word – but I bought "good" shoes.

The new physio tells me that my Achilles is meant to be elastic. He even used the example of a kangaroo to prove his point. He also pointed out that there are a scillion (he used a number that I can't remember) nerve endings in our feet that help us balance etc. The more support that we get from our shoes the less our feet have to do. The less our feet have to do the worse we run, ergo my massive heel strike!

His solution was quite simple. Do the normal exercises for strengthening and stretching calves and once every day walk on the beach in bare feet spreading and pressing my toes. He pointed out that after years of "good" shoes to try to run bare foot or in poor shoes would be detrimental to my knees and other joints but I could still try to get flexibility and understanding back into my feet and Achilles.

This brings me on to our next problem – Val. She has for a long time always worn the same brand and style of shoes and one time the makers used to sell them to her for half price. They no longer do but she has stuck with them. What about her feet and calves? No problem there. If you watch her run - and I have for hours and hours, you will see that she runs on the ball of her feet and has a gentle rolling motion to her gait. No heel strike and no real impact, therefore she should be OK. But her problem with shoes is when they are worn out!

If you read the latest running magazines they say that shoed should last anything from 650 - 900km which may sound a lot but if you are running 120km a week is none to long! By the time you had got used to a pair of shoes you would have to throw them away! When they decided on these distances did they take any account of the different athletes who are out

there? 47kg foot rolling tidy runner, 80kg heel striking knee less plodder, and that is just in our house. Who decided the wear out rate of shoes, how do you tell?

We find a good rule of thumb is – look at them, compare them with new shoes (same brand and style) and see how compressed the sole is, how flexible they are, if they are beginning to twist and also keep an eye on the inside, Val wears a small hole in the fabric on the outer side of her left heel. Not a lot but enough to irritate and hinder when running for 24 hours. These shoes will not be discarded but are used for shorter runs and eventually gardening. They are also very useful when running in poor conditions, rain and wet beaches.

Val always has at least two pairs of shoes on the go at once so one pair can rest after a training run even if she can't. She also writes the month and year on shoes when she starts to wear them.

How you decide is up to you but I suggest that if you happen to be on the beach free your feet from the fetters of modern day living and enjoy the feel of sand between your toes.



Tui Ashe (AKL) in the W60 800m at Inglewood

PHOTO | JIM TOBIN



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# Stewart Island Experiences (2010 and 1982)

by | DAVE KENNEDY

At the end of June this year I managed two big ticks on the "Bucket List" – a visit to Stewart Island – tick, and an encounter with kiwi in the wild – tick. I'm a keen trumper and climber but I don't get into the mountains as often as I'd like. When my climbing mate, Gary, suggested a trip to Stewart Island I didn't need to be asked twice. Gary's friend, Pete, joined our expedition. Gary and Pete had been to Stewart Island before but none of us had tramped the NW circuit.

It was day three of our eight day tramp. We were all keen to get up and away from the East Ruggedy Hut. Not because it was a bad hut but because we'd already got used to the remoteness, the isolation and the luxury of having a hut to ourselves. We'd arrived at East Ruggedy feeling exhausted after two long, hard days. We were pleased to be there, to relax and recover, to have a cup of soup, a meal, a round of 500, and a mattress for the night.

At East Ruggedy we shared the hut with seven hunters- and all their gear and food. They were OK as hunters go - it just clashed with our tramping expectations. Within minutes of leaving the hut we encountered a kiwi on the track - a memorable experience. We stopped and silently watched as it scuttled off into the manuka scrub. Then we moved on, feeling privileged to have met a kiwi in the wild. Pete saw it again and we rushed back for a second view.

It was a good start to the day – and a highlight of the trip. We'd briefly seen a kiwi, at night, on our first evening at Mason Bay. We saw other kiwi, at night and during the day, as we tramped the NW circuit. Kiwi encounters were always special moments. As Pete often remarked "Hey guys, this is a pretty good day". That day to Long Harry bay epitomised the Stewart Island tramping experience with kiwi sightings, sandy beaches all to ourselves, a track that wound down and up all day over ridges and in and out of a multitude of streams, some muddy sections, and magnificent ancient forest with lots of punga ferns and tall rimu. Long Harry is perfectly situated on a cliff above the beach with views north to the South Island and we had it to ourselves. That was a good day - they were all good days!

Nine days on Stewart Island in the middle of winter I had expected some wet, cold days. We'd all brought extra gear but as it turned out the only time we needed the parkas was above the bushline on Mt Anglem. The first three days were perfect, fine, clear, calm and cold. The tramping experience is always much improved by fine weather, probably even more so on Stewart Island. The first two days we worked our way along the west coast and up steep ridges to 400m. The views from the lookout points were impressive - the Ruggedy range with steep granite outcrops, Codfish Is and other smaller islands, podocarp forest, inlets, bays and curved golden sand beaches, views out to sea and the mountains of the South Island on the horizon. Those first two days were long, hard days but the views, the remoteness, and the bush made it all so worthwhile.

The flight into Mason Bay was a special experience in itself. We left the delights of Invercargill late in the afternoon to match the low tide at Mason Bay. A fine, clear, calm day made for a memorable flight with views of the Fiordland mountains, Islands in Foveaux Strait, a flyby of Mt Anglem (speckled with snow on its eastern flank), over the lowlands of Stewart Island and a landing on the long, sandy beach of Mason Bay. Suddenly we were alone with no evidence of civilisation anywhere. The pingao grass on the large sand dunes glowed orange in the reflected light of a setting sun, the waves rolled in from the west, the beach stretched north and south to broken headlands. This coastline was no different from when Captain Cook first visited. Already it felt so good to be here.

The next day a fine frosty morning heralded a fine, clear day. A long day, as it turned out, with heavy packs, plenty of black mud to contend with, and a couple of steep climbs to 400m - but also many highlights. The walk along Mason Bay was a great start to the day with the sun on the sea and reflected from offshore Islands, Codfish Is, and beyond the Fiordland mountains. Up and over the ridge and our first encounter with the infamous mud. Back down to sea level and Little Hellfire beach.

We sat on golden rocks, enjoying the sun, and eating our lunch. Another steep climb followed, this time up to 400m. Hellfire Hut was perched high on the ridge and nestled in the bush with views out over the large valley of the Freshwater River. We had the hut to ourselves. We got the fire going, had an early tea, played a couple of rounds of cards – and hit the pit.

We enjoyed the tramp from East Ruggedy to Long Harry because of the Kiwi we encountered and it was much easier than the previous two days. However the track still climbed over a headland, down to a boulder bay, back up to a headland, then further up and inland to negotiate a series of large steep gullies, before descending the ridge to Long Harry Hut. And so we worked our way around the coastline and back to Oban. Every day enjoying the magnificent rimu forest, the solitude, the picturesque bays and beaches, and the muddy sections.

The NW circuit is a tough tramp. In the 1980's I got to run some iconic tramping tracks with the late Don Cameron and a group of his running friends. I ran the Wangapeka and the Milford tracks with them. They also ran the Heaphy and Routeburn tracks and I remember Don telling us about a run around Stewart Island. Mostly I remember how tough it had been and the deep mud that they encountered. I rang Pat (his widow) after our tramp to find out more.

She remembered the run and found a photo from the Southland Times of 8 January 1982 that showed the five members of the group at Invercargill airport prior to the run. It listed their names and noted that they would be carrying packs that weighed up to 11.7kg. There were no further details. The group members were Don Cameron, Rod Rutherford and Barry Finch from Christchurch, and Alan Jacobson and Rod Lange from Invercargill.



East Ruggedy Bay

PHOTO | DAVE KENNEDY

Rod Rutherford I knew from the early days of the Christchurch marathon. He and Don founded the Christchurch marathon. Rod now lives in Adelaide. Barry I know well. He is a fellow member of the Port Hills club. I contacted Barry. "I'm not much help" he said "I went in to the first hut with them on the Friday evening but I had a sore knee and had to quietly make my way back to Oban while they continued with the run". However he did tell me that Don had written an article for NZ Runner. I have various collections of running magazines.

I did some searching and found the May-June 1982 NZ Runner that includes Don's report entitled "(Don't) Try This Run: Bogged Down On Rakiura". Early editions of NZ Runner often featured a description of someone's favourite local circuit under the heading "Try this run". I haven't heard of anyone else running the NW circuit on Stewart Island so maybe everyone heeded Don's advice.

Running tramping tracks is enjoyable as long as most of the track is "runnable". The NW circuit is a tough run because it is long (approx 120km) and because most of it is not runnable. Don notes that it required a jog-walk-run pattern for most of the journey. On a couple of sections their "running" times were only marginally less than the suggested tramping time. And there was the infamous mud to contend with, so at the end of each day there was much washing of shoes, socks and legs. As Don records "The plan was not to break records (or ankles) but to run as efficiently as possible, and to survive – the number one priority to consider when venturing into this kind of country." Nevertheless being the competitive ultra runner that he was the times are meticulously recorded for each section.

*Friday 8 January*, Half Moon Bay to Port William and Bungaree, 3:29.

*Saturday*, Bungaree to Christmas Village to Yankee River to Long Harry, 10:23.

*Sunday*, Long Harry to Benson Peak to Little Hellfire to Mason Bay to Freshwater Landing, 15:09.

*Monday*, Freshwater Landing to North Arm to Half Moon Bay, 6:13.

*Total time*: 2 days: 20 hours: 51 minutes (68:51).

*Running*: 35:14, resting: 33:37.

I am impressed with their big day on the Sunday. They left Long Harry hut at 6:30am and arrived at Mason bay at 6pm. The hut was full of trampers so they had a quick wash, a hot meal, and then continued on to Freshwater Landing arriving just on dark at 11:15pm. A big day out!

From Don's description it appears that the track in 1982 followed an inland route from East Ruggedy to Little Hellfire beach. The route now climbs over the Ruggedy range, down to sea level, then climbs again to 400m along a ridge and then descends to Little Hellfire beach. They may have avoided a couple of climbs but they encountered deep bog. "We all had our turns going up to our thighs in stagnant water and mud". On their last day from Freshwater Landing the track was good for running and they quite enjoyed stretching out for a bit. Would I like to run the NW circuit? Yes I would but I think I should have done it in 1982. For now I'll take Don's advice – don't try this run.

# Canberra In Crisis

by | BRYAN THOMAS

## The Rise and Fall and Rebirth of the Canberra Marathon

The Canberra Marathon is the oldest continuing city marathon in Australia having been established in 1976. Over the years it has been held on several different courses within the City of Canberra. It has also gone under different titles depending on sponsorship; such as the Nike International, Nike - Avon, New Balance and Mobil Canberra Marathon.

Brian Lenton included a chapter on the Canberra Marathon in his book *The Incomplete Book of Australian Running* (1970-1995) in which he said: "The Canberra Marathon has been setting the organisational standard for many years... The focus in Canberra, beginning with race founder John Harding, has always been the interests and needs of marathoners without compromise... Race director Dave Cundy said: "If we were interested solely in numbers, we would look seriously at the half option. But in some of Australia's other well-established marathons, the half has overshadowed the marathon because it tends to attract a more elite field up-front. In Canberra we want the marathoners to retain premier billing."

### A Simple Beginning

The inaugural Canberra Marathon was run in November 1976. It came about because local long distance runner John Harding needed a sub 2:40 performance in order to qualify to participate in the national marathon championship. He therefore organised an event in which he could attempt to achieve a qualifying time. John's marathon attracted 29 other starters of which 17 finished. John was thrilled when he crossed the line in 2:36:39.

From this unusual and tentative beginning the Canberra Marathon grew in status over the years and became a major autumn sporting highlight in the national capital. Numbers participating in this annual event steadily increased and more and more elite level runners were attracted to run the Canberra Marathon.

### Games Trial

The 1984 event was particularly memorable because it was the official trial for selection in the Australian marathon squad to participate at the Los Angeles Olympic Games. This was the first time in Australia that an Olympic trial race was open to everyone. It was also the first occasion that the Canberra Marathon offered prize money and recognised veterans' five year age group winners. In fact Brian Lenton referred to the 1984 Nike Avon Olympic marathon trial as: "Mt Everest in the history of the race. Quantity and quality of the field was an all-time high while the weather was an all-time low..." Of the 2300 entrants 85 runners bettered the old national championship standard of 2:40 but only Lisa Martin (later Ondieki) 2:35:05 ran an Olympic qualifier while the outright winner Grenville Wood 2:15:50 missed the target by less than two minutes.

Course records are held by John Andrews 2:15:02 (1995) and Canberra local Susan Hobson 2:32:57 (1994). As well as awards for the best male and female finishers (over 40 and 35 years-of-age respectively) veteran/masters age group records are maintained for all five year age groups. Perhaps the best-ever performances by veteran/masters runners would be by M40 Garry Hand (ACT) 2:19:00 (1987), M55 John Gilmour (WA) 2:40:56 (1978), W40 Dot Browne (Vic) 2:47:47 (1984) and of course by W35 Susan Hobson (ACT) in 1994. Three New Zealand men have their names engraved on the Best Veteran Male trophy; they are - Roger Robinson 2:36:50 in 1983, the following year it was Ron Robertson 2:27:55 and in 1986 Jim Kettlewell 2:29:18.

Over the years many New Zealanders have participated in the Canberra Marathon. Kiwis have won the event five times; in 1980 by Chris Pilone 2:17:51, in 1982 Olympian Derek Froude 2:17:45 and again in 2:22:24, 1986 Graham Macky 2:21:27 and 1994 Allan Carman 2:19:39. New Zealand women have also crossed the line first on five occasions; in 1981 by Judith Hine 2:44:08, 1983 Ngaire Drake 2:44:11, 1997 Gabrielle O'Rourke 2:42:45, 2003 Nyla Carroll 2:38:56 and 2004 Shireen Crumpton 2:43:41.

Whenever a runner completes ten Canberra Marathons they earn the title of "Griffin" and are presented with a distinctive running uniform to commemorate the achievement. There are now more than 40 Griffins. The author is proud to be a member of the group having completed 13 Canberra Marathons with a PB of 2:36:37 in the 1981 event.

### Australian Veteran Championships

As it was unrealistic for the Australian Association of Veteran Athletic Clubs (AAVAC) and later Australian Masters Athletics (AMA) to conduct its own marathon, official AAVAC/AMA marathon championships had been incorporated within the Canberra Marathon almost every April since 1984. The only exceptions were in 2000 and 2001. Following the running of the Canberra Marathon AAVAC/AMA medals were presented to the first three eligible place getters (financial members of a state or territory masters/veterans athletic club) in all five year age groups from M30 and W30 upwards.

The race director of the Canberra Marathon for all those years was Dave Cundy. In addition to being the event organiser he was a former president and life member of the ACT Cross Country Club (ACTCCC) and a member of the ACT Veteran Athletic Club (ACTVAC). Apart from his expertise and experience as an administrator Dave was also a capable long distance runner having completed more than 30 Sydney City to Surfs and more that many marathons within Australia and overseas (several being in the 2:40's and a PB of 2:41:33) as

well as participating in a couple of AAVAC Championships.

As the IAAF course measurement expert for the Pacific Region, Dave was kept busy travelling Australia and abroad measuring and certifying the accuracy of distances of major road racing events. He was race director of the 2000 Sydney Olympic Games Marathon and following its success invitations from abroad to attend other major events as a technical adviser increased. He was even asked to oversee the Great Wall of China Marathon.

### The Canberra Marathon Crisis

A bitter and unresolved argument between Cundy Sports Marketing (CSM), the organisers of the marathon, and the ACTCCC over who owned the popular event caused the late cancellation of the 2010 Canberra Marathon. As a result the AMA Marathon Championships were transferred to become part of the Gold Coast Marathon. The dispute between CSM and the ACTCCC became increasingly hostile and more complex because of the previous good relations that existed between Dave Cundy and the cross country club.

Both parties sent antagonistic emails to each other and issued media releases justifying their respective claims. Even a court ordered attempt at mediation failed and eventually a Federal Court ruled in favour of the Cundy group.

The outcome meant that CSM was free to re-establish the Canberra Marathon but sadly it also led to the demise of the ACTCCC (established 1962). The cross country club, in which many of its members were also members of the ACTVAC, was forced into receivership.

### A New Club

A new long distance running club, the YMCA of Canberra Runners Club emerged from the crisis and is confident that its autumn Festival of Running, incorporating a marathon, half marathon, ultra 50km, 5km and 10km fun runs will become an annual sporting highlight. A number of influential sponsors are backing the inaugural Australian Running Festival that will be held in the nation's capital over the weekend April 9-10 2011.

However, for the near future the AMA Marathon championships shall remain part of the Gold Coast Marathon run along the foreshores of the popular South East Queensland holiday resort. There were no such difficulties for the inaugural AMA Half Marathon championships held in conjunction with the Cadbury Marathon and Half Marathon in Hobart during January 2010 and 2011. Like the Canberra and Gold Coast Marathons the 'Cadbury' (conducted annually since 1984) is an open event.



Sharee Jones (HBG) won the W40 javelin at Inglewood

# Auckland

by | JOHN CAMPBELL

This summer season has been a pretty good one for the Auckland Masters centre. As mentioned in my previous report, we had a good boost to our membership numbers as a result of our 'Have A Go' day which we hosted in November last year. Since then, we have gained a few more members and there are a few names that are making an impact on the scene. I'm not going to list everyone that is new or performing well, but a few new names that spring to mind are Paul Emmett, Catherine Bacon, Ho Young Do, Scott Dorset and Anthony Wall.

Anthony, who originally hails from England, came along to our meet in December last year and in his very first race, broke none other than Bruce McPhail's 30 year old record in the 100m with an outstanding 11.37. Nobody was expecting to see someone of Anthony's calibre 'popping out of the woodwork' (so to speak) and we were especially surprised to see that long standing record go with such ease. We will expect more from Anthony in the near future and I believe that he is planning to compete in Sacramento.

Another UK import, is Scott Dorset, who is also a very impressive sprinter in the M40 division. From what Scott tells me, he is also planning on competing at the world champs in July. Now with two very capable sprinters in the M40 division, we may even be able to put together a competitive 4x100 relay team to take on the rest of the world.



Anthony Wall in full flight

PHOTO | JOHN CAMPBELL



Start of the women's 200m sprint

PHOTO | JOHN CAMPBELL

Ho Young Do is another relatively new member to our centre. Ho is now competing in the M50 division and has threatened the NZ high jump record on several occasions at our competitions. With the extra intensity of competition at Hastings, he might just be able to pull that extra performance out and finally snatch that record that he is chasing.

At the other end of the spectrum is Pam Spiers. Pam is one of our most 'senior' ladies and performs consistently in her age division. Whilst most women of her age are perhaps using a walking frame, Pam is throwing heavy implements around with relative ease. Pam has broken several Auckland records and has also just broken some NZ throwing records (just waiting on confirmation).



Tony Catchpole and JoAnne Owen in the sprint hurdles

PHOTO | MURRAY FREE

## Auckland Championships

We held our championships on the 13th February and had a good turnout with some very hot and humid weather to boot. Despite the heat, our athletes performed well and we were even joined by Malcolm Cornelius, who travelled up from the mainland to join us. Unfortunately for Malcolm, our middle distance runners were not quite up to the same standard and he comfortably won his specialist events. In our defence, we did have a number of very good runners that were out of action due to injuries (well, that's my excuse and I'm sticking to it).

Looking ahead to the nationals, I think we will have a strong contingent especially in the sprints. We also have a few decent throwers that I hope will give the rest of the country a good battle in their respective events, so I'm hoping that we can come away with a reasonable tally of medals this year.

# Northland

by | MORRIS GRAY & COLLEEN BRUNKER

Waitangi Day, 6 February, saw the first use of our new all weather track for the Northland Masters Athletics championships. With 26 competitors, a great day of keen competition was experienced.

We welcomed with open arms the nine athletes from Auckland. Our band of officials worked overtime. The committee voted this the friendliest day full of keenness and seriousness.

Barbara Austin broke two national and Northland masters records. Nancy Bowmar and Naylor Stopforth created a Northland record each. Five visitors, John Lester, Mark Cumming, Ann Goulter, Ann Hunter, and Althea Mackie created seven visitors records.

### 100m

Althea Mackie	W40	14.1
Tui Ashe	W60	15.3
Delwyn Smith	W45	15.4
Anne Hunter	W60	15.7
Naylor Stopforth	W50	16.5
Nancy Bowmar	W60	18.6
Jenny Eastmond	W60	20.2
Sein Van der Veecken	W75	20.8
Mark Lett	M45	13.2
Ed Archibald	M55	13.7
John Lester	M65	14.1
Dave Eastmond	M70	17.5

### 200m

Tui Ashe	W60	32.5
Delwyn Smith	W45	33.2
Naylor Stopforth	W50	36.7
Nancy Bowmar	W60	41.8
Sein Van der Veecken	W75	51.2
Mark Lett	M45	27.9
John Lester	M65	28.9
Dave Eastmond	M70	35.8
Morris Gray	M55	40.9

### 400m

Tui Ashe	W60	1:17.4
Delwyn Smith	W45	1:18.1
Naylor Stopforth	W50	1:30.5
Jenny Eastmond	W60	1:41.3
Sein Van der Veecken	W75	2:08.6
Ian Calder	M50	1:01.3
Mark Lett	M45	1:08.5
Dave Eastmond	M70	1:24.8
Ed Archibald	M55	1:33.6
Morris Gray	M55	1:39.8

### 800m

Delwyn Smith	W45	3:12.7
Naylor Stopforth	W50	4:02.7
Sein Van der Veecken	W75	4:54.1
Lynn Fraser	W70	5:53.5
Ian Calder	M50	2:16.0
Mark Lett	M45	2:56.9
Morris Gray	M55	3:30.5
Dave Eastmond	M70	3:34.1

### 1500m

Judith Bradshaw	W55	6:19.4
Jenny Eastmond	W60	7:39.1
Sein Van der Veecken	W75	9:15.8
Ian Calder	M50	4:36.6
Morris Gray	M55	7:13.6
Dave Eastmond	M70	7:14.6

### 3000m

Judith Bradshaw	W55	13:35.8
Ian Calder	M50	9:51.7
Morris Gray	M55	15:55.5

### High Jump

Anne Hunter	W60	1.13
Nancy Bowmar	W60	1.13
Tui Ashe	W60	1.13

### Long Jump

Nancy Bowmar	W60	3.00
Sein Van der Veecken	W75	2.33
Mark Lett	M45	4.52

### Triple Jump

Anne Hunter	W60	7.81
Nancy Bowmar	W60	6.79
Sein Van der Veecken	W75	5.07

### Shot Put

Tui Ashe	W60	8.22
Barbara Austin	W65	8.02
Naylor Stopforth	W50	7.92
Anne Hunter	W60	7.67
Althea Mackie	W40	7.39
Nancy Bowmar	W60	6.98
Anne Goulter	W45	6.76
Katy Tapling	W55	6.13
Clarine Scratton	W70	5.68
Sein Van der Veecken	W75	5.47
Val Babe	W70	4.96
Lynn Fraser	W70	4.62
Mark Cumming	M45	9.70
Ed Archibald	M55	8.87
Robin Ball	M75	8.38
Murray Free	M45	7.81
Sam Pou	M45	5.83
Dave Scratton	M90	4.92

### Discus

Anne Goulter	W45	23.93
Althea Mackie	W40	23.27
Tui Ashe	W60	21.08
Barbara Austin	W65	20.35
Naylor Stopforth	W50	18.43
Nancy Bowmar	W60	16.38
Katy Tapling	W55	16.19
Val Babe	W70	14.88
Sein Van der Veecken	W75	12.81
Lynn Fraser	W70	10.45
Mark Cumming	M45	33.05
Robin Ball	M75	29.36
Murray Free	M45	26.78
Sam Pou	M45	17.20
Wally Opperman	M80	15.63

### Javelin

Naylor Stopforth	W50	25.10
Althea Mackie	W40	20.95
Barbara Austin	W65	18.18
Nancy Bowmar	W60	14.37
Clarine Scratton	W70	12.33
Sein Van der Veecken	W75	10.52
Katy Tapling	W55	9.99
Val Babe	W70	9.90
Murray Free	M45	39.60
Mark Cumming	M45	28.49
Ed Archibald	M55	27.52
Robin Ball	M75	20.90
Sam Pou	M45	18.30
Dave Scratton	M90	10.21
Anne Goulter	W45	35.77
Althea Mackie	W40	35.73
Barbara Austin	W65	30.29
Naylor Stopforth	W50	26.05
Nancy Bowmar	W60	20.85
Katy Tapling	W55	20.57
Clarine Scratton	W70	19.73
Val Babe	W70	19.70
Sein Van der Veecken	W75	16.72
Mark Cumming	M45	49.90
Robin Ball	M75	26.74
Murray Free	M45	26.27
Dave Scratton	M90	15.79
Sam Pou	M45	14.00

### Weight

Barbara Austin	W65	11.31
Anne Goulter	W45	11.19
Althea Mackie	W40	10.93
Naylor Stopforth	W50	9.83
Nancy Bowmar	W60	9.32
Sein Van der Veecken	W75	7.77
Val Babe	W70	7.61
Katy Tapling	W55	5.87
Mark Cumming	M45	13.98
Robin Ball	M75	9.16
Murray Free	M45	8.35
Sam Pou	M45	4.91

# Waikato Bay of Plenty

by | CHRISTINE MCCAHERILL

We have been pretty busy in the WBP area since the last magazine was published. We have held three meets - two in Tauranga and one in Hamilton. Although it has been disappointing to see the number of athletes attending these meets dropping away, although the throwing fields seem to be getting bigger all the time.

This year we have also held our own masters championship events, spread out over our four meets from October to January. This was done as many of our members do not belong to clubs and therefore cannot compete at the Waikato Centre. It gives these athletes a chance to hold a Masters Waikato Bay of Plenty title.

## 14 November

This meet was held at Porritt Stadium in great weather. The level of performances was great, with 12 performances over the 80% mark. Peter Ranginui and Paul Daborn had great tussles with each other in the 100m, 200m, and the 400m. Peter continued to show his versatility competing in the javelin, 110m hurdles and high jump. It was great to see Christian Hotta return to competition after some time away. Marcia Petley shows no sign of slowing down, with strong performances in the 100m and 200m, and the weight throw.

## 12 December

It was the sprinter's day again at this meet. Paul Daborn, Peter Ranginui and Alistair Graham were all within seconds of each other in both the 100m and the 200m. Eric de Latour made a return to the track with strong performances in both the 100m and 200m also. Pauline Purser was just shy of an 80% performance in the W85 shot.

## 16 January

The Christmas break obviously did not slow of our athletes down as there were 26 performances over the 80% mark. The field event numbers were once again very good with Chris McCahill just shy of a national record in the W45 hammer, and a 96% performance in the weight throw. The sprinters put in fine performances once again. Steve Te Whaiti had a superb day with top performances in the 60m, 100m and high jump. Aucklander Corney Carstens was stunning to watch in the sprints, helping to push others down the track at a quicker pace. Sally Gibbs competed in the 1500m and 3000m performing just shy of the 90% mark in both.



Paul Daborn and Peter Ranginui fight out the 110m hurdles

PHOTOS | CHRIS MCCAHERILL



Peter Ranginui in the javelin



Marcia Petley in the weight throw

# Wellington

by | PETER JACK

## Richard John Harris

20 June 1934 - 23 November 2010

The quiet spoken Englishman came to our shores in 1957 after two years in the RAF in Singapore and living in Surrey. He immediately took up his interest in sport. First he played rugby for the Wellington Football Club as a lock in the season of 1958. He received a bad knock of concussion half way through the season and decided to retire from serious rugby although he continued to play in friendly competition for the BNSW side for a few more years. He was a former member of the Bellgrave H & A Club. On arrival he first worked for the Port Office, then the CBA Bank and later the BNSW which is now Westpac. On retiring age he was still at the BNSW in an administrative role in the stationery section.

Bryan Mahoney, had an influential role in Dick's sporting future after rugby and it was at the old YMCA gym in Willis Street that Dick became a top competitor and later an administrator of athletics and weightlifting. Bryan got him to join his club, Kiwi AA and soon Dick was showing promise and results in field events, particularly discus and shot and got results in them. In 1964 he took out the New Zealand title in the discus and over the years a number of Wellington titles in both of these events.

For a season or so he was a member of the Onslow Club near his home but returned soon after and continued in veteran's (now master's) competition again showing his class with a number of Wellington and New Zealand titles and records in 1997. Dick put 12.30 in the M60 grade and threw the discus 36.70 for a Wellington record. He was a qualified Technical Officer for many years.

Being in the financial industry his expert administration and service was used for over ten years or more by the Kiwi Athletic Club, Wellington. He was also a Treasurer for the Wellington Football Club for some years and the Scottish Harriers Squash Club also a number of years and the Wellington Barbell Club (formally the YMCA, Boys Institute BBC for many years and at his death was Treasurer of all three organisations.

He was a member of the Olympic and Commonwealth Games Association and a spokesperson for weightlifting for many years and was a manager to a number of overseas trips. For his sporting work to all sporting bodies he received life membership from the Kiwi AAC, Wellington Masters Athletics and the New Zealand Weightlifting Association. A top farewell for Dick was held in Johnsonville on Monday 29 November.

To his wife Pat, sister Vivien, and daughters Vivien Cathy and Christine, and sons-in-law Darren and Tim and to grandchildren Hannah, Gemman, David, Sarah and Jaynie condolences and may he rest in peace. He will be sadly missed by all of us.



Gary Rawson (WLG) 1st in M50 triple jump at Inglewood

# Canterbury

by | ANDREW STARK

The track season is now full swing. Here in Canterbury we are fortunate to have an active and well run track and field inter-club competition run by Athletics Canterbury. Many of the sub-committee and officials involved were of course athletes in 'their day' and some like me are still active. This allows our members the opportunity to compete in these Saturday meetings with the younger athletes or compete in our own CMA run meetings on selected Wednesdays and Sundays throughout the season. So there are plenty of opportunities to compete.

Of our Saturday inter club competitors, Richard Bennett is our most consistently performed athlete over the middle to longer distances with best times of 4:12.1 (92.15%) for 1500m, 8:57.9 (90.61%) for 3000m and 15:07.22 (92.43%) for 5000m. Tony McManus, who has been sidelined by injury for the early part of the season, has recently run an excellent 1500m in 4:35.11 (96.21%). Provide he can remain injury free, I am sure we have not seen the best from Tony this season.

Andrew Stark has run an 800m in 2:07.53 (93.51%) and a 1500m (93.6%) in 4:24.3, but continual minor injury issues has made it difficult for him to make the start line in recent weeks. Max Wood, Malcolm Fraser and Ron Stevens are all 'missing in action', but hopefully they will make an appearance before the season ends. Like all masters athletes, making the start line is the first challenge. A detailed list of all our meetings is in Cant-A-Long magazine, available as a PDF download from the NZMA website.

At our local CMA meetings, a most dedicated group of throwers gather to encourage each other to do their best. Of these athletes, Iris Bishop is one who continues to set CMA best performance or records, with 11 so far this season. Other CMA members have broken 50 local, South Island or national records or set new CMA best performances to date. A full list of these performances is also recorded in Cant-A-Long.



Malcolm Fraser (CAN) leads Bruce McPhail and Stewart Foster into the 200m straight at Inglewood

This season we have already held our 10,000m, 5000m, steeplechase and pentathlon championships events, in conjunction with the Canterbury Centre events. In the 10,000m championships all but three of the competitors who finished were master's athletes. Where would the sport be without us?

In February we have our 3000m, weight throws and full day CMA championships and we are hopeful of a good turnout in each event. In March, I know several of our members are looking forward to competing in the NZMA championships in Hastings.



QEII 1500m race. Anthony Rogal (dark glasses) and Anthony Duncraft (on 'all fours') recover from a hard 1500m race in very hot conditions.



Tui Ashe (AKL) in the Pentathlon 100m at Inglewood

# Taranaki

by | KAREN GILLUM-GREEN

## North Island Championships

The TET North Island Master Athletics Track & Field championships on 19-21 November pretty much dominated our lives leading up to the event. Although the date clashed with competitions in Auckland and Palmerston North, the hardy faithfuls turned up and we were treated to some impressive performances. A total 35 championship records were broken. This, despite the wet, misty weather on Saturday (no matter how hard we tried, the line to the rain man upstairs was always busy).

Ngawini Pepene (W80) accounted for six of the records – all the throws including the weight pentathlon. Christine McCahill claimed four records in the W45 grade in the shot, hammer, weight throw and weight pentathlon. Sally Gibbs ran herself into the record books in the W45 800m, 3000m and 5000m as did Cantabrian Malcolm Fraser in the M70 200m and 400m. Taking two records each were Vanessa Story (W35) in the 100m hurdles and 400m, Barbara Austin (W65) in the weight throw and weight pentathlon, Pam Speirs (W85) in the hammer and weight pentathlon and Hector Mein (M80) in the high jump and long jump.

A track record went the way of Andrea Williams (W35 400m hurdles), Marlene White (W60 3km walk), Chris Waring (W65 400m), Robin Grant (M50 3000m), Laurie Malcolmson (M60 300m hurdles) and Pat Mills (M75 3000m). In the field, a record went to Frances Bayler (W70 long jump), Colleen Brunner (W75 hammer), Mark Cumming (M45 hammer), Gary Rawson (M50 long jump) and Brian Senior (M70 weight throw). Tui Ashe jumped and ran herself to a new record in the W60 pentathlon.

A huge thank you to TET for their generous sponsorship and ongoing support. Thank you also to the local officials and those out-of-town who put their hands up to help - it was much appreciated.

## TET Athletics Taranaki 5,000m champs, 25 November.

This event was held in fine, warm conditions at the TET stadium in Inglewood.

W55	
Vicky Adams	23:19.27
Joy Baker	24:30.42
M40	
Mike Morresey	19:05.26
M50	
Robin Grant	16:27.95
M55	
Murray Laird	19:26.21
M60	
Des Phillips	22:09.36
M65	
Alan Jones	24:36.90

## TET Athletics Taranaki 800m record broken

Robin Grant broke the M50 record for 800m when competing in the Egmont Athletics championships. He recorded a smart time of 2:13.06 and had an age percentage score of 84.60%.



Desmond Philips won the M60 300m hurdles at Inglewood

# Tasman

by | DEREK SHAW

## South Island Masters Games

Nelson-Tasman will be hosting the 11th South Island Masters Games 15 - 23 October of this year. Nelson has obtained the rights to host this sporting event in 2011 and 2013 with Timaru continuing to host them in the intervening years. With over 50 events being put on by more than 30 sports codes there will be something for all interests and abilities.

Tasman Masters members will be involved in the athletics (track and field) on the opening day (Saturday 15 October) at the new all-weather track at Saxton Field. The new joint athletics and cricket pavilion will be completed by the time of this event. There is also a full programme of other running and walking events over the nine days, including 10km road race (16 October), cross-country (18 October), fun run (20 October), half marathon (22 October), 5km (23 October), Dun Run trail run (15 October). There is also a duathlon on 16 October which may also be of interest to runners.

With over 3000 participants expected it promises to be an enjoyable and fun sporting festival that will cater for both the competitive and the more social athletes. There will be opportunities to try other events and a full social programme as well as an opportunity to take in some events in the Nelson Arts Festival. Venues with large screens and big fanzones will enable rugby world cup followers to keep up with the games.

The many other attractions of the region such as vineyards, arts and crafts, national parks, cafes and craft beers can be enjoyed before, during and after the Games. So why not make a great holiday of this event. Ah yes, North Islanders are very welcome too - as it is not just for mainlanders. For further information check out the website <http://nelson.simasters.co.nz> or contact Derek Shaw, c/- PO Box 602, Nelson, ph 03 5487537, [nikau@ts.co.nz](mailto:nikau@ts.co.nz).

## Tasman Masters New Event – 12 March 2011

After several years of running the Belgrove 18km event, the Tasman Masters committee have decided to organise a new event in an attempt to attract a larger number of participants. It will be based at the Saxton Field all-weather track and will utilise adjoining land including access road, cycleways/walkways and incorporate a two person relay. Further details will be available on the Athletics Nelson website and also the linked Tasman Masters site.

## South Island Track and Field Champs

A small contingent of Tasman masters travelled to Invercargill for this event in December. Sprinter Steve Low (M50) continues to improve and was first in both the 200m (27.68) and 400m (61.80) and a close second in the 100m (13.66). He also won the 5000m in 22:12.39. The consistent Michael Morrissey (M55) won three races - 400m (67.13), 1500m (4:58.76) and 3000m (11:00.77). Tim Cross (M50) got second in the 3000m (11:19.73)

# Southland

by | EVAN MACINTOSH

## South Island Masters Track and Field Championships

Very successful South Island track and field championships were held here in the deep south. Full results and comments are elsewhere in this edition of Vetline.

## Track & Field Grand Prix Series

The Southland track and field grand prix series is hotting up. As in prior years, the event consists of an athlete's best eight performances during the season which is then age graded. As at the time of writing Debbie Telfer had a slight edge over Glenn MacIntosh. Debbie was averaging over 80% and Glenn just a fraction behind. Following them not too far behind were Bruce Thomson and Evan MacIntosh. The final results should be known by the time the March edition of Vetline is mailed out, but the final results are sure to be close. It just takes a strong headwind in one or two events or an untimely injury (since when have injuries ever been timely) to make the difference in placings.

## Tributes to Lillian and Henry Tudor

*(Contributed by Lance Smith)*

Lillian Tudor was the deserved recipient of the Brian McEwan trophy for official of the year, 2010. Lillian is Southland's official's coordinator and as such is responsible for organising the officials for all major meets. She also officiates herself, usually at throws, at Southland centre and children's meetings. She is usually first at the track to help set up and last to leave when everything has been put away.

However, Lillian is just half the Tudor story. Her husband Henry is also first to arrive, setting up the timing recording equipment ready for the first race. For major championships such as the secondary schools or Colgates this can take more than a day which means Henry has to take a day off work to have everything ready. And he's the busiest person at the meet, whether a quick fire twilight or a three day championship, manning the photo finish, recording, arranging heats and producing the results. Add to this the time before and after the meets spent loading entries into the system and finalising results and you appreciate how big a job it all is.

Both are also in demand for meetings outside Southland, with the IPC championships in Christchurch, Colgates, Dunedin and NZ Champs also Dunedin on their programme. The sport in Southland have a lot to thank Henry and Lillian for. Quite simply, without their time, expertise and willingness we would not be able to stage athletic meetings, certainly not major ones. Athletics and harriers owe a huge debt to Lillian and Henry. The sport thanks them both.



# Otago

by | JOHN STINSON

The highlight for the Otago Masters 2010-2011 track and field season has been the outstanding performances recorded by Myrtle Rough in the W70 grade. Currently Myrtle has recorded seven New Zealand records for her age group with further opportunities still to come. Myrtle set her first record on 23 October recording 14:08.98 for 3000 metres at the Caledonian Ground. On 20 November Myrtle reduced this time by over seven seconds recording 14:01.62

At the South Island championships held in Invercargill in early December Myrtle added further to her laurels in the 5000 metres with a time of 24:26.38 This time was reduced by over 20 seconds a week later at the Caledonian Ground to 24:06.02. Other records that Myrtle has achieved in her extraordinary season are 800 metres 3:19.71, 1500 metres 6:30.41 and 10,000 metres 49:57.34 the latter performance at the Otago championships on 19 December.

The mother of top New Zealand marathon runner Shireen Crumpton Myrtle epitomises how much the enjoyment factor can pay dividends for any athlete as they move into the higher age groups. "I enjoy my running now as much as ever and just look forward to all the competition during the season". Myrtle follows a simple training routine of four days running at Bayfield Park only a short distance from their home in Larnach Road Waverley. "Running there and back again gives me the benefit of some gentle hill running which I still enjoy"

For variety Myrtle also runs one day a week through the Chisholm Park Golf course and also enjoys aqua jogging at Moana Pool. Myrtle also feels the freedom of being able to run at any time of the day has been a key factor. A regular participant at the Wednesday night OMA track and field meetings Myrtle thrives on the company of her fellow masters competitors. "I just love the competition on the Wednesday nights and find when that I go out by myself again the next day I seem to be running faster than any other time".

On 15 December the inaugural 5km Christmas Beach Run was held over St.Clair and St. Kilda Beaches. There was a good turnout and some keen competition with President Gene Sanderson proving the ultimate winner. After the run a most enjoyable meal was held at the Esplanade Restaurant a fitting way to celebrate the approaching Holiday Season. At the first Committee meeting for 2011 it was decided to transfer the Geoff Capon Memorial beach run from the normal mid winter date to just prior to Christmas.

On Sunday 23 January the annual Peggy Calder Interclub competition was held at Memorial Park Mosgiel. A well organised programme led to a thoroughly enjoyable day with everyone relishing the opportunity to gain points for their Clubs. The winning club was Caversham which has always had good numbers supporting this event.



Start of the 800m at the Peggy Calder interclub meeting

PHOTO | DAVID JACKSON



Michele Ward (WLG) won the W35 heavy weight at Inglewood

Photo | JIM TOBIN



### MARCH 2011

20	Auckland Masters - Top Team Three	MT SMART . AUCKLAND
20	WBP Masters Track Meet	TAURANGA
22	Summer Equinox 12:22pm	

### APRIL 2011

22-25	Australia Masters Stadia Championships	BRISBANE
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### JUNE 2011

22	Winter Solstice 5:18am	
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### JULY 2011

7-17	WMA Stadia Championships	SACRAMENTO . USA
23	NZ Cross Country Championships	CHRISTCHURCH

### AUGUST 2011

20	NZ Road Championships	WELLINGTON
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### NOVEMBER 2011

25-27	NZMA North Island Stadia Championships	WELLINGTON
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### 2012

5-12 FEB	Oceania Stadia Championships	TAURANGA
3-8 APR	WMA Indoor Championships	JYVASKYLA . FINLAND

### 2013

24 JUL - 4 AUG	WMA Stadia Championships	PORTO ALEGRE . BRAZIL
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### 2014

5-11 JAN	Oceania Championships	BENDIGO, AUSTRALIA
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Please Note: The above information is based on the best crystal ball images available to Nostradamus. However, intended dates and venues can change. Readers are advised to check the details from official entry forms, websites or from the event organisers.

