

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 31 No. 4

JULY 2013

in this issue:

- > Australian Masters Athletics Championships
- > National Mountain Running Championships



ISSN 1173 - 1265



The evergreen Noleen Parrish (7108) blitzed the field in the W70-80 100m at the Australian national champs

PHOTO: Michael Slagter



Wilma Perkins showing great height and flexibility in the long jump during the Australian National Champs at Canberra

PHOTO: John Campbell

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

Vetline
ISSUE VOL 31 No. 4
JULY 2013
in this issue:
-> Australian Masters Athletics Championships
-> National Mountain Running Championships



Cover Photo

Con Kotis (AUS) and Mark Macfarlane (NZ) battle it out in the 100m at the Australian national championships in Canberra

Photo - Michael Slagter

Inside Back Cover

George White (SA) in the 1500m walk at the Australian national championships in Canberra

Photo - John Campbell

Back Cover

Norris Wyatt (AKL) competing in the Auckland grand prix cross country race in Pukekohe

Photo - John Campbell



REGULARS

President's Report	2
Letters to the Editor	3
Notice Board	3
Committees / Contacts	4
Calendar	40

NEWS

Auckland	Chris Thompson	28
Northland	Diane Barrett	32
Waikato/BOP	Ray Laurie	33
Taranaki	Brian O'Shea	34
Wellington	Michael Wray	35
Canterbury	Andrew Stark	36
Otago	John Stinson	37
Southland	Evan MacIntosh	38

ARTICLES

My Aussie Experience	John Campbell	6
Nth Island Masters Champs Entry Form		10
National Mountain Running Champs	Michael Wray	12
OMA 2013 AGM/Council Meeting	Bob Schickert	17
New Research on Older Runners	Roger Robinson	18
Novel...Successful AMA Championships	Bryan Thomas	20
40 Years of NZMA Track & Field Championships	Evan MacIntosh	23
Oceania Athletics Congress Report	Wilma Perkins	24
OMA report to WMA for IAAF Moscow	Bob Schickert	26
Coaching Corner	Mike Weddell	39



President's Report



I plodded my way round a cross country race recently (plodding is at the upper end of my range) and on perusing the results I noticed that only a quarter of the finishers were seniors. There were a few juniors and the rest were masters. The result in the women's race was even more skewed towards masters. This is a worry for our sport not just for the senior section but for masters as well as we recruit from the ranks of seniors.

Masters are the carriers of tradition in our sport and tradition is an important part of the success of clubs. Most masters members are also members of clubs and most will play an important part in the life of clubs and we can play an even more

important part by encouraging newcomers to our sport to help them stay with it.

Relays play an important part in club camaraderie and getting new comers whether young or old into relay teams is a good way to get them hooked. I do not necessarily mean national relays but local relays or even club relays which gives newcomers to compete on an even footing.

As part of my job I go along to school events and there is as much talent as ever on display we just need to attract them and retain them in the sport.

by **MIKE WEDDELL** - NZMA President

Notice Board

Fourth World Veteran Games Trust

The Trust was established in October 1981 with the surplus from the successful 4th World Veteran Games held in Christchurch.

The surplus of \$99,962 was invested to be administered under a Trust Deed, with the objects of the Trust being 'for the benefit of Veteran Athletics in New Zealand'.

In the period since the establishment of the Trust the Trustees, who are the President and Treasurer of NZ Masters Athletics, the President of Canterbury Masters Centre and 2 Trustees elected by NZMA.

Since establishment the assets have grown to \$177,637 by December 2012 and grants have been made to NZMA and NZMA Centres for in excess of \$225,000. The Trust holds a diversified portfolio of listed shares, corporate bonds and bank deposits.

Applications for grants are considered twice yearly by the Trustees and must be submitted to the Secretary of the Trust through NZMA by Centres. Applications forms are available from NZMA or the Secretary of the Trust whose address is: 5 Panorama Grove, Lower Hutt 5010.

Jim Blair
Chairman

Letters to the Editor

WMG Medical Examinations

I've had interaction with a few of the athletics athletes that are heading to the World Masters Games. As part of their WMG medical examination they are required to have a resting and exercise ECG assessment, as well as a spirometry test.

These tests are not widely available, but can be conducted here at AUT Millennium Institute. Are you able to forward Matt Wood's contact details to any athletes that you know are going, so that they can sort themselves out with these assessments?

Regards, Kelly Sheerin - SPRINZ
(Sports Performance Research Institute New Zealand)

These tests are available from Matt Wood at SPRINZ - www.sprinzaut.ac.nz/clinics email: sprinzaut@aut.ac.nz or according to the WMG website, they can be done by the WMG clinic in Torino, Italy at the cost of €60.

See the WMG website for more details:
www.torino2013wmg.org

- Ed

Vetline

EDITOR (Interim)

John Campbell
PO Box 116
Pukekohe 2340
Ph/fax 09 236 3488
Mobile 0274 599 777
admin@nzmastersathletics.org.nz

GRAPHIC DESIGN

Gemini Design Ltd
PO Box 116
Pukekohe 2340
Ph/fax 09 236 3488
gemini.design@xtra.co.nz

ADVERTISING

John Campbell
PO Box 116
Pukekohe 2340
Ph/fax 09 236 3488
Mobile 0274 599 777
admin@nzmastersathletics.org.nz

REGULAR CONTRIBUTORS

Kevin Bradley
John Stinson
Marcia Petley
Ron Stevens
Bryan Thomas
Leo Benning
Barry Rait
Marie-Jose Berthet
David Lobb
Gary and Shirley Nesbit
Andrew Stark
Brian O'Shea
Michael Wray

REGULAR PHOTOGRAPHERS

John Campbell
Gary Nesbit - NESPORT
Sharon Wray

MAILING LIST

Please advise immediately changes of address to -
Andrew Stark
Tel: 03 338 0516
aws.resources@xtra.co.nz

PUBLISHER

New Zealand Association of Masters Athletics Inc.
www.nzmastersathletics.org.nz

PRINTERS



NEW ZEALAND VETLINE

Is published quarterly in January, April, July and October.
The deadline for material is the first day of the preceding month. All material to be sent to the Editor.

DISCLAIMER

Opinions and comments printed in Vetline are those of the author and not necessarily those of the publisher.

NZMA is a member of

World Masters Athletics (WMA)
Oceania Association of Masters Athletics (OMA)
Council of Athletics New Zealand (ANZ)



Change of Venue

South Island Masters
Track & Field Championships
November 29th 2013 - December 1st 2013

NOW in Timaru

Enquiries: Andrew Stark (CMA President)
E-mail: aws@xtra.co.nz

Centre Committees

Northland

Jenny Hastie *President*
142 Massey Road, Waipu 0582
09 432 1441
09 419 5135 (evenings)
jennyhastie@hotmail.com

Diane Barrett *Secretary/Treasurer*
2B Ranfurly Place
Whau Valley, Whangarei
09 437 6907
dianerbarrett@vodafone.co.nz

Auckland

Chris Thompson *Secretary/Treasurer*
10 Toledo Ave, Henderson
Auckland 0612
09 837 8053
021 210 7067
chris_gay@slingshot.co.nz

Waikato/Bay of Plenty

Shane Harris *President*
132 Delamare Road, Pukete
Hamilton 3200
07 850 6461
clas@xtra.co.nz

Marcia Petley *Secretary*
PO Box 1365
Hamilton 3200
07 847 6598
wktovetath@xtra.co.nz

Anne Harris *Treasurer*
132 Delamare Road, Pukete
Hamilton 3200
07 850 6461
clas@xtra.co.nz

Hawkes Bay/Gisborne

Murray Andersen *President/Treasurer*
64 Endsleigh Drive
Havelock North
06 877 7460 ph/fax
021 773 480
murray@timeit.net.nz

Sharee Jones *Secretary*
3 Gardiner Place
Havelock North
06 877 0411
027 227 5847
ssjones@clear.net.nz

Taranaki

Vicky Adams *President*
20A Waivera Place
New Plymouth 4312
06 758 9326

Lynne Mackay *Secretary*
6A Mallinder Place
Oakura 4314
06 763 8658 bus
06 752 7782 hm
lynnemackay@xtra.co.nz

Manawatu/Wanganui

Rob Dabb *President*
PO Box 5369
Terrace End
Palmerston North 4441
dabbrm@xtra.co.nz

Jill Evans *Vice President*
PO Box 5369
Terrace End
Palmerston North 4441
jillevan@inspire.co.nz

Jen Fee *Secretary/Treasurer*
PO Box 5369
Terrace End
Palmerston North 4441
irishkiwis@xtra.co.nz

Wellington

Brian Watson *President*
14 Hewson Crescent
Otaki Beach
Otaki 5512
04 971 1351

Albert Van Veen *Secretary*
95 Kamahi Street
Stokes Valley
Lower Hutt 5019
04 563 8450
albertvw@gmail.com

Graham Gould *Treasurer*
PO Box 5887 Lambton Quay
Wellington 6145
Telephone 04 973 6741
gvgould@xtra.co.nz

Tasman

Derek Shaw *President*
PO Box 602
Nelson 7040
03 548 7537
03 548 7535 fax
nikau@ts.co.nz

Bill Revell *Secretary*
PO Box 602
Nelson 7040
03 539 1060
bill@billrevelldesign.co.nz

Canterbury

Andrew Stark *President*
12 Highcrest Heights
Westmorland
Christchurch 8025
Tel: 03 338 0516
aws.resources@xtra.co.nz

Tony McManus *Secretary*
102 Bownevale Avenue
Cashmere
Christchurch 8022
03 332 3921
amcmanus@kiwirail.co.nz

Kevin Prendergast *Treasurer*
25 Dunrobin Place
Avonhead
Christchurch 8042
03 358 7760
kprendergast@xtra.co.nz

Otago

Gene Sanderson *President*
191 Gordon Rd
Mosgiel 9024
genedalise@xtra.co.nz

Diane Sommerville *Secretary*
2 Vickery Place
Morningside
Dunedin 9011
03 453 5817
dia.geo@clear.net.nz

Fiona Harvey *Treasurer*
B/19 Nicholson St
South Dunedin 9012

Southland

Mark Flaus *President*
156 Bourke Street
Windsor
Invercargill 9810
03 217 7367
flaus.family@xtra.co.nz

Pam Flaus *Secretary*
156 Bourke Street
Windsor
Invercargill 9810
03 217 7367
flaus.family@xtra.co.nz

Debbie Telfer *Treasurer*
136 Kelvin Street
Invercargill 9810
03 218 6449
lance.debbie@xtra.co.nz

District Contacts

Northland

Karen Kerr
PO Box 208
Kerikeri 0245
09 401 9119

Len Field
5 Johnson Road
Kawakawa 0210
09 404 0989

Anne Hathaway
RD1 Kerikeri

Margaret Crooke
State Highway 10
RD3 Kerikeri 0293
09 407 7551

Waikato/Bay of Plenty

Fay Riley
37 Pillans Road
Tauranga 3110
07 576 9575

Trevor Ogilvie
10A Otonga Road
Rotorua 3015
07 347 8181

Heather O'Hagan
PO Box 106
Paeroa 3640
07 862 7163 ph/fax
ohagan@visique.co.nz

Julie Bakalich
PO Box 304
Opotiki 3162
07 315 7431
j.bakalich@xtra.co.nz

Rene Otto
5 Eleanor Place
Whakatane 3120
07 308 0674

Hawkes Bay/Gisborne

Verlie Shepherd
70 Awapuni Road
Gisborne 4010
06 868 8940
bes.signs@xtra.co.nz

Taranaki

Alan Jones
26 Kowhai Street
PO Box 107 Inglewood 4347
06 756 7051
alan_j666@hotmail.com

Eric Kemsley
5 Kenmore Street
New Plymouth 4310
06 753 4674
ekemsley@xtra.co.nz

Manawatu/Wanganui

Jen Fee
28 Meadowbrook Drive
Palmerston North 4412
06 3537739
0274 787 235

Francie Bayler
141 Mt View Road
Bastia Hill
Wanganui
06 343 1124
francieb@slingshot.co.nz

Wellington

Colleena Blair
4/39 Kiln Street
Silverstream
Upper Hutt 5019
04 528 2992

Tasman

Derek Shaw
PO Box 602
Nelson 7040
03 548 7537
03 548 7535 fax
nikau@ts.co.nz

Bill Revell
PO Box 602
Nelson 7040
03 539 1060

Canterbury

Lorraine Menzies
54 Joyce Crescent
Greymouth 7805
03 768 4871

Brian Senior
PO Box 15
Methven 7745
03 302 9629

NZMA Board

Mike Weddell *President*

1 Haggart Street
RD2 Mosgiel 9092
03 474 6413 bus
03 489 4887 hm
03 474 6352 fax
mweddell@sportotago.co.nz
mweddell@xtra.co.nz

Andrew Stark *Vice President*

12 Highcrest Heights
Westmorland
Christchurch 8025
03 338 0516
aws.resources@xtra.co.nz

Stewart Foster MBE *Secretary/Treasurer*

PO Box 8002 Ulrich
Hamilton 3245
07 843 6121
nzmathletics@xtra.co.nz

Directors

John Campbell
PO Box 116
Pukekohe 2340
09 236 3488 ph/fax
john@ama.org.nz

Karen Gillum-Green
243 Coronation Avenue
New Plymouth 4310
Ph 06 7581569
karenandrodney@clear.net.nz

Marcia Petley
96 Ellicott Road
Hamilton 3200
07 847 6598
wktovetath@xtra.co.nz

Jim Tobin *Life Member*
6 Hetley Cres
Taradale
Napier 4112
Ph/fax 06 844 5072
Mobile 027 240 8880
jim.tobin@xtra.co.nz

New Zealand Masters (NZMA)

Jim Blair *Patron*

Colleena Blair *Life Member*
4/39 Kiln Street
Silverstream
Upper Hutt 5019
04 528 2992

Rob McGregor *Life Member / Auditor*
5 Panorama Grove
Lower Hutt 5010
04 569 6316
shirley1947@ihug.co.nz

Jim Blair MNZM *Life Member*

4/39 Kiln Street
Silverstream
Upper Hutt 5019
(04) 528 2992
jimblair@xtra.co.nz

Alan Galbraith *Legal Adviser QC*
PO Box 4338
Auckland 1030
09 309 1769
agalbraith@xtra.co.nz

Oceania Association (OMA)

Wilma Perkins *President*

4 Lawnton St
Daisy Hill QLD 4127
Australia
+61 (0) 7 3209 1131
wilmaperkins@me.com

David Lobb *Vice President*

c/- PO Box 814
Rarotonga
Cook Islands
+682 26335
lobby@oyster.net.ck

Bob Schickert *Secretary*

11A Dandenong Road
Attadale WA 6156
Australia
+61 (0) 8 9330 3803 H
+61 (0) 438 38 6563 M
rschicke@bigpond.net.au

Stewart Foster MBE *Treasurer*
PO Box 8002
Ulrich
Hamilton 3245
07 843 6121
nzmathletics@xtra.co.nz

Council

Jim Tobin
6 Hetley Cres
Taradale
Napier 4112
Ph/fax 06 844 5072
Mobile 027 240 8880
jim.tobin@xtra.co.nz

Lynne Schickert
11A Dandenong Road
Attadale WA 6156
Australia
+61 (0) 8 9330 3803 H
+61 (0) 438 38 6563 M
lynne.4@bigpond.com

Bob Banens *Statistician*
Villa 21 Melaleuca
23 Temperley Street
Nicholls ACT 2913
Australia
+61 (0) 2 4724 2458 H
+61 (0) 4 3930 4161 M
banens@ozemail.com.au
robert.banens@sca.nsw.gov.au
banens@internode.on.net

George White
12A Gulfview Road
Blackwood 5051
Australia

Alan Galbraith QC
Legal Advisor New Zealand

OAA Representative
Yvonne Mullins
139 Varsity Parade
Varsity Lakes
Queensland 4227

Delegates WMA
Lynne Schikert Australia

WMA Committees

Stadia
Wilma Perkins Australia

Womens
Sheryl Gower New Zealand

Records
George White Australia

Organisational Advisory
Judy Cooper Australia

Law and Legislation
Bob Banens Australia

Anti Doping and Medical
Roger Parrish Australia

World Masters Athletics (WMA)

Stan Perkins *President*

4 Lawnton St
Daisy Hill QLD 4127
Australia
0061 7 3209 1131
stanperkins@me.com

Vesa Lappalainen *Executive Vice President*

Finland
vesa.lappalainen@svu.fi

Winston Thomas *Secretary*

Great Britain
winston.thomas1@virgin.net

The information provided here, is correct at the time of printing. Please check the official websites for further information or updates.

What better way to advertise.

Distributed to master's athletes nationwide.

January | April | July | October

ADVERTISING RATES

INSIDE FRONT COVER

Single Issue Only - \$497 GST incl.

INSIDE BACK COVER

Single Issue Only - \$497 GST incl.

SINGLE PAGE INSIDE

Single Issue Only - \$320 GST incl.

HALF PAGE INSIDE

Single Issue Only - \$200 GST incl.

QUARTER PAGE INSIDE

Single Issue Only - \$135 GST incl.

SMALLER ADVERTISEMENTS

85mm wide - \$12.00 per column cm

175mm wide - \$20.00 per column cm

(full page width)

These rates are for Black & White advertisements. Colour material can be accepted by negotiation. Contributions and advertising to the editor by the first day of the preceeding month. All prices include GST.

gemini.design@xtra.co.nz



My Aussie Experience

by John Campbell



AIS Stadium, Canberra - The venue for the 2013 Australian Masters Athletics Championships

PHOTO: John Campbell

Thank you, George Michael.

Perhaps I should explain...

Last year, my partner booked a flight to Melbourne to see George Michael perform in concert. Unfortunately for her, the concert was cancelled and she was left with a credit for another flight to Australia. Lucky for me, she was willing to 'endure' two days at the track, to watch me compete at the Australian national championships, as long as we could have a holiday afterwards. How could I say no to that?

We arrived in Sydney to 30° heat and battled the rush hour traffic from the airport until we got out of the city. The drive to Canberra was pleasant but nothing to write home about, because after you've seen one gum tree... well, you get the picture.

Regretting our decision not to hire a GPS unit with the rental car, we struggled with my printed Google Maps instructions and eventually made it to The Tradies Club in Canberra. I had decided to collect my race pack the night before, so I could study the programme. Unfortunately the simple job of collecting my race pack seemed to turn into a complicated procedure. Instead of just walking in, collecting the pack and leaving - we had to have our passports scanned, pay a \$2 fee (even though my partner

wasn't competing) and were left to try and locate the registration desk. Needless to say, after three hours of flying plus another three hours of driving, we weren't particularly amused.

We were told however, that our \$2 entry fee entitled us to a free drink, free parking and entry to the club (which was valid for a month) so in the end, it turned out to be a good deal.

We did go back twice to have dinner at the The Tradies and I must say, that I have never experienced such fast service. The meals were very nice and great value for money, so our initial opinion of Canberra was soon reversed.

The first day of the championships arrived and we were treated to some superb Canberra weather. Sunny and warm with a mild breeze was the norm for the few days that we were there and it was absolutely perfect for competing.

First up for me, was the 60m heats. We all did our warm up and checked in at the start line, only to find that there were a few scratchings and we would now run a straight final. I was quite pleased at hearing that news, as it's never fun to have too many races in one day. On the other hand, it would have been nice to have a little

practice start with the electronic gun, as it was quieter than a normal starting pistol, with the sound coming from speakers behind the starting blocks.

An hour later we had the 60m final and it was time to see if all of my training and hard work was going to pay off. By this point, I was quite nervous because I had never competed outside of New Zealand and here I was, taking on the best in Australia. With a larger population than us, the level of competition was always going to be tougher.

The quiet starting gun proved to be no trouble and I got off to a good start and won the 60m. There were a couple of fast guys (Jaye Hanson and Gary Parkinson) that weren't in the final due to injury, but hey...I'll take the win.

Next up was the 100m and this time we did have heats. The top seeds cruised easily into the final, but my rival and friend Chris Brack had a moment of nervousness, as he waited to find out if he qualified, after just being pipped for third place by fellow NSW sprinter, Brett Reid. This was reminiscent of our qualifying 400m heat at last year's Oceania Championships, when Chris also was made to sweat for a short while, to see if he would make the qualifying time. Not to worry though, as Chris deservedly made the 100m final and lined up in the blocks, two lanes across from me.

Again I got out of the blocks nicely and managed to see off the challenge from Chris and the other guys.

The next day (after a good night's rest) was the 200m. Again, there was supposed to be heats and one of the favourites and top seed (Gary Parkinson) was carrying an injury but went through his warm up routine, to see if he would be fit to race. Unfortunately for Gary, it was not to be and he withdrew from the heat at the last minute. It was a shame, as I don't like to see anyone have to pull out of a race and it would have been a good battle with him, for sure.

After a delay due to a technical issue, we were off in my race. Normally in the 200m, I tend to push reasonably hard around the curve, but I felt as though I was only running at about 95% pace this time. Once we hit the straight, the tail wind gave us all a little assistance and I found another gear and powered home quite strongly. Whether I could have run a better time if I had pushed harder on the bend, I don't know, but I was still really happy to finish with a PB and another win.

It was good to have another NZ sprinter make all the finals of my age group and especially good to see Mark Macfarlane competing again after being dogged by injuries for the last few seasons. While Mark didn't come home with medals this time, he certainly gave it 100% and I hope he will be back to his best next season.

Before my final was the M65 200m, which was exciting to watch. Trevor Guptill has only recently joined masters athletics and has had very limited training this season, due to injury. He surprised both himself and his competition, by taking the gold medal in the 60m in what would have been a new NZ record. As luck would have it, the anemometer malfunctioned for all the 60m races and despite running into a headwind, his time was not allowable for a record.

In the 200m final, Trevor was leading all the way, but was beaten right on the line, by the narrowest of margins. Speed was certainly not lacking for Trevor, but his lack of endurance showed up at that point. It was a valiant effort though and he will be one to watch next season.

Not to be outdone, the M50 200m final was an out and out thriller. Talk about a 'blanket finish' and the photo finish judge must have had a hard time splitting the first three placings, with only five hundredths of a second between first and third. Darren Hughes led the field into the straight and was only passed by the eventual winner, Rudy Kocis in the last few metres. Sensing the presence of both Kocis and David Isackson behind him, he made a last desperate lunge for the line and fell heavily on to the hard track, injuring himself in the process. I overheard one of the other competitors mention that he went to hospital with a suspected dislocated collarbone. It wasn't pleasant to see and I hope Darren is okay and recovers quickly.

Bruce Solomon has been having a dream season this year and narrowly missed out on third place in the 200m, after picking up a bronze medal earlier in his 60m final, to go along with his gold medal in the Pentathlon and silver medal from the 400m. Bruce broke Waikato Bay of Plenty masters records in the 400m and the 200m, while setting a new PB of 24.24 in his pentathlon 200m race.

The women's W35 200m gave us yet another exciting and tight finish with New Zealand's Vanessa Story narrowly taking out the four-way finish with a few hundredths of a second to spare.

Vanessa not only took out NZ national masters titles recently, but also competed at the NZ senior championships at Mt Smart a few weeks earlier. I think Vanessa must have had to pay excess baggage coming back into NZ, with her haul of seven medals weighing down her hand luggage quite considerably.

Not only did I not expect to win all three of my finals, but I certainly never expected to qualify for the 100m Champion of Champions event. The best eight male and eight female sprinters are invited to compete in 100m handicap races. The top sprinters are determined by the WMA age grading percentages and to my surprise, I was the top male qualifier on the day with 92.22%. The bad news was that I had to withdraw, as we were travelling back to Sydney the following day, so I missed out in participating in what is a unique and exciting event.

I was told that Canberra had a fast track and now I certainly believe them. It proved to be a good track to run on for most of us, with records and PBs for a lucky few.

Of course it wasn't just all about the sprinters on the track. Our throwers, jumpers and solitary walker came away with an excellent tally of medals and great performances. With such a busy programme, unfortunately I didn't get to see them all compete, but of course that didn't stop Rick Davison, Roy Skuse, Kevin Bradley and Sue Hoskin from winning their share of medals.

There were a total of nine New Zealanders that made the trip across the Tasman Sea and we did our country proud. Whilst we were certainly made to feel welcome, I think that the Aussies secretly were happy to see the back of us. We poked fun at being constantly referred to as 'overseas competitors' instead of New Zealanders, but in typical kiwi fashion, it did not put us off in the slightest and we managed to collectively take home over 20 medals.

One thing that I did find a little odd, was that the first three Australian placegetters received gold, silver and bronze medals, irrespective of where the other 'overseas' competitors placed. I can't think of any other competition that awards a bronze medal for coming 4th, but perhaps it is some trans-tasman agreement that we have in regards to competing at each other's championships. I don't know if we apply the same rules here in New Zealand, but regardless of whether we do or not, I was still rapt at being able to receive a medal (and what superb medals they were too).

I'd like to say a big thanks to all the officials, volunteers and members of ACTVAC, that put on a great event and managed to keep the competition flowly smoothly.

Next year, the location for the championships is Hobart. I'm not sure if we'll make the trip across 'the ditch' to Hobart next year, but if we do, Canberra will be hard to beat (for me anyway), thanks of course to George Michael.

PHOTO : Michael Slagter



The M50 100m. From L-R: Rudy Kocis, David Isackson, Bruce Solomon

PHOTO : Michael Slagter



The finish of the W30/W35 100m sprint. From left: Vanessa Story (NZL), Nicole Robinson (NSW) and Melissa Foster (WA)

Results from the New Zealand athletes:

Kevin Bradley M65	1st Hammer	37.79m
	1st Weight Throw	15.13m
	2nd Throws Pent	2927 pts

John Campbell M45	1st 60m	7.60
	1st 100m	11.82
	1st 200m	23.78

Rick Davison M60	1st Hammer	41.39m
	1st Discus	40.14m
	1st Throws Pent	3317 pts
	2nd Weight Throw	15.29m
	5th Shot Put	10.02m
	5th Javelin	29.96m

Trevor Guptill M65	1st 60m	8.59
	2nd 200m	27.51

Sue Hoskin W60	2nd 10000m Walk	1:02:42
-----------------------	-----------------	---------

Mark Macfarlane M45	4th High Jump	1.45m
	5th 200m	25.58
	5th Long Jump	5.16m
	6th 400m	59.05
	6th 100m	12.79
	7th 60m	8.22

Roy Skuse M70	3rd Throws Pent	2400 pts
	4th High Jump	1.09m
	4th Hammer	24.41m
	5th Discus	23.87m
	6th Shot Put	8.27m

Bruce Solomon M50	1st Pentathlon	2952 pts
	2nd 400m	55.35
	3rd 60m	7.84
	4th 100m	12.32
	4th 200m	24.42

Vanessa Story W35	1st 100m Hurdles	20.55
	1st 200m	27.25
	1st 400m	61.21
	1st High Jump	1.40m
	2nd 100m	13.17
	2nd 800m	2:27.83
	3rd 60m	8.59



NORTH ISLAND MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS

ASB Sports Arena, Kensington, Whangarei | 22-24 November 2013

Surname	First Name	
Postal Address	Telephone No.	Male/Female
	Date of Birth	Age Grade
	Centre	NZMA No. 2013/14
Email	Signed	Date

I declare that I am a financial member of NZMA for the 2013/14 year. Neither the organisers, the sponsors, nor other parties associated with the events shall have any responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

Tick events entered

Check the programme for the correct events for your age group

60m	Long Jump
100m	Triple Jump
200m	High Jump
400m	Shot Put
800m	Discus
1500m	Javelin
3000m	Hammer
5000m	Weight Throw
10km Road Run	Pentathlon
80m Hurdles	Throws Pentathlon
100m Hurdles	2000m Steeplechase
110m Hurdles	3000m Steeplechase
200m Hurdles	3000m Track Walk
300m Hurdles	10km Road Walk
400m Hurdles	

OFFICIALS REGISTRATION

Name
Address
Phone No
Email
Officials Grade
Preferred Event(s)
2 nd Choice
3 rd Choice

We need your help. As with most centres we have a good keen band of officials but we need outside help. If you have an official grading this is fine but by no means essential.

ENTRIES CLOSE 1 November 2013

NO LATE ENTRIES

CHEQUES PAYABLE TO
Northland Masters Athletics or direct credit to ANZ bank, 11-5146-00265469-00 (please include your NZMA number).

ENTRIES AND ENQUIRIES TO

Morris Gray
19 Montague Place, Onerahi, Whangarei 0110
Phone: 09 436 1524, Mobile: 027 434 0484
Email: magic.morris@xtra.co.nz

AGE GROUPS

From 30+ for both men and women. Age as at the first day of competition (even if you do not actually compete on the first day of competition). Remember to wear the correct colour patch as listed below on the top rear of your singlet:

30+ Light Blue, **35+** Light Green, **40+** Gold, **45+** Black, **50+** Red, **55+** Emerald Green, **60+** Royal Blue, **65+** Yellow, **70+** Lilac, **75+** Maroon, **80+** Orange, **85+** White, **90+** Brown

ENTRY FEES

NZMA Fee	\$ 10.00
First Event @ \$8.00	\$
Each additional event @ \$6.00	\$
Multi Events @ \$6.00 each	\$
Total Enclosed	\$

OFFICE USE ONLY

Entry Acknowledged	
Race No.	

COMPETITION PROGRAMME

The following is the anticipated timing of the programme. Centres will be notified of any alteration after the close of entries.

Friday 22 November							
TRACK				FIELD			
Time	Event	Grade	Circle	Time	Event	Grade	Circle
4.30pm	400m	M/W		4.30pm	Hammer	Men	1
					Shot Put	Women	1
					Long Jump	M30-54	Pit 1
5.00pm	3000m Track Walk	M/W					
5.30pm	5000m	Women		5.45pm	Long Jump	M55+	Pit 1
6.00pm	5000m	Men		6.15pm	Shot Put	Men	1
					Hammer	Women	1
					Long Jump	Women	Pit 1
Saturday 23 November							
Time	Event	Grade	Circle	Time	Event	Grade	Circle
8.00am	60m	M/W		9.00am	Discus	M30-54	1
8.30am	3000m Steeplechase	M30-59			Javelin	W55+	2
					Triple Jump	M55+	Pit 2
					High Jump	Women	1
				10.00am	Discus	M55+	1
10.10am	2000m Steeplechase	W/M50+			Javelin	W30-54	2
10.30am	80m Hurdles	W40+/M70+			Triple Jump	M30-54	Pit 2
	100m Hurdles	W30-39/M50-59		11.00am	Weight Throw	Men	1
	110m Hurdles	M30-49			Weight Throw	Women	2
12 noon	Lunch Break			12 noon	Lunch Break		
12.30pm	100m	M/W					
1.15pm	1500m	M/W		1.15pm	Javelin	M30-54	2
					Discus	W55+	1
					High Jump	M55+	1
					Triple Jump	W30-54	Pit 2
				2.15pm	Javelin	M55+	2
3.00pm	4x100m Relay	M/W Mixed			Discus	W30-54	1
	* 2 men & 2 women provincial teams				High Jump	M30-54	1
					Triple Jump	W55+	Pit 2
Sunday 24 November							
Time	Event	Grade	Circle	Time	Event	Grade	Circle
8.00am	10km Road Walk	M/W		8.30am	Throws Pentathlon	W30-59	
				8.45am	Long Jump (Pentathlon)	Men	Pit 1
9.00am	10km Road Run	M/W		9.00am	Throws Pentathlon	W60+	
	100m (Pentathlon)	Women		9.30am	Throws Pentathlon	Men	
9.40am	400m Hurdles	W30-49			Javelin (Pentathlon)	Men	
	400m Hurdles	M35-59			Shot Put (Pentathlon)	Women	
	300m Hurdles	W50+/M60+					
	200m Hurdles	W70+					
10.10am	200m (incl. Pentathlon)	M/W					
11.00am	800m	M/W		11.00am	Long Jump (Pentathlon)	Women	Pit 1
				11.30am	Discus (Pentathlon)	Men	1
				12 noon	Javelin (Pentathlon)	Women	
12.30pm	1500m (Pentathlon)	Men					
1.00pm	800m (Pentathlon)	Women					
1.30pm	3000m	M/W					

Athletes Information

SPIKES ON ASB SPORTS ARENA:

Christmas tree/cone spikes only (running 6mm, javelin, high jump and horizontal jumps 9mm).

ACCOMMODATION: Kensington Motel
(closest to stadium) 85 Kamo Road, Whangarei.
Studio, one bedroom and two bedroom units.
Reservations 09 437 0555. www.kensingtonmotel.co.nz

PLEASE NOTE:

3000m and 5000m track runners and walkers please arrange your own lap scorers.

ACCOMMODATION: Continental Motel
67 Kamo Road, Whangarei. Fully self-contained units.
Free phone 0800 457 634. www.continentalmotel.co.nz
Email info@continentalmotel.co.nz

National Mountain Running Championships

by Michael Wray

The 2013 NZ Mountain Running Championships took place in Wainuiomata, 20km or so outside of central Wellington. The champs alternate their profile annually, between a course that goes straight up and one that contains both ups and downs, with this being an up/down year.

This year's course was a new one with two distances, created by the host Wainuiomata Harrier Club. The masters women and masters men 50+ ran 9km, while the younger masters men ran 12km alongside the seniors.

After a swift circuit of a playground to warm up, the flat part of the course passed quickly into a short, narrow and steep climb. The rain made this section slippery and the mud made it all too easy to slip. More than one runner found themselves sliding backwards just as their race was starting, including your faithful correspondent.

A steady climb through the bush was relieved by a gravel cycle track, down to round a pylon, allowing runners the chance to stretch out their legs and demonstrate some speed for a few hundred metres. Another steady climb along the pylon road lasting a kilometre or so gave way to descent along a wide cycle track. The 12km runners then ran about a kilometre down the Konini Firebreak, dropping 110m in altitude down a rocky trail that claimed the ankle of one of the senior runners. Coming back up was even trickier, as sections of the rocky trail were covered in moss and at least two runners slid backwards and had to start back up again – once more, I was one of them.

The two courses re-merged at the top of the break, proceeding back down the cycle track to the bottom of what the race organisers dubbed “the Hill from Hell.” In truth, it wasn't as challenging as it sounds, being shorter than the Konini Firebreak and less steep than the Te Whiti Firebreak ahead. Still, an elevation climb of 60m in 350m combined with more rocky terrain made it difficult to run.

At the top of the Hill from Hell, the two courses diverged for the second and final time. The 9km runners proceeded just 200m into the Te Whiti Firebreak, whereas the 12km ran the full 800m to descend 180m and return back to the top. The race organisers had helpfully spray painted warnings on the dirt, “very steep, slow down.”

I thought it was already very steep until we reached a virtual precipice and one of the M40 runners withdrew without completing Te Whiti – it was that brutal.

While the full Firebreak felt suicidal on its descent and proved impossible to run up for all but the top senior men, the sole accident befell one of the 9km runners. (In other words, it wasn't me this time!) Ray Wallis, competing in the M70 grade, found himself moving too quickly at the 9km turnaround and tumbled straight off the track and into the gorse. W55 Loretta Desourdy unselfishly stopped to help him back to his feet, before they both continued. Ray completed his race and made it all the way to the finish without further mishap, where the blood streaming from his knees, elbows and face made him the centre of attention!



Ray Wallis was 1st in the M70 grade



Ray Wallis (followed by Loretta Desourdy) making his way back up the fire break after falling and injuring himself. He is one 'tough cookie'!



Jim Kettewell was 1st in the M65 grade

From the top of the Te Whiti Firebreak, a few more climbs and falls signalled the end of the major challenges. The final 3km was all downhill, allowing any runners who had not already been spread out, to engage in some speedy battles, although the technicality of the final 1.5km acted as a serious brake to prevent any runner hitting full speed.

Sally Gibbs produced the standout performance of the women, finishing more than five minutes ahead of any other master woman. Electing to compete in the senior women, she finished third overall and second in the NZ Championships (first place was secured by Dutch runner Marjolein Cook who is not yet eligible to compete for NZ, having represented the Netherlands last year).

For the older masters men, M55 Colin Earwaker took the plaudits, completing the 9km course nearly two minutes ahead of both age group rival Paul Sharp and the younger Robbie Barnes. Barry Prosser dominated in the over 60s with a time that would have looked as impressive in the M50s.

M35 Stephen Day was the pick of the younger masters, being the only master to complete the 12km course in less than an hour. While Butch Borlase and Michael Wray finished first in the M40 and M45 age groups, Stephen was the sole master whose time would have earned a top 10 finish in the seniors.



Michael Wray won the M45 grade



Marcus Smith on the down hill section



Sheryn Coverdale (W55) making it look easy



Liam Healey finished 2nd in the M50 grade



Michael Waterman (154) speeds down the hill with Butch Borlase looking on



Jan Fulstow won the W60 grade



Dave Mason (M60) representing Wellington



Colin Earwaker triumphed in the M55 grade



Loretta Desourdy thoroughly enjoying her race



Bill Trompetter smiling on his way to 2nd place in the M45 grade



Butch Borlase (foreground) and Rodney Baldock (both M40 grade) struggling up the steep hill section



Michelle Van Looy was 1st in the W40 grade in a time of 53:45

PHOTOS : Sharon Wray

Oceania Masters Athletics 2013 AGM and Council Meeting Summary

by Bob Schickert (OMA Secretary)



Barry Prosser won the M60 grade



Graeme Lear (M55) finished in a time of 50:06



Paul Sharp (M55) negotiating the steep hill



Richard Sweetman was 3rd in the M65 grade



Russell Lake (M40) finished in 2nd place



Robbie Barnes won the M50 grade in 46:11



Butch Borlase won the M40 grade in 1:03.01



Leah Hirschfeld (W35) won in a time of 51:38



Stephen Day (foreground) was happy to finish first in the M35 grade

OMA is in a sound financial position but care will need to continue to be taken to protect that position.

A new OMA Handbook has been produced. One will be given to each athlete attending the OMA Championships in Bendigo, January 2014. Many thanks to Council member Bob Banens for his work on this handbook.

OMA President Wilma Perkins and OMA delegate to WMA Lynne Schickert are preparing a proposal that the WMA Women's Committee meeting in Porto Alegre explore ways to encourage women to become more involved as Coaches, Administrators and Athletes.

The IAAF Masters Committee on which Mike Weddell President of NZMA was the Oceania Region representative has been wound up. An IAAF Masters Commission is to be formed. The intention is to have three IAAF and three WMA representatives. A least one of each three must be a woman.

Although outside the normal period for IAAF Masters Athlete of the Year consideration performances in Porto Alegre October 2013 will be included as there have been no WMA Championships in the normal October 1 to September 30 period.

A new WMA Constitution has been prepared for presentation to the WMA General Assembly in Porto Alegre. OMA Council member Bob Banens has been extensively involved in preparation of the new document.

OMA is considering having more Championships in the Pacific Islands to encourage participation from Pacific Island athletes. The 2013 OAA Championships in Tahiti will have several masters events as did the 2012 Championships in Cairns AUS. Combined OAA/OMA Championships are being considered.

OAA is continuing to conduct Coaching and Officials Courses which will include Masters requirements.

The New Zealand Masters Athletics quarterly magazine Vetline which has become the newsletter for OMA has a new interim editor, John Campbell of NZMA, following over 25 years of OMA Council member Jim Tobin being editor. Jim is congratulated, saluted and thanked for his outstanding service and commitment

The magazine is now to show under the VETLINE heading "Official magazine of New Zealand and Oceania Masters Athletics"

OMA website manager John Oldfield has indicated he will retire from the position in January 2014. Thanks John for very prompt and efficient service adjusting the site since 2010. Very much appreciated.

The facilities at Bendigo for the 2014 Championships were inspected by Bob and Lynne Schickert and arrangements are proceeding very well. The website will be available shortly and details of accommodation are soon to be issued. The head of the LOC is Terry Hicks Secretary of Athletics Bendigo and a regular OMA Championships competitor. Attendance at Bendigo is highly recommended to all.

OMA Vice President David Lobb reported that an LOC to arrange the OMA Championships October 2015 and the OAA Championships June 2014, both in the Cook Islands, would soon be formed.

Arrangements are proceeding for the WMA Championships in Perth October 2016. OMA Council members Lynne Schickert and Bob Schickert are on the Board of the company, Lynne as the WMA representative and Bob as the AMA representative.

There is a possibility the 2017 WMA Indoor Championships may be held close to the Oceania region in Daegu, Korea.

New Research on Older Runners

by Roger Robinson

The Whitlock Mystery may soon be solved.

The achievements of the best older runners have long been a mystery. Ed Whitlock's 2:54:48 marathon at age 73, his 3:15:54 at age 80, and recent 1:38:59 half-marathon at age 81, are simply awe-inspiring – and inexplicable. How can a man of 81 bound along with the fluent stride of a gazelle? How can he keep the cardiac and vascular condition needed for running at such a pace? How can he breathe at 7-minute miles when most men his age puff and gasp to get upstairs? Clive Davies, Derek Turnbull, and John Keston (and see below for Ron Robertson) are others who went past 70 with a spring in their stride that most of the population loses by 40. We don't understand how they did it.

When I agreed to advise my friend Norman Goluskin, who recently contributed to the Central Park Track Club's world over-70 record for 4 x 800m, the first thing I said was there's no literature, no science, no consistent coaching precedent for how to train at that age and that competitive level. We are an experiment in process, I warned him. I compiled a range of best practice advice for an article in Running Times, Keeping the fire of youth: New ideas for older runners, February 2012, which produced useful pragmatic guidance through this uncharted territory. Although there is ample research, led originally by the runner-gerontologist Walter Borz, to confirm the benefits of exercise for older people, there has been no scientific analysis of the sources of elite performance.

Competitive sport for the older age-groups is new. Never before has such incentive existed for people over 70 to develop and demonstrate their physical ability in a measurable context. A Whitlock marathon is way beyond line dancing. Every time he steps on the road or track, he lays down a completely new body of potential evidence about the human aging process. If we knew how he functions, we could surely understand better what aspects of senescence can be resisted or delayed. It's a magnificent opportunity for someone to research a vital but neglected field.

That opportunity is now being taken. It started when Dr Tanja Taivassalo, a research kinesiologist at McGill University, traveled from Montreal to Finland to watch

her father Keijo Taivassalo run the 70-plus marathon in the world masters championships. A specialist in genetic mitochondrial disease (cellular debilitation), she was fascinated by the extraordinary performances she saw by athletes as old as the Vancouver all-rounder Olga Kotelko. At 92, Kotelko still includes triple jump, javelin, shot, and 400m in her repertoire, and set eight world records at Helsinki.

Taivassalo and her McGill colleague Dr Russell Hepple won research funding[i] for a project to study the factors behind the performances of Kotelko and others, who include the 80+ hurdler and middle distance runner Earl Fee, and distance runners Whitlock and Betty (BJ) McHugh, also of Vancouver. McHugh's latest world record was a 5:12:03 at the Honolulu Marathon at age 85, running with her son and adult grand-daughter. (That generational trifecta may also be unique.)

"We have nearly equal numbers of middle/long distance runners versus sprinters/power athletes. We are trying to identify what cellular and likely genetic factors predispose some individuals to a superior process of aging, as characterised by less physical and cognitive decline," Hepple told me from McGill.

Hepple and Taivassalo both specialise in the biological and physiological study of muscle, so their research project focuses on analysis of muscle samples.

"We'll be looking at aspects of mitochondrial function that determine energy production, regulation of cell death, and muscle atrophy. We'll also expose growing muscle cells of non-athletes to the blood serum from the masters athletes to see if they regenerate better," Taivassalo told the "Montreal Gazette."

Qualifying for the study is as tough as making the podium at the world championships. All but one of the fourteen athletes selected so far are in the top three of their event internationally. The aim is to test twenty in all, along with twenty non-athletes as a control group. It's restricted to over-75s.

"That's when the frailty of muscles becomes exposed," said Taivassalo.

Other factors in prolonging high-level performance are also being covered, with collaboration from other researchers. Aerobic capacity, bone density, fat/lean body composition, and endurance are measured, along with heart and brain imaging.

"We are including some cognitive evaluation through another investigator," said Hepple. Another recent study showed that atrophy of the brain is much reduced in subjects who exercise vigorously.

Taivassalo is a runner, as well as daughter of a runner (Keijo was fourth at the world champs), and Hepple is a former runner who now swims competitively. So they understand competitive physical exercise, although they are nowhere near the age of their subjects. Their laboratory work should be complete by the end of April, and they hope to finish analyzing the data for publication in summer 2013.

This research is significant far beyond running. Writers like me are always enthusing that Whitlock (or Jack Foster, Norm Green, Marion Irvine, Shirley Matson, Helen Klein, and others) have redefined what it means to grow old. But no one has ever been able say exactly what that redefinition consists of. Whitlock told me the laboratory work included VO2max testing, but he was characteristically reticent about his performance.

"Good at some things, not so good at others," he said.

Perhaps some of the Whitlock mystery will soon be explained. It will like learning how Galdalf does it.

An equally revealing scientific specimen, if they could get him to Montreal, would be New Zealander Ron Robertson, now 72, who has been breaking Whitlock's track records as he moves through the age-groups. Long, long ago, I was rival of Ron's. Now I'm an envious admirer. He doesn't race in America, so is not as well known as he deserves, despite winning the IAAF award for the world's outstanding master athlete last year, and getting his photo taken all over Monaco with Usain Bolt.

I caught up with Robertson at the New Zealand masters championships this month. As usual, he has been living quietly in his small home town of Gisborne, out on the North Island's sunny east coast, where he used to have his own business as a builder, and then owned an orchard. After a long silence, he emerged in 2011 to break three world over-70 records at the world masters champs in Sacramento (4:52.95 1500m; 18:15.53 5,000m; 7:10.03 2,000m steeplechase). No one was more surprised than Robertson.

"I didn't run for eight years. I sold the orchard, and was busy building a new house. I did some cycling, and golf, but I was only average. It was my wife Yvonne who

suggested I get back to running, and one day I said to her, 'I'm going to have another crack.' It was a late decision to go to Sacramento. Training went well, with one-hour tempo runs on the hills. There was a 20-year-old girl who arrived in Gisborne, and she got all the old guys out, a large group doing 3-minute intervals. But I hadn't set foot on a track, so I only expected top three at best. The world records were a surprise. It was a good moment when Ed Whitlock came and sat down by me after I'd broken his 5,000m record. He got the over-80, so he lost one and gained one," Robertson said.

Robertson was the unquestioned star of those championships, which earned him the IAAF award, and state honours (New Zealand Order of Merit).

"It wasn't a bad idea, coming back," he reflected.

Tall and powerful, at full racing stride he still looks thirty years younger than he is. A zestful competitor, he seems always able to rise to the challenge of top-level races. His defeat of Mexican Antonio Villanueva over 10,000m in the world over-50 championships in Turku in 1991 is still remembered as one of the great masters races of all time, both going well under the world record (Robertson 31:10). Yet even with 15 age-group world records over the years, he is far from dedicated to the sport.

"I'm busy again, building and renovating houses for my son and daughter, and I'm struggling for motivation for hard training. Some of the Gisborne guys are going to Porto Alegre [world masters championships in Brazil, October 2013] but my running is on and off. I'll see." He did show a twitch of interest when I asked about the world masters games in Auckland, New Zealand, in 2017, perhaps calculating that he will be in yet another age-group then.

If the McGill researchers took muscle samples from Robertson, I don't know what they'd find. No fat, anyway. What is it that powers the pace and passion of one of the world's best runners? How has he kept so much of that power into his seventies? It would be good to know.

Footnote: *Even leading senior athletes can be subject to some of the fallibilities of age. At the New Zealand masters championships, I listened to a vigorous discussion between two upper age-group 10,000m contenders, tough runner talk about how hard and tactical their race had been. They sounded just like two competitive 25-year-olds - except that they couldn't remember the names of any of the other runners.*

[i] Natural Sciences and Engineering Research Council of Canada, and the Canadian Institutes of Health Research.

Novel Beginning, Middle and End of Successful AMA Championships

by Bryan Thomas

The 41st Australian Masters Athletics (AMA) Championships were successfully conducted in Canberra over the four days of Easter from 29 March to 1 April 2013. The first difference regular participants to the annual championships would have been aware of was that the registration and Official Opening took place inside a licensed club, the Dickson Tradies Club, and not at the track. This proved a popular innovation as athletes could sit and socialise after collecting their bag of "goodies". At 6pm they were invited to adjourn to another room where they were free to feast upon a plentiful supply of finger food and/or enjoy a glass of wine, beer or soft drink while listening to the few necessary and interesting speeches of welcome. The 100m Sprint Champion of Champions, held in the middle of the weekend, is always a special and enjoyable event – but this year it was conducted with a little more pizzazz. Then the final event on the final day produced a world record in a wonderful exhibition of relay running.

Canberra celebrates its Centenary

This was the fifth occasion the ACT Veterans' Athletics Club (ACTVAC) had responsibility of organising our national championships. But this year was extra special because 2013 is Canberra's Centenary Year and the championships were just one of many exciting and memorable sporting and cultural events being held throughout Canberra during the city's year long celebration.

Because of the centenary the Local Organising Committee (LOC) received generous support from the ACT Government. The other major sponsor was The Tradies Group of licensed clubs. Financial contributions by many other local businesses and individuals helped make the championships such a success. We were also fortunate that Canberra turned on four gorgeous autumn days. Lots of sun and temperatures in the mid twenties meant perfect conditions for competitors and spectators alike.

Attractive facilities, friendly volunteers, quality merchandise and magnificent medals

The three competition venues were excellent. All track and field events were conducted in the Australian

Institute of Sport (AIS) Athletics Stadium. This boutique athletics arena is just the right size to show off our sport to advantage as spectators are close to the action as well as to one another. Visitors to Canberra who had not experienced running on the world-class purpose built Robert de Castella Cross Country Track at Stromlo Forest Park were impressed by the beautifully grassed undulating and curving course. The grass surface was so good some participants opted to dispense with their shoes while running four times around the 2km circuit. Walkers in the 10km road race were able to free their mind from the pain of racing hard and the concentration essential for maintaining form by enjoying the scenery as they ambulated along each lap of the 2.5km recreation path on the edge of Lake Burley Griffin.

Attractive purple T shirts, avocado coloured polo shirts and navy long sleeved tops with the championship logo were such a success that only a few remained at the end. The logo featured Canberra's floral symbol - the Royal Bluebell. It was easy to identify officials and volunteers for they were all splendidly clad in dark blue long sleeved shirts and caps.

The championship medals were popular with those fortunate to have won one. The Bluebell, obviously coloured blue, was positioned on the lower right front of the medal while the original Walter Burley Griffin plan of Canberra was etched into the background. The words 100 Canberra 1913 – 2013 were printed in gold several times along the length of the royal blue ribbon attached to the medal. Visitors could not escape the fact that 2013 is a special year for the nation's capital city.

For the statistically minded

Three weeks before the closing date for entries some members of the LOC were very worried. At that stage they had only received a couple of hundred entries and were well short of the break-even point in covering costs. However, some locals who had participated in the nationals for many years reassured organisers that veteran/masters athletes were notoriously lazy about getting entries in early. "They will come" they said - and they were correct! More than a hundred entries arrived on the closing date to take the total to an excellent 640 competitors of which 36.4% were women.

NSW was the largest state team with 218 entries while 11 travelled south from the Northern Territory and ten came from overseas (nine from New Zealand and one from the Cook Islands). There were 18 octogenarians and at the other end of the age scale there were 22 in their thirties. The most senior competitors were a pair of NSW representatives 89 year-old Max McKay and W86 Heather Lee while Adam Farlow (ACT), Simone Fitzgerald (Tas), Nicole Pinel (WA) and Thea Zimpel (ACT) were just 30 years-of-age. M50 and W50 were the largest age groups with 65 and 41 participants respectively while the most popular event was the 100m with 122 men and 70 women competitors.

Outstanding performances

Every national championship produces many exciting competitions and outstanding individual performances and Canberra 2013 was no different. There were a number of new Australian and Championship Records as well as a World Record to conclude the very successful championships. The World Record was set by an Australia W60 4x800m relay team consisting of Kathryn Heagney (Vic), Kathy Sims (ACT), Paula Moorehouse (NSW) and Jeanette Flynn (Qld) who together covered the distance in 11minutes 22.59. Once Jeanette, IAAF 2004 Female Masters Athlete of the Year, took the baton and set off on the last leg the foursome's quest was never in doubt and they easily beat the existing record of 11.47.30 set by a Dutch team in 2011.

Athletes of the Meet awards recognise the athlete that achieves the highest age-graded performance in each major track and field discipline. In the sprint and hurdles category W49 Gianna Mogentale (MSW) convincingly won all the sprints and her time of 8.11 seconds in the 60m equates to 97.66%. Middle distance runner W69 Lavinia Petrie (Vic) ran 6.06.73 in the 1500m for an age-graded score of 99.45%. W73 Lorraine Lopes (WA) was champion long distance runner with her 5000m effort of 25.08.31 earning 94.16%. W75 Miriam Cudmore (SA) was the outstanding jumper with her triple jump of 7.49m for 95.29%. Young Western Australian thrower W35 Byrony Glass tossed the heavy weight 17.74m for a score of 95.84%. W86 Heather Lee (NSW) had the race walk officials searching the record lists when she stopped the clock in the 10km road walk in 80.54 which converts to an age-graded percentage of 102.61%. However, Heather was a little shy of the world best for a W85 age group record currently held by a Swedish woman with a time of 78.06.

Of course there were many other memorable performances. Three that especially captured my attention as one of the announcers were the outstanding performances of M80 Western Australian David Carr in the 400, 800 and 1500m. So impressed were spectators

at watching an 80 year-old man run 800km like a much younger athlete they clapped and cheered loudly as he sped down the straight to finish with the remarkable time of 2.54.83. Next day he easily won the 1500m in 6.33.27 then on day three he was well out in front of all others in the 400m that he went on to easily win in 72.83 seconds. David has been winning medals and setting records in middle distance and steeplechase events at national championships for more than three decades. It is well known that David has maintained his speed and agility by continuing to do the interval training sessions he did as a young man. David Carr was also one of the Founding Fathers of veterans' athletics in his home state of WA.

Champion of champions and other awards

Two special events at the annual championships are the 100m Sprint Champion of Champions and the Throws Champion of Champions. The sprint championship involves the best eight age-graded men and women performers in the 100m being invited to participate in the special handicap race in which they are given a start position according to their age. This year the Throws Champion of Champions competition involved the heavy weight throw. All age group winners of the heavy weight were invited to participate and were given a handicap according to their winning performance in their individual competition.

This year the Sprint Champions of Champions was presented differently than in previous years. The invited runners, wearing brightly coloured bibs signifying their lane, were individually introduced to the crowd as they slowly jogged from the finish line to their starting position. This theatrical introduction proved popular and everyone in the stadium stopped what they were doing and was keenly interested in the outcome of the two races.

M69 Queenslander Rob McDonald was the winner of the men's event finishing a mere six thousands of a second in front of M70 Neville McIntyre (NSW). This was the second occasion Rob has won this feature event having previously done so in 2010. Neville had won in both 2008 and 2009 - and was oh so close this time! It was an even more remarkable victory for the winner of women's race as this was sixth consecutive victory for diminutive Wollongong speedster W49 Gianna Mogentale.

When her handicapped distance was added to the distance she hurled the heavy weight Victorian W55 Dorn Jenkins was the clear winner of the women's Throws Champion of Champions. M35 Greg Urbanowicz apologised to fellow competitors and officials in the men's Champion of Champions that he

had been able to win his age group heavy weight throw by using a just single turn but now he was faced with stiffer opposition he employed two turns. His colleagues said he had nothing to apologise for and Greg went on to win his first handicapped throws competition.

Two other special awards - the Royce Foley and Brian Foley Awards, are presented during the championships. Royce, deceased 1997, was the most influential person in getting the throws pentathlon recognised as a legitimate event. Brian, no relation to Royce, was a long serving national secretary and an enthusiastic middle distance runner until his sudden death in 2006. The Royce Foley Award is presented to the highest scoring male and female athlete in the throws pentathlon but can only be won once in any five year age group. The 2013 winners were M70 Guy Quarterman (Qld) and W50 Jayne Hardy (ACT). The Brian Foley Award is presented to the best performing male or female runner in either the 800 or 1500m. This year it was won by W65 Victorian Lavinia Petrie.

Dinner and Awards Evening

The AMA Awards Dinner/Dance held at the Woden Tradies Club was a glittering success. Such evenings are always a highlight of every national championships and the large happy crowd enjoyed the opportunity to catch up with new and old friends in an attractive venue.

This night is the ideal opportunity to announce the annual AMA Awards. The awards are in 11 categories and are based on the athletics performances achieved in the previous year. Three finalists for each category were identified from the state and territory nominations. This year's winners were - Kathryn Heagney W60 (Vic) in the sprints/hurdles category, David Carr M80 (WA) middle distance/steeple, Sandy Brunner W70 (SA) distance, Heather Lee W85 walks, Dawn Hartigan W55 (Vic) jumps, Jayne Hardy W45 (ACT) throws, the multi-events/relays category was jointly awarded to Rad Leovic M85 (ACT) and Geoff Gibbons M35 (Tas), Lyn Ventris W55 (WA) was the most outstanding female athlete, Andrew Jamieson M65 (Vic) the most outstanding male athlete, M40 Lance Purdon (ACT) most outstanding individual performance and administrator/official of the year was presented to Michael Walker (Tas).

Race walker Lynn Ventris, again the recipient of the most outstanding female athlete has a remarkable record in these awards having previously won the walks category on seven occasions. Andrew Jamieson has also enjoyed much success having won the walks category three times and is now also a three times winner of the most outstanding male section. David Carr is also a multi winner of the awards having previously won the most outstanding performance category in 2002 and 2009 as well as being the middle distance winner in 2008. Jayne Hardy was the most outstanding female athlete in 2003.

Topping off a memorable evening was listening to the speeches supporting the induction of two new members to our AMA Hall of Fame. Both champion sprinter Peter Crombie from NSW and ACTVAC patron Jack Pennington OAM were inducted into the select group of Australian veteran/masters athletics legends that now consists of Reg Austin, Alan Bradford, Shirley Brasher, Ann Cooper, Peter Crombie, John Gilmore and Jack Pennington.

Next year

The 42nd AMA Championships will be held in Hobart from Saturday 8 March to Monday 10 March 2014. Note that this is a three day track and field championship and is not at Easter.

* * * * *

Kiwi Konnection

The black and grey uniform of NZMA was prominent throughout the championships and almost all nine New Zealand representatives flew home with a medal. As a team they performed with distinction winning twelve gold, nine silver and three bronze medals. Below is a summary of their individual performances.

Kevin Bradley M65 won gold in the hammer (37.59m) and heavy weight throw as well as a silver in the throws pentathlon.

John Campbell M45, the new editor of Vetline, dominated the sprints winning gold medals in the 60m (7.60), 100m (11.82) and the 200m in 23.78.

Rick Davison M60 first in the hammer (41.39m) and throws pentathlon and second in the heavy weight. Also participated in javelin and shot put.

Trevor Guptill M65 first in the 60m in 8.59 and second in 200m.

Sue Hoskin W60 silver medals in each of the race walks - 1500m, 5000m and 10km road.

Mark Macfarlane M45 participated in 60, 100, 200 and 400m as well as high and long jump.

Roy Skuse M70, tour organiser for WMA Championships, bronze medal in throws pentathlon. Also participated in shot, hammer, discus and heavy weight throws.

Bruce Solomon M50 gold medal in track and field pentathlon (2952 points), silver in 400m and bronze in 60m. Also participated in javelin, 100m and 200m.

Vanessa Story W35 gold medals in 400m (61.21), 100m H (20.55) and high jump (1.50m) as well as silver in 100 and 800m and a bronze in 60m. Also participated in discus.

David Lobb M60 from the Cook Islands, vice president Oceania Masters Athletics, participated in triple jump and track and field pentathlon.

40 Years of NZMA Track & Field Championships

by Evan MacIntosh

In March 2013 Wellington hosted the 39th NZMA Track & Field Championships. Southland Masters Athletics deem it to be an honour and a privilege to host the 40th NZMA T & F champs in March 2014 (28th Feb to the 3rd Mar to be precise). Our local SMA organising committee, under the guiding hands of Mark and Pam Flaus at the helm, have been beaver away very early in the piece to ensure that the 40th NZMA champs will be a memorable one for all concerned. This will be the 4th time that SMA has hosted the NZMA champs, the previous ones being in 1982, 1995, and 2003.

It is hard to believe that the Masters Athletics movement has been going for 40 years and still going strong. The first NZMA champs (which were

called Veteran in those days) were at Christchurch in Easter of 1975. Since then NZMA has introduced new events into the womens' competition and pioneered some of these events even before they became available to open athletes.

25 Years of NZMA Track & Field book

The late Arthur and Merle Grayburn, plus many other helpers and contributors, produced an excellent book "A History of New Zealand Veteran Athletics 1962 - 1999". This covers the first 25 years of masters athletics here in NZ, and now we are approaching 40 years.

Incidentally, I have six copies of that book left and will make them available at the 40th NZMA champs for anyone who has an interest in that history.

The big 40 for Iris

You may have noticed in the previous edition of Vetline (April 2013), in the Canterbury News section, that Iris Bishop has amazingly attended all 39 NZMA champs since the inaugural champs in 1975. SMA invite all NZMA athletes to join Iris in celebrating her 40th attendance at NZMA champs. Needless to say, Iris's entry fees to her 40th NZMA champs here in Invercargill will be complimentary, proudly sponsored by SMA as an honoured guest. We do not know of anyone else who has attended all 39 NZMA T & F champs to date, but if there is then SMA will be more than happy to waive their entry fees as well.



Order photos at www.nesport.co.nz

We photograph: Sports Events Teams Portraits Weddings Editorial & more

Photos available from various events including: 2013 NZ Masters Track and Field Champs

Nesport Ltd
PO Box 83074
Johnsonville
Wellington 6440
Phone (04) 4616635
Mobile 021 837021
Email gary@nesport.co.nz

Oceania Athletics Congress Report

by Wilma Perkins

Report on the Oceania Athletics Congress
3-5 May 2013 Nadi, Fiji
for Oceania Masters Athletics

Background

As President of Oceania Masters Athletics, I was invited by Yvonne Mullins, the Executive Director of the Oceania Athletics Association, to attend the OAA Congress. Stan Perkins, the World Masters Athletics President, was also invited to attend. Thank you to OMA for covering my airfare and OAA for meeting the accommodation costs.

Summary

On behalf of Stan and myself, I would like to thank OAA for the invitation to attend the Oceania Athletics Association Congress. We found the Congress very beneficial in bringing us up to date with what is happening in the region. Even more important was the opportunity to meet so many attendees from the island affiliates and to gain a better understanding about the operation of athletics in the Oceania Region.

We were asked numerous questions about masters' athletics by island affiliates and we left the Congress in the knowledge that a number of these affiliates are keen to add masters' events into their competitions. In the days immediately following the Congress, Stan and I received a number of follow up emails from island affiliates. Stan also had the opportunity to record a few words for a television broadcast that was shown later in the week. This was tied in with the promotion of the Coca Cola Championships that were being conducted in Suva at the new stadium the following week. Albert Miller (Fiji) arranged this interview at short notice.

Congress Day One

The meeting commenced with the opening of Congress, procedural matters, approval of previous minutes, presentation of reports, several constitutional amendments and the acceptance of Fletcher McEwan (Australia) as a Life Member. The following sessions covered the Role of the IAAF and the IAAF Development Program.

The IAAF President Lamine Diack emphasized the importance of the athletics family. The athletics family includes children through to youth, juniors, open, elite

and masters, a whole of life family with athletics. He also mentioned the need to have athletics being active in schools and gave credit to OAA and their forward thinking in having Oceania House as their base on the Gold Coast and the benefits that this has brought to the regional affiliates.

The OAA President, Geoff Gardner, mentioned the IAAF aim of increasing the involvement of women in all aspects of the sport. Although other regions have applied quotas to achieve this, OAA has opted for attaining positions on merit. Oceania continues to show this as one of their strengths with the number of women involved in key positions. Overlapping with the congress, a nine day coaching seminar was being conducted for women. Geoff also spoke about the benefit of attaching smaller number events to bigger Championships, events such as the marathon, cross country and walks. Geoff also passed on a message from Seb Coe about the benefit of cross country type events being used more in training strategies. The IAAF strategic plan in place needs to be supported by OAA including having solid governance policies, developmental progress, better competition structures and improved communication.

The next Congress is scheduled for 7/8 February 2015 in Nadi.

The Eight Drivers of the IAAF Sport Development Plan

1. Sport Culture – public interest, school sport, grass roots participation
2. Competition – marketing and promotion, program structure, organization and presentation skills
3. Administration – structure, skills, facilities and equipment supplies
4. Coaching – recognition, education system, deployment and support structure
5. Facilities and Equipment – major project management skills, technical specifications, manufacturing infrastructure

6. Athlete Services – financial support, career management, training and competition logistics
7. Officiating – recognition, deployment and support structures, education system
8. Medical and Scientific Support – doping control, special doctors, physios and therapists, research programs, education, access to resources

Leadership

The IAAF now insists that the President of the Regional Area has to be the representative to the IAAF.

The evening function was a Congress Dinner hosted by the IAAF President Lamine Diack.

Congress Day Two

The second day commenced with an address from Andrew Minogue from the Pacific Games Council. The PGC work from the Gold Coast office of OAA on a co-operative basis. The Pacific Games are held every four years and the Pacific Mini Games are held in the alternate two years. The next Mini Games are from 2-12 September 2013 in Wallis and Futuna, next Pacific Games 4-18 July 2015 in the new facility at Sir John Guise Stadium in Port Moresby followed by Mini Games 2017 in Vanuatu and Pacific Games 2019 in Tonga. Note that Australia and New Zealand are not included at this stage.

Jim Tobin, OAA Council Member spoke about the operation of National Olympic Committees and the many different financial support packages that are available to the various sport organizations for the conduct of coaching clinics and financial support for athletes training for the Olympics. The website is: www.oceaniasport.com

Masters Athletics

World Masters Athletics President Stan Perkins addressed the meeting and provided a background on the development of the world body from its beginnings. He then incorporated the development of the masters' movement in Oceania and particularly in relation to the island affiliates. Stan included a number of memorable stories from the various Oceania Championships. He also spoke about the support from the OAA Office, especially from Yvonne Mullins, and the more recent inclusion of selected Masters events at OAA Championships.

Stan invited Wilma Perkins, OMA President to speak in relation to the two booklets provided to all the delegates. These booklets were the Oceania Masters Athletics Handbook 2013-2016 and the Oceania Masters Championship Manual. Wilma also spoke about several of the rule differences with masters events, specifications of hurdles and throwing equipment in

relation to ageing as well as special mention of the weight throw and the throws pentathlon.

Acknowledgement was given to the presence of Albert Miller who still holds Oceania Championship Records in the sprint hurdles and the pentathlon from the 1994 Oceania Masters Championships that were held in Fiji.

A number of Masters events are to be included at the OAA Championships in Tahiti in June 2013. An additional event, the weight throw, was added to the program as a result of the interest shown by a number of delegates present at the Congress.

Strategic Plan

Trevor Spittle, OAA Vice President from New Zealand, spoke on the strategic plan that New Zealand Athletics had developed. The strategic plan was published as an four page glossy A4 size document so that it would be more appealing to read and to utilize with sponsorship approaches. Each page included a minimum of at least one colour photograph.

Trevor also made mention of the IAAF Extranet for keeping up to date with IAAF news and information.

Talent Identification

This session was presented by Albert Miller, OAA Council Member from Fiji. Albert spoke about the 'old method' of talent identification for trying to find hidden talent. He then spoke about the two things that are required:

- Identification and the evaluation procedures required for this
- Development of the talent and the need to provide the right environment for this development (which can be influenced by environment, family, school, club)

Modern Tendencies require a physical ability higher than average, rapid development of these abilities (training potential) and consistent motivation of the athlete to progress.

Congress Day Three

Coaching

The CECS Structure for coaching was presented by Cherry Harvey, OAA Development Manager. There are five Coaching Levels:

Level 1 Youth Coach (10 day course for coaching athletes to the age of 15 years)

Level 2 Assistant Coach (14 day course covering all events)

Level 3 Coach (14 day course, event group specific)

Level 4 Senior Coach (event and event specific)

Level 5 Academy Coach (more administrative and takes from 3-12 months to complete)

Each level needs at least one year of active coaching.

Officiating

The Structure for Officiating was presented by Trevor Spittle who is an International Technical Official.

Level One provides education for National Technical Officials (NTO). The course covers all events although walks only briefly.

Level Two provides education for Area Technical Officials (ATO)

Or alternative course for

Level Two education for Area Race Walking Judge (ARWJ)

Level Three – affiliate nomination required for the International Technical Official Course (ITO)

Or alternative course for

Level Three - affiliate nomination required for the International Race Walking Judge Course

A minimum of four years active officiating is required between level two and level three.

Technical Officials summary:

- Gain – recruitment
- Train – education programs
- Sustain – support and reward
- Retain – keep involved

Day Three concluded with an informal Dinner Function to Congress attendees at the invitation of the OAA President, Geoff Gardner.

Report from Oceania Masters Athletics to WMA for IAAF Moscow

by Bob Schickert

What OMA Does

Since 1982 OMA has held regional Championships every two years. These Championships have recently been held in a rotation of New Zealand, Australia and a Pacific Island nation. Since 2000 the venues have been;

Norfolk Island 2000, Geelong Australia 2002, Cook Islands 2004, Christchurch New Zealand 2006, Townsville Australia 2008, Tahiti French Polynesia 2010 and Tauranga New Zealand 2012. The 2014 Championships are to be held in Bendigo Australia and 2015 in the Cook Islands.

When the Championships are held in an Island nation OMA endeavour to leave a legacy. For example for Tahiti 2010 some throwing implements which they did not have were provided by OMA and left there for use by athletes of all ages.

OMA hold a Council meeting each year. These meetings are held at the venue for the Championships in Championship years and at the next venue or a more convenient location in non Championship years. The non Championship year meeting was not held in Tahiti

in 2009 as the cost of travel to that isolated location was very high. Instead, an inspection team of two were sent to Tahiti and they who reported back to the OMA meeting which was held at a more central location.

Distance and finance are twin problems for the development of sport in the Oceania region. It is over a third of the way around the world from where the OMA Secretary and OMA delegate to WMA live in Australia to where the OMA Vice President lives on the Cook Islands with other Council members spread across the region. Generally the people of the Pacific Islands nations do not have the money to spend on travel to international sporting events. There is also the problem of direct airline flights between islands being almost non-existent.

OMA held an Assembly General Meeting each two years at the Championships until 2010. Since 2011 OMA has held an Annual General Meeting to which all Affiliate and Associate member nations are invited. However very few do attend due to the costs involved. For a non Championship year Annual General Meetings Pacific Island nations are able to vote on items in the agenda by proxy via the OMA Secretary.

Currently the OMA Council has five Australian members, two New Zealand and one from Cook Islands. A decade ago there were more Council members from New Zealand than Australia. The Oceania Athletics Association is represented on the OMA Council by their Executive Director Yvonne Mullins. Yvonne attends the OMA meetings and with her wealth of regional knowledge contributes enormously to discussions but does not have a vote.

The Oceania Region is very well represented on WMA Committees. The WMA Committees of Stadia, Law and Legislation, and Organisational Advisory each have an Oceania region representative. These are in addition to the normal WMA regional positions of Delegate to WMA Council, Women's Committee Delegate, WMA Records Committee member and the Anti Doping and Medical Committee member.

How OMA Operates

The OMA Council has as a prime objective of increasing the opportunities for people from the Pacific Island nations to be involved in athletics as athletes, administrators, coaches and officials. At the 2012 OAA Championships held in Cairns, Australia some master events were included in the program following the promotion of the idea by the OAA Executive Director. The OMA WMA delegate and the OMA Secretary attended these Championships as officials and competed in the events along with several other master's age athletes. The OMA WMA Delegate spoke at the Women's Forum held with the Championships. The object of the Forum was to encourage and assist women from Island nations to become involved as administrators, officials and athletes in line with the objective mentioned earlier. The 2013 OAA Championships are to be held in Tahiti in June and again there are several masters' age events.

The 2013 OAA Congress held in Fiji was attended by the OMA President who addressed the meeting regarding two booklets issued by OMA. These are the Oceania Masters Athletics Handbook 2013-2016 and the Oceania Masters Championship Manual 2009. She also spoke about several of the rule differences with masters events, specifications of hurdles and throwing equipment in relation to ageing as well as special mention of the weight throw and the throws pentathlon.

At the OMA Council meeting in April that was held in Canberra Australia the idea of holding OMA Championship each year and having each second year in an Island nation with the OAA Championships was put forward for discussion by the OAA Executive Director. The ramifications of this are being explored. If this proceeds it would provide masters regional championships in one of the Island nations every second year rather than each sixth year as at present. A proposal has been prepared for this to be implemented without adversely affecting the financial position of OMA. It will be considered at the next OMA Council meeting.

The New Zealand Masters Athletics Quarterly magazine "VETLINE" is now the official magazine of Masters Athletics in the Oceania region and is issued to each nation. Funding for this magazine is provided in part from the WMA regional grant to OMA.

Masters athletics membership in the region is about 4300 with over 3200 members in Australia, 600 in New Zealand and 500 in Pacific Island nations. In Australia and New Zealand membership numbers are approximately one third women and two thirds men.

As is indicated above there is very good cooperation between the IAAF regional association OAA and OMA.

Bob Schickert (OMA Secretary) - 1st June 2013



Auckland

by Chris Thompson

Australian Masters Champs - Canberra

Over Easter two of our male sprinters took part in the Australian Masters Champs in Canberra.

Both members performed very well with Trevor Guptill breaking two Auckland records by winning gold and silver in the M65 100m and 200m respectively.

John Campbell running in the M45 division picked up three golds in the 60m, 100m, and 200m with a personal best in the latter event.

John writes about his experiences attending these Champs in another article in this magazine. The AMA has now moved from away from the traditional Easter weekend for their champs to the weekend following our NZMA Champs in Invercargill. The 2014 AMA Champs will be held in Tasmania over the weekend of 8-10 March.

Top Team Three

Our last meeting for the season was held on 7 April 2013 and back at Mount Smart for the first time since the laying of the new track. The leading club, North Harbour Bays could not headed in this points based competition between clubs and ended the season comfortably ahead of the next placed club.

A total of eight AMA records were broken at this meet including Anne Goulter breaking 12 metres for the first time in the weight throw, Laini Inivale further extending his M45 shot put record to 12.92m and Noni Callander creating three new records in her W65 division.

Life Membership

At our AGM in April, two of our more senior members were made Life Members.

PHOTOS: John Campbell



Michael Craig finishing strongly in the Pukekohe Cross Country race



Judy Stewart was 2nd in the W60+ grade at Pukekohe

Ron Johnson and Wally Opperman have had longstanding careers in Auckland Masters Athletics.

Ron Johnson although now competing in the M80 division still holds Auckland records back when he started in the M60 division. He is currently setting numerous new records in the M80 division at both Auckland and New Zealand level. He was responsible for breaking 12 Auckland records this season.

He is the former M75 World Decathlon Champion. He has also won gold medals at World Masters Champs level in Edmonton, Canada, Sydney and Auckland, for the pentathlon, pole vault, 300m hurdles and javelin.

Ron has also won the Counties Manakau Masters Sportsman of the Year award numerous times.

For many years, Ron has helped our organisation with financial support in the form of spot prizes and has helped some members financially to further their goals at World Masters Champs level.

Wally is now competing in the M85 division and has been involved in athletics since 1940 and in Masters Athletics since it started in New Zealand in 1975.

He has also travelled the world competing in pole vault, 100m and the discus.

He was awarded the NZMA Gold award in 2012.

Club Round Up - North Harbour Bays

North Harbour Bays masters section had another outstanding season winning New Zealand Masters Athletics and Regional top awards also many members set National, Auckland and club records.

At this year's NZMA awards presentation Christine Waring W65 won female sprinter of the year and Mark Cumming M50 won both the men's combined and thrower of the year awards. Chrissie had an age graded 98.54% for her 60 metres and Mark set New Zealand records during the season with Mark being the first over 50 male to throw the Hammer over 50 metres ending the season with a record throw of 56.58 metres. Tony Deleiros M65 and John Lester M70 also set New Zealand records in the 60 metre sprint.

18 Bays athletes took part in the NZMA National Championships at Wellington and set 4 national records, 11 Auckland and 18 club records at the meeting and between them won 40 National titles, 16 silver and 7 bronze medals.

At Auckland level NHB won the Top Team Trophy for the 6th consecutive season and their athletes winning five individual awards. Wallace Opperman was made a Life Member of Auckland Masters Athletics at the annual AGM for 50 years service to athletics, Wally is also one of the longest serving members of the club and continues to take part at the age of 87 in the pole vault and short sprints.

The NHB masters section started with four members back in the late 1990's and has grown to its present membership of 35 of which 25 take part regularly in track and field, while others take part in cross country and road events.

We are lucky that we have the backing from the club's committee who are fully behind the masters section and we have our own page on the club's website which helps to attract new members.

North Harbour Bays Athletic club is based at Auckland's Mairangi Bay, North Shore within the Millennium Institute of Sport & Health, which over the past two years has extended its size and sporting facilities which includes many of New Zealand's High Performance centres.

NHB Masters have access to club coaches and the centre has the only indoor sports hall in New Zealand which includes high, long and triple jumps and pole vault facilities plus a 60m indoor track, which is a bonus to athletes during the winter period.

Coaching sessions are held three times a week throughout the year, athletes are now in full winter training and looking forward to improve on last season performances and a few are working towards the World Championships being held in Porto Alegre Brazil in October.

Tony Deleiros - NHB club coach

Racewalking

We welcomed back our Masters Racewalkers into the fold this past season. An outstanding performer was Mike Parker.

In March, Mike set a unique record in winning the New Zealand Senior Champs 3000m track walk at Mount Smart in 13m 28.64s. It is 37 years since Mike won the senior 50km road walk in 1976.

Mike said it was good to make a little bit of history. "I thought I could win if I used my head and walked at a sensible pace and that's exactly what I did, I held back for five laps and then went as hard as I could over the last two and a half laps. I don't think any other athlete has ever had a span like that," said Parker.

"I just take it in little stages and try and stay away from injuries and keep myself motivated," he added.

In 1980 Mike Parker was selected to represent New Zealand at the Moscow Olympics in the 50 km Road Walk. He was in peak form and was looking forward to competing on the highest stage in athletics against the worlds best athletes at the Olympic Games.

This opportunity was taken away from at the 11th hour when Athletics New Zealand along with a number of other sporting codes decided to support the American led boycott to not attend these games.

Mike never had another opportunity to attend the Olympic Games during his athletics career, which still continues today. Mike celebrated his 60th birthday on 21 April 2013 with a 60 minute track race at Pakuranga. He duly won the race and then celebrated his birthday with a piece of cake. He was then presented with an original participation medal from the Moscow Games as a birthday present.

This was a medal Mike had been deprived of the opportunity to receive 33 years earlier. Those who witnessed Mike opening this gift were left in no doubt as to what it meant to him. An outstanding effort from David Sim of Racewalking Auckland who had sourced an original medal still in its presentation box.

Mike talks about retiring but is already lining up his next races. He recently captained the Auckland A team to the National Road Relay Champs in Trentham as part of his build up to the World Masters Track and Field Champs in Brazil.

Pukekohe Cross Country

The first in the Grand Prix circuit of Cross Country Meetings (6km & 8km distances) kicked off at Pukekohe with a number of our athletes competing.

We saw Judy Stewart home in second place in the W65 division.

In the men's race, Gerald Duncan (M60) 1st, Alistair Prangnall (M50) 2nd, Michael Craig (M45) 4th and Norris Wyatt (M65) 3rd.

Season Summary

A return to Mount Smart was welcomed, not to say we weren't well looked after at our back up venues of AUT Millennium and Pakuranga.

A total of 52 AMA records were broken during the season with Ron Johnson breaking a quarter of all records in the M80 division.

Already next season's programme has been drafted and placed with Auckland Athletics and Mount Smart for consideration of the seven dates being sought for competition.

A number of our members are heading to Turin in August for the World Masters Games and in September to Brazil for the WMA Champs. We wish them all well in their winter preparation and performance at this level.

Paul Campbell, a new committee member, is currently taking over as our webmaster and will in time set up a fresh looking website. Already a new result sheet for AMA members with World rankings has been loaded under Records.

PHOTO: Murray Free



Mike Parker receiving his participation medal from the 1980 Moscow Olympic Games

PHOTO: John Campbell



Gerald Duncan was 1st in the M60 grade at the Pukekohe Cross Country race in Auckland

Tasman

by Derek Shaw

Nelson Half Marathon - 5 May 2013

Over 400 runners and walkers enjoyed pleasant conditions for the 32nd annual Shoe Clinic Nelson Half Marathon and the associated quarter marathon and 5km races on flat courses that started and ended at the Saxton Field athletics track and utilised shared cycle and pedestrian paths in Stoke.

The winner of the half marathon was Phil Costley who was a late entrant as he had planned to defend his Rotorua Marathon title but a flash flood two weeks prior had flooded his Richmond home and he had spent his school holidays dealing with the resulting damage. He lead from the start and finished in 1:09:56, nearly 4 minutes ahead of Graeme Taylor who made a strong comeback after being injured for most of the summer. Wellingtonian Julian Davidson was third overall (1st SM) in 1:16:36, 9 seconds ahead of Simon Leaning with a mere 4 seconds back to Brian Kemp. With 4 of the first 5 finishers being in the M40-9 grade this bodes well for Athletics Nelson's chances of retaining its national road relay title in October.

Paula Canning (W35-44) in finishing 6th overall in 1:24:17 won her eighth consecutive Nelson Half title - and she keeps on getting faster. Second women was the improving Colette Read in 10th place overall in 1:29:14, with Eileen Searle 3rd (1st W45-54) in 1:31:41 and Robyn Deane 4th (3rd W35-44) in 1:32:11. In the M50-9 grade Phil Barnes claimed the honours in 1:30:46, with Bill Revell 2nd in 1:31:56 and Bruce Patrick 3rd in 1:35:20. Barry Dewar repeated his win last year in the M60+ grade in 1:32:11, a minute ahead of Derek Shaw with Alister Dickson a further 7 minutes back.

In the quarter marathon Simon Mardon was first overall (and 1st M40-9) in 36:48 after close race with the junior NZ Mountain Running champ Alistair Meffan who finished in 37:00. Fourth overall and 1st in the M50-9 grade was Tim Cross in 42:09, while Ian Morrison was 7th overall and 1st in the M60+ grade in 43:56. Second in M60+ grade was Chris Boulter in 44:53.

Todd McCashin claimed line honours in the half marathon walk in 2:13:03, with Andrew Barker 2nd in 2:14:12 and Terri Grimmett 3rd overall and 1st women in 2:18:10 with Roger Denton 4th in 2:19:03. Peter Hague claimed line honours in the quarter marathon walk in 1:03:58 and was followed by the first women Nikki Nisbett in 1:11:33.

South Island Masters Games - Nelson 5-13 October 2013

As part of the second SI Masters Games to be held in Nelson, Tasman Masters/Athletics Nelson personal are again organising an athletics meet and 5km and 10km running and walking events. The day of track and field events will be held on Saturday 12 October (a week after the NZ Road Relay champs) and will cater for masters athletes 30 to 90+ with medals in each 5 year age group. The 5km run/walk is on Wednesday 9 October and the 10km run/walk on Sunday 13 October. There is also a half marathon run/walk on Saturday 5 October, a cross country run/walk on Tuesday 8 October, a 4 person relay run/walk (3km each) on Friday 11 October and a 22km trail run on Saturday 12 October. With 50 different sports events on offer there is also the opportunity to try something new as well enjoy the fun themed parties and the many other holiday attractions of the Nelson Tasman region. Further information and registration is now available at www.simasters.co.nz. Entry books are also available now with early bird registrations closing on 1 July. For any further queries about the athletics or a copy of the entry book contact Derek Shaw, ph 03 5487537, nikau@ts.co.nz

Medal Success at NZMA Champs

A small team of four Tasman Masters managed to win a total of 6 gold and 4 silver medals between them at NZ Masters Athletics Track and Field Championships in Wellington. Greg Lautenslager (M55) and Derek Shaw (M60) both managed to take home 3 golds each in their respective age groups.

Lautenslager comfortably won the 5000m in 16:52.89 to finish 4th overall in the combined M40-55 and W30-45 race. He followed this up with first overall in the M55 and M60 1500m on Saturday morning in 4:38.03. His third event was the 400m, a distance that he had not raced since his teenage years, in which he was scheduled to be up against some specialist sprinters including fellow Tasman Master Steve Low. Unfortunately, Low who won the M55 NZ and Oceania titles last year was forced to withdraw from the championships after tearing a hamstring. This left Dennis O'Leary, who had finished second to Low in the SI champs to contend with. They both got good starts with Lautenslager still holding a narrow lead when they came off the final bend.

However O'Leary had nothing left in the straight and Lautenslager maintained his lead to win in 61.39s, to make it 3 gold medals from his three races.

Shaw won the M60-M80 5000m race in a time of 19:42.55 on the Friday night. He followed this with wins in the 2000m steeplechase in 8:35.89 on the Saturday morning and the 10,000m on Sunday morning in a rather slow time of 42:19.07 as this was his 5th race at the champs. He also managed to finish second in his 400m race in 69.56 on Saturday afternoon and was fourth in his 1500m race in 5:28.38, which was only 2 hours after the steeplechase. Tim Cross (M50) continued his good form from the SI champs to comfortably take second place in his 10,000m race in a time of 39:07.94.

Ian Carter (M60), who moved to the Marlborough Sounds last year and had third placings in his favoured 800m and 1500m events at last year's World Masters Indoor Champs, was up against the in-form Richard Brent in his

two events. In their 1500m race they both ran well but Brent proved too strong and Carter had to settle for second place in 4:57.37. Both realised that in the 800m race that the NZ champs M60 record of 2:18.95, held by the legendary Derek Turnbull, was potentially within their grasp. However, they were not very confident as they felt that their 1500m clash may have taken too much out of them. From the gun, both Brent and Carter jumped ahead of the rest of the field and Brent went through the first lap in 69s with a lead of about 6m. Carter worked hard down the back straight and final bend to come up on Brent's shoulder as they headed down the final straight. With a sustained effort, Brent managed to pull ahead and cross the line with the clock showing 2:18. After a rather anxious wait his official time was posted as 2:18.84, shaving 0.11s off the NZ champs record. Carter finished with a very creditable time of 2:20.48 to win his second silver medal.

Northland

by Diane Barrett

New Zealand Mountain Running Championships

Northland Masters Athletics caught up with Jim Kettlewell when he returned from winning the M65-59 division at the New Zealand Mountain Running Champs held in Wainuiomata near Wellington, on April 13th.

NMA: Where was the Championship held?

The course was in the hills behind Wainuiomata and was organized by the local Harrier club who did a fantastic job of setting out the course. The Wellington center provided the officials, who also did what was required to put on a good event.

NMA: Mountain running is a tough discipline, what was the event like?

This year, being an odd year the event was an up and down course, even years are up only. This is how the world champs are set out too.

The course was hard but very runnable and it suited my running style and current fitness level well. Us older masters raced over 9km with 480m of altitude gain so it was a good test. The younger masters (35-50) had an extra 3km to handle. We were running on a clay base, which was slippery with the recent rain, but still a good surface underfoot.

NMA: Tell us about the course

We had 200m of flat grass at the start, which was the only flat in the whole race, and then we hit the hills! This suited me as I have been training on Mt Parihaka where I do three hill reps in one session, that's 720m of climbing. After 2km through some magic single track, we ran on a metaled road along the tops at about 300m altitude. The trail then undulated until we hit the high point at around the 6km mark. They ran us through several nasty down and back sections, before we returned over the tops and back down through that very nice single track to the finish.

NMA: So how was your race?

I had a good run on the day but was hampered by a recent injury so had to run cautiously on the downhill sections. I was using this race as a warm up for the Cape Brett Challenge in 2 weeks and didn't want to cause any further damage. As it was, I took a tumble in the final 2km and was lucky to complete the course as well as I did. Others were not so lucky at the same spot and several runners had to be taken off the course by 4-wheel drive.

NMA: What was your time for the 9km?

I came home in 56 min 44 secs, just clear of Rupert Watson who ran 59 min 58 secs and Richard Sweetman in 3rd with 1hr 00 min 04 secs.

Waikato/Bay of Plenty

by Ray Laurie

Although the number attending the Awards Dinner at this year's NZ Masters Championships appeared lower than usual, perhaps this was due to the spin off from the global financial crisis, or forward knowledge of a Super Fifteen rugby game. However those attending from the Waikato/Bay of Plenty were certainly well satisfied to see their athletes honoured with five of the twelve awards presented.

It is with some pride that we can salute Sally Gibbs (Middle and Distance), Beverley Savage (Weight and Combined Events) and Stewart Foster (Hurdles) for although such might hint of parochialism, in no way does this detract from appreciating the achievements of the winners from other centres.

While on the topic of 'awards', WBP held their annual Trophy Day on March 17, at which competitors compete in four events, and must include either one field event for runners, or vice versa for the field event specialists. A feature of this event is that the number of competitors is always swelled by a sizeable team from Auckland.

For the early events, conditions were atrocious, as the heavy rain kept the throwing circles under water, making it difficult for the turns in the hammer and weight and resulted in some nuisance injuries and many substandard distances. The runners however, seemed less affected by the rain, (although there were some fine spells) as Sheryl Gower, Mark Guptill, Alistair Pragnell and Bruce Solomon achieved performances of 83% or over. For Bruce, this was in three events with his 100 metres result being 90.7%.

The winner of the Cuthbertson Memorial Trophy for most points in women's events was Sheryl Gower (WBP), and for the men's points, Bruce Solomon received the George de Bell Trophy.

Other awards for women's events were the Mary Hamilton Trophy (most points for visitor), the Gower Trophy (800m), the Kathleen Woodhead Trophy (400m) and the Field Events Trophy (this year for the shot).

The women's winners were:

Mary Hamilton Trophy	Tui Ashe.
Gower Trophy (800m)	Tui Ashe
Kathleen Woodhead Trophy	Sheryl Gower
Field Events	Beverly Savage

For men the trophies went to:

Ted Hamilton (visitor's points)	Trevor Cowley
Gower Trophy (800m)	Craig Wilson
Alan Woodhead (Triple Jump)	Les Williams
Throws Trophy (Weight)	Bruce Clarke

Apart from the weather, this was a great day to finish the track and field season.

PHOTO: John Campbell



Bruce Solomon - winner of the 2012 George de Bell trophy

Taranaki

by Brian O'Shea

ANZ Track & Field Auckland 22-24 March

3km track walk
SM Mike Morresey 13:45:01

20km road walk
SM Mike Morresey 1:52:15

Anzac Relay Wanganui 25th April

2000m
W55 Karen Gillum-Green 9:06
Vicky Adams 11:04
W60 Lynne Mackay 11:38
M65 Alan Jones 10:29

2000m walk
W40 Katie Morresey-Tahere 14:15
M40 Mike Morresey 10:06
M50 Rodney Gillum 12:30

Brenda Ballinger/Dr Davie Memorial New Plymouth 11th May

4000m
W60 Lynne Mackay 24:00
M60 Murray Laird 16:55
M65 Alan Jones 19:45
Des Phillips 20:25

4000m walk
W55 Vicky Adams 29:58
W70 Sue Park 35:07
M40 Mike Morresey 21:31

TET Athletics Taranaki Sports Awards Inglewood 19th May

Masters Woman of the Year
Karen Gillum-Green

Masters Man of the Year
Mike Morresey

Volunteer of the Year
Vicky Adams

Hughes Memorial Cross-country Hawera 6th June

This inter-club event attracted athletes from throughout Taranaki as well as Fielding, Palmerston North and Wanganui. Karen Gillum-Green, Richard Brewer and Alan Jones each won their respective races. In the walking section, overall line honours went to Mike Morresey with wife Katie Morresey-Tahere first home in the women's race.

4km
W55 Karen Gillum-Green 18:51
Vicky Adams 22:57

8km
M45 Richard Brewer 32:23
M50 Rodney Gillum 41:47
M55 Robin Grant 30:43
M60 Murray Laird 35:54
M65 Alan Jones 41:13

4km Walk
W40 Katie Morresey-Tahere 29:44
M40 Mike Morresey 22:40



Jenny Mason (Wgtn Scottish) was 1st in the W60 grade in the Vosseler Shield race.

Wellington

by Michael Wray

Summer is over, the drought has passed and the rain has returned to Wellington; it must be cross country season.

The ground was still firm at Battle Hill for the Shaw Baton Relays where the M40s put on an exciting race. Francis Evett gave Hutt Valley the early lead with the fastest masters lap of the race, eight seconds ahead of Olympic's Mike Waterman and eleven seconds ahead of Scottish's Todd Stevens. Butch Borlase put Olympic into the lead with Vaile Mexted taking Scottish into second and this is the way it stayed until the fifth leg. On this penultimate lap Michael Wray caught Tim Horne to produce the final finishing order of Scottish, Olympic and Hutt Valley.

The M50s saw Wellington Harriers take the lead when Paul Sharp ran the first lap 29 seconds faster than Olympic's Graeme Moss. Wellington Harriers

PHOTOS: Sharon Wray



Todd Stevens took out first place in the M40 grade in the Vosseler Shield race.

protected their lead all the way to the finish, leaving Olympic to claim second and Scottish third. Olympic's Mark Handley ran the fastest time.

The MW grade produced a straight-forward race where the top three running order remained unchanged throughout. Scottish produced the three fastest runners in Melissa Moon, Jackie Mexted and Anne Hare and romped to victory, notably defeating the Scottish SW team along the way. Olympic finished second and Wellington Harriers third.

At the University Relays, Mike Waterman gave Olympic an early lead with Francis Evett (Hutt) and Michael Wray (Scottish) giving chase. Todd Stevens then ran the fastest masters time of the day to give Scottish the lead. Scottish secured the win through Vaile Mexted and Peter Stevens with Olympic second and Wellington Harriers third.

The masters women staged the contest of the day in a race that saw the lead change hands several times. Deb Finn put Kapiti ahead after the first lap. Scottish came through to lead after lap two through Mandy Simpson, a lead they still held after lap three. Katie Jenkins outpaced Anne Hare over the fourth and final lap to give Olympic (Michelle Van Looy, Tineke Hooft, Marie Pugh, Katie Jenkins) a four second win over Scottish. Kapiti finished third.

The 28th Wellington Masters Classic Cross Country Relay had nine running teams and six walking teams, with this year's date being the day after the University Relays likely responsible for the drop in entrants. Fastest runners were Michael Wray and Angela Leck, both from Scottish. Honours were spread amongst the clubs. Scottish won the Open Men and 250+ grades, Olympic won the Open Women, Trentham the mixed and Hutt Valley the 300+ grade. For the walkers, Scottish won both the open and 150+ grades with Peter Baillie the fastest competitor.

The final race of the quarter was the challenging Vosseler Shield. Scottish dominated the W35s. Melissa Moon finished first, 17 seconds ahead of Angela Leck. Sally Anderson followed a couple of minutes later. Olympic's Tineke Hooft finished first for the W50s. It was a tight battle for second, with Scottish's Christine Carleton just holding off Kapiti's Kate Jenkins. Running alongside the MW in the M60s, Graeme Lear and Jonathon Harper made it Scottish first and third. Olympic's Barry Prosser split them, finishing second.

Todd Stevens (Scottish) secured victory for the M40s. Olympic's Butch Borlase finished second and Michael Wray (Scottish) third. Wellington Harrier Paul Sharp won the M50s, less than a minute ahead of visiting Leith runner Andrew Town and nearly two minutes ahead of fellow Harrier Ian MacFarlane.

Canterbury

by Andrew Stark

The 2012-2013 season concluded with our final CMA track and field meeting called 'Max's Night', held on Wednesday 13 March 2013.

This meeting was started five years ago, named after Max Wood when he turned 75 years old, as a way of celebrating the successes of our member's achievements in a light hearted way. It is hard to believe that Max is now 80 years old!

Like many competitive athletes going up an age group, Max was keen to attack some M80 records. On the night he broke the CMA M80 60m (10.1h) and 300m (61.6h) records. He also arranged a 4x 100m relay event. His team was made up of four generations of his family; Max, his daughter Julie, grand daughter Caley and great grand daughter Ayva. His opposition included a team of 80+ athletes and the Watts team (family friends). Part of the challenge was for each team to predict their time. Max's team predicted 100 seconds and run the relay in 99 seconds. At the conclusion of this meeting we have a shared supper / BBQ, quiz questions and a presentation of awards...a most enjoyable night.

The final throwing event for the season, the CMA Throws Pentathlon Championships, was held on Sunday 24th March 2013. Thirteen of our regular throwers attended in warm conditions, four men and nine women. Our top performer was Rick Davison (3387pts) and our oldest performer was Dave Leech (86 years old) and once again Pat Leech officiated. Making the most of his opportunities, Max had two more record attempts, this time breaking CMA M80 100m (16.8h) and 400m (90.8h) records.

For full results on the CMA season, including all record breakers can be found in the April Cant-A-Long magazine. A PDF version is available online from our website and can be downloaded via from the NZMA website...just follow the link to the CMA website.

At the Cashmere Club in early April we held the annual CMA Presentation night. About 60 people attended and if the noise in the room was any indication of how the dinner went, it was an enjoyable gathering. All of our nine CMA Life Members attended, as did our Patron Merle Grayburn.

Over the winter months our throwers are planning to hold a Throws Pentathlon event on the first Sunday of each month. So far they have held two events in warm conditions ... long may this continue. If you are in Christchurch on the first Sunday of the month, you are more than welcome to compete. The winter cross country is well under way. Many of our middle distance runners are club registered athletes who compete regularly and I wish them well for the season ahead.

For the past three seasons I have been the Masters representative on the Athletics Canterbury Track & Field Committee. With the decreasing numbers of CMA athletes attending our own organised track & field meetings (held on Wednesday and Sunday), it has been decided to allow non-club registered CMA members to compete at the centre organised Saturday inter-club meetings. Many of our members already officiate at these Saturday meetings so this will reduce the number of times they officiate for the whole season. This move was long overdue, as I know of other centres throughout New Zealand already do this. We will still hold a few of our own meetings on Wednesday evenings, but very few Sunday meetings.

Despite the best efforts of the team from Athletics Canterbury working with the Council staff, we are no closer to knowing when any work will start on the replacement venue for the damaged QEII. I suspect we are in for a long wait...

PHOTO: Karen Cassey



Max Wood (M80), Colin O'Brien (M80), Bob Heseltine (M80) and Robert Aumatagi (M75) at the start of the 60m event. Max broke the first of his two records on that night (13 Mar 2013)

Otago

by John Stinson

The annual Otago Masters Athletics Awards were presented at the Otago Athlete of the Year Awards night, held at the Otago University Rugby Clubrooms, Logan Park on April 17th. The presentations were made by NZMA President Mike Weddell. The top award for Otago Masters Athlete of the Year was won by Barbara Patrick (Hill City University) for her outstanding performances in the Women's U 65 track competition. Barbara's performances over the 2012-13 season included four Otago records, one of which was also a New Zealand record of 46:36.27 for 10000 metres, set at the Otago championships held on December 15th with a percentage of 91.43%.

Barbara's other records were in the 5000m: 22:38.36 (91.33%), 3000m: 13:16.53 (91.29%) and 800m: 3:11.94 (83.98%). Barbara also set a South Island record for 400m of 1:25.93 at the South Island championships in Nelson. Congratulations on a wonderful season Barbara.

Another outstanding competitor during the season was Claire Giles in the W55 grade. Claire posted a tally of seven Otago records in events ranging from 200 and 400 metres to 80m Hurdles and Long Jump.

PHOTO: Fiona Harvey



Barbara Patrick receiving her medal at the 2012 Oceania Masters championships in Tauranga

The following Awards were presented on the night:

Otago Masters Field Events: Claire Giles

Joe Cowie Memorial 6 Race Trophy: Phil Napper

Otago Masters Women's 6 Race Summer Trophy: Maria Sleeman

Sanderson Trophy Masters Men's Sprints: Ian Craven/Rob Homan

Sanderson Trophy Masters Women's Sprints: Liz Wilson/Claire Giles

Athlete of the Year Shield: Barbara Patrick.

The Caversham Club were also presented with the Peggy Calder Memorial Trophy for the interclub track and field meeting held in January. Thanks to Dalise Sanderson for her work in ensuring all trophies were available for presentation. An impressive tally of 47 Otago Masters records were set during the 2012-13 season according to the list compiled by record steward Fiona Harvey.

On Sunday July 14th, the third running of the Kennys Canter Team Relay will be held through the Ross Creek bush tracks. This was an idea suggested by legendary Otago masters athlete Bill Kenny to add something different to the local winter programme, which is often a quiet time for master's athletes. This year's event will bring back special memories of Bill, who died while competing in the Geoff Capon Beach Run in November 2012 and will hopefully inspire a good number to turn out. The relay takes place in one of Dunedin's most scenic recreational areas and teams will be made up from both runners and walkers. Following the relay, a mid-year lunch will be held at Cableways Tavern.

PHOTO: John Stinson



Maria Sleeman, John Landreth (with Peggy Calder trophy) and Geoff Anderson taken at the Athletics Otago Awards night

Southland

by Evan MacIntosh

Motatapu Events

The annual Motatapu off-road marathon and mountain bike events are based in the area from Glendhu Bay near Wanaka, through to Arrowtown.

The 47km mountain bike section attracts around 2,000 bikers, the off-road marathon had over 550 walkers and runners and the Miners Trail had over 450 walkers and runners.

Of the local Southland masters the best result was from Gary Kirkman who finished second in the M60 grade. The Kirkmans, Gail and Gary, sure are running hot at the moment.

Of those in the Miners Trail the best result came from Glenn MacIntosh who finished first in the M40-49 grade. Glenn's dad Evan battled into second place in the M60+ grade.

The Miners Trail event is a gruelling 15km mountain run and starts and finishes at Arrowtown. It includes about 8km of steep uphill which only the super fit and strong can run. Many competitors, myself included, opt to power walk the steep climb up Tobin's Track plus the numerous other steep climbs. It is not until a kilometre past the halfway mark that the steep uphill section stops and the downhill begins on farmland, parts of which are so steep that it is more of a 'scramble' downwards rather than a run, and trying not to slip onto one's rear end. The last three or four kilometres involve around seven or eight crossings of a very cold Arrow river. It is a good event for those who wish to test their agility and stamina.

Some Southland masters results were:

Off-road Marathon

Gary Kirkman	M60	4:17
Jenny Adamson	W50	5:18
Jan Taylor	W40	7:10

15km Miners Trail

Glenn MacIntosh	M40	1:36
Evan MacIntosh	M60+	2:15

Southland Half Marathon

The Southland Half Marathon was held on the hilly Gore course on the 5 May 2013 in the worst weather conditions ever. It was wet, cold, windy and add in some testing hills, it became a test of wills and determination.

Evergreen Ricky Gutsell, in his early 50's showed true grit and was the overall winner in a time of 1:18:16, but he only had 5 seconds to spare over Otago's Simon Richardson (M35) who took out second place overall. Third placing went to Scott Underhay (M35) in a time of 1:20:14. Glenn MacIntosh was second Southland registered runner in the M35 grade in a time of 1:26:04.

Graham Neilson took out second place in the M50+ grade and first Southland registered runner in that grade, in a time of 1:37:06.

The M60+ grade was another very close run affair. A tiring Evan MacIntosh (2:01:25) had only 34 seconds to spare over Ian Baird (2:01:59) who was closing in on Evan in the concluding stages.

Southland Sportspersons of the Year Awards

Not one but two of our SMA members have been nominated for this year's masters section of the Southland Sportsperson of the Year. Gail Kirkman and Ricky Gutsell are very worthy nominees. Their achievements have been noted in previous SMA News section of previous Vetlines, so I will not repeat them here. Suffice to say that they are both worthy contenders, having as well as a high level of talent, are prepared to put in the hard yards in training plus travel and other sacrifices made on their time and costs.

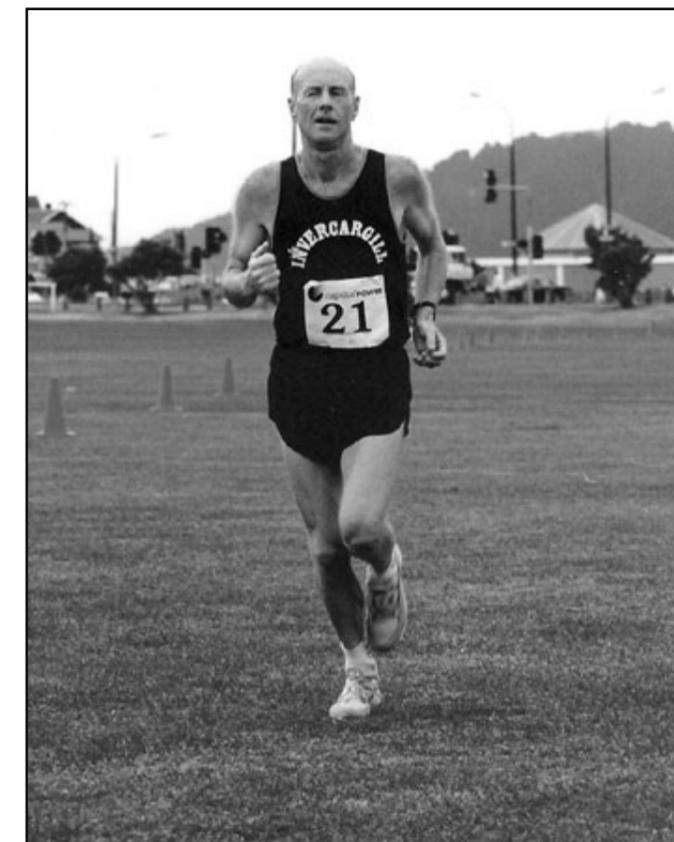
Ricky excels in distance running in the M50 grade and is rarely headed at national level. He also takes time out to coach younger runners.

Gail is an all-rounder and has recently set a number NZ records in her M60 grade. She contests a numbers of events including sprint to middle distance running, jumping events, hurdles and heptathlons etc. She has many gold medals to her credit from competing at World Masters champs.

Also at the 2013 Awards function another SMA member, Mike Piper, was honoured with the Services to Sports Award.

Mike is a life member of both Athletics Southland and Athletics Invercargill (ex Invercargill Harrier & Amateur Athletic club), had long involvements with the Southland Marathon, cross country and road running events and has run more than 100 marathons. He was the chairman of Stadium Southland from 1999 to 2004, an original trustee of Sport Southland, a board member of Excellence in Sport South Island since 2000, secretary of the Southland Amateur Sports Trust from 1975 to 1990 and a trustee for more than 20 years.

Another of our SMA members, Lance Smith has also been nominated more than once in prior years, culminating in being awarded Southland Coach of the Year in 2012. It is a great honour to be nominated for any section of the Sportsperson of the Year. Many sports pundits believe that it is an award in itself just to be nominated for Sportsperson of the Year and I would tend to agree.



Mike Piper

PHOTO: Evan MacIntosh

Coaching Corner

by Mike Weddell



One of the causes of injury for distance runners is repeating the same action over and over again. All right, I know that running is repeating the same action over and over again; left, right, left, right...ad infinitum. But, and this is a big but, it does not have to be exactly the same, there are lots of variables that can be introduced apart from the obvious right left right left.

The surface that is run on can be and should be varied. Run on sealed surfaces as little as possible they are hard and often have a consistent camber which can cause stress related injuries and asymmetry of limbs and joints. Running on grass is much better and it is even better if the grass is uneven as it will develop the musculature around the ankles in particular for better stability. It also makes sense to train in spikes some of the time if you are going to race cross country. It does not make sense to train only in flats then race in spikes.

My coaching group does most of our long reps in winter on the grass and in spikes.

Other variations that can be used are running up steps or hills both of which help develop knee lift and leg drive. Running on trails through bush or forest is good too as the surface is uneven and there are lots of twists and turns which improves overall stability which engages core muscles.

If you live near the beach sand running can be a good change although running along a steeply cambered beach is neither comfortable nor beneficial. Tracks through the dunes or straight up and down the dunes are ideal with a jog in the sea to finish off.

Variety is good mentally too I try to make sure that my group only repeat a given session twice in eight weeks which helps them forget the hard sessions.



Four generations of the Wood family.
From L to R: Ayva (great grand daughter), Caley (grand daughter), Julie (daughter) and Max Wood



COMING EVENTS

2013

3 AUG	Athletics NZ Cross Country Championships	HAMILTON
31 AUG	Athletics NZ Road Championships	DUNEDIN
5 OCT	Athletics NZ Road Relay Championships	TBA
15 - 27 OCT	WMA Stadia Championships	PORTO ALEGRE, BRAZIL

2014

4-11 JAN	Oceania Championships	BENDIGO, AUSTRALIA
28 FEB - 3 MAR	NZMA Track and Field Championships	INVERCARGILL

2015

4 - 16 AUG	WMA Stadia Championships	LYON, FRANCE
OCT	OMA Stadia Championships	RAROTONGA

2016

JUL	WMA Stadia Championships	PERTH, AUSTRALIA
-----	--------------------------	------------------

2017

NOV	OMA Stadia Championships	DUNEDIN
TBA	World Masters Games	AUCKLAND

Please Note: The above is based on the best information available to the editor. However, intended dates and venues can change. Readers are advised to check the details from official entry forms, websites or from the event organisers.



PAPAKURA

PP
033