

vetline

New Zealand Masters Athletics

JUNE 2010 | VOL 28 No. 2

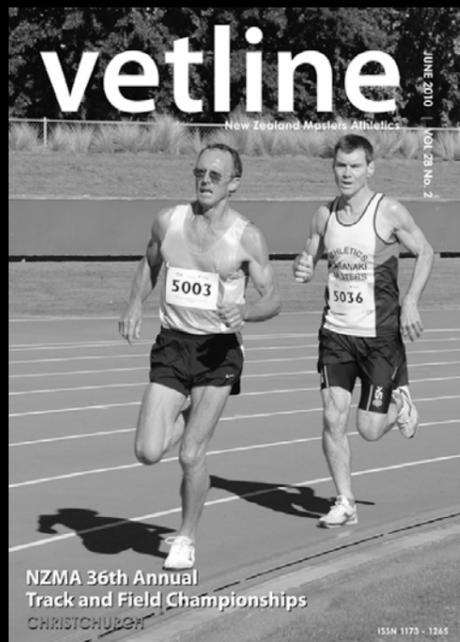


**NZMA 36th Annual
Track and Field Championships
CHRISTCHURCH**

ISSN 1173 - 1265



Official Magazine of New Zealand Masters Athletics
FOUNDED IN 1970



Cover Photo

Robin Grant (5036) and Ian Calder finished first and second in the M50 1500m at the national championships.
PHOTO - JIM TOBIN

Inside Back Cover

Ian Brownie competing at the NZMA Champs.
PHOTO - JIM TOBIN

Back Cover

Peter Ranginui (WBP) was second in the M40 discus.
PHOTO - GARY NESBIT



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Vetline Production

The board of NZMA has undertaken a review of the production and publishing of Vetline as it is the major item of expenditure of our organization. We feel that we need to reduce costs as much as possible. To this end we are going to attempt to contract out the production of our magazine. Jim Tobin will continue with the editorial work and then pass it on to a contractor to prepare it for the printer. We have circulated the details to prospective contractors and those who have expressed an interest for the job. As members will realize there are very few people who have the ability to do this job and who have the necessary knowledge of our sport and organization.

We have encouraged those who meet our criteria to tender for the contract. We had a good response from people who expressed an interest in receiving the tender documents. At the time of writing it is not known how many intend to tender for the work. However the closing day for tenders will enable the Board to make its decision at the June meeting at Hamilton.

This action of the board is in no way a reflection on the great work that has been done by volunteers the over the 37 years that Vetline has been in existence but is due to financial realities. The problems with which we are faced are universal amongst most sporting bodies similar to ours. Once this is sorted out it will be business as usual and Vetline will continue to play a vital role in keeping its members informed. Watch this space and keep those articles, letters and advertisements rolling in.

Mike Weddell
NZMA President



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www.nzmastersathletics.org.nz

PRINTERS

GEON
print & communication solutions

NEW ZEALAND VETLINE

Is published quarterly in March, June, September and December.
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 | OAMA
Council of Athletics New Zealand | ANZ



Letters to the Editor

A Plea For Uniform Uniforms

I wonder if it might be possible to get all those athletes going to Tahiti to at least all be in the same (the latest) competition merchandise, at least while we are competing on the track or in field events. I refer to the last Oceania in Townsville and the front page of Vetline September 2008. Here we had three kiwis on the track with three different uniforms. Come on guys and girls lets all this time at least be in the latest tops when competing in our particular events. If our friends on the other Island out to the west can all compete in the same uniform why can't we?

Yes, I know that things are expensive but if you could just wear the same top and shorts we would at least look like a team. If you can't get the tracksuit I wouldn't worry too much as it most likely going to be too hot to wear one but at least get the singlet or T-shirt. Maybe centres could get them for you and you pay them off by the month if the money is a bit tight. Wear the old one when you are out training or as an extra to keep warm. Let us stick to the latest uniform for another decade at least please.

Alan Hunter
Christchurch

Cook Islands At Tahiti

Our team for Tahiti looks to be around 24 traveling, with what looks like 18 competitors with half of these competing for the first time in an Oceania championships. We are now having weekly mini competitions each Wednesday at our new track - doing four or five events each time.

David Lobb
Rarotonga



The recent NZMA track and field championships held in Christchurch are a good example of the strength of master's athletics. Not just in the competition arena but in terms of organisation and getting the job done. In June last year Canterbury were approached to run the championships and took up the challenge even though they were already hosting the senior championships the week before. The championships were a great success from an organisational point of view and from a performance point of view.

There were more competitors than we have had for several years and the standard was very high. Such events foster enthusiasm in the sport and a great vote of thanks goes to Canterbury from NZMA and all the members. It takes expertise and knowledge to run such an event but that knowledge is on tap for other centres if they put their name forward to run a championship. One of the great things about our sport is that there is always someone willing to help; they only need to be asked.

One thing that all sports must do is recognise volunteers for their good works. Most volunteers do not expect to be rewarded in a material way but all of us feel good when our work is recognised and we are thanked. Centres will be stronger if there is a volunteer recognition scheme in place such as long service awards or even just a badge saying volunteer. It is easier to keep good people than to find new ones we need to make the effort.

We are approaching the end of the athletics year and I hope that all centres can look back and see that some progress has been made. It is also time to plan for next year. The old saying that if you fail to plan you plan to fail is still as true as ever and well worth remembering.

by | MIKE WEDDELL - NZMA President



Max Wood won the M75 400m

PHOTO | JIM TOBIN

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March | June | September | December**

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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.

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Notice Board

Fourth World Veterans Games Trust

This Association recognises the assistance given by the 4th World Veteran Games Trust and acknowledges the receipt of a grant towards the publication of this magazine. Centres are reminded that assistance is also available to them for the purchase of equipment. As with most Trusts applications are required to have a minimum of two quotations supporting their applications. Centres should ensure that they have sufficient funds to cover the purchase at the time as the Trust meets only on an annual basis and in most cases grants are made retrospectively.

Copies of applications should be sent to the NZMA Board for approval and at the same time a copy to the Secretary of the Trust. The address of the secretary has recently changed and applications should now be forwarded to:

Bruce McPhail
Secretary, 4th World Veteran Games Trust
10 Roberta Drive,
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Christchurch 8024.

Website Forum

Have your say! Visit our new online forum and discuss issues and topics related to master's athletics. Now is your opportunity to participate in an online discussion with other NZMA members around New Zealand (and overseas). For further information, contact John Campbell at john@ama.org.nz or visit www.forum.nzmastersathletics.org.nz

Winter Throws Pentathlon

Thanks to Christine McCahill the NZMA Winter Throws Pentathlon Challenge will be held in the month of August this year. Once again this will also double as a Trans Tasman Challenge with Australian throwers. Entry fees are a nominal \$10AUS/NZ per competitor.

All Centre secretaries have full details. If any further information is required Christine can be contacted on cmccahill@xtra.co.nz

North Island Championships

Intending competitors at the North Island championships are advised that the date of this event has been brought forward to the weekend of 19-21 November. (See the advertisement elsewhere in the Vetline.

NZMA National Championships

These championships will be held over the weekend of 4-7 March 2010. The venue will be the new athletic stadium at Percival Road, Hastings.

Congratulations Dawn

Hawkes Bay Dawn Cumming (W75) won the Masters section at the Hawkes Bay Sportsperson of the year for the third consecutive year. Dawn was a clear winner having won four golds, one silver and one bronze at the World Masters championships at Lahti, Finland, last year.

September Vetline

Work has now started on the September Vetline and your contributions are welcome. The deadline is 1 August, but the earlier we receive material, the better.

Thanks From Jim

At the AGM of the Association in Christchurch in April I was elected as a Life Member by my peers. This is the highest honour that the Association can grant and I wish to sincerely thank all of those who were instrumental in ensuring that it happened. My thanks also go Life Member Jim Blair who presented the citation and to all of those members and fellow athletes who went out of their way to offer their congratulations. All in all it was quite overwhelming.

Thank you. - **Jim Tobin, Life Member**

Thanks Kathryn

Kathryn Fraser of Timaru has given sterling service over the past six years maintaining our membership records and mailing list.

She has now decided to step aside and allow someone else to carry out this vital task. Diane Carter from Canterbury has accepted the challenge and has replaced Kathryn. Thank you Kathryn for a job well done and welcome Diane.



NZMA Stadia Championships

by | ANDREW STARK

The 36th NZMA Track & Field Championships were held at QEII stadium Christchurch over the Easter weekend.

Despite or perhaps because it was a public holiday, these championships were well attended by 232 athletes from our eleven centres, including David Lobb from the Cook Islands. The ages of competitors ranged from the early 30's up to the late 80's, with the bulk of the competitors being over 50. It is good to see the 'younger' athletes taking part and by doing so they are acknowledging that 'masters' athletics are just as serious as open athletics. It is also interesting to note that the average number of events entered by each athlete is 4.3 events ... that means that some of you had a very busy weekend.

The timing of the meeting did provide a challenge getting confirmations of just who could officiate, but with 'all hands to the deck' the meeting run smoothly, due also to the LOC being well organized, ably lead by Kevin Jago and guided by the expertise of Bryan Kerr.

Like all meetings, there is so much going on at once that it is impossible to watch everything, especially when you are one of the organisers. What I have tried to do is mention some of the more outstanding performances as indicated by the age percentages scores, where a percentage over 90% is considered international class. For many though, these percentages mean nothing and the enjoyment comes from the personal competition, often against athletes they have known for years, or from just doing your best. For whatever reason you compete, the success of our sport relies on the numbers competing, so thank you all for 'being there'.

During this meeting 25 athletes broke 42 championship records, with 10 records also being new NZMA records. The most outstanding performance was a solo run by Tony McManus in the M60 1500m, in perfect conditions on Saturday morning. Having run a 'solid' 5000m on the Friday night in cool conditions, he set off in the 1500m at world record pace and was soon well clear of the rest of the field. While his time of 4:29.01 (97.6%) was impressive and a new championship record, it was a couple of seconds outside the world record. Tony also won the M60 800m in another dominant performance, with a time of 2:19.47 (90.5%).

Our best-performed thrower was Christine McCahill with a 94.9% performance of 14.40m in the weight throw. She also threw well in the hammer, as did Hardeep Kaur whose throw of 55.80m in the W30 Hammer was a new NZMA & NZC record, but short of the qualifying distance for the Commonwealth Games she was aiming for.

Loris Reed (W60) was our best performed middle distance female athlete with a 5:44.66 run over 1500m (94.7%). Given that her training has been hampered by injury this summer, she can be well pleased with her time. She also set championship records in the 2000m steeplechase and 800m events. New Zealand has always had a great reputation of producing middle distance athletics and the respective performances of Richard Bennett & Joe Ford (M45), Robin Grant & Ian Calder (M50) in their various events were all noteworthy with several performances better than the 90% barrier. Max Wood (M75) produced the best 400m performance of the meeting (74.27, 90.6%) on limited training due to injury and can be pleased with his run.

Amongst our male sprinters, Laurie Malcolmson (M60) and John Campbell (M45) displayed perfect running styles and won their respective 100m and 200m events. Laurie's times of 12.76 (championship record) and 26.27 generated 91.7% and 91.4% performances and John was also consistent with performances of 11.99 (89.2%) and 24.31 (89.6%). Laurie Malcolmson's performances in the 100m hurdles and 300m hurdles were also championship records, the latter a NZMA record as well.

Sheryl Gower (W60) and Chris Waring (W65) dominated their respective divisions in the sprint races. Sheryl's time times for 100m (15.20) and 200m (31.19) generated 90.8% & 92.5%. Chris had a better 200m percentage of 93.0% with a time of 32.26 and her 100m in a time of 16.03 was 89.3%, plus she also won her 400m race.

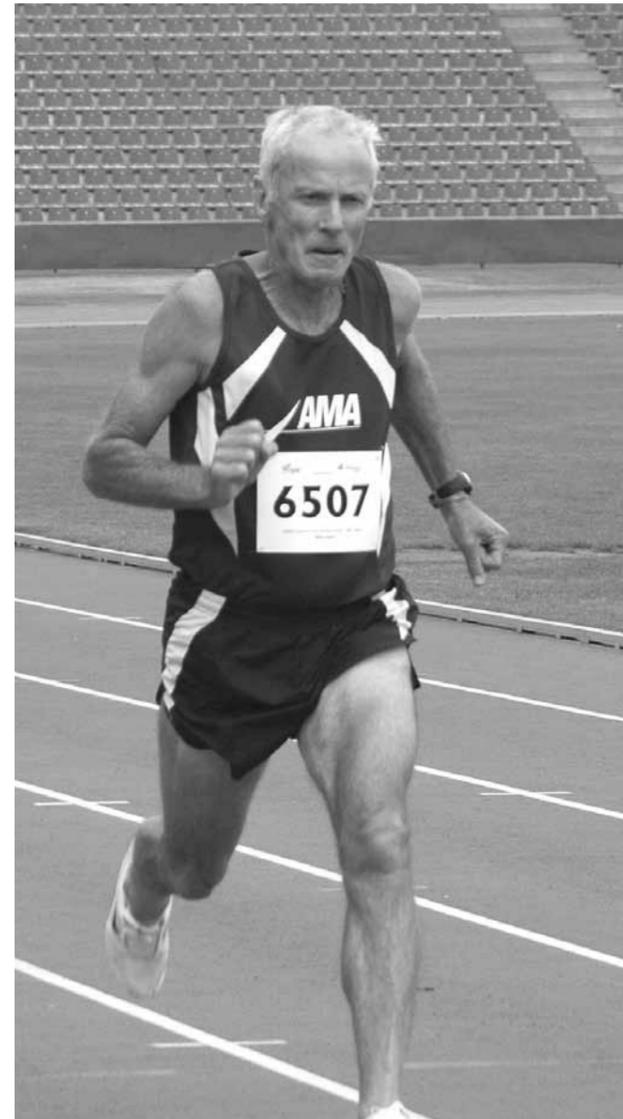
Fresh from a second place at the NZ Track & Field Championships a week earlier, Nyla Carroll showed her class as she ran away with the W40 5000m title in a time of 16:48.28 (92.5%), a time that many men would be pleased with. Julie Wilson (W50) ran a 90.3% performance in her 5000m and backed it up with a win over 1500m as well.

While not all performances generated 90+ percentages, they are none-the-less just as inspirational. All our over 80 year old competitors show that while the body may not be so co-operative, it's not through lack of effort! Shirley Peterson (W80) and Marcia Petley (W80) have been battling each other for years. Shirley, who set championship records in the long jump, triple jump and 100m (and NZMA record), used her basic speed to 'out kick' Marcia in the 200m. Marcia, who was second in the 100m, won the 400m to claim a championship record of her own. Ian Brownie (M80) showed that not even a hurdle, let only

his age, was a barrier, as he set a championship record in the 80m hurdles. He also won his 400m race and was placed second in three other events.

Several other athletes set NZMA and championship records in their respective events. The full details of their results are listed elsewhere, but these are the athletes concerned, Lyn Osmer (W45) high jump, Richard Davison (M60) weight throw, Stephen McKee (M50) pole vault, Jack O'Connor (M45) 400m hurdles and Michael Scholten (M30) discus, javelin and weight pentathlon. Finally to all competitors, on behalf of the Canterbury LOC, I would like to thank you all for participating with enthusiasm, good sportsmanship and I trust you enjoyed the competition. We hope that your stay in Christchurch was enjoyable, that you renewed or made friendships and have been inspired to train hard and meet again in Hastings next year. I for one plan to be there ... I have some unfinished business.

PHOTOS | JIM TOBIN



Barry Jones (AKL) was second in the M65 200m



Maurice Cook (CAN) was third in the M80 200m



Sally Gibbs (WBP) won the W45 1500m



Ian Brownie (CAN) won the M80 80m hurdles



Ronnie Thomas won the M45 300m steeplechase

Results >

100m

W35	1 Vanessa Story	13.44
	2 Joanne Owen	14.30
W40	1 Phillipa Green	13.82
	2 Louise Scott	14.54
W45	1 Liz Wilson	13.84
	2 Susann Rothkopf	13.98
	3 Anne Harris	15.52
	4 Alison Newall	15.74
W50	1 Julie Judd	15.36
	2 Claire Giles	15.69
W55	1 Tui Ashe	15.55
	2 Birgit Steltner	17.44
W60	1 Sheryl Gower	15.20
	2 Lois Anderson	16.52
W65	1 Chris Waring	16.03
	2 Frances Bayler	17.76
	3 Glen Watts	19.49
W80	1 Shirley Peterson	20.44
	2 Marcia Petley	21.39
M35	1 Jonathan Black	12.04
	2 Corney Carstens	12.26
	3 Rodney Herrick	13.21
	4 Clayton Murray	13.45
M40	1 Steve Hargreaves	12.36
	2 Marcus Elliott	12.72
	3 John Turner	12.79
	4 Rene Otto	14.68
M45	1 John Campbell	11.99
	2 Shane Harris	12.73
	3 Mark Macfarlane	13.01
	4 Alan Reynolds	13.09
	5 Stephen Te Whaiti	14.15
	6 Wayne Doyle	17.81
M50	1 Gary Rawson	12.49
	2 Andy von Biel	13.01
	3 Stephen Burden	13.10
	4 Bruce Thomson	13.62
	5 James Lynch	14.08
M55	1 Jeff Barnfield	13.44
	2 Georg Ludwig	13.78
	3 Earl Crowley	14.69
	4 David Lobb	14.82
M60	1 Laurie Malcolmson	12.76
	2 Keith Hutton	13.67
	3 Ross Brown	13.89
	4 Kit Chambers	14.12
M65	1 John Lester	14.36
M70	1 Stewart Foster	15.07
	2 Ron Munro	15.23
	3 Bruce McPhail	15.83
M75	1 Max Wood	15.74
	2 Trevor Cowley	19.45

M80	1 Alistair Mackay	17.40
	2 Ian Brownie	17.95
	3 Maurice Cook	23.05
200m		
W35	1 Vanessa Story	27.34
	2 Joanne Owen	30.96
W40	1 Phillipa Green	28.86
	2 Louise Scott	29.62
W45	1 Liz Wilson	27.86
	2 Susann Rothkopf	28.66
	3 Anne Goulter	31.04
	4 Lynne Plimmer	31.17
	5 Anne Harris	31.34
	6 Alison Newall	32.79
W50	1 Claire Giles	31.29
	2 Julie Judd	32.25
W55	1 Lynne MacKay	36.35
	2 Birgit Steltner	36.79
W60	1 Sheryl Gower	31.19
	2 Lois Anderson	34.08
	3 Gwendoline Papps	51.71
W65	1 Chris Waring	32.26
	2 Frances Bayler	37.77
W75	1 Clasina Van der Veeken	48.85
W80	1 Shirley Peterson	44.70
	2 Marcia Petley	46.18
M35	1 Corney Carstens	24.57
	2 Rodney Herrick	27.30
M40	1 Steve Hargreaves	24.84
	2 John Turner	25.89
	3 Mark Macfarlane	26.20
M45	1 John Campbell	24.31
	2 Shane Harris	26.04
	3 Mark Macfarlane	26.54
M50	1 Gary Rawson	25.68
	2 Bruce Thomson	27.31
	3 Tom Reihana	30.95
M55	1 Jeff Barnfield	27.28
	2 Georg Ludwig	28.41
M60	1 Laurie Malcolmson	26.27
	2 Keith Hutton	27.58
	3 Ross Brown	28.63
	4 Kit Chambers	29.16
	5 Peter Tutty	31.08
	6 John Mulvaney	34.02
M65	1 John Lester	29.33
	2 Barry Jones	31.23
M70	1 Stewart Foster	31.24
	2 Ron Munro	31.36
	3 Peter Hanson	35.21
M75	1 Max Wood	32.20

M80	1 Alistair Mackay	37.45
	2 Ian Brownie	37.80
	3 Maurice Cook	48.99
M85	1 Bob Boland	56.51
400m		
W35	1 Vanessa Story	1:02.17
	2 Julieana Findlay	1:03.79
W40	1 Petra Creighton	1:01.32
	2 Louise Scott	1:08.16
	3 Linda Reynolds	1:26.15
W45	1 Liz Wilson	1:06.47
	2 Lynne Plimmer	1:11.70
	3 Alison Newall	1:12.99
	4 Julie Bakalich	1:17.00
W50	1 Karen Gillum-Green	1:11.49
	2 Dalise Sanderson	1:19.25
W55	1 Tui Ashe	1:13.87
	2 Vicky Adams	1:19.76
	3 Lynne MacKay	1:30.03
W60	1 Sheryl Gower	1:18.30
	2 Barbara Patrick	1:21.68
W65	1 Chris Waring	1:18.84
W75	1 Clasina Van der Veeken	2:08.10
W80	1 Marcia Petley	2:00.21
M35	1 Clayton Murray	1:01.29
	2 Rodney Herrick	1:02.14
M40	1 Steve Hargreaves	55.20
	2 Marcus Elliott	57.05
	3 John Turner	57.36
	4 Malcolm Cornelius	58.23
M45	1 Jack O'Connor	54.21
	2 Shane Harris	56.70
	3 David Ledger	58.46
	4 Mark Macfarlane	1:00.14
	5 Brian Curry	1:03.52
M50	1 Anthony Rogal	58.39
	2 Bruce Thomson	59.88
	3 Ian Craven	1:00.91
	4 Steve Low	1:04.54
	5 Tim Cross	1:06.98
	6 Tom Reihana	1:13.03
M55	1 Georg Ludwig	1:02.72
	2 Phil Napper	1:03.21
	3 Marc Boulle	1:03.32
	4 Noel Burr	1:03.33
	5 Len Millward	1:04.14
	6 Derek Shaw	1:07.82
M60	1 Laurie Malcolmson	1:02.97
	2 Ross Brown	1:04.38
	3 Tony McManus	1:06.75
	4 Peter Tutty	1:10.69
M65	1 Barry Jones	1:07.71

M70	1 Stewart Foster	1:13.77
	2 Dave Eastmond	1:17.28
M75	1 Max Wood	1:14.27
	2 Robert Heseltine	1:41.54
M80	1 Ian Brownie	1:35.50
	2 Maurice Cook	2:01.89
M85	1 Bob Boland	2:03.30
800m		
W35	1 Julieana Findlay	2:26.19
W40	1 Petra Creighton	2:23.91
	2 Sue Parcell	2:38.00
	3 Linda Reynolds	3:03.19
W45	1 Sally Gibbs	2:25.44
	2 Carol Chettleburgh	2:50.00
	3 Julie Bakalich	3:14.39
W50	1 Karen Gillum-Green	2:46.22
	2 Dalise Sanderson	2:51.27
W55	1 Vicky Adams	2:57.51
	2 Margaret Flanagan	3:11.15
W60	1 Loris Reed	2:56.90
	2 Barbara Patrick	3:12.71
	3 Gwendoline Papps	4:42.59
W65	1 Fay Riley	4:28.30
W70	1 Carol Thompson	4:13.40
W75	1 Dawn Cumming	3:54.56
M35	1 Clayton Murray	2:25.68
M40	1 Darren Hoolahan	2:04.04
	2 Malcolm Cornelius	2:12.39
M45	1 Richard Bennett	2:02.66
	2 Joe Ford	2:05.30
	3 Kevin Fee	2:11.20
	4 Shane Harris	2:15.66
	5 Paul Ineson	2:15.97
M50	1 Ian Calder	2:09.61
	2 Robin Grant	2:11.37
	3 Anthony Rogal	2:11.59
	4 Manfred Rothkopf	2:30.28
	5 Brett Laurent	2:31.01
	6 Tom Reihana	2:56.95
M55	1 Noel Burr	2:18.67
	2 Murray Laird	2:19.93
	3 Marc Boulle	2:21.20
	4 Phil Napper	2:24.28
	5 Len Millward	2:25.91
	6 Malcolm Chamberlin	2:35.31
M60	1 Tony McManus	2:19.47
	2 Brian Warren	2:34.97
	3 Peter Tutty	2:35.14
	4 Peter King	2:37.04
	5 John Mulvaney	2:56.15



John Campbell takes the baton from Phillipa Green for the last leg of the 4 x 100 relay.



Julieana Findlay leads from Petra Creighton and Sally Gibbs in the women's 800m.



Lois Anderson won the W60 80m hurdles.

PHOTOS | JIM TOBIN

M65	1 Barry Jones	2:35.37
	2 Allan Gardiner	3:18.83
	3 Norris Wyatt	3:19.00
M70	1 Walter Hume	2:57.07
	2 Dave Eastmond	3:05.13
	3 Bill Kenny	3:06.58
M75	1 Max Wood	3:11.27
	2 Ellis Goodyear	3:28.09
	3 Robert Heseltine	4:00.17
M80	1 Stan Gawler	3:50.89
	2 Ian Brownie	3:52.33
M85	1 Bob Boland	5:01.19
1500m		
W35	1 Julieana Findlay	4:55.96
W40	1 Petra Creighton	5:12.21
	2 Fiona Gilroy	5:19.83
	3 Sue Parcell	5:30.93
	4 Linda Reynolds	6:04.05
W45	1 Sally Gibbs	4:56.69
	2 Carol Chettleburgh	5:38.23
W50	1 Julie Wilson	5:20.86
	2 Dalise Sanderson	5:38.18
W55	1 Vicky Adams	5:52.55
	2 Margaret Flanagan	6:07.85
	3 Lynne MacKay	6:50.74
W60	1 Loris Reed	5:44.66
	2 Barbara Patrick	6:14.27
W65	1 Fay Riley	9:29.24
W70	1 Carol Thompson	8:22.62
W75	1 Clasina Van der Veecken	9:31.57
M35	1 Clayton Murray	5:14.85
M40	1 Darren Hoolahan	4:20.49
	2 Malcolm Cornelius	4:30.03
M45	1 Richard Bennett	4:07.67
	2 Kevin Fee	4:28.47
	3 Ricky Gutsell	4:32.93
	4 Paul Ineson	4:52.12
	5 David Ledger	5:22.94
	6 Rodney Gillum	5:40.75
M50	1 Robin Grant	4:24.97
	2 Ian Calder	4:26.56
	3 Anthony Rogal	4:41.73
	4 Tim Cross	4:58.62
	5 Barry Watson	5:38.00
	6 Manfred Rothkopf	5:57.30
	7 Tom Reihana	6:05.91
M55	1 Noel Burr	4:51.34
	2 Murray Laird	4:51.50
	3 Phil Napper	4:56.55
	4 Derek Shaw	5:00.05
	5 Malcolm Chamberlin	5:13.69
	6 Gene Sanderson	5:14.85
	7 Maurice Gough	5:39.02

M60	1 Tony McManus	4:29.01
	2 Brian Warren	5:15.37
	3 Murray Clarkson	5:16.01
	4 Peter King	5:17.80
	5 John Shivas	5:44.39
M65	1 Alan Galbraith	5:11.53
	2 Barry Jones	5:47.41
	3 Michael Bond	5:52.05
	4 Neville Reid	5:54.16
	5 Jos Galavazi	6:22.68
	6 Allan Gardiner	7:07.13
	7 John Waite	7:59.66
M70	1 Walter Hume	5:57.40
	2 Bill Kenny	6:34.83
	3 Dave Eastmond	6:43.07
M75	1 Ron Stevens	6:01.19
	2 Ellis Goodyear	7:14.30
	3 Jim Tobin	7:56.96
	4 Robert Heseltine	8:16.91
M80	1 Stan Gawler	7:26.49
5000m		
W40	1 Nyla Carroll	16:48.28
	2 Lisa McGoldrick	19:03.07
	3 Fiona Gilroy	19:07.24
	4 Wendy Reynolds	21:58.42
	5 Linda Reynolds	23:18.04
W45	1 Sally Gibbs	17:57.70
W50	1 Julie Wilson	18:59.46
W70	1 Carol Thompson	30:52.33
M35	1 Clayton Murray	20:08.65
M45	1 David Rush	16:31.52
	2 Ricky Gutsell	16:39.64
	3 Ronnie Thomas	17:17.51
	4 Dave Collie	17:41.44
	5 Paul Ineson	17:50.57
	6 Nigel Anderson	18:25.35
M50	1 Robin Grant	16:24.89
	2 Ian Calder	16:26.88
	3 Paul Schaapveld	16:56.86
	4 John Gamblin	17:46.96
	5 Tim Cross	18:08.63
	6 Michael Kelly	19:24.60
	7 Barry Watson	19:34.57
	8 Steve Low	20:15.26
M55	1 Derek Shaw	18:33.00
	2 Gene Sanderson	18:42.69
	3 Malcolm Chamberlin	19:17.61
	4 Iain Chinnery	19:26.44
	5 Maurice Gough	21:03.58
M60	1 Tony McManus	17:47.06
	2 Peter Larkin	17:59.49
	3 Ian Morrison	19:31.43
	4 Peter King	19:53.48
	5 John Shivas	20:26.43
M65	1 Alan Galbraith	18:25.14
	2 Neville Reid	20:49.46
	3 Michael Bond	21:03.63
M70	1 Stan Gawler	54:08.44
80m Hurdles		
W45	1 Lyn Osmer	16.78
W50	1 Julie Judd	17.02
W60	1 Lois Anderson	17.46
M55	1 Derek Shaw	18:33.00
M70	1 Stewart Foster	17.72
M80	1 Ian Brownie	25.02
400m Hurdles		
M45	1 Jack O'Connor	1:00.54
M50	1 Brett Laurent	1:18.36
M55	1 Earl Crowley	1:33.04
2000m Steeplechase		
W40	1 Linda Reynolds	9:39.47
W55	1 Vicky Adams	9:12.99
W60	1 Loris Reed	8:58.09
W75	1 Dawn Cumming	12:12.84
	2 Clasina Van der Veecken	14:13.28
M60	1 Ian Morrison	8:23.93
	2 John Shivas	9:17.36
	3 John Mulvaney	9:54.04
M65	1 Michael Bond	9:13.33
	2 Norris Wyatt	9:26.08
	3 Jos Galavazi	10:00.69
	4 Allan Gardiner	11:15.23
M70	1 Walter Hume	9:00.43
3000m Steeplechase		
M40	1 Richard Malloch	12:57.26
M45	1 Ronnie Thomas	11:20.05
	2 Kevin Fee	11:49.50
M50	1 John Gamblin	11:39.30
	2 Brett Laurent	12:21.63
M55	1 Murray Laird	12:35.88
	2 Malcolm Chamberlin	13:18.54
300m Hurdles		
W50	1 Julie Judd	1:04.07
M60	1 Laurie Malcolmson	46.89
	2 Keith Hutton	52.08
M70	1 Stewart Foster	58.7
	2 Peter Hanson	1:02.3
100m Hurdles		
W35	1 Vanessa Story	19.81
	2 Joanne Owen	19.90
100m Hurdles		
M50	1 Gary Rawson	19.43
M55	1 Earl Crowley	21.23
M60	1 Laurie Malcolmson	18.19
110m Hurdles		
M40	1 Peter Ranginui	18.74
	2 John Turner	19.73
3000m Track Walk		
W40	1 Nyle Sunderland	16:34.51
W60	1 Sheryl Miratana	21:28.98

W65	1 Ann Henderson	21:33.96
W75	1 Dawn Cumming	23:16.17
M45	1 Rodney Gillum	15:59.51
M50	1 Stephen Farquhar	17:07.53
M65	1 Danny Knudson	20:53.74
10K Road Walk		
W40	1 Nyle Sunderland	58:41.88
W50	1 Theresa Large	70:34.35
W60	1 Sheryl Miratana	77:07.44
W65	1 Ann Henderson	77:11.54
M50	1 Stephen Farquhar	62:03.74
M55	1 Eric Kemsley	57:30.94
M65	1 Danny Knudson	74:09.33
Long Jump		
W35	1 Joanne Owen	4.56
	2 Vanessa Story	4.20
W45	1 Liz Wilson	4.24
	2 Lynne Plimmer	3.90
	3 Alison Newall	3.49
	4 Julie Bakalich	3.32
W50	1 Julie Judd	3.35
	2 Claire Giles	3.08
	3 Beverley Peterson	2.90
W55	1 Birgit Steltner	2.94
W60	1 Anne Deleiros	3.55
	2 Lois Anderson	3.29
W65	1 Beth Macleod	3.09
	2 Frances Bayler	2.75
W75	1 Clasina Van der Veecken	2.35
W80	1 Shirley Peterson	2.34
M35	1 Clayton Murray	4.76
M40	1 Steve Hargreaves	5.48
	2 Peter Ranginui	4.92
	3 John Turner	4.76
M45	1 Stephen Te Whaiti	5.39
	2 Mark Macfarlane	5.10
	3 David Ledger	4.94
M50	1 Gary Rawson	5.25
	2 Stephen Burden	5.23
	3 Stephen McKee	5.19
	4 Manfred Rothkopf	4.68
	5 James Lynch	3.92
M55	1 Earl Crowley	4.30

2 David Lobb	4.13	
M60	1 Ian Sim	4.28
	2 Kit Chambers	4.20
	3 Rod Jeffries	2.66
M70	1 Bill Owen	3.38
	2 Ron Munro	3.38
	3 Bruce Clarke	3.18
	4 Alan J Hunter	1.80
M75	1 Tony Tolhurst	3.15
	2 Trevor Cowley	3.06
	3 Colin O'Brien	2.84
High Jump		
W30	1 Marcia Taylor	1.15
W35	1 Joanne Owen	1.37
W45	1 Lyn Osmer	1.40
	2 Anne Goulter	1.20
	3 Julie Bakalich	1.10
	4 Lynne Plimmer	1.10
W50	1 Julie Judd	1.05
W55	1 Birgit Steltner	1.05
W60	1 Lois Anderson	1.10
	2 Anne Deleiros	1.10
M35	1 Clayton Murray	1.53
M40	1 Peter Ranginui	1.78
	2 John Turner	1.73
	3 Rene Otto	0.90
M45	1 David Ledger	1.68
	2 Brian Curry	1.65
	3 Stephen Te Whaiti	1.56
	4 Wayne Doyle	1.50
	5 Mark Macfarlane	1.45
M50	1 Stephen McKee	1.54
	2 Manfred Rothkopf	1.45
	3 James Lynch	1.20
M55	1 Georg Ludwig	1.30
	2 Earl Crowley	1.25
M60	1 Jos Pols	1.24
M70	1 Bill Owen	1.05
	2 Alan J Hunter	0.95
M75	1 Jim Blair	1.15
	2 Trevor Cowley	1.05
	3 Colin O'Brien	1.00
Pole Vault		
M45	1 Wayne Doyle	2.80
	2 Brian Curry	2.60
M50	1 Stephen McKee	3.71
M55	1 Earl Crowley	2.00
M60	1 Jos Pols	2.10
M75	1 Colin O'Brien	1.60
Triple Jump		
W35	1 Joanne Owen	9.41
W45	1 Anne Goulter	8.65
	2 Lynne Plimmer	8.37
	3 Christine McCahill	6.72
W50	1 Julie Judd	7.56
	2 Beverley Peterson	3.98
W55	1 Birgit Steltner	7.02
W60	1 Anne Deleiros	7.63
	2 Lois Anderson	6.76
W65	1 Frances Bayler	6.43
	2 Glen Watts	5.55
W80	1 Shirley Peterson	5.48
M35	1 Clayton Murray	9.95
M40	1 Steve Hargreaves	10.34
	2 Rene Otto	7.64
M50	1 Stephen McKee	11.36
	2 Stephen Burden	10.86
	3 Gary Rawson	10.63
	4 James Lynch	8.13
M55	1 Earl Crowley	8.49
	2 David Lobb	7.90
M60	1 Ian Sim	9.17
	2 Rod Jeffries	6.17
M70	1 Bruce Clarke	6.84
	2 Ron Munro	6.81
	3 Roly Letham	4.24
M75	1 Trevor Cowley	6.70
	2 Colin O'Brien	6.49
	3 Tony Tolhurst	6.38
M80	1 Alistair Mackay	5.73
Shot Put		
W30	1 Nicola Jennings	7.96
	2 Marcia Taylor	7.29
	3 Andrea Cattermole	6.73
W35	1 Tracy Morgan	8.10
W40	1 Brenda Davis	8.74
W45	1 Christine McCahill	10.73
	2 Lyn Osmer	9.48
	3 Susann Rothkopf	8.02
	4 Julie Bakalich	6.88
	5 Alison Newall	6.02
W50	1 Linda Beach	9.10
	2 Fiona Harvey	8.87
	3 Claire Giles	7.93
	4 Theresa Large	6.30
W55	1 Tui Ashe	8.40
M30	1 Michael Scholten	8.58
M40	1 Rene Otto	10.86
M45	1 Peter Blucher	11.23
	2 Wayne Doyle	10.79
	3 Mark Cumming	9.48
M50	1 Mark Flaus	12.24
	2 Stephen McKee	10.72
	3 Hans Barnard	9.57
	4 Tom Reihana	7.24
M55	1 Christopher Thompson	9.45
	2 Lester Laughton	9.44
	3 Terry James	7.95
	4 Earl Crowley	7.32
M60	1 Keith Hutton	11.06
	2 Bo Cox	10.39
	3 Jos Pols	10.27
	4 Richard Davison	10.07
	5 Glen Church	7.03
	6 Rod Jeffries	6.92
M65	1 Brian Senior	9.09
	2 Roy Skuse	8.30
M70	1 Rex Billington	9.85
	2 Robin Ball	9.29
	3 Peter Hanson	9.02
	4 Bill Owen	8.59
	5 Barry Rait	7.65
	6 Bruce Clarke	7.31
	7 Alan J Hunter	6.96
	8 Bryan Slattery	6.77
M75	1 Trevor Cowley	7.06
	2 Ray Laurie	6.12
M80	1 David Leech	7.15
	2 Maurice Cook	6.52
Discus		
W30	1 Nicola Jennings	25.17
	2 Marcia Taylor	24.40
	3 Andrea Cattermole	23.32

W35	1 Tracy Morgan 23.79	M70	1 Robin Ball 33.32
2 Vanessa Story 18.30	2 Bill Owen 27.98	2 Bruce Clarke 22.19	3 Rex Billington 27.95
W40	3 Bryan Slattery 22.70	4 Bryan Slattery 22.70	4 Bryan Slattery 22.70
1 Brenda Davis 24.68	5 Bruce Clarke 22.19	5 Bruce Clarke 22.19	5 Bruce Clarke 22.19
W45	6 Barry Rait 20.69	6 Barry Rait 20.69	6 Barry Rait 20.69
1 Christine McCahill 31.79	7 Alan J Hunter 20.46	7 Alan J Hunter 20.46	7 Alan J Hunter 20.46
2 Anne Goulter 18.20	8 Roly Letham 16.03	8 Roly Letham 16.03	8 Roly Letham 16.03
3 Julie Bakalich 17.14	9 Trevor Preece 10.24	9 Trevor Preece 10.24	9 Trevor Preece 10.24
4 Susann Rothkopf 16.96	M75	1 Jim Blair 23.65	1 Jim Blair 23.65
W50	1 Jim Blair 23.65	2 Trevor Cowley 20.85	2 Trevor Cowley 20.85
1 Fiona Harvey 27.01	2 Trevor Cowley 20.85	3 Ray Laurie 20.57	3 Ray Laurie 20.57
2 Linda Beach 20.84	M80	1 David Leech 18.84	1 David Leech 18.84
3 Claire Giles 18.43	1 David Leech 18.84		
4 Beverley Peterson 18.19	Javelin		
W55	W30	1 Nicola Jennings 24.98	1 Nicola Jennings 24.98
1 Tui Ashe 21.31	1 Nicola Jennings 24.98	2 Marcia Taylor 19.80	2 Marcia Taylor 19.80
2 Katy Tapling 14.77	2 Marcia Taylor 19.80	3 Andrea Cattermole 17.32	3 Andrea Cattermole 17.32
3 Jenny Hastie 13.60	W35	1 Tracy Morgan 15.51	1 Tracy Morgan 15.51
W60	1 Tracy Morgan 15.51	W40	1 Brenda Davis 22.94
1 Beverley Church 21.98	1 Brenda Davis 22.94	1 Brenda Davis 22.94	1 Brenda Davis 22.94
2 Jill Evans 21.01	W45	1 Lyn Osmer 29.76	1 Lyn Osmer 29.76
3 Anne Deleiros 19.58	1 Lyn Osmer 29.76	2 Christine McCahill 22.21	2 Christine McCahill 22.21
4 Noni Callander 19.35	2 Christine McCahill 22.21	3 Alison Newall 15.99	3 Alison Newall 15.99
5 Loris Reed 19.34	3 Alison Newall 15.99	4 Julie Bakalich 13.88	4 Julie Bakalich 13.88
6 Alison Wright 13.82	4 Julie Bakalich 13.88	W50	1 Linda Beach 26.28
W65	W55	1 Birgit Steltner 15.06	1 Birgit Steltner 15.06
1 Glen Watts 19.59	1 Birgit Steltner 15.06	2 Katy Tapling 10.67	2 Katy Tapling 10.67
2 Beth Macleod 14.87	W60	1 Jill Evans 23.40	1 Jill Evans 23.40
3 Marion Clarke 13.36	1 Jill Evans 23.40	2 Beverley Church 19.39	2 Beverley Church 19.39
4 Diane Underwood 12.92	2 Beverley Church 19.39	3 Noni Callander 16.33	3 Noni Callander 16.33
5 Alison Duncan 12.74	3 Noni Callander 16.33	4 Loris Reed 15.96	4 Loris Reed 15.96
W70	4 Loris Reed 15.96	5 Alison Wright 12.74	5 Alison Wright 12.74
1 Barbara Bird 14.67	W65	1 Diane Underwood 14.45	1 Diane Underwood 14.45
2 Val Babe 14.29	1 Diane Underwood 14.45	2 Glen Watts 14.27	2 Glen Watts 14.27
3 Lorraine Menzies 11.18	2 Glen Watts 14.27	3 Alison Duncan 11.43	3 Alison Duncan 11.43
W75	3 Alison Duncan 11.43	4 Marion Clarke 8.67	4 Marion Clarke 8.67
1 Iris Bishop 11.55	W70	1 Barbara Bird 20.06	1 Barbara Bird 20.06
2 Clasina Van der Veecken 10.17	1 Barbara Bird 20.06	2 Lorraine Menzies 9.70	2 Lorraine Menzies 9.70
W85	2 Lorraine Menzies 9.70	W75	1 Clasina Van der Veecken 11.20
1 Pauline Purser 10.52	1 Clasina Van der Veecken 11.20	2 Iris Bishop 10.50	2 Iris Bishop 10.50
M30	W85	1 Pauline Purser 8.07	1 Pauline Purser 8.07
1 Michael Scholten 26.94	1 Pauline Purser 8.07	M30	1 Michael Scholten 37.31
M35	M30	1 Michael Scholten 37.31	1 Michael Scholten 37.31
1 Clayton Murray 27.50	1 Michael Scholten 37.31	M35	1 Clayton Murray 36.47
M40	M35	1 Clayton Murray 36.47	1 Clayton Murray 36.47
1 Rene Otto 34.24	1 Clayton Murray 36.47	M40	1 David Morgan 42.29
2 Peter Ranginui 25.51	M40	1 David Morgan 42.29	1 David Morgan 42.29
M45	1 David Morgan 42.29	2 Peter Ranginui 38.74	2 Peter Ranginui 38.74
1 Wayne Doyle 35.15	2 Peter Ranginui 38.74	3 John Turner 31.99	3 John Turner 31.99
2 Peter Blucher 34.04	3 John Turner 31.99	4 Rene Otto 28.42	4 Rene Otto 28.42
3 Mark Cumming 29.49	4 Rene Otto 28.42	M45	1 Wayne Doyle 45.22
4 Brian Curry 26.19	M45	1 Wayne Doyle 45.22	1 Wayne Doyle 45.22
M50	1 Wayne Doyle 45.22	2 Stephen Te Whaiti 43.96	2 Stephen Te Whaiti 43.96
1 Mark Flaus 42.15	2 Stephen Te Whaiti 43.96	3 Peter Blucher 37.02	3 Peter Blucher 37.02
2 Richard Lochgies 32.51	3 Peter Blucher 37.02	4 Brian Senior 31.09	4 Brian Senior 31.09
3 Stephen McKee 32.06	4 Brian Senior 31.09	2 Roy Skuse 26.03	2 Roy Skuse 26.03
4 Hans Barnard 31.69	M55		
5 Gary Rawson 28.76	1 Lester Laughton 33.88		
M55	2 Christopher Thompson 30.47		
1 Lester Laughton 33.88	3 Earl Crowley 25.06		
2 Christopher Thompson 30.47	M60		
3 Earl Crowley 25.06	1 Richard Davison 38.21		
M60	2 Jos Pols 36.39		
1 Richard Davison 38.21	3 Bo Cox 30.63		
2 Jos Pols 36.39	4 Rod Jeffries 23.55		
3 Bo Cox 30.63	5 Glen Church 22.05		
4 Rod Jeffries 23.55	M65		
5 Glen Church 22.05	1 Brian Senior 31.09		
M65	2 Roy Skuse 26.03		
1 Brian Senior 31.09			
2 Roy Skuse 26.03			

M50	1 Richard Lochgies 44.11	W75	1 Clasina Van der Veecken 14.48
2 Stephen Burden 38.55	2 Stephen Burden 38.55	2 Iris Bishop 14.20	2 Iris Bishop 14.20
3 Mark Flaus 38.22	3 Mark Flaus 38.22	W85	1 Pam Spiers 10.63
4 Gary Rawson 33.95	4 Gary Rawson 33.95	2 Pauline Purser 9.42	2 Pauline Purser 9.42
5 Stephen McKee 33.26	5 Stephen McKee 33.26	M30	1 Michael Scholten 28.00
6 Michael Roche 29.66	6 Michael Roche 29.66	M40	1 Rene Otto 31.54
7 Tom Reihana 27.81	7 Tom Reihana 27.81	M45	1 Mark Cumming 46.80
8 Hans Barnard 23.78	8 Hans Barnard 23.78	2 Peter Blucher 31.71	2 Peter Blucher 31.71
M55	1 Earl Crowley 36.37	3 Wayne Doyle 27.32	3 Wayne Doyle 27.32
2 Georg Ludwig 33.96	2 Georg Ludwig 33.96	M50	1 Hans Barnard 36.80
3 Christopher Thompson 20.91	3 Christopher Thompson 20.91	2 Mark Flaus 36.08	2 Mark Flaus 36.08
M60	1 Laurie Malcolmson 41.18	M55	1 Christopher Thompson 35.80
2 Keith Hutton 37.06	2 Keith Hutton 37.06	2 Lester Laughton 19.03	2 Lester Laughton 19.03
3 Richard Davison 31.34	3 Richard Davison 31.34	3 Earl Crowley 16.60	3 Earl Crowley 16.60
4 Jos Pols 26.94	4 Jos Pols 26.94	M60	1 Richard Davison 45.09
5 Rod Jeffries 26.05	5 Rod Jeffries 26.05	2 Bo Cox 36.40	2 Bo Cox 36.40
6 Glen Church 20.94	6 Glen Church 20.94	3 Jos Pols 34.94	3 Jos Pols 34.94
M65	1 Roy Skuse 23.36	4 Keith Hutton 31.71	4 Keith Hutton 31.71
1 Roy Skuse 23.36	2 Rex Billington 28.66	5 Glen Church 22.15	5 Glen Church 22.15
M70	2 Rex Billington 28.66	M65	1 Roy Skuse 21.63
1 Bill Owen 28.66	3 Robin Ball 23.01	2 Bo Cox 36.40	2 Bo Cox 36.40
2 Rex Billington 23.95	4 Bryan Slattery 20.87	3 Jos Pols 34.94	3 Jos Pols 34.94
3 Robin Ball 23.01	5 Bruce Clarke 20.56	4 Keith Hutton 31.71	4 Keith Hutton 31.71
4 Bryan Slattery 20.87	6 Alan J Hunter 18.44	5 Glen Church 22.15	5 Glen Church 22.15
5 Bruce Clarke 20.56	7 Barry Rait 17.04	M70	1 Rex Skuse 35.06
6 Alan J Hunter 18.44	8 Roly Letham 14.14	2 Rex Billington 28.96	2 Rex Billington 28.96
7 Barry Rait 17.04	M75	3 Bruce Clarke 27.53	3 Bruce Clarke 27.53
8 Roly Letham 14.14	1 Jim Blair 24.44	4 Barry Rait 22.32	4 Barry Rait 22.32
Hammer	2 Trevor Cowley 21.81	5 Alan J Hunter 21.14	5 Alan J Hunter 21.14
W30	3 Ray Laurie 18.13	6 Roly Letham 20.82	6 Roly Letham 20.82
1 Hardeep Kaur 55.80	W35	7 Bryan Slattery 19.58	7 Bryan Slattery 19.58
2 Nicola Jennings 28.56	1 Hardeep Kaur 55.80	W40	1 Brenda Davis 23.14
3 Marcia Taylor 21.71	2 Nicola Jennings 28.56	1 Brenda Davis 23.14	1 Brenda Davis 23.14
4 Andrea Cattermole 19.80	3 Marcia Taylor 21.71	2 Christine McCahill 40.95	2 Christine McCahill 40.95
W35	4 Andrea Cattermole 19.80	3 Anne Goulter 36.28	3 Anne Goulter 36.28
1 Tracy Morgan 34.33	W40	W45	1 Christine McCahill 14.40
1 Tracy Morgan 34.33	1 Tracy Morgan 34.33	2 Anne Goulter 36.28	2 Anne Goulter 36.28
W40	2 Christine McCahill 40.95	W50	1 Jo Hurring 22.69
1 Brenda Davis 23.14	3 Marcia Taylor 7.15	1 Fiona Harvey 9.33	1 Fiona Harvey 9.33
2 Christine McCahill 40.95	W45	2 Linda Beach 7.66	2 Linda Beach 7.66
3 Marcia Taylor 7.15	1 Christine McCahill 14.40	3 Theresa Large 6.80	3 Theresa Large 6.80
W50	2 Anne Goulter 36.28	4 Claire Giles 6.64	4 Claire Giles 6.64
1 Fiona Harvey 26.21	W55	W55	1 Katy Tapling 6.60
2 Linda Beach 23.36	1 Jo Hurring 22.69	2 Anne Goulter 10.60	2 Anne Goulter 10.60
3 Claire Giles 20.53	2 Katy Tapling 21.68	W60	1 Fiona Harvey 9.33
4 Beverley Peterson 18.60	3 Jenny Hastie 17.69	2 Linda Beach 7.66	2 Linda Beach 7.66
W55	4 Beverley Peterson 18.60	3 Theresa Large 6.80	3 Theresa Large 6.80
1 Jo Hurring 22.69	W60	4 Claire Giles 6.64	4 Claire Giles 6.64
2 Katy Tapling 21.68	1 Beverley Church 27.40	W65	1 Beverley Church 10.58
3 Jenny Hastie 17.69	2 Jill Evans 26.88	2 Jill Evans 10.53	2 Jill Evans 10.53
W60	3 Anne Deleiros 21.24	3 Noni Callander 8.98	3 Noni Callander 8.98
1 Beverley Church 27.40	4 Noni Callander 21.09	4 Alison Wright 8.28	4 Alison Wright 8.28
2 Jill Evans 26.88	5 Alison Wright 17.30	5 Sheryl Gower 7.51	5 Sheryl Gower 7.51
3 Anne Deleiros 21.24	W65	W65	1 Glen Watts 9.52
4 Noni Callander 21.09	1 Glen Watts 42.15	2 Glen Watts 9.52	2 Glen Watts 9.52
5 Alison Wright 17.30	2 Richard Lochgies 32.51	2 Beth Macleod 7.45	2 Beth Macleod 7.45
W65	3 Stephen McKee 32.06		
1 Glen Watts 24.53	4 Hans Barnard 31.69		
2 Marion Clarke 19.63	5 Gary Rawson 28.76		
3 Alison Duncan 15.64	W70		
4 Diane Underwood 15.20	1 Val Babe 19.05		
W70	2 Barbara Bird 15.22		
1 Val Babe 19.05	3 Lorraine Menzies 12.33		
2 Barbara Bird 15.22			
3 Lorraine Menzies 12.33			

3 Alison Duncan 7.42	W75	1 Clasina Van der Veecken 14.48
4 Diane Underwood 7.27	1 Clasina Van der Veecken 14.48	2 Iris Bishop 14.20
5 Marion Clarke 7.06	W85	1 Pam Spiers 10.63
W70	2 Pauline Purser 9.42	M30
1 Val Babe 7.60	M30	1 Michael Scholten 28.00
2 Barbara Bird 5.75	M40	1 Rene Otto 31.54
3 Lorraine Menzies 5.53	M45	1 Mark Cumming 46.80
W75	M50	1 Hans Barnard 36.80
1 Clasina Van der Veecken 7.02	1 Hans Barnard 36.80	2 Mark Flaus 36.08
2 Iris Bishop 5.76	M55	1 Christopher Thompson 35.80
W80	2 Lester Laughton 19.03	2 Lester Laughton 19.03
1 Marcia Petley 6.39	3 Earl Crowley 16.60	3 Earl Crowley 16.60
W85	M60	1 Richard Davison 45.09
1 Pam Spiers 4.52	1 Richard Davison 45.09	2 Bo Cox 36.40
2 Pauline Purser 4.13	2 Bo Cox 36.40	3 Jos Pols 34.94
M40	3 Jos Pols 34.94	4 Keith Hutton 31.71
1 Rene Otto 12.10	4 Keith Hutton 31.71	5 Glen Church 22.15
M45	5 Glen Church 22.15	M65
1 Mark Cumming 14.08	M65	1 Roy Skuse 21.63
2 Peter Blucher 9.39	1 Roy Skuse 21.63	2 Bo Cox 36.40
M50	2 Bo Cox 36.40	3 Jos Pols 34.94
1 Mark Flaus 14.41	3 Jos Pols 34.94	4 Keith Hutton 31.71
2 Hans Barnard 12.96	4 Keith Hutton 31.71	5 Glen Church 22.15
M55	5 Glen Church 22.15	M70
1 Christopher Thompson 11.10	M70	1 Rex Skuse 35.06
2 Lester Laughton 10.82	1 Rex Skuse 35.06	2 Rex Billington 28.96
3 Earl Crowley 7.48	2 Rex Billington 28.96	3 Bruce Clarke 27.53
M60	3 Bruce Clarke 27.53	4 Barry Rait 22.32
1 Richard Davison 16.02	4 Barry Rait 22.32	5 Alan J Hunter 21.14
2 Bo Cox 13.90	5 Alan J Hunter 21.14	6 Roly Letham 20.82
3 Keith Hutton 13.47	6 Roly Letham 20.82	7 Bryan Slattery 19.58
4 Jos Pols 13.06	7 Bryan Slattery 19.58	M75
5 Glen Church 8.37	M75	1 Ray Laurie 25.34
M65	1 Ray Laurie 25.34	M80
1 Roy Skuse 9.84	M80	1 David Leech 25.80
M70	1 David Leech 25.80	
1 Rex Billington 13.48		
2 Robin Ball 12.42		
3 Bruce Clarke 9.98		
4 Bryan Slattery 8.68		

5 Alan J Hunter 8.62	W75	1 Clasina Van der Veecken 2587
6 Barry Rait 8.47	1 Clasina Van der Veecken 2587	2 Iris Bishop 2489
7 Roly Letham 7.45	M60	1 Jos Pols 1886
M75	1 Jos Pols 1886	M70
1 Ray Laurie 8.95	M70	1 Bruce Clarke 1949
M80	1 Bruce Clarke 1949	2 Roly Letham 659
1 David Leech 11.08	2 Roly Letham 659	Throws Pentathlon
Pentathlon	W30	1 Michael Shoulten 1847
W35	1 Nicola Jennings 1994	M40
1 Joanne Owen 1566	2 Andrea Cattermole 1565	1 Rene Otto 2314
W40	M45	1 Mark Cumming 3118
1 Brenda Davis 1659	1 Mark Cumming 3118	2 Peter Blucher 2603
W45	M50	1 Mark Flaus 3183
1 Alison Newall 1977	1 Mark Flaus 3183	2 Hans Barnard 2449
2 Julie Bakalich 1786	2 Hans Barnard 2449	3 Stephen McKee 1948
W50	M55	1 Christopher Thompson 2545
1 Claire Giles 2524	1 Christopher Thompson 2545	2 Lester Laughton 2251
W55	2 Lester Laughton 2251	3 Terry James 1740
1 Tui Ashe 2975	3 Terry James 1740	M60
2 Birgit Steltner 1944	M60	1 Richard Davison 3776
W75	1 Richard Davison 3776	2 Keith Hutton 3285
1 Clasina Van der Veecken 2671	2 Keith Hutton 3285	3 Bo Cox 2886
M35	3 Bo Cox 2886	4 Jos Pols 2523
1 Clayton Murray 2020	4 Jos Pols 2523	M65
M40	M65	1 Roy Skuse 2457
1 Peter Ranginui 2471	1 Roy Skuse 2457	M70
2 John Turner 2420	M70	1 Robin Ball 3118
3 Rene Otto 968	1 Robin Ball 3118	2 Rex Billington 3118
M45	2 Rex Billington 3118	3 Brian Slattery 2278
1 Stephen Te Whaiti 3041	3 Brian Slattery 2278	4 Bruce Clarke 2253
W60	4 Bruce Clarke 2253	



PHOTO | JIM TOBIN

Meeting Manager Kevin Jago at the opening ceremony



PHOTO | GARY NESBITT

The "Chairman" (Bryan Kerr) did not let injury interfere with his Meeting Manager's responsibilities



PHOTO | JIM TOBIN

Nicola Jennings (CAN) won the W30 Shot Put



PHOTO | JIM TOBIN

Val Babe won the W70 Weight Throw at the national champs



PHOTO | JIM TOBIN

Electronic Distance Measurement (EDM) at the Hammer Throw

Tony McManus - World Record Miler

by | RON STEVENS

When the Christchurch Olympic Harrier Club's cross country Championship was won last year by a runner waiting less than three months to turn sixty, people said 'Gosh, What a wonderful athlete.' That race was just another outstanding performance from Tony McManus, whose effortless-looking stride and his almost cavalier attitude of always running for enjoyment conceals a determination and steely resolve which has seen him reach the upper rankings in world masters events.

In his younger days Tony was a competitive cyclist at national level, winning the round the Mountain (Mt Egmont) in Taranaki. He took up running when he was 32 joined the Leith Club in Dunedin and moved rapidly into the Club's A Team and although others in the team were younger he appreciated their camaraderie and the friendly atmosphere in the whole club. He also recalls the time spent in lunchtime runs with runners from a range of Dunedin clubs. They ran for enjoyment and the atmosphere and fun, even in hard sessions, set the tone for his future running career.

After four years he moved to Christchurch and fortuitously was sold a house by an Olympic club member and has competed for Olympic ever since. For over twenty years running has now been his major sport. Early in his running career, Tony ran a marathon in 3:02 but found it hard after twenty miles. Perhaps because of this he made the fortunate choice of coach in Neville Reid. Neville is also a class runner on cross country and track but it is in the marathon that his major strength lies with a PB of 2:25.

Several of Neville's marathons were run easily to accompany his training charges but ten of his 30 marathons were under 2:30 - an excellent record especially for the 1960s -1980s era. Neville's coaching strength, however, is in his perceptive ability to tailor runner's schedules to their current condition and he has helped several to national championship and international representation.

Tony McManus readily attributes much of his success to their twenty year partnership and the guidance that he has received. But talent and guidance alone are not enough. The athlete himself must have the fortitude to endure the hard training necessary for success at the top and the mental strength to match whatever his opponents demand. The continuing support of Tony's wife, Judi, during both his cycling and running careers has also been a major factor in his success.



Tony McManus - World Record Miler

PHOTOS | JIM TOBIN

Tony is modest about his achievements and perhaps, in spite of his many national titles, it has taken his wins in the World Masters Games 1500 metres and 5,000 metres in Sydney this year, and perhaps also his fourth placing in the 800 metres there, for him to realise just what an outstanding athlete he is. His M60 - 64 world record mile (4:53.29) in Christchurch in February, 2010 lifted him into another league.

Those who saw him follow a hard pace for over two laps, glimpsed increased effort in the third and then agonised with him for that final effort down the straight, his eyes fixed on the trackside clock, saw what courage is necessary to become the world's fastest-ever for his age-group. Two later attempts to crack the world 1500 metre time saw him only a second outside it on both occasions and in the second, the national championships, he won the race by almost 200 metres.

Prior to the 2010 Masters World Games Tony's international experience had been limited to three road races in the USA in 1988 and a half marathon in Sanda City near Osaka in Japan. Let us hope that he is now inspired to increase that experience.

Tony's preparation for his attempts on the mile and 1500m records was restricted by a knee injury in April and a calf injury in December last year, as well as four weeks overseas while watching the Tour de France. With full preparation he may well improve, not only his mile, but take the 1500m, the 3,000m and 5,000m world records as well.

Whatever the future holds, his sharing of the enjoyment of competition and the emphasis on fun in training outings make him a valued club member and a real example of that spirit which permeates master's athletics.



Vanessa Story and Joanne Owen appear to hold hands in the W35 100m hurdles

Record Fields at Perth

by | BRYAN THOMAS (Canberra)

This was the sixth occasion that our national championships had been held in Perth. They were previously conducted over the Easter weekend at Perry Lakes Stadium (built for the 1962 Commonwealth Games) in 1977, 1982, 1989, 1996 and 2003. However, this was by far the largest with 527 participants, which is better than some of the recent AMA championships held in the eastern states. The LOC were amazed as the number of entries was well above what they had anticipated and kept getting higher and higher as the closing date drew nearer. Of course the organisers were thrilled with the record numbers but it meant some minor adjustments had to be made to the advertised program.

The Numbers

Western Australia, being the home state, had the largest contingent of 211. Thus 316 athletes made the long trek across the Nullarbor. NSW were represented by 97 competitors, 74 from Victoria, 48 Queenslanders, 32 South Australians, 31 from the ACT and 26 Tasmanians as well as eight overseas athletes (three New Zealanders, an Irish couple and one each from Scotland, South Africa and the USA).

More than 35% of the participants were female, the oldest woman was W100 Ruth Frith (Qld) while the most senior man was M90 Peter Kennedy (WA), there were 22 competitors over 80 years-of-age (four were women), 14 were in the 30 to 34 age-group; the 50s age-group had most participants (77) while the 55, 60 and 65s all had 66 (it is most likely this age cohort have the greatest proportion of "empty nesters"). Most popular track and field events were the 800m, discus and javelin each with approximately 130 - 140 entrants. Almost 100 entered the throws pentathlon. This event, which owes much to the efforts of Royce Foley during the 1980s, continues to grow in popularity; so much so that its success creates problems of having sufficient facilities and people to conduct the competition. The traditional two non-stadia events, the 8km cross-country and the 10km road walk attracted 125 and 43 respectively.

The Venue(s)

One of the most memorable features of this year's championships was the magnificent new WA Athletics Stadium. What an improvement on the old Perry Lakes Stadium! The new venue boasts excellent facilities and is equipped with 'state of

the art' information technology. Local athletics officials were proud to claim that their track was probably the fastest in the country. It was even suggested that everything had been thought of to assist sprinters to run very quick times. Apparently the alignment of the main straight and grandstand made best use of the prevailing winds - a tail wind is always appreciated by sprinters so long as it doesn't exceed 2m/sec. However, for spectators the only criticism they had of the stadium was that the grandstand was built on the wrong side of the track; because as it faced west there was no shade in the afternoon. A short jog away from the stadium was an expansive area of playing fields and a superb 400m grass track (one of the best of its kind that the author has seen). Also only a short distance away, as the crow flies, but difficult for a Perth taxi cab driver to locate, was a large reserve. This was the location for both the cross-country and road walks. The 8km cross-country was run over four laps on a soft grass and sandy surface while the 10km road walk consisted of a 1km loop followed by six 1.5km laps along a bitumen path.

The Competition And The Competitors

At this year's championships there were 43 championship records and 11 Australian records and even four world records. The championships had only been going for a couple of hours when Marie Kay (Qld) set a new world record in the W50 long jump with a leap of 5.41m. Victorian Heather Carr set a brace of world records for the W60 5000m and 10km road walk with times of 26:29.26 and 54:12 respectively, as well as a championship record in the steeplechase. Both record breakers had recently returned from being two of the stars at the World Masters Indoor Championships in Kamloops, Canada where both set world records. Marie's world record was for the W50 indoor pentathlon (4906 points) and Heather's in the 3000m (15:54.75). A remarkable coincidence is that 21 years earlier, at the 1989 Australian Veterans' Championships also held in Perth, Heather set a world record for the W35 10km road walk. W75 Val Worrell (Vic) tossed the heavy weight 11.57m for a new world best performance.

Three new Australian Records were set in the 60m dash by W45 Gianna Mogentale (NSW) 7.86, W65 Peggy Macliver (WA) 9.43 and M65 Rob McDonald (Qld) 8.10. Others were by Tasmanian Suzy Cole for the W40 800m 2:10.48, Marie Kay (Qld) leapt 1.45m in the W50 high jump, Wilma Perkins (Qld) cleared 2.33m in the W60 pole vault while Raema McMillan (WA) set two new W80 Australian Records when she hurled the javelin 15.34m and scored 4817 points in the throws pentathlon. Raema also set Championship Records for the discus, shot put and heavy weight.

Champion thrower Ruth Frith from Queensland at 100 years-of-age was again, as she has been at so many national championships, the oldest competitor. Ruth participated in three individual throwing events (shot put, hammer and heavy weight) as well as the throws pentathlon in which she was awarded the Royce Foley Trophy for the woman scoring most points in the event. Her score of 11,169 points means is an average of 2,284 points for each of the five throwing disciplines. It is obvious Ruth is a trailblazer and the statisticians are yet to come to terms with the talents of older female athletes. Ruth had previously

won this trophy as a W90 in 2001 and as a W95 in 2005. M65 Ray Green (ACT) was the male recipient of the Royce Foley Award having previously won it 10 years earlier as an M55. The most senior male athlete, M90 Western Australian Peter Kennedy was so fit and energetic he participated in 12 events; the 60m, 100m, 200m and 400m runs, long and triple jump, shot put, discus, javelin and hammer and the 1500m race-walk, while his performance in the pentathlon was a championship record. Like Ruth, Peter was the sole competitor in his age-group and he too took home a sack full of gold. Both Ruth and Peter attracted much media attention while Ruth was even accompanied by a television crew that had come all the way from Queensland.

Two special events at each national championship are the 'Champion of Champions' 100m sprint handicap and the throwing handicap. M65 Queenslander Rob McDonald was a narrow winner in the men's Champion of Champions sprint while W45 Gianna Mogentale of NSW made it a 'hat trick' of wins in this prestigious event having previously won the handicap in both 2008 and 2009. On the first day of competition both Rob and Gianna had set new Australian Records in the 60m. The discus was the implement thrown in this year's Champion of Champions throwing handicap in which both winners, W80 Raema McMillan and M35 Mark Hamilton were from the home state.

This was the third occasion that the Brian Foley Award, for the best performing male or female athlete in the 800m or 1500m, had been presented. David Carr (WA) had won the first two but this year W65 Victorian Levinia Petrie was the winner.

Athletes achieving the best age-graded performances in six categories were officially recognised as 'Athletes of the Meet'. The winners were - Rob McDonald (Qld) for the sprint/hurdle category for his performance of 8.10 in the M65 60m dash earning 99.26%, for middle distance David Carr (WA) ran 9:28.42 in the M75 steeplechase for 95.75%, distance category Levinia Petrie (Vic) W65 5000m 21:09.72 equates to 99.29%, walks Heather Carr (Vic) scored 95.55% for her W60 10km road walk in 54:12, for the jumps Dawn Hartigan (Vic) cleared 3.20m in the W50 pole vault earning 93.29%, and for the throws W100 Ruth Frith (Qld) tossed the heavy weight 4.72m for an amazing 205.22%.

The Kiwis

Three of the eight overseas competitors were New Zealanders. This is probably less than normal because the change in date and venue for this year's NZ Masters Championships clashed with the AMA Championships. M75 Ron Johnson is a regular participant this side of the Tasman, and as usual was successful in a large number of events. Ron won gold medals in pole vault, discus and javelin and silver for shot put, hammer, throws pentathlon and all three jumps. W40 Oly Adams now resides in Australia but proudly wore her NZ uniform while winning both the 1500 and 5000m race walks. W35 Althea Mackie enjoyed the championships winning gold in the triple jump, silver in javelin, heavy weight and throws pentathlon and bronze in discus and shot.

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THE SPECIAL AWARDS

The traditional dinner and awards ceremony was held in a function room of the Kings Perth Hotel on Sunday evening. Apart from being a joyous social occasion, where master's athletes from around the country mix and enjoy the company of old and new friends, it is also where the AMA recognise our most outstanding performers from the previous year. This year's recipients in the 11 categories are – W65 Peggy MacIver (WA) sprints, M70 Alan Bradford (Qld) middle distance, W45 Glenda Banaghan (Qld) distance events, W60 Heather Carr (Vic) walks, W60 Margaret Taylor (ACT) jumps, M45 Stuart Gyngell (NSW) throws, the Australian M65 4x400m relay team of Col Buyers, Tony Ireland, Neville McIntyre and Heinz Steinmann in the multi-events/relays category, Heather Doherty (Qld) administrator/official, W45 Gianna Mogenale (NSW) most outstanding individual performance, W45 Marie Kay (Qld) most outstanding female athlete and M75 David Carr (WA) most outstanding male athlete.

Some of these remarkable athletes have been at the top of their discipline for many years and have won an AMA award a number of times. For example Peggy had the most outstanding individual performance in 2000, Alan was the best middle distance runner in 2000, Stuart won the throws category twice (2003 and 2007) and Gianna won the sprints category in 2005. David has won four other AMA Awards; most outstanding male athlete in 2004, middle distance 2008 and most outstanding individual performance in 2002 and 2009. Margaret has been the champion jumper on five previous occasions 1999, 2001, 2002, 2004 and 2009. But Marie has the most remarkable history within these awards having been honoured six other times; she won the multi-events category in 2002, 2004 and 2006, the best individual performance in 2008 and was the most outstanding female athlete in 2007 and 2009.

Another highlight of the evening was presenting framed plaques to both the original and new inductees to the AMA Hall of Fame. Alan Bradford (Qld), Ann Cooper (SA) and John Gilmour OAM (WA) were joined by Reg Austin OAM (NSW) and Shirley Brasher (Tas).

At the time of the WAVA championships in Brisbane 2001 Reg Austin was one of only a few who had participated in all 14 world championships that began in Toronto, Canada in 1975. In fact the 2001 championships were the first at which Reg had not won a gold medal in one of the sprints. Being a well known and successful professional sprinter Reg was embroiled in a bitter controversy concerning the acceptance of professional runners that raged during the first couple of world veterans' championships. Until a few years ago Reg was also a regular participant at the national championships. He won the Champion of Champions handicap in 1999 and 2001 and still holds six Australian records in the 100, 200 and 400m.

The Australian contingent that attended the World Championships in Lahti were saddened to learn of the passing of a team member and one of Australia's most prominent woman athletes, 83 year-old Tasmanian Shirley Brasher. Shirley had participated with great success as a middle and long distance runner, race-walker, and in recent years also as a jumper and thrower in all Australian, Oceania and World Championships for more than a quarter-of-a-century. Throughout her veterans/masters athletics career Shirley had set 14 world and 22 Australian records as well as receiving numerous awards from state and national associations including from the Commonwealth of Australia and the Confederation of Sport.

John Gilmour, now 90 years-of-age and Patron of Masters Athletics WA, was a special guest at both the dinner and at the track. Proudly dressed in his green Australian blazer, that was part of the team uniform for the historic 1972 tour of Europe, John was on hand to talk to athletes and present medals for several hours each day of competition. Those at the dinner were pleased when John took the opportunity to outline his long and inspirational athletics career and his views about what is so good about our sport.

Next Year

The 39th AMA Championships will be held in Brisbane next Easter. But as ANZAC Day falls on Easter Monday in 2011 the championships will be conducted from Thursday to Sunday. How many athletes within the huge WA contingent that enjoyed their first taste of participating in our national championships now decide to attend future championships in the eastern states?

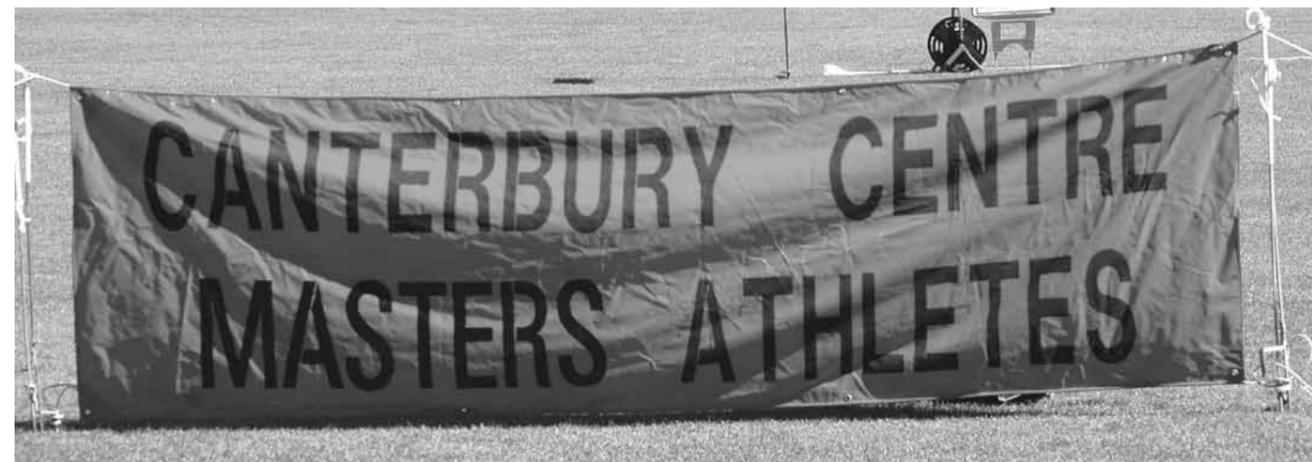


PHOTO | JIM TOBIN

Thank You Christchurch

by | JOHN WAITE

When Nelson (Tasman Region) was unable to conduct this year's master's national championships, the call for an alternative Centre to 'step in' was answered by the Canterbury Association. Any weekend other than Easter was not an option because of the limited availability of QEII Park.

Congratulations are extended to those wonderful Canterbury officials who conducted a most successful championship meeting. Numerous 'visiting' competing athletes commented on the smooth, seemingly non-stressed, mistake-free programme administration.

QEII Stadium is so ideal for master's track & field meets. Perhaps its relative distance from the Christchurch City centre could be a negative factor, especially on a holiday weekend when public transport is scant and visitors to Christchurch rely upon bus access. However, this internationally-acclaimed facility featuring a fast Mondo track, state-of-the-art fields and outstanding additional facilities including spectator stands, first-class toilets and showers, and quality sound and timing equipment augered well for as good as athletes could expect or hope for.

Some stadiums do not give easy access or assembly space to master's athletes, or their families and friends 'encamped' during competing hours. It's not unusual in other centres to be waiting in the 'open-air'. Whilst that is acceptable in fine, warm times, it can be very uncomfortable during wet, cold and windy

conditions. At QEII the large enclosed lounge space adjacent to the 100 metres track provided a base for warmth, conversation areas and refreshments. This room became the mecca for making new contacts and friends, and meeting and renewing acquaintances when outside temperatures were, at times, coolish.

What a wealth of professional talent and experience in athletics management exists in Canterbury. Leaders Kevin Jago and Brian Kerr and their support teams displayed a quiet efficiency. There are times when overbearing officialdom can over-rule the fair and reasonableness expected by competitors. Not so in Christchurch; officials were constantly obliging, good-humoured, respectful and encouraging, meeting the athletes' needs as requested and required. There was professionalism (as well as good humour) evident in every aspect of the organization.... every possible requirement for athletes' comfort and relaxation had been considered (right down to the eye-catching detail of matching, embroidered aprons worn by the two friendly volunteer 'caterers' from 'Fay & Rae's Port Hills Catering Services!')

Masters are so fortunate to be supported by these unpaid volunteers. Competing athletes should always remember, and surely do, that these games would never exist if it weren't for the calibre and enthusiasm of such personnel.

Well done, Canterbury!



Ray Laurie won the M75 Hammer Throw

PHOTO | JIM TOBIN

Running The Buller

by | DAVE KENNEDY

I was talking to Noel Burr at the track nationals. The upright style, long raking strides and 300m finishing sprint home had given him wins in the 1500m and the 800m. Now he was thinking about next year's Buller marathon which is based on Westport on the west coast of the South Island. My podiatrist ran the Motutapu marathon and is now training for the Christchurch marathon. Kris at work has accepted the challenge of the Auckland marathon. All were looking for advice on how to run a marathon.

I've run a few marathons over the years. The first was the 1963 Canterbury marathon when I was 16. My mate, Fred, and I came up from Waimate on the bus and stayed with Fred's sister. We arrived at Rugby park for the pre race medical then set off on a circuit that took us down to the Heathcote river, round past the Princess Margaret Hospital, a turnaround at the 13 mile mark, round the foothills to Ferrymead, then back up Linwood Ave, Fitzgerald Ave, Bealey Ave, and so back to the park. The most memorable aspect of that race was a hailstorm at the 20 mile mark. I struggled home in 3:08. Fred was a couple of minutes behind me. I didn't run that one very sensibly. I went out too fast. I often made that mistake. From 1986 I ran 13 Buller marathons over 15 years and I always ran well so maybe my Buller tactics should be applied to any marathon.

Buller is a great marathon to run. Noel's been a Westport local for six years and knows how much the community supports the marathon with volunteers out on the course manning drinks stations, sponges, first aid, and timing. As he says "it's the world's most scenic marathon" – and he's right. It starts at Hawke's Crag, up in the Buller Gorge, with a steep drop to the powerful Buller River. The course goes 8km up the gorge to the historic Berlins Hotel then returns to Hawke's Crag. The next 16km winds on down the Gorge, the river a constant companion, bush-covered hills on both sides, wood pigeons and weka a common sight, and in February the cicadas cheer the runners on their way. So – what advice can I offer him – for Buller – for any marathon?

I'm reminded of Jim Peters pre-marathon self examination "Have I done the training? Have I lived like a monk for the last three months?" Which is really my most important advice ie the hardest part about running a marathon is doing the training. If you have done the training then the marathon is easy. The Buller marathon is always held on the second Saturday in February. My first Buller was in 1986. Jack Foster discovered that 80 miles a week was the optimum weekly mileage for him. As a masters runner I found it was about optimum for me too.

And I discovered the Alison Roe schedule when my wife, Anne, bought me Gary Elliot's book as a birthday present. I remember

perusing the daily schedules. "am three miles easy, pm eight miles including four hard hills" and thinking that this looks fairly easy. Three mile easy in the morning – that's hardly worth getting out of bed for – so I'd do four or five miles at a steady pace in the morning. It took me a while to realise that the easy three or four miler in the morning was meant to be just that – easy - a gentle loosener, a time to get rid of the lactic acid and wake the body up.

The afternoon runs were always more than just an eight mile run – there was always a twist that provided a greater training effect – e.g. "two miles warm-up, 4 x 800m reps with 800m recovery, two miles warm down". It was a schedule that worked for me.

What else? Well in those days I had a dog that was also a keen runner. I couldn't leave the house without her. The schedule built up to a series of 22 milers. But the dog couldn't handle a 22 miler on the road. I'd tried that once and she had worn her pads out. So what to do for a "22 mile as you feel, last half firm"? The answer, do it in two halves. I'd jog a mile to the Avon River then follow the Christchurch marathon circuit to QEII and back. I'd time each km which kept me honest and on a pace close to race pace for 16km (about two minutes slower for the 16km). Jog home, drop the dog off, have a drink, then repeat the dose. All told 24 miles in about three hours and most of it sitting at close to race pace. An important component of training for a marathon is learning to sit at close to race pace for mile after mile after mile. Three of these sessions prior to a marathon – that was my secret to a good marathon. That and running sensibly.

As Peter Watts says "Out like a lamb – home like a lion" that's the way to run a marathon. We all know that is true, it's just so hard to put into practice. I managed to run it that way at Buller the first time and it worked, so I continued to follow the formula. It's usually hot and always humid at Buller so care is required. It's also deceptively uphill for the first five miles, not a time to be checking the watch or worrying about the pace. After the turn at Berlins hotel the next five miles back to the start is not a time to be trying to catch up on time lost either. The first 10 miles is a time to sneak quietly through the miles, make it as easy as possible, a time for conservation of potential energy.

The aim was to get back to the start line and still feel as good as when you left. The second 10 miles is mostly downhill. The aim now is to work a little harder and maintain the pace through to 20 miles, keep it steady, enjoy the scenery, one by one pick off runners ahead. Aim to get to the big sign that indicates 10km to go and still feel like a runner. The last 10km at Buller is out of the Gorge, there is no shade, there are two big hills and some smaller undulations, it's not an easy finish. I remember John Hannam telling me once he was sixth out of the gorge and

second at the finish. Many a time I chased down Bill Wells or Stu Watts in the last 10km. The best marathons are when you finish strongly; the worst are when you struggle over the last 10km.

I well remember the 1990 race. I was chatting to the great Derek Turnbull on the Friday evening. I asked him about his 2:38 marathon at age 60. That was the Adelaide marathon, not too hot, no wind, a light drizzle, just perfect for marathon running he told me. He had not run Buller before and asked me about the course. I told him about the first 10 miles. He followed my advice and at the 10 mile mark I heard the patter of flying feet – then he went past me. I tried to go with him but he slowly increased the distance between us. At 31km he had a 300m/400m break.

Then I saw him stop for a drink. He was human after all. On the first of the hills I pushed past and told him he was a tough old bugger. I finished only two minutes ahead of him – he did 2:49 at age 63. I was only 44 and I was impressed, and even more impressed when he ran an inspiring 2:41 at London two years later. After that when I ran Buller I'd get to the 10 mile mark and aim to do a DerekTurnbull ie pick up the pace for the next 10 miles.

Nyla Carroll leads Sally Gibbs & Fiona Gilroy in the women's 1500m

The Buller marathon starts up in the Gorge and finishes with a run down the main street of Westport, a final turn at the Post Office corner (and a sign that says "Only 200m to go – if you feel like sprinting"), and into Victoria Park to complete the journey. I guess the best part of any marathon is the finish – it's even more so at Buller. There is a real festival atmosphere with everyone relaxing, rehydrating, and reliving the race. There is a multitude of stalls, manned by local organisations, providing a range of food and drinks.

The whitebait sandwiches are always popular. Where else would you get whitebait sandwiches after a marathon? There are plenty of free drinks available including cups of tea. There are showers available at the swimming pool – and a free swim if you have the energy. Buller is a real people's marathon – these days more walk the half marathon than run it – there are prizes for the walkers and heaps of spot prizes including major travel prizes. I'd love to do another Buller marathon. If I can get my foot back to fully functioning mode then I'd just have to do the training if I want to join Noel on the start line next February.



PHOTO | JIM TOBIN



Coaching Corner

by | MIKE WEDDELL

As we get older, not speaking from personal experience of course, we tend to get the odd niggling injury especially in the lower leg. Such injuries often don't get much worse if training continues undiminished. Of course a serious injury that develops is usually painful and there is no option but to stop training. Niggling injuries do not seem to be worth bothering with and after all any time lost training is time wasted and has to be made up eventually.

Unfortunately what often happens when a niggling injury is ignored, especially in the foot or lower leg, is that it causes a change in gait which throws the stress of running on another part of the foot or leg and we end up substituting one injury for another or one injury for two injuries.

The sensible thing to do is to investigate any injury as early as possible. Do not just get it treated but try to find out the cause and get both the injury and the cause treated to give the best chance of it not recurring. Athletes talk of having some weakness or other that causes an injury every now and then. Maybe not much training time is lost on each episode but in total it can be significant. I am assuming that athletes in general want to perform to the best of their ability, if not all of the time then at least most of the time and so it pays to go for early intervention when even a slight injury presents.

Get treatment early and take preventative measures which may be increasing strength or mobility or even modifying technique. A week or two off training early on may save months of aggravation over a long period.

Through The Ages...

A group of 40-year old NZMA buddies discussed where they should meet for dinner. Finally it was agreed upon that they should meet at the Ocean View Restaurant because the waitresses there had low cut blouses and were very young.

Ten years later, at 50 years of age, the group again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because the food there was very good and the wine selection was good also.

Ten years later, at 60 years of age, the group again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because they could eat there in peace and quiet and the restaurant had a beautiful view of the ocean.

Ten years later, at 70 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because the restaurant was wheel chair accessible and they even had an elevator.

Ten years later, at 80 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because they had never been there before.



David Leach won the M80 Hammer Throw

PHOTOS | JIM TOBIN

World Records

by | COLLEENA BLAIR

Official world masters age group records are on the WMA Website: www.world-masters-athletics.org

The application form is also on the website. Regional secretaries should print it out (2 pages) and take copies to competitions. All parts of the application form relevant to the event must be completed and copies of birth certificate or passport, official results and for events 400m or less, a photo timer print out, and for longer races a hand timer's certification or a print out. Applicants must be members of the Masters Association.

Send applications to: Oceania Representative on the WMA Records Committee - currently Colleena Blair, 43 Elmslie Road, Pinehaven, Upper Hutt... After checking the application it will be sent to the Records Manager, Sandy Pashkin for ratification...

No record application form is needed for records set at World Masters Championships or Regional Masters Championships but the Regional representative needs to receive certified official results and be informed of any world record performances. In addition, marks set at Olympic Games, IAAF World Championships, Grand Prix meets, Commonwealth Games and equivalent regional meets will be accepted when the WMA Records Manager has been notified by the Area Representative and the athlete's age has been confirmed.

Single-age Bests

The Peter Mundle booklet of unofficial World Masters records or single age bests is no longer being printed (the latest I have is 2006) but the lists are on the American publication, National Masters News, website: www.nationalmastersnews.com although I think that you can only access it if you are a National Masters News subscriber. Pete is keeping the lists as up-to-date as he can so if you think that you have done a really good performance for your age you can complete a World Masters application form and send it, with the above paperwork to: Peter Mundle, 3955 Bentley Avenue, Culver City, CA 90232, USA. or to Colleena Blair who will check it and forward it to him.

New Zealanders Currently Holding World Masters Records

- Margaret Peters** - W70 100m; W70 200m, W75 400m and 4 x 400m relay.
- Bernie Portenski** - W50 10,000m; W60 5000m (tba), W60 10,000m (tba).
- Margaret Orman** - W50 2000m steeple; W55 2000m steeple.
- Dawn Cumming** - W75 2000m steeple; 4 x 400m relay.
- Christine McCahill** - W35 weight; W35 throws pentathlon.
- Marcia Petley** - W75 4 x 400m relay.
- Clasina van Der Veecken** - W75 4 x 400m relay.
- Ron Robertson** - M55 1500m; M60 1500m; M55 3000m; M55 3000m steeple; M60 2000m steeple; M65 2000m steeple.
- Derek Turnbull** - M65 1 mile; M65 3000m; M65 10,000m; M65 marathon.
- Gary Little** - M45 3000m walk; M50 3000m walk; M45 5000m walk; M50 5000m walk; M50 10km walk; M50 20km walk; M45 30km walk; M50 30km walk.



Earl Crowley in the M55 Shot Put

Good News For Middle Aged Runners

by | BARRY RAIT

The academic and scholarly world of sports and health research and writing is becoming replete with studies of willing senescent masters athletes keen to be attended upon and have their efforts to be scientifically recorded. No doubt the broad demographic changes as in 'the silvering of the population' is creating an increasing demand as are the soaring ill-health costs for this sector of western nations. Researchers find the field of masters sports and particularly those sports that can be easily measured (e.g. weightlifting; track and field athletics; swimming) a treasure trove of applicable potential studies.

We all know that there are irrefutable primary ageing effects that gradually diminish athletic performance. The question of what other factors or variables that contribute to this reduction of performance for well performed middle-aged masters runners, are addressed by the authors noted below. Their expressly put aim "was to examine the relative contributions of both training and age to the explanation of running performance for a sample of active, continuously involved Masters in the middle years of life." (p.740). Specifically, they were interested in the relative contributions of training over the last five years and then in the longer term, had on athletic performance in middle age and how well this performance could be predicted.

In a recently published article in the Journal of Sport and Exercise Psychology (2008, 30, 737-754), 'Explaining Performance in Elite Middle-Aged Runners: Contributions from Age and From Ongoing and Past Training Factors', Young, Medic, Weir and Starkes examined afresh the relationship between age-related decline and the factors associated with it. They employed some powerful statistical analysis to their findings and reached certain conclusions that extend our known information about early gerontological knowledge (not *geriatric*, because that term refers to an actual array of diseases).

Through 226 questionnaires they examined the training logs of 43 (also noted as 30) masters runners who participated in several Canadian and USA championships in 2004 and 2005. This study was thus retrospective in nature and mainly relied on male athletes. The selected athletes were between 40 and 59 years old, average 50 years, and were participating in the 10 km competition event with an average time of 39:19 and were mainly males.

The researchers based much of their study on the 1996 Kramp and Ericsson findings that proposed: *...skilled performance could be retained at older ages as long as individuals have continuously practised across the life span in a particular domain of expertise, and have engaged in specific practice activities that are most relevant for improving performance.*

The concept of preservation of the effects of training was promoted including an *accumulation effect* throughout life. This recent study also extends rather than simply to infer a preservation effect. The researchers were keen to distinguish between the 'inferred preservative or moderating role of career-span training on age decline' as assumed in many studies and the scientifically discovered effects of training. So the study was geared towards 'Analysis 1 dealing with **ongoing** training factors and Analysis 2 dealing with the effect of **past cumulative** training from (a) total cumulative training and (b) training in the last 5 years.

For the dependent measure they examined 'the performance time that each participant recalled having achieved at the oldest age during the 40-59 years period' (= the performance). For the independent measure they considered 'age was entered for each participant based on the year in which the performance was achieved (= ongoing weekly training...). Further to this, the independent measure was divided into (a) training for all running done in the past five years and (b) training for all running done earlier in a career.

Their findings are instructive and reinforce experienced master's runners' intuitions. For Analysis 1, the amounts of **weekly training completed over a year** in which the top performance was achieved, was accountable for more variance in performance than age alone. For Analysis 2, past performance accounted for more variance of performance than age alone. Cumulative training explained more about performance than age alone. Thus the role of this training was more significant in explaining performance than the increase in age. Intensive training as exemplified by the present subjects showed significant modification on the process effects of "primary aging". The researchers held the view that: *Whereas aging is inevitable, training is, to a certain degree, under the control of the individual if they are motivated; have access to adequate resources such as equipment, coaching, and facilities; are able to remain free of injury; and are not compromised by the effects of "secondary processes of aging"*(p.749)

The 'secondary effects are excessive and incorrect training and then there is the down-time from training resulting from those injuries. These factors are described as 'self-damage'. The crucial factor of continuity of training was emphasised by the authors. They cited three related aspects: *"many years of uninterrupted practice, shorter off-season periods, and higher weekly amounts of practice."* How to allow for occasional injury remains a problem was a challenging problem that was dealt with satisfactorily.

The effect of enjoyment and a high level of participation in running can result from years of continuous exercising. This consequential effect has its own built-in benefits and so can be self-perpetuating. The crucial element of continuity of training in the maintenance of performance is highlighted. It was concluded that: *They acquire their performance capabilities by training intently and without interruption for many years, and the past five years appeared in the current study to be most important for bolstering running performance in the middle years of life.* (p. 751)

The maintenance of top competitive performances is dependant on the continuity of uninterrupted training with little time-off between seasons, well planned training and insignificant injury. There is nothing new in this rather obvious conclusion because this applies to 'peak-of-life-performances' too, so why not to masters athletes? This study shows that middle-aged well performed masters athletes can maintain their top times by maintaining uninterrupted and correct (non self-damaging) training particularly in the previous five years. 'Maintenance' training was also useful and reduced the stress to excel particularly when injury intervened.

As is par-for-the-course of such studies there are more questions arising, such as, how is the early-life training/practice reflected in later-life skilled performance? What are the variables for the 60+ year athletes? What are the female performances showing? Another angle for enquiry is, what does research mean for the field events athlete, particularly throwers, where the effect of cardio-respiratory fitness is far less evident? A ready answer is for the throwers to compete in the multi-events particularly the pentathlon where there is sufficient cardio-respiratory challenge to make a difference.

Whatever the scientific findings, the old adage "if you do not use it, then you lose it" comes to mind, so one can hope for a preservation and practice effect from earlier times.

PHOTO | JIM TOBIN



Michael Bond (6523) leads from Barry Jones (6507) and Neville Reid in the M65 1500m

Jim Tobin - Life Membership

by | JIM BLAIR

It is often considered normal to nominate persons for this honour after they have completed their service roles and then placed out to pasture. It is also considered normal to not name the person when presenting the nomination until almost the last words are presented. I am very pleased that our Association has decided in this case to nominate this person whilst still serving in many areas. I also intend to not name this person till the end of this nomination but the scope of work and involvement by this person over many years and the description of the many roles carried out will ensure that most of you will recognise this person very early in my presentation.

At the local and district area this person has been involved in our sport for many years as a competitor but he also served on many committee and administrative roles. This involvement has spanned some 35 years and he is still actively involved in his Centre in many ways. As a result of this long and dedicated service he was appointed a Life Member of his Centre.

He was appointed as one of the members of the first office bearers when a Committee was established to control and administer the many areas under New Zealand Veteran Athletics at its Annual Meeting in Palmerston North on 12 August 1983. He was appointed as Vice President in August 1985 and President in April 1988. In March 1997 he relinquished his position as President but continued to serve this Association by moving to a committee position which he retains to this day.

This person was appointed as a member of the Oceania Masters Council from 1990 to 1992, Vice President from 1992 till 1996 and President between 1996 and 2002. He still serves as a Council member of the Oceania Association. There has also been a very long and ongoing involvement as a member of the Non-Stadia Committee of World Master Athletics and once again he continues to give dedicated service in this important role.

His former occupation as a qualified surveyor has provided him with much sought after work in measuring road and cross country courses in New Zealand and all over the world for Oceania and World Masters championships.

If you have not been able to identify this person by now you certainly will with this final accolade. This person has been the editor and photographer for Vetline which is the official magazine of this Association. The very high profile and quality of this magazine is the envy of many Athletic Associations in New Zealand and all around the world at both open grade and masters/Veterans level. The reputation achieved by Vetline is chiefly due to the commitment, dedication and complete time provided by the Editor.

Finally this person's dedication, commitment and continual involvement to our sport are singularly outstanding and I have great pleasure in nominating JIM TOBIN to be a Life Member.

Jim Tobin honoured by Masters Athletics

Jim Tobin from Napier has been honoured with Life Membership of New Zealand Masters Athletics.

The recognition encompasses a lifetime of successful athletic participation which includes varied Provincial team representation in open grade athletics racing with the well known team of athletes trained by Arthur Lydiard, including Murray Halberg and Bill Baillie, through to the masters section where he competes locally nationally and internationally. His latest competition at the New Zealand championships just completed he raced 1500m, 5000m and 10000m and was on the podium for each event at the medal ceremonies.

The lifetime honour recognises his services for administration work for master's athletics. He has held Board positions including President for over 25 years. His work as the Editor of VETLINE the national magazine publication for master's athletes is known for its professional standard and high quality of content and the publication is distributed through the Pacific nations and to a number of worldwide athletes and allied codes. He is the chief photographer for the magazine as well as Editor.

Internationally he has served for several terms on committees, represented New Zealand at world masters congress meetings, measuring and certifying athletic distances up to and including the marathon distance to ensure accurate standards are maintained. He has managed Oceania, New Zealand and provincial championships. Internationally he has been recognised and awarded the WMA (World Masters Athletics) gold pin award for sustained services along with long service awards from Athletics New Zealand. He has also been honoured twice as Hawkes Bay Master of the Year through Sport Hawkes Bay annual awards. Currently he maintains administration positions on the NZ Masters Board, Oceania Council for master's athletics and on local Hawkes Bay masters and open athletic committees.

by | MURRAY MCKINNON



Jim Tobin - Life Membership Recipient

PHOTO | GARY NESBIT

Papatowai Challenge

A Heartland's Event

by | EVAN MACINTOSH

Have you heard of terms 'heartland' and 'grassroots' when referring to rugby? Well the Papatowai Challenge is the runners/walkers equivalent. Here are some interesting points about this particular event.

Getting there

First of all I would describe it as an event or an adventure rather than a race. The venue for the event is in the heart of the Catlins area. Most competitors travel from the Southland or Otago area although there have been some overseas visitors attracted to the event. This means that the enjoyment starts with a short journey of about an hour and a half from Invercargill or Dunedin arriving at the very scenic Catlins area of bush clad hills and seaside views where sailing ships used to visit to take timber from timber mills to elsewhere in the South Island. That scenic drive is a good start to the day's outing.

The Venue

Here is where the heartland grassroots part begins. Is there a posh fancy up-market venue to gather and meet before and after the event at the prize-giving? No. The start and finish point for the loop course is the humble family crib of the Allen family. Wayne Allen of Dunedin is the main driving force behind the event which has been running for 14 years now. All and sundry are made most welcome and any spare funds go to the local community. The crib is well sheltered by the surrounding manuka trees.

The Course

The walkers begin at noon and the runners at 1:00 p.m. The 15.5km course is never boring at any stage and includes outstanding scenery. It begins with about 500 metres on tar seal. You then cross a bridge and turn right for a 2km run into pristine Catlins rainforest. At the end of the rainforest you arrive onto a wide sandy beach which you run along for at least 3km. Sometimes there are sea lions as spectators, along with the odd yellow-eyed penguin! After the beach run the hard grind starts with around 4km of steady uphill on four wheel drive tracks which become gravel roads after a while. Then a long steady 4km downhill section, with a flat final section on gravel road which becomes tar seal again to the finish line at the crib.

The Event

The 14th running of the event this year attracted 500 entries of which around half were walkers. The event is compatible for

both walkers and runners with good views from the top section of the course. It is also good to see that there is a new Legends grade to cater for us 60+ men and women as from the 2010 running of the event.

Whereas many other 'higher profile' events in southern New Zealand have an entry fee of up to \$100 or more, what does this event cost? The answer is, a mere \$10.00. Even with a proposed increase to \$15 next year it is still a low-cost entry fee. It is good to see an event that is not completely cost driven and bent upon raising large sums for charities or profit, like so many other events.

And where else would you see a 90-years-young local farmer assisting as a volunteer by patrolling the beach section on a quad bike! Arthur Campbell who has assisted for many years turns the big 90 in June of this year and in 2010 was awarded the prestigious Papatowai Challenge Sports Person Shield for outstanding service to the event.

Prior to the prize-giving there are plates upon plates of pikelets with jam and cream on top that just keep appearing. In 2010 there were 1,000 pikelets produced! What is the charge for all this? The answer is, nothing apart from a donation box at the crib. The pikelets have become quite a well-known tradition for this event. This is real grassroots stuff alright.

The prize-giving is undertaken by the main organiser Wayne Allen. He keeps the 500 odd people entertained with cheerful banter and being a runner himself, knows many of the competitors by sight and name. If you intend to stay in the area for more than just the one day, a trip to some of the local attractions is well worth it. Amongst other things to see there is the Matai Falls, Purakanui Falls, McLean Falls, and the Cathedral Caves can be entered but only at low tide.

Many people have earned their five or ten year medals already. From 30 starters in 1997 this event has certainly grown. Long may grassroots events like this continue. Congratulations to Wayne Allen and his great team for initiating the event and keeping it the way that it is.

30th ASCOT PARK HOTEL SOUTH ISLAND MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS

Surrey Park, Invercargill | 3 - 5 December 2010



Surname		First Name	
<input type="text"/>		<input type="text"/>	
Postal Address		Telephone No.	M/F
<input type="text"/>		<input type="text"/>	<input type="text"/>
		Date of Birth	Age Grade
		<input type="text"/>	<input type="text"/>
		Centre	NZMA No. 2010/11
		<input type="text"/>	<input type="text"/>
Email		Signed	Date
<input type="text"/>		<input type="text"/>	<input type="text"/>

I declare that I am a financial member of NZMA for the 2010/11 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 correct events for your age group)
<input type="checkbox"/>	100m	Long Jump
<input type="checkbox"/>	200m	Triple Jump
<input type="checkbox"/>	400m	High Jump
<input type="checkbox"/>	800m	Pole Vault
<input type="checkbox"/>	1500m	Shot Put
<input type="checkbox"/>	3000m	Discus
<input type="checkbox"/>	5000m	Javelin
<input type="checkbox"/>	80m Hurdles	Hammer
<input type="checkbox"/>	100m Hurdles	Weight Throw
<input type="checkbox"/>	110m Hurdles	Pentathlon
<input type="checkbox"/>	2000m Steeplechase	Throws Pentathlon
<input type="checkbox"/>	3000m Steeplechase	
<input type="checkbox"/>	3000m Track Walk	
<input type="checkbox"/>	5000m Track Walk	

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

OFFICIALS REGISTRATION	
NZMA Fee	
Address	
Phone No	
Email	
Grading	
Preferred Event(s)	
2nd Choice	
3rd Choice	

ENTRIES CLOSE - 15 November 2010

CHEQUES PAYABLE TO
Southland Masters Athletics

ENTRIES AND ENQUIRES TO
Southland Masters Athletics
33 Lewis Street, Invercargill

NOTES -
3000m & 5000m track runners & walkers - please arrange your own lap scorers.

AGE GROUPS -
From 30+ for both men & 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 @ \$6.00	\$ 6.00
Each additional event @ \$4.00	\$
Multi Events @ \$6.00	\$
Saturday Lunch	\$ 8.00
Saturday Dinner	\$ 25.00
Total Enclosed	\$



COMPETITION PROGRAMME

Friday 3 December					
TRACK			FIELD		
Time	Event	Grade	Time	Event	Grade
6.00pm	Hurdles	M/W	6.00pm	Weight Throw	W
				Triple Jump	M/W
6.30pm	3000m	M/W	6.30pm	Pole Vault	M/W
			7.00pm	Weight Throw	M
Saturday 4 December					
9.00am	1500m	M	9.00am	Shotput	W30-59
				Long Jump	M30-49
				Discus	W60-69
				Javelin	W70+
9.30am	1500m	W	9.30am	High Jump	M50+
10.00am	100m	M/W	10.00am	Long Jump	W60+
				Shotput	M70+
				Javelin	W60-69
				Discus	W30-59
10.30am	3000m Track Walk	M/W	10.30am	High Jump	W30-59
11.00am	400m	M/W	11.00am	Shotput	M60-69
				Hammer	W30-69
				Discus	M30-59
				Javelin	M70+
				Long Jump	M50-59
12.15pm LUNCH BREAK - Welcome & Announcements - Delegates Meeting - South Island Masters AGM					
1.00pm	800m	M/W	1.00pm	Shotput	W60+
				Hammer	M30-59
				Discus	M60-69
				Javelin	W30-59
				High Jump	M30-49
			1.30pm	Long Jump	W30-59
2.00pm	200m	M/W	2.00pm	Hammer	M60+
				Discus	W70+
				Javelin	M30-59
				High Jump	W60+
			2.30pm	Long Jump	M60+
2.45pm	800m Pentathlon	W	2.45pm	Javelin	M60-69
	1500m Pentathlon	M		Shotput	M30-59
				Discus	M70+
3.15pm	4 x 100m Relay	M/W			
3.30pm	3000m Steeplechase	M			
4.00pm	2000m Steeplechase	M/W			
Sunday 5 December					
10.00am	5000m	M	8.30am	Throws Pentathlon	W30-59
10.45am	5000m	W	9.00am	Throws Pentathlon	W60+
11.15am	5000m Track Walk	M/W	9.30am	Throws Pentathlon	M

Athletes Information

RACE PACKS

Pick up race packs from the St Pauls Clubrooms Surrey Park
5-7pm Friday & 8-10am Saturday.

SATURDAY DINNER

This will be held at the Invercargill Workingmen's Club - Esk Street
Invercargill @ **6:30pm Saturday 4th December 2010.**
Use the East side entrance.

SUNDAY BBQ

There will be a complimentary BBQ at **11.30am.**

ACCOMMODATION ENQUIRIES:

Nikki Buckley - Marketing Executive
Invercargill Licensing Trust
Tel: 03-211 3765 (DDI) or 03-211 3640
Fax: 03-214 4418

WMA Council News

by | LYNNE SCHICKERT - OCEANIA WMA DELEGATE

Stan Perkins, President of World Masters Athletics, has been a busy man since his election in Lahti in July 2009. Meetings with key stakeholders such as IAAF and IMGA have been on Stan's agenda as well as a meeting of the WMA Executive in Kamloops. With his new team on the WMA Council, a number of areas of operation are under review. The Council will now work in much closer cooperation with the Local Organising Committees (LOC) of the various forthcoming world championships to ensure that our athletes enjoy the best program, facilities and equipment available.

Strong and effective promotion of future world masters athletics events will be another key imperative of the Council and this is one area which the regions can assist by highlighting the events regularly on their websites and in newsletters. This will be particularly important for Masters Athletics Affiliates to keep their members informed of "our" championships as IMGA plan to conduct Masters Games in Europe, Pan America and the Asia Pacific regions in addition to the current World Masters Games every four years.

The recent IAAF change of age in Berlin for Masters out-of-stadia events to age 40 is another area of concern for WMA. A submission will be lodged with the IAAF Masters Committee in an endeavour to overcome what would, in addition to a loss of entries, be an administrative nightmare for championship LOCs if adopted by WMA.

As OAMA Council member Jim Blair has commented, it would be impossible to conduct a World Masters Athletic championships or a Regional championships for track and field if WMA complied with this change. Our WMA and Regional championships include the usual track and field events, but also include road running and walking races, a cross country event and a full or half marathon. How would a 35 year old athlete (male or female) be able to compete in all the track and field events and then NOT be able to compete in the usual non stadia events because they would have a different commencing age. This would be completely absurd and make these championships impossible to conduct under such a scenario

The majority of our 35-39 year old athletes are NOT competitive in open grade competition and particularly so against elite athletes. These would be lost if they had to wait to 40 years of age to have and enjoy peer age group competition. It is interesting to note that Athletics New Zealand which conducts many joint events with NZ Masters Athletics has not adopted this change of age and Australian Masters Athletics do not plan to do so either.

2010 Indoors, Kamloops

The Kamloops LOC and the WMA Council reported that entry numbers were not as high as expected, given the interest with

the Winter Olympics being held in Canada shortly beforehand. However athletes who did attend agreed that the facilities and officials were of a very high standard and competition was well organized. The WMA Indoor championships are becoming a draw card for Oceania athletes and we have seen entries grow from five at the first Indoors in Germany to 40 at Kamloops.

So, we now look forward to 2012 when the WMA Indoors Championships will be held in Jyvaskyla, Finland (www.wma2012.jyvaskyla.fi). After the wonderful weather that we experienced in Lahti for the stadia championships in 2009, it will be interesting to see the countryside covered with snow and the lakes frozen over.

2011 Sacramento, USA – 7-17 July

Organisation for the WMA Stadia Championships in Sacramento is well under way and the WMA Council will be meeting with the LOC 16-20 June to inspect event facilities, accommodation and transportation and meet with key officials. Printed entry books will be available soon and their website will include full entry details (www.wma2011.com or www.discovergold.org). Sacramento is close to world-class tourist destinations such as San Francisco, Napa Valley vineyards, Lake Tahoe and Yosemite. Athletes are reminded that they may need a visa to enter USA.

2013 Porto Alegre, Brazil – 24 July-4 August

The WMA Council has agreed that there will be no change of date for these stadia championships, notwithstanding the near clash of dates for World Masters Games in Torino Italy. The WMA Council will work closely with the Porto Alegre LOC to ensure that the championships are well marketed and that all technical aspects are well organized.

Proof of Age / Identity

Another initiative under consideration by WMA is that proof of age / identity will no longer be required when entries are forwarded to the championship LOC. There has been concern about identity theft and it is considered that as the National Affiliate verifies these details in the first instance and then again by the LOC upon registration, this should be sufficient.

Conclusion

So my first meeting as a member of the WMA Council in Sacramento in June will be a huge learning curve and I consider it a privilege to represent the Oceania region. Highlights to report on will be the very successful Australian and New Zealand Track & Field championships held at Easter in Perth and Christchurch respectively, and the activities being undertaken for development and membership promotion in the region.

I look forward to meeting up with our Oceania masters athletes in Tahiti and enjoying the hospitality and good fellowship which are hallmarks of our regional championships.

The International Meeting

by | DAVE KENNEDY

This was a meeting that promised international class athletes and an opportunity for local athletes to compete. Nick Willis was the top draw card, looking to beat Jeff Riseley (Australia) after a defeat over 1500m the previous week with others such as Beatrice Faumauina up against Dani Samuels and Jason Woolhouse pitted against a top Australian junior in the 5000m. I was also interested in the women's 800m and expected Angie Smit to win. I knew Angie's grandmother when she attended the church that I go to. She has since passed away but she never tired of telling me of Angie's achievements.

It's good to see international meetings again at QEII, a revival of the Pan Pacific meetings of the 70's and 80's when John Walker, Rod Dixon and Dick Quax were in their prime and runners like Dave Moorcroft and Lasse Viren came down under to train in their off season and do some racing. I remember watching Tom Birnie hang on to Dave Moorcroft for 12 ½ laps at QEII. It was one of the few times Tom didn't have a cannonball finish as he ran himself right out for a 13:35 or thereabouts and just outside the qualifying time required for the 1982 Commonwealth games. I left work at 5:00pm and arrived at QEII just in time to see the finishing laps of master's 3000m. Richard Bennett was still pushing the pace as he finished in 8:40. An international class run that rated 97.5% compared to the M45 world record. It was the perfect start to a perfect evening for athletics. It was a mild evening with almost no wind. The stadium looked a picture in the setting sun. Roger Robinson was the announcer and in typical Roger style not just announcing but also providing background information that enhanced the spectator experience. The international athletes were introduced to the crowd as were local Olympians Val Young and Marise Stephen – a nice touch I thought. I'm a great fan of Val who just missed a medal at both the Rome and Tokyo Olympics and Marise is still our only female track Olympic medallist.

There were other interclub events prior to the main events. A master's 1500m lined up at the top of the back straight. At this stage Pete Coughlan was sitting with me. He'd come to tell me of an impending open heart operation. He knew all about this 1500m, he knew it was an attempt on the M60 world record by Tony McManus. Richard Bennett was in action again. He and Joe Ford were the pace makers. Pete informed me that "They need to be on 71 second pace". And they were for the first two laps. On the third lap they lost a second. Could Tony bring it home over the last 300m? Joe and Richard willed him on as he maintained the pace right to the line and collapsed onto the track. He tried to get up and staggered onto the grass. He had given it his all for a 4:28.61. Ron Robertson still held the world record at 4:27.65. It was another international class performance. Tony tried again at the master's nationals, this time out on his own, with an almost identical result. The featured events were interspersed with boys and girls relays, and a mixed shot put that included netball, rugby and cricket personalities.

In the women's 800m Angie led through the first lap in about 61 seconds and worked hard all the way to the line for a new PB of 2:05.5. Her grandma would have been very proud. Beatrice Faumauina seems to have a more determined attitude this year. Dani Samuels, the current world champion, showed her class with four throws over 60m to win with 63.38m. Beatrice had four throws over 59m with a best of 61.10m. The newspapers had been talking up the 800m clash between Nick Willis and Jeff Riseley (AUS) with mention of Peter Snell's New Zealand record of 1:44.3. There were a couple of other good Aussies in the field plus David Campbell (Ireland), currently training in Australia. After the first lap it was obvious that there would be no record with Nick hanging back and keeping an eye on Jeff who was bounding along. At the 200m mark Nick made a move but the three Aussies went with him and it was Jeff who led into the home straight – and kept it that way to the line. The men's 1500m was a trifecta for the Aussies. It was won by Ryan Gregson in 3:41. We are used to international 1500m races being won in 3:35 or better so we think 3:41 is a bit ho hum. It's still not a bad run and equivalent to a sub four minute mile. The 5000m saw a good run by ex Canterbury runner, Jason Woolhouse, who kept the pace honest for lap after lap but got left behind when young Ben St Lawrence took off to win in 13:48. Again not a world class time but still a run worthy of an international meeting. The winning athletes were briefly interviewed, mostly by Kathryn Switzer, which all added to the occasion.

We are never going to see IAAF diamond class meetings in Christchurch but to have a number of Olympic class athletes and others of international class competing at QEII made for a memorable evening. I left feeling well satisfied.



Loris Reed - record breaker

PHOTO | JIM TOBIN

Tahiti Update

by | YVONNE MULLINS

With only 38 days (at time of writing) until the opening ceremony of the Oceania Masters Athletics Championships we are forwarding you some up to date information regarding arrangements for the Championships and the surrounding events.

Entries

For those athletes who are intending on paying their entries on arrival in Tahiti, please be advised that your payment must be made in XPF.

Confirmation Letters

Confirmation letters are being emailed or posted to all athletes. If there is a discrepancy between your entry and the confirmation letter please contact the OAA Office as soon as possible so that corrections can be made.

Arrivals and Departures – Tahiti

Where athletes/officials do have airport transfers they will need to confirm with the LOC their arrival and departure times. Transport will be available at the airport for those who do not have pre-organised transfers.

Opening Ceremony

The Opening Ceremony will be held on Saturday 3 July at the Town Hal, Punaauia commencing at 6.00pm. The Town Hall is located 15 minutes drive from the centre of Papeete. Buses to the Opening Ceremony will leave from the east side of Tahiti - Radisson Hotel and Tahitian Royal. Buses to the Opening Ceremony will leave from Papeete. Buses to the Opening Ceremony will leave from the Track (Institute). Buses to the Opening Ceremony will leave from the West Coast – Maeva Beach and Manava Hotel.

Buses will take participants home after the end of the Opening Ceremony. A light refreshment (not dinner) will be offered at the Opening Ceremony.

Competition Transport

Buses will leave daily 1 ½ hours before the commencement of competition and after the end of the last events (a timetable will be available on arrival into Tahiti). Buses will transport athletes to the Cross Country / Half Marathon / Walk before the commencement of the event (a timetable will be available on arrival into Tahiti). A list will be available at the Stadium for athletes and officials to fill in their details.

Maps for the Cross Country, Half Marathon and Walks will be available on arrival into Tahiti.

It is important that you include your accommodation details on your Entry form so that the LOC have up-to-date information.

Moorea – Day Trip

Buses will leave from designated hotels to take participants to the Wharf for a day trip to Moorea. On arrival into Moorea participants will be picked up and taken to the beach and then offered a number of activities for the day. A light lunch is included in the day's package. Beverages and additional food are at the expense of the participant. Participants should take their swimmers/bathers and sun screen. Additional persons wanting to go to Moorea will cost – AUD40.00 / XPF2400 / NZD

Closing Ceremony / Function

The Closing Ceremony will be held on Thursday night commencing at 7.30pm! It will be a buffet with a traditional Tahitian Dance. Drinks will be available to purchase at the function. Buses will transport participants from selected hotels.

Officials

Officials will receive an officials' shirt and hat and are asked to wear dark shorts or trousers. Officials will receive a meal and beverages during the competition schedule. Officials will also receive a commemorative medal.

Coaching Forum – 11.00am – Tuesday 6th July

The guest speaker at this Championship Coaching Forum will be, Anna Włodarczyk a Polish athlete, primarily known for the long jump. Anna won the long jump at the 1980 European Athletics Indoor Championships and is currently still the Polish national record holder in the indoor long jump. In the 1980 Olympics, she finished in fourth place after a "home team" Soviet judge changed his mind and allowed Tatyana Kolpakova to get credit for a jump after apparently fouling. She was denied a chance to challenge for a medal in 1984 by the Soviet led 1984 Summer Olympics boycott. She won five straight Polish National Long Jump championships. Between 1980 and 1984, she was ranked in the worldwide top ten four times.

Anna is still an active athlete running in Masters athletics' competitions to great success. She has accumulated 17 international masters championship medals, including 13 gold. She is the world indoor record holder for the triple jump W50 (10.69 in Boston 2003). She has been the track coach at Chapman University in California since 1993.

Oceania Association of Masters Athletes General Assembly, Commencing at 9.30am on 8 July 2010 – Stade Pater Papeete Tahiti

Everyone is invited to come along to this important meeting of the Association

Membership

Athletes are reminded that they MUST be members of their National Federation's Masters Associations. In some Federation's this membership will be via your State Association. For more information please contact your National or State Association.

Uniforms

Athletes are reminded that they MUST wear the current National Federation uniform to compete at the Oceania Masters Championships. For more information please contact your National or State Association.

Oceania Masters Athletics
Championships



TAHITI 2010

Contact Information

For more information regarding the 2010 Oceania Masters Athletics Championships in Papeete contact:
Oceania Athletics Association Office:
Yvonne Mullins
Telephone: +61 418885496
Email: oceania@attglobal.net

President, Federation D'Athletisme De Polynesie Francaise
Titaua Juventin
Telephone: +689 483 582
Email: titaua_maurin@yahoo.fr

NZMA Athlete of the Year 2009

The following awards were made at the official dinner at the national championships at Christchurch in April. Our congratulations are extended to the worthy recipients.

Sprints

Margaret Peters - four world golds, one world record, 100m (99%)

Stewart Foster - 100m (93.1%)

John Campbell - 60m (92%)

Chris Waring - 60m (97.15%)

Sheryl Gower - 100m (90.2%)

Malcolm Fraser - 400m (88.88%)

Middle Distance

Andrew Stark - 800m, World bronze medal (95.24%) (12 x 90%+ performances)

Anne Hare - 1500m (89.7%) 800 NZ record

Trevor Ogilvie - 2000m SC (93.1%)

Distance

Julie Wilson - national marathon and ½ marathon champs and NZ records in both, 5km road champ (93.88%)

Richard Bennett - National Road and CC Championships 10km (93.16%)

Judy Stewart - 2 National Championship 5000m (87%) and 10,000m (85.7%)

Sid Pavett - National Champion 10,000m (82.8%)

Hurdles

Stewart Foster - 300mH 57.29, NZ Champ (85.84%)

Throws

Christine McCahill - WT NZ Rec (101.7%)

Bill Stamins - 2 x NZ Championships SP (95.8%)

Rick Davison - HT (75.51%)

Mark Flaus - 4 x NZ records SP (67.86%)

Jumps

Alan Silvester - HJ National Champion (82.2%)

Multi Events (All Wt Pent)

Christine McCahill - 2 x NZ records (4285 pts)

Rick Davison - NZ record 3728 pts

Mark Flaus - NZ record 3439 pts

Mark Cumming - NZ record 3295 pts

Walks

Eric Kelmsley - ANZ bronze (open) 3000mW 14:39.45 (88.46%) 10,000W 53:51.07 NZ record plus seven 85% performances

Marlene White - 10kmW 1:03:27 (83.99%)

NZ record plus four more NZ records

National Colours

Andrew Stark, Margaret Peters, Christine McCahill, Marcia Petley, Dawn Cumming, Bill Stanius, Bernie Portenski

New Zealand Records

— How To Apply For Them

by | CHRISTINE MCCAHILL

Although this information has appeared in numerous Vetline magazines, there seems to be some confusion about when and how you should apply for NZMA records. NZMA records can be set at any sanctioned meet as long as that meet has the correct officials, timing equipment, wind gauges and throwing or jumping equipment. If you set a NZMA record at the North or South Island championships you need to apply for this record on the official record form which can be found on the NZMA website: www.nzmastersathletics.org.nz. You must ensure that the form is signed by the relevant officials and attach a copy of the official results, including the photo timing results.

If you break an NZMA championships, Oceania championships or world championships record this record will be taken automatically off the results. This does involve screening through hundreds of pages of results, so it would be wise to inform the record keeper of your record so that it does not get missed. NZMA championship records can only be set at the NZMA championships held in March each year. These too are taken off the results once they have been verified by the LOC. Athletes can set championship records in individual events only. For example: you cannot set a championship record for the Shot Put in a multi event, only in the individual shot put event.

NORTH ISLAND RECORDS:

If you set a North Island record, and these can only be broken at the North Island championships held each year, you must apply for this record on the official form. These will be available at the championships. If you have any questions about records, please contact me by email at: cmccahill@xtra.co.nz

RECORD BREAKERS - NZMA CHAMPIONSHIPS APRIL 2010

NZC = New Zealand championship record
(only able to be set at NZMA Championships)

NZR = New Zealand Record

Alistair Mackay	M80	TJ	5.73	NZC
Christine McCahill	W45	SP	10.73	NZC
		Ham	40.95	NZC
		Wt	14.40	NZC
		WP	4234	NZC
Michael Scholten	M30	SP	8.58	NZC
		Dis	26.94	NZC/NZR
		Jav	37.31	NZC/ NZ
		Ham	28.00	NZC
		WP	1847	NZC/NZR
		Ham	28.22	NZR

Pauline Purser	W85	Dis	10.52	NZCR
Lyn Osmer	W45	Jav	29.76	NZC
		HJ	1.40	=NZC/NZC
Jim Blair	M75	Jav	24.44	NZC
Hardeep Kaur	W30	Ham	55.80	NZC/NZR
Lois Anderson	W60	80m H	17.46	NZC
Stewart Foster	M70	80m H	17.72	NZC
Ian Brownie	M80	80m H	25.02	NZC
Loris Reed	W60	2000S	8:58.09	ZC
		800	2:56.90	NZC
		1500	5:44.66	NZC
Dawn Cumming	W75	2000S	12:12.84	NZC
		800	3:54.56	NZC
Laurie Malcolmson	M60	300 H	46.89	NZC/NZR
		100	12.76	NZC
		100 H	18.19	NZC
Pam Spiers	W85	WP	2727	NZC
Richard Davison	M60	WP	3776	NZC/NZR
Tony McManus	M60	1500	4:29.01	NZC
Nyla Carroll	W40	5000	16:48.28	NZC
Sally Gibbs	W45	5000	17:57.70	NZC
		800	2:25.44	NZ
		1500	4:56.69	NZC
Stan Gawler	M80	10000	54:08.44	NZC
Shirley Peterson	W80	LJ	2.34	NZC
		100	20.44	NZC/NZR
		200	44.70	NZC/NZR
		TJ	5.48	NZC
Peter Ranginui	M40	HJ	1.78	NZC
Stephen McKee	M50	PV	3.71	NZC/NZR
Marcia Petley	W80	400	2:00.21	NZC
Max Wood	M75	400	1:14.27	NZC
Vanessa Story	W35	400	1:02.17	NZC
Jack O'Connor	M45	400 H	1:00.45	NZC/NZR



Christine McCahill (WBP) won the W45 Hammer Throw



Mark Cumming won the M45 Weight Throw

PHOTOS | GARY NESBITT



Susann Rothkopf in the W45 Shot Put



Alison Newall (OTG) in the W45 Shot Put

PHOTOS | JIM TOBIN

Waikato/BOP

by | CHRISTINE MCCAILL

Our biggest meet of the year was held in glorious weather in Hamilton at the end of February. Usually this meet is a great lead in to NZMA championships which are usually two weeks later. Not so this year, due to this meet being at the beginning of April. This may be one reason why numbers were down slightly. There have also been a huge number of events on in our local area and athletes are being more careful about how much they travel and spend on their sport.

Trophy day is all about finding our most versatile athletes both within and outside the Waikato Bay of Plenty area. Athletes competing in the "Trophy" must compete in four events, being three track and one field, three field and one track, or two of each. Also up for grabs are awards in the 800m, triple jump for men, 400m for women and the women's Field Trophy which rotates around the throws every year with this year's event being the weight throw. All events are held over the meet, with throwers and jumpers having four attempts each. The overall standard was very high and we saw 33 performances over the 80% mark. Although our numbers may have been down, the level of competition was certainly not. Aucklander Chris Waring and Waikato athlete Sheryl Gower were both in stunning form. Both athletes produced performances over the 90% mark in the 100m and 200m and set the stage for a very close encounter overall. They also had to contend with the presence of Tui Ashe, who is always a fierce competitor. The men's 100m race was also extremely close, with Aucklander Corney Carstens pulling ahead of Paul Daborn just before the finish line.

When Ron Johnson and Trevor Cowley turn up at a meet you know that you will be in for some great competition. This year though Ron was dominant in the 100m and just pipped Trevor by 10cm in the triple jump. Peter Ranginui of Whakatane also jumped beautifully in the high jump with a 1.70m performance which looked magnificent. He did very well considering that he was coming and going from this event while competing in hurdles.

With 33 performances during the day being over the 80% mark it was always going to be a close competition for the trophies, but these were awarded to the following athletes:

Trophies awarded to Waikato/Bay of Plenty NZMA members only:

George De Bell Trophy (men)	Paul Daborn
Cuthbertson Memorial Trophy (women)	Sheryl Gower
Waikato Women's Field Trophy (weight throw)	Marcia Petley

Trophies awarded to NZMA members outside of Waikato/Bay of Plenty:

Ted Hamilton Trophy	Ron Johnson
Mary Hamilton Trophy	Chris Waring

Trophies open to all NZMA members:

Allen Woodhead Trophy (triple jump)	Ron Johnson
Kathleen Woodhead Trophy (400m women)	Chris Waring
Gower Trophies 800m Men and 800m Women	Tui Ashe & Barry Jones
Waikato Women's Field Trophy (weight throw)	Marcia Petley



Peter Ranginui won the M40 110m hurdles



Peter Ranginui jumped beautifully in the high jump

PHOTO | CHRISTINE MCCAILL

New Zealand Road Championships
4th September 2010

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Auckland

by | JOHN CAMPBELL

Top Team Series

In my last report, we had one final Top Team meeting to come and as I predicted, there were no surprises as far as the winner of the Top Team trophy was concerned. North Shore Bays took out this year's honours with a phenomenal 1308 points and Glen Eden in a distant second place with 524 points.

Likewise, the Ernie Haskell trophy went to Judy Stewart (yet again) as she continues to dominate those middle distance events. Other trophy winners were Chris Waring for the Fred Tapling Memorial trophy and Margaret Peters for the highest age graded percentage of the season with 99%. Margaret also took out the coveted NZMA Sprinter of the Year award at the recent awards dinner.

NZMA Champs

This year, we sent a fairly large contingent to Christchurch for the championships. A few of our newer members made their debut and perhaps turned a few heads too. Some notable mentions include Joanne Owen, who made a great impression in the sprints and jumps. Steve Hargreaves is another up and coming sprinter/jumper who put his body on the line and took home a few golds. David Ledger is a good all-rounder who competes over many distances and disciplines. David secured a gold medal in the high jump and broke our Auckland M45 record in the process.

We are constantly trying to increase our membership base, but to gain athletes that are of a high calibre, is especially pleasing. Of course, there are our members who have been competing regularly for many years now and they continue to perform at the highest level. I won't mention everyone by name here but that does not mean that their efforts have gone unrecognised.

World Masters Indoor Championships

Two of our Auckland members; Tony and Anne Deleiros made the trip from our summer to the colder climate of Kamloops in Canada, to compete at the world indoor champs. They certainly were able to mix it with the best of them as their results show. Whilst Anne may have just missed out on medals, her creditable performances weren't far off the pace, which considering that she has never competed at an indoor meet before was pretty impressive.

Tony was nursing an Achilles injury and perhaps did not expect to perform up to his previous high standards. Having suffered a debilitating knee injury a few years ago, Tony has struggled to regain his world class form and with his Achilles playing up, it wasn't looking promising. It is hard to keep a good man down however and he ran a solid 60m and backed it up by securing a silver medal in the 200m.

The sharp and banked curves of an indoor track are perhaps not ideal when carrying an Achilles injury, but Tony was determined to battle on. Having iced the area prior to his race, Tony felt confident that he could put in a good performance and indeed was leading the pack, when he felt his Achilles 'go'. Unfortunately when this type of injury happens, there is no chance of finishing the race, which is a shame given his prior performances. Fortunately the Achilles has not ruptured so we haven't seen the last of Tony just yet.

Results:

Anne: 200m final (4th) 36.46sec, 60m final (6th) 10.01sec,
long jump (4th) 3.60m, triple jump (5th) 7.68m
Tony: 200m final (2nd) 27.79sec, 60m final (6th) 8.76sec

Finally, we have a new look committee this year. Several new members have stepped up and joined the committee, with the omnipresent Althea Mackie taking over from me as the new secretary and I have taken on the role of president. I'd like to thank Trevor Ashe for his service as president over the last few years and I hope that I can do a good job in my time in the role. I'm looking forward to next season, with all the challenges and rewards that it may hold.



Alan Galbraith won the M65 1500m

PHOTO | JIM TOBIN

Britain

by | BRIDGET CUSHEN

Records set at the Indoor & Outdoor Weights Championships

The two-day Masters Indoors this year were held on the last weekend of March at the Picketts Lock stadium on the outskirts of North London, one of a handful of specially built all-weather training facilities for the 2012 Olympics. As expected, entries at 553 were slightly down post-Kamloops. Nonetheless, after one of the coldest and most prolonged winters in Britain for over 30 years, the enthusiasm for indoor competition resulted in many new age group records, one of the most notable being a 1.78m world record clearance by Julie Machin (nee Bennett) in the W40 high jump, thus erasing from the books the 1.72m mark credited to Canadian ex-Olympian Debbie Brill since 1995. With her Partner and young daughter there to cheer her on, Julie who had turned 40 earlier that week and had clashed with the Canadian in Commonwealth Games in the past, was focusing very much on these championships.

It was a good weekend for the field events exponents as Steven Linsell broke his own British M45 high jump record by one centimetre soaring over the 1.85m bar with ease. He was very unlucky in Lahti last year when the bar was raised from 1.78 to 1.84 at which he narrowly failed and he was unable to get to the WMA Indoors in Kamloops where 1.84m was enough to win. Mark Johnson was also flying high as he soared to a British M45 4.50m pole vault record. The final British M45 record went to Greg Dunson in the 60mH in 8.67seconds. Evergreen Rosemary Chrimes set new W75 world marks in the high jump (1.16m), shot (9.12m) and a British record in the 60m in 10.86seconds as her son Russell collected two bronze medals in the M45 hammer and weight throw. The other nine British records were in the 75 and 80 groups.

There were some excellent performances by Masters in the many Open competitions. Darren Scott set a world M40 indoor 200m record in 21.71 in Birmingham in February, following that up with a sizzling 49.35 400m at the same venue two weeks later. Irie Hill continues to raise the W40 British pole vault record, clearing 3.65m indoors in Germany in January and 3.75m in Melbourne on 20 March.

Cross-Country

Northern Ireland hosted the BMAF cross-country championships in the grounds of the famous Stormont Castle on 13 March and with rival "No Frills" airlines such as Ryanair and Easyjet flying there regularly, it is now easier and cheaper to get to Northern Ireland or Scotland than it is to travel from North to South in England.

Overall entries however were down slightly but the quality of racing was excellent. Prolific W45 racer, Clare Elms, was the overall winner of the women's 6km race and W60 Angela Copson proved herself unbeatable over any distance or terrain. Defending M35 champion, Dave Morwood, won on his home ground and the M40 title also stayed within Northern Ireland

with a strong run from Steve Cairns over the 8km course. Brian Rushworth from the North East has won this race several times. Here he took the M45 title with ease as did Tipton Harrier, Mike Hager in the M55 group.

One of the most colourful and spectacular sporting sights for true aficionados is the annual English senior national cross-country championships. Epic battles over nine miles involving such luminaries as Ron Hill, Mike Turner, Mel Batty, Bedford, Pirie etc. are vividly recalled and the prized Trophy is seen as a true test of a club's depth.

This year it was held in Roundhay Park, Leeds at the end of February, sponsored by Saucony and encompassing all age groups totaling 4300 mud splattered runners. But check through the senior men's or women's results and take away the top 20 and what are you left with – the masters are coming through securing vital positions for their clubs. Over 40-ies in the first 30 and O/45-ies well inside the first 100 would have been unthinkable. The winner of the British & Irish Masters International last November, W40 Debbie Walters, finished 17th in the women's race.

Road Running

The BMAF marathon was incorporated in the picturesque Lochaber race at Fort William on 18 April. The small contingent who crossed over Hadrian's Wall were unable to prevent Scottish Home wins as Ken Haining, fourth overall, took the M40 title in an excellent 2:39:09 and W40 G. Murdock, second overall in the women's race in 3:07:56. Peter Giles was a surprise entry here, but the well known musician went on to take home the M65 title in 3:18:22.

April heralds road relays and the 12-stage men, six for women national championships were again held on the traffic free roads in Sutton Park, Birmingham on 17th. Alternating long – 5.38 miles and under 3 miles stages, Tim Hartley who won the British & Irish Masters cross country last November, brought his club home 14th on the first stage. Lahti M45 5000m gold medalist, Ben Reynolds was brought into the Thames Hare & Hounds team and W40 Debbie Walters was fifth fastest overall for Coventry Godiva.

Two great icons of distance running have sadly departed. Ultra-distance star, Calvin Woodward, died from a heart attack in February aged just 62. He was second a few times in the famous Comrades marathon and won the now defunct London to Brighton race several times. He ran a track 50 miles in 4:58:53 – a world record – during a 100 mile race carrying on to world marks at 100km (6:25:26), 150km (10:44:55) and 100 miles (11:38:54). Max Jones, the controversial Professor died in March after falling down stairs in his Leeds home, aged 83. A fierce opponent of anti doping in masters athletics and a vociferous critic of officialdom, he had run over 400 marathons during his long career.

Northland

by | COLLEEN BRUNKER

Somehow our news and results did not make the March Vetline. We were all disappointed over the omission. Our Northland track & field championships were held on 6 February and was a successful meeting. Great weather prevailed and we got by with a shoe string of officials. A few faithfuls turned up from Auckland viz. M Cumming and P Blucher.

Our team of eight who travelled to Christchurch over Easter for the nationals was delighted with their results amassing 21 gold, 19 silver and five bronze medals. Our team consisted of Val Babe, Robin Ball, Beth Macleod, Jenny Hastie, Dave Eastmond, Tracy Morgan, Ian Calder and Clasina Van der Veeken say a big 'thank you' to Canterbury for the hospitality and the running of the championships.

The sixth annual running of the Cape Brett 37km & 17km cross country event (17 April) was and still is a killer! I do wonder how it compares with the South Island events. Two of our masters completed the 37km. Our track star Ian Calder (M50) was leading but ran out of oomph and finished third. "Quite an experience" said Ian. Brian Barach (M60) also completed the 37km event while Oringa Barach (W60) completed the 17km event

Two of our masters – Ian Babe and Chris Portch - are doing a wonderful job as coaches. They are sharing this knowledge with their own group of athletes. The Northland all weather track (Whangarei) – long overdue – is now in use and we hope that this will lead to an increase in our membership. We look forward to phase two of the project which in time will see the addition of the grandstand, ancillary accommodation and parking.

Winter Programme:

20 June

Estimated time relay, Kensington Park, 1:00 pm.

1 August

Mid winter weight pentathlon, Kensington Park, 11:00am.

5 September

Paihia run/walk (4km & 8km) , 11:00am.

Northland has a small band of athletes going to Tahiti.

Good look to you all.

PHOTO | JIM TOBIN



Clasina Van der Veeken enjoyed the water jump in the W75 200m steeplechase

Tasman

by | DEREK SHAW

Track and Field Championships

Six Tasman Masters athletes won ten medals between them, including six gold medals, at the NZMA Track & Field Championships held at Christchurch over Easter. Ian Morrison (M60) won a full set of medals in his three events. In his first ever attempt at the 2000m steeplechase he led the field for the entire race to claim the gold in his age group in a time of 8:23. He won his silver in the 10,000m with a time of 40:56 and the bronze in the 5000m in 19:31.

In the very competitive M50 grade, Tim Cross won a silver medal in the 10,000m with a well judged run in a time of 37:32. He was fourth in the 1500m and fifth in both the 400m and 5000m. Also competing in the M50 grade, Steve Low in his first ever track races finished a very creditable fourth place in the 400m in 64.14s and eighth in the 5000m. In the M55 grade, Derek Shaw won the 5000m in 18:33 and was second in the 10,000m with a time of 39:01, 13seconds behind Gene Sanderson from Otago who he had beaten in the 5000m by nine seconds after taking the lead with 300m to go. Derek was also fourth in the 1500m and sixth in his 400m.

The two Tasman race walkers Nyle Sunderland (W40) and Stuart Farquhar (M50) both had a double gold medal haul in winning their respective age groups in the 3000m track walk and 10km road walk. Continuing her good form in winning a bronze medal at the Athletics NZ open championships in Christchurch the previous weekend, Nyle was first overall in both events and completed the 3000m in 16:41 and the 10km in 58:41 which was a personal best by 11seconds. Stuart stopped the clock at 17:07 for the 3000m and 62:03 for the 10km road walk.

Belgrove Run and Walk Event

The running brothers Darryl and Neil Cotton contested the line honours in the sixth annual Belgrove on 8km run organised by the Tasman Masters on 11 April. After running together for most of the race, the in-form Daryl eased away from Neil over the later stages to win by 11seconds in 1:15:58.

Third overall, and first women, was Collette Read in 1:21:10 after a good tussle with Graeme Sellars who trailed her by six seconds. Margaret Hazlewood was the second women in 1:38:36 and Lynne Munro was third in 1:47:36. Lynne's time was not enough to beat the time of her eight-year-old son Benjamin who completed the 10km walk in 1:38:16.

In the 18km walk, Bevan Cook was first with a very creditable time of 1:56:16 which gave him the highest age graded percentage of 76.37% for the members of Tasman Masters taking part in the 18km. Ros D'Agnilli was second in 2:11:29 and Astrid Westerbeek was third in 2:17:4.

In the two person 18km relay, Kelvin Woodley and Craig Harford were first in 1:19:32 with a margin of over three and half minutes ahead of the second placed team of Norman Carrington and Fran Kerse. In the associated 10km walk, Peter Hague was a clear winner in 61:53, nearly ten minutes ahead of Rod Sharpe and a further two minutes back to Gillian MacDougall in third place overall and the first women walker. The third male walker was Geoffrey Samuels in 1:18:15, while Lyn Sharpe was the third women walker in 1:21:8.

NZ Mountain Running Championships

The 2010 championships were held on 17 April on the uphill Mt Campbell course, west of Motueka, which for men up to 59 is a 14.2km climb with an altitude gain of 1300m. For the women and M60+ the distance was 7.2km over the top half of the course. As in 2008, the first man to the top was five-time world champion Jonathon Wyatt in a time of 1:08:11. His partner, Antonella Confortola, an Italian cross-country skiing representative, was first in the women's race to make it a double celebration.

Tasman runners, making the most of the small fields and local knowledge picked up many of the medals in the masters grades. The fastest local over the full distance was Cliff Bowman (1:16:54) who won the M45 grade. He was closely followed by Patrick Meffan (1:17:19) who won the M50 grade.

The M35 grade was a local trifecta with Brian Kemp (1:24:00), Josh Barber (1:26:45) and Jon Linyard (1:27:16) taking the medals home. Thomas Pettersson (1:21:45) was second in the M40 grade. The gold medal in the M55 grade was won by Michael Morrissey (1:30:57), followed by Derek Shaw (1:35:22) and John Thirkettle (1:43:20).

In the 7.2km race, Ian Morrison (M60 55:33) and Norman Carrington (M65 59:16) both added another gold medal to their collections. In the W35 grade Paula Canning (51:21) was first, followed by Colette Read (59:03). Dawn Pascoe (61:52) and Linda Sillery (65:34) won the W45 and W55 grades.

Nelson Shoe Clinic Half and Quarter Marathon

The 30th running of this event on 2 May and with the chance of winning a big screen TV attracted over 400 runners and walkers. The ideal windless conditions contributed to five new records. After having finished second last year and third in the other two previous runs in the half, Simon Mardon (M35) managed to take line honours, leading home Kim Hogarth by 40 seconds with a time of 1:12:09. Third overall and first M40 was Peter van Veen (1:21:44). After a close race Murray Hart (1:23:06) edged out fellow M50 Steve Flaus by four seconds with his stronger finishing sprint to take fourth place overall.

Third in the M50 grade and eight overall was Derek Shaw (1:25:15) who managed to pass the leading women, Paula Canning 2.5km from the end. Despite suffering from cramps during the second lap Paula (W35) celebrated her fifth consecutive win in the race with a new women's record of 1:25:49. Keeping Paula company for the whole race, the cold-stricken Pete Newbury nobly followed her across the finish line to be tenth overall and second M40. Paul Sullivan (1:27:03) was third in the M40 grade.

Continuing his improving form, Ian Morrison took out the M60 grade setting a new record of 1:29:29. Norman Carrington (1:34:26) and Lindsay Vaughan (1:37:27) were second and third in the M60 grade. With Paula being promoted to first senior women, Margreet Hofman (1:33:54) was first in W35 grade, followed by Colette Read (1: 33:54) and Mandy Simpson (1:40:51). In the W45 grade, Gillian Thornton (1:41:00) was first, with Susan Stokes (1:49:50) and Jane Clayton (1:51:35)

taking second and third places. Wellington visitor Robyne Blackford (1:46:31) was first in the W55+ grade in record time. Linda Sillery (1:48:07) and Margaret Hazlewood (1:51:23) were second and third.

In the half walk, Nyle Sunderland (2:10:31) continued her good form in taking line honours with a new record time. Bevan Cook (2:14:40) was second followed by Nikki Nisbett (2:23:56), Sharon McDonald (2:30:18) and Wayne Eggers (2:32:11). In the quarter walk Wendy Healey, who is quickly regaining her former fitness, took line honours and set a new record of 1:01:36. Second overall and first male was Peter Hague (1:02:14), followed by Ross Mitchell (1:08:38) and race organiser Eric Verstappen (1:15:40). Raylene Stringer (1:11:08) was second woman and Gillian MacDougall (1:14:02) was third after having competed in the Hanmer half the day before. John Kennedy (M35) won the men's quarter marathon in 37:58, while Pogo Patterson (44:09) won the women's quarter.



Stephen Farquhar (TAS) first in the M50 300m walk

PHOTO | JIM TOBIN

Otago

by | JOHN STINSON

Congratulations to Julie Wilson on receiving the NZMA Distance Runner of the Year Award presented to her at the 36th NZMA Track and Field Championships held in Christchurch over Easter.

Julie has had a wonderful season capped off by her winning double at Christchurch in the W50 1500m in 5:20.86 and the 5000m of 18:59.46. Julie attributes her current success to the good coaching and motivation provided by her partner David Rush (a top middle distance runner in his own right) and a balanced lifestyle. "Everything has gone to plan for me this season. I've had no injuries to speak of and I've been able to stick precisely to the programme mapped out for me" Julie said. Julie is a great believer in setting realistic goals to achieve every year. "Having targets to aim at just adds to the enjoyment that I get from running and if you're enjoying it everything else seems to snowball from there"

The Otago team members experienced a great weekend in Christchurch with any number of top performances and including eleven Otago records. In the pentathlon events Alison Newall was first in the W45 with 1977 points, Claire Giles in the W50 with 2524 points, Fiona Harvey first in the W50 weight pentathlon with 2827 points, and Keith Hutton second in the M60 weight pentathlon with 3285 points. Otago wish to sincerely thank the Canterbury Association for hosting the championships at short notice and running them with their customary friendliness and efficiency throughout the weekend.

The OMA 2009/10 awards were presented by NZMA President Mike Weddell at the Athletics Otago awards night held on 22 April at the Carisbrook Function Centre. It was an entertaining and thoroughly enjoyable evening. Guest Speaker was New Zealand Winter Olympics skeleton board rider Tionette Stoddard. Tionette gave an interesting and informative address on the in depth planning and strength of mind needed to reach the top in such a demanding and little known sport.

Athletics Otago Life Memberships were conveyed to Patron Dr Norrie Jefferson now 95 years old, long time field events coach Trevor Bent, outstanding field events competitor, coach and team Manager Raylene Bates, results/records Steward and squad director Deidre Helm and chief timekeeper Laurie Hill. Raylene Bates also received the Norrie Jefferson Coach of the Year award.

Masters awards were as follows: OMA Shield for Athlete of the Year Julie Wilson, Joe Cowie six race Trophy (distance running) Peter Tutty, Otago Masters six Race Trophy Dalise Sanderson, Otago Masters Field Trophy shared by Keith Hutton/Fiona Harvey, Sanderson masters men's sprint trophy shared by

Mark Chignell/Ian Craven Sanderson masters women's Sprint Trophy Liz Wilson Dalise Sanderson also received the Athletics Otago Trophy awarded for most points in middle distance across all ages.

OMA events already scheduled for the 2010 winter programme include the Geoff Capon Memorial 5km beach run and walk on 20 June, a winter lunch at St.Clair Esplanade on 26 July and a 5km self handicap race on 15 September.



Claire Giles - third in W50 Hammer

PHOTO | JIM TOBIN

Southland

by | EVAN MACINTOSH & LANCE SMITH

2010 Papatowai Challenge

This year's running of the 15.5km Papatowai Challenge was held on the 20th of February. Southland masters athletes to gain first placings in their grade included Ricky Gutsell (M40+ grade) in 59:35, Garth Fairbairn (M50+) 1:13, and Jenny Adamson (W40+) in 1:16. Other major place getters were Glenn MacIntosh seventh overall in the open grade in 1:04, and dad Evan MacIntosh (M60+) was third in 1:26. Margarett Sutton (now 75+) was fifth in the W60+ grade in 2:15. Barrie Sheehy set the current walk record of 1:39 in 2004. This year he finished fourth in a time of 1:52.

Motatapu Off Road Marathon

Debbie Telfer was second in the veteran women's section of this popular off road marathon in 4:29:30. It was close however. Last year's winner was just 46 seconds further back, fourth only another three seconds back, fifth a further 22 seconds and sixth just one second down on fifth. After 4 ½ hours running a mere 1: 12 separated second from sixth.

Getting Run Down?

Evan MacIntosh (M64) has been getting a bit *run down* lately. After being in a possible medal winning position in his 60+ age-group in the New Zealand Marathon championships held here in Invercargill recently, he was *run down* by the better stayers in his age-group over the last stages. The same happened in the Athletics Southland Grand Prix Age-graded competition. After leading the competition up until the final weekend of the Southland Track & Field championships, he was *run down again*. He hopes that being *run down* is not too habit-forming.

Athletics Grand Prix

In the Grand Prix competition over eight events during the season Chad Butson won the senior (17years and over) division narrowly from Debbie Telfer, 651.13 points to 646.86. Glen MacIntosh was just behind with 637.04 and Bruce Thomson took fourth with 634.93. The standard for the top place getters was extremely high. Chad and Debbie both averaged over 80 each event, a score that equates to national class.

South Africa

by | LEO BENNING

Three hundred and eighty athletes from 30 up to 89 from twelve provinces took part in the 34th SAMA Championships which were held in the Bellville Stadium (about 20 km from Cape Town) on Friday 30 April and Saturday 1 May in perfect weather conditions. These championships were organised extremely well by the Western Province Masters headed by their Chairman, Basil Carnie. There were five athletes from Namibia and one each from Canada, Germany and Zimbabwe.

Sonya Rudolph, who was the oldest woman at 81, won the W80 javelin, discus and heavy weight (SA record by more than a metre). Philip Frech (89) of Germany was the oldest man. He won the five throws in M85 of which the hammer throw (19.30) and discus (20.14) were the most impressive.

Twelve South African age group records were broken during the meeting.

Some of them are viz: Ken Nurden (M75) shattered four SA records by big margins viz. 800m (2:37.04), 1500m (5:47.28), 5000m (21:30.19) and 10,000m (45:03.00). Others were Barbara Nell (W55) 5000m walk (27:10.96) and Toy Ungerer (W60) long jump (4.22).

At the awards/dinner function on Saturday evening held at the historic Castle in Cape Town seventeen athletes received their national colours as they had reached the required standards during the last two years. A number of others, including Leo Benning (M75), received awards. Leo established some sort of record at these championships because this was the 30th time that he had won the high jump since 1977. He had been second twice and had missed only two meetings during this period. In 2003 he won the M70 high jump title in world championships in Puerto Rico.

PHOTOS | EVAN MACINTOSH



Wayne Allen - driving force behind the Papatowai Challenge



Glen MacIntosh (M35) finished seventh overall in the Challenge

NZMA NORTH ISLAND TRACK AND FIELD CHAMPIONSHIPS

PLEASE NOTE THAT BECAUSE OF MATTERS BEYOND OUR CONTROL THE DATE OF THE NORTH ISLAND CHAMPIONSHIPS HAS BEEN CHANGED TO THE DATE BELOW.

INGLEWOOD
19-21 NOVEMBER 2010

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Australia

by | JANET NAYLON & STUART PATERSON

Forty Australians entered the fourth edition of the World Masters Indoor Athletics championships which were held in Kamloops, Canada, 1-6 March. Thirty-six Aussies arrived and competed, thirty took home at least one medal in our overall count of 63 (21 gold, 22 silver & 20 bronze). Two of our members, Marie Kay and Heather Carr, achieved world records. Full results for the AUS team are on the AMA website.

So where is Kamloops? It is at the junction of the North Thompson and South Thompson rivers and was established in the early 1800s. It was the focus of the inland fur trade until the mining boom of the 1860s. Ranchers with cattle and horses followed then two railways. For us it was a 50 minute flight from Vancouver or a scenic five hour bus ride through the Rocky Mountains.

The competition venue was the Tournament Capital Centre which is in the grounds of the Thompson Rivers University. This multi-purpose facility included a flat six-lane 200m track. The eight lane 60m track was outside the 200m track as the infield was three basketball courts which were covered with tartan for the

high jump, shot put and weight throw. Also in the centre there was a 50m indoor pool, water slide, gymnastics centre, various weights rooms, gyms and a 'wellness centre'. All this in a town with a population of 85,000.

The warm up area was the adjacent outdoor eight-lane track so it was just as well that temperatures were about 15 degrees higher than normal. Even so warming up on a frosty morning was not pleasant. The infield was a lovely soft astroturf gridiron field. We had been assured that snow would be cleared from the track if necessary! Lack of access to appropriate warm up areas continues to be a problem at WMA meets and is something that athletes need to be flexible about and be able to improvise if intending to compete at these events.

Likewise access to the venue for training prior to the competition was limited. As is the Australian way, most athletes were, unofficially, able to gain access! Again, this is a recurring problem at WMA events and is something athletes need to be aware of when planning a trip.

Competition commenced on 1 March and finished with the relays on 6 March. In a very compact program, athletes compete indoors in the 60m, 200m, 400m, 800m, 1500m, 3000m, 3000m walk, 60m hurdles, 4x200m relay, horizontal and vertical jumps, shot put, weight throw and indoor pentathlon (60m hurdles, high jump, shot put, long jump, 800m for women/ 1000m for men). Events also conducted as part of the program, outdoors, include the 8km cross country, half marathon, 10km road walk, javelin, and discus and hammer throws.

With high entry numbers and only six lanes on the circular track, the progressions through the rounds can be very harsh and for those thinking of going to Jyväskylä, Finland, for the next indoors the circular track is only four lanes wide but banked! Running on a banked track is easier but the progressions will be even more cut-throat.

The events were well officiated and there were plenty of friendly volunteers to assist, including Kris Wardecki. Kris, who was wearing the green and gold for the first time having previously represented Poland, had a few days free between events and is to be commended for helping out.

We ended up as the Aussie team managers after a casual conversation with Wilma Perkins in Lahti about our future interest in team management. Little did we expect that three months later we would be notified of our appointment for Kamloops. It certainly was interesting to see another side of competition at this level, with attendance at daily team manager meetings and having an input to improving the way aspects of the competition were conducted.

Janet applied for media accreditation as a freelance journalist and photographer, representing Athletics NSW, which gave us access to computers in the media centre and therefore results before they were on noticeboards. It also gave Janet access to the field of play. The challenge, though, was getting good action photos in the low light conditions and it took a few sessions experimenting with shutter speeds, apertures and ISO ratings to achieve a reasonable image!

Away from the track we had some opportunities to experience the local ways. We were all amazed at how friendly the local Kamloopians were – everyone in town knew about the World Championships. Team members were offered lifts, use of a vehicle, sightseeing tours and tips on ice fishing.

Kamloops Blazers is the local ice hockey team which plays in the semi-professional Western Hockey League. They had two home games while we were in town. What was amazing was that the town supports this U20 team with a dedicated venue and 5000+ spectators at home games. Look out for a certain Aussie working in Parramatta and wearing a Blazers jersey! Afterwards we got a lift back to our hotel with Bonnie and Lois in their Cadillac.

There was also a trip to the local ski fields, Sun Peaks Resort, for snow shoeing, to check out the world cup down hill speed skiing event and a spot of ice fishing! And last but perhaps the most hilarious, was our attempt at curling with an impromptu lesson before heading off for the long trip home.

PHOTOS | JANET NAYLON



Andrew Wilcox (0149) in the first lap of the M40 400m final

37th NZMA National Track & Field Championships
Hastings 4 - 7 March 2011

Plan your stay in the bay

Full details in the September Vetline

For further information contact:
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Janet Naylon & Stuart Paterson



JUNE 2010

- 21 Winter solstice 11:28pm
- 26 Partial eclipse of the moon 11:38pm

JULY 2010

- 3-10 15th OAMA Championships PAPEETE . TAHITI

AUGUST 2010

- 7 AMA/NZMA Cross Country Championships WAIKANAЕ

SEPTEMBER 2010

- 4 AMA/NZMA Road Championships CHRISTCHURCH
- 23 Spring equinox 3:09pm

OCTOBER 2010

- 24 ANZ/NZMA Long Distance Walks HASTINGS
- 31 ANZ Marathon Championships AUCKLAND

NOVEMBER 2010

- 19-21 NZMA North Island Track & Field Championships INGLEWOOD

DECEMBER 2010

- 3-5 NZMA South Island Track & Field Championships INVERCARGILL
- 22 Summer solstice 12:38pm

2011

- MAR 4-7 NZMA Track & Field Championships HASTINGS
- JUL 7-17 WMA Stadia Championships SACRAMENTO . USA

2012

- JAN Oceania Stadia Championships TAURANGA
- 3-8 APR WMA Indoor Championships JYVASKYLA . FINLAND

2013

- 24 JUL - 4 AUG WMA Stadia Championships PORTO ALEGRO . BRAZIL

37th NZMA National Track & Field Championships

Hastings 4 - 7 March 2011

*Full details in
the September Vetline*

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



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