

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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- > NZMA Athlete of the Year Awards





The finish of the M50 100m sprint at the national champs in Dunedin, won by Tony Tan (OTG)

PHOTO: John Campbell



The start of the 10,000m at the national champs in Dunedin

PHOTO: Sharon Wray

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



Cover Photo

Brian Senior giving it everything in the M75 shot put at the national champs in Dunedin
Photo - John Campbell

Inside Back Cover

Andrew Sexton (AKL) won the M40 400m sprint at the national champs in Dunedin
Photo - John Campbell



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President's Report

by ANDREW STARK - NZMA President



The season is all but over, except for a few members who are travelling to the Australian Masters Track & Field Championships in Adelaide (16-19 April). Good luck to those going. Following this, I have no doubt that attending the WMA Championships in Perth later this year will become a new focus for some.

The 2016 NZMA Track & Field Championships were held in Dunedin and we had perfect weather. At the NZMA AGM held on the Friday, the proposed remit about how Athletics New Zealand (ANZ) and NZMA would 'share membership' by creating a Memorandum of Understanding (MoU) between the two organisations had to be withdrawn. The day before the AGM, just five minutes prior to our NZMA Board meeting, I was informed that our constitution only allows Centres to put forward remits to an AGM and not the Board.

While this was rather frustrating, a motion from the chair was put to those attending the AGM and passed that NZMA continue discussions with ANZ to finalise a MoU on sharing our memberships. This MoU will then be presented to a Special General Meeting of NZMA to be held later in the year.

As a background to why we are looking at forming this 'sharing of membership' MoU, I presented a written President's Report at the AGM. This covered some of the reasons why the Board is proposing this course of action, commented on how Masters Centres operate currently based on information I had gathered from a survey of Centres and answered questions asked by members who responded to my request for feedback. A copy of my report can be viewed on the NZMA website.

Where to from here ...

1. The wording of the proposed MoU will be completed by the end of May.
2. Changes to the NZMA Constitution will be drafted to reflect the new membership structures and other minor amendments, to be done by the July NZMA Board meeting.
3. All Centres will be contacted to see if they would like a 'face to face' meeting with myself to discuss the MoU and the proposed membership options. These meetings to occur prior to our July NZMA Board Meeting.
4. A Special General Meeting of NZMA will be held to consider the proposed MoU and changes to the constitution. The suggested time is during the weekend of the ANZ/NZMA Cross Country Championships to be held in Auckland on 7 August.

As part of the process all Centres will be sent the appropriate information and a request for your feedback.

I appreciate that change can be unsettling for some. However, we need to do something to maintain, retain and attract new members. Creating a 'sharing of membership' MoU with ANZ is only part of the solution ... but it is a start.

Thank you to those athletes who have taken the time to speak to me personally in support of what we are doing.

Letters to the Editor

NZMA Awards

After competing in the 2016 National short sprint events at the wonderful and newly laid track at Logan Park Dunedin my wife (Lynette) and I attended the awards Dinner at the nearby yacht club rooms.

The dinner like the track meet was a well run affair and the food was very nice indeed with no skimping on meal sizes, in fact you were invited to go up for seconds if you wanted to, well done Otago!

The awards were quite ably presented by Messer's Andrew Stark and Mike Weddell.

It was explained that the awards were for athletes who had gained over 95% age graded result in their particular event or events as the case may be.

Mr Weddell announced that they needed more athletes to be nominated for consideration of Awards.

It was noted by my wife that it seemed to be that in the majority of cases the 95% plus mark was only achieved in overseas competition, and to her it appeared somewhat unfair as it favoured those athletes who could afford to and had the time to travel overseas for top level competition.

Of course knowing my wife to be a very intelligent person I took a good mental note of what she had said as there had to be an element of truth in it.

I then began my own minor investigation looking at the men's and women's National Masters Championship short sprint results using the age graded calculator.

The reference book used was, "A History of New Zealand Masters athletics 1962 to 1999, compiled by Merle and Arthur Grayburn."

The astounding thing is that for all the men's and women's short sprint events literally no-one has ever achieved 95% plus age graded plus at a National Championships during that time period.

The only athletes who perhaps could have received national awards were two top athletes, Mr Bruce McPhail and Mrs Shirley Peterson but these were hand times, no electronic times qualified. If you also look at our 2016 Nationals short sprint results no athlete recorded over the magic 95% mark, (in fact if the result sheets are correct there were no over 95% efforts in any event overall).

So if you compete solely in New Zealand in the short sprints it is fairly unlikely (but not impossible) that you will never achieve over 95% as the statistical history of the sport is against it.

There is of course a solution, why not have a tiered or three level national award, being Bronze, Silver and Gold?

As a suggestion Bronze could be from 85% to 89.99% Silver 90% to 94.99% and Gold over 95% or a percentage variation depending on the athletic event. The Bronze award for instance might have to start at a higher percentage if it was believed to be too easy to achieve or lowered in other events to make it achievable, like wise with the Silver and perhaps the Gold.

Food for thought. It would be interesting to hear other athletes views on the awards process. What are your views?

Jeff Barnfield (Canterbury)

Editor's Reply:

Jeff, there may be a little confusion here regarding the awards presented at the dinner. There are three types of awards presented: Service awards (for long service to masters athletics), the Athlete of the Year awards, which are awarded to the best NZ athletes in each category and finally, the NZMA Colours, which are an award that is given to an elite few that have achieved one or more of the following:

- Set a world masters record
- Win a world masters title
- Achieve a performance of 95% or better on the WMA percentage tables

Yes, there will be very few athletes that receive these awards due to the difficulty of achieving the 95% performance or getting a medal at the world champs, however that is one of the reasons that it is so coveted.

I believe that if we lower the standards and make it easy for everyone to get an award, then what is the point? In my view, we shouldn't be handing awards out like lollies, as it just makes a mockery of the whole national 'colours' awards.

Regarding our athletes not receiving national colours during 1962 - 1999, I think you will find that they did (or should have), as there have been many of our athletes that have received a medal at a world champs, which automatically qualifies them for the 'colours' award. They do not necessarily have to achieve 95% to get the award.

One the other hand, with the Athlete of the Year award, there is no minimum standard set, in order to receive this award. Everyone has an equal opportunity to be nominated based on their performances over the calendar year.

Also your comment about it being unlikely to achieve the magical 95% mark when competing in NZ, is understandable when you look at recent national championships, however I have noted many 95%+ performances (and NZ records) that have been set at local centre, or even club level. There is no doubt that international competition does tend to lift ones performance, however it's not impossible to achieve that same performance with local competition.

I can personally attest to that, as I was lucky enough to achieve a 95% performance in the 60m sprint back in 2013, which was set at an Auckland centre meeting. The bottom line is, that is you are at a level to be able to achieve these performances, then it can happen either locally or internationally.

I have always felt that it is better to try and raise the level of our own individual performances, rather than lower the standard of the awards, as that only tends to promote and reward mediocrity.

We all need other athletes to look up to and records to chase in order to lift ourselves. Perhaps if we look at the national colours in that same light, we might all be more inspired to train harder.

John Campbell (Vetline Editor)

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2016 NZMA T&F Championships

by Michael Wray

One week before the younger set hit Dunedin for the Athletics NZ Track and Field Champs, it was the turn of the Masters to have the run (and jump, throw and walk) of the Caledonian Ground.

Is this the first time the same venue has played host to the two varieties of National Track and Field Champs in the same season? And in consecutive weeks? The law of averages suggests the answer to the first question is no, but ANZ have only been holding their championships in early March for a couple of years now so the answer to the second is likely a yes.

The Caledonian Ground is in good shape with a new track surface that compares favourably to the troubled surface that hosted the previous championships in Tauranga. Given the stage of my injury recovery, I can't make direct comparisons – not being ready to run in spikes yet – but from the gentle runs I did in road shoes it felt like a fast track and those around me were commenting favourably.

The weather forecast, on which us athletes tend to obsess in the lead-up to an event, suggested Otago would offer us something akin to the Southland 2014 Championships (wind, rain, more wind and a tad extra rain). As it happened, there was a token effort at a shower on the Friday that lasted about 10 minutes and the rest of the weekend produced bright sunshine with a light-to-moderate breeze.

The Fiordland contingent had a visible and audible presence, proving a popular hit with their antics. From the “moose call” that tended to accompany one of their number entering the finishing straight of a race, to the post-event lap of honour. The most creative was the “Being John Malkovich” stunt where they all donned Dwight Grieve facemasks to greet his finish in one race. Dwight Grieves everywhere you looked. Disturbing!

The Friday field events started with one of the less popular disciplines: pole vault. It's a shame that masters women don't seem interested in the event. In Wellington we have no masters women having contested any pole vault; the record book is entirely empty. As far as the NZMA Champs are concerned, the only female competitors for the last decade have been guest athletes from Australia. At least the sole masters woman this year was an Australian ex-Kiwi (albeit an ex-South African ex-Kiwi!), who I understand may be moving back to NZ next season. The masters men fields aren't much better. We've only needed to handout a bronze medal once in the last decade. Wayne Doyle competed for the third time in four years and is a model of consistency as he hit the exact same mark of 3.0 in all three appearances.

The oldest competitor at the Champs was Southland's Alistair Mackay. The 88-year-old competed in the sprints and jumps, with fellow age-grouper Hector Mein accompanying him at times.

David Anstiss, as he so often does, proved himself the master jumper. His 80% graded jump was the pick of the men. Judy Hammond from Wellington scored the highest overall with 80.33%. Seelan Ramiah earned plaudits by breaking the M55 National Record, going 1cm better than his bronze medal M50 performance of 2015. Seelan added the triple jump gold too, showing he can go horizontal and vertical.

M35s Michael Scholten and Dave Couper kept up a good rivalry across the throwing events, including the throws pentathlon. Most of the time it went 1:2 in Michael's favour, but the javelin proved to be Dave's favourite event where he finally got the better of it.

Accomplished local thrower Raylene Bates proved to be the pick of the hammer throwers, where the W50 was the only one to achieve a score over 70% and set a new championship record (CR). For the other implements, most eyes were on Glen Watts who set new W75 CRs in the shot, hammer and discus.

Lyn Osmer added to her collection of javelin records. Lyn has the W40, W45 and W50 championship records, as well as the W50 NZ record, and now has the W55 CR and NZ records to add to the set. Lyn collected the shot put CR too.

Rene Otto needed a good javelin and weight throw to come from behind and take the throws pentathlon M45 gold away from David McMillan. In the M60s, Lester Laughton and Allan Hallberg regularly swapped places. The final placing (Allan gold, Lester silver) was set in the penultimate implement but Lester made Allan sweat by eating into the difference during the last throw.

The W35 throws pentathlon was tight. Less than 200 points separated all three athletes and Paula Cotter only won gold by 58 points in the final tally.

Gary Rawson set a new M55 championship record in the pentathlon despite not finishing his 1500m. I know Gary has been carrying an injury, which would have contributed to his decision to only run the first 300m, but you have to wonder if he could have got round to add points and make that record harder to beat for future contestants.

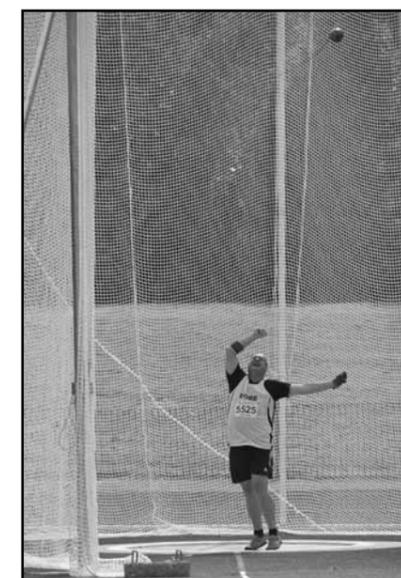
The 3000m walk started the track programme and produced a new Championship Record from Wellingtonian Jackie Wilson (W70). The time of 19:16.46 would have been a new W70 NZ record, except Jackie went even quicker at the Wellington Centre Champs a few weeks earlier. Jackie crossed the line first overall too, beating the male walkers and younger women.

The pick of the 400m races was the M50 contest. Waikato's Bruce Solomon, newly awarded the status of NZMA sprinter of the year for 2015, had a very close race with local athlete Tony Tan.

PHOTOS: John Campbell



Mary Ann Bishop (OTG) in the 3000m walk



Mark Flaus (STH) won the M55 hammer throw



Roly Letham (OTG) threw the shot 6.67m



Wayne Doyle (CAN) soars high in the pole vault



Vanessa Story (WGN) and Sarah Wallis (STH) battling in the 400m sprint



Bryan Mayall (WBP) full of concentration in the M80 shot put



Jacqueline Wilson (WGN) shows her world-class form in the 3000m track walk



Loris Reed (CAN) won the W65 javelin



Bruce Thompson (STH) finishing strongly in the 400m



Andrew Stark (CAN) and Steve Low (TAS) out of the blocks in the M55 400m



Sarah Wallis (STH) battled hard in the 400m

PHOTOS: John Campbell

Bruce led all the way round but in the finishing straight it looked like Tony – no doubt spurred on by good support from the crowd – was going to finish first. Tony closed the gap to Bruce very quickly and Bruce had to dig deep to produce a little extra spurt, dipping to the line a mere 0.06s ahead. To misquote Casablanca, this was the beginning of a beautiful rivalry. The two sprinters would go head-to-head over all the dashing distances throughout the championships and if you had only been able to pick a small selection of races to watch, you'd have picked the M50 60m, 100m, 200m and 400m.

The women's 5000m saw Sally Gibbs run from the front, start to finish. Otago's Shireen Crumpton closed towards the end but Sally was never in any danger and the final gap between the two was a comfortable 16 seconds. Sally's performance was the first of several to score an age-grade over 90%.

The men's 5000m lacked the same level of quality but as a competitive spectacle was a more exciting event. M35 Dwight Grieve and M45s Chris Mardon and Robbie Johnston ran as tight bunch throughout. It was never clear who would emerge the victor, not even at the bell when Chris had made a break. Chris, who had won the 5000m last year, held off the challengers to make it two years in a row. Dwight put on a strong finish to pass Robbie in the finishing straight to win his age group and claim second place overall. It was good to see Ian Calder return strongly to NZMA National competition; his age-grade score being the third best in the male 5000m (just behind Chris and Robbie).

Saturday morning started with the steeplechase. The thin fields for the women were compensated for by reasonable numbers in the older men's grades, so the 2000m distance produced a decent event. Loris Reed's 9:37.70 improved her own national record from 2015. The 3000m steeplechase featured only two competitors, one of which was a guest athlete from Australia.

In the 60m sprints, Tony and Bruce renewed their battle. This time it was Tony who won out, beating Bruce to the M50 title by 0.07s. The M65 race was rather special. Only three competitors, unfortunately, but all three - Trevor Guptill, Alan Dougal and Laurie Malcolmson - ran performances in excess of 90% despite a 0.9 headwind. Laurie won the race and also scored the highest age-grade of anyone in any event with his 93.15%.

Liz Wilson's 92.44% was the pick of the women's 60m performances, running a new championship record and finishing just 0.01s outside her own national record in a competitive W50 race. Vanessa Story, in the W40s, was also within of her own national record 0.01s but gets to celebrate as she finished the "right" side of it.

In the afternoon, Tony Tan left the track with a "Saturday night's alright" feeling; for the second time in day two he finished a sprint ahead of Bruce Solomon. The M50 100m was settled in Tony's favour by 0.08s and with Canterbury's Wayne Doyle in third just 0.04s behind Bruce, it was a tight contest for the photo finish judge to decide.

The oldest female 1500m runner was Myrtle Rough, contesting the W75 grade. Her time was a championship record but a little short of the national record that she set at the last South Island Champs. At 92.24%, it was the standout 1500m performance.

The M55 1500m put on a good show at the front of their heat. Otago's Peter Fitzgerald held a good lead over Northland's Ian Calder. Ian closed up in the final lap and threatened to take the race out but Peter was clearly holding something in reserve and kicked strongly over the final 200m to stretch out to a three second advantage by the finish. In the M65+ race, Ian Carter dominated at the front and just fell short of a 90% age-grade in a race that, from his perspective, was a solo time trial.

The M35-49 race was the opposite. The two M35s, Nige Burgess and Dwight Grieve, kept each other honest all the way round. Both ran 4:26, with the Tasman man (Nige) edging the race by 0.21s.

A good old-fashioned handicap race closed out the Saturday. Harriers will be used to handicap races that use staggered starting times. Track handicaps are something I've only ever read about in Jack Lovelock's diaries and the difference to road or cross country handicaps is everyone starts at the same time but with staggered starting places. While the race was nominally 100m, that does not become the distance you run – depending on your handicap rating. I believe Andrew Stark played the role of handicapper and he did a good job at the front: Tracey Excell beat Nick Bolton on a photo finish.

Danny Baillie (M45) ran the 10000m barefoot at the front of the race with no company, coming agonisingly close to his desired sub-35 time. His finish 35:00.51 is one he was both pleased with – but that 0.51s rankles just slightly. Michael Wray, on injury rehab and under strict coach instructions to run about 10 minutes at a time, amused onlookers unaware of his recuperating status, by stopping for a three minute walk every five laps or so!

Shireen Crumpton's performance was the best overall run, giving her a near two minute margin of victory over Sally Gibbs. A flair-up of Sally's back injury forced her to slow down in pain, robbing those watching of the opportunity to see what would have been a good duel between two strong runners.

The final contest between Tony Tan and Bruce Solomon came in the 200m. This time it was Bruce's turn to win, a margin of 0.06s. For those keeping score, it meant they split the honours 2-2. If you're looking for a tie-breaker, the sum of their times over the four races has Tony ahead by an aggregate of 0.03s. Given Tony won the 60m and 100m, while Bruce won the 200m and 400m, I'm considering proposing a 160m distance race be added to next year's programme so we can watch a dead heat!



Lyn Osmers (CAN) showing good technique in the high jump



Hector Mein (WBP) won the M85 high jump



Joeline Jones (TAS) won the W30 100m



Sophanna Parsons (OTG) in the W30 100m



Tim Cross (TAS) grinding out the last few metres of the 400m

> Results

60m

W30			
Jones, Joeline	TAS	8.56	
Parsons, Sophanna	OTG	9.37	
W35			
Mueller, Bianca	WGN	9.11	
Cotter, Paula	OTG	10.08	
W40			
Story, Vanessa	WGN	8.43	
Lile, Julia	WBP	8.72	
W45			
Mackie, Althea	AUS	9.34	
McMillan, Dale	MAN	9.44	
W50			
Wilson, Liz	OTG	8.47	
Stoeveken, Petra	WGN	8.76	
Martin, Louise	CAN	9.15	
Heyrick, Rosemary	STH	9.21	
W55			
Giles, Claire	OTG	9.58	
Newall, Alison	OTG	9.89	
Osmer, Lyn	CAN	9.97	
Bishop, Mary Ann	OTG	11.28	
W60			
Noeline Burden	OTG	10.24	
Mackay, Lynne	TAR	11.80	
W65			
Gower, Sheryl	WBP	9.99	
Anderson, Lois	CAN	10.83	
W70			
Jones, Glenyss	STH	11.65	
W75			
Hammond, Judy	WGN	11.83	
W80			
Bishop, Iris	CAN	18.09	
W85			
Petley, Marcia	WBP	14.87	
M35			
Belesky, Scott	STH	7.73	
Broughton, Shaun	WGN	7.79	
M40			
Bolton, Nick	CAN	7.65	
Baird, Jonny	CAN	8.00	
M50			
Tan, Tony	OTG	7.91	
Solomon, Bruce	WBP	7.98	
Davies, Paul	OTG	8.35	
Chignell, Mark	OTG	8.69	
M55			
Rawson, Gary	WGN	8.16	
Ramiah, Seelan	AKL	8.70	
Thomson, Bruce	STH	8.74	
Marshall, Murray	TAS	9.22	
M60			
Barnfield, Jeff	CAN	8.72	
Murphy, Bill	OTG	8.76	
Green, Warren	STH	9.07	
Lobb, David	COK	9.64	
Scown, Les	STH	9.86	
Thompson, Chris	AKL	11.01	
M65			
Malcolmson, Laurie	MAN	8.47	
Dougall, Alan	AKL	8.58	
Guptill, Trevor	AKL	8.60	
M70			
Anstiss, David	AKL	9.63	
MacIntosh, Evan	STH	10.24	
Schenk, Wolfgang	AKL	10.46	
M75			
Hanson, Peter	WGN	10.89	
Eastmond, Dave	NTH	11.46	
M85			
Mackay, Alistair	STH	12.83	

100m

W30			
Jones, Joeline	TAS	13.89	
Parsons, Sophanna	OTG	15.38	
W35			
Excell, Tracy	STH	13.41	
Mueller, Bianca	WGN	14.76	
Cotter, Paula	OTG	16.79	
W40			
Story, Vanessa	WGN	13.40	
Lile, Julia	WBP	13.87	
W45			
McMillan, Dale	MAN	15.67	
W50			
Wilson, Liz	OTG	13.41	
Stoeveken, Petra	WGN	13.76	
Heyrick, Rosemary	STH	14.64	
Martin, Louise	CAN	14.67	
Reid, Penelope	CAN	15.42	
Tamatea Scown, S	STH	18.82	
W55			
Giles, Claire	OTG	15.70	
Newall, Alison	OTG	16.13	
Bishop, Mary Ann	OTG	18.30	
W60			
Burden, Noeline	OTG	16.73	
W65			
Gower, Sheryl	WBP	16.03	
Anderson, Lois	CAN	17.59	

W70

Jones, Glenyss	STH	19.04	
W75			
Hammond, Judy	WGN	19.57	
W85			
Petley, Marcia	WBP	25.50	
M35			
Belesky, Scott	STH	12.14	
Broughton, Shaun	WGN	12.29	
M40			
Bolton, Nick	CAN	11.96	
Baird, Jonny	CAN	12.40	
M50			
Tan, Tony	OTG	12.48	
Solomon, Bruce	WBP	12.56	
Doyle, Wayne	CAN	12.60	
Macfarlane, Mark	WGN	13.19	
Davies, Paul	OTG	13.37	
Lett, Mark	NTH	13.53	
Chignell, Mark	OTG	13.65	
M55			
Rawson, Gary	WGN	13.18	
Ramiah, Seelan	AKL	13.85	
Thomson, Bruce	STH	14.11	
Marshall, Murray	TAS	14.99	
M60			
Barnfield, Jeff	CAN	13.99	
Murphy, Bill	OTG	14.15	
Ayson, Peter	WBP	14.25	
Lobb, David	COK	15.94	
M65			
Dougall, Alan	AKL	13.79	
Hutton, Keith	OTG	14.32	
M70			
Anstiss, David	AKL	16.04	
MacIntosh, Evan	STH	17.99	
M75			
Foster, Stewart	WBP	18.12	
Eastmond, Dave	NTH	18.84	
Toomey, Brian	STH	20.55	
M85			
Mackay, Alistair	STH	21.25	
Mein, Hector	WBP	28.49	

200m

W30			
Jones, Joeline	TAS	28.63	
Parsons, Sophanna	OTG	31.73	
W35			
Excell, Tracy	STH	27.89	
W40			
Story, Vanessa	WGN	27.21	
Lile, Julia	WBP	28.79	
W45			
McMillan, Dale	MAN	31.97	
W50			
Wilson, Liz	OTG	27.44	
Martin, Louise	CAN	30.18	
Heyrick, Rosemary	STH	30.88	
Reid, Penelope	CAN	32.90	
W55			
Gillum Green, Karen	TAR	32.65	
Giles, Claire	OTG	33.05	
Newall, Alison	OTG	33.70	
Bishop, Mary Ann	OTG	39.86	
W65			
Gower, Sheryl	WBP	34.55	
Anderson, Lois	CAN	36.25	
W75			
Hammond, Judy	WGN	43.97	
W85			
Petley, Marcia	WBP	57.80	
M35			
Broughton, Shaun	WGN	25.34	
M40			
Bolton, Nick	CAN	24.47	
Baird, Jonny	CAN	25.95	
M50			
Solomon, Bruce	WBP	25.65	
Tan, Tony	OTG	25.79	
Chignell, Mark	OTG	28.05	
Lett, Mark	NTH	28.60	
M55			
Rawson, Gary	WGN	27.29	
Low, Steve	TAS	28.19	
M60			
Ayson, Peter	WBP	28.43	
Murphy, Bill	OTG	29.01	
M65			
Dougall, Alan	AKL	28.09	
Guptill, Trevor	AKL	28.67	
Hutton, Keith	OTG	29.55	
M70			
MacIntosh, Evan	STH	34.29	
M75			
Eastmond, Dave	NTH	37.18	
Foster, Stewart	WBP	38.05	
M85			
Mackay, Alistair	STH	49.08	

400m

W30			
Jones, Joeline	TAS	1:04.82	
Wallis, Sarah	STH	1:12.04	
W40			
Story, Vanessa	WGN	1:00.56	
W50			
Wilson, Liz	OTG	1:01.88	
Martin, Louise	CAN	1:08.98	
Heyrick, Rosemary	STH	1:12.15	
W55			
Gillum Green, Karen	TAR	1:12.24	
Newall, Alison	OTG	1:16.37	
Giles, Claire	OTG	1:19.13	
Bishop, Mary Ann	OTG	1:32.42	
W60			
Sanderson, Dalise	OTG	1:22.77	
W65			
Gower, Sheryl	WBP	1:21.98	
Patrick, Barbara	OTG	1:27.88	
Anderson, Lois	CAN	1:34.67	
W70			
Mayall, Joan	WBP	1:42.58	
M35			
Burgess, Nige	TAS	55.36	
M40			
Sexton, Andrew	AKL	58.28	
Baird, Jonny	CAN	1:01.46	
Halla, Jamie	AKL	1:01.85	
M45			
Purvis, Ian	CAN	1:03.07	
Hutton, Alastair	STH	1:15.05	
M50			
Solomon, Bruce	WBP	57.60	
Tan, Tony	OTG	57.66	
Macfarlane, Mark	WGN	1:00.88	
Chignell, Mark	OTG	1:01.44	
Homan, Robert	OTG	1:06.14	
M55			
Low, Steve	TAS	1:02.46	
Thomson, Bruce	STH	1:02.62	
Stark, Andrew	CAN	1:05.86	
Cross, Tim	TAS	1:08.94	
Smith, Ivan	AKL	1:14.99	
M60			
Ayson, Peter	WBP	1:03.77	
Clark, Marshall	WGN	1:04.87	
Lobb, David	COK	1:22.65	
M65			
Dougall, Alan	AKL	1:03.60	
Malcolmson, Laurie	MAN	1:05.87	
Weddell, Michael	OTG	1:06.45	
Harper, Jonathon	WGN	1:11.92	
Phillips, Des	TAR	1:16.39	
Mulvaney, John	CAN	1:25.04	
W70			
MacLeod, Colin	NTH	1:18.26	
Schenk, Wolfgang	AKL	1:18.32	
MacIntosh, Evan	STH	1:22.45	
Bond, Michael	CAN	1:23.82	

800m

W30			
Wallis, Sarah	STH	2:50.29	
W40			
Billen, Cara	AKL	2:34.45	
Bezett, Lia	OTG	2:35.58	
Van Looy, Michelle	WGN	2:46.40	
W45			
Chorley, Maggie	CAN	2:28.59	
Edge, Leesa	CAN	2:42.34	
McMillan, Dale	MAN	2:52.74	
W50			
Gibbs, Sally	WBP	2:35.66	
Clark, Lyn	WGN	2:49.25	
Wray, Sharon	WGN	3:25.82	
W55			
Smith, Carolyn	AKL	2:53.66	
Bishop, Mary Ann	OTG	3:29.61	
Grimmett, Terri	WGN	3:45.63	
W60			
Sanderson, Dalise	OTG	3:06.71	
W65			
Reed, Loris	CAN	3:05.30	
Flanagan, Margaret	CAN	3:10.83	
Patrick, Barbara	OTG	3:19.86	
W70			
Mayall, Joan	WBP	4:06.84	
W75			
Rough, Myrtle	OTG	3:32.01	
M35			
Burgess, Nige	TAS	2:08.29	
Grieve, Dwight	STH	2:09.29	
M40			
Sexton, Andrew	AKL	2:11.56	
Halla, Jamie	AKL	2:21.96	
M45			
Cornelius, Malcolm	CAN	2:13.10	
Purvis, Ian	CAN	2:22.53	
Twiss, William	WGN	2:28.67	
M50			
Murphie, Graham	OTG	2:17.53	
Bloomfield, Stephen	OTG	2:20.49	
Homan, Robert	OTG	2:24.62	
Barnes, Robbie	TAS	2:29.37	

M55

Fitzgerald, Peter	OTG	2:15.02	
Calder, Ian	NTH	2:18.08	
Cross, Tim	TAS	2:27.07	
McCaig, Andrew	OTG	2:30.30	
M60			
Napper, Phil	OTG	2:26.21	
Clark, Marshall	WGN	2:32.51	
Burr, Noel	CAN	2:37.28	
Ward, Rodger	CAN	2:40.89	
Sanderson, Gene	OTG	2:53.07	
Chamberlin, Malcolm	AKL	3:18.59	
M65			
Carter, Ian	TAS	2:24.92	
Harper, Jonathon	WGN	2:43.36	
Weddell, Michael	OTG	2:46.25	
Clarkson, Murray	WBP	2:51.72	
Phillips, Des	TAR	2:53.94	
Mulvaney, John	CAN	3:14.84	
M70			
Jones, Barry	AKL	2:49.80	
MacLeod, Colin	NTH	2:57.77	
Bond, Michael	CAN	3:00.05	
MacIntosh, Evan	STH	3:25.06	
M75			
Davis, Allan	OTG	3:07.21	
Eastmond, Dave	NTH	3:34.91	
Hanson, Peter	WGN	4:11.50	

1500m

W40			
Billen, Cara	AKL	5:07.27	
Bezett, Lia	OTG	5:15.87	
Van Looy, Michelle	WGN	5:24.48	
Edmunds, Julie	OTG	5:36.94	
W45			
Chorley, Maggie	CAN	5:03.13	
Edge, Leesa	CAN	5:30.39	
W50			
Gibbs, Sally	WBP	5:01.35	
Clark, Lyn	WGN	5:55.63	
Wray, Sharon	WGN	6:57.26	
W55			
Smith, Carolyn	AKL	5:41.56	
Telfer, Debbie	STH	5:46.07	
Wilson, Julie	OTG	5:49.44	
Jago, Bernadette	CAN	6:04.01	
Bishop, Mary Ann	CAN	6:04.01	
Grimmett, Terri	OTG	7:12.96	
W60			
Sanderson, Dalise	OTG	6:25.71	
W65			
Reed, Loris	CAN	6:16.04	
Flanagan, Margaret	CAN	6:18.27	
Patrick, Barbara	OTG	6:36.18	
W75			
Rough, Myrtle	OTG	7:06.32	
M35			
Burgess, Nige	TAS	4:26.64	
Grieve, Dwight	STH	4:26.83	
M40			
Sexton, Andrew	AKL	4:36.02	
Halla, Jamie	AKL	5:04.90	
M45			
Mardon, Chris	CAN	4:30.82	

Long Jump (cont.)

W70			
Jones, Glenyss	STH	2.58m	
W75			
Hammond, Judy	WGN	2.70m	
M50			
Lett, Mark	NTH	4.73m	
Macfarlane, Mark	WGN	4.68m	
Solomon, Bruce	WBP	4.67m	
Davies, Paul	OTG	3.76m	
M55			
Rawson, Gary	WGN	4.79m	
Ramiah, Seelan	AKL	4.74m	
Marshall, Murray	TAS	4.32m	
M60			
Smith, Barry	STH	4.01m	
Scown, Les	STH	3.55m	
M65			
Sim, Ian	OTG	4.23m	
Phillips, Des	TAR	3.19m	
M70			
Anstiss, David	AKL	3.73m	
Smith, Lance	STH	3.17m	
Shepherd, Mike	MAN	2.48m	
M75			
Toomey, Brian	STH	2.61m	
Hunter, Alan	CAN	2.08m	
M85			
Mackay, Alistair	STH	2.37m	
Mein, Hector	WBP	1.53m	

Triple Jump

W55			
Osmer, Lyn	CAN	8.46m	
Newall, Alison	OTG	7.35m	
W60			
Burden, Noeline	OTG	6.61m	
W65			
Anderson, Lois	CAN	6.90m	
W70			
Jones, Glenyss	STH	5.34m	
M35			
Stewart, Blair	OTG	10.65m	
M55			
Ramiah, Seelan	AKL	9.47m	
Rawson, Gary	WGN	9.23m	
M60			
Smith, Barry	STH	9.10m	
Lobb, David	COK	7.83m	
M65			
Sim, Ian	OTG	8.84m	
Phillips, Des	TAR	5.98m	
M70			
Anstiss, David	AKL	8.51m	
Smith, Lance	STH	6.86m	
Shepherd, Mike	MAN	6.07m	
M75			
Toomey, Brian	STH	5.65m	
M85			
Mein, Hector	WBP	4.19m	
Mackay, Alistair	STH	4.18m	

Shot Put

W35			
Cotter, Paula	OTG	8.02m	
Miller, Dena	CAN	6.96m	
Grieve, Lee	STH	6.93m	
W40			
Blackwood, Kim	OTG	8.51m	
W45			
Mackie, Althea	AUS	8.13m	
W50			
Bates, Raylene	OTG	12.12m	
Ryan, Tina	AKL	10.08m	
Harvey, Vivienne	OTG	8.72m	
W55			
Osmer, Lyn	CAN	10.01m	
Giles, Claire	OTG	8.05m	
Harvey, Fiona	OTG	7.98m	
Newall, Alison	OTG	7.78m	
Tribble, Lyn	OTG	6.22m	
W65			
Callander, Noni	OTG	7.27m	
Anderson, Lois	CAN	6.88m	
Church, Beverley	CAN	6.20m	
Wright, Alison	CAN	4.88m	
W70			
Whitaker, Justine	CAN	5.95m	
MacLeod, Beth	NTH	5.93m	
W75			
Watts, Glen	CAN	7.38m	
Heseltine, Gwyn	CAN	4.43m	
W80			
Bishop, Iris	CAN	4.28m	
M35			
Scholten, Michael	OTG	11.00m	
Couper, Dave	WBP	10.50m	
M45			
Inivale, Laini	AKL	11.50m	
Otto, Rene	WBP	10.57m	
McMillan, David	AKL	10.48m	
M50			
Doyle, Wayne	CAN	12.39m	
Solomon, Bruce	WBP	11.01m	
Davies, Paul	OTG	9.95m	
M55			
Flaus, Mark	STH	11.73m	
Ramiah, Seelan	AKL	9.38m	
Barnard, Hans	AKL	7.77m	

M60			
Hallberg, Allan	OTG	11.03m	
Laughton, Lester	STH	10.03m	
Delamere, Tuari	AKL	9.97m	
Thompson, Chris	AKL	8.91m	
Taylor, Malcolm	OTG	6.95m	
M65			
Hutton, Keith	OTG	9.45m	
Davison, Richard	CAN	9.17m	
Powell, Mark	AKL	7.16m	
M70			
Crawford, Peter	WBP	11.26m	
Shepherd, Mike	MAN	8.33m	
Church, Glen	CAN	6.95m	
M75			
Senior, Brian	CAN	9.60m	
Hanson, Peter	WGN	8.08m	
Ryan, Terry	AKL	7.30m	
Letham, Roly	OTG	6.67m	
Hunter, Alan	CAN	5.51m	
M80			
Blair, Jim	WGN	7.10m	
Mayall, Bryan	WBP	6.21m	

Discus Throw

W35			
Cotter, Paula	OTG	21.72m	
Miller, Dena	CAN	19.23m	
Grieve, Lee	STH	15.76m	
W40			
Blackwood, Kim	OTG	33.05m	
W45			
Mackie, Althea	AUS	25.97m	
W50			
Bates, Raylene	OTG	31.48m	
Ryan, Tina	AKL	25.51m	
Harvey, Vivienne	OTG	24.98m	
W55			
Harvey, Fiona	OTG	24.45m	
Giles, Claire	OTG	17.88m	
Newall, Alison	OTG	17.75m	
W60			
Hurring, Jo	OTG	14.83m	
W65			
Callander, Noni	OTG	18.01m	
Reed, Loris	CAN	17.08m	
Church, Beverley	CAN	16.46m	
Wright, Alison	CAN	12.15m	
W70			
Whitaker, Justine	CAN	15.60m	
MacLeod, Beth	NTH	12.49m	
W75			
Watts, Glen	CAN	18.58m	
Heseltine, Gwyn	CAN	9.48m	
W80			
Bishop, Iris	CAN	9.01m	
M35			
Scholten, Michael	OTG	30.36m	
Couper, Dave	WBP	28.04m	
M45			
Calder, Luke	OTG	33.40m	
McMillan, David	AKL	30.34m	
Otto, Rene	WBP	14.65m	
M50			
Doyle, Wayne	CAN	40.88m	
Davies, Paul	OTG	34.25m	
Solomon, Bruce	WBP	33.59m	
M55			
Flaus, Mark	STH	36.77m	
Rawson, Gary	WGN	25.16m	
Ramiah, Seelan	AKL	24.71m	
Barnard, Hans	AKL	24.60m	
Smith, Ivan	AKL	22.68m	
M60			
Laughton, Lester	STH	37.04m	
Hallberg, Allan	OTG	30.60m	
Thompson, Chris	AKL	30.47m	
Delamere, Tuari	AKL	29.73m	
Taylor, Malcolm	OTG	16.11m	
M65			
Davison, Richard	CAN	35.23m	
Hutton, Keith	OTG	30.36m	
Powell, Mark	AKL	25.94m	
Dewar, Barry	TAS	20.92m	
M70			
Crawford, Peter	WBP	36.27m	
Shepherd, Mike	MAN	23.88m	
Church, Glen	CAN	18.71m	
M75			
Senior, Brian	CAN	28.23m	
Ryan, Terry	AKL	17.77m	
Hunter, Alan	CAN	17.60m	
Letham, Roly	OTG	14.04m	
M80			
Blair, Jim	WGN	18.17m	

Hammer Throw

W35			
Grieve, Lee	STH	22.27m	
Cotter, Paula	OTG	21.58m	
Miller, Dena	CAN	14.78m	
W40			
Blackwood, Kim	OTG	35.53m	
Dunlea, Karen	OTG	30.82m	
W45			
Mackie, Althea	AUS	40.97m	
W50			
Bates, Raylene	OTG	42.09m	
Ryan, Tina	AKL	31.22m	
Harvey, Vivienne	OTG	27.37m	

W55			
Harvey, Fiona	OTG	25.69m	
Newall, Alison	OTG	25.33m	
Tribble, Lyn	OTG	23.09m	
Giles, Claire	OTG	22.33m	
W60			
Hurring, Jo	OTG	18.46m	
W65			
Church, Beverley	CAN	20.66m	
Callander, Noni	OTG	20.17m	
Wright, Alison	CAN	16.58m	
W70			
Whitaker, Justine	CAN	17.44m	
W75			
Watts, Glen	CAN	27.31m	
Heseltine, Gwyn	CAN	16.91m	
W80			
Bishop, Iris	CAN	14.60m	
W85			
Petley, Marcia	WBP	14.58m	
M35			
Scholten, Michael	OTG	40.58m	
Couper, Dave	WBP	34.98m	
M45			
Otto, Rene	WBP	31.85m	
McMillan, David	AKL	24.48m	
M55			
Flaus, Mark	STH	33.40m	
M60			
Thompson, Chris	AKL	34.09m	
Laughton, Lester	STH	30.95m	
Hallberg, Allan	OTG	28.37m	
Delamere, Tuari	AKL	25.84m	
M65			
Davison, Richard	CAN	38.12m	
Hutton, Keith	OTG	26.44m	
Powell, Mark	AKL	20.87m	
M70			
Church, Glen	CAN	19.78m	
M75			
Senior, Brian	CAN	32.73m	
Letham, Roly	OTG	18.91m	
Ryan, Terry	AKL	18.83m	
Hunter, Alan	CAN	16.38m	
M80			
Blair, Jim	WGN	20.21m	

Javelin Throw

W35			
Miller, Dena	CAN	19.25m	
Grieve, Lee	STH	13.14m	
Cotter, Paula	OTG	13.07m	
W40			
Blackwood, Kim	OTG	33.52m	
Van Looy, Michelle	WGN	13.07m	
W45			
Mackie, Althea	AUS	20.77m	
W50			
Harvey, Vivienne	OTG	21.31m	
Ryan, Tina	AKL	20.93m	
W55			
Osmer, Lyn	CAN	29.80m	
Harvey, Fiona	OTG	22.40m	
Newall, Alison	OTG	16.08m	
Tribble, Lyn	OTG	10.41m	
W60			
Hurring, Jo	OTG	9.02m	
W65			
Reed, Loris	CAN	15.32m	
Anderson, Lois	CAN	14.71m	
Callander, Noni	OTG	14.35m	
Church, Beverley	CAN	13.64m	
Wright, Alison	CAN	10.77m	
W70			
Whitaker, Justine	CAN	11.34m	
W75			
Watts, Glen	CAN	13.15m	
Heseltine, Gwyn	CAN	6.48m	
W80			
Bishop, Iris	CAN	7.70m	
M35			
Couper, Dave	WBP	47.95m	
Stewart, Blair	OTG	46.64m	
Scholten, Michael	OTG	37.83m	
M40			
Baird, Jonny	CAN	30.25m	
M50			
Doyle, Wayne	CAN	36.17m	
Solomon, Bruce	WBP	35.04m	
Lett, Mark	NTH	31.75m	
M55			
Flaus, Mark	STH	32.77m	
Rawson, Gary	WGN	31.04m	
Ramiah, Seelan	AKL	25.26m	
Smith, Ivan	AKL	22.34m	
Barnard, Hans	AKL	19.57m	
M60			
Delamere, Tuari	AKL	31.79m	
Hallberg, Allan	OTG	27.17m	
Laughton, Lester	STH	19.23m	
M65			
Hutton, Keith	OTG	36.07m	
Davison, Richard	CAN	25.91m	
Powell, Mark	AKL	16.99m	
M70			
Crawford, Peter	WBP	30.65m	
Church, Glen	CAN	19.88m	
M75			
Senior, Brian	CAN	27.94m	
Ryan, Terry	AKL	16.96m	
Hunter, Alan	CAN	14.24m	
Letham, Roly	OTG	13.36m	
M80			
Blair, Jim	WGN	22.08m	

Weight Throw

W35			
Grieve, Lee	STH	8.23m	
Cotter, Paula	OTG	6.70m	
W40			
Blackwood, Kim	OTG	11.22m	
Dunlea, Karen	OTG	7.92m	
W45			
Mackie, Althea	AUS	12.59m	
W50			
Ryan, Tina	AKL	11.88m	
Harvey, Vivienne	OTG	9.97m	
W55			
Harvey, Fiona	OTG	8.86m	
Tribble, Lyn	OTG	7.75m	
W60			
Hurring, Jo	OTG	7.46m	
W65			
Callander, Noni	OTG	8.90m	
Church, Beverley	CAN	8.78m	
Wright, Alison	CAN	8.02m	
W70			
Whitaker, Justine	CAN	7.65m	
W75			
Watts, Glen	CAN	9.91m	
Heseltine, Gwyn	CAN	6.23m	
W80			
Bishop, Iris	CAN	5.36m	
W85			
Petley, Marcia	WBP	6.74m	
M35			
Scholten, Michael	OTG	11.74m	
Couper, Dave	WBP	10.45m	
M45			
Otto, Rene	WBP	9.69m	
McMillan, David	AKL	7.06m	
M55			
Flaus, Mark	STH	13.27m	
Barnard, Hans	AKL	9.73m	
M60			
Laughton, Lester	STH	12.50m	
Hallberg, Allan	OTG	12.05m	
Thompson, Chris	AKL	11.19m	
Delamere, Tuari	AKL	10.28m	





Louise Martin (CAN) showing good form in the 100m



Terri Grimmett (WGN) in the 3000m walk



Iris Bishop ran the 60m sprint in 18.09



Keith Hutton (OTG) in the M65 100m sprint



Alan Dougall (AKL) and Trevor Guptill (AKL) face off in the M65 100m sprint



Marcia Petley put in a strong performance in the 100m



William Twiss (WGN), Robbie Barnes (TAS) and David Rush (OTG) in the 5000m



Gary Rawson (WGN) leads Seelan Ramiah (AKL) and Bruce Thompson (STH) in the M55 100m



The W40-45 100m sprint, with Julia Lile (WBP), Dale McMillan (MWA) and Vanessa Story (WGN)



Otago team mates Alison Newell and Claire Giles battle in the W55 100m sprint



Jamie Halla (AKL) running the curve



Penelope Reid (CAN) in the W50 100m



Barry Smith (STH) getting some height in the triple jump



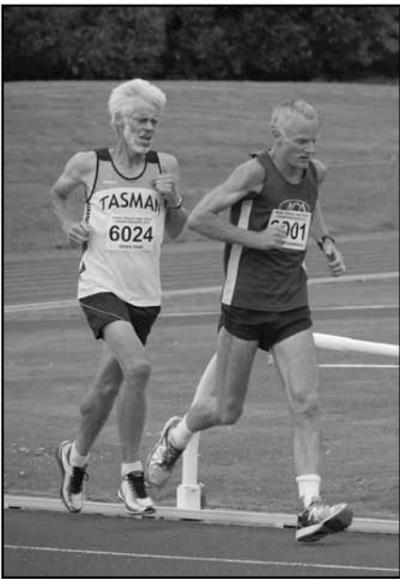
Nick Bolton (CAN) was in sparkling form in the 110m hurdles



Nige Burgess (TAS) put in a strong debut performance in the 400m



Petra Stoeveken (WGN) striding out the 100m



Derek Shaw and Malcolm Chamberlin



Graeme Sayer visiting from Australia in the 3000m Steeplechase



Michelle van Looy



Dave Eastman (NTH) and Stewart Foster (WBP) go head to head in the 200m



(From L-R): Alison Newall (OTG), Karen Gillum-Green (MNW), Claire Giles (OTG) in the W55 200 sprint



Petra Stoeveken (WGN) in the 4 x 100m relay



Nick Bolton (CAN) finishes clear in the 4 x 100m relay



Danny Baille - overall winner and 1st M45 in the 10000m

Bathed in the Woods Lately?

by George White

No I don't mean have you taken your soap and rubber ducky to the local lake. I mean "Forest Bathing" one of many seemingly wacky new fitness/wellbeing concepts.

The Japanese started the concept of forested areas having the ability to provide emotional and physical benefits. The translation of the Japanese term for it (Shinrin-yoku) is essentially "Forest Bathing". The benefits accrue by letting your senses absorb the sights, sounds, smells and even tactile sensation of the forest. There is no question there are psychological benefits to going into forested areas - it can calm, soothe and relax us. Other benefits might be lack of mobile reception allowing some margin of digital detoxing. Forest bathing has now become a recognised relaxation and stress management activity in Japan and there are even accredited Shinrin-yoku forests (44 of them!).

But are these people "Off with the Fairies"? Maybe not! While it is somewhat obvious that being in a forest would positively create calming neuro-psychological effects, its proponents suggest it also appears to result in real physiological changes. Studies have shown that the level of the protein adiponectin is increased. When this protein is in low concentrations it is linked with obesity, type 2 diabetes, cardiovascular disease and other disorders. In 2010 the Chiba University in Japan found that forest bathing resulted in lower cortisol (a stress hormone) levels, pulse rate and blood pressure when compared to similar exercise indoors. Another study by the Nippon Medical School found that it resulted in increased levels of the white blood cells which are crucial to the body in post-surgery and chemotherapy rehabilitation. These effects appear to last for several days after exposure! The cause of this appears to be organic plant compounds released by trees called phytoncides (wood essential oils).

So maybe the trail runners have got it right! The latest edition of Runner's World magazine indicated that 52% of respondents to a survey asking where people preferred to run - said Trails! After many years running road and track races the recent growth and popularity of trail running events may seem a bit strange to some. After all, how can you possibly set a new PR on a course that offers hills, uneven footing, narrow trails and even - horror - non-certified courses? However, look at all the positives! Perhaps it is a good idea not to keep track of your pace and time. Trail running offers a number of benefits that can help you enjoy your running more, protect yourself from injuries, and even improve your race times on the roads and track.

Trail running surfaces are much softer than bitumen or concrete which means fewer injuries; not only due to lower impact forces, but also because of the uneven ground

you'll build more strength in the muscles that help stabilize your lower leg, resulting in stronger knees and ankles. To maintain balance on ever changing terrain, constant shifting, and often running hills require you to engage different and more muscle groups than you would when running on roads. These muscle groups include smaller stabilizing muscles in your legs, ankles, feet, and even your core. Also because trails have less rebound than roads, the quadriceps, hip flexors and gluteus muscles are forced to engage more. This all results in more support - no matter what surface you're running on and fewer injuries. Studies show that running on uneven terrain causes you to take shorter, quicker strides and land more towards the forefoot than the heel. These adjustments are helpful when you're running on any surface. Shorter strides, a faster stride rate and mid-to-fore-foot landing requires less energy and allows for faster acceleration than heel-toe running with longer strides.

For those of you most concerned with improving your times (isn't that most of us?), trail running can make you faster. Most trail running involves hills and running uphill makes you stronger. Hill repeats on a road can be boring and monotonous, whereas hills on a trail run will typically vary in grade and length, thus constantly challenging you with variety. The difficulty of trail running courses and the variability in distances gives you "permission" to run a bit slower than you would on the roads and this can help you relax and focus on other aspects of racing, such as tactics, learning to manage your effort and learning to run by how you feel, regardless of what your watch may be telling you.

Running in the woods certainly beats running around town. It allows you to enjoy your run, which is a major factor in maintaining consistency in your training over time. On trails you will be able to avoid busy roads, distracted drivers, and other hazards that come with traffic. While there are still plenty of safety issues to keep in mind on trails, you are far less likely to encounter man made dangers.

Now do you want to be a forest bather? Many people find the sounds of nature, such as birds chirping or the running water of a stream, to be very relaxing and you may find increased happiness, improved concentration, and even improved healing. Trees provide a more oxygen-rich environment, give you shade during hot weather, and offer shelter from the wind. All of which makes for a more enjoyable run. Getting off the roads and into the forest is one of the best things you can do for your running. Whether you're aiming to enjoy your running more, build your strength or run faster times, forest bathing via trail running can be an enjoyable and relaxing addition to your running program.

From Lyon to Beijing... A Personal Recollection

by Liz Wilson

In 2013, in Porto Alegre, Brazil, I experienced competing at World Masters Athletics Champs (WMAC) for the first time. I entered 100m, 200m and 400m, and won two bronze and one gold medals. I enjoyed the experience of representing New Zealand so much that in 2015 my husband Murray and I planned to go to Lyon. I wanted to defend my 400m title.

With the experience I gained from competing in Porto Alegre, I knew I would have to step up even further to be successful in Lyon. With the competition being in Europe, it would be more accessible to a larger population and I figured the competition would be fierce. I wanted to continue to defy the odds and keep getting faster, so I made training a high priority. I am very lucky that I can train with Brent Ward, arguably the best sprint coach in New Zealand, and with his talented and committed young squad. I train with and race against open and U20 age group athletes who really challenge me. Most of the time I forget I am Masters grade and I'm old enough to be their mother!!! We are very privileged to have access to a private gym - my thanks to our supporters!!

But in my plans and preparation to attend WMAC, even in my dreams I could not foresee what the month of August 2015 would bring. Along with planning to compete in Lyon, I found out that I had been selected to compete at the first ever masters demonstration race at the IAAF World Track and Field Champs in Beijing.

I had thought, that with this selection would come opportunities for sponsorship or grant funding. I was so wrong. Even at elite world level it is so hard to find financial support. To fund the trip, I fitted a second job into my busy schedule and made my famous carrot cakes as a fundraiser. I also received some support from close friends.

And so we booked a round trip through China to Lyon. This was my first trip to Europe, and I loved it.

In Lyon, along with the rest of the New Zealand contingent, I once again had the honour of representing New Zealand. Taking part in the Opening Ceremony is a wonderful way to celebrate this honour. It was amazing to hear the support from larger nations - and to see the high regard they have for our small country.

This time the opening ceremony was held at the conclusion of the 100m finals - and was a wonderful way to celebrate with my support crew (husband Murray) and the team, my

totally unexpected Gold medal. We all sang the National Anthem with extreme pride.

It was fun to spend time with other Kiwis, but with our events being at different times and venues, and the need for each person to focus on their next event, we really didn't see a lot of each other. However, friendships are built and there is a bond between those who share this experience as we share the joy and honour of competing for our country.

If anyone needed a reason to enter WMAC - do it to represent your country. Wear the Silver Fern with pride! And do it to compete with your peers on the world stage. This is the true measure of your ability.

I'm guessing that because the WMAC was held in Europe, and so was more accessible to many more people, is why there were more competitors here than at the previous WMAC held in Porto Alegre. So the qualifying rounds for the sprints were brutal - only the first place-getter automatically qualified for the next round.

Competing at international level is always a challenge for me. I am a relative new comer to the sport, competing against people who have a lifetime of experience. But I had worked hard for this - focus, commitment, training and building my confidence. I had to believe that I could do it.

Although I had worked on my confidence - I still surprised myself by winning not only the 100m but the 200m as well ... and hearing the National Anthem played for you never gets old - it's a very special moment every time. At WMAC, every medal ceremony is celebrated and honoured. Each one celebrates a new World Champion!

But I couldn't relax yet, I still had to race the 400m - the title I had come to defend! We raced the qualifying rounds in 39 degree heat - it really was a race for survival!

I qualified fastest in the heat and the semi-final, but knew it would be a battle in the final. And it was the hardest race ... but I did it ... incredibly, I won 3 World Championship titles!

It really is an incredible buzz!!

At the completion of WMAC, we travelled to Hamburg to visit and train with a young heptathlete friend - then on to Beijing.

To qualify for the Beijing event I had been selected as one of the top 8 - female, over 50, 400m sprinters.



We were to race at the first ever Masters Demonstration race at IAAF World Track & Field Champs. We have Winston Thomas (WMA) to thank for organizing this landmark event. He fought long and hard for it to become a reality.

We met and got to know the other selected athletes - some we had raced previously, some had been just names, some we had previously "met" on Facebook. Together we shared this unique experience and some firm friendships were built.

In Beijing we all had athlete accreditation which gave us access to most areas of the Bird's Nest - something I had only ever seen on TV during the Olympics. And we got to mix with the world's Track & Field stars ... we chatted with Alyson Felix, warmed up with the Jamaican 4x100m relay team and we were there when Usain Bolt was knocked over by a Segway!! It was all a little surreal initially, but we spent time at the Bird's Nest - becoming familiar with the layout, training in the warm up area, watching events each evening and soaking in the atmosphere until it felt like a second home!

So by the time it came to the day of our race, it was like - now it's our turn. We prepared and went through the reporting process. Eventually we went out into the track - there were security, and officials, and TV cameras and 60,000 people watching ... but we were there for a race. Once I was in my lane I was in my element - and all that mattered was that it was a track, it was a race, and I ran the race of my life.

I was the only New Zealand team member to medal at Beijing - and I am very proud of my achievement. I will always treasure it. I really don't have the words to describe the experience

- it's like my ultimate experience - something I never would have ever thought possible.

When I stop and think about it now, I have to tell myself - I got 3rd in a 400m race at the Bird's Nest, in front of 60,000 people and televised live around the world - it still blows my mind!

There will now be a Masters Demonstration race at every IAAF world event - there could well be an opportunity for others from New Zealand to share this amazing experience. Maybe, just maybe I will qualify again.

But for now, I have another World Masters Champs to prepare for ... titles to defend at Perth 2016.

I have been invited to be guest speaker at various events in the past year, and the message in telling my story is "It's never too late to follow your dream ... I followed my dream, and I raced at the Bird's Nest in Beijing".



Liz winning the W50 400m sprint at the national champs in Dunedin

PHOTO: John Campbell

Spoilt for Choice

by Ian Carter

In the upcoming 2016/17 season, we Masters athletes will be presented with an array of events that we normally only dream about.

In addition to our usual Island and National Champs, we have the WMA Stadia Champs (which includes cross-country, half-marathon and marathon) in Perth in October-November this year. The WMA Indoor Champs (which has the long throws outdoors, cross-country and half-marathon) in Daegu, South Korea in late March 2017. A month later, the World Masters Games are in Auckland.

Many of us, while keen to compete, will have to be careful with our fragile bodies and bank balances. With this in mind, I have drawn up a check list that I have used to consider my options.

This list includes time of year, cost, standard of competition and any challenges.

Cost

To compare accommodation costs, I have used two chains which operate in Australia and South Korea, although there is still no guarantee of the comparisons being fair. The daily hotel costs in Daegu are about \$150 versus \$250 for Perth. Of course, we will be offered deals in both destinations. However, not including meals, it seems that a week in Daegu would cost approximately \$1000 and Perth's two weeks would cost \$3500.

Standard of competition

There needs to be a good turn-out to make it challenging and competitive. Europe is the hot-bed of Masters athletics and they are very keen on indoor events; 2500 attended last season's European Champs. The recent economic situation in Europe has affected some athlete's ability to travel. Also with Lyon in 2015, Perth is only a year later but Daegu is 18 months later. USA athletes are not usually keen travellers and Perth is about as far away as it could be for them.

Other challenges

Coping with running on a banked 200m indoor track is probably easier than negotiating an icy cross-country course as they did in Finland. Other challenges include the usual cultural differences, which may be positive or negative.

A summary of my results:

	Perth Oct-Nov 2016	Daegu Mar 2017	Auckland Apr 2017
Season	early for track	ideal	ideal
Costs	\$1000 + \$3500 + meals	\$1200 + \$1000 + meals	less
Standard of competition	Europeans - costs may limit involvement, only one year after Lyon USA - distance limits involvement	Europeans - half the travel costs of Perth USA - strong links and relatively close	unless northern hemisphere competitors include on same trip, too close to WMA Champs
Other challenges	minimal stress	indoors and climate cultural? - positive and negative	traffic?!

Other factors could include one's birthday; if you qualified for a new age group between Perth and Daegu, the latter would look infinitely more attractive.

Also, I enjoyed the camaraderie at the 2012 Indoor Champs in Finland. Field competitors are used to spending time with their fellows, but we track runners are less cohesive. With the confined quarters we spent more time together, such as in our warm-ups.

Therefore, how does all this influence my choices?

An easy winner is Daegu. After 25 years of Masters athletics, it can all seem a bit the same. The indoor aspect is a refreshing challenge and after my first foray in Finland, I have some unfinished business. Also, I expect that this venue will have the greatest depth of competition.

My second choice is Perth. It will be hard to be in peak form so early in our season but difficult to turn down the opportunity to participate in any WMA Champs when I'm at the younger end of my age group. The gap to Daegu is also long enough that I can have a brief recovery phase before entering the next build-up.

Auckland comes up third. While it is clearly the most affordable, it offers the least challenge as the environment is familiar. There will be more and different athletes but I believe that the depth of competition will be less than at the other two events. I feel a greater obligation to support WMA events ahead of the WM Games, but I want to support the local athletics organisers.

My plan is to compete at all three. The mind is willing and only time will tell if the body will follow.

Runner's High

by Sally Gibbs

Mountain running? No thanks.

That was my immediate response in early 2012 when my coach Barry Ellis suggested I might try it. I was satisfied with the events I was already focusing on - and mountains were for skiing down, not running up.

Within days I'd changed my mind, reminding myself to make the most of every opportunity - especially on the verge of turning 50.

It was all uphill from there. NZ Mountain Running Champs alternate between uphill one year, and an up-and-down course the next, to synchronise with world championship events. In the view of some our seasoned runners, uphill is "only doing half the job", but that was on the programme for 2012 (as for this year), and looking back it was a good place to start. You need stamina but you're always in control, not smashing the legs, and recovery time is quite short.

Yes, it's tough. Reaching the top of Nelson's Mt Campbell at last year's champs in April, I felt the 8km women's race had been as hard as running a marathon. A younger open-grade friend and fellow mountain rookie famously said she would rather have a baby. (Those words have since come back to bite her in the bum.)

In that first year, I enjoyed the challenge of mountain running. Then as time went on, I found I enjoyed the running itself.

Taking one opportunity has led to many more, such as travelling to world championships. Any athletes aged 35+ can enter the annual Masters' World Mountain Running Association champs, held in some of the most scenic places on earth. I never imagined I'd run up an Italian or Austrian mountain wearing a New Zealand singlet, past cows with cowbells, to a summit complete with a cafe-bar and a five-piece orchestra. And Austrian kaiserschmarrn - shredded pancakes cooked on a barbecue at the finish line - is the best traditional post-race food ever.

If not for mountain running, I would have missed meeting some amazing friends and team-mates. I wouldn't have experienced a whole new code that has complemented cross country, track and road running. And when I've been struggling with injury, running up hills is often something I can do.

Mountain running is a discipline that masters can do well in. So if you're a distance athlete who likes getting off-road (think a combination of steep cross-country and 4WD roads, often with a good dose of trail running thrown in), why not head for the hills in training, and enter the New Zealand Mountain Running Champs in Queenstown on 14 May?

For more information visit www.athletics.org.nz/Events/acat/1/date/14-5-2016



Sally training on the 2015 Masters' World Mountain Running Championships course at Betws-y-Coed in Snowdonia, North Wales

NZMA e-mail Database

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

If you have **not** supplied your centre secretary with your e-mail address

 or if it has changed, please e-mail Andrew Stark (NZMA Database Conveyer)

aws.resources@xtra.co.nz

A Tale of Two Tendons

by John Campbell

A few of you may remember me.

Once upon a time I was a sprinter, but unfortunately I have not been running very fast lately and in fact, not running much at all.

Back in mid-2013, I was training and preparing for the biggest competition of my life; the World Masters Championships in Porto Alegre, Brazil.

In July, I left the wet, cold winter in New Zealand and stayed with my girlfriend in Michigan for 10 weeks during the US summer.

This would prove to be the best training base for me and although I was doing my sprint workouts alone, I did have the luxury of a Freelap electronic timing system, which was immensely helpful in providing instant feedback and accurate times for my track workouts.

I was also working out in the gym and breaking PBs all over the place. My sprint workouts were brutal on a artificial track surface that was black - especially in temps of over 30°. That was fine with me, as I expected Brazil to be hot and unforgiving. As far as I was concerned, the tougher my training was, the more prepared I would be for the hardest competition the world had to offer.

Of course the rest is history and I must have done something right, because I managed a gold and silver, plus an all-time PB in the 200m.

What I didn't realise at the time, was that during one of my brutal workouts, I tore both hamstring tendons at the attachment point (where the hamstring joins the glutes). These were only partial tears, as I would not been able to walk at all, if I had completely torn through the tendon.

At the time, I actually thought it was sciatica, as I felt uncomfortable when sitting or driving and so dismissed it as a nuisance rather than a major injury. Had I known this, I probably would have not gone to Brazil, however ignorance can be bliss (certainly in this case it was).



John Campbell (centre) in the 200m final at the 2013 WMA champs

After the 100m final, I was limping quite badly and sought the help of some 'magic sports spray' which helped greatly. A few days of rest and I was fine for the 200m. Strangely enough, I felt no discomfort during the heats/semis or final.

It was only when I got back to New Zealand and rested up a bit, that I realised that this 'pain in the butt' was still there.

Several sessions of physiotherapy made no difference and there were all sorts of opinions as to what this injury could be. Was this the type of injury that would respond to total rest? I tried that, but no... it was still there after a few months.

Eventually I realised that this was going to need specialist treatment and I sought an opinion from Dr Ben Speedy, who had helped me with my tendonitis, several years earlier.

At the initial consultation, Dr Speedy diagnosed that it was most likely a partial tear of the tendon and he sent me off to get an ultrasound done to confirm this. The ultrasound indeed, did confirm the partial tear in not only the right side, but also the left side (although I felt no pain there at all).

The treatment plan was to strengthen the tendons by eccentrically loading them, with exercises such as swiss ball 'roll-outs' and hamstring curls. This was helpful, but not giving me the results I wanted. So after another consultation, I decided to give the PRP injections a try.

PRP (Platelet Rich Plasma) is a simple procedure, whereby a small vial of blood is taken from your arm, then the plasma is separated in the centrifuge and re-injected into the injury site. The theory is that it helps accelerate healing, because tendons have a poor blood supply and therefore are very slow to heal.

After the first injection, I didn't feel much relief at all, but I was advise by the doctor that it usually takes two injections to get the full benefit. At \$350 per injection, of course I was keen to see some results, however there was no guarantee that it would work. After the prescribed rest period of 7 - 10 days,

I decided to increase the loading on my strength work and started adding in heavy squats with low reps. Also I read that the hamstrings respond better to heavy weights and low reps. So after 10 to 12 weeks of intensive weight training, I was actually feeling good and the pain had subsided.

Finally! After two years of discomfort and pain when running or training, I was rid of this debilitating injury. I was ecstatic and of course after missing several seasons of competition, I was keen to get back into sprint training.

Of course there were no half-measures here...I had all that missed time to make up, so I promptly headed down to the local track with my timing gear for some flying 30's, to see if I still had some speed.

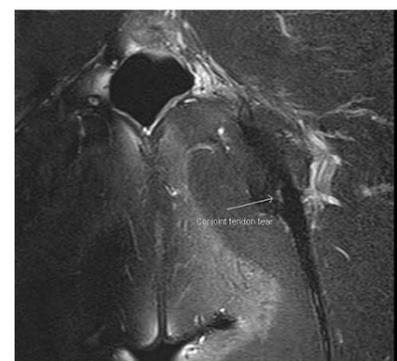
The short answer is yes, I did still have my speed.

However...whilst my newly healed right tendon felt great and there was no pain whatsoever - my previously pain-free left side, now felt a little uncomfortable. No worries, I thought. It's just a little muscle soreness from not sprinting for some time.

How wrong I was. In my haste to get back on the track, I had aggravated the partial tear in the left side, to the point where I was back to 'square one'.

Another two injections later and I'm almost back to full strength (once again). I certainly have learned my lesson and now my return to the track will be gradual and carefully managed.

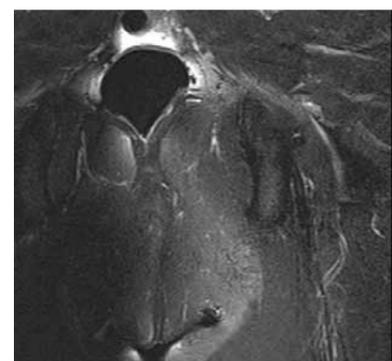
Thanks to Ben Speedy for his help and for supplying the images.



MRI of Left side - Dec 2015 (partial tear indicated with arrow)



Ultrasound of Right side - Dec 2014 (partial tear region indicated with crosses)



MRI of Right side - Dec 2015 (healed, with no sign of previous tear)

Vale-Don Chambers (23/05/37 -11/10/15)

by Graeme Rose (VMA Throwers)

Don Chambers joined the Victorian Masters Athletics Throwers group in 2006. He was a member of VMA and Wodonga Athletic Club who lived in Rutherglen so that coming to throwers meets meant much travel.

Don was born on a mixed farm at Lake Moodemere near Rutherglen and this strongly influenced his view that farmers were custodians of the land and needed to ensure that all things that contribute to maintaining the environment must be done. This had a marked influence on activities he would undertake in later life.

Don was the third of seven Chambers brothers (famous for Chambers wines of Rutherglen). Don spent four years of schooling at Lake Moodemere and Rutherglen before going to Scotch College where he was a champion athlete (particularly in hurdles). After matriculating at 16 Don went to work with CSR as a Chemist and remained with them for 28 years where his greatest achievement was developing better ways to package and transport sugar.

After leaving CSR he ran an IGA store in Rutherglen with wife Margaret (deceased) for eight years. He then managed Chambers Rosewood Winery & Marketing and became Events Coordinator for the Wine Makers of Rutherglen.

Don's passion for the environment led him to be involved in waste recycling, land care management, water quality and conservation, local history and communities. He was elected as a councillor for Indigo Shire four times, serving as Mayor for two years. He has been made a life member of the Victorian Local Governance Association.

Don spent ten years as Chair of "Keep Australia Beautiful Council" as well as being Chair of the Victorian division.

Through all these activities Don developed many influential contacts in business and Government and this helped markedly in VMA securing a \$50,000 grant to run the Nationals in Melbourne in 2012.

Don used Masters Athletics to travel the world and keep in touch with family living overseas. He enjoyed the decathlon and was always an inspiration and help to those who participated in the multi events.

Don is survived by his five children and four grandchildren. A memorial service in Rutherglen saw some 600-700 people from all spheres of his life in attendance. He was remembered by different speakers as Don the Environmentalist; Don the Athlete; Don the Recycler and as Don the Brother and Father by his brother and children respectively.

Rest well Don you have been a family man, friend and inspiration to many.

Love Growing Older?

by George White

You know the saying about “older and wiser” - wouldn't it be so much better if the first wasn't so much easier to do than the other!

When I wrote the history of the South Australian Masters I called the small book “Age is an Advantage” because being in master's athletics we can look forward to new challenges by moving into a different age bracket for competition. This can be in stark contrast to many “normal” people for whom growing older is a real problem. Research is showing that how we feel about growing older can have a significant effect on our health. If we see ageing as an opportunity rather than thinking of it as a decline towards disability, we can improve our senior years no end. When older people show greater independence and control in their lives, defying ageist assumptions, they are more likely to be healthier, both mentally and physically, than other people their age.

The trouble is there are many negative stereotypes out there and these can be a big hurdle. Many people believe aging is a bad thing and in thinking that way, help the decline of their health. Research at the Yale School of Public Health found that when exposed subliminally to positive messages about ageing, older people showed long-term improvements in memory performance, strength, balance and self- image. In contrast, when negative stereotypes of aging were subliminally administered it tended to worsen memory performance, the perception of their own effectiveness, and their views of aging in general. A control study of younger people showed no such changes, either positive or negative.

Regrettably ageist stereotypes exist because we all like to categorise people into social groups – it takes less mental energy. We just can't handle everyone as an individual or we wouldn't have time to function properly. Now of course some stereotypes are good i.e. kind grandparents, elder statesmen etc. but sadly, particularly in western societies, the perception of age is negative i.e. old codger, dirty old man, can't teach an old dog new tricks, having a senior moment etc. and older people on television are frequently depicted as comic relief with physical or mental incompetence.

Unfortunately we often use negative terms like these in jest - but even that can have an adverse impact on your self-esteem. In addition many people attribute physical and mental problems to aging rather than to specific causes which are often independent of age (type 2 diabetes is a classic example).

If you believe it – it will happen! In other words, ageism can become a self-fulfilling prophecy. Research has shown that those with negative thoughts about ageing show shakier handwriting, poorer memories, higher rates of cardiac disease, have lower recovery rates from illness, are less likely to eat well and in general they die on average 7.5 years younger than those with a positive attitude.

In reality older people often make fewer mistakes and memory can indeed be enhanced with age. We know that interpersonal skills improve with age and generally we get better at relationships. The important thing is a positive attitude and fortunately for us – physical activity can be a great boost to aging well. Researchers in Berlin conducted a study of 250 women aged 70 to 93, dividing them into 3 groups. One group carried on as normal, one attended a computer class and the third undertook an exercise program. After 6 months the exercise group showed the greatest level of satisfaction with ageing. They were fitter, more alert and had better executive functioning with the exercise having a very positive effect on their wellbeing and attitudes.

What we do in masters athletics goes a long way to overcoming and resisting negative stereotypes and compensates for the ill-effects of “automatic ageism”. We are positive about getting older because we get a great boost when we enter a new age group. All of a sudden we have a chance of a better place, maybe even a medal at a national or international championship. We may be able to set a new record by moving into a new age group. Even without the positive move into a new age group we can use age grading tables to measure ourselves. While your actual time may be slower, your age-grading could show that your performance is maintained or even improved.

How positive attitudes translate into better memory, sharper hearing and a longer life isn't known but it may simply be the will to live - people's belief that the positive aspects of life outweigh the hardships. Studies show that the participants' will to live - as measured by descriptions of their lives as either hopeful or hopeless, worthless or worthy and empty or full - correlated with both their perceptions of aging and their lifespan.

By being a master's athlete you have already embraced positive ageing and we are great examples of the fact that while you can't turn back time - you can wind it up! It is not often that I hear real words of wisdom from the SA State premier Jay Wetherill, but recently he said “you age but don't grow old” – that could well be a motto for masters athletics!

World Masters Track & Field Champs

PERTH, AUSTRALIA 26 October - 6 November 2016

A great destination, excellent athletes, facilities and accommodation

4★ Accommodation

Easy walk to city centre, suburban train transport to the tracks and in central free bus area. One and Two bedroom suites available.

Facilities below:

Meals not included. Restaurant is open 7 days for breakfast, dinner 6 days (not Sunday).

Option 1: One bedroom suite. A\$235 or NZ\$260 a night per unit

Option 2: Two bedroom ,2 bathrooms, lounge, kitchen A\$370 or NZ\$410 night/unit

Hotel Deposit is \$400 per person.

To get the best airfare prices they need to be paid on booking. Ask for a quote.



Facilities available in the complex:

- 2 Outdoor Swimming Pools, 2 Gymnasiums, 2 Tennis Courts
- Free WiFi (data limits apply). Premium data plans available for purchase from \$10 per day)
- Bicycle Hire

In addition, all apartments come with the following amenities:

- Individual control air-conditioning
- Hair dryers, Radio alarm, DVD Player
- Refrigerator, Tea/coffee making facilities
- Self-contained kitchen, microwave, oven, hotplates, toaster, dishwasher and kitchen utensils
- Laundry facilities including washing machines, clothes dryers, irons and ironing boards
- In-room safes in selected apartments.
- Flat screen televisions with Digital channels and Foxtel

DAY TRIPS on FREE DAYS being organised, including Margaret River (full day).

After Champs Cruise departing Freemantle on 7th November 2016
Cruise to Melbourne 9 nights or Sydney 11 nights.

Contact **Roy Skuse** to get your name on the list for regular updates.
Online Sports Tours. PO Box 57 Gisborne, New Zealand.
 email roy@netfares.co.nz www.onlinesportstours.co.nz

Masterpieces

IAAF Masters Athletes of the Year

The IAAF has named W55 Silke Schmidt from Germany and M50 David Heath from Great Britain as the 2015 IAAF Female and Male Masters athletes of year.

Silke Schmidt won the W55 1500m, 5000m, 10000m and half marathon in the Lyon World Masters Championships, winning each of them by substantial margins and setting world records in the 10000m and the half marathon.

David Heath won the 800m and 1500m events in Lyon. In the latter he broke the record established in 1984 by Australian Tom Roberts - the oldest world masters record in the book - by more than 4 seconds to record 4:01.02. He also convincingly won the 800m masters event at the 2015 IAAF World Championships in Beijing.

The final placings were:

Women

- 1 Schmidt, Silke W55 (GER)
- 2 Obera, Irene W80 (USA)
- 3 Petrie, Lavinia W70 (AUS)
- 4 Barrientos, Marcela W50 (CHI)

Men

- 1 Heath, David M50 (GBR)
- 2 Carr, David M80 (AUS)
- 3 Lopez Camarena, Jose Luis M65 (MEX)
- 4 Troncoso, Cesar M45 (ARG)
- 5 Poovathinkal Mattackal, Scaria John. M85 (IND)

The calibre of the nominated athletes who missed out can be seen by Women's runner-up W80 Irene Obera who won the 100m at the Lyon Championships by almost 2 seconds, the 200m by 3 seconds, set a world record in the short hurdles, won the long hurdles, was part of the world record breaking 4x100m and 4X400m relay teams, and was 2nd in the 400m and long jump!

Oceania Nominations for Masters Athletes of the Year

OMA nominated Australia's W70 Lavinia Petrie and M80 David Carr for the WMA-IAAF Masters Female and Male Athletes of the Year.

Lavinia was nominated for her recent world record in the 3000m and her performances in the 10,000m and half marathon. She also won 5 gold medals at the recent World Masters championships in Lyon winning each of her events by very large margins. She has also set world best times in the 10k and the 15k road race. Lavinia was named the Female Masters Athlete of the Year in 2014.

David was nominated for his outstanding performances in the 2000m steeplechase, 800m, 400m as well as 1500m at the recent World Masters championships in Lyon. David is the current world record holder in the steeplechase and mile and also unofficially broke the world M80 800m record during the past year.

Both Lavinia and David have also been actively involved in management and officiating in athletics.


www.perth2016.com

Entries Are Now Open!

We are excited to announce that entries for the Perth 2016 World Masters Athletics Championships are now open!

From 26 October – 6 November 2016, more than 4000 of the best Masters athletes from around the world will descend on Perth, Western Australia for 10 days of competition and celebrations.

A key feature of this event will be the Welcoming Ceremony at Elizabeth Quay, on the evening of Tuesday, 25 October 2016. And let's not forget the *Night Under the Stars* Athletes' Party on Wednesday, 2 November 2016 at the Perth Zoo.

The championships are open to competitors aged 35+ years and you don't need to be an elite athlete to compete as there are no entry standards. Why not take this opportunity to compete for your country, meet like-minded athletes from around the world and be part of the celebrations! Bring your partner or family to enjoy this exciting event.

Need help with your travel arrangements? Contact our Exclusive Travel Partner Motive Travel on perth2016wmac@motivettravel.com.au or +61 8 9322 2666.

To enter or for further information, visit the event website www.perth2016.com

We look forward to seeing you in Perth, Western Australia!

*Local Organising Committee
Perth 2016 World Masters Athletics Championships*

Corrections

In the last edition of Vetline, we incorrectly published some results from the Oceania Masters Athletics Championships.

Jusy Hammond's Oceania Pentathlon record should be 2491 pts and her Oceania Heptathlon record should be 3442 pts.

Our apologies to Judy for the unintentional errors.

Vetline Editor

New Age Group Factors Why are my percentages lower?

At the OMA Council meeting in Rarotonga (October 2015), I was informed that latest updated age group factors have been loaded into Meet Manager late last year and only apply to FIVE YEAR age groupings. Meet Manager is the computer software used by most centres throughout New Zealand when running track & field meetings.

The individual age group factors have NOT been updated and therefore they have been removed from Meet Manager. That is why your performance percentages will appear lower than expected. For example, a W54 performance will be worked out as if it was done by a W50 competitor.

If you require individual age percentages, the best website to use is by Howard Grubb, however I suspect it is also out of date. We use this website when working out the NZMA Athlete of the Year Awards. A link to this website is available via the NZMA website.

Andrew Stark

Coaching Corner

by Mike Weddell



Agility is a vague term that most people have some idea of its meaning but as coaches and in athletics some sort of idea is not good enough. Agility is fostered by strength, flexibility and balance and allows us to efficiently perform patterns of movement. As aging athletes we need to train for agility as much as we do for our main athletic discipline. For instance sprinters using blocks tend to give up on them as they get older as they find it increasingly difficult to get down into them and find just as much difficulty getting out of them when the gun goes. It is not getting old that causes the problem it is because we do not use these movements in everyday life so we lose the range of movement. It is the old use it or lose it story.

There are exercises that help maintain agility, general flexibility exercises help but also movements that are related to our target activity are even more useful. Try these simple exercises to see how agile you are.

Lie on your right side on the ground with legs straight from there stand up with as few movements as possible, then try it on your left side. Then try getting up from lying on your back, then lying on your front. If you can do all of these, try them without using your hands. If successful your agility is quite good and you can then work on the specifics of your event. You will also find that simple everyday activities will feel easier, getting in and out of the car, getting out of the armchair and climbing in and out of the bath.

NZMA Athlete of the Year Awards 2015 - Winners

Following the publication of three finalists in each of the categories for the NZMA Athlete of year Awards for 2015 in the January 2016 Vetline, the judging panel had some difficult decisions. The following winners were announced at the NZMA Awards Dinner held on Saturday 27 February in Dunedin.

A brief summary of their performance(s) that won them the award are also listed below. Congratulations to the winners and all the other finalists on their achievements. The judges are looking forward to receiving nominations later in the year for the 2016 awards and some challenging decisions to identify finalists and winners.

Sprints

Liz Wilson (W50) 400m 61.88s (95.77%); 3 golds at WMA champs – 100m 13.44, 200m 27.19 & 400m 61.88
Bruce Solomon (M50) 60m 7.72 (94.80%); 2 golds at OMA champs 200m 26.09 & 400m 58.86

Middle Distance

Myrtle Rough (W75) 3000m 14:47.97 (97.22%) OM record; NZ records 800m 3:45.66, 1500m 7:01.64 & 5000m 26:04.40
Michael Bond (M70) 2km Steeplechase 8:44.84 (91.62%) gold at OMA champs

Distance

Sally Gibbs (W50) 8km Cross Country 29:20 gold at WMA champs; 10,000m 35:58.67 (96.4%)
Alastair Pragnall (M55) 10km 35:48 (90.87%)

Hurdles

Gail Kirkman (W60) 300mH 55.05s (95.08%) OM & NZ record
Nick Bolton (M40) 110mH 15.41s (91.40%)

Jumps

Judy Hammond (W75) High Jump 1.02m (93.6%)
David Anstiss (M70) High Jump 1.35m (86.03%) NZ record

Throws

Marcia Petley (W85) Weight Throw 6.68m (91.9%) bronze at WMA champs; Hammer 16.19m (77.7%) bronze at WMA champs
Ron Johnson (M80) Hammer 34.78m (89.89%) 8th at WMA champs; Javelin 29:29m 6th at WMA champs

Walks

Corinne Smith (W45) 3000mW 14:58.2 (85.74%); 2 golds at WMA champs, 10kmW 54:23 & 20kmW 1:53.17, and a silver at WMA champs 5000mW 27:16.87
Mike Parker (M60) 5000mW 25:59.09 (87.72%); 5th in 5000mW 26:05.63 at WMA champs

Combined Events

Debbie McCaw (W35) Throws Pentathlon 3183 point, 6th at WMA champs NZ record
Ron Johnson (M80) Throws Pentathlon 3604 points; 7th at WMA champs with 3411 points

National Colours Awards

These were awarded to the following masters athletes who had age-graded performances of 95% or greater in 2015: Sally Gibbs, Gail Kirkman, Laurie Malcolmson, Gary Rawson, Myrtle Rough, Chris Waring and Liz Wilson.

Northland

by Delwyn Smith

Our annual champs are traditionally held on Waitangi Day (6 Feb) and this year was no different. We were treated to cloudy skies, but the rain held off, even though everyone struggled with the muggy heat! One of the 'blessings' of living in the north. We had a wonderful turnout of athletes with our own members out in force in various events throughout the day. We also had a good contingent of masters-age athletes that weren't Northland Masters members but joined us for the day from other local clubs. It was great to see them all along and added to what was, overall, a very successful day.

A couple of events such as steeplechase and 3000m run/walk were held prior to our main competition day, in conjunction with a local senior club at their regular evening meet, and this was a successful combination which ensured good competition for all involved. Otherwise we had a full programme of events on championship day including a 5km road race which proved one of the most popular. This started and finished on the track and was a great way to keep those entered in this event in touch with all the happenings on the track, and made it interesting for spectators who saw the bunch go off together and waited in anticipation to see who would be back first!

Congratulations to all athletes who competed; we had some great performances with a number of Northland records broken. A special thanks as always to the organisers and officials who helped out on the day; without you these events couldn't take place.

A new addition to the Whangarei running scene is the 'parkrun'. Some of you may be familiar with this world wide phenomena whereby you register and get a barcode, and can then turn up at any weekly organised parkrun and compete. A few of our members have been along to the first two local runs and have set some age group records so I'm sure we'll see some healthy competition each week in that respect.

Also on the running front the local Sport Northland run/walk series kicks off in March with the 'beach to basin' which offers a 5km or 10km option.



Polly Barach, our newest W30 member

The series runs through the winter season with about six events culminating in the Kerikeri half marathon in November. I'm sure we'll see NMA faces at these events in the coming months and I know of two that have already entered the first two events!

The NZMA national champs this year were, as we all know, held in Dunedin. So a bit of a hike for us here in the north, but despite that we still had a small contingent of five athletes competing. Being used to our warmer temperatures, it was with some trepidation that we all ventured south – but I could have sworn we were still in the sunny north; Dunedin turned on brilliant weather over the whole weekend. Despite our small numbers in attendance, we still did pretty well in the medal haul with our athletes bringing home respectable numbers of each. Well done everyone! Not forgetting our very own Corinne Smith being awarded 2015 masters athlete of the year for walks. Congratulations Corinne, well deserved and a great achievement!



NMA athletes at Dunedin, L-R: Colin MacLeod, Dave Eastmond, Ian Calder, Mark Lett and Beth MacLeod

Auckland

by Alan Dougall

AMA Championships

These took place over three weekends as follows:

T&F Pentathlon Champs: 24 January

T&F and Throws Pentathlon: 7 & 14 February

Sprint times were affected by head winds, which seemed to have become the norm this season at Mt Smart. Congratulations to all our new champions and those athletes who achieved personal best performances.

NZMA Championships

AMA was represented by 25 athletes, being 4 women and 21 men at these championships in Dunedin. Outstanding performances were achieved by the following two athletes in breaking NZ records:

Seelan Ramiah: (M55) High Jump, 1.51m (75.50%); and **David Anstiss:** (M70) Outdoor Pentathlon, 1827 points

The following AMA athletes produced performances equalling or exceeding the 80.00%:

Event	Age Group	Place	Name	Perf	%
60m	M55	2	Ramiah, Seelan	8.70	84.48%
	M65	2	Dougall, Alan	8.58	91.96%
		3	Guptill, Trevor	8.60	91.74%
100m	M70	1	Anstiss, David	9.63	85.36%
	M55	2	Ramiah, Seelan	13.85	81.23%
	M65	1	Dougall, Alan	13.79	87.53%
200m	M65	1	Dougall, Alan	28.09	85.90%
		2	Guptill, Trevor	28.67	84.16%
400m	M65	1	Dougall, Alan	01:03.6	86.64%
800m	M40	1	Sexton, Andrew	02:11.6	80.39%
	M70	1	Jones, Barry	02:49.8	80.25%
	1500m	W40	1	Billen, Cara	05:07.3
W55		1	Smith, Carolyn	05:41.6	82.88%
M70		1	Jones, Barry	05:58.3	81.21%
HJ	M70	1	Anstiss, David	1.32m	80.00%

2015 NZMA Athletes of the Year

The summer season finished on a very positive note with four AMA athletes taking out five of the 2015 NZMA Athlete of the Year awards. Our hearty congratulations go to:

1. Ron Johnson (M80):

Outstanding performances by Ron resulted in him winning two awards, these being the best Male Thrower and for the best in Multi Events. Ron consistently performs at a high level including



PHOTO: John Campbell

David Anstiss

World Masters Championships where he is a former Decathlon winner. Ron's efforts in the past year included an AMA Discus record of 27.01m and setting a combined events points total of 3604.

2. David Anstiss (M70):

David set new NZ records in both the triple jump of 9.16m and the high jump of 1.35m in the past year to collect the Jumps Award.

3. Mike Parker (M60):

Mike continues to be an outstanding Masters Walker with a best 5000m time of 25:59:09, and even medals at NZ Senior Championships level.

4. Alastair Prangnell (M55):

The Distance Running Award was won by Alastair.

2016 NZMA Winter Indoor Meeting - 17 July 2016 – AUT Millennium

This meeting has now officially been upgraded to be the NZMA Indoor Championships.

Preparations are well underway to extend this year's programme to include 50m Hurdles, indoor Shot Put and two outdoor track events. We now have authority to set NZMA Indoor Records for the 50 metre sprint, all Jumps and the indoor Shot Put. The venue will be the same as last year, in the Sports Hall at the AUT Millennium, Mairangi Bay, Auckland on 17 July 2016. A small fee structure will now apply to this event as a result the event status changing to become the NZMA Indoor Championships.

An online entry form will be made available nearer the time on the AMA website at ama.org.nz. The concept of three 50 metres races for everybody still stands, but only one hurdles race will be run for each entrant at this stage.

Waikato/Bay of Plenty

by Ray Laurie

Our first major event for 2016 was the Waikato/BOP Masters Championships, held over the weekend of January 16 & 17 and although the number of competitors seemed slightly less than usual, this did not seem to affect the level of performance.

The highlights of the championships were the greater than 90% performances from Bruce Solomon who achieved 93.3% in the 60m, 90.5% in the 100m and 89.84% in the 200m; plus those of Stephen Te Whaiti who achieved 92.2% in the 60m, and 88.7% in the 100m. As seen below, they were not alone in achieving impressive results.

In order to conserve space, only the the championship winners names are shown, followed by the event that was won. If the championship performance bettered eighty percent, the event name is in bold type; while those between seventy and eighty percent are shown in italics. All others are in standard type.

Thus the Waikato/ Bay of Plenty Champions for 2016 are:-

WOMEN

W45: Sharon Walker: 1500m; Steeple.

W45: Brenda Davis: HT; Shot; DT; JT; WT; Thr Pent.

W50: Linda Reynolds: 1500m; 5000m; Steeple.

W60: Lynne Mackay: **60m**; 100m; Shot; JT.

W65: Barbara Allen: 1500m; 3000m.

W65: Bev. Savage: HT; Shot; DT; WT.

W70: Fay Riley: Shot; JT.

W75: Jill Sherburn: **60m**; 100m; LJ; TJ; Shot; JT; .DT; Pent; Thr Pent.

W75: Marion Clarke: HT; WT.

MEN

M35: Dave Couper: HT; Shot; DT; JT; WT; Thr Pent.

M40: Rob Lyle: **60m**; **100m**; **200m**; LJ; HJ.

M45: Stephen Walker: 1500m.

M45: Ian Clarke: 200m; 400m; 800m; HT; Shot; DT; JT; WT; Pent: Thr Pent.

M50: Bruce Solomon: **60m**; **100m**; **200m**; Shot; DT; JT. Pent.

M50: Stephen Te Whaiti: **400m**; 100m Hdl; LJ; HJ.

M50: Brendan Magill: LHdl; TJ.

M55: Mark Gray: 5000m; TJ.

M50: Rob Kear: Steeple.

M50: Craig Wilson: 800m

M60: Gavin Smith: **1500 m**; **5000m**; **Steeple**; Pent.

M65: Murray Clarkson: 400m; 800m; 1500m

M65: Mark Wyndam-Jones: Pent; Thr Pent.

M70: Alan Silvester: **60m**; 100m; 400m; Long Hdl.

M70: Bruce Wills: Shot; DT;

M70: Kevin Bradley: HT; WT.

M80: Les Williams: 60m; 100m.

M85: Hector Mein: 60m; 100m; LJ; Thr Pent.

M95: Eric de Lautour: 100m; **400m**; 1500m.

In addition to our members vying for championship status, it was great to be joined by Fuzzy Maiava and Laini Inivale, who, as members of the Auckland Masters, often come all the way down just to enjoy being with fellow athletes; and in their case, provide some formidable and welcome competition.

Thank you to Tauranga City Council

At last Tauranga has got safety barriers up at the hammer and discus circles, even though the "nets" are made of metal wire. This will enable the throwers of these implements to maintain their technique.

The safety requirement that heavy rope nets must always be up before a hammer or discus could be thrown, although commendable, was both disproportionately time consuming and could be dangerously heavy. Thus setting up was avoided, as was the throwing, particularly if alone or with the older age groups. It is hoped that the drop off in the performance of some of this city's hammer and discus throwers will now be corrected.



PHOTO: John Campbell

Bruce Solomon narrowly won the M50 400m at the national champs in Dunedin

Tasman

by Derek Shaw

Big Medal Haul

Tasman Masters athletes had a very successful weekend at the NZMA T&F Champs in Dunedin. The team of nine athletes, with ages ranging from 34 to 65, won a total of 26 medals - 17 golds, 6 silvers and 3 bronzes.

The youngest member Joeline Jones (W30) in her first championships set new NZMA all time and championships records in winning her 60m sprint with a time of 8.56s. She continued her winning form in the 100m (13.89s), 200m (28.63) and 400m (64.82). She was also second in the long jump with her final jump of 4.31m, just 3cm behind the winner. This gave her 4 golds and a silver medal from her five events.

Also debuting at the champs, Nige Burgess (M35) also showed great form in winning all three of his track events. He comfortably won his 400m (55.36s) and 800m (2:08.29). In his 1500m, he had a close race with Southland's Dwight Grieve to provide one of the most exciting finishes at the champs when he just managed to take the lead in the last few metres to win by less than a quarter of a second in a time of 4:26.64.

Barry Dewar (M65) also had an impressive debut in winning four of his six events and finishing second and fourth in his other two. His showed his versatility in winning his high jump clearing 1.23m and taking 4th place in the discus against specialist throwers and despite an injured finger. He comfortably won three of his track races - the 2k steeple (9:01.41), 5000m (19:54.23) and 10000m (41:33.90). In the 1500m, he had to settle for second place (5:43.01) behind fellow Tasman Master Ian Carter (M65) who continued his winning form at recent champs with emphatic wins in both the 1500m (5:04.39) and 800m (2:24.92).

Robbie Barnes (M50) ran very well to secure good wins in his two longer races, the 5000m (17:59.68) and 10000m (37:21.14), and was also second in the 1500m (4:57.59). In his final race only 3 hours after the 10000m, he was up against specialist middle distance runners who were also fresher, but he still managed a creditable time for the 800m of 2:29.37s in finishing fourth.

Tasman had three athletes in the M55 age group. Murray Marshall in his first season and first champs gained some valuable experience and took home two bronze medals from his high jump (1.30m) and long jump (4.32m). Good sprints also resulted in him finishing fourth in both his 60m (9.22) and 100m (14.99).

Steve Low again won the 400m title in the M55 grade, in a very close finish with Southland's Bruce Thomson to record 62.46, with a margin of just 0.16. In the same race fellow Tasman Master Tim Cross was fourth in 68.94. In his 200m (28.19)



Steve Low winning the M55 400m sprint at the national champs

Low had to settle for second behind Wellington's Gary Rawson who had recently moved into the same age group. Cross won a bronze in his 800m (2:27.07) but in his 1500m (5:10.09) he just missed out on the bronze and the distinction of beating the NZMA President, Andrew Stark, trailing by four one hundreds of a second.

Like many aging masters Derek Shaw (M60) was recovering from an injury but did manage to win his 5000m (21:08.73) race and was second in both the 2k steeple (9:01.33) and 10000m (44:48.67) and fourth in the 1500m (5:44.20).

In the final track event of the champs the Tasman 4x100m relay team of Joeline Jones, Steve Low, Robbie Barnes and Nige Burgess ran strongly to take a very creditable second place behind a team of specialist sprinters.

Local Half Marathons

Tasman masters members continued their long involvement in the Buller marathon and half marathon, which begins in the scenic Buller Gorge and finishes in the centre of Westport. This year it was held on 13 February and two members used it as preparation for the NZMA T&F champs. Robbie Barnes (1:20:32) followed in the footsteps of Derek Shaw and Murray Hart and extended the 'tradition' of Tasman masters being first in the M50-9 age group. Sprinter Joeline Jones (1:42:50) was 9th SW in her debut half marathon.

A month later in the hilly Kaiteriteri Half Marathon and only 2 weeks after competing in four events at the Dunedin champs, Robbie was 3rd overall and again 1st in the M50-9 age group in 1:25:24. In the associated 10k, Paula Canning (39:04) was 4th overall, 2nd women and 1st in W40-9 grade. Joeline, 'fresh' from her sprinting successes at the NZMA T&F champs and a South Island touch tournament the following weekend, was 15th overall in the 10k, placing her the 5th women and 2nd in the U40 age group with a time of 46:07.

Both the Buller and Kaiteriteri half marathons were won by Phil Costley, who extended his own wining traditions with his 6th win in the Kaiteriteri Half Marathon.

PHOTO: John Campbell

Manawatu/Wanganui

by Jen Fee



Laurie Malcolmson (MNW) chasing Alan Dougall (AKL) in the M65 400m sprint at the national champs in Dunedin

A long hot, dry summer in this region saw a very warm competition in Hastings where we had 10 eager members looking to win the inaugural Colleena Blair Memorial Shield. It wasn't to be but it was a great day and many thanks to Hastings for running such a wonderful event, we are looking forward to holding this event in our region in the future, so that we may perhaps get the Taranaki team involved with it being more central. Can't promise 30 degree temperatures in Palmerston North!!

I am sure that it was with Colleena in mind that we had a few members out of the woodwork to compete that day. Fantastic to see Jill Evans back in action and competing against her daughter Raewyn Grigg, who opted to join our club this season. Welcome back to Matt Hillas as well, he looked like he'd never been away!

A warm welcome to our newest member Dale McMillan from Pongaroa, not only was she new to track and field but she just won her first medals down at the National champs and we are keen to see her do well in the coming years.

Nationals saw only 3 members compete from here, some having work commitments to keep them away, but all three did well but mention must go to Laurie Malcolmson who again broke records!! We applaud your achievements; you are truly an inspiration.

Currently we are trialing a monthly schedule for our dwindling club nights and have opted for a "coaching comp" with a set schedule over the month with coaching offered and best throws and jumps etc recorded. Good to see 5 people on Thursday, we hope it grows from here and we will post the schedule on our website ASAP.

PHOTO: John Campbell

Taranaki

by Vicky Jones

Like most of the country, Taranaki has experienced a fabulous long, hot, dry summer and competition has been vigorous. Des Phillips has made great progress in his comeback from injury, with steady increases in his workload. Lynne Mackay has had a good season achieving a string of personal bests. She attended a Masters championships in Tauranga in January achieving 10.96s for the 60m, 100m in 18.15s, 11.96m for javelin (a PB), and 5.34m for the shot put (a PB at the time but she has now improved this to 5.58m). Some other members this season have been laid low with injury but are in the process of coming back to form and competition.

Championships races have been condensed this season due to impending upgrades to the regional track for drainage and resurfacing. The 5000m, 5000m walk, 3000m and 10000m all took place on Egmont Athletics nights, along with some field events including the pole vault and weight throw. Inglewood Athletics hosted the hammer one wet Wednesday night.

The impending track improvements meant Taranaki championships proper took place in Hawera at Hicks Park based at the TSB Hub on 19 February. Being away from the main track without the use of the photo finish, things had to be done old school – manual timing. This made for a slower but interesting meeting, as those who knew how were out of practice, while others were novices. It shows how reliant we are on technology, and how much more efficient it can be when used properly. To top it off Hawera's track is a grass one and the only other properly surveyed track in the region.

TET Athletics Taranaki Championships 19/02/2016

100m

W45	Katie Morresey-Tahere	15.31 (1)
	Sandra Moratti	20.74 (2)

200m

W45	Katie Morresey-Tahere	32.81 (1)
	Sandra Moratt	48.09 (2)
W60	Lynne Mackay	40.30 (2)
M45	Dennis Gibbon	35.46 (1)

400m

M45	Dennis Gibbon	1 34.60 (1)
M65	Des Phillips	1 21.88 (1)
	Brian Warre	1 24.73 (2)

High Jump

M45	Dennis Gibbon	1.15m (2)
M65	Des Phillips	1.10m (1)

Shot Put

W45	Sandra Moratti	6.85m (1)
W60	Lynne Mackay	4.68m (2)
M45	Dennis Gibbon	8.21m (2)

Javelin

W45	Sandra Moratti	15.85m (1)
W60	Lynne Mackay	9.87m (2)
M45	Dennis Gibbon	21.57m (2)
M65	Des Phillip	18.76m (1)

Events held on other nights

5,000m (12 Feb)

M45	Mike Morresey	21.34.51 (1)
M65	Brian Warren	22.17.78 (1)
	Des Phillips	26.17.26 (1)

10,000m (5 Jan)

M45	Mike Morresey	43.10.54 (1)
M65	Brian Warren	44.50.85 (1)
M70	Alan Jones	58.09.37 (1)

2,000m Steeplechase (5 Jan)

M65	Des Phillips	10.58.34 (1)
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Pole Vault (2 Feb)

M45	Dennis Gibbon	1.90m (1)
M65	Des Phillips	1.20m (1)

800m

W60	Lynne Mackay	3.56.79 (2)
M65	Brian Warren	3.18.16 (1)
M70	Alan Jones	3.22.93 (1)

1500m

M65	Des Phillips	6.44.60 (1)
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3km walk

W35	Vicky Jones	22 24.88 (1)
W45	Sandra Moratti	20 20.06 (1)
M45	Mike Morresey	15 59.15 (1)
M65	Des Phillips	19.14.31 (r)

Long Jump

W60	Lynne Mackay	2.71m (2)
M45	Dennis Gibbon	3.70m (1)

Triple Jump

M45	Dennis Gibbon	7.79m (1)
M65	Des Phillips	5.81m (1)

Discus

W45	Sandra Moratti	14.44m (1)
M45	Dennis Gibbon	21.95m (2)
M65	Des Phillips	19.26m (1)

5,000m Walk (9 Feb)

W35	Vicky Jones	38.00.10 (1)
W45	Katie Morresey-Tahere (B)	35.25.74 (1)
M65	Des Phillips	34.14.04 (1)

3,000m

M65	Brian Warren	12.50.07 (1)
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400m Hurdles (2 Feb)

M65	Des Phillips	66.03 (1)
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Weight Throw (16 Feb)

W45	Sandra Morratti	5.91m (r)
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M45	Dennis Gibbon	7.88m (1)
M65	Des Phillips	7.89m (1)
	John Payne	7.30m (2)



Des Phillips

Conditions on the night were an exception to this season's rule of hot, clear, calm conditions in exchange for strong, cold wind and showers. The fields weren't large, but the competition was fierce. For possibly the first time ever there was a heat of all master women, with Katie Morresey-Tahere dominating in the sprints. Katie has been giving more attention to sprints this season over her main discipline of race-walking and has made great strides in this area, increasingly becoming a true pocket rocket!

NZMA Track and Field Championships 26-28 Feb 2016

A small but plucky group attended the NZMA championships in Dunedin. This was the first major outing for Des Phillips (M65) since he broke his leg last May. He engaged in a typically large workload: doing the 400m, in which he placed 5th in a time of 76.39s; came 3rd in the 2000m steeplechase in 10.11.28; 5th in the 800m (2.53.94); and 3rd in the 300m hurdles in 75.14s. In the field he came 2nd in the long jump, triple jump and high jump (achieving 1.17m from his unfavoured leg). Clearly he had stiff competition!



Lynne Mackay

Lynne Mackay (W60) competed in the 60m, in which she unfortunately twinged her hamstring, forcing a withdrawal from one of her favoured events, the outdoor pentathlon. Her time of 11.80s was still enough to claim second place. Karen Gillum-Green (W55) had strong runs to take honours in the 200m and 400m, breaking her own Taranaki open records. I have been unable to gain comprehensive results from those participating, but all results will be under the article about the meet.

As the season draws to a close, one or two members have one last hurrah in summer competition, with Mike Morresey building up to the open national champs in Dunedin 4-6 March, and one or two participating in the Bailey's mountain to surf marathon on 5 March. Members are expected to participate in the Taranaki Masters Games being held 17-20 March. Good luck and have fun!



Wellington

by Michael Wray



Vanessa Story 27:32 and Petra Stoeveken 29:39 - 200m dash

It hasn't been the busiest quarter of competition in Wellington. Many of our members took to the track on the Night of Miles at Christmas. The usual challenge of beating Santa proved more difficult than usual when the guys that play the role of Santa allowed Olympic Medallist Nick Willis to don the suit. Saint Nick jogged the first couple of laps and then kicked it up to elf-destroying pace. The only negative was a failure in the timing that denied a couple of runners the opportunity to claim vacant masters centre records for the mile.

The Wellington Centre Champs, in which we combine the Masters and the Athletics Wellington grades, were mostly held in Masterton this year. Given how often the Wairarapa athletes travel to Newtown Park for competition, it seems fair to rotate to Masterton. However, it would appear the majority of Wellington athletes don't want to travel over the Rimutakas for the day and numbers were not especially good. Curiously, we had more than the usual number of guest athletes from other centres though.

A handful of records fell during the period. Petra Stoeveken has had a particularly strong set of performances since entering the W50 grade, setting new Centre records in the 60m, 100m, 200m and pentathlon. Vanessa Story also raised the bar for the W40 sprints, while our accomplished walker Jackie Wilson and thrower Nicole Macquet continued their record setting exploits.



Gary Rawson pole vaulting on day two of the Wgtn centre Champs

In a more unusual move, Sharon Wray, following the example of Michelle Van Looy in exploring a throwing event, took advantage of a vacant slot to set the W50 Weight Throw record.

Stephen Day, an accomplished M40 runner, who has been able to hold his own in senior competition despite his age, has joined masters. His first act was to take 39 seconds off the previous M40 3000m steeplechase record. I have no doubt other records will follow.

Outside of competition, in matters of administration, we have extended the footprint of our website. It now contains event pages with a list of previous place-getters for all masters age-grades in all relevant championship events. This includes the Wellington centre events, North & South Island events (both Cross Country and Track & Field), all ANZ winter championships, the NZMA championships, Oceania Masters championships and the various World Masters championships (outdoor, indoor, mountain, masters games). I'm keen to locate results from prior years to keep extending the history.

We have complete results for things like World Masters and (apart from the "lost" results from 1988) Oceania Champs, but only go back as far as 2009 for some NZMA events. Our address is www.wellingtonmastersathletics.org.nz and I'd welcome anyone being able to supply outstanding past results as I continue trying to complete our history.



Walkers at the Wgtn centre Champs day two. From left to right: Peter Baille, Bob Gardner, Jacqui Wilson, Sean Lake and Daphine Jones



Michelle van Looy leaps the water jump in the 2000m steeplechase



Gary Rawson clears 2.4m in the pole vault



Bob Gardner and Peter Baille collecting their Silver and Gold medals respectively in the 3000m walk at the Wgtn Centre Champs



Michael Milburn, Gary Rawson and Mark Macfarlane make the podium for the 200m dash at the Wgtn centre Champs

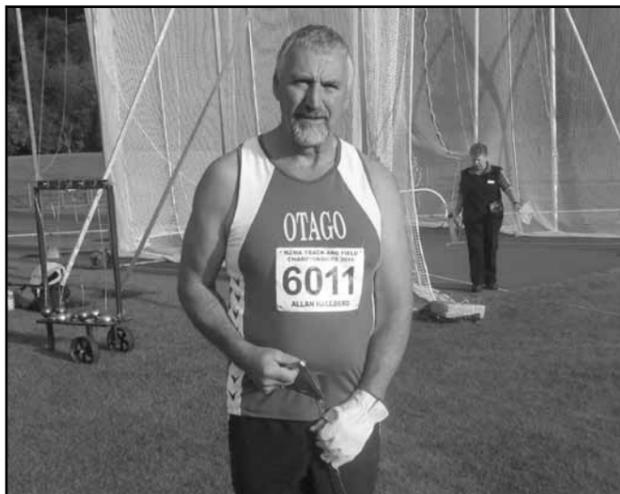


Nicole Macquet medalled in the Shot Put, Discus, Javelin and Hammer Throw

PHOTOS: Sharon Wray

Otago

by John Stinson



Allan Hallberg in the M60 hammer throw

Now that the dust has settled on the 42nd NZ Masters Track and Field Championships held over the weekend of 26-28 February at the Caledonian Ground in Dunedin, the Otago Masters Local Organising Committee can reflect on a job extremely well done. All the advance planning was rewarded with three days of exciting fun-filled competition held in glorious weather, making plenty of sun screen application a necessity. Overall it was a weekend for all competitors and officials to look back on with great pleasure.

Final entries totalled a satisfying 199 and the organisers hope that all competitors, including those who travelled a long way to get to Dunedin, enjoyed both their competition and the southern hospitality. Being out in the field assisting at different events meant this writer was able to gain a good perspective on how smoothly everything was run and to appreciate the precise work involved in running a national competition. One of the pleasures of assisting over the three days was the opportunity to work with Alistair Wilson who was ever willing to pass on his considerable knowledge of the different field events and also keep everyone happy with his ever present supply of humour. The OMA organising committee were grateful for the assistance provided for all events by Athletics Otago officials particularly in light of Dunedin hosting the Senior New Zealand Championships a week later.

The 51 Otago Athletes would be well pleased with their efforts over the championships, securing medals across the board and giving of their best in every event. Athletics NZ High Performance Manager Raylene Bates was a standout performer in her specialist events,



Sophanna Parsons won a gold medal in the W30 Long Jump and silver medals in the W30 60m, 100m and 200m sprints at the national champs in Dunedin

particularly the W50 hammer throw which she won by almost 11m with an effort of 42.09m. The previous Otago record was 35.42m set by Winifred Harding in 2006. Raylene also comfortably won the shot put with 12.12m and the discus with 31.48m and sealed her victory in the throws pentathlon with 3458 points. Fiona Harvey who contributed so much time and effort to the organisation of the championships enjoyed well deserved success in the W55 grade, winning the weight throw, hammer and discus and breaking her own Otago record by 37cm in the latter event with 24.45m. Congratulations Fiona.

On the track Liz Wilson continued her run of world class performances in the W50 grade winning the 60m in 8.47s, 100m in 13.41s and the 400m in 61.88s. This follows on from her gold medal runs in the 100, 200 and 400 at the World Masters Championships held in France in 2015. Tony Tan set two new Otago records in the M50 60m and 100m. Tony won the 60m in 7.91s and the 100m in 12.48s breaking a 21 year old record for the latter in the process.

The Saturday evening dinner held in the Otago Yacht Club premises in Magnet Street was from all accounts a great success and thanks must go to Jo Hurring for her work in being the principal organiser for the dinner and also the excellent array of raffle prizes on offer over the three days.

Otago Masters Athletics would like to thank all competitors, officials and helpers for their contribution to a memorable three days of competition. We look forward to seeing you all in two years time for the staging of the 2018 Oceania Masters Championships.

Canterbury

by Andrew Stark

It is hard to believe that it has been five years since QEII was destroyed in the 22 February 2011 earthquake. We are finally starting to see progress with work starting on a new facility. While we are not being informed about all that is going on behind closed doors, my understanding is that a short list of those interested in being involved in building the new Sports Hub development have been identified, but not as yet named publically. Expressions of interest in the design phase have been called for and there are indications that work on 'moving soil' is planned to start sometime mid-year ... no confirmed dates available as yet. It all sounds very promising, but until we see work happening on the site ... it is very hard to feel excited.

During this season Canterbury Masters continued to work closely with Athletics Canterbury, with our athletes joining in their interclub events. We still held three stand alone meetings, which continue to attract fewer members each year. A set of our season's result can be viewed on our website.

The Season in Review

One athlete I would like to mention is Glen Watts, as she has had an outstanding year. For the past few seasons she has not been competing as regularly as she normally does due to supporting her husband Pete as he battled cancer. But this year, having gone up an age group she has regained her passion and set about creating new W75 age group records. These are her performances for the 2015-2016 season.

Venue	Date	Event	Performance	Record
Rarotonga	05/10/2015	Javelin	16.20m	CMA Record
Rarotonga	06/10/2015	Weight	11.71m	CMA, OMA & NZMA
Rarotonga	06/10/2015	Shot Put	8.27m	CMA, OMA & NZMA
Rarotonga	07/10/2016	Throws Pentathlon	3735 pts	CMA & NZMA
Rarotonga	07/10/2016	Hammer (TP event)	28.51m	CMA & NZMA
Rarotonga	09/10/2015	Discus	19.06m	CMA & NZMA
Timaru	20/11/2015	Shot Put	7.55m	SIMA
Timaru	20/11/2015	Hammer	30.63m	CMA, SIMA & NZMA
Timaru	21/11/2015	Javelin	13.59m	SIMA
Timaru	21/11/2015	Discus	18.34m	SIMA
Timaru	21/11/2015	Weight	10.57m	SIMA
Timaru	22/11/2015	Throws Pentathlon	3735 pts	= CMA, SIMA & NZMA
Rawhiti Domain	13/12/2015	Throws Pentathlon	3748 pts	CMA & NZMA

Having viewed the 2015 world ranking lists, I see that Glen's hammer performance would rank her 5th and in the weight throw 6th. Well done Glen.

A full list of all record breakers will be compiled and available in Cant-A-Long and on the CMA website.

Pete Watts Memorial Relay – 12 March 2016

Formerly known as the Link Relays, this event has been on the calendar for many years, with Glen & Pete Watts being the chief organisers. Initially as a road event it was moved to Halswell Quarry post earthquake. Many of you will know this venue as Canterbury has hosted several national cross-country championship events there in recent years.

This year we renamed the event in honour of Pete Watts. Being a handicap start, the winning team is the team that runs closest to their estimated team time. On a clear yet crisp morning, 20 teams of 4 athletes each running 4km, battled the conditions with the winning team running just 19 seconds slower than their estimated time of 1:02.20. Thank you to those who attended.

There were two more events on the CMA calendar for the 2015-0216 season - a throws pentathlon in late March and our annual dinner planned for early April.

Thank you to those who helped make this season a success ... however, always looking for new members.



Glen Watts

PHOTO: John Campbell

Southland

by Dwight Grieve

The athletics season is drawing to an end and the harrier season looms, it has been a good track season and with a few new master athletes having a crack. The profile of athletics in Southland is growing with some good work from people such as Lance Smith and top performances from some of our stars. Long may it continue as the sport is always more fun with more participants.

Southland club running

A few of the masters took to the local events over the season and a couple of people need to be mentioned. Scott Belesky is now over 35 and over the last two years has made a comeback into sprinting. In his younger years, he was one of Southlands best, and is now out there week after week keeping the young ones honest and tipping a few over along the way. Rosie Heyrick has also been spending a fair bit of time down at the track also keeping the whipper snappers on the top of their game in the sprints while Debbie Telfer is an ever present presence on the track in distance running – nice work to the three of you.

NZ Masters Games

Dunedin hosted the NZ Masters Games again this year and it fitted in nicely as a practise event for the national champs. The Southland team went home with plenty of “bling” and with some pretty cool highlights. The biggest for me was the rise and return of Sarah Wallis, who hasn’t competed for a few years - I think she said it was at high school. Her children are both now full on into athletics so Sarah decided to have a crack and Lance Smith joined in to help coach her. Sarah was a huge bundle of nerves and was bouncing all over the place before her race started. Once out there she did very well, running strong and looking in fine form. However, her inexperience may have cost her a little in her 400m, which made my weekend highlight list. I am sure she won’t mind me sharing her experience. From the gun Sarah was off and looking great. She pulled ahead of the nearest runners and by the 200m mark was holding great speed and form for about a 20m lead. After 250m things started to slow and by 300m the second runner was catching fast as Sarah appeared to run into a giant brick wall. At 350m Sarah was now second and I am positive from the grandstand I could hear her calling for whiskey as she appeared to be treading water instead of running forwards. In the end still a top effort and it will be great to see Sarah at more events - her smile and laughter much appreciated. Another highlight was the rise and rise of Glenyss Jones, who is now in the 70 age group and is making a huge resurgence in speed. With coaching from Ricky Gutsell, she is looking in fine form and in the coming harrier season she is going to scare a few of the much younger runners.

The Big One – the NZ Masters Champs

A team of 20 went up to Dunedin for the champs and as per normal it was about fun, personal challenges, fun, PB’s, laughing at each other, beating old nemesis’s, fun, medals (‘bling’ is important), catching up with friends old and new and even more fun.

We often end up not mentioning some people who just keep turning up event after event and performing over and over again, in Southland we have a few people in this bracket such as Mark Flaus and Lester Laughton. They are throwers and keep on putting out great performances, with the NZ champs being no different as both won many events. There overall ability shown with throws pentathlon results of 3091 for Mark and 2633 for Lester. On the track you can rely

on the presence of Debbie Telfer, Bruce Thompson and Evan MacIntosh, the three always a great source of help and advice for us younger ones that are new to the master’s events.

Another well worthy of a mention is Alistair Hatton who is always a familiar face at Southland events, he may not always be the fastest man on the track but he would be one of the most reliable, he was the same in Dunedin and I spotted him proudly sporting some ‘bling’ over the weekend.

The weekend’s highlight for me was the sprinters. Team Southland was noticeable in the short distances with Scott Belesky putting out some top efforts while new entrant Tracy Excell was a pocket rocket. Tracy hasn’t raced for about 17 years and first up in the 100m gave regular masters champ Vanessa Story a scare, I look forward to battles between these two in the future. The other sprinter to impress was Glenyss Jones who dominated her 70 age group and continued her form from the Masters games.

Southland also put together a team for the 4 x 100m relay. I feel sorry for team leader Rosie Heyrick as she had to attempt to teach two distance runners to not only run fast but how to pass a baton, in the end a surprising effort as the team came home a happy 4th with no major mistakes.

The jumps team earned some medals as well with Lance Smith moving from his sideline role as coach to out into the pit along with Brian Toomey, Barry Smith and Alistair Mackay.

Seven competitors cracked the 80% for age graded performances (based on a rating against the world record for that age) – Scott Belesky 83.83 & 81.71 – Warren Green 83.79 – Rose Heyrick 85.02 & 81.01 – Glenyss Jones 80.43 – Evan MacIntosh 80.27 – Debbie Telfer 81.80 & 81.29 – Bruce Thompson 84.19 & 81.57. A top result.

On a personal note I really enjoyed the champs and the competition. I had three great races and loved the battles for the race honours. Of course we all love to win but I would rather be pushed, run a PB and get second than win in a slow time. I particularly enjoyed my races with Tasman’s Nige Burgess - he has now pipped me 4 times in a row so look out Nige I will get you yet!!! Got to love a challenge – personally I blame my short legs along with the fact he actually has talent.

A big pat on the back must also go to the organisers who not only supplied amazing weather to help the social aspect of the event but also an event that run like a well oiled machine – the starters of my races a good mix of professionalism and the occasional growly look to competitors who should know better – thanks Team Otago.



“Scary” Dwight!



Southland sprint team and Vanessa Story (centre)



Rose Heyrick



Scott Belesky out of the blocks (foreground)

Southland results from the NZMA champs in Dunedin:

Belesky, Scott M35	60m 7.73 (83.83) 1st; 100m 12.14 (81.71) 1st.
Excell, Tracy W35	100m 13.41 (79.05) 1st; 200m 27.89 (78.88) 1st; 100m champions handicap 1st.
Flaus, Mark M55	Discus 36.77 (55.11) 1st; Javelin 32.77 (44.52) 1st; Shot Put 11.73 (64.45) 1st; Hammer 33.40 (50.61) 1st; Weight Throw 13.27 (57.60) 1st; Throws Pent 3091 points 1st.
Green, Warren M60	60m 9.07 (83.79) 3rd; Outdoor Pent 1648 points 2nd.
Grieve, Dwight M35	1500m 4:26.83 (77.88) 2nd; 5000m 16:29.90 (76.47) 1st; 800m 2:09.29 (78.86) 2nd.
Grieve, Lee W35	Hammer 22.27 (31.65) 1st; Javelin 13.14 (19.12) 2nd; Shot Put 6.93 (31.75) 3rd; Weight Throw 8.23 (38.08) 1st; Discus 15.76 (21.28) 3rd; Throws Pent 1308 points 3rd.
Hatton, Alister M45	400m 75.05 (63.54) 2nd; 5000m 26:24.49 (51.36) 4th.
Heyrick, Rose W50	60m 9.21 (85.02) 4th; 100m 14.64 (81.01) 3rd; 400m 72.15 (76.94) 3rd; 200m 30.88 (80.15) 3rd.
Jones, Glenyss W70	60m 11.65 (80.43) 1st; 100m 19.04 (74.47) 1st; LJ 2.58 (58.11) 1st; TJ 5.34 (57.79) 1st
Laughton, Lester M60	Discus 37.04 (53.14) 1st; Javelin 19.23 (27.61) 3rd; Shot Put 10.03 (54.16) 2nd; Hammer 30.95 (46.68) 2nd; Weight Throw 12.50 (50.3) 1st; Throws Pent 2633 points 2nd.
MacIntosh, Evan M70	60m 10.24 (80.27) 2nd; 100m 17.99 (69.93) 2nd; 400m 82.45 (70.20) 3rd; 1500m 6:44.19 (72.00) 3rd; 5000m 24:44.91 (68.15) 1st; 200m 34.29 (73.72) 1st.
Mackay, Alistair M85	60m 12.83 (77.63) 1st; 100m 21.25 (71.72) 1st; HJ 0.84m (64.62) 2nd; LJ 2.37 (58.66) 1st; TJ 4.18 (50.21) 2nd; 49.08 (65.06) 1st
Scown, Les M60	LJ 3.55 (55.82) 2nd; Outdoor Pent 1951 points 1st.
Scown, Tamatea W50	Outdoor Pent 1018 points 2nd.
Smith, Lance M70	TJ 6.86 (60.23) 2nd.; LJ 3.17 (58.38) 2nd
Smith, Barry M60	TJ 9.10 (68.27) 1st; LJ 4.01 (63.05) 1st.
Telfer, Debbie W55	1500m 5:46.07 (81.80) 2nd; 5000m 21:21.60 (81.29) 1st.
Thomson, Bruce M55	60m 8.74 (84.19) 3rd; 100m 14.11 (79.73) 3rd; 400m 62.62 (81.57) 2nd.
Toomey, Brian M75	100m 20.55 (64.28) 3rd; HJ 0.96m (62.34) 1st; LJ 2.61 (52.52) 1st; TJ 5.65 (54.22) 1st.

Gail Kirkman

Gail hates it when I pick her out of the crowd, bad luck Gail. Gail recently picked up the NZ Masters Athletics hurdler of the year award and was awarded a National colours for a 95% age graded result in Rarotonga late last year. Well done.

Tackle the Taki’s

A couple of our members took on a local event recently called the Tackle the Taki’s, a community fundraiser where you climbed a mountain!!! Amazing location and experience, word on the street had Gary Kirkman flying up to the top while Glenn MacIntosh took a more social approach.

Cheers to all in the Masters world and see you all again soon – Dwight

PS – FFFFFFFIIIIOOOORRRRRDDDDDLLLLLLAAAAANNNNNDDDDDDDD (those at the champs will get it)



Joeline Jones (TAS) edges out Julia Lile (WBP) in the 200m sprint, in a time of 28.63

PHOTO: Sharon Wray



COMING EVENTS

2016

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

2017

3-5 MARCH (TBC)	NZMA T&F Championships	NELSON
19 - 25 MARCH	WMA Indoor Championships	DAEGU, SOUTH KOREA
21 - 30 APRIL	World Masters Games	AUCKLAND

2018

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

