

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 35 No. 2

APRIL 2017

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- > NZMA T&F Champs
- > NZ Mountain Running Champs





The M60-69 100m sprint at the national championships in Nelson.
From L to R: Dave Riddell (TAS), Laurie Malcolmson (MNW), Alan Dougall (AKL), Dennis O'Leary (HBG)

PHOTO: John Campbell



Liz Laban (CAN) leads the W65 and W70 400m race

PHOTO: John Campbell

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



Cover Photo

Anna McNab (CAN) throwing the heavy weight at the national championships in Nelson
Photo - John Campbell

Inside Back Cover

Alison Newall (OTG) won the W55 400m at the national championships in Nelson
Photo - John Campbell

Back Cover

Ian Purvis (CAN) battles the strong head wind in the 400m at the national championships in Nelson
Photo - John Campbell



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From L to R: Joeline Jones (TAS), Ugen Iyer (NTH) and Vanessa Story (WGN) battle it out over 100 metres, for one of the closest sprint finishes at the national championships in Nelson.

PHOTO: John Campbell

President's Report

by **ANDREW STARK** - NZMA President



As I prepare this report, just over twenty of our members are heading for the World Masters Indoor Track & Field Championships, being held in Daegu, Korea. I look forward to hearing about their experiences.

The 2017 NZMA Track & Field Championships were held for the first time, just out of Nelson at Saxton Field, Stoke. It is a very picturesque setting for a venue, but unfortunately we were buffered by strong south-west winds all weekend, making conditions difficult for everyone.

Following the adoption of the MoU in August 2016 between Athletics NZ and NZMA, the appropriate amendments to our Constitution and By-Laws were voted on and passed at the NZMA AGM held in Nelson. Is it worth noting that of the 222 entries, 42 were Athletics NZ members who have never before joined NZMA, clearly showing that what we have done has already made a difference to attendance. Many were in the younger age groups, which is good news for NZMA going forward. We have a challenge to encourage more to attend our events, as we are an aging population.

It is also a challenge for smaller Centres to host our championships and I know that the Tasman Centre was very appreciative of all the help they received from officials, plus athletes and partners who officiated, many of whom travelled from all over the country to be there. Well done to you all.

Next year our event is being hosted by Northland and I am sure the upper North Island Centres will pitch in to help. We have also started handling event entries on-line via the NZMA website and various members of the Board can offer expert assistance when or if needed, to help run this event.

The World Masters Games is being held in Auckland in late April. While athletics is being offered, the organisation of the event has had nothing to do with NZMA. I appreciate that many of the officials there will be our members and no doubt the event will be run well. However, we are affiliated to World Masters Athletics (WMA) and we have been instructed that because this event has not been sanctioned by WMA, we cannot be sure that everything has been 'done by the book', therefore NO performances that break NZMA records can be accepted.

NZMA going forward ...

1. Work continues on improving our website and offering more assistance to local masters centres where we can.
2. With the MoU in place, we need to work closer with ANZ to ensure we promote ourselves better and attract more ANZ athletes to local, national and international masters events.
3. Work is still needed on the future of Vetline. The production costs have gone up due to the smaller print run, so we must review what we are doing.
4. With the reduced income from NZMA subscriptions, the Board has already looked at where we can reduce our costs and this work will continue.
5. Having successfully introduced the MoU, our next challenge is to create a strategic plan going forward, plus work on Board job descriptions and succession planning always plenty to do!!!

Finally, at the NZMA AGM Ian Carter (Tasman) was elected onto the NZMA Board for the first time, along with the others who were already there. Murray Clarkson missed out, but I would like to take this opportunity to thank him for the work he did while on the Board and for the many, many years of service to our sport.

With the winter season upon us, I wish those brave enough to 'get out there' all the best for the non-stadia events coming up.

Vetline

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

PRINTERS



NEW ZEALAND VETLINE

Is published quarterly in January, April, July and October.
The deadline for material is the first day of the preceding month.
All advertising and letters to be sent to the Editor and all articles, photos and other material to be sent to the Assistant Editor.

DISCLAIMER

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

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ADVERTISING RATES

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85mm wide - \$12.00 per column cm
175mm wide - \$20.00 per column cm
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These rates are for Black & White advertisements. Colour material can be accepted by negotiation. Contributions and advertising to the editor by the first day of the preceding month. Terms of payment: 20th of the month following invoice date. All prices include GST.

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NZ Masters Athletics Track & Field Championships

(3-5 March 2017)

by Michael Wray

As an athlete from Wellington, whenever I travel to a NZMA Championship any kind of breeze invariably leads to banter and accusations of favourable conditions for us wind-hardened folk. There have been two NZMA Championships hosted in Wellington since I've been a part of masters athletics. Neither of these two events are the windiest NZMA Champs I've attended. They're not even in the top two. That honour, being in the top two, would go to the 2014 North Islands in Hastings and the conditions thrown at us by Nelson.

I use the phrase "thrown at us" with deliberation. On the first day of competition, when the wind arrived and caught us all unawares, two particular incidents revealed the strength of the gusts. The M55 400m was at risk of becoming our first Nitro Athletics event (Google it if that reference means nothing to you) as an advertising board was blown into the finishing straight just behind Rob Homan in lane five and then blown back out from where it had just come just in time to avoid collision with Keith Wakelin in lane three. I don't know if Keith had to check his stride or ease up but it didn't seem to affect the finishing order of the race.

The other incident happened while the women were assembled for the start of the 5000m at the far side of the track. At the opposite end of the track by the finish line, a gazebo was picked up by the wind and was soon tumbling across the field towards the 5000m start. Only a lull in the gust allowed the chasing officials to catch-up before it took out the competitors, most of whom were rooted to the spot, somewhat absorbed in fascinated alarm.

In the 3000mW, Sean Lake (M45) and Nyle Sunderland (W45) worked together for the first half of the race. Then Sean pulled away to finish first. Nyle crossed the line 27 seconds after Sean, 90 seconds ahead of the next women. Those women were W50 Serena Coombes and W70 Jackie Wilson. The two stayed close together throughout, with Serena leading. Jackie took the lead with three or four laps to go. Serena came back for the final 500m and beat Jackie to the finish by just 0.32 seconds. Jackie's time produced a new W70 CR.

The home straight headwinds took their toll on times and as a result several races became tactical affairs. We still had some strong performances in the 400m. Liz Wilson achieved a 92.4%; Liz Laban in the W65s and Tony Deleiros in the M70s set new CRs.

Three separate finals took place for the 5000m. First up were the women. Sally Gibbs raced what was in effect a solo time trial at the front of the field, scoring an age-grade percentage of 96.7%. Even so, the wind took its toll and Sally is used to running faster than her 17:57. For the most part, the races for

age-group medals settled into their final positions early on. The W65 race, in which the lowest age-grade score was 84.1% and the best 90.4%, produced the tightest spread and highest overall aggregate quality.

In the M60+ 5000m, Tasman compatriots M60 Derek Shaw and M65 Barry Dewar set the pace. Fellow local Chris Bolter (M70) led the chasing pack. Eventually Chris dropped his pack and closed up to the front two, leaving a three-way sprint for the line. Chris and Barry somewhat unsportingly ignored the instruction to run outside the cones at the finish, leaving Derek behind as the lone runner in the lane officials told people to run. Fortunately, with all three being in different age groups, it made no difference to titles.

The younger 5000m race saw a tactical sit-and-kick approach at the front, with a M35, two M40s and a M45 rotating at the front. The M50 race was a straightforward win for Michael Wray, who led the chasing pack until the pack whittled down to just him. Any potential suspense was lost when the chasing M50 Robbie Barnes needed a time-out for a toilet break and Tim Cross had a comfortable win in the M55.

The front pack consisted of M35 Dwight Grieve, M40s Andrew Wharton and Allan Staite and M45 Chris Mardon. Andrew raised the pace with two laps to go, working to a small lead at the bell. Allan, no doubt conscious that of the four only he and Andrew were in the same age group, was the main responder. Dwight also lifted, to leave Chris trailing back, and passed Allan in the back straight but still came in seven seconds behind Andrew.

Friday's field events focused on throws, with the men undertaking the hammer and shot put, and the women competing in the javelin and weight throw. Laini Inivale and Peter Crawford chalked up new CRs in the shot; Jill Evans did the same in the javelin. Brenda Davis' 84.1% and Glen Watts 81.4% in the weight throw were also standouts but honours for top throw of the first day were claimed by Marcia Petley (90.4%).

The men and women swapped throwing implements on Saturday, with both taking on the discus. There was one moment of alarm during the M55 1500m, when a wayward discus throw landed on the back straight very close to one of the runners. It landed behind him so the runner was in all likelihood blissfully unaware of the close call. Glen Watts continued to impress, recording 86.6% in the shot put for a new W75 CR. Jill Evans also recorded a new shot CR to add to the previous day's performance. Despite not hitting quite these heights in percentage terms, Malcolm Clarke recorded a new M45 CR and Justine Whitaker a new W75 CR in the discus.



Tania Hodges (WBP) in the W50 weight throw

Saturday saw the jumps get underway in earnest. Impressive performances in the high jump came from Lynn Osmer (85.8%), Nancy Bowmar (88.7%), Lois Anderson (87.0%), Brian Curry (84.6%), Tuariki Delamere (81.1%) and David Anstiss (85.9%). Top billing, however, came from Wellington's W75 Judy Hammond with 96.2%. For the women, Lyn, Nancy and Lois claimed CRs but Judy couldn't quite beat the mark she set in 2013 (watch out for Judy in the W80 age group next year!). In the men, Brian, Tuariki and David left with new CRs.

There were no CRs in either the triple or long jump, with the strength of the tail wind nullifying record jumps from Veronica Gould (LJ), Stephen Burden (TJ) and Lyn Osmer (TJ).

After scratchings, only two women ran the 2000m steeplechase. Both performances were good ones, with Michelle Van Looy putting up 81.3% and Loris Reed running a world class time to produce an amazing 97.7%. Michael Bond was another to run a world class time with 90.5%. Mat Rogers recorded a new M35 CR in the 3000m Steeplechase, with a solo run at the front of the field.

The hurdles, both short and long, are other events that tend to attract small fields (clearly, masters are not especially fond of running over barriers). Despite having to contend with a headwind of 5.2m/s in the 80mH, Alan Silvester ran a new M75 CR.

The sprinters had the run of the track both sides of lunch. First up was the 60m. The wind was strong and for all but two heats, the readings were in excess of -4.5m/s with many going up to -6/8m/s. The two exceptions were -3.2m/s (M75+) and -2.4m/s (W55-64). It's incredible to see so many high age-grade percentages, many over 90%. Joeline Jones, Jill Hayman and Trevor Guptill even achieved CRs. Even taking into account that the 60m has only been a part of the NZMA Champs since 2011, one can only imagine what these high quality sprinters would have achieved in favourable conditions.



Mark Cargin (CAN) finishing strongly in the M50 400m

We didn't get any CRs in the 100m, no doubt due to the event's longer history and the wind staying strong made them far less achievable than for the relatively young 60m event. There were still a large number of 80%+ runs, though no-one made it to 90 this time. The W50 race was the one to have watched. Liz Wilson, Louise Martin and Petra Stoeveken were separated by 0.32s. In the men, the M35s had Scott Belesky, David Hansen and John McInnes 0.56s apart. The M55 race produced drama: Gary Rawson had the early lead from Stephen Burden, only for Stephen to close the gap and move narrowly ahead. With some 30m to go, Gary kicked to respond and immediately clutched his hamstring, practically hopping to the line with the aid of the momentum he built up. The final gap was 0.38s and it's impossible to know whether Gary's kick would have been strong enough to get back ahead of Stephen but we were definitely denied a photo finish.

The 1500m races were also influenced by the wind. Runners either tried to sit back from the wind and kick late or use the back straight to build-up time to buffer the windy slowdown in the home straight. In either approach, times were comparatively modest in comparison to the record books but we still had some great performances. In the W55+ race, the placings were well separated. Christine Adamson and Loris Reed went 91.8% and 93.9%. In the younger race, Sally Gibbs produced 97.4% for the highest age-grade performance of the weekend.

While the women's 1500m races had been all but decided in the first few hundred metres, the men's races produced some exciting finishes. M65 Tony McManus dominated the M65+ race, with only M65 Ian Carter able to stay within sight. The real drama was in the M70 grade. Chris Bolter set the early pace for the M70s, just behind Ian. After just one lap, Chris had a gap of eight seconds over the other M70s, three of whom were in a chasing pack of six. The three, in order, were Anson Clapcott, Barry Jones and Michael Bond.

One lap later, the chasing pack was down to five but all three M70s were still in there, however they were no longer chasing – Chris had pulled out. At the bell, Barry and Michael had dropped Anson by 10 seconds. Barry kicked to outpunch Michael and claim the M70 gold by three seconds.

The M55-64 field ran as a single group for the first lap. Tim Cross (M55) surged around the half way mark, to open a gap on fellow M55 Robert Homan. M60 Marshall Clark tagged on to Robert and fellow M60 Dave Riddell tried to follow. By the bell, Tim and Marshall were clear in first and second overall and first in their respective age groups. M60 Derek Shaw had moved up to Dave. Robert moved ahead of Marshall but the more important gap was to Tim; he halved the distance but Tim was the clear winner. Marshall kept his lead in the M60s, but Dave suffered badly in the final lap and Derek claimed M60 silver by five seconds.

The M45-54 race had a group of six all close to each other but running in single file, with Jason Cameron holding off Andrew Davenport in the M45s and Michael Wray shadowed by Malcolm Cornelius in the M50s. M45 Chris Mardon and M50 Ian Bitcheno completed the back of the group. As they went to the top bend for the second time, Jason and Andrew moved away, a move Michael surged to cover. This split the group, dropping Chris and Malcolm, with Ian some way back. The headwind in the home straight bunched them back up again and at half way they were all close together again. The back straight surge was repeated. Jason kicked hard with 600m to go and this time the group stayed split. Jason was four seconds up on Andrew at the bell, while Malcolm was on Michael's shoulder. Both Chris and Ian had been dropped. In their respective battles, both Jason and Michael kicked hard down the back straight to open up sizeable gaps. While they both lost some of that time in home straight, the damage had been done. Jason won the M45s and Michael the M50s, each finishing with a three second advantage. Jason worked especially hard for his won and was left dry retching at the finish!

The M35-44 race produced a clear winner in the M40 race but the M35 was hard fought, with the narrowest of finishes within the race overall. They were tightly bunched after one lap. M35 Dwight Grieve found himself at the head of a five-strong pack that included M35s Mat Rogers and Andy Mai and M40s Allan Staite and Andrew Wharton. They were all still together at half way and only splintered with 600m to go when Mat surged, closely followed by Andrew. As they went past, Dwight responded to make it three at the bell. Dwight was unable to hold as they raised the tempo even further and Mat's lead looked to be more than Andrew would be able to reel in. Andrew's strong in a headwind though and the tightest finish of any race of the champs was set in motion. Andrew was the clear M40 winner and Mat was two second ahead of Dwight in the M35 but who had won the bragging rights between Andrew and Mat? It required the photo finish judges to earn their money. The difference was 6/1000th of a second, in Mat's favour.

Sunday started with the 10km RW. Amidst grumblings on the perceived severity of the judging, almost half the field suffered DQs. Jackie Wilson scored 91.3% in the event's headline performance, as Nyle Sunderland and Sean Lake repeated their previously close finishes to be first woman and man, respectively.

The 10000m was run as a single race. Sally Gibbs recorded the fastest women's time. Sally also had the best age-grade performance with 94.6%, with Christine Adamson not far behind with 91.0%. Allan Staite was first man, though Robbie Barnes scored the best male age-grade with 81.8% just ahead of Barry Dewar's 81.3%.

The wind was still misbehaving on this last day, offering the 200m runners a full range of headwinds from -3.1m/s to -6.8m/s. It didn't stop Liz Wilson going in the 90s again, scoring 92.3%. Bruce Solomon ran 88.6% as he held off Paul Daborn by 0.40s in the M50s.

In the women's 800m races the smallest winning margin within the age groups was 15 seconds. To find excitement, we had to watch W45 Maggie Chorley go up against W50 Sally Gibbs. Usually Sally leads her races from the start but this time it was Maggie setting the pace. The two stayed close to each other all the way round and their positions didn't change. It's possible that the final margin of 0.38s was constant throughout too.

In the M70+ race, Barry Jones and Michael Bond resumed the close contest from their 1500m. Michael stuck doggedly to Barry but when it came to the final couple of hundred metres, Barry's track prowess versus Michael's road/XC pedigree meant Barry had the superior finishing speed to produce a five second victory.

Tony McManus and Ian Carter also resumed their 1500m race in the M65s 800m. This distance is more to Ian's liking and he was a fraction of a second ahead for most of the race. About 60m from the finish, Tony kicked on and claimed the win by 0.35s.

Marshall Clark (M60) and Robert Homan (M55) were comfortable winners in their races, so it was left to the M50s to provide the next excitement. It was another 1500m rematch. Michael Wray set the pace and Malcolm Cornelius kept close tabs. Michael kicked up the back-straight but unlike the 1500m, Malcolm matched the move. Coming round the top bend, Malcolm produced his own kick and held off Michael's attempt to respond to exact revenge by less than a second.

The younger ages all ran together. The M30 Braden Grant ran alone at the front, while M35 Mat Rogers, M40 Andrew Wharton and M45s Andrew Davenport and Jason Cameron went up against each other. All four were in a tight single file at the bell. Jason faded but Mat kicked on to unleash a kick none of the others could match. That left the two Andrews fighting for second overall, a contest Wharton won by 0.30s.

Louise Martin ran 87.3% in the 300mH. Paul Daborn and Jack O'Connor put on a good race in the 400mH, finishing a second apart and both going 90%, with Laurie Malcolmson running 94.6% in the M65 300mH. Both Paul and Laurie had CRs to go with their gold medals.

The record setting wasn't over. The combined events produced some CRs too. Kirsty Richmond, Nancy Bowmar, David Hansen, Les Scown, Warren Green and David Anstiss in the track pentathlon; Dave Couper and Malcolm Clarke in the throws pentathlon.



Kirsty Richmond (TAS) in the W40 triple jump



Brian Curry (MWG) clears the bar in the M55 high jump



Marcia Petley (WBP) finishing strongly in the W85 100m sprint



Mathew Rogers (WGN) 'walks on water'



Gary Rawson (WGN) in the 100m sprint



Jen Fee (MWG) in the W50 hammer throw



Julie Williams (WBP) in the W80 discus throw



Bruce Solomon (WBP) in the long jump



Nyla Sunderland in the 3000m track walk



Betsy Swanepoel (AKL) in the shot put



Brenda Davis (WBP) in the hammer throw



Paul Daborn (WBP) in the 400m



Frances Bayler (MWG) in the triple jump

PHOTOS: John Campbell

W50			
Tania Hodges	WBP	10.65m	
Tina Ryan	AKL	10.48m	
Jen Fee	WAN	8.34m	
Betsy Swanepoel	AKL	7.91m	
W55			
Sissi Stein-Abel	CAN	9.94m	
Lyn Osmers	CAN	9.76m	
Alison Newall	OTG	7.04m	
Evelyn Tribble	OTG	6.37m	
W60			
Claire Giles	OTG	7.65m	
Linda Watson	CAN	6.80m	
W65			
Jill Evans	WAN	8.44m	
Anne Deleiros	AKL	7.53m	
Noni Callander	OTG	7.30m	
Beverley Church	CAN	6.03m	
W70			
Barbara Austin	NTH	7.74m	
Lois Anderson	CAN	6.81m	
Jane Crawford	WBP	5.95m	
Beth Macleod	NTH	5.89m	
W75			
Glen Watts	CAN	7.77m	
Justine Whitaker	CAN	7.17m	
Judy Hammond	WEL	5.75m	
Valerie Babe	NTH	5.06m	
W80			
Julie Williams	WBP	4.25m	
Iris Bishop	CAN	4.06m	
M30			
Luke Crombie	HBG	8.76m	
M35			
David Hansen	TAS	11.86m	
John McInnes	WEL	9.58m	
Andy Mai	AKL	8.81m	
M40			
Dave Couper	WBP	11.02m	
David Castano	INT	9.82m	
M45			
Malcolm Clarke	CAN	12.20m	
Eddie Soria	WEL	10.38m	
David Sexton	HBG	8.57m	
M50			
Laini Inivale	AKL	14.27m	
M55			
Mark Flaus	STH	11.26m	
Brian Curry	WAN	8.61m	
M60			
Joseph Tasker	CAN	9.58m	
Chris Thompson	AKL	8.88m	
Hans Barnard	AKL	8.85m	
Tom Reihana	CAN	7.53m	
Malcolm Taylor	OTG	6.77m	

M65			
Tuariki Delamere	AKL	10.47m	
Lester Laughton	STH	10.03m	
Richard Davison	CAN	8.73m	
Warren Green	STH	8.52m	
Adrian Landon-Lane	TAS	8.46m	
M70			
Peter Crawford	WBP	11.72m	
Tony Deleiros	AKL	9.11m	
Mike Shepherd	WAN	8.46m	
David Anstiss	AKL	7.62m	
Glen Church	CAN	6.69m	
M75			
Brian Senior	CAN	10.01m	
Peter Hanson	WEL	8.40m	
Terry Ryan	AKL	6.91m	
Allan Hunter	CAN	4.75m	
M80			
Bryan Mayall	WBP	6.36m	
M85			
Jim Blair	WEL	7.39m	

Discus Throw

W30			
Anna McNab	CAN	31.50m	
W40			
Kirsty Richmond	TAS	21.50m	
Dena Miller	CAN	20.51m	
Michelle Bitcheno	WBP	19.23m	
Lee Grieve	STH	15.34m	
W45			
Brenda Davis	WBP	27.86m	
Michelle Scriven	WEL	26.05m	
Raewyn Grigg	WAN	21.28m	
W50			
Tania Hodges	WBP	25.52m	
Tina Ryan	AKL	24.71m	
Jen Fee	WAN	20.78m	
Petra Stoeveken	WEL	19.74m	
Vicki Charles	TAS	18.88m	
W55			
Sissi Stein-Abel	CAN	26.29m	
Alison Newall	OTG	17.96m	
Evelyn Tribble	OTG	15.95m	
W65			
Jill Evans	WAN	21.13m	
Noni Callander	OTG	18.55m	
Loris Reed	CAN	17.49m	
Beverley Church	CAN	15.74m	
W70			
Barbara Austin	NTH	15.96m	
Jane Crawford	WBP	14.49m	
Beth Macleod	NTH	13.35m	

W75			
Justine Whitaker	CAN	18.77m	
Glen Watts	CAN	18.67m	
Valerie Babe	NTH	12.83m	
W80			
Julie Williams	WBP	8.42m	
Iris Bishop	CAN	7.51m	
M30			
Luke Crombie	HBG	16.98m	
M35			
David Hansen	TAS	36.18m	
M40			
Dave Couper	WBP	30.32m	
David Castano	INT	30.85m	
M45			
Malcolm Clarke	CAN	39.85m	
Eddie Soria	WEL	31.98m	
David Sexton	HBG	26.92m	
M50			
Bruce Solomon	WBP	34.56m	
Laini Inivale	AKL	32.29m	
M55			
Mark Flaus	STH	32.67m	
Anthony Catchpole	AKL	29.31m	
Dave Rondon	WBP	27.80m	
Ivan Smith	AKL	26.47m	
Brian Curry	WAN	26.22m	
Gary Rawson	WEL	25.38m	
Geoff Black	TAS	20.53m	
M60			
Joseph Tasker	CAN	37.93m	
Chris Thompson	AKL	29.85m	
Hans Barnard	AKL	29.67m	
Malcolm Taylor	OTG	16.54m	
M65			
Lester Laughton	STH	34.08m	
Tuariki Delamere	AKL	33.17m	
Richard Davison	CAN	31.66m	
Barry Dewar	TAS	22.74m	
Jim Kerse	OTG	19.29m	
M70			
Peter Crawford	WBP	35.80m	
Mike Shepherd	WAN	24.65m	
Tony Deleiros	CAN	23.91m	
Glen Church	AKL	16.61m	
John Payne	TAR	16.05m	
M75			
Brian Senior	CAN	27.27m	
Peter Hanson	WEL	18.91m	
Terry Ryan	AKL	17.77m	
Allan Hunter	CAN	12.91m	

Hammer Throw

W30			
Anna McNab	CAN	38.58m	
W40			
Michelle Bitcheno	WBP	23.45m	
Dena Miller	CAN	20.85m	
Lee Grieve	STH	18.47m	
W45			
Brenda Davis	WBP	34.73m	
Michelle Scriven	WEL	28.38m	
Raewyn Grigg	WAN	25.16m	
W50			
Tania Hodges	WBP	34.02m	
Tina Ryan	AKL	33.79m	
Jen Fee	WAN	31.34m	
Vicki Charles	TAS	21.60m	
Betsy Swanepoel	AKL	19.91m	
W55			
Alison Newall	OTG	25.43m	
Evelyn Tribble	OTG	24.25m	
W65			
Jill Evans	WAN	25.99m	
Anne Deleiros	AKL	21.28m	
Noni Callander	OTG	19.62m	
Beverley Church	CAN	19.57m	
Veronica Gould	WEL	18.87m	
W70			
Barbara Austin	NTH	24.17m	
W75			
Glen Watts	CAN	25.56m	
Justine Whitaker	CAN	25.09m	
Valerie Babe	NTH	19.60m	
W80			
Iris Bishop	CAN	10.56m	
W85			
Marcia Petley	WBP	15.43m	
M40			
Dave Couper	WBP	33.77m	
M45			
Malcolm Clarke	CAN	37.70m	
M50			
Laini Inivale	AKL	36.65m	
M55			
Mark Flaus	STH	32.25m	
M60			
Hans Barnard	AKL	36.00m	
Chris Thompson	AKL	33.85m	
M65			
Richard Davison	CAN	34.22m	
Lester Laughton	STH	30.78m	
Tuariki Delamere	AKL	30.45m	
Adrian Landon-Lane	TAS	19.88m	
M70			
Glen Church	CAN	18.65m	
John Payne	TAR	18.27m	

M75			
Brian Senior	CAN	33.58m	
Terry Ryan	AKL	17.26m	
Allan Hunter	CAN	15.45m	
M85			
Jim Blair	WEL	19.59m	

Javelin

W30			
Anna McNab	CAN	22.06m	
W40			
Kirsty Richmond	TAS	19.85m	
Dena Miller	CAN	17.48m	
Michelle Bitcheno	WBP	15.06m	
Lee Grieve	STH	12.57m	
W45			
Brenda Davis	WBP	21.31m	
Michelle Scriven	WEL	18.51m	
Raewyn Grigg	WAN	17.69m	
W50			
Tina Ryan	AKL	19.51m	
Tania Hodges	WBP	18.01m	
Vicki Charles	TAS	17.20m	
Betsy Swanepoel	AKL	12.00m	
W55			
Lyn Osmers	CAN	29.09m	
Jill Hayman	AKL	20.73m	
Alison Newall	OTG	17.35m	
Evelyn Tribble	OTG	10.01m	
W60			
Linda Watson	CAN	14.00m	
W65			
Jill Evans	WAN	19.39m	
Loris Reed	CAN	14.49m	
Noni Callander	OTG	13.44m	
Beverley Church	CAN	13.13m	
W70			
Barbara Austin	NTH	16.16m	
Lois Anderson	CAN	13.05m	
Jane Crawford	WBP	11.16m	
Beth Macleod	NTH	10.43m	
W75			
Glen Watts	CAN	12.36m	
Justine Whitaker	CAN	12.30m	
Judy Hammond	WEL	11.42m	
Valerie Babe	NTH	9.04m	
W80			
Iris Bishop	CAN	6.71m	
M30			
Luke Crombie	HBG	42.15m	
M35			
David Hansen	TAS	41.23m	
M40			
Dave Couper	WBP	45.07m	

M45			
Paul Wadsworth	CAN	50.61m	
Malcolm Clarke	CAN	41.50m	
Steven Hargreaves	AKL	38.10m	
David Sexton	HBG	35.59m	
Jonny Baird	CAN	30.33m	
M50			
Bruce Solomon	WBP	35.36m	
M55			
Mark Flaus	STH	35.04m	
Gary Rawson	WEL	29.09m	
Brian Curry	WAN	27.72m	
Ivan Smith	AKL	24.11m	
Geoff Black	TAS	18.82m	
M60			
Murray Hart	TAS	25.12m	
Tom Reihana	CAN	22.67m	
Hans Barnard	AKL	21.08m	
M65			
Laurie Malcolmson	WAN	34.13m	
Tuariki Delamere	AKL	31.92m	
Richard Davison	CAN	24.08m	
M70			
Peter Crawford	WBP	30.23m	
Glen Church	CAN	16.89m	
John Payne	TAR	11.45m	
M75			
Brian Senior	CAN	25.50m	
Terry Ryan	AKL	14.28m	
Allan Hunter	CAN	11.05m	

Weight Throw

W30			
Anna McNab	CAN	12.27m	
W40			
Michelle Bitcheno	WBP	8.35m	
Lee Grieve	STH	7.89m	
Dena Miller	CAN	6.24m	
W45			
Brenda Davis	WBP	12.20m	
Michelle Scriven	WEL	10.18m	
Raewyn Grigg	WAN	8.97m	
W50			
Tina Ryan	AKL	12.39m	
Tania Hodges	WBP	11.86m	
Jen Fee	WAN	10.88m	
Betsy Swanepoel	AKL	6.78m	
W55			
Evelyn Tribble	OTG	8.76m	
W65			
Jill Evans	WAN	11.15m	
Veronica Gould	WEL	9.08m	
Noni Callander	OTG	8.12m	
Beverley Church	CAN	7.36m	
W70			
Barbara Austin	NTH	9.83m	

W75			
Glen Watts	CAN	9.79m	
Justine Whitaker	CAN	9.69m	
Valerie Babe	NTH	7.04m	
W80			
Iris Bishop	CAN	4.78m	
Marcia Petley	WBP	6.48m	
M40			
Dave Couper	WBP	11.42m	
M45			
Malcolm Clarke	CAN	12.07m	
David Sexton	HBG	8.17m	
M50			
Laini Inivale	AKL	15.01m	
M55			
Mark Flaus	STH	13.34m	
M60			
Hans Barnard	AKL	13.73m	
Chris Thompson	AKL	13.35m	
Joseph Tasker	CAN	11.88m	
M65			
Lester Laughton	STH	13.13m	
Richard Davison	CAN	12.98m	
Tuariki Delamere	AKL	11.53m	
M70			
John Payne	TAR	8.53m	
Glen Church	CAN	7.45m	
M75			
Brian Senior	CAN	13.43m	
Terry Ryan	AKL	7.55m	

Are You A Cheat?

by George White

I recently read an article on performance aids which caught my eye and it got me thinking about where is the line between honest athletes and cheats (if there is one). By current public definition a sports cheat is an athlete that uses performance enhancing drugs. But things are not as simple as in my early days when I started running, without training and wearing plimsolls (e.g. Dunlop Volleys) with or without socks, cotton footy shorts and a vest – on a grass track. No matter how good I was then – at least relatively, I am better today because of all the outside help I get. Today we run on synthetic surfaces and at the elite level at least, an athlete is likely to have, custom made shoes, special wicking/cooling clothing, a personal coach, dietician, sports psychologist and personally crafted sports drinks to optimise efficiency during an event. They may also train in hyperbaric chambers or on anti-gravity treadmills.

Obviously to do well in any sport takes talent, hard work and time. However if we are serious we all try to get that extra edge. Perhaps the only fair competition would be if we did no training, had no coaching and just relied on raw talent. As soon as we start training we are trying to get an edge over our competitors. The likes of Ben Johnson and Lance Armstrong obviously went to extremes. There is no doubt some substances / practices that are banned to protect the health of the individual, but there are a great many that are banned because they are believed to give an unfair advantage to the user. But what is an unfair advantage? While we may be able to afford some of the technology it is unlikely we could match the technology and information available to Olympic athletes from wealthy countries.

Since athletic competition began, athletes have looked for tools that could help propel them to greater distances, faster speeds and greater endurance, coupled with quicker recovery.

These advantages have the terminology of ERGOGENIC AIDS which by definition are any external influences that can enhance performance. These include mechanical, nutritional, physiological, psychological and pharmacological aids.

Mechanical Aids

Obviously some mechanical aids like synthetic running surfaces do not give any individual an advantage but other aids can. Running shoes are an obvious area of a mechanical aid that has seen massive research investment with all major companies claiming breakthrough technology that will assist you in running faster and/or with less fatigue. Fortunately, aside from custom made shoes made for elite athletes, we are all able to benefit from these developments.

Assistance from clothing is most highlighted by looking back at the development of swimming bodysuits where more than a hundred world records were broken in the first 12 months of their introduction. Developments in athletic clothing address things like insulation against cold and heat, evaporative cooling, breathability and waterproofing. Design of clothing for sprinters enhances aerodynamic properties using research from wind-tunnel tests; and who can forget Cathy Freeman's body suit at the Sydney Olympics. (The value of this as a mechanical aid is probably marginal and may better be described as a psychological aid.) Even bras and socks have gone high tech! In sport, compression clothing is advertised as enhancing performance and while the jury is out on this issue there is strong evidence that they do improve recovery.

What you wear on your wrist has gone from a watch with a second hand to a stopwatch, to a heart rate monitor or a GPS, to a smart watch which allows monitoring of many running parameters.

Cutting edge technology is neuron stimulating headphones. These emit a mild electric current during warm-up which primes the motor cortex and the claim is that by helping neurons fire faster, muscles get more efficient and suffer less fatigue – and they also play music! Other cutting edge concepts include the use of cryotherapy chambers (exposure to sub-zero temperatures) and anti-gravity treadmills.

PHYSIOLOGICAL AIDS

Training itself is perhaps the most important aid, together with coaching, warm-ups and cool downs. However there are also other physiological aids which include.

- Altitude Training
- Hyperbaric chambers
- Weights
- Acupuncture
- Physiotherapy
- Massage
- Blood Doping (illegal from 1986)

PSYCHOLOGICAL AIDS

While not particularly tangible in many respects, psychological aids such as the following, assist athletes by improving state of mind.

- Relaxation techniques
- Anxiety management
- Hypnosis
- Goal setting
- Visualisation
- Concentration skills

One common and significant psychological aid is music, where there is plenty of scientific evidence to support its use before and during a workout to boost performance. As mentioned previously Cathy Freeman's body suit at the Sydney Olympics was more of a psychological aid than a mechanical one.

NUTRITIONAL AIDS

We all know that good nutrition can have a positive effect on performance. Carbohydrates of course play a major part in endurance events and protein more so in the explosive events. Hydration and rehydration can also be critical. At the elite level of course, athletes have doctors and nutritionists to concoct special food and drinks specifically adapted to the athlete to maximise performance.

PHARMACOLOGICAL AIDS

This is the contentious area! There are of course many legal pharmacological aids including:

- Caffeine
- Sports drinks/gels
- Whey protein
- Beetroot juice

The use of drugs to enhance performance in sports has always occurred. In 1904, Olympic marathon runner Thomas Hicks used a mixture of brandy and strychnine and in the early part of that century; mixtures of strychnine, heroin, cocaine, and caffeine were used widely by athletes.

Most people would agree with the extremes on taking drugs. Taking a glucose drink during a marathon would be okay but the use of anabolic steroids would not. However, things can get blurred in the middle. Caffeine was illegal until 2004. Therapeutic use exemptions (TUE) also complicate the picture. The TUE pathway to doping is for some, the preferred way to cheat, since it is legal - no shame and no sanctions.

In the end, to gain a more competitive edge – we mere mortals must take advantage of training, technique, coaching, dedication, time, hydrating fluids, and proper diet for boosting performance. A little talent also helps!

Obviously I disagree with performance enhancing drugs but to me some of the super technology available to top athletes blurs the line between fair athletes and cheats. So to be as competitive as we can - stop short of taking illegal drugs but cheat as much as you can with all the other ergogenic aids you can get.



Lyn Smith (TAS) in the 3000m track walk at the national championships in Nelson



Warren Green (STH) competing in the M65 shot put at the national championships in Nelson

PHOTOS: John Campbell

Audrey Violet Williams

20 July 1926 – 31 January 2017

by Margaret Crooke

PHOTO: courtesy of Margaret Crooke



Audrey showing her support for the sport on a winter's morning in Whangarei at 8 am

Northland has lost a long time dedicated masters athlete and official. Audrey had been involved in all fields of athletics. She was one of the first members of Northland Masters in the 1970s, an early president of the club and our current patron. Audrey in her younger masters years competed in Worlds, Oceania, national and numerous local events.

In the Worlds held in Christchurch in 1981 she won bronze in the W50 pentathlon, which was a lot harder than today's pentathlon, as the events were the hurdles, high jump, long jump, shot put and 800m. It is hard to imagine our patron doing these events and all the sprints in her younger days. Her favourite event was the javelin, in which she won bronze in W60 in the Worlds held in Melbourne in 1986.

Audrey was also a valued, dedicated and respected official not just in New Zealand but in Australia, Oceania and further afield overseas, being a field referee. She was heavily involved in children's athletics and Kamo Athletics will miss her commitment, tenaciousness and support. When the North Island Colgate Games were held in Whangarei in 2014, Audrey was heavily involved in the organising of them. Her knowledge will be sadly missed by Hatea Harriers of which she was a stalwart club member.

Audrey did not just commit herself to athletics she was also a long-time observer, supporter and carer of New Zealand Fairy Tern from the early 1990s, making many trips down to the sand spit at Mangawhai. She has passed a lot of valuable information about bird watching onto other volunteers, and in 2009 she was named Patron of the NZ Fairy Tern Trust.

Another interest of Audrey's was the Whangarei Theatre Company, with her involvement stretching back many years doing behind the scene work and organisation.

Audrey's last commitment was to help with the newly created Park Run in Whangarei which started February 2016. You could always depend on her to be there regardless of the weather handing out the finisher chips, such was her dedication at 90.

Audrey had not competed on the track since first entering the W85 age group. She holds the Northland W85 records in discus, shot put and javelin which she set in 2012. I know that she was hankering to work out a way that she could throw the javelin and the shot while holding on to her walking stick after she turned 90 in July last year. It would have been interesting to see her achieve it and knowing Audrey's determination she would've found a way.

Northland Masters and athletics in the north will miss her wealth of knowledge, contacts and commitment to the sport.

Bernie Portenski

26 August 1949 – 1 February 2017

by Grant McLean

Bernie, an internationally celebrated masters' athlete, was known as the "Iron Woman" of New Zealand marathon running, and has long been synonymous with Wellington Scottish Athletics Club. Bernie is that rare individual who not only was a legend in running circles, but transcended the sport into the public consciousness with her unique combination of inspirational story, running prowess and gregarious personality.

Bernie's running story began when she decided to have a go at the Fletcher Rotorua Marathon in 1981, a life-changing departure from her self-proclaimed "party lifestyle". She quickly got the running bug and demonstrated a phenomenal capacity for racing and recovery. Along with her sister Michele, she was also an early trailblazer of the new-fangled sport of triathlon, although her first love ultimately was the marathon.

In 1983 she and Michele joined Scottish Harriers and this marked the real turning point of her running career. She won her first Fletcher Rotorua Marathon in 1987, and was selected to represent New Zealand on four occasions in the following years (Perth, Seoul, Los Angeles and Milan). She also ran Rotorua four months pregnant in 1990, prior to the birth of her daughter Marie-Jo.

In 1992 Bernie, aged 42, ran a sensational 2:34 marathon in the Mountain to Surf Marathon, Taranaki, running under the qualifying time for the Barcelona Olympics, but was controversially overlooked because the selectors thought she was too old.

Bernie's following years defied that decision, as she continued to churn through multiple marathons, culminating in a superlative spell in 1998, when at the age of 48, she won the Rotorua Marathon for the third time in a stunning time of 2:43 (placing 19th overall). Of Bernie's total of 114 marathons, 33 were at her beloved Rotorua, where she has become a symbol of the event. This was one of six marathons that year, which included a two-week stint in which she won the New Zealand Marathon Championship outright in Auckland (2:44), then jetted to New York to win her age group (3:03), and back to New Zealand to win the Canterbury Marathon (2:55). She again won the Auckland Marathon outright at the age of 52 in 2001.

Moving past marathons, Bernie also dominated the track. Between 1994 and 2010 Bernie set New Zealand and world records and marathon bests in all masters grades from 40 to 60+. By 2011, aged 62, Bernie held four 55+ age-group world records for middle- and long-distance running events, and five world records in the 60+ age group, including for the half-marathon and marathon. She was most proud of her 60-64 age group records, particularly her 3:01 at the Gold Coast Marathon in 2011 – another fantastic achievement.



PHOTO: Jim Tobin

To celebrate her 65th birthday she ran 65 kilometres from her home in Miramar to Eastbourne and back with her running mates and supporters.

Bernie is recognised nationally as an icon of masters sport – referred to in Te Ara The Encyclopaedia of New Zealand, and internationally as a masters running legend. The longevity of her running career and her uncompromising approach to training led her to be an inspiration to both experienced and beginner runners here and around the globe. Bernie also secured a long-term athlete sponsor contract with ASICS, another impressive achievement for a masters athlete.

Bernie was a force of nature with a personality that was loud, tough, honest, uncompromising, fun-loving and infectious. While a focused elite athlete, she always made time to encourage fellow athletes and weekend warriors. She had the earthy authentic ability to connect with anyone. Her inspiring running career, amplified by her larger than life personality meant she was widely recognised across the running and broader community. In addition to being named as Wellington Sportsperson of the Year, and Wellington Sports Personality of the Year she was also named Wellingtonian of the Year in 1998, a Wellington Treasure.

Bernie was a fiercely loyal member of Scottish Club over her 35 years with the club. She noted that except for the times she was proudly wearing the silver fern she almost always raced in her Scottish singlet. An ongoing rivalry and source of amusement in the club was her ability to often run down her male counterparts in marathons, including many of the top senior men! She also enjoyed strong friendships across the Wellington running community, including close links with the Kapiti running community during the 15 years she lived on the Coast, and particularly with close friends and training partners Gabby O'Rourke and Vicki Humphries from Wellington Harriers, and many many others.

Throughout Bernie's extensive running and triathlon career there was a constant running companion, her sister Michele. The two training and racing together over that thirty-five year period. As recently as 2015 the two sisters both qualified in their respective age-groups at Taupo Ironman to compete in the famous Hawaii Kona Ironman, a remarkable joint achievement.

Bernie's running had taken her away from her hairdressing businesses in Wellington and Kapiti to races and adventures across the world, even getting to run with President Bill Clinton after winning the prestigious Boston Masters race in 1993. Bernie's name is on a plaque of Boston marathon legends placed at the famous Boston finish line in Copley Square. It is a fitting, permanent recognition of the global reach of a very special individual and someone who inspired and touched many through her wonderful life as the Iron Woman of New Zealand marathon running.

Bernie is survived by husband Pete, daughter Marie-Jo and stepson Phillip.

Kindly reproduced with the permission of Grant McLean a long-time friend of Bernie Portenski.

Coaching Corner

by Mike Weddell

One of the jobs of a coach is to get an athlete to the starting line of a race in the best condition possible. This is not an easy task as it involves controlling a lot of factors that are often uncontrollable. A coach need the cooperation of the athlete and to gain this cooperation the coach must be trusted by the athlete. I know of athletes that do not follow what their coach advises which makes me wonder why they have a coach. If an athlete fails to attain their goals, athletes (and parents of younger athletes) usually blame coaching deficiencies.

Masters athletes are often to blame as they slot in extra sessions that the coach knows nothing about or at the other extreme miss out sessions. Missing sessions is the lesser of two evils as it is not likely to lead to injuries or over training. My philosophy is it is better to arrive at the start line underdone rather than overdone - presuming of course that the athlete wishes to perform well on that day.

Racing has a part in training and the only way to become a great racer is to race. Racing is not only about the body but also about the mind. Racing is competing either against yourself to run PBs or against others to win and mentally is totally different to pushing yourself in training. The mind needs training, as well as the body, as it needs to be disciplined in sticking to a training programme and not changing it on a whim and learning to push into new territory in a race.



A few days ago I talked to a young athlete that I coach. He had just run a school's championship race in which he broke the age group record. He went off very fast and as a spectator I was worried he had gone off too fast. After the race I asked him why he had gone off so fast and he said that he knew he needed to start fast to break the record. He knew what he was doing his mind was well trained.



Michelle Scriven (WGN) in the W45 javelin at the national championships in Nelson.

PHOTO: John Campbell

Brendan Weston-Magill

24 October 1963 – 26 January 2017

by Murray Clarkson

Known to most as Brendan Magill, he was born in Masterton and spent his school days there and in Tauranga.

Brendan started his working life with what is now known as National Archives of NZ. He developed a keen thirst for information which allowed him to accumulate an outstanding memory for facts and figures. He continued to mature this area throughout his life.

The number of newspapers that accumulated at his workplaces, vehicles, and home testify to this. (Not to mention a propensity to be disorganised and untidy.)

He began working in the Tyre industry in Tauranga just after moving to Tauranga and was employed within the IMEX Group of companies and subsequently Traction Tyres for whom he was still employed at the time of his untimely passing. He was extremely well liked in the Industry and by many clients with whom he dealt - to the extent that he was invited overseas as their guest. Brendan held Biosecurity and Health & Safety certificates allowing him to better service the needs of the company.

Brendan followed a keen interest his father had in powerboat racing. Rugby and cricket were the sports which Brendan followed and participated in during his earlier years. Later he became a prominent referee - no need for a whistle for this guy! He would have relished administering the rules, which he would have committed to memory, and being in charge.

When in his 30s Brendan took part in the many UCAN2 events instigated in the 1991/92 season as a "have-a-go" event which was a huge success. Bruce Trask and Iris Thomas relate that he always turned out to their events mainly doing the duathlon or running sections.

"He was never one to do up his shoe-laces - one wonders how much better he would have run. Was always happy, hard to keep quiet, would talk to anyone, willing to help and gave 100% always".

He belonged to the Tri Club in Tauranga and made many friends there. He was known as the "Chicken Man" due to his kindly gesture of having tea (chicken & chips) with his masseuse on a regular basis. Such was Brendan's friendly disposition.

He Joined the Masters Athletics movement as a pre-veteran competing in as many events as were on the programme. Never one to settle in behind,



Brendan in the steeplechase at the 2012 North Island champs in Hamilton

Brendan would power to the front at his first opportunity and slog it out - sometimes successfully and other times not so much.

A hard task-master, his training followed the same approach which oft-times led to injury and "I told you so" from his masters "family".

He settled in to a penchant for 400m hurdles, steeplechase and javelin, these events being the toughest in athletics. He did himself proud and had some good PB's. He attended both Oceania Masters and World Masters events overseas with mixed results. I spent a month with Brendan in Italy at World Masters Athletic Champs, both during competition and as a tourist, and I treasure the experiences we shared.

Brendan's willingness to officiate when not competing, organising equipment and/or technical gear certification will be hard to replace.

Brendan will be missed, both audibly and physically, by the many with whom he has conversed, including for his quiz competition prowess, tyre knowledge, memory, persistent competitiveness, willingness to assist, and, of course his hearty laugh. To all that have met or known Brendan, I hope this resume assists in acknowledging the achievements of a friend, colleague and "bro".

Rest in Peace Brendan - you deserve it.

PHOTO: John Campbell

WMA Indoor Track & Field Championships

by Michael Wray



Jackie Wilson continues her 'golden run' in the walks



Michael Wray on his way to a gold medal in the M50 Cross Country

PHOTOS: Sharon Wray

This was my first time at an Indoor Championships, my first time in Korea and my first time as the NZ Team Manager. The manager duties were not onerous, although having to be at the track for daily meetings meant we delayed any sightseeing to the week after the champs. There were a few moments of excitement. One of our athletes was selected for a drugs test, another was disqualified for a lane infringement, another accidentally withdrew from the pentathlon when they meant to log in advance their intention to DNF in the hurdles and another was inadvertently the victim of an initial error in results.

We did not have the numbers for a team in either the cross country or half marathon, so the only team sheets to be filed were for the relays. Here the teams formed themselves. The women only had enough for a single team with a reserve. The men fell into two obvious categories: one a team of real sprinters and another four guys just wanting to finish the champs with a bit of fun.

There were a few hiccups along the way, which is only natural for an event of this size. The biggest challenge was due to the largest ever number of entries for the indoor champs, which became an issue due to the number of Korean athletes who failed to turn up without advance notice. The initial stance of not withdrawing heats was soon abandoned and the call room was forced to take on the challenge of re-seeding races at the last minute based on who turned up.

Another issue was the indoor net for the weight throw wasn't as high as it could have been and after the advertising hoardings were trashed by some errant throws, the spectator boundary was hastily moved further away from the action.

This notwithstanding, Daegu managed the championships well. The volunteers, with interpreters spread amongst the ranks, were friendly and helpful. The athletes party and the national delegate dinner were a little harsh in their execution with the strict application of timetables producing a "dinner is finished; you leave now" message much earlier than we were used to in NZ functions.

The three stadia and the ex-stadia venues were mostly good, although the cross country course featuring five 180 degree turns per lap made for a stop-start approach to pacing.

New Zealand had 21 athletes in the start lists. However, Wellington's Alessandro Pinna had to withdraw from the trip with injury. While the winner of his M50 400m race set a new record, Alessandro was expected to be a genuine contender for a minor medal.

Another athlete who ended up not competing was Merv Dudley. Due to a language issue, he accidentally withdrew from the pentathlon. We got it resolved at the manager meeting so that he could compete, but by then Merv had decided his heart wasn't in it anymore. At least he seemed to be enjoying himself in the secondary stadium, getting plenty of photos.

The first to compete was Jacqueline Wilson (W70) from Wellington, going off in the very first event of the champs. Jackie competed in the 3000mW on day one and in the 10kmRW on day six. She dominated her grade in both events, collecting national records as well as gold medals.

On day two Tony Price (M60) ran in the cross country. It was a flat course that was mostly firm, aside from some sand and large gravel, and could have been fast but for the sharp turns. Tony ran in a large lead pack of about 10 runners with four Poles for the first half. Then one of the Poles stepped things up and the pack started to splinter. Ultimately, Tony fell back to seventh. Three days later, Tony ran the 3000m. In this race, he battled a Norwegian runner for third place and made a decisive move with about half a kilometre to go. The Norwegian sat patiently behind Tony and in the final lap claimed the bronze to leave Tony in fourth. On the final day, Tony ran the half marathon. He wasn't quite able to get up to third spot and missed out in a close run for fourth spot, finishing fifth but several minutes ahead of sixth.

Michael Wray (M50) also ran the cross country. After a Mongolian led for a kilometre, Michael went to the front only for an aggressive Spaniard to surge repeatedly. The two continued to dual and by half way Michael and the Spaniard had worked out a comfortable gap from the chasing pack. Michael took the lead late in lap three and gradually raised the tempo from the bell to win by five seconds. In his 3000m, Michael moved between second and third place for most of the race and lost bronze in the race for the line and had to settle for fourth. Michael also ran the half marathon in which, after coming through the ranks from ninth to fourth, his progress stalled and he stayed in fourth chasing a Spaniard all the way to line and missing bronze by eight seconds. Two hours later, he ran the 1500m (but only because the national record for the indoor 1500m was available), finishing a weary seventh in a slow time.

Jason Cameron (M45) was our only other runner in the cross country. Jason and a runner from Kazakhstan ran a fierce head-to-head battle at the front, well ahead of third. It took until the final kilometre for Jason to get ahead of his rival and he held this for a six second victory. In his 3000m, Jason came up against two very strong runners from France and Zimbabwe, who dominated at the front. A Spaniard gave chase, but Jason was resolute in defending his spot for the bronze medal. A fierce battle at the front of the 1500m, where all three medallists ran 4:07, left Jason battling a Czech for sixth and ultimately finishing seventh.

While the distance boys were at cross country, Greg Cross (M40) was resurrecting his race walking career after a period of time out. He finished eighth in the 3000mW and one spot lower in the 10kmRW.

The sprinters started on day two. M70s Trevor Guptill and Tony Deleiros both ran in the 60m and 200m. In the former, we came close to double medals but Australia and Slovakia forced the two of them to race each other for bronze. Trevor won that match-up and also had the better of it in the 200m after Tony was DQ'd in the heats for stepping out of lane. Trevor then

secured silver in the final, only losing out to Australia's Peter Crombie. Tony had another fourth spot in the long jump but made up for any disappointment by earning the right to finish behind Crombie in the 400m final in which he claimed the bronze.

Alan Dougall (M65) ran the 200m and 400m. While he made it through the 200m prelims, he continued the theme of narrow eliminations with the fastest non-qualifying time in the semi-finals for both the 200m and the 400m.

Tasman's David Riddell (M60) is a recent addition to masters athletics and his enjoyment was evident, at both competing and exploring coffee options near the stadium (becoming a Mr Smith regular!). David ran every distance from 60m to 1500m. The results were a mix; he was narrowly eliminated in the preliminaries of the 60m and 200m. David was the fastest of those who didn't progress in the 400m, being pipped by just 0.10 of a second but made the final of the 800m where he finished a creditable fifth. The first four in his 1500m race were a class above, so David had to be content with mixing with a chasing pack and finished seventh in a tight bunch racing for the line.

Christine Waring (W70) ran the 60m, 200m and 400m, securing gold in each and by a comfortable margin. Anne Deleiros (W65) competed in a wide range of events. She finished fourth in the 60m, her first event, and in the hammer. After scratching from the 200m, Anne did well in the jumping disciplines, picking up three silvers from the pole vault, long and triple jumps. In the W75 grade Frances Bayler showed similar versatility with gold in the 60m and bronze in the 200m and then backed up with gold in both the long and triple jumps.

Vanessa Story had taken the risky decision to run the NZ Track and Field Champs the day before departing for Daegu and was fortunate to find some of her qualifying heats go straight through to enable additional rest days. She took full advantage and ran well to pick up silver in the 200m and bronze in the 400m. Vanessa had to be content with being a clear fourth in the 800m, a distance that is a tad long for an established sprinter.

Andrea Harris (W45) ran the middle distance triple. After being a little short in the 800m, in which she was forced into fourth in the last lap, Andrea ran a great 3000m. She put in her fastest time for many years and outkicked a Korean in the race for silver. Andrea then contested the 1500m, where she deployed similar tactics to outkick another Korean runner to pick up a second silver medal.

In the M65s, Ian Carter ran the classic double of 800m and 1500m. A straightforward 800m semi-final set-up a final where Ian was able to run exactly as he wanted to pick up an impressive gold. He commanded the pace from the gun, settled in the middle part of the race and then kicked to kill off an attempted challenge from the Italian chaser. It was fascinating to see the Italian attempt to reel Ian in only to visibly blow and instead start looking worriedly behind just as they reached the final bend. The Italian was able to exact revenge in the 1500m however, where they traded medals and Ian took silver.

Stephen Te Whaiti made it through the 60m heats in the M50s but found the pace too hot to get through the semis. In the 60mH, he was unfortunate to exit in the heats with the fastest time of the eliminated runners. Stephen also completed the pentathlon. His long jump moved him up from seventh to sixth but, despite steadily reducing the gap, he was unable to overhaul fifth and finished in sixth.

The field athletes were having a mixed championships. M75 Roy Skuse competed in the weight throw but was unable to progress to the final round after recording three foul throws. Auckland's M50 Laini Inivale threw the shot and the weight. He was fourth with the shot but made up for that with silver in the weight throw.

Jim Blair produced a model display of versatility. He only ran once, in the 60m hurdles, and was a long way behind the Indian runner, but it was enough for silver. In the jumps, he tackled the triple and high jumps, earning golds. He also competed in every throw apart from the discus (leaving one to wonder why no discus?!). Jim's shot put, hammer and weight throw were some way behind the legendary Finn Leo Saarinin, but

he headed off the chasers by about half a metre for silver in the hammer and shot and narrowly missed silver to American Ray Feick for bronze in the weight. He was dominant in the javelin, a long way ahead of Feick, to pick up gold.

The Championship programme ended with the 4x200m Relays. The M65 team consisted of a strong combination (Guptill, Carter, Deleiros, Dougall). While they couldn't compete with the World Record performance of the American team, they picked up an impressive bronze. The women fielded a W40 team of Waring, Harris, Deleiros and Story. The challenge of being the oldest team overall proved too much for any medal aspirations but the team performed well all things considered.

The crowd favourites for the relay came from the non-sprinters. Three tired distance runners and a walker (Wray, Cameron, Price, Cross) lined up against the muscle-bound M40 teams and when Tony waved his baton at the crowd shortly before being lapped the crowd responded with appreciation. They finished second last, albeit that they were saved from last only when the Germans were DQ'd, but undeniably had more fun than any other team in their race.

NZ Mountain Running Championships (25 March 2017)

by Derek Shaw

This year's course was an up and down one on the slopes of Ben Lomond behind Queenstown, with different lengths for the various age groups. The M35-49 had the same 11.8km course as the SM and SW, while the W35-49 and M50+ grades ran 9km on the undulating course along with the U20M. The W50+ and U20W completed 5.6km.

Daniel Clendon (1:07:52) was 35s clear of fellow Wellington master Stephen Day at the end of the M35-49 race to take the gold and silver medal respectively in the M40 grade with bronze to Simon Green (1:13:31). Geoff Williamson won the M35 gold in 1:12:05. Masters from top of the South featured prominently in the 9km race with Robbie Barnes (1:02:02) comfortably winning the M50 grade. After a close duel which saw the order change regularly, Barry Dewar (M65, 1:08:10) headed in a trio of Athletics Nelson runners Michael Morrissey (M60, 1:08:49) and Kerry Semmens (W35, 1:08:50) who all claimed gold in their age groups. Bridget Deverell (1:10:53) claimed the W45 gold and Katrin Gottschalk (1:11:53) the W35 silver. Canterbury's Anthony Rogal (1:17:55) won the M55 gold. Silvers went to Mark Battley (M50, 1:16:34) and Malcolm Chamberlin (M60, 1:21:02).

In the 5.6km race Bridget Ray (37:44) and Angela Ryan (43:16) took home gold in their respective W50 and W55 grades. It is interesting to note that Canterbury's 35-year-old Tania

McWilliams choose to contest the SW event and was second to Sabrina Grogan, while Southland's 19-year-old Jack Beaumont won the SM title by 5 minutes. Sophie Smith continued the gold collection by Nelson athletes in winning the U20 women's title, reversing the order with Emerson Deverell from last year's champs



Evelyn Tribble (OTG) in the W55 hammer throw at the national championships in Nelson

PHOTO: John Campbell

Are You A Heavy Drinker?

by George White

And no, I do not mean are you at the pub most days! Performance can be impaired when you are dehydrated by as little as 2% of body weight and losses in excess of 5% of body weight can result in performance drops of up to 30%. Fatigue at the end of a long race may result as much from dehydration as from other factors. The human body is about 65% water and without water, can only survive a few days. Your body needs adequate water for all activities and unfortunately, to a large degree, cannot adapt to dehydration.

Dehydration has an adverse effect in the following ways:

- Reduced blood volume
- Increased blood thickness
- Lowered blood pressure
- Increased heart rate
- Decreased skin blood flow
- Decreased sweat rate and therefore
- Decreased heat dissipation
- Increased core temperature
- Increased sodium retention
- Increased rate of muscle glycogen use, and
- Increased potential for developing heat cramps, heat exhaustion, or heat stroke

Sprinters are generally less concerned about the effects of dehydration than endurance athletes. However, the ability to perform high-intensity exercise, which results in exhaustion in a short period, has been shown to be reduced considerably if dehydration causes body weight loss of 2 to 2.5%. This is especially so in hot climates. According to the International Olympic Committee, dehydration has an impact in most events: endurance sports, team sports, power and sprint sports and includes winter sports.

In a recent study, fluid loss equivalent to 2% of body mass induced by a diuretic drug caused running performance at 1,500m, 5,000m and 10,000m distances to be impaired. At 1500m the impairment was about 3%, rising to 5% for the 10000m. In a study of eight athletes performing treadmill walking at only 25% VO2max, hydration was shown to have a significant impact. With a target time of 140 minutes in very hot, dry conditions they were tested when hydrated and when they were dehydrated by a 3%, 5%, or 7% loss of body mass. All eight subjects were able to complete the 140 minutes when hydrated and 3% dehydrated. Seven subjects completed the walk when 5% dehydrated, but when dehydrated by 7%, six subjects stopped walking after an average of only 64 minutes. So for even relatively low-intensity exercise, dehydration clearly impacts performance.

An average person sweats between 0.8 to 1.4 litres per hour during exercise and that's without hot, dry conditions or high intensity exercise. Alberto Salazar (marathon runner) while preparing for the 1984 Summer Olympics recorded 3.7 litres loss per hour.

If you don't know your sweat rate, it's pretty easy to work out. Before you exercise, weigh yourself without clothes, then exercise and afterwards remove your clothes, dry off and weigh yourself again. You'll need to drink 500ml of fluid for every 500gm you've lost, just to get back to your starting point.

Especially if you work out for longer than an hour, you are highly likely to be dehydrated to the point of reduced performance in the second half of your workout - unless you actively hydrate! While there might be a loss of a litre of sweat per hour, it is estimated that the average runner can only absorb somewhere between 400ml and 800mls per hour. It is essential therefore to start off hydrated, start drinking early and then after exercise, rehydrate. For an athlete, minimizing fluid loss to no more than 2% of your body weight is a good rule. Thirst is not a reliable indicator of dehydration. If you wait to drink until you are thirsty and stop drinking when your thirst is satisfied, you'll end up dehydrated.

Although hydration before and during exercise is essential for good athletic performance, hydration after exercise is equally as important. Rapid and complete recovery from dehydration should involve drinking 1.5L of fluid for each kilogram of body weight loss.

Rehydration should include water to restore hydration status, carbohydrates to replenish glycogen stores, and electrolytes to speed rehydration. It is especially important if another workout is planned. Including carbohydrates in the rehydration process may improve the rate of absorption of sodium as well as water and aid in replenishing the glycogen stores which can enhance performance in subsequent exercise sessions.

Sports drinks are often more appealing to the palate and if the taste is more appealing it may promote more drinking than with water alone - leading to better hydration. When exercising for periods of an hour or more carbohydrates and electrolytes are beneficial for the following reasons. First, fluids are absorbed into the bloodstream faster when their dissolved minerals closely match that of the blood. Sports drinks attempt to do this with contained sodium, other minerals and carbohydrates whereas water doesn't, so water doesn't reach the bloodstream as quickly. Sodium and other nutrients also help determine how much fluid enters into muscle fibres and other cells assisting the optimal fluid balance of the body. A further advantage of sports drinks over water is that the sodium content stimulates thirst, so athletes usually drink more than when they have plain water.

Finally a word of warning! Over-hydration is the cause of the potentially fatal complication exercise-associated hyponatremia (EAH), in which blood levels of sodium become excessively dilute. Drinking too much can be as serious as drinking too little - a 2011 paper in the British Journal of Sports Medicine reported that 14 runners presented at just one hospital with EAH after the London marathon.

Daegu Report

by Lynne Schickert - Oceania Representative, WMA Council



Jim Blair receiving his award from Stan Perkins for outstanding services to WMA

The World Masters Athletics Indoor Championships in Daegu Korea has been an amazing experience for all our Oceania athletes. With 84 Australians (42 women and 42 men) and 17 from New Zealand, we supported each other in all our events and our Anthems were played regularly, resulting in Australia on top of the medal tally.

The facilities were the best we have seen for a World Indoor championship. We had an almost brand new Mondo track which gave the sprinters an opportunity to create many new records, and a purpose built field stadium for the throws and jumps. The two stadiums were spotless and there were over 400 officials and volunteers assisting the athletes at, and between, events. The free transport around the city to the stadiums worked very well and shuttles moved athletes between the main stadium and Stadium C for the outdoor throws. Precise scheduling has been a key feature here in Daegu, both for the program and for the transport.

Despite some minor language difficulties, the WMA appointed International Officials worked well with the Korean Officials, providing guidance on technical matters where necessary. Oceania was represented by two officials, Walks and Throws Judge, Marion Buchanan (Aus) and Call Room and Throws Judge, Dawn Melrose (NZL). The international judges who are appointed by WMA travel to an event at their own expense but are supported with accommodation during the meet and their commitment and expertise is very much valued by us all.

From my own perspective having now been to three WMA Indoor Championships, each one has a special memory for me as a race walker – zero degrees and mounds of snow each side



2016 WMA Best Master of the Year Awards – Andrew Jamieson (Australia) and Irene Obera (USA) with Stan Perkins, WMA President

of us at the 10km road walk in Jyvaskyla Finland; a hilly 10km walk course in Budapest Hungary, and a mostly flat fast course here in Daegu. Having both the 10km race walk and the half marathon start and finish outside the main stadium meant there were plenty of spectators to cheer the athletes which we all enjoyed.

Being the end of winter/start of spring in the Northern Hemisphere, most athletes expected cold weather but it was relatively mild during the day and the rain held off until after the half marathon was finished on the last day. Of course, inside the warm main stadium, the cold weather only affected us as we went off outside to catch a bus to our hotels. For those of us in Australia who do not experience the dramatic changes of season, we enjoyed seeing the bare branches on the trees starting to flower, with yellow forsythia lining the roadsides and magnolias and cherry blossom coming into bloom.

Daegu is a very progressive technological city and the Opening and Closing Ceremonies were outstanding examples of the way graphic design can be integrated in with music and dance performances. The LOC also included a Welcome Dinner for delegates from all the countries who had come to participate and 200 guests were treated to a very interesting cultural display of drumming and dance. Our region was represented by Heather Carr and Bob Banens from (AUS) and by Anne Delerios and Michael Wray from (NZL). During the dinner, awards were presented by WMA President Stan Perkins to the 2016 WMA Best Master Athletes of the Year – race walker Andrew Jamieson (AUS) and sprinter Irene Obera (USA). This was the second time Andrew had received this award for his outstanding walk performances.

PHOTOS: Lutwin Jungmann

Eating out was another experience for us all and in places where the menu was only in Korean, it was a case of point at a picture and hope for the best. Many of us have probably never seen such a variety of dishes, with ingredients we are not familiar with. We have all eaten some very interesting things in Daegu.

As a farewell gesture, the WMA Council hosted a dinner for the International Officials and members of the Daegu LOC with whom the WMA Council had worked to make this event such a success. This also gave WMA an opportunity to honour WMA

Life Member Jim Blair of New Zealand with a special award for his services to World Masters Athletics.

As we all recognise, this is what World Masters Athletics is all about - visiting new countries, meeting the friends we have made at previous championships and enjoying new experiences and different cultures.

We now all look forward to the next WMA Outdoor Championships in Malaga Spain in 2018 and then the next WMA Indoors in Torun, Poland in 2019. See you there.



Darwin invites all NZ and Oceania Athletes



With the recent departure of our NZ born General Manager, John Bowden, Athletics NT is craving multiple NZ and South Pacific replacements to compete in the 2017 Australian Masters Athletics Championships in Darwin over their Queens Birthday Weekend – June 9-12.

2017 will be the first time for an Australian Masters Athletics Championship to be held in the Northern Territory and Darwin will provide perfect sunny weather, outstanding competition venues, high level officials and an outstanding tourist destination to holiday in and explore after.

All you need to know and more can be found at <http://ntmastersathletics.com.au/> Registration close on May 1 so don't delay.

Discounts can be found with website bookings on Virgin, car rental from Thrifty at www.thrifty.com.au/car-hire/northern-territory.aspx using the code NTMASTERS and outstanding accommodation can be found at the Club Tropical Resort icon in sponsors where best competitive prices will be found.

Make sure you check out Merchandise and book for the Awards Dinner as it will be a truly memorable Northern Territory experience too.

See you in June –

regards Steve McGugan
On behalf of LOC Darwin 2017 AMAC

“If you never have a go, then you'll never ever know.”

2016 NZMA Athlete of the Year Awards

The 2016 NZMA Athlete of the Year awards were presented at Nelson on the night of the championships dinner. These awards are presented to eight Female and eight Male NZMA members who had excelled throughout 2016. Many awards were as a result of performances achieved at the WMA Championships in Perth in October/November.

FEMALE

Sprints

Liz WILSON (Otago) produced five performances covering all distances between 60m and 400m that were 95% plus and included gold in the 400m and bronze in the 200m at the WMA champs in Perth.

Middle Distance

Clasina VAN DER VEEKEN (Northland) won the gold medal and broke the world and NZ records in the W85 2000m steeplechase at Perth. She also won silver medals in the 800m and 1500m.

Distance

Judy STEWART (Northland) won a bronze medal in the 10000m in Perth.

Hurdles

Louise MARTIN (Canterbury) had four performances in the 80m and 300m hurdles above 80% in Perth and at NZ meets.

Jumps

Clasina VAN DER VEEKEN (Northland) won two further gold medals in the long and triple jumps in Perth, with a NZ record in the long jump.

Throws

Brenda DAVIS (WBOP) had multiple performances submitted from WMA Champs, Pan Pacific Champs and local events over all five throws events. She won bronze in the shot put and achieved three other top six results at Perth.

Combined Events

Raylene BATES (Otago) won a silver medal at Perth in the throws pentathlon.

Walks

Jacqueline WILSON (Wellington) won three silver medals in the 5000m track walk and the 10km and 20km road walks and team golds in the 10km and 20km road walks. She also achieved a NZ record in the W70 5000m track walk and a NZ best performance in the 20km road walk.

NZ COLOURS were also awarded to all ten Individual gold medal winners at the WMA Championships in Perth.

These were: David Anstiss; Ian Calder; Mark Cumming; Sally Gibbs; Mike Parker; Margie Peat; Ron Robertson; Clasina van der Veecken; Liz Wilson and Dennis Wylie.

Chris Waring and Mrytle Rough were also awarded NZ colours for achieving 95% in their sprints and middle distance events respectively. Corinne Smith also collected NZ Colours for her performances in winning two gold medals at WMA champs in Lyon, France in 2015.

MALE

Sprints

Trevor GUPTILL (Auckland) won a bronze medal in the 200m at Perth setting a new NZ M70 record. He also set an AMA record in 60m which was above 95%.

Middle Distance

Ian CALDER (Northland) achieved a gold medal in the 800m and a silver medal in the 1500m at Perth.

Distance

Tony PRICE (Wellington) won a silver medal at Perth in the 8km cross country and had many other national and local results there were above 80%.

Hurdles

Nick BOLTON (Canterbury) had four performances submitted for NZMA and Australian Champs along with local meets that were all above 83%.

Jumps

David ANSTISS (Auckland) won a bronze medal at Perth in the triple jump.

Throws

Mark CUMMING (Auckland) won the gold in the M50 hammer and the silver in the heavy weight at Perth.

Combined Events

David ANSTISS (Auckland) won the gold medal in the M70 decathlon at Perth.

Walks

Mike PARKER - (Auckland) won the gold medal at Perth in the M60 5000m track walk.



Northland

by Polly Barach, Orianga Barach & Judith Stewart

Estimated timed run Onerahi foreshore – 22 January 2017 (by Polly Barach)

Well the sea had white caps on it as we were gearing up to start the 3km and 5km estimated time runs which meant we all needed to factor in the wind ... let's just say I'm glad it wasn't a swim! Lots of banter at the start about what time to put down, will we all go too slow or too fast, what time should I put. A lesson to be learned for some of us, do not change your time as your first instincts are always the best.

There were a total of 18 out there today, with Ian Calder doing an amazing job as day organiser and setting up great 5km and 3km courses, that was picturesque and with a bit of off road on the Waimahunga Track. John Kent was the closest to his time, only 16secs off, which is pretty amazing compared with myself who decided to not listen to my mind and ended up 2 mins outside my time. Kath Mase and Dennis Langford were also close to their times, well done to you both.

Most of us missed the rain shower and didn't get blown away, and once finished we all enjoyed a well-earned cup of tea/ coffee and delicious food. Thanks to timekeeper Nigel on the day, it was much appreciated.

Northland Masters Championships – 12 February 2017 (by Orianga Barach)

What a great day – the organisers were up bright and early to get things set up. Some 32 masters athletes ranging in age from 31 to 85 put their bodies on the line to get a better time in the running events or a longer distance in the throws or to go higher or longer in the jumps.

First off was the 5km which was a road race around Kensington Park with a lap around the track to get some spectator support! A rather mean head wind made things trying on the only slightly uphill section of the 5km.

Then it was back on the track for the rest of events, timed nicely throughout the day. Weather was good, albeit pretty muggy, getting worse as the day wore on and then the rain set in as we finished for afternoon tea.

The atmosphere was great with plenty of friendly banter/ laughter throughout the day. The whole idea of these events is to enjoy it without the stress and do the best you can, be it setting a record or PB or not as the case may be. It is also great to see the really good Northland athletes out there showing how it can be done.

Putting the shot (those little heavy balls of metal) is not easy and it puts into perspective Valerie Adams throwing over 20m, as if I am correct nobody threw half of that distance! These events do not happen without team work and athletes, so thanks to all those who participated and to all our helpers on the day and last but not least the committee of organisers. It was great to see some of our young Whangarei club members giving up their day to measure and time keep.

NZ Masters Champs in Nelson (by Judith Stewart)

It had been many years since I competed on the track in Nelson - the event way back then was the South Island Champs held on a grass track in the centre of town. The new Saxton sports complex is to the south between Stoke and Richmond. Twelve members travelled south from Northland along with supporters.

The 5000m on Friday evening was certainly a taste of the Tasman winds and when a tent took off racing towards the competitors at the start line we knew that the conditions would be difficult, the sand blew from the pit down the home straight before a couple of helpers tied the covers down.

The weather started warm and sunny on Saturday morning but the wind came back and wasn't helpful for those wanting good times. Ugen Iyer (Northland) had tight finishes with Vanessa Storey (Wellington) and Jolene Jones (Tasman) over the 60m, 100m and 200m, exciting competitive running from these three athletes.

The Saturday night awards dinner was well attended and a successful evening with Northland masters receiving four awards. Sunday morning was an early start for the 10k road walkers and 10000m on the track but the wind didn't take a break although it wasn't as bad. Thanks must go to Nelson organising committee and officials for an enjoyable weekend and we look forward to hosting you all in Whangarei, next March.



The Northland Masters team. Back row (from left): Anson Clapcott, Armin Kashammer, Jenny and Dave Eastmond, Barbara Austin, Judith Stewart, Jenny Hastie. Front row: Nancy Bowmar, Beth Macleod, Margaret Croke, Val Babe (missing Ugen Iyer)

Auckland

by Chris Thompson, Murray Free and Tony Deleiros



Tina Ryan

Auckland Masters Champs – Mt Smart - February 2017

The AMA Champs were held over two Sundays in February and drew a record 87 entries. That was our best result for entries in over ten years and we saw a number of new faces from the Club scene. This is an indication that the MoU is starting to take effect.

Performances of note included Trevor Walker (M55) breaking the NZMA HJ record with 1.52m. Provincial marks were bettered by Christine Adamson (W60) in the 1500m with a new time of 5:43:19 and in the 5000m with 20:31:05. David Anstiss (M70) bettered the old mark in the 300m Long Hurdles with 59.4s.

NZMA Champs - Nelson – March 2017

There was a good representation of Auckland Masters Athletes at the recent Nationals at Saxton Field, Nelson with 34 attending along with family, friends and officials. A number of our new members made the trek and sampled the local hospitality and great competition over three days. The setting is spectacular with sweeping views of the Richmond foothills making a pleasant change from the factories of Penrose.

The sprints were run in breezy conditions with most races recording between 4 and 6 m/s headwinds. This resulted in slower times but did not detract from the competition. Sprint titles were won by Jill Hayman, Trevor Guptill, Dave Anstiss, Alan Dougall, David Garnier and Tony Deleiros. Special mention goes to Chris Waring and Steve Hargreaves who swept their age groups with wins in the 60, 100, 200 & 400m.



Chris Waring

In the middle distance events Cara Billen and Barry Jones were winners. The longer 5000m and 10,000m races saw Malcolm Chamberlin and Christine Adamson winning with Christine also picking up the 1500m title. Hurdles saw Tony Catchpole and Dave Anstiss, and Jamie Halla in the steeplechase, win their respective grades. Multi-event winners were Jill Hayman and Trevor Wilson in the pentathlon and Laini Inivale and Hans Barnard in the weight pentathlon.

Jumps winners included Betsy Swanepoel (HJ), Trevor Wilson (HJ, LJ) Andy Mai (LJ) with Tuariki Delamere and Dave Anstiss taking out all three disciplines. The feature of the throwing events was Laini Inivale breaking the championship record in M50 shot put with a 14.27m heave. Others winners were: Tanja Lenz (SP), Tuariki Delamere (SP); Hans Barnard (Hammer, WT) & Tina Ryan (Jav, WT).

Dave Anstiss was clearly the star of the show with wins across every discipline. Apart from the winners all Auckland Athletes enjoyed the camaraderie and competition across the weekend.

2016 NZMA Athlete of the Year Awards

At the annual awards presentations in Nelson, AMA athletes were to the fore. David Anstiss picked up the Male Jumps and Combined Events trophies on the back of his performances at the WMA Champs in Perth. There whilst competing in the M70 group, David won gold in the decathlon and bronze in the triple jump.

Mark Cumming won the Throws Trophy with gold and silver at Perth in the hammer and weight throw respectively.

PHOTOS: John Campbell

This was a repeat of his performances four years earlier in Brazil. Trevor Guptill picked up the Sprints award for his silver in the M70 200m at the WMA Champs in Perth. Mike Parker won the Walks Trophy with winning the gold in the M60 5000m walk at Perth.

Club Corner - North Harbour Bays Athletics Club - Masters Section

North Harbour Bays club is based at the AUT Millennium Institute, Mairangi Bay, North Shore, Auckland with an athletics track, outdoor practice throwing area, an indoor sports hall which has a 4-lane 60m track, long & triple jump pit, high jump and pole vault facilities. This amenity is a big bonus in the winter times as we can still train when the weather is bad outside.

The Masters or Veterans (back in those days) section began with a very small group of athletes over 35 years ago. From the 1990s onwards the numbers increased slowly, and by 2006 there were around 18. Numbers then began to increase and with the success of the group the NHB management committee took the Masters section on board with Masters being co-opted onto the club's committee and were given their own web page on the club's website. In 2008 the masters section created their own club Masters records, which were approved by the management committee, by 2012 the numbers had increased to 34.



Steve Hargreaves

NHB club has always fully backed the Masters section throughout, providing equipment and giving annual Masters Awards for male and female athletes. They also allow our own training times and days and have access to other club coaches. If Mt Smart is unavailable for competitions, the club allows AMA to hold their track & field meetings at the AUT's track.

In July 2015 AMA hired the AUT sports hall for the first NZ Masters Athletics Indoor Champs, holding 50m races along with high, long and triple jumps. In 2016, the indoor shot put and 50m hurdles were added to the programme which attracted over 40 athletes from all parts of New Zealand.

Many members are now winning World, Oceania, NZ and local titles, not only in track and field but also road and cross country with the result the number of Masters now stands at 68 members, which must be one of the largest Masters groups in New Zealand. With the World Masters Games in Auckland in April we have had many former athletes coming back into the sport and we have recruited 10 new members to the club since November.

Sixteen members took part in the 2017 Nationals in Nelson and between them won 27 titles and 3 were awarded NZMA athletes of the year trophies for 2016.

The club spirit remains high with four relay teams taking part in the WMG's. We cater for all levels, whether they be elite athletes or just to enjoy the camaraderie that the club as a group has to offer.

Tony Deleiros (North Harbour Bays Masters coach)



Tanja Lenz

PHOTOS: John Campbell

Tasman

by Derek Shaw

NZMA Track & Field Champs

The hosting of these champs in March was a major undertaking for the LOC of Tasman Masters and we are very grateful for the support we received from masters athletes from around the country who participated. The total of 222 entries was very pleasing especially given the choices masters athletes had with WMA stadia champs in Perth, WMA indoor champs in Daegu and the forthcoming WMG in Auckland. We have received very positive feedback from participants – except for the windy conditions! Somehow we appear to have got offside with the weather gods as conditions were generally windless preceding the champs and again following the weekend, which was rather frustrating to say the least.

We are also very grateful for the officials from other centres who came and helped out and to the athletes who assisted in between their events and to those partners of athletes who also helped out. With a small local pool of officials it would not have been possible to hold the champs in Nelson without your generous assistance, so a huge thank you.

The LOC made a big effort to get local masters entered in the champs and many took the opportunity to compete in their first track and field champs. Many who were members of Athletics Nelson took advantage of the MoU between NZMA and ANZ and entered the champs. These initiatives resulted in 32 entries from the Tasman (Top of the South Island) – an undoubted record. Unfortunately several were forced to withdraw through injury.

Tasman athletes enjoyed considerable success at the champs taking home over 70 medals including 40 golds and 21 silvers. Nine won two or more golds, with Kirsty Richmond (W40) having the distinction of winning all her seven events. Joeline Jones (W35) won all five of her events and Paula Canning (W40) won three events and was second in her fourth event. Nyle Sunderland (W45) returned from the Gold Coast and claimed gold in both her race walks.

David Hansen (M35) also had the distinction of winning seven golds and a silver in his eighth event, which bodes well for his decathlon result at the WMG in Auckland. Barry Dewar (M65) won 3 golds and 2 bronzes in his six events, while Tim Cross (M55) also achieved 3 wins and a third placing. Derek Shaw (M60) managed two wins and a second and Ray Waters (M80) won both his 5000m and 10000m events.

In his first NZMA champs David Riddell (M60) performed well in his six track races with 3 silvers and 2 bronzes and a 4th place. Lyn Smith (W50), also in her first champs, contested nine events and took home six silver medals. Ian Carter (M65) achieved the highest age graded percentages of 88.3% in



PHOTO: John Campbell

Ian Carter finishing strongly in the M65+ 1500m at the national championships in Nelson

his 800m and 85.0% in the 1500m but unfortunately was up against Canterbury's Tony McManus and had to settle for second in both races, although he only lost the lead in the last 50m of the 800m. The next highest % of 82.6% was achieved by Chris Bolter (M70) who ran a well judged 5000m to win his age group and head in fellow Tasman Masters Barry Dewar and Derek Shaw who won their respective younger age groups. David Hansen also achieved 82.6% in his 400m.

WMA Indoor Champs

Ian Carter (M65) had a very successful champs in Daegu winning his 800m final in a sharp time of 2:27.48 after qualifying 3rd fastest in the heats. In the two timed sections of his 1500m Ian had the second fastest time (5:12.59) and thus won the silver medal. He completed a suite of medals in the M65+ 4 x 200m relay along with fellow kiwis Trevor Guptill, Tony Deleiros and Alan Dougall when they ran the third fastest time of 1:56.17.

David Riddell (M60) contested five track events in his first international competition. He finished a very creditable 5th in his 800m final in 2:34.42 after qualifying 7th fastest. He was 7th in the 1500m in 5:24.86. He was also 4th in his 400m heat just missing qualification for the next round by 0.01s with his time of 1:06.44. He was 3rd and 4th respectively in his 60m and 200 heats but missed out on progressing to the next rounds.

Waikato/Bay of Plenty

by Murray Clarkson



Brenda Davis - NZMA 2017 Athlete of the Year trophy recipient

The Tauranga track is due for a re-surface and this is planned to take place next season.

We are hopeful it will not interfere with our programme but will be a great incentive to promote athletics in this area. Hamilton is hosting the Athletics NZ Championships in mid March. Preparations are well under way and it is all hands to the pump for a successful event.

We have had great success over this summer period for many of our athletes. It is pleasing that they are happy with what we are doing and challenging themselves. We held two meetings run by Masters after the Christmas break being our Trophy Day and the Waikato Bay of Plenty Masters Championships.

Trophy Day

This is the day when 14 prestigious trophies are awarded, most of which are age graded and with some applying to specific events. It is an entertaining day and in some cases very competitive. Visitors from "out of town" are able to join in and can compete for specific trophies. We had 31 competitors with the over-all winner of the Men's Trophy being Paul Daborn and the Women's Trophy going to Sheryl Gower. A small group from Auckland, training for the World Masters Games, joined us and thoroughly enjoyed the day. Maybe some new members for Auckland Masters?

Waikato/Bay of Plenty Masters Champs

Thirty-six competitors sharpened their technique and tactics for the Nationals on the day which tested ability to cope with a persistent wind. Little did they know what would confront them at Nelson. This meeting was condensed to allow events to



Paul Daborn - WBOP Trophy Day - Men's trophy recipient

be completed in the one day avoiding extra ground charges. To cater for the "swingers" (throwers) the throws pentathlon was held earlier in conjunction with the Oceania throws pentathlon. Results of both of these events are available on NZMA website.

NZ Masters Athletics Championships

Twenty-five of our members committed to travelling to Nelson which was a great effort given the difficulty in getting to this venue. All credit to Derek Shaw and the team of organisers from Nelson and the Officials and helpers from other areas who volunteered their support. Why did the Wellington contingent have to bring the wind with them??

We had a successful competition with 62 gold, 11 silver and 9 bronze medals. The most prolific competitors were Bruce Solomon and Brenda Davis with 7 golds each, closely followed by Alan Silvester with 6 golds. Nelson will have received a boost of awareness of Masters Athletics which we trust will be maintained.

Our Centre has, as most will be aware, a new uniform which has been proudly displayed at North Island and NZMA Championships. It has been a long time coming but we now have an identity for our members which we hope will encourage others. We continue to offer friendly competition to all who wish to join in our events.

It is with sadness we record the passing of Brendan Magill. An obituary appears on page 17.

He is a great loss to us and a shock event for many masters athletes.

PHOTOS: John Campbell

Wellington

by Michael Wray

Night of Miles

The annual Night of Miles organised by Wellington Scottish took place at Newtown Park just before Christmas. This traditional event offers an all-comers mile and an elite mile. The former is for those expecting to take more than five minutes and features Santa, with the challenge laid down to see if you can beat the man in red. Last year Santa was played by Nick Willis, taking things relatively easy before throwing in what has to be the fastest last lap ever run by Santa over the years. The abilities of this year's Santa were somewhat more modest, as I put on the suit. While I did enjoy the "oh no!" from anyone I passed, I can safely say it is difficult to run at pace when too-long Santa suit trousers are getting caught in your track spikes and the rank aroma of stale sweat in a beard that is grossly resistant to laundering is overpowering; at least I could comfort myself with the thought it was the stale sweat of an Olympic medallist.

The first master in the mile was Jonathan Justice, less than a second ahead of Rowan Hooper, with Dougal Thorburn third. Sean Lake won the masters mile walk, with Jackie Wilson first masters woman.

Wellington Centre Track & Field Champs

To avoid the clash with Round the Bays, Wellington's largest running event, scheduled to take place the same weekend as the Centre Track & Field Champs, the longer running events were each given their own weekend. The 10000m/10000mW took place as described in the last issue.

The 3000m was held in Masterton. Michelle Van Looy won the masters women outright, a hundred metres or so ahead of Renae Creser, with Andrea Harris almost a minute back. Jonathan Justice won for the men, while Andrew Wharton outkicked Mat Rogers in the race for second.

The 5000m had its own weekend, with Wellington's first 5000mW Centre Champs included. As the youngest masters man who racewalks, it was perhaps no surprise to see Sean Lake triumph. For the next to finish, the M65 grade put on a good show to get in ahead of the other, younger, age-groups, Regular record-breaker Peter Baillie missed out to Clive McGovern by five seconds as both smashed the previous Wellington M65 5000mW record.

Jackie Wilson held off Terri Grimmett for first place in the masters women.

Renae Creser bounced back from her sub-par 3000m performance, winning the 5000m by about 150m. Lindsay Barwick finished strongly to take second, ahead of Michelle Van Looy. In the men's race, we had the largest field for a long time, producing full podiums in all five year age brackets up to and including M50. The first three to finish all broke 16 minutes: Rowan Hooper, Stephen Day and Jonathan Justice, in that order.

The majority of the Centre Track and Field Champs were held over two days on the same weekend. The pick of the performances came from a varied set of events. Jim Blair in the hammer throw, Nicole Macquet in the discus & shot put, Jonathan Justice in the 800m, Petra Stoeveken in the 200m & 400m, Veronica Gould in the 200m, Gordon Cameron in the 60m and Shaun Broughton in the 60m all set new Wellington records. Shaun and Veronica produced the best performances on age-grading.

The final championship event (1500m) was held a week later. Jonathan Justice, Mat Rogers and Andrew Wharton ran as a peloton for the first half. At the final lap, it fell to Jonathan and Mat to fight for first place, with Jonathan opening up a three second winning margin. Michelle Van Looy won for the women, comfortably ahead of Helen Willis and Keryn Morgan. Sean Lake walked to first place in the 1500mW and a Centre record, while Peter Baillie took revenge on Clive McGovern. Jackie Wilson won the women, over a minute ahead of Daphne Jones.

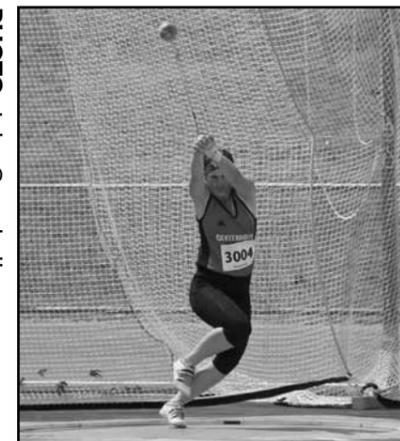


The Wellington Walkers: (From L to R) Terri Grimmett, Sean Lake, Joe Antcliffe, Daphne Jones, Jacqueline Wilson, Clive McGovern

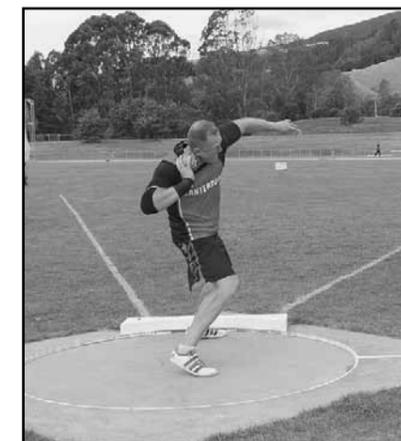
Canterbury

by Andrew Stark

PHOTO: John Campbell



Anna McNab



Malcolm Clarke

PHOTO: Sharon Wray



Louise Martin

PHOTO: Sharon Wray

It is hard to believe that it has been six years since QEII was destroyed in the 22 February 2011 earthquake. Earth works have started at the Nga Puna Wai site and a basic track, without a control room is timetabled to be completed by late December this year. Therefore, I am hopeful that when you read the January 2018 report, we will be reporting on looking forward to running our first CMA Championships at the new facility.

During the past season Canterbury Masters have continued to work closely with Athletics Canterbury, with our athletes joining in their interclub events. For the third year in a row, we incorporated our track & field championships over two weekends within the Athletics Canterbury interclub programme, held in early February. This works well, therefore there is no reason to change this approach unless we decide to hold a combined Athletics Canterbury and CMA Championships event during the same meeting.

Season in Review

Some of the 'old guard' have hung up their competitive shoes, but have made guest appearances at social gatherings. As a result of the MoU between Athletics NZ and NZMA, it has been good to see more ANZ club athletes taking part in our championship events. Seventeen of our members broke a total of forty-three CMA records, with eight of these also NZMA records. Members also broke a further fourteen South Island Masters Championship records. There were three athletes whose performances stood out and are worthy of special mention.

Anna McNab (W30): Anna is our youngest member at only 31. She competes regularly at interclub and enjoys the challenge of trying to throw further than some of our more established male masters athletes ... much to their annoyance, but it is all in good fun. She has set nine CMA and / or SIMC records during

the season in the discus (1x), weight (2x) and hammer (4x), plus twice broke the throws pentathlon, which was also a NZMA record.

Malcolm Clarke (M45): Malcolm joined CMA this year, having moved here from Perth. He started the season by breaking the NZMA and CMA M40 throws pentathlon record in September, just a few days before turning forty-five. He has since gone on to break the M45 NZMA & CMA throws pentathlon records on two occasions, plus he has set CMA M45 records in the discus (4x), weight throw (2x) and shot put (2x). I am sure Malcolm would have broken more records had he not been interrupted by a calf muscle strain he sustained at the South Island Masters Track & Field Championships, which put him out of action from mid November until early January.

Louise Martin (W50): Louise has concentrated on improving her speed and her hurdling technique with great results. This is her second season hurdling since her school days many years ago. During the season she has broken the 80mH (2x) and 300mH (2x) records, plus 60m (3x), 100m (1x) and 200m (1x). The 200m is particularly impressive as this record was held by Shirley Peterson set in 1982. She attended the WMA event in Perth and had it not been for a fall at the last hurdle in the 300m event, I am quite sure she would have won a bronze.

A full list of CMA record broken can be viewed on the CMA website. It is also worth noting that Iris Bishop continued her unbroken run of attending all NZMA Championships events since they first started. This would have not been possible without the support of her daughter Janice, who herself was a prominent athlete in her day.

There were two more events of the CMA calendar for the 2016-2017 season - a handicap cross country relay race, with teams of four running 4km each, and our annual dinner planned for early April.

Thank you to those who helped make this season a success.

Otago

by John Stinson

It has been a busy first three months of 2017 for many Otago Masters track and field athletes with a number of closely spaced events all attracting good support.

Unfortunately an exception to this were the Wednesday evening track and field sessions at the Caledonian Ground which were generally poorly attended and continued the trend of recent years. The bad weather that affected the opening weeks of the season seemed to impact on the overall season although it seems only one part of the problem. A review will be held to determine whether a change of format is needed or whether these meetings have run their course as far as attracting sufficient numbers to make them worthwhile.

The Annual Peggy Calder Interclub track and field meet will now be held at the Caledonian on Sunday 9 April. With a full March calendar it was decided an April date would be more conducive to attracting part. This meet is usually held at Memorial Park in Mosgiel, however with the later date the consensus was that the Caledonian would provide a more suitable venue. As a postscript we can report that it was held in perfect weather with encouraging numbers participating.

Congratulations to Paul Davies, Alison Newall and Claire Giles who all came away with gold medals in their respective age groups at the NZ Multi Events Championships held in difficult windy conditions at the Caledonian over the weekend 18-19 February. Claire and Alison as per normal have performed consistently well right through the season and their performances at the multi events champs were another demonstration of their great competitive attitude.



The winning Caversham contingent at the Peggy Calder Memorial Track & Field Interclub Meeting



The competitors and helpers at the Peggy Calder Memorial Track & Field Interclub Meeting

For Alison competing in the hurdles provided a new challenge while Claire had to contend with the high jump an event she had not competed in since her days as a 10-year-old in children's athletics. A great effort from all three.

Otago Masters President Rob Homan is gaining valuable publicity for Otago Athletics by way of a regular Sunday morning radio slot on Radio Dunedin 1305 AM. Rob manages to convey a great deal of valuable information in the short time frame available and his efforts are much appreciated by the Athletics Otago executive. Rob is not letting his other commitments affect his own athletics performances as evidenced by his gold and two silver medal winning performances at the NZ Masters Championships in Nelson.

A dozen other Otago athletes also participated in the NZMA champs and enjoyed considerable success. Amongst the multiple medal winners were: Liz Wilson with 4 golds; Alison Newall 2 golds, 6 silvers and 2 bronzes; Claire Giles 8 golds; Dalise Sanderson a gold and 2 silvers; Barbara Patrick a silver and 2 bronzes; Noni Callander 2 silvers and 4 bronzes; Evelyn Tribble 2 golds, a silver and a bronze.

The organisation of the 2018 Oceania Masters Championships to be held in Dunedin next January continues to progress steadily. The budget for the champs is currently being negotiated and various funding options are currently being discussed. The quiz night to be held at the Kensington Hotel on Sunday 2 April will hopefully be well supported and prove a worthy source of funding for the Oceania Champs. Sincere thanks to Jo Hurring for her efforts as principal organiser for the quiz night.

The Athletics Otago Annual Awards night will be held on Wednesday 3 May at the Sargood Centre, Logan Park Drive, Dunedin. The awards for masters will be presented along with the various senior awards - a nice way to recognise the contribution of masters athletes to Otago athletics.

The Annual Papatowai Challenge Run and Walk in the Catlins was held on Saturday 4 March. This event covers a variety of

both beach and off-road terrain and provides a stern test of pre Winter fitness levels. The Papatowai Event is always a popular fixture in the Otago athletics community particularly in the masters section. It caters for a number of age groups including a "Legends" masters 60+ section. This year total numbers were 356 a significant increase on 2016.



19th Oceania Masters Athletics Track and Field Championships – Dunedin 20-27 January 2018

Start your planning for this event. Information will be available on the Oceania Masters Athletics website.

Manawatu/Wanganui

by Jen Fee

Another summer completed and as we head into the cooler months I can reflect on a busy season for our region. After the buzz of North Island Champs in late November, we settled back into our quiet routine. A few of us meeting weekly for training and a catch up to prepare for a road trip to Nationals, while others continued with their own plans, whether it be distance or off road trail work.

We had the Colleena Blair Memorial Challenge in January. This is only the second year of this challenge between Wellington, Hawkes Bay-Gisborne, Taranaki and Manawatu-Wanganui masters and the first time in Palmerston North. Numbers weren't quite what we hoped but there were some amazing results, including Lisa Trow (MWMA) jumping to a NZ record in the W45 high jump clearing 1.55m.

Next some of us entered NZ Masters Games in Wanganui and as usual Francie Bayler was both an official and a competitor.

I don't know where athletics in this region would be without her! It was good to see most of our athletes wearing their singlets advertising us as a masters group! We need to be as visible as possible to ensure we are able to recruit new members.

We had 9 athletes from this region travel down to Nationals in Nelson this year, spread across the age groups as well as events. The team returned with a healthy haul of medals - 47 in all, including 23 golds, 10 silvers and 14 bronze. It is always great to see the family rivalry between Jill Evans and her daughter Raewyn Grigg. Who wins this year - Raewyn's 8 medals or Jill's 6 gold medals? Along with collecting medals some also broke records, even if they didn't know it at the time and of course one came back with a broken bone! Silly me!

Look out for our facebook page for upcoming events - likely to be a throws pentathlon once a month over winter and the odd multi event.

Taranaki

by Vicky Jones

At last! Good news! The funky looking all-weather track at Inglewood's TET Stadium is complete, and the first fixtures have taken place - just in time for the business end of the season. The official opening took place on Saturday 28 January to a glorious summer's day (at last!). Official proceedings were followed by the NZ 10,000m track championships to a sadly small field. Sally Gibbs of Waikato/Bay of Plenty graced us with her presence as the only Masters athlete (male or female) to compete. As expected, she was first female home in a time of 36.38.69.

Locally, the TET Athletics Taranaki 10,000m championships took place on grass on 10 December under clear, calm conditions with a reasonable field taking part. A number of athletes opted to take advantage of the grass and competed barefoot including Alan Jones and Kirsten Foley, which proved slightly beneficial time wise. It's interesting to see how different surfaces and terrains affect different athletes and their performances.

Other fixtures have been spread over various Egmont Athletics and Inglewood Athletics club nights, such as the TET Athletics Taranaki 3000m, 5000m and 5000m walk, and still to come the weight throw, steeplechase and pole vault on the 8th and 15th March. Conditions for both the 3000m and 5000m were perfect - clear and calm. While the 5000m walk took place in calm, humid and drizzly conditions - which thankfully eased from heavy rain encountered early in the meet.

Performance wise, a number of records have been broken this season, particularly by Joy Baker in the W65 grade over a number of events, such as the 3000m and 5000m B Grade Walk. John Payne, who is having a very good season, also created a record in the 5000m B Grade walk in the M70 division, and Serena Coombes created a new record in the W50 division in the 5000m walk by well over 1 minute. Well done Serena, and all those who have created records this season.

10,000m - 20 December 2016

W35	Kirsten Foley	43:47.92 (1)
W65	Joy Baker	50:51.94 (1)
M35	Mike O'Sullivan	38:53.99 (1)
M55	Neil Phillips	43:53.03 (1)
M65	Des Phillips	49:02.95 (1)
M70	John Payne	52:43.05 (1)
	Alan Jones	53:49.36 (2)

5000m - 14 February 2017

W65	Joy Baker	24:30.66 (1)
M35	Mike O'Sullivan	18:57.91 (1)
M55	Neil Phillips	21:21.01 (1)
M65	Des Phillips	25:07.23 (1)
M70	John Payne	25:29.30 (1)
	Alan Jones	27:24.49 (2)

5000m Walk - 7 February 2017

W35	Vicky Jones	38:22.60 (1)
W40	Rachel Gilberd	29:54.00 (1)
W50	Serena Coombes	31:10.80 (1)
M60	Ross Allen	33:05.70 (1)
M65	Eric Kemsley	30:30.30 (1)

B Grade

W65	Joy Baker	38:08.20 (1)
M60	Dennis Jordan	37:12.50 (1)
M65	Des Phillips	32:48.90 (1)
M70	John Payne	34:35.50 (1)

3000m - 21 February 2017

W65	Joy Baker	14:19.28 (1)
M55	Neil Phillips	12:30.41 (1)
M65	Des Phillips	14:06.51 (1)
M70	John Payne	14:27.38 (1)
	Alan Jones	14:44.97 (2)

The full championship programme took place in hot, clear conditions on Saturday, 25 February and was reasonably well attended.

TET Athletics Taranaki Track & Field Championships – 25 February 2017 - Inglewood**100m**

W40	Rachel Gilberd	17.92
W55	Karen Gillum-Green	15.94
W65	Joy Baker	17.27
	Lynne Mackay	18.40
W70	Fay Hartley	20.79
M45	Dennis Gibbons	17.30
M50	Danny Hall	14.42

200m

W55	Karen Gillum-Green	33.70
W65	Joy Baker	36.86
W70	Fay Hartley	46.02
M45	Dennis Gibbons	56.50
M65	Des Phillips	34.66

400m

W65	Joy Baker	1:28.67
W70	Fay Hartley	1:50.39
M45	Dennis Gibbon	1:33.76
M65	Des Phillips	1:15.55

800m

W65	Joy Baker	3:23.20
	Lynne Mackay	3:47.10
W70	Fay Hartley	4:17.32
M60	Allan Thomas	2:37.68
M65	Des Phillips	2:54.58
M70	Alan Jones	3:20.01

1500m

W65	Joy Baker	6:57.10
M70	Alan Jones	6:57.66

3000m Walk

W35	Vicky Jones	22:08.96
W40	Rachel Gilberd	17:07.93
W50	Serena Coombes	18:41.39
M60	Peter Fox	17:13.43
	Ross Allen	18:52.89
M65	Eric Kemsley	17:21.50

B Grade

M65	Des Phillips	19:09.10
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Long Hurdles

M65	Des Phillips	58.98
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100m Hurdles

M65	Des Phillips	23.77
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High Jump

M45	Dennis Gibbon	1.15m
M50	Danny Hall	1.40m
M65	Des Phillips	1.25m

Triple Jump

W65	Joy Baker	6.33m
M45	Dennis Gibbon	7.32m
M50	Danny Hall	8.80m
M65	Des Phillips	7.39m

Long Jump

W65	Joy Baker	3.19m
	Lynne Mackay	2.73m
M45	Dennis Gibbon	3.42m
M50	Danny Hall	4.14m
M65	Des Phillips	3.60m

Shot Put

W40	Rachel Gilberd	5.24m
W45	Sandra Morratti	6.88m
W60	Vicky Adams	5.69m
W65	Joy Baker	5.07m
	Lynne Mackay	4.65m
M45	Dennis Gibbon	7.34m
M50	Danny Hall	8.97m

Javelin

W40	Rachel Gilberd	14.52m
W45	Sandra Morratti	17.07m
W60	Vicky Adams	11.58m
W65	Joy Baker	13.37m
	Lynne Mackay	11.26m
M45	Dennis Gibbon	18.76m
M50	Danny Hall	26.88m
M65	Des Phillips	18.23m

Hammer

W40	Rachel Gilberd	16.27m
W45	Sandra Morratti	16.10m
W65	Joy Baker	9.56m
M45	Dennis Gibbon	22.01m
M50	Danny Hall	22.32m

NZMA Track and Field Championships – 3-5 March 2017 - Nelson

A small but game group attended the annual NZMA championships in sunny Nelson. Apparently sunny Nelson lived up to its name with conditions over the weekend - but alas marred by high gusty winds. This meant (from what I've heard)

that some competitors got more of a taste of Nelson than they bargained for with sand from the long jump pits getting into eyes and mouths - particularly gruelling for those in longer races such as the 3000m walk.

Competition-wise, entries in some age groups were very strong, particularly for John Payne (M70) and Des Phillips (M65), who both undertook a very solid programme. Des focused on the sprints, hurdles, steeplechase and long jump, while John, in addition to the 3000m walk, competed in all the throws, and even the pentathlon. What a marathon effort! Karen Gillum-Green made a return to form, winning the 200m and 400m in the W55 grade. In the W50 grade, Serena Coombes was victorious in both the 3000m walk and the 10k road walk held on the Sunday. Lynne Mackay put all her focus on the pentathlon, and was rewarded with the silver medal in the W65 grade. Well done to everyone who competed and congratulations on your successes!

200m

W55	Karen Gillum-Green	35.78 (1)
M65	Des Phillips	34.87 (2)

400m

W55	Karen Gillum-Green	1:16.16 (1)
M65	Des Phillips	1:14.94 (6)

800m

M65	Des Phillips	2:51.86 (5)
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100m Hurdles

M65	Des Phillips	25.71 (3)
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300m Hurdles

M65	Des Phillips	1:00.62 (2)
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2000m Steeplechase

M65	Des Phillips	10:6.57 (3)
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100m Handicap Mixed

M70	John Payne	14.57 (8)
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3000m Walk

W60	Serena Coombes	19:02.53 (1)
M70	John Payne	21:54.32 (2)

10km Road Walk

W50	Serena Coombes	1:08:52.00 (1)
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Pentathlon

W65	Lynne Mackay	2084 points
M70	John Payne	1587 points

Javelin

M70	John Payne	11.45m (3)
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Long Jump

M65	Des Phillips	3.72m (2)
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Discus

M70	John Payne	16.05m (5)
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Hammer

M70	John Payne	18.27m (2)
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Weight Throw

M70	John Payne	8.53m (1)
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To round off the track and field season, another meeting eagerly anticipated by some members will be the World Masters Games in Auckland in April. It should be an amazing experience with the number of those competing exceeding those of the Olympic Games. Good luck to those taking part!

Southland

by Dwight Grieve

Not sure where to start this time, we are right in the best part of track and field season, everyone has been building up and the peaking is in full swing. Southland master athletes have really taken off and performances are showing this. Even more importantly we are becoming a great team as we get out there together more and more – look out big cities the mighty Southland team is growing!!!

Records Get Smashed

With the season peaking, Southland athletes have set 6 NZ age group records – amazing results and well and truly earned as some serious training and effort has gone in to get them. The four athletes involved all come from Fiordland and have all travelled big km's to train and compete, including long drives to Invercargill and Dunedin on top of club trainings in Te Anau. The other factor is team work as all the Southland athletes have helped support and push each other. There has also been some great support from the coaches in Invercargill that must have cringed when two 60-year-olds rocked up and said they were going to do pole vault for the first time in their lives !!!

Gail Kirkman has to be first up to get a mention with three NZ records, not just beating the records but simply destroying them. Gail has a philosophy that keeps her going in the sport with intense training periods followed by extended periods of rest and recovery, this means when she attacks her next challenge her body is primed for it. Gail is now in the W65 age group and the new records are: 800m 2.46 (old record 3.05); high jump 1.21m (old record 1.15m) and 300m hurdles 58.04 (old record 70.36).

Tracy Excell was a highly competitive sprinter in her youth and is making a comeback to the sport. What a comeback it is – a new W35 age group 60m record in 8.46.

Warren Green and Les Scown have covered more km's than anyone else this season as the pair decided to learn new tricks. The decathlon sounded like fun so they have spent the season learning new skills. Having never pole vaulted before this appeared the biggest challenge but Warren nearly set a NZ record in his first attempt!!! – both have regularly gone to Invercargill and Dunedin to learn all the required skills and have both bettered their NZ Pentathlon records this season (to be confirmed after wind readings at National champs) Who said an old dog can't learn new tricks??? I take my hat off to them both. The pair have also formed a lasting friendship and rivalry along the way.

Southland Athletics Champs

The masters did well at these recent champs and although the two days were light on numbers in some events, there was

fierce competition in others. Athletes like Scott Belesky and Rose Heyrick have been battling the whipper snappers all year and the champs were the opportunity to show them how it was done.

Highlights being:

- Rose Heyrick and Gail Kirkman battling over the 200m and 400m
- Tracy Excell and Scott Belesky nearly beating all the younger athletes in sprints
- Gary Kirkman's sub 6 minute M65 1500m
- Gail Kirkman's 300m hurdles NZ record
- Senior 5000m title to Dwight Grieve
- Top results in throws by Mark Flaus and Lorne Singer
- Good age group results for Evan MacIntosh, Alastair Hatton, Bruce Thomson and ever green W70 athlete Glenys Jones

NZ Combined Events Champs

Dunedin hosted these champs this year and Warren Green and Les Scown drove through to test some of their new found skills. They ended up with just rewards with a NZ title for Warren and second for Les. They are much happier now that Warren has gone up an age group so the pressure to beat each other has dropped a little. In the wash up for the record Warren won 5 of the 10 events, Les 4 and they drew 1 – next to nothing between them.

Motatapu Marathon

Two Southland masters had a crack at the marathon event this year. Gary Kirkman loves this event and takes it on each year. This year he was second in his age group - an annual podium stander. Also for the record, he beat his daughter Zoe.

The other stand out is new to the sport and could become a regular as she shows some great skills, Sally McMillian-Armstrong has been training hard this season and managed an amazing master women's win and even more impressive 3rd female overall! Now that she sees her potential I will be leaning on her to get along to some true masters events.

NZ Masters T&F Champs – Nelson

What a blast, the weekend in Nelson was so much fun. Take a bow team Tasman as the event was well run and hosted – thank you. Despite the 15 hour drive for some team members, Southland athletes performed well. Ten made the trip up and all took home medals. I must say I also enjoyed the nice

temperatures, but not so the wind which ruined the running PB's and records. Also a thanks to all of you we caught up with over the weekend. It is a bit like a great big gathering of friends every time we all get together.

I have just reviewed the results and have decided the throwers are greedy. Gee they took some medals:

Mark Flaus was untouchable, 5 golds in the throws – wow

Lester Laughton – 2 golds, 2 silvers and a bronze to make “the set”

Lee Grieve – 2 silvers and a bronze

Barry Smith led the way as our jumping team with 2 golds

Warren Green mixed it up with jumps, throws, runs and multi events – gold, 2 silvers and a bronze

Les Scown was the same as Warren event wise with 2 golds and a silver

Bruce Thomson ran himself in for a gold and a bronze

Scott Belesky 3 golds in the sprints

Evan MacIntosh 3 silvers and a bronze

Dwight Grieve a gold and a silver in distance events

There were many highlights including: the great social gathering and meal on the Saturday night; Warren Green throwing a javelin PB on a hangover the next day; Lee surviving travelling 15 hours each way in a van with 4 guys; Bruce Thomson's magnificent 400m race in which he looked really strong; Evan MacIntosh taking on every single running event available at the sprightly age of 70+ (I know I couldn't do it);

Mark Flaus's 5 golds; Lester Laughton sporting his new Fiordland club singlet (I might be biased?); myself getting taught a lesson in sustained acceleration and strength by Andrew Wharton in the 5000m; Warren Green's Pentathlon record (pending) and, a major highlight, watching Scott Belesky's battles in the 60, 100 and 200m sprints – there were some real fights going on.

The other major highlight was the great team spirit that is building within our Southland ranks, it can only help build for the future. Keep an eye out for a Southland team singlet in the future along with other ideas to make sure you all know Southland is there.

Looking ahead

Many Southland masters are targeting the World Masters Games in Auckland and it is going to be a blast with ten days of masters fun. Looking at recent results there is a chance some bling may come back to the deep south!? We can but hope and regardless of the results I have no doubt there will be more fun than you can throw a stick at. Look out Auckland, here comes Southland looking for world domination! (and good beer and wine afterwards)

We also have one eye on the upcoming harrier season, there has been some work put in early with a view towards a Southland masters team for a national champs, it is great to see and appears to be a spin off from the joint memorandum of understanding. I truly hope we can make it happen and we can get out there and get a team up to challenge all the rest of you. I have dreams of the Mighty Maroon singlet standing on top of the podium come road champs time.

Until next time – have fun out there



The Southland masters team at the national championships in Nelson



The men's 55-64 1500m at the national championships at Nelson

PHOTO: John Campbell



COMING EVENTS

2017

21 - 30 APRIL	World Masters Games	AUCKLAND
9-12 JUNE	AMA T&F Championships	DARWIN, AUSTRALIA
18 JUNE	NZ Marathon Championships	WELLINGTON
30 JULY	NZ Cross Country Championships	AUCKLAND
2 SEPTEMBER	NZ Road Race Championships	CHRISTCHURCH
30 SEPTEMBER	NZ Road Relay Championships	ROTORUA
10-12 NOVEMBER	South Island Championships	TIMARU
24 - 26 NOVEMBER	North Island Championships	INGLEWOOD

2018

20 - 27 JANUARY	OMA Stadia Championships	DUNEDIN
5 - 16 SEPT	WMA Stadia Championships	MALAGA, SPAIN



NRTA CANTERBURY

5009
Ian Purvis