

# vetline

New Zealand Masters Athletics

JANUARY 2012

VOL 29 No.4

**South Island  
Championships**

**TIMARU**

**North Island  
Championships**

**WELLINGTON**

ISSN 1173 - 1265

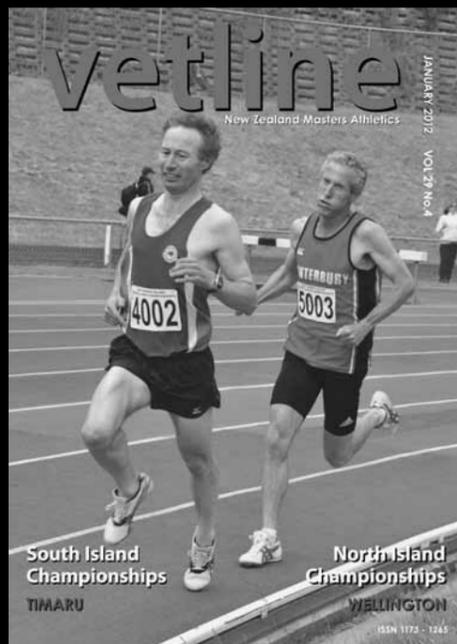


Ross McBeth (WLG) 1st in M65 triple jump at the North Island Championships in Wellington Photo | JIM TOBIN



Jonathon Harper (WLG) leads the bunch in the M60 800m at the North Island Championships in Wellington Photo | JIM TOBIN

Official Magazine of New Zealand Masters Athletics  
FOUNDED IN 1970



*Cover Photo*

Andrew Davenport (WMA) and Andrew Stark battle out the 1500m at the North Island champs at Wellington  
PHOTO - JIM TOBIN

*Inside Back Cover*

Anne Hare (WLG) 1st in W45 800m in 2:31.09 at the North Island Champs  
PHOTO - JIM TOBIN

*Back Cover*

Shirley Rolston (CAN) W60 in the women's 1500m at the South Island Champs  
PHOTO - JOHN CAMPBELL



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## Oceania Championships

The countdown for the 16th Oceania Masters Championships has begun with 474 eager participants having signed up by the closing date of 15 December. A record number of 13 countries from around the world have entered. The host country has the biggest contingent with a team of 260 and Australia has a team of 175. New Caledonia has entered its biggest team yet of 13 members. The remaining ten countries are Belgium, Cook Islands, Czech Republic, French Polynesia (Tahiti), India, Marshall Islands, Mexico, Tonga, United Kingdom and USA.

The most popular stadia events (numerically) are the shorter races from 60m up to the 800m. They all attracted 100 or more. The three throws of shot, discus & javelin all attracted more than 100 entrants each. Outside the stadium the cross country event attracted 112 entrants with 75 masochists planning to line up for the half marathon on the Sunday.

The spread of entries follow the usual pattern of the biggest number of athletes in the mid range age groups with numbers falling away above and below the middle. Male entries in the M45 - M70 have 30 or more in each of the five year groups. Female numbers in the range of W40 - W60 have 20 or more in their age groups.

One stand out entry is that of Ruth Frith of Australia who at the age of 102 has entered four events in the W100 grade. The events that Ruth has entered are the shot, discus, hammer and the weight pentathlon. Not surprisingly Ruth is the only entrant in her age group!

We will also have the pleasure of hosting Stan Perkins (AUS) and Serge Beckers (Belgium) at Tauranga. Stan is the President of World Masters Athletics and Serge is the Vice President (Stadia). Serge competes in the M45 age group and has entered in the 60m, 100m, 200m, 110H, 400mH, LJ & TJ events. If you can catch him you may have the chance of a few quick words!

Looking forward a couple of years it should be noted that the 17th Oceania Championships have been confirmed as being held in Bendigo, Australia, 5 - 11 January 2014. The La Trobe University Athletics Complex will host all of the stadia events. Event brochures will be available at Tauranga.

Best wishes to all of those competing at Tauranga.

**Jim Tobin** - Editor

# Notice Board

## ANNUAL GENERAL MEETING

The 2012 Annual General Meeting of our Association will be held on Friday 2 March 2012 commencing at 12:00 noon. The venue will be the Officials Lounge, Mt Smart Stadium, Auckland. Formal notice of the AGM was sent to all Centre Secretaries on the 8th November.

## OCEANIA CHAMPIONSHIPS

Malcolm Clark has been appointed as the NZL Team Manager for the Oceania championships at Tauranga. Malcolm's contacts are: (09) 946 7054

mclark@vodafone.net.nz

Competitors are reminded that approved national uniforms must be worn by all competitors and must clearly identify the country represented by the competitor.

## NEW ZEALAND CHAMPIONSHIPS

The national track & field championships will be held at the Mt Smart Stadium in Auckland 2/5 March. The entry form is on page 22 of this issue. Entries from masters from other affiliate are always welcome.

## AUSTRALIAN CHAMPIONSHIPS

The Australian track & field championships will be held in Melbourne 6/9 April (Easter weekend). As always there is a standing invitation for NZL masters to compete. Details are on the AUS website. If you do take part please wear the NZL uniform.

## IS THIS YOUR LAST VETLINE?

It will be if you are no longer a currently financial member of NZMA. Subscriptions were due as from the first day of September 2011.

## APRIL VETLINE

Work has now begun on the April Vetline. Your articles are always welcome. The deadline is the first day of March. However please send material to us as soon as possible and make our job easier.

## NESPORT PHOTOS

The Nesport team were at the North Island championships in November and their photos, as always, are available for sale. See the Nesport advert elsewhere in this issue for details.

# President's Report

Athletics is going through a period of change. Athletics New Zealand has changed dramatically over the last year or so. Here in Otago the ANZ centre is being reviewed and ideas canvassed for improvement. Not all centres will survive the changes. In fact at least two centres have voluntarily ceased to exist.

The same could happen with clubs and NZMA and master's centres are subject to the same forces of change as other facets of the sport. If we are to survive we need to meet the needs of members and potential members so if you have something that has worked well in your centre (or club) as far as recruiting or retaining members is concerned, do not keep it to yourselves. Share it for the benefit of the whole sport, let the board know.

Remember to start off the year as you intend to continue, keep training regularly and more important compete regularly. No matter how much you train there is nothing like competition for improvement. I look forward to seeing you in Tauranga and/or Auckland.

by | MIKE WEDDELL - NZMA President

# Vetline

## EDITOR

Jim Tobin  
PO Box 7144  
Taradale  
Napier 4141  
Ph/fax 06 844 5072  
Mobile 027 240 8880  
jim.tobin@xtra.co.nz

## GRAPHIC DESIGN

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

## ADVERTISING

Jim Tobin  
PO Box 7144  
Taradale  
Napier 4141  
Ph/fax 06 844 5072  
Mobile 027 240 8880  
jim.tobin@xtra.co.nz

## PRODUCTION LIAISON

Jim Tobin

## REGULAR CONTRIBUTORS

Colleena Blair  
John Stinson  
Marcia Petley  
Ron Stevens  
John Campbell  
Bryan Thomas  
Trevor Ashe  
Leo Benning  
Dave Kennedy  
Barry Rait  
Marie-Jose Berthet  
David Lobb  
Gary and Shirley Nesbit

## REGULAR PHOTOGRAPHERS

Jim Tobin  
Gary Nesbit - NESPORT

## MAILING LIST

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

## PUBLISHER

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

## PRINTERS



## NEW ZEALAND VETLINE

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

## DISCLAIMER

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## NZMA is a member of

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Council of Athletics New Zealand | ANZ



**NZMA e-mail Database**

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

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

or if it has changed,

please e-mail Andrew Stark  
(NZMA Database Conveyer)

[aws.resources@xtra.co.nz](mailto:aws.resources@xtra.co.nz)



**Centre Committees**

**Northland**

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

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

**Auckland**

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

Chris Thompson *Secretary*  
09 837 8053  
chris\_gay@xtra.co.nz

Tui Ashe *Treasurer*  
4A Seaforth Avenue  
Mangere Bridge  
Auckland  
09 634 5325  
tui.ashe@ihug.co.nz

**Waikato/Bay of Plenty**

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

Judy Chandler *Treasurer*  
21 Newells Road  
RD3  
Hamilton  
judy.ken@slingshot.co.nz

**Hawkes Bay/Gisborne**

Murray Andersen *President*  
PO Box 7144  
Taradale, Napier 4141  
06 877 7460 ph/fax  
021 773 480  
murray@codenz.com

Andrea Williams *Secretary*  
Box 7144  
Taradale, Napier 4141  
06 877 1767  
jaw1@xtra.co.nz

Murray Andersen *Treasurer*  
PO Box 7144  
Taradale, Napier 4141  
06 877 7460  
murray@codenz.com

**Taranaki**

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

Lynne Mackay *Secretary*  
6A Mallinder Place  
Oakura 4650  
06 763 8658 bus  
06 752 7782 hm

**Manawatu/Wanganui**

Ian Carter *President*  
PO Box 5369  
Terrace End  
Palmerston North  
hicarter@clear.net.nz

Jen Fee *Secretary*  
PO Box 5369  
Terrace End  
Palmerston North  
06 3537739  
mwmasters@gmail.com

Allan Roberts *Treasurer*  
PO Box 5369  
Terrace End  
Palmerston North  
06 353 3949  
akroberts@xtra.co.nz

**Wellington**

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

John Palmer *Secretary*  
122 Onslow Road  
Khandallah, Wellington 6035  
04 479 2130

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

**Tasman**

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

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

**Canterbury**

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

Bernadette Jago *Secretary*  
PO Box 3130  
Christchurch 8140  
03 980 2457  
bkjago@paradise.net.nz

Tony McManus *Treasurer*  
03 332 3921  
amcmanus@kiwirail.co.nz

**Otago**

Denys Yeo *President*  
54 Royal Terrace  
Dunedin  
03 477 0664  
dyeo@clear.net.nz

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

David Jackson *Treasurer*  
19 Seaview Terrace  
St Clair, Dunedin  
03 455 7769

**Southland**

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

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

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

**District Contacts**

**Northland**

Karen Kerr  
PO Box 208  
Kerikeri  
09 401 9119

Len Field  
5 Johnson Road  
Kawakawa  
09 404 0989

Anne Hathaway  
RD1 Kerikeri

Margaret Crooke  
State Highway 10  
RD3 Kerikeri  
09 407 7551

**Waikato/Bay of Plenty**

Fay Riley  
37 Pillans Road  
Tauranga  
07 576 9575

Trevor Ogilvie  
10A Otonga Road  
Rotorua  
07 347 8181

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

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

Rene Otto  
5 Eleanor Place  
Whakatane  
07 308 0674

**Hawkes Bay/Gisborne**

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

**Taranaki**

Alan Jones  
26 Kowhai Street  
PO Box 107 Inglewood 4347  
06 756 7051  
alan\_j666@hotmail.com

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

**Manawatu/Wanganui**

Jen Fee  
28 Meadowbrook Drive  
Palmerston North 4412  
06 3537739  
0274787235

Francis Bayler  
Waireka Road  
RD4 Wanganui  
06 342 2289

**Wellington**

Colleena Blair  
43 Elmlie Road  
Pinehaven  
Upper Hutt  
Wellington  
04 528 2992

**Tasman**

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

Bill Revell  
PO Box 602  
Nelson 7040  
03 539 1060

**Canterbury**

Lorraine Menzies  
54 Joyce Crescent  
Greymouth  
03 768 4871

Brian Senior  
PO Box 15  
Methven  
03 302 9629

**NZMA Board**

**Mike Weddell President**

1 Haggart Street  
Wingatui, Otago  
03 474 6413 bus  
03 489 4887 hm  
03 474 6352 fax  
mweddell@sportotago.co.nz  
mweddell@xtra.co.nz

**Jim Tobin Interim Vice President and Life Member**

PO Box 7144 Taradale  
Napier 4141  
Ph/fax 06 844 5072  
Mobile 027 240 8880  
jim.tobin@xtra.co.nz

**Stewart Foster Secretary/Treasurer**

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

**Directors**

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

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

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

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

**New Zealand Masters (NZMA)**

Colleena Blair *Life Member*  
43 Elmlie Road  
Pinehaven  
Upper Hutt  
Wellington  
04 528 2992

Rob McGregor *Life Member / Auditor*  
PO Box 31045  
Lower Hutt  
04 566 4399  
rob@kendons.co.nz

Jim Blair *Life Member*  
43 Elmlie Road  
Pinehaven  
Upper Hutt  
Wellington  
04 528 2992  
jimblair@xtra.co.nz

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

**Oceania Association (OAMA)**

**Wilma Perkins President**

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

**David Lobb Vice President**

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

**Bob Schickert Secretary**

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

**Stewart Foster Treasurer**

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

**Council**

Jim Tobin  
PO Box 7144  
Taradale  
Napier 4141  
Ph/fax 06 844 5072  
Mobile 027 240 8880  
jim.tobin@xtra.co.nz

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

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

George White  
12A Gulfview Road  
Blackwood 5051  
Australia

Mike Weddell  
1 Haggart Street  
Wingatui  
Otago 9092  
New Zealand

Alan Galbraith QC  
*Legal Advisor* New Zealand

**OAA Representative**  
Yvonne Mullins

**Delegates WMA**  
Lynne Schickert Australia

**WMA Committees**  
Wilma Perkins  
*Stadia*  
*Womens* Australia

Colleena Blair  
*Records* New Zealand

Judy Cooper  
*Organisational Advisory* Australia

**World Masters Athletics (WMA)**

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

Vesa Lappalainen *Executive Vice President*  
Finland  
vesa.lappalainen@svu.fi

Winston Thomas *Secretary*  
Great Britain  
winston.thomas1@virgin.net

Serge Beckers *Vice President Stadia*  
Belgium  
serge.beckers@live.be

**Brian Keaveney**  
*Vice President - Non Stadia*  
Canada  
masters@sympatico.ca

Cesar Moreno Bravo *IAAF Representative*  
Mexico  
cesarmoreno\_mx@yahoo.com

Francesco de Feo *Treasurer*  
Italy  
francesco.defeo@fdal.ita  
fdt.lanciatori@libero.it

Selma Turkkal *Women's Representative*  
Turkey  
sturkkal@hotmail.com

**World Delegates**

Jean Hedley Edmond *Africa*  
Mauritius  
edmondo@internet.mu

Jose Figueras *South America*  
Uruguay  
figueras@internet.com.uy

Hari Chamdra *Asia*  
Singapore  
hari\_asia@pacific.net.sg

Dieter Massin *Europe*  
Germany  
dieter.massin@t-online.de

Sandy Pashkin *North/Central America*  
USA  
spashlin@q.com

Lynne Schickert *Oceania*  
Australia  
lynne.4@bigpond.com

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**jim.tobin@xtra.co.nz**

# South Island Championships

by | MIKE WEDDELL

Timaru turned on near perfect weather for the South Island Track and Field Championships held on the first weekend of December. We had to put up with sunshine and light winds for most of the championships. The whole event was very relaxed and well organised which was conducive to good performances by participating athletes.

A couple of weeks out from the event there were very few entries but a last minute rush raised the numbers to a worthwhile level. Most of the older age groups were well represented but there were fewer younger athletes present.

The track at Aorangi stadium has changed considerably since the last South Island Championships were held there with a new Grandstand in place and a toilet block and gear storage facility to go with the Mondo track. The shade of the grandstand was most welcome in the heat of the day.

There were several South Island championship best performances recorded and the most impressive of these would have to be the 800 and 1500 runs of Andrew Stark with times of 2:04.49 and 4:16.67 respectively taking over three seconds off the previous best in the 800 and over nine seconds off in the 1500.

Helen Mackle and her team did a great job organising the championships and deserve a vote of thank from all participants.

Next year the South Island championships will be held in Nelson on the new facilities at Saxton Field start so start planning now so that we can put up a good defence against the North Islanders who are bound to make the trip over Cook Strait.



Birgit Steltner in the women's javelin throw

PHOTOS | JOHN CAMPBELL

## Results >

### 60m

W45 Wilson, Liz	OTG	8.72
W55 Giles, Claire	OTG	9.71
Steltner, Birgit	CAN	11.15
W65 Anderson, Lois	CAN	10.62
M45 Campbell, John	AKL	7.75
M50 Thomson, Bruce	STH	8.54
M55 Barnfield, Jeff	CAN	8.53
M70 McPhail, Bruce	CAN	9.61
Munro, Ron	CAN	10.46
M75 Wood, Max	CAN	10.82
M85 Cook, Maurice	CAN	16.33

### 100m

W45 Wilson, Liz	OTG	13.59
Reid, Penelope	CAN	15.64
W55 Giles, Claire	OTG	15.39
Steltner, Birgit	CAN	17.77
Sanderson, Dalise	OTG	19.13
M45 Campbell, John	AKL	12.00
Doyle, Wayne	CAN	13.32
M50 Thomson, Bruce	STH	13.53
M55 Barnfield, Jeff	CAN	13.67
M60 Harney, Gregory	CAN	14.33
M70 Fraser, Malcolm	CAN	15.13
McPhail, Bruce	CAN	15.14
Munro, Ron	CAN	16.88
M75 Wood, Max	CAN	17.12
M85 Cook, Maurice	CAN	28.14

### 200m

W45 Wilson, Liz	OTG	28.02
W55 Giles, Claire	OTG	32.36
Sanderson, Dalise	OTG	39.84
M35 Gould, Chris	OTG	26.53
M50 Thomson, Bruce	STH	27.98
M55 Barnfield, Jeff	CAN	28.05
M60 Harney, Gregory	CAN	30.56
Tutty, Peter	OTG	31.98
M65 Dumergue, John	CAN	35.45
M70 Fraser, Malcolm	CAN	31.39
McPhail, Bruce	CAN	33.31
Munro, Ron	CAN	36.60
M75 Wood, Max	CAN	38.35
Heseltine, Robert	CAN	48.24

### 400m

W45 Wilson, Liz	OTG	1:04.84
W55 Giles, Claire	OTG	1:14.35
W60 Patrick, Barbara	OTG	1:28.15
W65 Fraser, Margaret	CAN	1:44.07

### 400m

W70 Thompson, Carol	CAN	1:41.96
M35 Gould, Chris	OTG	58.96
M50 Thomson, Bruce	STH	59.96
M60 Weddell, Mike	OTG	1:02.91
Harney, Gregory	CAN	1:05.94
Tutty, Peter	OTG	1:09.58
Chinnery, Iain	CAN	1:10.82
M65 Bond, Michael	CAN	1:15.06
Dumergue, John	CAN	1:16.99
M75 Wood, Max	CAN	1:32.24
Heseltine, Robert	CAN	1:46.93

### 800m

W55 Giles, Claire	OTG	3:07.91
Sanderson, Dalise	OTG	3:05.95
W60 Flanagan, Margaret	CAN	3:12.19
Patrick, Barbara	OTG	3:25.19
W65 Fraser, Margaret	CAN	4:10.58
W70 Thompson, Carol	CAN	3:51.48
M35 Gould, Chris	OTG	2:16.35
M45 Cornelius, Malcolm	CAN	2:15.68
M50 Stark, Andrew	CAN	2:04.49
M60 Weddell, Mike	OTG	2:31.78
Fahey, Ken	OTG	2:35.80
Harney, Gregory	CAN	2:38.97
Hammond, Malcolm	OTG	2:50.56
M65 Dumergue, John	CAN	3:22.37
M70 Watts, Pete	CAN	5:17.44
M75 Heseltine, Robert	CAN	4:36.54
M80 Gawler, Stanley	CAN	3:57.00

### 1500m

W55 Sanderson, Dalise	OTG	6:10.89
W60 Flanagan, Margaret	CAN	6:12.62
Patrick, Barbara	OTG	6:32.44
Rolston, Shirley	CAN	7:22.81
W70 Rough, Myrtle	OTG	6:30.99
Thompson, Carol	CAN	7:33.85
M35 Gould, Chris	OTG	4:48.41
M50 Stark, Andrew	CAN	4:16.67
Kitchingman, Clive	CAN	5:11.80
M55 Sanderson, Gene	OTG	5:42.89
M60 Fahey, Ken	OTG	5:14.49
M70 Hume, Walter	CAN	6:20.23
Waite, John	CAN	8:55.74
M75 Wills, Keith	CAN	8:59.79
M80 Gawler, Stanley	CAN	8:02.76

### 3000m

W50 Wilson, Julie	OTG	11:44.02
W55 Sanderson, Dalise	OTG	13:31.77
W60 Patrick, Barbara	OTG	13:38.58
Rolston, Shirley	CAN	15:26.01
W70 Thompson, Carol	CAN	16:27.42
M35 Gould, Chris	OTG	10:29.84
M45 Rush, David	OTG	10:09.66
M50 Ford, Joe	CAN	9:57.96
Kitchingman, Clive	CAN	11:01.70
M55 Sanderson, Gene	OTG	11:27.63
M60 Hammond, Malcolm	OTG	11:29.59
Fahey, Ken	OTG	11:32.15
Tutty, Peter	OTG	11:43.84
M65 Souter, John	CAN	14:28.47
M70 Hume, Walter	CAN	13:37.28
Waite, John	CAN	18:44.60
M75 Kenny, Bill	OTG	15:23.28
Wills, Keith	CAN	19:08.09
M80 Gawler, Stanley	CAN	17:21.98

### 5000m

W55 Sanderson, Dalise	OTG	23:12.55
W60 Patrick, Barbara	OTG	23:06.49
W70 Rough, Myrtle	OTG	24:36.32
Thompson, Carol	CAN	27:37.83
M60 Larkin, Peter	CAN	18:52.49
Hammond, Malcolm	OTG	20:11.43
Tutty, Peter	OTG	20:27.16
M65 Souter, John	CAN	25:25.00
M70 Waite, John	CAN	30:25.41
M75 Wills, Keith	CAN	33:17.62

### 80m Hurdles

W65 Anderson, Lois	CAN	18.78
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### 2000m Steeplechase

M60 Chinnery, Iain	CAN	8:37.83
M65 Bond, Michael	CAN	9:08.68
M75 Kenny, Bill	OTG	10:57.47

### High Jump

W55 Steltner, Birgit	CAN	1.05m
M45 Doyle, Wayne	CAN	1.50m
M80 Newton, Bill	CAN	1.00m

### Pole Vault

M45 Doyle, Wayne	CAN	3.26m
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### Long Jump

W45 Wilson, Liz	OTG	4.39m
W55 Giles, Claire	OTG	3.59m
Steltner, Birgit	CAN	3.13m
M70 McPhail, Bruce	CAN	3.48m
Munro, Ron	CAN	2.35m

### Triple Jump

W55 Steltner, Birgit	CAN	7.04m
W65 Anderson, Lois	CAN	6.90m
M70 Munro, Ron	CAN	5.97m

### Shot Put

W50 Harvey, Fiona	OTG	8.22m
W55 Giles, Claire	OTG	8.12m
W60 Church, Beverley	CAN	7.20m
W65 Wright, Alison	CAN	5.17m
W70 Watts, Glen	CAN	7.10m
Bird, Barbara	CAN	6.31m
Heseltine, Gwyn	CAN	5.32m
W75 Bishop, Iris	CAN	5.01m
M30 Scholten, Michael	OTG	10.57m
M45 Doyle, Wayne	CAN	10.82m
Rusbatch, Stephen	OTG	8.44m
M50 Barrow, Keith	CAN	12.52m
M60 Flaus, Mark	STH	12.50m
M65 Laughton, Lester	STH	10.48m
M70 Davison, Rick	CAN	9.88m
Murray, Kevin	OTG	8.56m
M65 Church, Glen	CAN	6.87m
M80 Newton, Bill	CAN	8.84m
Lawless, Graeme	OTG	8.62m
Leech, David	CAN	7.12m
M85 Cook, Maurice	CAN	4.99m

### Discus Throw

W50 Harvey, Fiona	OTG	24.01m
W60 Church, Beverley	CAN	21.20m
W65 Wright, Alison	CAN	13.72m
W70 Watts, Glen	CAN	17.44m
Bird, Barbara	CAN	13.77m
Heseltine, Gwyn	CAN	10.48m
W75 Bishop, Iris	CAN	12.14m
M30 Scholten, Michael	OTG	32.62m
M45 Doyle, Wayne	CAN	32.88m
Rusbatch, Stephen	OTG	28.70m
M50 Flaus, Mark	STH	37.46m
Barrow, Keith	CAN	35.05m
M60 Davison, Rick	CAN	38.24m
Laughton, Lester	STH	35.37m
Murray, Kevin	OTG	28.50m
M65 Church, Glen	CAN	20.83m
M70 Senior, Brian	CAN	32.64m
M80 Lawless, Graeme	OTG	22.44m
Newton, Bill	CAN	21.09m
Leech, David	CAN	17.22m

### Hammer Throw

W50 Harvey, Fiona	OTG	26.04m
W55 Giles, Claire	OTG	21.47m
W60 Church, Beverley	CAN	20.89m
W65 Wright, Alison	CAN	17.90m
W70 Watts, Glen	CAN	25.75m
Heseltine, Gwyn	CAN	16.64m
Bird, Barbara	CAN	14.76m
W75 Bishop, Iris	CAN	14.94m
M30 Scholten, Michael	OTG	27.31m
M45 Rusbatch, Stephen	OTG	27.21m
M50 Flaus, Mark	STH	37.92m
M60 Davison, Rick	CAN	43.29m
Laughton, Leste	STH	26.93m
M65 Church, Glen	CAN	22.32m
M70 Senior, Brian	CAN	36.76m
M80 Newton, Bill	CAN	26.50m
Lawless, Graeme	OTG	26.10m
Leech, David	CAN	20.70m



Andrew Stark won the M55 1500m in a South Island champs record time



Michael Scholten (M30) in the hammer throw

**Javelin Throw**

W50			
Harvey, Fiona	OTG	24.02m	
W55			
Giles, Claire	OTG	18.22m	
Steltner, Birgit	CAN	14.65m	
W60			
Church, Beverley	CAN	17.79m	
W65			
Wright, Alison	CAN	12.35m	
W70			
Bird, Barbara	CAN	18.93m	
Watts, Glen	CAN	13.79m	
Heseltine, Gwyn	CAN	9.10m	
W75			
Bishop, Iris	CAN	9.12m	
M30			
Scholten, Michael	OTG	39.96m	
M45			
Doyle, Wayne	CAN	42.44m	
M50			
Flaus, Mark	STH	36.24m	
Barrow, Keith	CAN	35.88m	
M60			
Davison, Rick	CAN	32.96m	
M65			
Church, Glen	CAN	20.14m	
M80			
Newton, Bill	CAN	23.27m	

**Weight Throw**

W50			
Harvey, Fiona	OTG	9.15m	
W60			
Church, Beverley	CAN	8.73m	
W65			
Wright, Alison	CAN	7.89m	
W70			
Heseltine, Gwyn	CAN	6.29m	
Bird, Barbara	CAN	5.98m	
W75			
Bishop, Iris	CAN	5.56m	
M30			
Scholten, Michael	OTG	7.61m	
M45			
Rusbatch, Stephen	OTG	8.88m	
M50			
Flaus, Mark	STH	14.12m	
M60			
Davison, Rick	CAN	15.17m	
Laughton, Lester	STH	12.40m	
M65			
Church, Glen	CAN	8.02m	
M80			
Lawless, Graeme	OTG	10.93m	
Newton, Bill	CAN	10.31m	
Leech, David	CAN	9.67m	

**3000 Metre Race Walk**

W60			
Rolston, Shirley	CAN	20:46.79	
W70			
Henderson, Ann	CAN	22:39.82	
M70			
Knudson, Danny	OTG	21:23.74	

**5000 Metre Race Walk**

W70			
Henderson, Ann	CAN	38:21.60	
M70			
Knudson, Danny	OTG	36:50.30	

**Pentathlon**

W55			
Claire Giles		2846	

**Throws Pentathlon**

W50			
Fiona Harvey		2659	
W55			
Claire Giles		2172	
W60			
Beverley Church		2404	
W65			
Alison Wright		1995	
W70			
Barbara Bird		2527	
Gwyn Heseltine		2062	
W75			
Iris Bishop		2086	
M30			
Michael Scholten		2181	
M45			
Stephen Rusbatch		2247	
M50			
Mark Flaus		3042	
M60			
Rick Davison		3213	
Lester Laughton		2291	
M65			
Glen Church		1744	
M70			
Brian Senior		3377	
M80			
Bill Newton		3052	
Dave Leech		2218	



Glen Church (CAN) won the M65 discus throw

PHOTOS | JOHN CAMPBELL



A close finish in the women's 100m sprint



Mark Flaus (STH) won the M50 hammer throw



Rick Davison (CAN) won the M60 discus



Barbara Patrick (W60) finishing in the women's 800m



Glen Watts in the women's shot put



Delise Sanderson in the women's 1500m



Walter Hume in the men's 1500m

PHOTOS | JOHN CAMPBELL



Claire Giles (OTG) - women's javelin



Gene Sanderson leading Clive Kitchingman in the men's 1500m



Bev Church (CAN) won the women's W60 shot put



Alison Wright in the women's shot put



Fiona Harvey (OTG) competing in the javelin throw



Keith Wills (M75) in the men's 1500m



Myrtle Rough (OTG) in the women's 1500m



Chris Gould leads Ken Fahey into the home straight in the men's 1500m



Margaret Flanagan with a strong finish in the women's 800m

PHOTOS | JOHN CAMPBELL

PHOTOS | JOHN CAMPBELL

# North Island Championships

by | BRIAN WATSON

The weekend of this event was good weather after the storm of a few days earlier. Everyone I talked to had a good time. I helped as an official on Friday and Saturday. On the Sunday I was up at Upper Hutt running in the 10km road race.

Friday saw some good racing with Sally Gibbs (Waikato), running well in the 5000m event, winning the race easily. I also meet up with some people who I had not seen for years - Jim Tobin and Bruce McPhail to name a couple. It was also good to see people from the South Island as well as from up North. There were 120 competitors in total which I understand is about average for this event

Saturday was another good day weather wise. I helped with high jump. There were some good performances, as well as my learning a new skill. Then after lunch, running in the 1500metres, with ten of us running in the over 60 event. Peter Hanson and I are good friends, but bitter enemies on the track. I kept Peter honest and finished just behind him, in 7:02 to 7:13.

Living in Otaki and with the price off petrol I stayed with a cousin at Lower Hutt for the two nights. On Sunday I drove to Upper Hutt for the 10km road race. A special thanks to David Lonsdale and his crew for setting up the 10km circuit on the CIT grounds at Upper Hutt. The circuits were 1.25km for walkers and 2km for runners. It was a good course - off the main roads and running along foot paths with trees growing both sides. I enjoyed it. There was some good walking and running, with Peter Tearle at 86 still walking well. Sally Gibbs easily won the 10km race. I was last but I was also the oldest runner there and someone has to be last!

Thanks to the Committee of John Palmer, Mark Macfarlane, Laurence Voight, Jim Blair, and Brian Watson and to all of the officials for a very successful weekend.



Chris Waring (AKL) 1st W65 400m

PHOTOS | JIM TOBIN

## Results >

### 60m

W35 Vanessa Story	8.82
W45 Lynne Plimmer	10.00
W60 Sheryl Gower	9.65
W65 Anne Deleiros	10.18
W70 Chris Waring	9.93
W75 Jacqueline Wilson	12.54
W80 Frances Bayler	10.76
W85 Judy Hammond	11.16
W90 Margaret Peters	10.70
W95 Julie Williams	14.99
W100 W80 Marcia Petley	13.21

M35 Hayden Robinson	7.83
M40 Scott Dorset	7.90
M45 Graham McPhail	8.02
M50 Rod Plimmer	7.96
M55 Mark Macfarlane	8.21
M60 Gary Rawson	8.01
M65 M55 Denis O'Leary	8.35
M70 Steve Low	9.00
M75 Ian Martin	13.57
M80 M60 Tony Deleiros	8.74
M85 Trevor Guptill	8.75
M90 Ross McBeth	9.18
M95 M70 Stewart Foster	9.50
M100 Bruce McPhail	9.60
M105 M75 Max Wood	10.82

### 100m

W35 Vanessa Story	13.53
W45 Lynne Plimmer	16.22
W50 Paula Sharpe	15.13
W60 Sheryl Gower	15.24
W65 Lynne Mackay	17.68
W70 Chris Waring	15.74
W75 Frances Bayler	17.95
W80 Margaret Peters	17.72
W85 Julie Williams	24.98
W90 W80 Marcia Petley	21.97

M35 Hayden Robinson	12.08
M40 Gavin White	12.46
M45 Scott Dorset	12.32
M50 Graham McPhail	12.65
M55 John Turner	12.78
M60 M45 Paul Campbell	12.51
M65 Rod Plimmer	12.62
M70 Mark Macfarlane	12.86
M75 Michael Baxter	13.85
M80 M50 Gary Rawson	12.55
M85 M55 Denis O'Leary	N/T
M90 Steve Low	N/T
M95 M60 Tony Deleiros	N/T

M65 Trevor Guptill	N/T
M70 Ross McBeth	N/T
M75 Stewart Foster	15.31
M80 Bruce McPhail	15.52
M85 M75 Max Wood	17.62

### 200m

W35 Vanessa Story	27.79
W45 Anne Goulter	33.18
W50 William Twiss	30.35
W60 Paula Sharpe	30.35
W65 Sheryl Gower	31.63
W70 Lynne Mackay	37.50
W75 W65 Chris Waring	33.04
W80 Rupert Watson	37.48
W85 Frances Bayler	38.98
W90 Jean Hulls	37.98
W95 W80 Marcia Petley	47.31

M35 Hayden Robinson	24.52
M40 Gavin White	25.68
M45 M40 Scott Dorset	25.67
M50 John Turner	25.87
M55 Graham McPhail	25.91
M60 M45 Paul Campbell	25.35
M65 M50 Gary Rawson	26.11
M70 M60 Rupert Watson	30.73
M75 Tony Deleiros	30.77
M80 M65 Ross McBeth	31.29
M85 M70 Stewart Foster	31.86
M90 Bruce McPhail	32.94
M95 M75 Les Williams	31.29
M100 Max Wood	37.25
M105 Ron Wareham	44.21

### 400m

W35 Vanessa Story	1:04.37
W45 Paula Sharpe	1:11.18
W50 Sheryl Gower	1:20.58
W60 Lynne Mackay	1:35.13
W65 Chris Waring	1:20.54
W70 Margaret Fraser	1:47.13
W75 W70 Jean Hulls	1:38.62

M35 Hayden Robinson	55.01
M40 Gavin White	1:00.12
M45 M40 John Turner	58.76
M50 M45 Paul Campbell	1:00.48
M55 Mark Macfarlane	1:00.57
M60 M50 Andrew Stark	57.60
M65 M55 Steve Low	1:01.37
M70 Denis O'Leary	1:03.76
M75 Stephen Luketina	1:13.26
M80 M60 Murray Clarkson	1:10.79
M85 M75 Rupert Watson	1:12.79

M65 Ross McBeth	1:14.38
M70 Malcolm Fraser	1:12.65
M75 Peter Hanson	1:25.23
M80 Max Wood	1:31.86
M85 Ron Wareham	1:42.86

### 800m

W35 Renae Creser	2:26.56
W40 Andrea Williams	2:37.11
W45 Anne Hare	2:31.09
W50 Karen Gillum-Green	2:50.08
W55 Jenny McDonald	2:38.55
W60 Vicky Adams	3:06.40
W65 Margaret Flanagan	3:14.58
W70 Margaret Fraser	4:03.73
W75 Fay Riley	4:07.38
W80 Dawn Cumming	4:08.56

M40 Andrew Davenport	2:16.20
M45 William Twiss	3:22.32
M50 Andrew Stark	2:06.06
M60 Richard Brent	2:19.43
M65 Murray Clarkson	2:35.92
M70 Des Phillips	2:37.96
M75 Rupert Watson	2:45.96
M80 Jonathon Harper	2:47.93
M85 Brian Warren	2:49.22
M90 Alan Jones	3:10.28
M95 M70 Peter Hanson	3:26.00
M100 M75 Ron Wareham	4:09.63
M105 Gil Munro	4:23.33
M110 M80 Michael Browne	4:12.18

### 1500m

W45 Sally Gibbs	4:44.89
W55 Vicky Adams	6:18.44
W65 Fay Riley	8:41.85
W75 Dawn Cumming	8:20.34

M40 Andrew Davenport	4:27.55
M45 Michael Wray	4:53.18
M50 William Twiss	6:17.41
M55 David James	5:35.89
M60 M50 Andrew Stark	4:18.22
M65 Robert Dabb	5:06.58
M70 Ian Carter	4:47.36
M75 Jonathon Harper	5:17.08
M80 Brian Warren	5:19.74
M85 Murray Clarkson	5:33.82
M90 Alan Jones	6:44.13
M95 M70 Peter Hanson	7:02.23
M100 Brian Watson	7:13.21
M105 M75 Ron Wareham	8:19.97
M110 Gil Munro	8:48.43
M115 M80 Michael Browne	8:33.19

### 5000m

W40 Wendy Cottrell-Teahan	19:00.23
W45 Andrea Williams	20:37.06
W50 Sally Gibbs	17:03.06
M40 Michael Wray	17:36.54
M45 David James	20:26.15

M50 Robert Dabb	18:50.00
M55 Ian Martin	24:23.71
M60 Richard Brent	17:35.44
M65 Murray Clarkson	21:06.47
M70 Dougal Congalton	24:34.72
M75 Ron Wareham	30:13.06
M80 Michael Browne	31:59.17

### 60m Hurdles

M50 Gary Rawson	11.49
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### 80m Hurdles

M70 Stewart Foster	17.95
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### 100m Hurdles

W35 Vanessa Story	20.44
M50 Gary Rawson	19.34
M60 Des Phillips	22.52

### 110m Hurdles

M40 John Turner	20.27
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### 200m Hurdles

M70 Stewart Foster	41.64
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### 300m Hurdles

M60 Des Phillips	56.91
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### 400m Hurdles

W40 Andrea Williams	1:28.22
M40 Andrew Davenport	1:09.80

### 2000m Steeplechase

W40 Andrea Williams	8:17.31
W75 Dawn Cumming	13:00.62
M60 Des Phillips	8:35.21

### 3000m Steeplechase

M50 Robert Dabb	12:58.38
M55 Ian Martin	15:02.31

### High Jump

W35 Vanessa Story	1.35
W45 Anne Goulter	1.21
W50 Lynne Plimmer	1.18
W60 Anne Deleiros	1.15
W70 Judy Hammond	1.03
M40 John Turner	1.68
M50 Gary Rawson	1.40
M55 Des Phillips	1.25
M60 Brian Senior	1.09
M65 M70 Les Williams	1.00
M70 M80 Jim Blair	1.15

### Pole Vault

M60 Des Phillips	1.80
M85 Wallace Opperman	1.30

### Long Jump

W35 Vanessa Story	3.91
W45 Anne Goulter	3.48
W60 Anne Deleiros	3.20
W70 Judy Hammond	2.97
W75 Frances Bayler	2.67
M45 Rod Plimmer	5.24
M50 Mark Macfarlane	5.03
M55 Michael Baxter	4.53
M60 Gary Rawson	5.18
M65 Ross McBeth	3.96
M70 Bruce Clarke	3.01
M75 Les Williams	2.92

### Triple Jump

W60 Anne Deleiros	7.78
W70 Frances Bayler	6.33
M45 Rod Plimmer	10.86
M50 Gary Rawson	10.35
M65 Ross McBeth	7.60
M75 Les Williams	6.30

### Shot Put

W40 Michelle Ward	8.99
W45 Michelle Scriven	8.07
W50 Raewyn Grigg	7.16
M40 Denise Phillips	8.08
M55 Theresa Large	6.97
M60 Liz Hamilton	8.77
M65 Anne Deleiros	8.36
M70 Jill Evans	8.04
M75 Katy Tapling	6.11
M80 Barbara Austin	8.54
M85 Marion Clarke	4.72
M90 Wini Pepene	6.07
M95 Colleena Blair	5.67
M100 Pauline Purser	4.07

M35 David Sexton	8.75
M40 Desmond Tiedemann	9.60
M50 Laurence Voight	9.63
M55 Gary Rawson	8.93
M60 Christopher Thompson	9.12
M65 Tony Deleiros	8.59
M70 Robert Hannan	5.58
M75 Phillip (Bo) Cox	9.94
M80 Brian Senior	10.08
M85 Peter Hanson	7.64
M90 Bruce Clarke	7.31
M95 M75 Ray Laurie	5.71
M100 M80 Jim Blair	8.05

### Discus Throw

W35 Vanessa Story	18.52
W40 Raewyn Grigg	23.22
W45 Michelle Ward	22.59
W50 Michelle Scriven	22.09
W55 Anne Goulter	22.07
W60 Denise Phillips	23.72
W65 Theresa Large	16.30
W70 Liz Hamilton	22.00
W75 Jill Evans	19.46
W80 Anne Deleiros	19.20
W85 Katy Tapling	12.54
W90 Barbara Austin	18.84
W95 W70 Marion Clarke	11.51
W100 W80 Colleena Blair	12.50
W105 Wini Pepene	12.21
W110 W85 Pauline Purser	9.54

M35 David Sexton	24.09
M40 Desmond Tiedemann	27.27
M45 Ian Clarke	26.83
M50 Graham McPhail	23.30
M55 Laurence Voight	26.63
M60 Gary Rawson	25.71
M65 Christopher Thompson	29.21
M70 Robert Hannan	15.88
M75 Phillip (Bo) Cox	28.61
M80 Keith Bade	24.83
M85 Peter Jack	16.13
M90 M70 Brian Senior	32.18
M95 Bruce Clarke	21.22
M100 M75 Ray Laurie	19.11
M105 M80 Jim Blair	21.88

### Hammer Throw

W40 Raewyn Grigg	25.08
W45 Michelle Ward	23.45
W50 Anne Goulter	35.68
W55 Denise Phillips	20.18
W60 Theresa Large	18.99
W65 Jill Evans	27.32
W70 Katy Tapling	19.23
W75 Barbara Austin	26.05
W80 Marion Clarke	17.83
W85 Wini Pepene	17.94
W90 Marcia Petley	15.97
W95 Colleena Blair	13.65
W100 W85 Pauline Purser	13.35

M35 David Sexton	19.20
M40 Laurence Voight	32.42
M45 M55 Christopher Thompson	34.92
M60 Robert Hannan	13.08
M65 Phillip (Bo) Cox	32.86
M70 Keith Bade	21.49
M75 Peter Jack	17.53
M80 Brian Senior	35.15
M85 Bruce Clarke	27.35
M90 M75 Ray Laurie	23.96
M95 M80 Jim Blair	22.04

**Javelin Throw**

W40	
Michelle Ward	16.30
W50	
Denise Phillips	24.26
W60	
Liz Hamilton	18.66
Jill Evans	16.90
Katy Tapling	10.34
W65	
Barbara Austin	17.49
W70	
Marion Clarke	8.38
W80	
Wini Pepene	14.64
Colleena Blair	8.86
W85	
Pauline Purser	7.59
M40	
Ian Clarke	37.50
John Turner	33.61
Andrew Davenport	28.30
M45	
Rod Plimmer	33.47
Brendan Magill	30.61
Michael Baxter	29.59
M50	
Gary Rawson	31.32
M55	
Michael Roche	27.07
M60	
Robert Hannan	15.76
M65	
Phillip (Bo) Cox	22.64
M70	
Brian Senior	24.52
Bruce Clarke	19.04
M75	
Ray Laurie	17.99
M80	
Jim Blair	22.67

**Weight Throw**

W40		9.21
Michelle Ward		
W45		10.80
Anne Goulter		
W50		7.62
Denise Phillips		
W55		7.71
Theresa Large		
W60		11.09
Jill Evans		7.37
Katy Tapling		
W65		10.03
Barbara Austin		
W70		6.68
Marion Clarke		
W80		8.43
Colleena Blair		7.85
Marcia Petley		6.81
Wini Pepene		
W85		4.60
Pauline Purser		
M35		8.63
David Sexton		
M40		8.96
Ian Clarke		
M50		12.28
Laurence Voight		
M55		6.15
Christopher Thompson		
M65		12.62
Phillip (Bo) Cox		7.94
Keith Bade		
M70		13.93
Brian Senior		9.88
Bruce Clarke		
M75		10.06
Ray Laurie		
M80		9.34
Jim Blair		

**3000m Track Walk**

W45		17:55.01
Vanessa Lowl		19:04.10
W50		18:00.88
Terri Grimmett		20:36.68
W55		18:14.11
Theresa Large		21:02.90
W60		19:37.45
Marlene White		21:31.54
W65		24:10.14
Sheryl Lorna Miratana		
W70		
Jaqueline Wilson		
W75		
Daphne Jones		
W80		
Dawn Cumming		
M45		17:41.86
David Wackrow		18:53.94
W50		17:03.11
Jon Roskvist		19:59.05
M60		20:07.95
Eric Kemsley		
David Barrett		
M65		
Geoff Iremonger		

W65		1:08.5
Jaqueline Wilson		
W70		1:18.2
Daphne Jones		

M45		59.2
David Wackrow		1:04.1
Jon Roskvist		1:13.5
M55		1:10.3
Philip Grimmett		
M60		
David Barrett		

**Pentathlon Men**

M40		1800
Andrew Davenport		1612
John Turner		1594
Ian Clarke		
M50		1768
Gary Rawson		466
M60		
Robert Hannan		

**Pentathlon Women**

W70		3312
Judy Hammond		

**Throws Pentathlon**

**10km Road Run**

W45		35.4
Sally Gibbs		52.1
Sharon Wray		
M40		38.1
Michael Wray		
M45		42.6
Glen Wallis		
M50		39.6
Robert Dabb		
M55		55.3
Ian Martin		
M60		51.4
Bruce McCallum		
M65		53.1
Dougal Congalton		
M70		54.6
Brian Watson		

**10km Road Walk**

W45		1:03.5
Vanessa Lowl		1:09.5
Serena Coombes		
W50		1:04.2
Terri Grimmett		
W55		1:10.6
Theresa Large		
W60		1:04.1
Marlene White		

M35		1624
David Sexton		
M65		3036
Phillip (Bo) Cox		1982
Keith Bade		
M70		3596
Brian Senior		2519
M75		2619
Bruce Clarke		
M80		2843
Ray Laurie		
Jim Blair		



Paula Sharpe (AKL) 1st W50 400m



Coleena Blair (WLG) 2nd in W80 javelin

PHOTOS | JIM TOBIN

# Three generations of the McPhail clan...



Pre-master Jack McPhail (WLG) tests the water jump



Graham McPhail (WLG) 3rd in M40 discus



Ross McBeth (WLG) and Bruce McPhail (CAN) in 200m



L-R: Michael Browne (WLG), Ron Wareham (HBG) and Brian Watson (HBG) in the 1500m



David Saxton (HBG) 12th in M35 discus



Robert Dabb (WMA) 2nd in M50 1500m



Dawn Cumming (HBG) leads Fay Riley (WBP) in 1500m



Wiri Pepene (NTH) 3rd in W80 weight throw



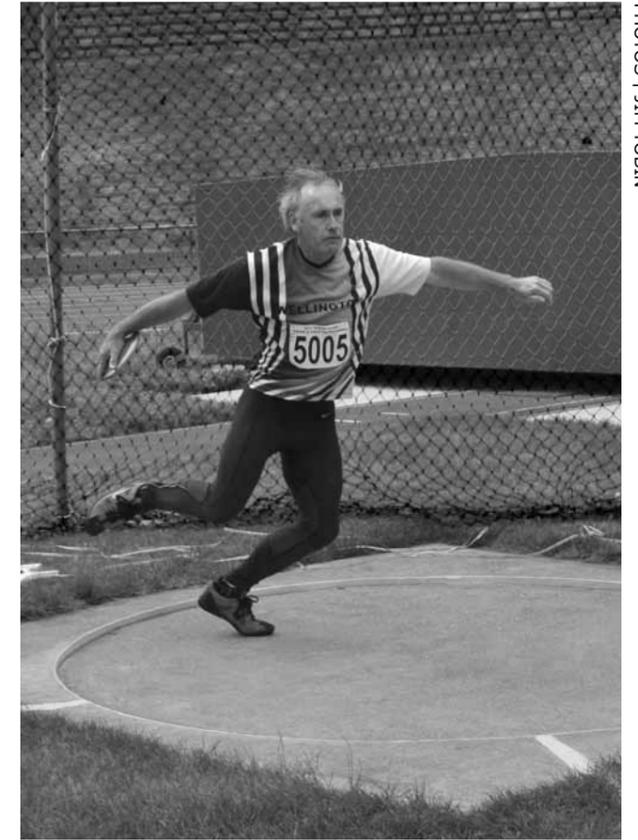
Des Phillips and Andrew Williams in the 2000m steeplechase



Malcolm Fraser (CAN) leads Ross McBeth (WLG) in the 400m



Ian Carter (MWA) 1st in M60 1500m



Gary Rawson 2nd in M50 discus



Ian Martin (WBP) 1st in M55 3000m steeplechase



Max Wood (CAN) 1st in M75 400m



Les Williams (WBP) 1st in M75 triple jump

# IAAF Awards Dinner

by | RON ROBERTSON

Who would have thought that when my neighbour twisted my arm to attend a harrier club pack run in Gisborne back in 1977 it was to culminate in receiving this prestigious award of "Best Masters Athlete of 2011" 34 years later.

Although I had built up a good record of achievements in the World Masters Championships up to 2001 (Brisbane) I did have a break of ten years before deciding to have another go at this years championships in Sacramento. Having spent most of 2010 on my road bike trying to shake off the odd injury, I decided to get back into the running after Christmas this year and test myself out at the national championships in Hastings in March 2010.

My form there did not do a lot for my confidence but after four months of very good training I felt that I was hitting some good form. I was pleasantly surprised with my races in Sacramento and my times were a lot better than I had hoped for. It was really only because of these results that I was able to be considered for nomination for the World Best and was up against some great athletes who had the advantage of a full year's competition.

When I received the news that I had been successful not only was I surprised but also felt very honoured to be representing New Zealand and the thought of the many people who had put so much of their time and effort into masters athletics - some who are no longer with us.

Yvonne and I headed off on what was to be a long and tiring flight to Nice in southern France with an overnight in Dubai. With a couple of days in Nice to get over the trip (we are getting old you know) and to find somewhere to hire a dress suit. This was interesting because of the language barrier! On the Friday there was a bus organised to take athletes and others from Nice to Monaco about 45 minutes away and we shared it with the band that was to play at the gala, La Qrouesta - from Broadway all eleven of them.

After driving through the many tunnels and over viaducts we arrived above the steep cliffs of this small principality. Wow what an unbelievable site! The blue mediterranean with the luxury boats in the harbour (some not a lot smaller than we have calling here, wealthy peoples toys). Now the trick was to get the bus down the very narrow winding streets which was done to perfection - often with only inches to spare. No Toyotas or Fords over here just Lamborghini, Ferrari, Maserati etc. This place just oozed wealth.

It was good to get to our hotel and settle in, and some hotel it was. We met up with the rest of our masters a little later and met Lyn & John Ventris from Australia, Lyn is the Worlds Best master's women athlete being a race walker. What a very pleasant couple they are. Others who we met up with were Stan Perkins (WMA president Aus) Winston Thomas ( WMA secretary UK) and. After a brief chat we all headed out for a look around the place and ended up having a pleasant lunch at a nearby cafe.

Dinner that night had been arranged at a local restaurant. Along with the WMA group Bravo mentioned above we were joined by Alice Annibali (IAAF- WMA liaison officer) and Cesar Moreno-Bravo - IAAF Masters Committee Chairman & his wife Veronica.

On the Saturday Lyn, John, Yvonne and I were treated to a very informative tour of Monaco with Dieter Massin (president European Masters Assn) who had spent some years there and had a very good knowledge of the area. We walked the narrow winding streets and were amazed that they could have held a formula one grand prix on such a tight circuit. That took most of the day then it was back to get ready for the big event and big it certainly was.

With the old couple looking as dapper as we could manage we headed down to the venue at the beach location. With pre dinner drinks we mingled with many of the past and present elite athletes - with photos aplenty. Lyn looked stunning in black and would not have looked out of place lining up with the open grade women and husband John did a fantastic job as cameraman. My better half, Yvonne, was looking lovely as well and I scrubbed up the best I could. There is only so much one can do to an ageing 70 year old.

Then into the main grand auditorium for the grand gala dinner. Over 700 were treated to a superb seated meal while watching a giant video screen featuring highlights from the world athletics in Daegu 2011. Then onto the awards that were presented by His Serene Highness Prince Albert of Monaco who is also the Foundation's Honorary President.

As expected Usain Bolt took out the open men's grade but we were hoping that our Valerie would get the nod in the women's but it was not to be. That award went to Sally Pearson of Australia. Some more presentation to some officials, administrators, coaches etc. Our masters awards followed, presented by Sebastian Coe (GBR). It was a night when I met and had photos taken with so many officials and athletes it was difficult to remember half of them. It was great to see that three out of four awards came from the Oceania region. It was an unforgettable experience for both Yvonne and I and I felt privileged and honoured to be the only New Zealander to have received this award.

The inclusion of Masters into the IAAF awards in Monaco started in recent years and I am told that the masters event, although held the same night as the open IAAF awards it was held at a different venue and quite separate. Last year it was combined but the masters awards were presented on a different stage some time after the main event. This year we managed to have ours presented on the main stage about ten minutes after the open grade. The TV coverage had finished so we missed out on that, but progress is being made and who knows - possibly next time it may be totally combined!

After the build up to the awards it was time for us to settle back and enjoy a two weeks coach tour of Italy taking in the sites of Rome, Sorrento, Capri, Pisa, and Florence. Milan, Venice and Perugia, We have seen enough monasteries, Roman ruins, cathedrals and art galleries etc to lasts us for a few years. I only managed to fit in a couple of runs in while away as it was pretty full on, now its home for a rest and back into some training. All in all it was great while it lasted.



Ron Robertson, Lyn Ventris & Stan Perkins (WMA President) scrubbed up well for the Dinner

PHOTO | JOHN VENTRIS



Gary Rawson (WLG) 1st M50 triple jump at the North Island champs

PHOTO | JIM TOBIN

# Our Award Winners

## Ron Robertson (New Zealand) M70

by | LYNNE SCHICKERT

### Ron's record in Masters athletics is beyond compare.

Since starting his International career in Rome in 1985 as a 40 year old, Ron has won 31 Gold Medals at World Masters/ Veterans Championships in events from 1500 metres to 10,000 metres and including two of his specialties, the Cross Country and the Steeplechase. Between 1985 and 1991 in Brisbane, he missed only one World Championship (Miyazaki, Japan) and has compiled this imposing record.

- 1985 Rome, Italy - M40 - 2 Gold**
- 1987 Melbourne, Aus - M45 - 3 Gold, 1 Silver, 1 World Record**
- 1989 Eugene Oregon - M45 - 3 Gold, 1 World Record**
- 1991 Turku, Finland - M50 - 3 Gold, 2 World Records**
- 1995 Buffalo, N.Y. - M50 - 3 Gold**
- 1997 Durban, S.A.- M55 - 4 Gold, 1 World Record**
- 1999 Gateshead, U.K. - M55 3 Gold, 1 Silver, 1 World Record**
- 2001 Brisbane, Aus - M60 4 gold, 3 World Records**
- 2011 Sacramento Cal - M70 4 Gold, 3 World Records**



Photos courtesy - www.tomphilipphotos.co.uk

Ron Robertson winning the Steeplechase at Sacramento 2011

Ron had a 10 year break from athletics prior to the recent Sacramento World Championships and after just 4 months training, came back to compete as a 70 year old, winning the 1500m, 5000m, Cross Country and Steeplechase and setting 3 world records. Of course, there are no world records for the cross country.

Ron has no scientific training plan. He just gets out and runs 5 or 6 times a week for 40 - 60 minutes depending on how he feels. He does do these runs at fairly high intensity, though. He regards himself as lucky to have not had many injuries during his career, but admits that these days the "niggles" take longer to shake off. In spite of his great performances in Sacramento, Ron still believes there is room for improvement with more racing and training. Given his comfortable winning margins, this is bad news for his competitors.

**Congratulations to Ron Robertson  
WMA 2011 Best Male Masters Athlete**

# Lyn Ventris (Australia) W50

### IAAF World Masters Athletics Female Athlete of the Year 2011

Lyn Ventris has won every race walking event of her 2011 schedule and has bettered the time of any female Masters athlete in any age group in doing so - in distances of 1500 metre, 3000 metre and 5000 metre track walks and 10km and 20km road walks. Lyn is a solid supporter and participant in Masters Athletics at World, Regional and the local level.

In 2011, Lyn won three individual Gold and two team Gold medals at the World Masters Athletics Championships in Sacramento, U.S.A. in July; won three Gold medals at the Australian Masters Athletics Championships in April; three Gold at the West Australian Masters Athletics Championships and won Gold at two Open race walking championship events in her home state of West Australia.

In addition Lyn set a new Masters world record of 1.39.51 in the W50 20Km Road Walk in May

Lyn currently holds 10 World Masters Athletics race walking records in events from 20Km Road Walks through to 3000 metres on the track.



Lyn Ventris winning the 10Km Road Walk in Scaramento 2011



She has been the Australian Masters Race Walking Athlete of the Year on 7 occasions including 2011.

Lyn hails from Bunbury, a regional city near Perth in Western Australia, has a coach 3000km's away in Melbourne and trains up to 80km's alone, six days week.

Lyn Ventris has competed at World Masters Athletics Championships over 12 years and has been married to husband John for 33 years, has two children and two grandchildren.

She is a fully committed athlete and at age 55 believes age is no barrier. She revels in promoting Masters Athletics as a showcase for race walking and for generally keeping healthy and fit.

Being the recipient of the WMA Best Female Athlete 2011 has capped off a very successful, exciting and gratifying year.

**Congratulations to Lyn Ventris  
WMA 2011 Best Female Masters Athlete**

# 38th NZMA TRACK & FIELD CHAMPIONSHIPS

Mt Smart Stadium, Auckland | 2-5 March 2012



<b>Surname</b>	<input type="text"/>		<b>First Name</b>	<input type="text"/>	
<b>Postal Address</b>	<input type="text"/>		<b>Telephone No.</b>	<input type="text"/>	<b>Male/Female</b>
			<b>Date of Birth</b>	<input type="text"/>	<b>Age Grade</b>
			<b>Centre</b>	<input type="text"/>	<b>NZMA No. 2011/12</b>
<b>Email</b>	<input type="text"/>		<b>Signed</b>	<input type="text"/>	<b>Date</b>

I declare that I am a financial member of NZMA for the 2011/12 year. Neither the organisers, the sponsors, nor other parties associated with the events shall have any responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

Tick events entered - Please enter your best times for seeding purposes			
60m	PB		Long Jump
100m	PB		Triple Jump
200m	PB		High Jump
400m	PB		Pole Vault
800m			Shot Put
1500m			Discus
5000m			Javelin
10000m			Hammer
80m Hurdles	PB		Weight Throw
100m Hurdles	PB		Pentathlon
110m Hurdles	PB		Throws Pentathlon
200m Hurdles	PB		2000m Steeplechase
300m Hurdles	PB		3000m Steeplechase
400m Hurdles	PB		3000m Track Walk
			10km Road Walk

OFFICIALS REGISTRATION	
Name	<input type="text"/>
Address	<input type="text"/>
Phone No	<input type="text"/>
Email	<input type="text"/>
Officials Grade	<input type="text"/>
Preferred Event(s)	<input type="text"/>
2nd Choice	<input type="text"/>
3rd Choice	<input type="text"/>

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

Enter online at: [www.nzmastersathletics.org.nz](http://www.nzmastersathletics.org.nz)

### ENTRIES CLOSE - 5<sup>th</sup> February 2012

### LATE ENTRIES CLOSE - 17<sup>th</sup> February 2012

**CHEQUES PAYABLE TO**  
Auckland Masters Athletics

**ENTRIES AND ENQUIRIES TO**  
Tui Ashe  
4A Seaforth Avenue  
Mangere Bridge, Auckland 2022  
Ph: 09 634 5325  
Email: [tui.ashe@ihug.co.nz](mailto:tui.ashe@ihug.co.nz)

### AGE GROUPS -

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

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

ENTRY FEES	
NZMA and first event fee	\$ 30.00
Each additional event @ \$5.00	\$
Multi Events @ \$6.00 each	\$
Late entry fee @ \$30.00	\$
Lunch Saturday @ \$ 10.00 each	\$
Lunch Sunday @ \$ 10.00 each	\$
Awards/Social Dinner @ \$40.00 (limited to 80)	\$
Polo Shirts @ \$40.00 S M L XL (circle)	
T-Shirts @ \$32.00 S M L XL (circle)	
<b>Total Enclosed</b>	<b>\$</b>
OFFICE USE ONLY	
Entry Acknowledged	<input type="text"/>
Race No.	<input type="text"/>

# Women's Activity 2012



As recently advised by Yvonne Mullins, OAA representative on the OMA Council, a Women's development activity will be scheduled by the IAAF Gold Coast Regional Development Centre in Cairns 27-29 June 2012. This Activity will held in conjunction with the Oceania Athletics Association Under 20 and Open Area Championships. The primary purpose of the Activity is to develop an achievable pathway for female administrators to take the step to administrating their Member Federations in a professional manner.

Specifically, Oceania Athletics Association will organise specialised workshops that seek to address the issue of providing greater opportunities for women who would like to achieve a higher level in the administration field of sport. It is hoped that female administrators, through regular mentoring and development will be able to take on increased duties and leading administration positions. Sports administration offers individuals the opportunity of personal development through self-knowledge, self-determination, self-expression and self-fulfilment.

A targeted group of female administrators, who are identified as potential leaders in the area and fulfil the necessary criteria, will be invited to participate in this Activity. Subjects to be covered will include: responsibilities of Member Federations, accessing websites, membership retention, membership recruitment, constitutional amendments, budget planning, annual report returns, funding applications, committee position descriptions and personal development.

The host Member Federation, Australia, will be invited to include a number of local female sports administrators who they believe will benefit from the activity.

It is planned that this talented group of administrators will be mentored, encouraged and led by recognised other high performing female administrators in sport who have the essential qualities and leadership skills to help progress them to the next level. Participants will be encouraged to share

experiences and lead and participate in sessions with other invited specialised presenters. It is essential to identify a "SWAT" analysis for the situation of female administrators in track and field (Strengths, Weaknesses, Advantages and Threats). Where male administrators, coaches, officials and others with the relevant technical expertise are required they will be included in the workshops, so as to strengthen opportunities for the development of all participants.

The Activity would take the form of a 2-day workshop where two identified female facilitators (both not necessarily from track and field) would take the participants through a journey of self-identification and progression. It is hoped that a pathway can be identified that female administrators can undertake and be mentored and progress them to a position of being a role model for others in the sport.

The participants will then be encouraged to share their experiences of the Activity with other female administrators in their Member Federation and around the region in an attempt to encourage other female sports administrators.

### Conclusion

Administrators are responsible for keeping their athletes informed and to develop and adapt their skills in the sport to foster and share ideas with others. As IAAF Oceania Affiliates are now also members of Oceania Masters Athletics, this activity will be of significant benefit to the master's community in the region. In particular, strong female administrators will encourage female athletes to continue in the sport as they move into the master's age bracket.



Liz Wilson (OTG) broke several records at the Sth Island champs



Katy Tapling (AKL) 2nd in W60 javelin at the Nth Island champs

# Heart Rate Monitors

## Can You Trust Them?

by | PETER COUGHLAN

Well, yes – and no. It seems that it's 'yes' if you have a reasonably regular heart beat and 'no' if you don't. Also in the 'no' category, there are various other things that can cause your monitor to tell 'porkies'.

Because a heart rate monitor is a wireless device, a signal is generated by the chest-strap transponder, which is in turn picked up by the wrist watch receiver. And this is why there can be a problem. Outside interference to the signal between the two heart rate monitor devices can occur, in the same way as interference on telephone equipment, radio & TV etc.

The likely causes of interference to the monitor are other wireless devices such as cell phone or similar transmission equipment and high voltage power lines radiation. Other 'villains' are synthetic clothing such as polypropylene tops due to the friction that occurs through movement between layers of clothing etc. In the case of some less expensive heart-rate monitors interference between adjacent ones can occur when you are running in a group.

When I first started running again after my heart operation, my heart rate would suddenly increase from about 140 beats a minute to just over 200. I told my cardiologist about this, but he doubted the accuracy of my heart-rate monitor, suggested that I throw it away and then asked me how high it had got – all in the one sentence. I pointed out that if I obeyed the first part of his statement I wouldn't be able to fulfill the last part. And at various other times it would go up and down like a 'fiddler's elbow'.

The problem was that I wasn't experiencing any symptoms of arrhythmia at this level. Apparently I should have developed weak (then inoperative) muscles, laboured breathing, and probably chest pain etc. But when you're leading in an 800m field after 250m, and you're feeling like a runner again after untold years, then your monitor says 240 bpm, what do you do? Now as an electrician, 230-240 seemed quite normal to me – but only when it's the supply voltage to your house – not when it's your heart rate (or allegedly so). As the cardiologist observed, if my heart-rate was really that high (and he doubted it would exceed 160), I would have been chasing the field by that stage, not leading it!

So what were we to do? More decisions! The only way to find out if the damn monitor was being truthful was to check it out against their fancy ECG equipment, whilst running on a treadmill. This would reveal all, I was assured – and it certainly did. The ECG sensors are attached to the machine by leads, no wireless stuff here; therefore no outside interference.

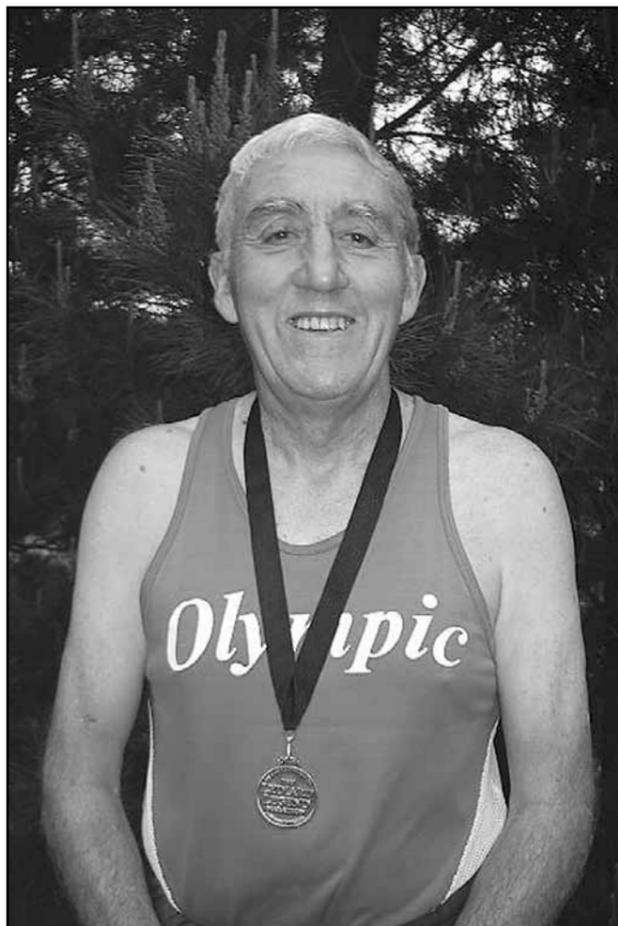
Up to 124 bpm the ECG and my heart-rate monitor were almost identical, within a beat. However beyond this the monitor went 'into the lead' and by the time I was at maximum effort and

therefore had to stop, the ECG showed 146, and the monitor 167. As the technician slowed the treadmill down, the ECG fairly quickly came down to 128 and the monitor kept on going up to 177. Ye Gods!

So how can this be (you enquire, slightly more politely this time). Well, it seems as if some people have an extra heart beat thrown in every so often, and is fairly common in athletes who do a reasonable amount of training. Apparently it's nothing to be concerned about. However the extra beat does tend to introduce a bit of irregularity into the message the heart-rate monitor is sending and therefore it all gets a bit too much for the poor thing. Consequently it gets all confused. Whew – what a relief!

My suggestion is that if you have a heart-rate monitor and are having an exercise ECG test done at some stage ask to wear your monitor. Otherwise you can shell out to have it done - \$250 in my case – thank goodness for insurance.

*Courtesy Marathon Post (Canterbury Newsletter)*



Peter Coughlan

PHOTO | RON STEVENS

# Michael Browne - Ironman

Courtesy The Dominion Post & The Master Copy

He's known as Methuselah to his running mates, so it was no surprise to them when Michael Browne won the 80-plus title in the New Zealand Road Championships on the Wellington waterfront in August. As it turned out, he was the only athlete in his age category, but the Wellington artist – who was Wellington's mile champion in 1951 – set an impressive time of 67:21:07 seconds for the 10km course on Saturday. "I know there are others out there my age who can run faster than me," he said. "My opponents tend to fall off the tree about now. I am getting quite used to that."

Wife Jenny has kept an eagle eye on her husband since he turned 80 in October last year. Age hasn't slowed him down much, though, despite the loss of sight in his left eye about five years ago. He still goes for a run three times a week around Point Jerningham from his home in Newtown. He supplements his runs with regular swim sessions at the Kilbirnie Aquatic Centre.

A month ago, while out running in the company of three "beautiful young women runners" – including former world mountain running champion Melissa Moon – he was led astray, he said. They took him into the trees on Mt Victoria. "I must admit that I do have judgment problems these days. We decided that we would run down the mountain running track which goes down to Hay St from the top of Mt Victoria.

"I found that I could not slow down. I was running faster and faster and I knew I was going to crash. I told the girls that I feel like I am flying and I don't remember much after that."

He fell among tree roots and pine needles and came to, with concussion, about three minutes later. "The ambulance people strapped me on a stretcher and took me off to A and E.

At the hospital they told me, 'because you are older, we have to scan your brain'. They scanned my brain and said, 'That is very good. We could not find anything there at all!'

Since then, Mrs Browne has told her husband that cross-country running is strictly out of bounds. And for his thrice-weekly training runs, she is on permanent standby. "I do insist on him telling me these days which way he intends to run round the peninsula." "He's got 75 minutes. If he is not home by then, I have to be alarmed. I'm ready to go out and pick him up."

*Reproduced from the Dominion Post, 22 August 2011.*

**Editor's note: Michael Browne is a member of Wellington Masters and up until 2010 was also on the committee for Wellington Masters. Not happy with running the 10km on Saturday in the Road Championships, Michael fronted up on Tuesday night to run the Lifestyle Sports Waterfront 5km race. His time for the 5km was 31:58.**



Michael Browne competing in the men's over 80 Masters' grade at the NZ Road Champs held in Wellington

# Oceania Update

by | MURRAY CLARKSON

The Local Organising Committee can report on the progress to date leading up to the event. At the time of publishing Vetline everything will be running like a well oiled machine (and not from Rena!). The ground and equipment will have been well and truly tested with the North Island Colgate Games having taken place in the first weekend of January. This will serve as a rehearsal to THE MAIN EVENT.

Enhancements have been made to the ground to comply with IAAF standards. A double photo finish will operate, two disc cages will be operating in the main arena and correct heighted hurdles will be used. An international atmosphere is assured with no Rena cast off containers in sight!

The Australians have been first out of the blocks as far as entry numbers are concerned with some of their notable runners coming across the Tasman. The Kiwis at time of writing were still hiding in their burrows, contemplating whether or not that niggles will grow or that something else might happen before entries close. We can disclose that some or not well known surprises have entered. It will be an interesting contest. Roger Robinson

has indicated that he will endeavour to make it adding his smooth knowledgeable accounts to the microphone. The world President and Vice President will also be in attendance.

Tauranga is always buzzing at this time of the year and especially with a record number of cruise ships and an army of helicopters visiting a well publicised, if not very obvious to a certain ship, local reef.

Competition is sure to be intense, the atmosphere electric (lightning maybe?) and the friendly banter something that I for one would not miss. The challenge of putting such an event together is character-building and all who come to the event will not be disappointed. After all it's their show.

If you have not entered and want to be part of the party, come along. There is no charge for watching and if you want to do more, tasks can be allocated to suit. I would like to thank the team for their efforts to date and know that they will see it through to "showdown".

**Murray Clarkson is the Event Coordinator.**



# It's A Goal!

by | BARRY RAIT

Winston McCarthy's famous rugby related catch phrase, "It's a GOAL!" echoes in my mind when the topic of goal setting (GS) in sporting endeavours, is encountered. This thought has occurred frequently since that time in 1947 when I was in the stand at Athletic Park Wellington and I sat too close to his boxed-in announcer's hutch and he forcefully told me to move away because I was being broadcast over the top of his voice. That separation being achieved, was yet another McCarthy goal, but totally unannounced until now.

Today, there is a particular psychological science that has really become popular in American texts and some media commentary usually badly informed, that is prominently displayed, the psychology relating to sporting endeavour. No doubt the professionalisation of sport has been a major influence in this upsurge in writing and research. The science of goal setting is now a clear and permanent part of any knowledgeable coach's academic/scholastic repertoire.

Far from being a sloppy mix of half-backed pop-psychology ideas, it is in fact a rather well structured and properly practised body of wisdom garnered from many aspects of sport. Far from having a half-understood idea that is called a goal, it is good practice to have in GS specially cited sporting endeavours and in readiness for that inevitable media sound bite. It has become a powerful tool for enhancing athletic performance with an agreed and understood plan between coach and athlete (and other members in a team sport).

The text for this subject is "Psychology in Sport: Foundations of Sport and Exercise Psychology" 4th edition, 2007, Robert Weinberg & Daniel Gould; Human Kinetics. As could be expected the text properly defines what a goal is, i.e. it is an objective standard, or aim of some action. Then it is crucial that these goals are decidedly **SMARTS** ones i.e. **S**pecific in that they are specific and precise about what is to be achieved; **M**asurable – how are they quantifiable? **A**ction oriented – what needs to be done? **R**ealistic and **T**imely – they must be achievable in a reasonable time; **S**elf-Determined as set by and agreed with the athlete and not imposed.

The athlete can have subjective goals such as endeavouring to do one's best and objective goals, where both a level of proficiency (usually measured) in a certain time. Regarding the Time goal, it can be short or long term in perspective and should be distinctly clear as to which one applies. From this point the GS is further divided into types of goals such as Outcome, Performance, and Process.

**Outcome Goal:** This goal relates to achieving a win in a sporting situation such as beating some one. Besides trying to win it also focuses on the person or team to beat. But there can be problems if this goal achievement is not kept under control (see later). This goal is a less definite than a performance one and can apply in short term instances within competition but the creation of self-defeating anxiety is a danger.

**Performance Goal:** This goal deals with the usual aspects of attaining a standard of performance relative to previous ones (and for masters it should be age-related using age grading statistics). In athletics as a fully objectively measured sport (as in swimming; weightlifting) this goal is readily facilitated and can be over-done. This GS is precise

**Process Goal:** This aspect deals with the actions that are used to execute the performance, such as the regularity of and extent of training. While it is now necessary for the athlete and coach to read the relevant texts an example of how the integration of this GS can go wrong (see later), will provide a salutary example of how easy it is to 'go off the rails'.

The failure to adjust one's goals, either up or down, can lead to sub-optimal performances particularly for a master's athlete who measures performances from year to year through several decades. The aspect of being realistic in GS is vital here.

The key to the integration of these broad goals is the athlete's and the coach's continuing tasks. One complicating factor is the clash between GS of performance and outcome goals. The authors emphasise the danger that arises between these two GS exercises.

There is a danger warning when the GS is not clearly set out and, say, the outcome goals become intertwined with performance goals. This has occurred with my own coaching when an athlete became slowly embroiled with focussing on performance goals while also prioritising outcome goals. Such was the confusion of goals that she gradually dropped from a personal best performance to a very average one at the time of the international event.

What I eventually tried to do was to institute some short term performance goals to divert away from destructive thoughts of prescience for what should be, according to the athlete. The authors state that "worrying too much about the score of the game and not attending enough to the tasks in hand" is a common error and a cause of sub-optimal performances.

Initially the coach and mature athlete should be totally familiar with the seven steps of goal setting viz: 1) Set specific goals 2) Set difficult but realistic goals 3) Set long and short term goals 4) Set performance and process goals as well as outcome goals 5) Set practice and competition goals 6) Record the goals formally 7) Develop goal-achievement strategies. This article is but a brief coverage meant to entice the reader into further research of which there is plenty. Of course it takes some maturity to prioritise these goals.

There are different ways of dealing with GS and they all are a deliberate effort to be far removed from the mishmash of goal achievement that comes with an unstructured and unintegrated approach. GS is a powerful tool that while not being a perfect science (as is nothing really) it is a necessary measure to enhance performance.

# Taranaki Masters Games

by | JACQUI WOOD, EVENT COORDINATOR

The Taranaki Electricity Trust (TET) has, for the 2012 summer season, decided to manage the 2012 Taranaki Masters Games themselves. Having been the major funder for many years, the Trust felt that it was time for a fresh approach and that a wider audience be given the opportunity to come to our wonderful province that is Taranaki.

We are hoping that the Masters Games which will be held over four days, 15-18 March 2012, will see a huge influx of visitors, participants, onlookers and various bystanders. The Womad festival is being held that same weekend so it's a great opportunity to indulge in our cultural festivities and our sporting heritage.

As the funder, the TET is mindful of costs and accordingly we have kept the entry costs as low as possible which should assist in meeting just about everyone's budget. Along with that we are offering those who register by 20 February the opportunity to win a mystery weekend away for two. For most this is an attraction but the major lure is participation, socializing, and enjoying what Taranaki has to offer.

So, come one, come all. Don't let a lack of training hold you back! You've got approximately three months to achieve a modicum of fitness and/or expertise! We would love to see you in Taranaki 15-18 March.

Details can be found on [www.taranakielelectricitytrust.co.nz](http://www.taranakielelectricitytrust.co.nz) click on Masters Games.

**TET**

**TARANAKI MASTERS GAMES**

**15th - 18th March 2012**

Registration & entry forms available at:

**[www.taranakielelectricitytrust.co.nz](http://www.taranakielelectricitytrust.co.nz)**

Email: [taret@xtra.co.nz](mailto:taret@xtra.co.nz)  
Ph: 06 756 7563

# Lydiard Legend Marathon

by | PETER COUGHLAN

This event was organized to commemorate Arthur Lydiard – New Zealand’s greatest and most successful middle and long-distance running coach and, I would argue, the world’s greatest. His success was achieved with athletes from a country whose total population was significantly less than that of most overseas cities.

While he did also train high-profile athletes from around New Zealand, (such as John Davies and Dick Taylor) in fact his major successes came from within Auckland. In a lot of cases from the area around where he lived! Have a read of the book “Arthur’s Boys” some time, if you haven’t already done so.

His successful athletes ranged from short distance (such as Peter Snell over 800m and 1500m), to Murray Halberg, 5000 and 10,000m, through to the full marathon (Barry Magee). They were all Olympic medalists, and also world-record holders, some over several distances. (Don’t forget the 4 x 1 mile record, which included even ‘Marathon Man Magee!’)

But the common theme for training athletes over such a wide range of distances was Lydiard’s marathon-type conditioning work. It was a process that he had developed by trying it out on himself and in the early years he had figured out what to do, and how much, without actually knowing the theory that explained it. Something along the lines of “the body does well what it does often” was his mantra.

That type of training regime is what spawned the race that is the subject of this article. Their weekly long run (usually on a Sunday), was run from Lydiard’s home in the suburb of Owairaka. 5 Wainright Ave is probably the most famous residential address in New Zealand’s running folklore. From here, they would run out through New Lynn, Avondale and Glen Eden, up through Waiatarua (from which the run took its name), and back along the Scenic Drive, just below the top of the Waitakere Ranges (not unlike the Summit Road above Christchurch). It then comes through Titirangi, drops back down to New Lynn, and back to Owairaka.

The Waiatarua circuit was twenty-two miles (approximately 35 kilometres in modern-speak). It was run by anybody and everybody who had the slightest ambition of being a distance runner. It was virtually a prerequisite, if success was your ambition; it didn’t matter if it was a time PB over your chosen race distance, or simply finishing; you needed that weekly long run, according to Lydiard. Visiting athletes from anywhere (including me) would get carted around it or a truncated version if the full distance wasn’t their thing.

The race itself starts near New Lynn, as there is a convenient park for all the facilities needed for such an event. There is also a half marathon and a couple of shorter races so quite a bit of room is needed. Therefore to get the full distance, a seven kilometre loop around the roads surrounding the Titirangi golf course is negotiated first, then its out onto the main circuit

(as previously described). Unfortunately the initial loop is not enough to give the full marathon distance, so a further out-and-back loop of about five kilometres is achieved by running up and down the famous (well Aucklanders think it is) “pipeline track”. This is an easy gradient shingle access road running alongside the large pipeline, which brings Auckland’s water supply from the various reservoirs in the Waitakere Ranges. In Lydiard’s training runs, you only had to run down it for about 2 km, and after about 20, in the race we had to run up and down for 5km, after having already done about 28 – it was a bit eye-watering!).

Lending some nostalgia to the occasion was the presence at the start of one of “Arthur’s Boys”, in the form of Barry Magee. He not only managed to be down there before the start, when the street lights were still on, but was still there welcoming people home when most others were heading off for their lunch. Barry (who, as a prominent coach), is probably Lydiard’s most ardent disciple, and his presence at this event I am sure is very much appreciated. It certainly was by me.

So, what the hell is a recovered heart-bypass patient doing running such an event? (I hear you enquire, not entirely politely). At the final check-up with the heart surgeon, when I got to ‘fly solo’ again, I asked him was there anything I shouldn’t do, and would it be okay to run again? Not looking terribly much like a runner (by his own admission), he told me that I could go back to doing whatever I’d done previously (which of course cheered me up immediately – no, no! I was actually thinking of being able to run again -honest!) He said that if whatever I was doing felt uncomfortable I should ease off, if it didn’t come right, I should knock off, and if I was still having a problem, go back to my G.P., and he’d sort it out. The rationale behind this was the fact that I’d never actually had a heart attack and as such the heart muscle was not affected. All I’d needed – in the words of the cardiologist – was some ‘fancy re-plumbing’.

Well, armed with this good news, it was ‘normal transmission can be resumed asap – don’t adjust your sets’. It hasn’t been all plain sailing, due to hiccups with medication, a few problems in the early stages with atrial fibrillation, and an inept heart-rate monitor, but most problems are now sorted.

Being a reserved type, and not wanting to rush things, I decided I’d work my way gradually up the “mileage scale”, and one event at a time. To this end, I started with our local New Balance 15km back in May and then progressed through a couple of half marathons with a view to running the Adidas Auckland Marathon at the end of October. However the step from a half to the full may have been a bit much, so I decided that a 30km run first might be a good idea. I didn’t want the mind making an appointment that the body couldn’t keep. What more appropriate way to do this, I thought, than to run it in an event that commemorates the great man himself (and who was advocating this sort of exercise for recovering cardiac patients, half a century ago).

When I had finally reached the top of the hill onto Scenic Drive, (much like getting to the ‘Sign of the Kiwi’ in Christchurch) and which is about halfway, I thought that things were going pretty well. Even after negotiating the main climb around the top (not very affectionately known as “Rubber-legs”), I was still okay. I started to wonder if in fact I needed to pull out at thirty kilometres as originally intended or should I push on. Were there any problems with keeping going? The main one seemed to be how to get past my apprehensive wife and son and would the road be wide enough to sneak by unnoticed? Would there be a significant loss of time while intense negotiations were carried out, thus meaning I’d finish after everyone had gone home? Decisions, decisions!

So what happened? (I hear you say impatiently). Did I finish, what time did I do, if I did finish? Sorry that will be revealed in the next Marathon Post – only kidding! Well, yes I successfully negotiated a ‘permit-to-continue’, after telling various ‘porkies’ about how my legs felt etc; assuring the ‘interrogating squad’ that as the last five kilometres was basically downhill from Titirangi, I should be fine. (After all, I’d been ‘going downhill’ for ages anyway).

And did I manage to finish? Did I get a time of four hours something? Certainly did! 4 hours 75 minutes. Thanks for asking.

I felt an incredible sense of relief once I’d finished. I recalled how I felt in the first couple of days after my operation, then enduring just over 24 hours of atrial fibrillation, and seriously doubting whether I’d be able to run again at all, much less a marathon. Thanks to all those who have helped me get back to this point, and there are many of you. Your various efforts are much appreciated.

On a more sombre note, while actually crossing the finish line was a huge sense of relief on the one hand, it was also rather sad one on the other. The first person to shake my hand

was Ian Winson, who was sitting in a wheelchair, with both legs amputated just above his knees. He is one of the main organizers of the Lydiard Legend events and his injuries were sustained earlier this year in a pipeline explosion in Onehunga, where his colleague lost her life. (In fact I used to live in Hanmer Springs and became good friends with Mark Inglis, probably the country’s best-known double amputee. He certainly didn’t give up either, when things got a bit tough!)

As I am one who has experienced the benefits that heart research has made to the treatment of various heart problems, I proposed to run the Adidas Auckland Marathon at the end of October. The Heart Foundation is the major fund-raising subject for this event; and I signed up as a ‘Heart Racer’, to help raise funds. (I didn’t think there would be too much racing). You never know when you, or your family, may need their expertise. If we all do something, no one has to do very much. And if you think you’re absolutely fine, read on ...

In early October 2009, I ran as hard as possible for 6.7km on the uphill lap in the Takahe – Akaroa relay. At that time I was still doing 2½ hour long runs. My normal blood pressure was – according to my GP – excellent for someone in their mid-sixties. I had no chest or shoulder pains, no breathlessness, my cholesterol readings were just inside the top end of the acceptable range.

Therefore I couldn’t possibly have a heart problem (or so I thought). In late November my blood pressure increased suddenly, to an unacceptable level, and by late February I found out I had six major coronary artery blockages. Being apparently fit and healthy didn’t negate family history. According to the cardiologist, being an endurance athlete and making my heart work meant that it compensated for the blockages by propagating numerous additional small blood vessels. Hence no heart attack. So crank up your vigorous exercise while you can, and ‘keep taking those tablets’!

***Courtesy Marathon Post (Canterbury Newsletter)***

## Coaching Corner



by | MIKE WEDDELL

We are rapidly approaching the peak of the track and field season with the Oceania Championships, regional championships and the national championships in quick succession over about four weeks. Anyone competing in all of these events needs to be cautious. To perform at peak level for each needs careful consideration.

To begin with all extensive hard training would need to be completed a couple of weeks before Oceania with a gradual taper consisting of increased intensity of training but a decrease in total volume and a decrease in frequency.

For instance someone training six days a week would gradually reduce training to twice on the week of the first race and the training would consist of a couple of flat out reps of approximately half race distance. Then would come two days recovery then one rep of half race distance then one or two days recovery then

race. If you have several races over the championships do a jog recovery straight after each 30 minutes is plenty and no other training until the championships are completed.

A couple of easy runs are a good start of training again with two intense sessions a week with at least one day recovery between sessions. To do well in nationals a full taper for regional competition would be counterproductive. Because of the high intensity already being done a week taper for nationals will be sufficient exactly the same as for Oceania events.

The same principle applies to field events. It is better to start slightly underdone than over trained. I am sure that there will be many reading this who completely disagree with this approach. However that is what the science tells us but the mind can still get in the way!

# Winter Throws Pentathlon

by | CHRISTINE MCCA HILL

The Winter Throws Pentathlon and Trans Tasman challenge went ahead for the tenth year in a row. This event started off with just the New Zealand centres posting in the results of their local throws pentathlons, and has progressed into a big challenge between Australia and New Zealand. There are a great number of throwers in both countries who enjoy getting out and competing throughout the year and not just in the summer season. The number of participants has grown steadily and last year saw numbers soar to over 100 competitors.

This year there was once again a good number of competitors. August is not always a good month weather-wise in most parts of New Zealand. Often competitions are held up with passing rain, squalling showers, snow - you name it we get it! Canberra and Waikato Bay of Plenty definitely had some interesting weather to compete in this year.

I have really enjoyed running this competition. It is always interesting to pore through the results, see who came out and competed, see what they have thrown and where they end up in the overall results. As this is my last year of running this competition I would like to thank the people who have done all the work in their local areas. I know that it is not always easy to get a ground to compete on due to winter sports and there is a lot of work that goes into running the competitions and passing on results. Some have been involved from the beginning. Bev Church, Colleen Bruncker, Jayne Hardy and Jill Evans, have all been involved in the organisation of their areas right from the beginning.

It is my hope that someone on the NZMA Board will pick up the organisation of this event and it will continue to grow - maybe further internationally and locally. Thank you to you all for your support, patience and work that you have all done towards this. I would like to sincerely thank Andrew Stark, who came to my rescue this year, re-calculation results and doing some great certificates for me. I am not sure what I would have done without his support.



David Couper (WBP) in the javelin throw

To all you throwers out there who have been a part of this on a regular basis, or off and on, I hope that you have enjoyed it. Obviously you don't mind getting out and braving the elements for a bit of fun and camaraderie.

## Results (Women) >

W30									
Pauline Armstrong	NZ	1539	Adriana van Bockel	AUS	1967				
W40			Karen Jones	AUS	1528				
Lynette Smith	AUS	2877	W60						
Melissa Bonsor	AUS	2639	Jill Evans	NZ	3005				
Althea Mackie 1	NZ	2638	Beverley Church	NZ	2599				
Althea Mackie 2	NZ	2582	Judy Brown	AUS	1699				
Althea Mackie 3	NZ	2558	W65						
Brenda Davis	NZ	2291	Jan Banens	AUS	3462				
Raewyn Grigg	NZ	1922	Barbara Austin	AUS	3363				
Michelle Ward	NZ	1629	Raylea Rudov	AUS	3075				
W45			Lois Anderson	NZ	2511				
Christine McCahill	NZ	3410	Lorraine Birtwell	AUS	2261				
Jayne Hardy	AUS	3292	W70						
W50			Glenn Watts	NZ	2871				
Fiona Harvey	NZ	2671	Clarine Stratton	NZ	2681				
Karel McClintock	AUS	2578	Barbara Bird	NZ	2432				
Joanne Watson-Pronk	AUS	2312	Marion Clarke	NZ	1998				
Claire Giles	NZ	1683	Gwyn Heseltine	NZ	1998				
W55			Francie Bayler	NZ	1787				
Jill Taylor	AUS	3185	Nola De Chazel	AUS	1728				
Winifred Harding	NZ	2627	W75						
Kate Clarke	AUS	2367	Heather Doherty	AUS	3295				
June Lowe	AUS	2312	Mary Wahren	AUS	2739				
Joan Merrielses	NZ	1970	Iris Bishop	NZ	2309				
			W85						
			Pauline Purser	NZ	2285				



Rene Otto (STH) throwing the heavy weight



Marion Clarke (WBP) in the discus throw

# Long Distance Walks

by | DAVID LONSDALE

More than half of the field of 41 walkers was in the master's grades at the races in Palmerston North on Sunday 30 October. Held on a new course on closed roads in the Hokowhitu suburb and managed very well by the Manawatu Striders Club there was a lot of interesting racing. The distances varied from as short as 3km right up to the challenging 50km.

Although there were only masters women racing for championships over 20 km a lot of men also raced this distance. A trial to help the Athletics New Zealand selectors pick a team to compete in Hobart in February 2012 against an Australian team was conducted concurrently with the women's championship races. This new feature meant that the best open and master's age men walkers competed together over 20km with the master's women and a few senior women. A nice feature of these championships is that in recent years non-championship races have been added for walkers who are not able to compete over the longer distances. Nearly a dozen masters's raced over 10km alongside those doing the 20km.

Because the junior, senior and masters walkers were racing together the challenge of youth versus experience was great to watch. All of the time that the 20km and 10km races were going on Graeme Jones of Hastings was speeding in his wonderful style towards his second New Zealand 50km title. He went so fast that his first 20km was in fact the second fastest of the day in 1:44:33 with only Quentin Rew walking faster. His title winning 50km time was 4:46:37.

Of course when the 20km walkers started the multiple New Zealand champion Quentin Rew of Wellington immediately disappeared away from the field to win in 1:33:37 and left behind him a chasing group of six walkers. They stayed together for just over three kilometres when the pace started to break up the group. Finally Matthew Holcroft, from Hamilton, who is only 18, was racing senior women's champion Rozie Robinson of Dunedin and Mike Parker of Auckland was there holding up the masters flag in the battle.

After leading to 10km Matthew was caught by Mike and Rozie. The places changed a few times after 15km but in the end age and experience prevailed over youth and beauty. Mike was second in the 20km trial with 1:48:30 to Matthew's 1:49:43 (PB). Rozie Robinson won the women's trial in a personal best of 1:49:43.

Other trialist in the masters age grades were Nyle Sunderland of Nelson 1:55:55 and Eric Kemsley of Taranaki 1:53:08. They, along with the senior men and women, are currently awaiting the selectors to announce the team names.

In addition to Nyle the master's women 20km titles went to Serena Coombes of Taranaki W45 in 2:25:24. Helen Baverstock of Taranaki W50 in 2:40:21. Anne Fraser of Taranaki W55 in 2:35:20. Sue Hoskin who was a bronze medalist at the Sacramento world championships won the W60 in a fine time of 2:20:47.

Among the dozen race walkers attacking the 10km non-championship distance Daphne Jones of Wellington was the only walker to break a record. Her 1:16:38 for the 10km is a new best time for W70, and is a great reward for her years of working hard on technique and racing often and honestly.

The championships moved this year to Palmerston North after about ten years in Hastings. The course while very different from Hastings was in an attractive setting and provided all the facilities and good viewing for the spectators. The Manawatu Striders club organising team is very experienced with road races and has great relationships with the city council and news media. This was the first New Zealand championships conducted by the club but it will not be the last time that we visit them as they certainly looked after us very well.

**David Lonsdale is the Secretary of Race Walking New Zealand.**



Terri Grimette leads the 3000m walk at the Nth Island champs

PHOTO | JIM TOBIN

# One Armed Pole Vault

by | JOHN OLDFIELD

One-arm sensation Mark Jeffery stunned onlookers when he competed one handed in the pole vault at Sacramento to secure a bronze medal in the decathlon. Mark ignored the pain of a broken arm in what must be one of the stand out performances at the championships.

Shortly before leaving for the United States Mark broke his arm in one of his final hurdle sessions and faced the prospect of missing the championships. Mark decided not to have the arm set and wore an arm brace.

Despite this he managed six personal bests (including three Western Australia state records) in the ten events. When it came to the eighth event, the pole vault, the officials debated if he should be allowed to jump with the cast as they said it was "an outside assistance device". Mark said that in his younger days he would train one-handed in pole placement and drew on this knowledge and tried to jump.

Although Mark's 2.80m is well below his M40 WA state record of 4.25m, this is a story that will be retold the world over in masters' circles. A large crowd gathered around to watch the vault that will become a legend. After the event Christopher Gerhard, the German who won the gold medal, told Mark that he would have won it had it not been for the broken arm.

The decathlon is an event that inspires great respect for those who compete. For many followers of our sport the decathlon is the ultimate in athletic achievement. Mark Jeffery has raised that respect to a new level. Onlookers could not believe that he would attempt to jump, and were in awe of his performance.



Mark Jeffery's one-arm technique

**Article written by John Oldfield, OMA and MAWA webmaster for the Masters Athletics WA Track and Field Newsletter Season 4 Issue 10 WORLD MASTERS AUGUST 2011**



Mike Weddell (1791) heads off Gregory Harney (1638) in the 400m at the 5th Island Champs

PHOTO | ANDREW STARK

# Wellington Women's Harriers

by | BARRY RAIT

The request from the Wellington Harrier Athletic Club regarding the whereabouts of one of Wellington's and possibly New Zealand's serious winter runners, Lesley Campbell has caused me to recall a number of events and comments of that time in the 1950's and 1960's.

I was a member of both the Kiwi and Wellington Harrier clubs at the time and ran frequently with her. In about 1965 Wellington Harriers entered a women's team in the Shaw Baton Relay, then held in Johnsonville, The team did well to compete in the mud and inglorious spills into knee deep water as illustrated by the media publicity, pictures and all. One sports writer for the Listener as I recall, Wally Ingram, wrote disparagingly about this first attempt by women to compete. He was quickly trounced and his efforts actually inspired more women to compete.

There was one time when at a club committee meeting it was suggested that a women's team should be entered in the Wellington to Masterton Relay about 1966. One member said that this relay was a 'classic event' and that its status should not be downgraded by having women in it. He lost this motion.

Earlier on in the mid 1950's a Judy Dennehy from the Lower Hutt Athletic Club was sprinting a 220 yards race at Hataitai Park when poor health and lack of fitness became too much for her and she fainted just before she reached the finish line.

There was plenty of media commentary about the damage physical stress does to the 'delicate' parts of the female body and it was backed up by pseudo-scientific ideas about how females should keep away from this sort of physical activity and leave it to the men. After all everyone knows what happened in the 1932 Olympics in the women's 800 metres and that infamous or was famous, Boston Marathon in the 1960s when a woman audaciously ran the whole way despite vigorous attempts by some officials to extricate her from the protective envelope of supportive males.

Well, Lesley Campbell was one of several women pioneer harrier runners. Some others were Judy Wilkins (third at the first unofficial cross-country champs for women held near New Plymouth about 1965), Pat Davey, New Zealand track champion 1500m, Caroline Bell, Penny Haworth and Lynne Fisher.

Don't things look peculiar with 20/20 hindsight! So what are we doing now that will look stupid in 50 year's time? Johnny Weissmuller 'the' Tarzan, would hardly qualify in today's women's swimming with his record times in 1924-28. But then there is always Diana and her golden apples to point the way to an emancipated sports scene.

## 2012 WMA Indoor Championships

**You are invited to share a memorable experience at the 5th WMA Indoor Championships to be held in Jyvaskyla 3-8 April 2012.**

Finland has a fine record for hosting Masters/Veterans world championships, with previous Stadia competition held in Turku in 1991 and Lahti in 2009. Jyvaskyla, well-known as a university and educational city, now welcomes the opportunity to host the WMA Indoor Championships.

**Jyvaskyla offers masters athletes four top-level venues, all within walking distance of the city centre, together with beautiful scenery close by and friendly Finnish people.**

**Venues:** **Hippos Hall** is the main indoor hall for athletics. It offers excellent conditions for running, jumping and throwing sports. **Harju Stadium** is the venue where all winter throwing events and cross country running will be held. It is located in the beautiful Harju Ridge recreational area just beside the city centre. The **10km Road race walk** is located just 300 metres from Hippos Hall and is a 2km circuit. The shores of Lake Jyvasjarvi, right in the heart of the city is the route for the **Half Marathon**.

**Indoor Events:** 60m, 200m, 400m, 800m, 1500m, 3000m, 60m hurdles, 3000 track race walk, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Throw, Pentathlon

**Winter Throwing, Non-Stadia events:** Hammer, Discus, Javelin throws, 10km Road Race Walk, 8km Cross Country, Half Marathon

**Entries close 12 February 2012. On-line entry is also available via the official website: [www.wma2012.jyvaskyla.fi](http://www.wma2012.jyvaskyla.fi)**



April 3-8 WMA Indoor Championships

# Commonwealth Ultra Championships

by | JOHN MUSKETT

After years of telling everyone how important it is to “listen to your body” and “not to over train,” Val Muskett’s late-blooming youthful exuberance got the better of her while training for the Commonwealth Ultra Championships in Wales - she over did it.

To be fair it was the 10th and probably last time that Val would represent New Zealand as a full international and she had a goal to break two age-group records on the way to setting a personal best for the 24 hours. But with six weeks to go she found herself at the physiotherapists with a grade one tear to a quad and suffering from patella femoral syndrome. Basically she had run so much that she had not only injured herself but changed her running style so that her left knee was no longer tracking correctly. Two weeks of no running, physiotherapy, acupuncture and worry followed and by the time she set off to Wales her longest run had lasted a mere two hours.

Also representing New Zealand in the 24 hour race were Matt Bixley, Alex McKenzie and Wayne Botha who had all achieved the qualification distances. The 24 hour event is an individual and team race with athletes striving for individual placings as well as the first three runners totalling their distances for a team effort. With three runners selected it appeared prudent to go for a fourth runner to “back up” the team should anything untoward happen. The fourth man recommended to the selectors was Bryan McCorkindale. Bryan is a 59-year-old who still breaks three hours for the marathon and had clocked a very slick 16:16 for a 160km run. After a great deal of discussion he was on the team.

The championships were held (23/24 September) in Llandudno, North Wales, a picturesque seaside resort that like many coastal areas is often buffeted by strong wind. The course was a 1km tight loop with 500m straights and tight turns at either end, the prevailing winds meant that athletes ran 500m into a headwind and then 500m with the wind at their backs. (Strange how runners never feel the following wind, just the headwind!)

The race started at noon and the runners settled into their rhythms. Some, like Matt, run for a distance and then walk while taking on sustenance and others, such as Val, try to set a pace and keep to it and feed on the move - never stopping. To achieve her world records and personal best Val had set targets throughout the race and at the marathon distance was more than five minutes behind schedule, and suffering. The men were running their own races with Matt to the front and the others maintaining a steady pace.

After a comfort stop and then an enforced stop to change her timing chip, Val decided to “give it a go”. She went through 100km five minutes faster than she needed to and was running with grim determination. As the 12 hour mark approached it became clear she was going to break the record by more than 2km so the three officials followed her for the last three minutes to make sure the mark set was accurate. Val’s last big effort meant that two of the officials had to rest before returning to the officials’ tent. Val did one more lap and then came in for a rest and a serious chat.

It was then that I decided to pull her from the race, something I have never considered before. She had achieved another world record but her knee and ankles were hurting. She could probably have broken the 100 mile record - she had more than six hours to cover 42km, but at what cost? The tracking problem would get worse not better and she could run until she tore her quad again. So I pulled her from the track, once again removed the chip from her shoe and gave it to the officials - her work was done. She couldn’t re-enter the race so she went to the hotel to rest and then came back to cheer the men in the morning.

The men’s race was unfolding, Bryan was running well and had moved in to second or third (varied) overall with Wayne just behind him, Matt was suffering but still running and Alex was going through a real bad patch.

As the night wore on it became obvious that Matt was in some discomfort and when Val returned to the track and removed his calf guards it revealed a discolouring on his shin. It appeared that a calf twinge he felt the day before had bled through the night and left him bruised and sore. He decided to continue with a target of 200km. Macca (Alex) had gone into “who dares win” mode. The army senior staff sergeant had put his head down and battled on. The outcome was that he had pulled back on Bryan and Wayne and was running well.

I have never been one for statistics. All I wanted was that the team to do well, but one of the crew members helping the team (Miriam), was into statistics and with eight hours to go pointed out that there was only 1km between the first and third men’s teams and we were in third place. I passed this off and said the important thing was to keep them running. Throughout the night Miriam kept bringing me updates and I was quite dismissive of them. With just over two hours to go Miriam again approached me with statistics and this time was more adamant. I looked at them and noted that we were now in third place and unlikely to get any higher but the Australian team was coming back at

us at an alarming rate and if things stayed the same they would beat us by just under a kilometre. This was not going to happen!

Bryan, Wayne and Alex now looked like a bicycle pursuit team. They were spread over 80m and all running at the same pace - we had got the message to them that the “Aussies are coming” and we had to up our pace. Wayne had also been given strict instructions not to talk to any more of the athletes, a trait that he has. So with cap down and eyes fixed Wayne ran in silence, Macca looked as if he was going through East Timor with a pack on his back and Bryan looked ... well, Bryan didn’t look, he was shut down running on empty and showing no emotion, pain or happiness. He was at work and working,

The Australians now had a man in second who was chasing first and two others who were after good distances to make sure they qualified for the world championships in Poland. The Kiwis were running for survival.

When the hooter sounded and the men stopped - Miriam the statistician came up with preliminary results. The New Zealand and Australian teams had completed the same number of full laps but the Kiwis had eight extra minutes worth of running and the Australians four minutes - so who had done the most in the last few minutes - the Aussie chasing the second place or the determined Kiwis.

Bryan didn’t know, he had no recollection of going for the drug test after he had finished. He was all in. Macca had the strength to threaten me with death if he hadn’t got a medal and Wayne was taking the opportunity to smile and talk to anyone and everyone.

## Commonwealth 24 Hour Race Team Results

Men	
1st England	668.335 km
2nd Wales	664.244 km
3rd New Zealand	661.624 km (McCorkindale, Botha, McKenzie)
4th Australia	661.125 km
5th Canada	595.093 km
6th Scotland	490.296 km

## New Zealand Men’s individual placings and distances

4 Bryan McCorkindale	222.374km
5 Wayne Botha	222.295km
8 Alexander McKenzie	216.955km
14 Matt Bixley	201.309km

## 12 Hour Results

Bryan McCorkindale 125.172km M55 world record  
(Previous record Christian Manix, France 1998)

Val Muskett 12 hours 114.173km W55 world record.  
(Previous record 112.365km - Sue Ellen Trapp USA 2001)

This meant the New Zealand men’s team had raced their way to a bronze medal, Val had broken the 12-hour over-55 women’s world record and Bryan broke the over-55 men’s world record for 12 hours and set a 100 mile as well as finishing fourth in the Commonwealth championships. Not too shabby for a man who had come along to be fourth runner and back-up for the team. All that remains is for the athletes to get the accolades that they have undoubtedly deserved. However as it is with ultra runners they may have to run a long way and wait a longer time for that to happen.



Val Muskett on her way to a world record

PHOTO | JOHN MUSKETT

# Train the Training and Race the Races

by | ANDREW GRAHAM

I'll start by introducing myself. I am Andrew Graham from Auckland and have been involved on and off with athletics since I was eight years old (I am 47 years young as I write this). I ran middle distance track and cross country for Lynndale up until I was 21. At 23 I decided to have a few months off and played football (soccer) and played premier club football for the next 20 years! I always ran to keep fit and always did a 12 minute fitness test to gauge where my basic fitness was at. My goal each year was to go eight laps in 12 minutes and while it was sometimes a struggle I have managed to always achieve this.

In January 2008 I was visiting my brother in Tauranga. It was around the time of the annual New Year's twilight athletic meeting. I had done one of my 12 minute runs a couple of days beforehand and had strained a calf muscle but I still thought it would be nice to compete in something so I entered myself and my brother into the 3km walk, long jump, discus, javelin and shot put. My brother was reluctant at first but agreed to give it ago.

Our results were disastrous! Neither of us was able to finish the walk (that's a hard event!). The discus was fun and we propped up the field with a 70 year old gent beating me. I had to compete in the long jump from a very short run up due to my injury. A very concerned official pleaded with me to only have one attempt at the high jump (she saw me limping and was concerned). The javelin was as successful as the walk and the shot put was only slightly better.

The whole day could have been seen as a disaster but in actual fact we had so much fun, laughed a lot and felt good to be back in the arena. My brother set a challenge to be fit and in better shape for the Oceania masters championships in 2012. I agreed. It was three years away and we had a lot of time to prepare. Yeah right!

Over the next couple of years I competed with the Auckland masters on the track. Injuries have limited a lot of activity but as I approach 2012 I feel that I am getting there slowly. I have had some good advice along the way and thought it might be helpful for others. I'll use my 5km times as this shows the trend that I feel has been most accurate for my 'journey'.

My timeline has gone a little like this:

**2008:** 5km 20:38 Training involved casual running 30 minutes 2-3x per week and two football training sessions per week. I had a lot of trouble with repeated calf strains (every six weeks or so).

**2009:** Ran 2x at Auckland masters track and ran at nationals at Tauranga. 800m 2:28 and 1500 4:55. My 5km time came down to 19:38. Winter played football.



Andrew in racing mode

**2010:** Lots of injuries but managed 18:45 for 5km. Winter: Football and 3 x 10km Auckland series) with a best time of 38:59.

**2011:** Again repeated calf injuries at the start of the year so I decided to take a different tack. I took a Lydiard schedule and did the 13 year old boy's middle distance programme. I also decided to do the aerobic sessions even slower than I had previously done. A more experienced master's athlete advised me to 'train my training and race my races' i.e. train slowly and then race fast. At times the workouts were so slow that they hardly seemed worth it. A knee injury at the end of the 2010 soccer season almost ended all my exercise so I decided not to play soccer in 2011. I joined Auckland City Athletics and decided to run cross country and road. After six weeks of training I entered the HEB cross country event in Pukekohe. I LOVED IT! I finished third in my age group and was encouraged to keep going. I increased my running to the 15 year old boys schedule and again finished third at the Auckland Cross country championships. I ran a 17:54 5km time trial in June.

The injuries are not bugging me so much now and I am enjoying the renewed challenge that running is bringing me. I have lost 9kg since the start of 2011 and am about to embark on the senior men's Lydiard schedule as I prepare for the Oceania championships in Tauranga.

## So what have I learnt?

1. Train your training and race your races i.e. I have slowed my training down so that I can complete the weekly workouts and not breaking down every weeks. 'Race my races'. I do not race every week. This is too often for me. I have had seven races this winter. In the last two I have felt very stale, but I did race three weeks in a row. This was too much for me.
2. Listen to my body. Missing a day or two of training if I'm not feeling too good or if I am a bit sore is not a big deal. I have not trained seven days in any given week yet. I have always had a planned (and a couple of unplanned) rest days.
3. I have varied my training by cross training (exercycle, rower and cross trainer) 1x per week (at least)
4. Daily massage to my calves. This is usually self-administered, but I have managed to coerce my teenage son a couple of times!!
5. Varying my runs. Different locations and terrain to keep me mentally stimulated.
6. Set goals. It may have been a time on the track or just to compete in a particular event. Goals kept me on track and motivated to keep training.

So fingers crossed that I'll see you all in Tauranga. This will be a great event and I am looking forward to competing. See you there.



Claire Giles in the hammer throw at the 5th Island champs

PHOTO | ANDREW STARK

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**Photos available from various events including:**  
 2011 North Island Masters Track & Field Champs

# Auckland

by | JOHN CAMPBELL

As the year comes to a close, we are almost half way through what is going to be one of the busiest track and field seasons for a while. Our Auckland Masters programme has been truncated this year, because of the lack of competition venues earlier in the season, which was due to the impact of the RWC. Despite this, we have had two Top Team meets at Mt Smart stadium with good turnouts at both.

The highlight for me personally, would have to be the return to the track after a lengthy injury break. Having missed out on the entire season last year, I was eager to see if I had lost any of my speed and I'm sure my fellow competitors may have been wondering the same thing. I will let my results speak for themselves, however I do plan to compete at the Oceania championships in February.

Speaking of the Oceania championships and also with our national championships coming up shortly, we have gained a few new members recently and no doubt most centres will have noticed the same trend over the last few weeks.

### Top Team Three

With the scarcity of venues available in Auckland this year, we had little option but to decide to combine our next Top team meet, with an Athletics Auckland open meet. This will be interesting as most of our members have not competed at an open meet before and it will also be a chance to show the younger generation what we are capable of.



Tony Deleiros blasts out of the blocks in the 200m at Mt Smart

### Auckland/Waikato BOP Challenge Meeting

This was a new competition trophy that the Waikato BOP club decided to introduce. This will be held annually, with the venue alternating between Auckland and Waikato.

The venue for the inaugural competition was Porritt Stadium in Hamilton and the weather was superb, with enough of a breeze to keep the athletes cool, despite the sun and warm temperature.

The Auckland contingent unfortunately was smaller than we anticipated, due to injuries to some of our athletes. We did our best however under the circumstances and tried to secure the first trophy for Auckland. Alas, it was not to be and Waikato BOP were deserving winners. Rest assured that it won't be so easy for them next time. It will be held in our 'back yard' and we look forward to exploiting the home ground advantage.

### Auckland Masters Records recently broken:

- Nigel Stainton M50 Javelin - 51.63m (NZ Record)
- Laurie Carter M85 Javelin - 15.01m
- Laurie Carter M85 Hammer - 19.91m
- Laine Inivale M45 Shot Put - 11.36m
- Hilary Weeks W75 Hammer - 19.23m
- Pam Spiers W85 Hammer - 14.46m



Bruce McLean (M70) competing in the 3000m at Mt Smart

PHOTOS | JOHN CAMPBELL

# Northland

by | COLLEEN BRUNKER

### Onerahi Estimated Run/Walk 18 September

16 Masters competed, lots of fun, sudden downpour of rain, spot prizes, great afternoon tea and all decided it is a must on next year's calendar. Results were:

Ian Babe	4km walk	31:30
Ian Calder	8km run	29:59
Val Babe	4km walk	32:22
Lyn Fraser	4km run	28:25
Morris Gray	8km run	40:55
Dewlyn Smith	4km run	16:44
Jenny Hastie	4km walk	43:09

### Half Marathon Champs Auckland 30 October

M50 Ian Calder	1:17:53	1st
M60 John Kent	1:31:24	2nd
W60 Judith Bradshaw	1:49:19	2nd

### Northland Pentathlon Champs 6 November

Results:

W50 Naylor Stopforth	2643
W65 Barbara Austin	3815
W70 Val Babe	2361

Great news – Two NZ records broken:  
Barbara Austin W65 shot 8.29  
Colleen Brunker W80 hammer 22.42

### Northland Weight Pentathlon Champs 6 November

This was a good event and the committee are really pleased with the four who entered.

M45 Mark Lett	2148
M60 Chris Portch	2379
W45 Dewlyn Smith	1684
W80 Clasina Van der Veeken	2560

3km run was held after the pentathlon

Judith Bradshaw	13:21
Annette Murray	14:35

### Kerikeri Half Marathon 20 November

With close to 2000 starters descending on Kerikeri and the most wonderful weather prevailed throughout. Thirteen Northland masters took part with our Cheer leading team lead by Colleen Brunker at 20km to encourage, cheer and congratulate them.

Results:

M45 Mark Lett	1:35:59
M50 Ian Calder	1:14:27
M60 John Kent	2:02:45
M60 Brian Barach	1:36:53
M65 Jim Kettlewell	1:31:34
M70 N Rae	2:07:24
M70 D Underwood	2:07:55
M80 Colin Thorne	2:34:16
W60 Judith Bradshaw	1:42:00
W60 Oringa Barach	2:39:07
W60 Margaret Crooke	2:19:45
W65 Jan Woller	3:03:13
W80 Clasina Van der Veeken	2:34:41



Clasina Van der Veeken (L) and Dewlyn Smith did well in the weight pentathlon



Barbara Austin (NTH) 1st W65 weight throw at the Nth Island champs

PHOTO | DIANE BARRETT

PHOTO | JIM TOBIN

# Tasman

by | DEREK SHAW

## South Island Masters Games

The athletics meet that was held at the Saxton Field all weather track with its new pavilion on 15 October was part of the South Island Masters Games held in Nelson for the first time during 15-23 October. Some 75 athletes from throughout New Zealand and two from the other side of the Tasman Sea took part. There were some fine performances which provisionally resulted in six NZMA records being broken. In the specially organised 10km track walk, three new records were set. In the W35 age group, Wendy Healey broke the previous record by more than 16 minutes to post a time of 56:16.92.

Nyle Sunderland (W40) continued her good form to take just over a minute off the previous record with a time of 56:34.65. In the W55 age group, Neroli Aymes recorded a time of 57:30.72 to break the previous record by over three minutes. A great effort by all three as was the efforts of the three men in the 60m event. Keith Rozecki-Pollard (M65) of Dunedin ran 8.84 to break the current record 9.67, Brian Thornalley (M70) of Nelson ran 9.38 to beat the current record 9.70 and Bill Unwin (M75) ran 11.35 to provisionally record a new record for his age group. The games will be held in Nelson again in 2013.

## More Success for Nyle

Nyle Sunderland has been selected in the initial New Zealand team to compete in the Trans Tasman walks international in Hobart on 25 February. This continues her good form from the World Masters Championships in Sacramento, California in July. Competing in the W40 grade she won all three of her races in personal best times. Her golden efforts began with the 5000m track walk in 27:33.11 and continued with the 10km road walk in 58:42, slashing 1:39 off previous best time. Her third gold came in the 20km road walk in 1:56:54, which she described as her hardest race over this distance after collapsing at the finish due to the hot conditions. Second in all three races was her roommate at the championships and virtual training partner American Tamara Stevenson who is also coached by American Jim Leppik.

Nyle's golden trifecta resulted in her being one of 25 finalists for this year's Next magazine Women of the Year awards. The awards were launched last year to "celebrate and acknowledge remarkable women who manage all aspects of their lives while making an outstanding contribution in their fields". She has been nominated in the sports category.

## Tasman Cross Country Champs

Since his arrival in Nelson at the start of this year to take up a teaching job at Nelson College, Phil Costley has dominated running events in Nelson. He won the open title, despite being eligible for the master's title, at the Tasman X/C championships held in wet conditions at Rabbit Island on 9 July. He covered the 10km course in 33:53, nearly seven minutes ahead of Stuart Grange. In the 8km Masters race, Graham Taylor continued his good form winning in 28:54 from Marlborough runners John

Kennedy (29:46) and Ian Thomas (30:00). Tim Cross took out the M50 title in 33:17, followed by Andrew Barker (34:43) and Gary Marshall (35:54), with Ian Morrison (39:06) being the first M60.

Paula Canning continued her good form to win the master's women's race in 24:51, just over two minutes ahead of Jane Reedy. Wendy Healey won the 6km race walk in 36:45, from Ross Mitchell (38:01) and Peter Hague (39:24).

## Tasman Road Champs

The 2011 champs were held at Tahunanui in pleasant conditions over 10km on 6 August. After contesting the lead for over half the race Harry Dixon, who was home for a visit from his sports scholarship in the USA, had to concede line honours to the 30-time national champion Phil Costley who finished in a time of 31:54. Dixon finished in 32:45 and was followed by masters Simon Mardon (33:02) and Ian Thomas (34:51). Murray Hart in 8th place overall took the M50 title in 37:57. Tim Cross (38:42) and Phil Barnes (41:14) were second and third in the M50 grade. Barry Dewar (40:13) was first in the M60 grade followed by Ian Morrison (41:54). Paula Canning was the first women home in 38:54. In the 5km race, masters women Toni Mockler (21:44) was second, followed by Fran Kerse (23:48) with Odette Llewellyn (25:34) fifth.

In the race walk, triple world champion Nyle Sunderland was first in 25:51, followed by Wendy Healey (26:45), Peter Hague (28:56), Ross Mitchell (30:07) and Roger Denton (31:29). Roger is Wendy's father and it is good to see them both back racing after taking breaks.



Steve Low (TAS) 1st M55 400m at the North Island champs

PHOTO | JIM TOBIN

# Cook Islands

by | DAVID LOBB

For the second year in a row the Cook Islands Masters athletes conducted their annual championships meeting over three days around the Gospel day holiday (26 October). After having Trevor and Tui Ashe visit with us in 2010 we were pleased to welcome a larger group from Auckland to the 2011 meeting. The team from the Bay Cougars was lead by Tony and Anne Deleiros and included five other masters' athletes and one junior girl who participated in the championships.

With the Gospel day holiday falling on Wednesday in 2010, the meeting commenced on the Monday evening with the triple jump, the 800m and concluded with the 60m sprint. The sprint times were very even with seven athletes recording times from 8.5 (Tony, M60) to 9.5 (Kevin, M55)

The meeting continued on Tuesday evening with high jump and shot put and on the track the distance events 5000m/3000m and the 200m sprint. Highlights of this second day were the new record by Tamarua Herman (M65) of 8.15m in the shot and the 200m races with Tony Deleiros recording 27.4 seconds.

The final day of competition was on the afternoon of the holiday and the program had both the discus and the javelin with good fields for both throws. The highlights were provided by the Cook Islands masters with Tamarua (M65) recording the best throw in the discus and second best in the Javelin. Coach of a number of up and coming Cook Islands athletes John Teiti (M50) showed us how to throw the javelin with the best throw of 30.50m.

Over the three days of competition there were a total of 17 new Cook Islands best performances with a couple of athletes who recently entered new age groups to the fore. David Lobb, who has just moved to the M60 group, setting six new marks and Terai Hill in the W60 also setting three new marks. After the completion was completed the master's athletes gathered at Kafe Kokanati for a pleasant evening of Cook Islands foods and conversation while old Olympic highlights were shown on the big screen.

## Results:

### 60m

Tony Deleiros (M60) 8.5, Susann Rothkoph (W45) 8.6, Manfred Rothkoph (M50) 8.8, David Lobb (M60) 8.8, John Lester (M65) 9.0, Ake Hosea Winterflood (W50) 9.3, Kevin Henderson (M55) 9.5

### 100m

Tony Deleiros (M60) 13.2, Susann Rothkoph (W45) 13.4, Manfred Rothkoph (M50) 14.2, David Lobb (M60) 14.8, Anne Deleiros (W60) 16.5, John Lester (M65) 17.9, Mona Henderson (W45) 18.0, Kevin Henderson (M55) 22.0

### 200m

Tony Deleiros (M60) 27.4, Susann Rothkoph (W45) 28.9, Manfred Rothkoph (M50) 29.2, John Lester (M65) 30.2, David Lobb (M60) 31.9, Anne Deleiros (W60) 36.0, Mona Henderson (W45) 48.2

### 400m

Manfred Rothkoph (M50) 1:12.1, Kevin Henderson (M55) 1:17.5, John Lester (M65) 1:29.1

## 800m

Kevin Henderson (M55) 2:49.5, Zenzi Grabowski (W55) 3:36.4, Mona Henderson (W45) 4:41.5.

## 1500m

Kevin Henderson (M55) 5:46.3, Geoff Stoddart (M55) 6:24.6, Zenzi Grabowski (W55) 8:08.3, Mona Henderson 9:37.6.

## 3000m

Zenzi Grabowski (W55) 16:33.8

## 5000m

Kevin Henderson (M55) 21:19.2, Mona Henderson (W45) 42:06.5.

## Long Jump

Manfred Rothkoph (M50) 4.51, Kevin Henderson (M55) 3.97, David Lobb (M60) 3.87, Susann Rothkoph (W45) 3.65, Anna Rothkoph (W9) 3.20

## Triple Jump

Kevin Henderson (M55) 8.53, David Lobb (M60) 8.22

## High Jump

Manfred Rothkoph (M50) 1.35, David Lobb (M60) 1.10

## Shot Put

Tony Deleiros (M60) 9.33, Mona Henderson (W45) 8.93, Anne Deleiros (W60) 8.18, Tamarua Herman (M65) 8.15, Susann Rothkoph (W45) 7.63, Zenzi Grabowski (W55) 7.51, Kevin Henderson (M55) 7.32, Terai Hill (W60) 6.66

## Discus

Tamarua Herman (M65) 28.62, Tony Deleiros (M60) 25.28, David Lobb (M60) 21.22, Kevin Henderson (M55) 21.19, Manfred Rothkoph (M50) 19.78, John Ormrod (M65) 17.63, Mona Henderson (W45) 24.58, Susann Rothkoph (W45) 20.33, Anne Deleiros (W60) 20.26, Takau Moekaa (W55) 19.82, Terai Hill (W60) 17.79, Zenzi Grabowski (W55) 14.16

## Javelin

John Teiti (M50) 30.50, Tamarua Herman (M65) 28.28, Tony Deleiros (M60) 23.45, Kevin Henderson (M55) 19.58, John Lester (M65) 16.67, John Ormrod (M65) 14.39, Mona Henderson (W45) 24.09, Terai Hill (W60) 19.53, Takau Moekaa (W55) 17.28, Anne Deleiros (W60) 15.00



60m sprint on the new track

# Canterbury

by | ANDREW STARK

The 2011-2012 season started later this year with our first meeting being held on Wednesday 26 October. The delay was due to all of the grounds we use for our meetings being damaged in the earthquakes that have been on-going for over a year. Fortunately, the after-shocks appear to be getting further and further apart.

Rawhiti Domain, the New Brighton / Olympic Club ground has been selected as the new temporary home of Athletics Canterbury. Considerable money has been invested by Athletics Canterbury into upgrading the long jump, high jump and javelin run-ups, plus several new throwing circles have been laid. An equipment shed is to be build and electronic timing facilities are planned.



“A social gathering” in the rain

Some Mondo track has been imported from Melbourne, so at least the jumpers and throwers will not be disadvantaged by not have QEII anymore. The grounds staff at QEII have been working at improving the grass track, which is now starting to look good. However with all of the red tape required, it has taken longer than expected to get the necessary upgrade work started and completed. It is hopeful that all work will be completed by mid to late January 2012.

Hansen Park, the Port Hills Club grounds which we also use, required re-levelling of parts of the track and the throwing circle which meant that it has not been useable so far this season. As a short term measure some of our meetings have been held at Christchurch Avon Club track, located at Burnside High school. We are appreciative for them allowing us access to their facilities. It would be fair to say that it has been a disjointed start to the season!

The opening day meeting was held in wintery conditions. A small dedicated group attended, mainly made up of the throwers. The numbers attending all meetings so far this season have been lower than expected and one can only put this down to the effect of the earthquakes on many of our lives. Priorities have changed as people struggle to get their lives back on track, especially if their houses are in the red zone or badly damaged.

We have held two CMA championship events so far this season. The 10000m & 5000m events were both held on the Burnside High School grass track. The 5000m results are not yet available

## CMA 10000m Championship Results:

M60	Peter Larkin	38:48.91
M50	Clive Kitchingman	39:33.15
M45	Kevin Slattery	44:34.17
W70	Carol Thompson	58:20.18
M60	Brian Chubbin	58:53.80
M80	Stan Gawler	1:00:55.84
M80	Brian Keown	1:05:14.88

As we do not have an all-weather track in Christchurch, several of our members made the effort to go to both the North Island and South Island championships and their results can be seen elsewhere in Vetline. Some excellent performances were recorded. Other CMA members have also headed to Timaru, Dunedin & Wellington in their quest to run fast times. On Wednesday 14 December we held our Christmas breakup meeting at Rawhiti Domain. Once again the weather was unpleasant and raining, so it turned into a social gathering with only one race and one throwing event being held in-between the rain. Regardless of the weather, it was great to see members enjoying themselves, something that does not always seem possible when living in Christchurch with all the destruction that has gone on and continues to go on around us as buildings are pulled down.

Two long standing member have left the Canterbury region. Diane Carter is returning to Gisborne and Bruce McPhail is moving to Tauranga. I would like to take this opportunity to thank them both for the contribution that they have made to CMA and wish them well in for the future. I am hopeful that the new year will bring some peace to our city and that more of our members will return to competition.



Brian Chubbin completed in both the 5000m & 10000m Championship events

PHOTOS | ANDREW STARK

# Taranaki

by | BRIAN O'SHEA

## Taking Over

What does one say when taking over the reins from Karen Gillum-Green. Karen is something of a legend in Taranaki athletics circles and she has a staggering workload. Besides being recently elected to the NZMA Board of Directors, she is the President of both Athletics Taranaki & the Egmont Athletic Club. Karen is not the delegating type of president but is a hands on organiser and worker and no athletic events at the TET stadium are held without her being there. She also still competes on the track, road and cross country besides coaching young athletes, yet still finds time to hold down a full time job and look after a family. A hard act for me to follow but I'll do my best.

## Taranaki Daily News Half Marathon

Held in New Plymouth on 2 October

The results of the women walkers were:

1st	Vanessa Lowl	2:15:23
5th	Marlene White	2:26:04
6th	Serena Coombes	2:27:33
7th	Anne Fraser	2:28:47

The results of the men walkers were:

2nd	Dave Wackrow	2:10:06
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Brian Warren (TAR) and Murray Clarkson (WBP) in the M60 1500m at the North Island Champs

## Devon Mile

Held in New Plymouth on 13 November

### Runners

W55	Vicky Adams	8:48
W60	Lynne Mackay	8:55

### Walkers

W65	Sue Park	14:33
M85	Ivor Ellis	14:10

## North Island Championships

These were held in Wellington on 25-27 November. Taranaki results appear elsewhere in this issue.

PHOTOS | JIM TOBIN



Denise Phillips (TAR) 1st W50 weight throw at the North Island Champs

# Southland

by | EVAN MACINTOSH

## Southland Road Champs

Once again Ricky Gutsell showed that he is still a national class runner by taking out the masters section of the Southland road championships. Debbie Telfer took out the ladies title despite niggling injuries that don't want to go away.

Mike Piper, who has completed over 100+ marathons has been battling an arthritic knee problem and has had some surgery to try to rectify the problem, took out the Runogging champs. Resulting from his dodgy knee he has had to adapt his running style and he himself calls his running style 'Runogging', a cross between running and jogging.

Masters results were:

### 10km

Ricky Gutsell	M45	35:31
Glen Mcleay	M40	35:50
Grant Baker	M40	39:54
Graham Neilson	M50	41:39
Bruce Thomson	M50	44:33
Marty Knowler	M45	44:37
Michael Casey	M35	45:14
Evan MacIntosh	M65	48:37
Alistair Hatton	M40	52:24
Stan Marshall	M55	57:25

### 5km

Debbie Telfer	W50	20:45
Jan Taylor	W45	31:50

### 10km

Southland Runogging Champ		
Mike Piper	M65	1:13:00

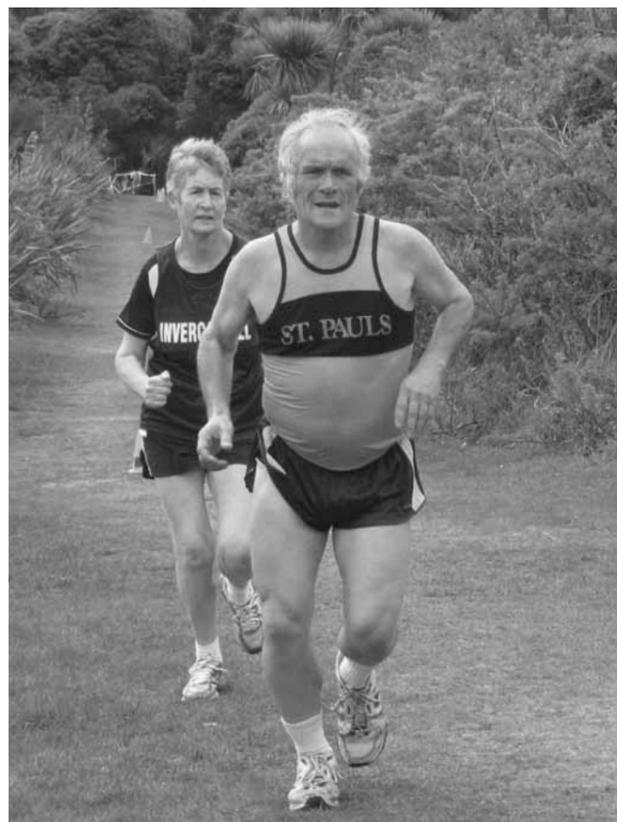
## Southland Cross Country Champs

The Southland Cross Country champs were again held at Donovan Park Invercargill this year. As expected after a few days of persistent rain the course was an absolute bog in most places. Add in a couple of equestrian hurdles to clamber or hurdle over and it made for a very tough energy-sapping course.

Masters results were:

### Men 7.5km

Ricky Gutsell	M45	28:05
Glen MacIntosh	M40	28:36
Chris Goodwill	M45	28:48
Grant Adamson	M45	29:11
Tyrone Lake	M35	30:11
Nigel Marsh	M35	30:46
Steve Gemmill	M35	33:03
Bevan Pearce	M40	33:23
Bruce Thomson	M50	33:30
Brett Cordes	M40	33:38
Garth Fairbairn	M55	34:13



Barrie Sheehy and Linda Te Au competing in the Grand Prix series



Southland president Mark Flaus talking to MP Eric Roy

Graham Neilson	M45	34:16
Evan MacIntosh	M65	37:34
Bill MacKay	M55	38:06
Mike Bashford	M50	38:20
Barrie Sheehy	M60	40:02
Michael Casey	M35	40:12
Steve Smith	M35	40:54
Alistair Hatton	M45	42:37
Stan Marshall	M55	48:11

### Women 5km

Debbie Telfer	W50	22:22
Jenny Adamson	W45	23:05
Rose Heyrick	W50	26:25
Linda Te Au	M55	28:43
Jan Taylor	W45	35:15

## Winter Handicap Series

The winter handicap series was contested over five events and was taken out by Evan MacIntosh. Although never closer than sixth in any of the five events, consistency won the day.

## Older Person Expo

Southland Masters recently promoted our sport at the 'Celebration of the Older Persons Expo' in Invercargill. Local President Mark Flaus spent the day speaking to hundreds of visitors to our stand. Most people were interested in holding the 4kg shot thrown by Valerie Adams. Mark had marked a spot 21.5 metres from our stall to highlight the distance that she throws. The picture attached to this article is of Mark Flaus talking to local MP Eric Roy. Eric recalls his younger days when he threw the discus 160 feet and was keen to look at getting back into the sport when he retires from politics.

## Southland Marathon Championships

Our local evergreen runner Ricky Gutsell was first overall in the Southland marathon championships in a time of 2:43 and led from start to finish. His tactics are to start fast and just keep going as fast as the body allows. His winning margin was nine minutes ahead of the next runner. Ricky has won in five of the last six years. The interesting point to note is that Ricky will turn the big 50 at his next birthday! Glenn MacIntosh (M40) was second masters in 3:22 and Bill Richardson (M55) third in 3:24.

Ex Southland athlete Val Musket took out first place in the master's women section in 3:34. Linda Te Au was the best of the Southland masters women in a time of 4:15 - a personal best for the 56 year old who has only been running competitively for a few years.

Some points of interest from this year's marathon are the number of marathons completed by some of the runners. Garth Fairbairn (M55) said that he has completed about 80. Bill Richardson (M55) has completed 198. Bill said that his 199th will be the Blenheim marathon and his 200th will be at Wanganui. The colourful Mike Stewart from Wellington completed his 490th marathon in this year's Southland marathon champs, albeit in a slowish time of 5:27. He will clock up number 500 in the not too distant future. At the other end of the scale Michael Casey (M35) and Stan Marshall (M55) proudly achieved completing their first full marathon.

# Otago

by | JOHN STINSON

The Wednesday night track sessions held at the Caledonian Ground from early October are going well in spite of initial concerns over declining numbers. This situation has been rectified to some extent in recent weeks. The programme comprises a distance race followed by a sprint distance from 60m to 200m. Unfortunately weather conditions have often proved unfavourable particularly with the volume of wind competitors have had to contend with. On a good night a field event of choice is also held under the supervision of Fiona Harvey and Jo Hurring. These events are always competitive and notable for the variety of techniques employed.

The South Island Championships held in Timaru from December 2 to 4 was thoroughly enjoyed by all Otago team members. Many achieved South Island and Otago records along with a number of personal and season's best. Unfortunately Gene Sanderson was an enforced withdrawal from some events due to illness but helped out as an official for the rest of the Meeting.

On 7 December the Geoff Capon Memorial 5km Beach Run was held along St.Clair and St. Kilda Beaches. This event has now been permanently positioned as a pre Christmas event instead of a mid winter fixture There was a good turnout for the Beach Run with the joint winners being Chris Gould and Maria Sleeman. A number of spot prizes were distributed following the race. The final meeting for the year will be held on 14 December with a programme of fun events followed by a meal at the Wharf Hotel.

Evergreen Bill Kenny who spent most of the winter months in his native Scotland still continues to enjoy his sport to the full and to set new Otago records in the M75 age group. On 10 December at the Caledonian Ground Bill broke his own Otago 3000m record with a time of 14:54.26 Bill only recently broke the mark set two years ago by Jim Flynn of 16:06.06 with a time of 15:23. Bill has established a bunch of Otago middle-distance records over the past 34 years many of which still stand Giving added merit to Bill's latest record run he has only just recovered from an early season quad muscle injury.

The first Meeting for the 2012 season will be the Peggy Calder Memorial interclub meeting to be held on 15 January at Memorial Park, Mosgiel. This is always a great start to the New Year and a nice way to get rid of the excesses of the holiday period.



Paul Campbell (AKL) and Mark Macfarlane (WLG) 1st and 2nd in the M45 400m

Photo | JIM TOBIN



## COMING EVENTS by Nostradamus

### 2012

5-12 FEB	Oceania Stadia Championships	TAURANGA
2-5 MAR	NZMA Stadia Championships	AUCKLAND
20 MAR	Autumn Equinox at 6.15pm	
3-8 APR	WMA Indoor Championships	JYVASKYLA . FINLAND
6-9 APR	AMA Stadia Championships	MELBOURNE
14 APR	NZ Mountain Running Champs	MT CAMPBELL (NELSON)
21 JUN	Winter Solstice - 11.28pm	
21 JUN	Partial eclipse of the moon - 11.38pm	
4 AUG	NZ Cross Country Champs	HAMILTON
12 AUG	NZ Half Marathon Champs	PALMERSTON NORTH
1 SEP	NZ Road Champs	VENUE TBC
20 OCT	NZ Marathon Champs	AUCKLAND

### 2013

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

5-11 JAN	Oceania Championships	BENDIGO, AUSTRALIA
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### 2015

	WMA Stadia Championships	LYON, FRANCE
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### 2016

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



CANTERBURY

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M. J. HILLIARD