

vetline

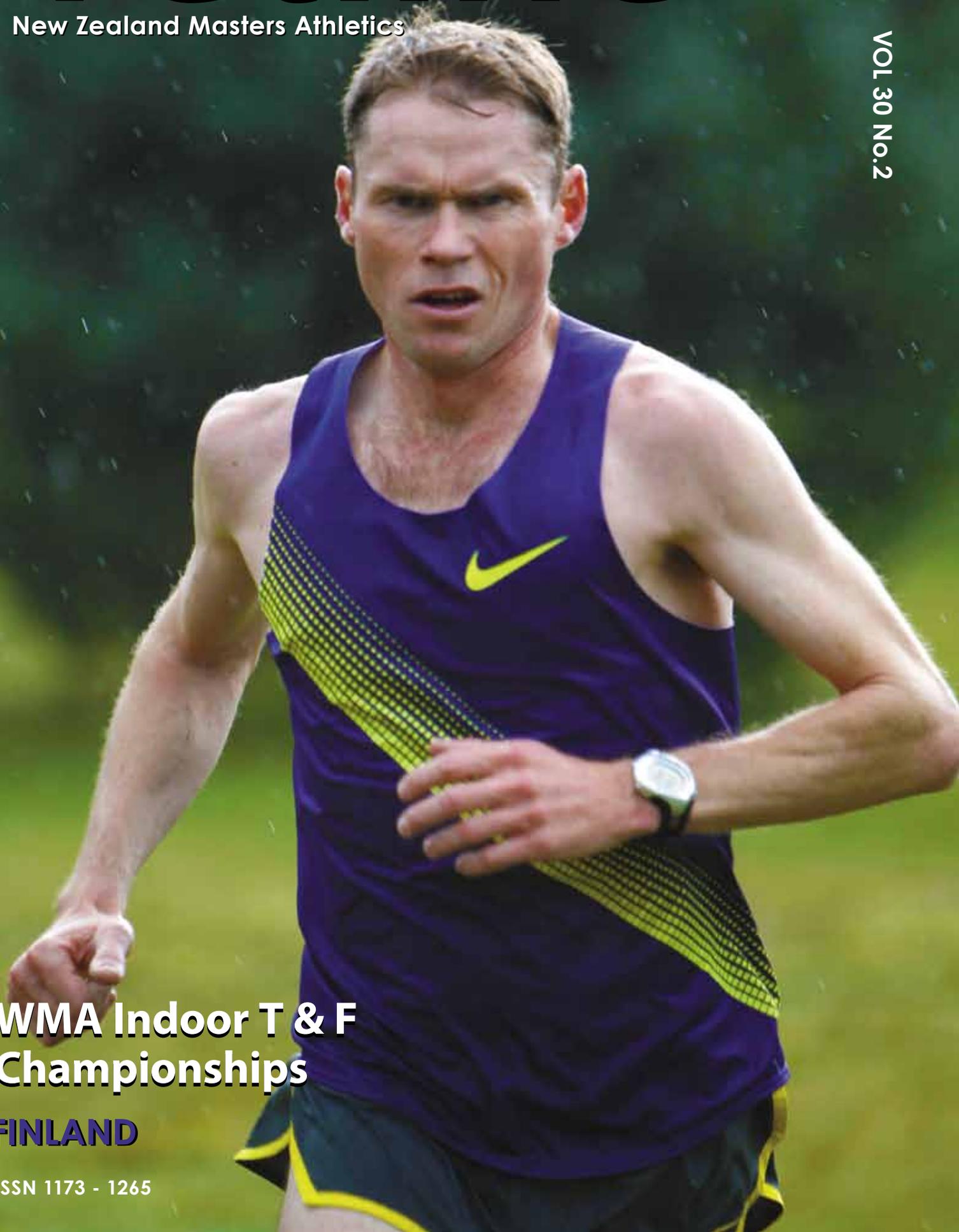
New Zealand Masters Athletics

JULY 2012 VOL 30 No.2

**WMA Indoor T & F
Championships**

FINLAND

ISSN 1173 - 1265





The start of the 10000m at the NZMA T&F championships at Mt Smart, Auckland

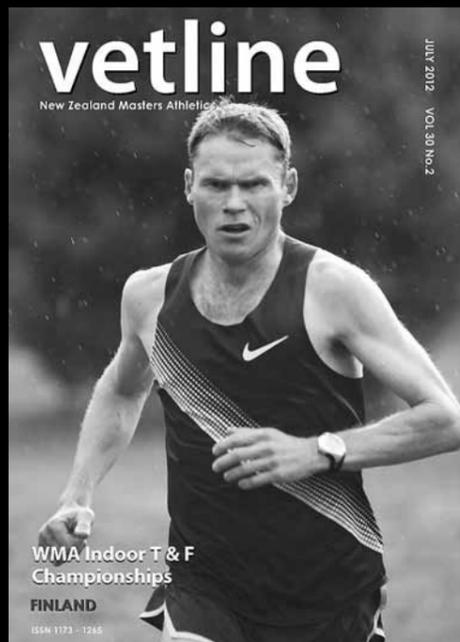
Photo | SHARON WRAY



Mark Lett (NTH) competes in the M45 Long Jump at the NZMA T&F championships

Photo | SHARON WRAY

Official Magazine of New Zealand Masters Athletics
FOUNDED IN 1970



Cover Photo

Phil Costley at the National Mountain Running Championships
PHOTO - Courtesy of the 'Nelson Mail'

Inside Back Cover

Russell Lake (WBP) leads Ian Calder (NTH) in the 10000m at the NZMA T&F championships at Mt Smart, Auckland
PHOTO - SHARON WRAY

Back Cover

Sally Gibbs (WBP) in the 10000m at the NZMA T&F championships at Mt Smart, Auckland
PHOTO - SHARON WRAY



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President's Report

You may or may not know that the World Masters Games (WMA) are to be held in Auckland in 2017 and it is likely that track and field will be part of the event. The various masters games that are held throughout the country are sometimes viewed as competition for our regular NZMA events. However I think that we should look at these games as an opportunity rather than a threat. They expose more people to our sport and as far as local games go in a less threatening environment.

For those of us trying to grow our organisation it allows us to identify people who are already interested in our sport and are potential recruits for regular master's competition. The WMA, because of the publicity it will undoubtedly get, has the added bonus of making the wider public aware of our sport. We need to find a way of making the most of the opportunity these and lesser games give us to grow our organisation.

by | MIKE WEDDELL - NZMA President



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Letters to the Editor

Capturing The Moment

My congratulations to you on the quality of the latest production of Vetline and, in particular, the wonderful collection of action photographs from our international event, the Oceania Masters Athletic Championships held in Tauranga in February. Those of us who have a background in hurdling have a real appreciation of how difficult it is to capture the "moment". The centrefold photo of Lamb and Malcolmson (M60) going over the 300m hurdles toe to toe is absolutely brilliant - real trophy material.

I have just arrived back from three months consulting project in Australia and received a request, from my very good friend John Lamb from Canberra who features in this photo and took the title and record, for a scanned copy of the photo. Unfortunately, most of the photos (at least in my copy of Vetline) are very pale and hazy and the written lines from the backing pages show through. This appears to be a general publication production problem.

Is it possible to get original photo quality copy images and are you able to advise how this could be done? Your advice much appreciated.

Best wishes
Alan Dougall

Hi Alan – thanks for your comments. As you noted we had a printing problem and we hope to have it resolved for this issue. We hope that the complimentary copy of the original that we sent you is what you wanted. Cheers - Editor

Race Walking Judging

I read John Hines letter regarding race walking with interest and would like to add my support to section b) of the letter. (Vetline April 2012 p6).

I always accompany my husband to the Oceania championships and would very much like to enter a walking event. Currently his is not possible as I am not a 'race walker' and not likely to develop this style now. It would be great to enter a walking event, even though no medals are to be won – just a certificate perhaps, with a time on it would be enough. But being able taking part in the championships would be a reward in itself.

Thanks to John for raising this subject.

Sheila Waters

Invite To Canberra

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You are cordially invited to cross the Tasman and celebrate with us.

Canberra will be 100 years old in 2013 so come and party.

Date: Easter 2013.

Canberra is the beautiful place to be.

Come and join us for the 41st Australian champs.

Entries will be on line later.

Your friends in competition.

Jan Banens, ACT Vice President.

Light-hearted Vetline observations

Some letters to the Editor focus on gripes and other negative issues. For a pleasant change I would like to present some light-hearted observations arising from the previous edition of Vetline (April 2012).

1. There is an excellent two-page photo on pages 24 and 25 of some fine athletes all clearing a hurdle at the same time. Is it my imagination, or are all three holding hands as they clear the hurdle? If so, then it takes cross Tasman camaraderie to a new level!

2. The back cover photos show New Zealand athletes wearing the new-design national singlet and looking good. I believe that all New Zealand athletes were encouraged to wear the new strip. On the front page there is a photo of our hard-working NZMA President showing good form and leading by example. But really Mike, wearing the old singlet with 'New Zealand Veteran Athletes' on it? Perhaps they ran out of your size in the new-design singlet?

I should point out that I am a good friend of Mike (or I was until now) and have no doubt that I will be in for a good old-fashioned British bollocking when we meet next, for drawing attention to his outdated singlet! And I daresay that I will be at high risk of being crossed off his Xmas card list into the bargain.

Seriously though, it is always good to take a light-hearted view of things and laugh at ourselves from time to time. It does us good.

Evan MacIntosh - Invercargill



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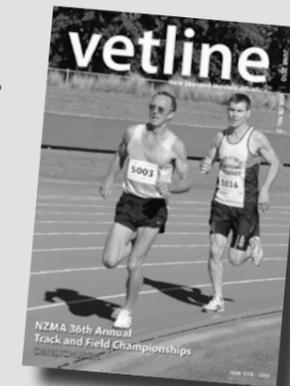
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World Indoor Championships

by | JANET NAYLON

Oceania has been represented at each of the five editions of the WMA Indoor Track and Field Championships. This time there were two New Zealanders and 27 Australians at the 5th World Masters Indoor Championships, which were held in Jyväskylä, Finland from 3-8 April 2012.

Led by IAAF Female Masters Athlete of the Year, Lyn Ventris (two world records – 3000m walk and 10km road walk), Australia finished in 10th place on the medal tally with 38 medals (17 gold, 14 silver, 7 bronze), while New Zealand finished with one gold, two silver and one bronze medal and 32nd place from 57 competing countries.

So just where is this un-pronounceable town? Jyväskylä is in the western part of the Finnish Lakeland. It is the largest city in central Finland and 270 kilometres north of Helsinki. When speaking with one of the Finnish athletes two years earlier in Kamloops, we asked about the weather at Easter – the response was *"ahhh, it is beautiful and warm – it is spring time"*.

Nothing could have been further from the truth. We experienced 20-30cm of snow the night before competition started and a little bit more the next night. The opening ceremony included a parade through the pedestrian mall in the snow! Most days were around zero degrees with coldest night, minus nine. Admittedly the weather was unseasonal with locals describing it as a second winter.

What was most impressive though was that the university town did not grind to a halt because of the snow – buses ran to time, students still rode their bikes across the lake and the LOC worked overtime to groom the cross country trails in time for the first races on day one of the competition.



Janet Naylor placed 8th in the W45 long jump

One of the things that continues to amaze me on trips such as this is the excellent multi-use facilities that exist in regional centres. Hippos Hall was part of a sporting complex that included ice hockey facilities, football fields and a baseball field. This venue was not only multi-use; it was multi-level. The Hall had a synthetic four lane 200m track, which could be flat or raised at any height up to 72cm. Below the track were warm up areas, gymnastics

facilities, a weights room, Karate mats, two additional ice hockey rinks and a half size indoor astro turf field!

Indoor field event sites (shot put, horizontal and vertical jumps) were within the main hall which allowed for good spectator viewing, especially the horizontal jumps while the indoor weight throw was conducted in a marquee on the nearby baseball field.

Yes it was an indoor meet but the WMA World Indoor championships have some outdoor events – the long throws, cross country, 10km road walk and a half marathon. The long throws were conducted at Harju Stadium which was also the start/finish for the cross country. The cross country trails were groomed and gritted to create a soft slushy surface though it was still icy in places and while the organisers were suggesting racing flats, Aussie Peter Sandery opted for spikes and this paid off with a win in the M70 event.

The road walks were held on a 1km loop at the shore of Lake Jyväsjärvi while the half marathon took in one and a half laps of the lake; the LOC did a terrific job of clearing the courses of snow, ice and grit and went to great lengths to point out that no short cuts across the frozen lake were allowed.

Detailed results can be found at: http://www.fidalservizi.it/wma_2012/Index.htm

For those looking for something a bit different or a new challenge in track and field, why not consider an indoor meet? The atmosphere is a bit like being at a basketball match – it is very loud and the competition is very close to the spectators. While the dry air can be challenge with 800m cough even after a sprint, and the constant putting on and taking off layers gets a bit tiresome, it is actually a lot of fun. The next WMA Indoor Championships are in Budapest in late March 2014 when apparently the city awakens from winter!



The Australian team assembled for the opening ceremony

Southland Sports Awards

by | MIKE PIPER

Lance Smith Coach Of The Year

For the past six years, the champagne has been on ice, but just over a week ago at the Southland Sports Awards, the cork was opened, and the celebration began. After five years as an unsuccessful finalist in the 2012 Southland Coach of the Year Category, Lance Smith took out the 2012 award, and congratulations are extended to him on this honour. It is now ten years since Lance arrived in Southland and from day one the sport of Athletics began to benefit. Not only do we have a highly successful coach, but the province has gained a hugely competent athletics manager. The publication of 433 weekly athletics bulletins is testament that the sport has gained immensely from the tireless hours of input by this man.

The award of "Southland Coach of the Year" is a very prestigious one, and as I have been involved as a judge of the Southland awards for over 30 years, I am well aware of the consistently high calibre of nominations received, over many sports.

The past ten years have seen performances from Southland athletes reach heights never before seen in the province, and to a large extent this can be attributed to the efforts either directly or indirectly of Lance. He has coached 16 athletes who have made New Zealand teams. His athletes have won countless New Zealand titles, and as a result, Southland has on a population basis, probably been New Zealand's most successful province in recent years.

A coach develops a close relationship with an athlete, and over the years, I have observed Lance working with his athletes and I have noted the huge time involvement. Watching the development of athletes such as Todd Swanson, Glen Ballam, Christina Taylor and Matthew Robinson was of special interest to me, and more latterly I have enjoyed following the fortunes of Greer Alsop, Jade Graham and Charlotte Muschamp. Over the years, Daniel O'Shea, Rebecca Gibson, Chad Butson and Hayley Saunders were all part of the Smith stable, the success of which we all applaud.

Recently, I asked Lance for some comments in respect of his coaching philosophy. Just two words can sum up his answer. "Athlete input". Lance comments that as a coach, you should know plenty about your sport, your enthusiasm for your athletes should be contagious, you should know your athletes desires and needs, and most importantly, which buttons to press to convince them to want more. i.e. to keep in athletics and to keep progressing. According to Lance, we are in the sport to compete, but not necessarily to win. The athlete must learn about oneself, develop time management skills, as well as having fun and developing life skills along the way. The medals on the rostrum are the reward and bonus.

Lance believes that the athlete knows him or herself better than he as a coach and that his coaching improves when:

1. Athletes know themselves better.
2. Athletes contribute to the coach process.
3. Athletes have ownership of their sport.

Lance refers to the "coach trip", with the coach behind the wheel steering, with the athlete determining the destination, and both deciding just how to get there. Athlete input/ownership and motivation is closely linked, and the athlete is the captain of the team. Almost all of my life, I have been closely involved in the sport of athletics, never as a coach, but often in a mentoring capacity. I have nothing but admiration for people such as Lance, who spend just so much time researching all the ingredients necessary to pass on to the budding successful athlete.

Lance and I have a mutual interest in running literature and we both read extensively the many publications available. Lance, apart from his coaching role and athletics management duties, has also found time to write numerous papers on all aspects of the sport. His writings are published widely and are all worth while reading, having been well researched.

Southland is fortunate to have someone with his ability. His coaching record speaks for itself. He told me that the day he stops learning, will be the day that he will give up coaching. It is then that I will join him in cracking the next bottle of champagne. The award of Southland Coach of the Year 2012 is recognition to Lance for his contribution to date and I am sure that all of his athletes both past and present will join with me in congratulating him on the achievement.

PHOTO | Courtesy 'Running Times' (Invercargill)



Lance Smith with Commonwealth youth triple jump silver medallist Greer Alsop

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Surname	First Name		
<input type="text"/>	<input type="text"/>		
Postal Address	Telephone No.	Male/Female	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Date of Birth	Age Grade	
	<input type="text"/>	<input type="text"/>	
	Centre	NZMA No. 2012/13	
	<input type="text"/>	<input type="text"/>	
Email	Signed	Date	
<input type="text"/>	<input type="text"/>	<input type="text"/>	

I declare that I am a financial member of NZMA for the 2012/13 year. Neither the organisers, the sponsors, nor other parties associated with the events shall have any responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

Tick events entered		
Check the programme for the correct events for your age group		
<input type="checkbox"/>	60m	
<input type="checkbox"/>	100m	Long Jump
<input type="checkbox"/>	200m	Triple Jump
<input type="checkbox"/>	400m	High Jump
<input type="checkbox"/>	800m	Shot Put
<input type="checkbox"/>	1500m	Discus
<input type="checkbox"/>	3000m	Javelin
<input type="checkbox"/>	5000m	Hammer
<input type="checkbox"/>	10km Road Run	Weight Throw
<input type="checkbox"/>	80m Hurdles	Pentathlon
<input type="checkbox"/>	100m Hurdles	Throws Pentathlon
<input type="checkbox"/>	110m Hurdles	2000m Steeplechase
<input type="checkbox"/>	200m Hurdles	3000m Steeplechase
<input type="checkbox"/>	300m Hurdles	3000m Track Walk
<input type="checkbox"/>	400m Hurdles	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.

ENTRIES CLOSE - 2nd November 2012

NO LATE ENTRIES

CHEQUES PAYABLE TO
Waikato - Bay of Plenty Masters Athletics

ENTRIES AND ENQUIRIES TO
Judy Chandler
P O Box 24072
Abels, Hamilton 3253

Phone 07 856 7674
Mobile 027 2640433
Email: judy.ken@slingshot.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 Fee	\$	10.00
First Event @ \$6.00	\$	6.00
Each additional event @ \$5.00	\$	
Multi Events @ \$5.00 each	\$	
Lunches @ \$ 10.00 each	\$	
Total Enclosed	\$	

OFFICE USE ONLY

Entry Acknowledged	<input type="text"/>
Race No.	<input type="text"/>

COMPETITION PROGRAMME

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

Friday 23rd November					
TRACK			FIELD		
Time	Event	Grade	Time	Event	Grade
5:00pm	3000m Walk	M/W	5:00pm	Hammer	Men
				Shot Put	Women
				Long Jump	M30-54
5:45pm	400m	M/W	5:45pm	Long Jump	M55+
6:30pm	5000m	M/W			
			6:45pm	Shot Put	Men
				Hammer	Women
				Long Jump	Women
Saturday 24th November					
Time	Event	Grade	Time	Event	Grade
9:00am	3000m S/C	M30-59	9:00am	Discus	M55-65
					M70+
				Javelin	W30-54
				Triple Jump	M30-54
				High Jump	Women
9:30am	60m	M/W			
			10:00am	Discus	M30-49
				Javelin	W55+
				Triple Jump	M55+
10:10am	2000m S/C	W/M60+			
10:30am	80m Hurdles	W40+/M70+			
11:00am	100m Hurdles	W30-39/M50-69	11:00am	Discus	Women
	110m Hurdles	M30-39		Weight Throw	Men
12:00pm	LUNCH BREAK				
12:30pm	100m	M/W			
			1:00pm	Javelin	M30-59
				High Jump	Men
				Triple Jump	Women
1:15pm	1500m	M/W			
2:00pm	400m Hurdles	W35-49/M35-59	2:00pm	Javelin	M60+
	300m Hurdles	W50-69/M60-79		Weight Throw	Women
	200m	W70+/M80+			
3:00pm	4x100m Relay	2W & 2M Interprovincial			
Sunday 25th November					
Time	Event	Grade	Time	Event	Grade
8:30am (NS)	10km Walk	M/W	8:30am	Pentathlon	M/W
	(NS) 10km Run	Open		Throws Pentathlon	M/W
9:00am	100m Pentathlon	Women			
10:00am	200m	M/W			
11:00am	800m	M/W			
1:30pm	3000m	M/W			

Athletes Information

SPIKES ON PORRITT STADIUM:

5mm or 6mm ordinary spikes only.
No element or 7mm needles to be worn.

ACCOMMODATION:

Boundary Court Motor Inn (closest to Porritt Stadium)
36 Boundary Road
Free phone 0800 106 906
Email info@boundarycourt.co.nz

PLEASE NOTE:

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

ACCOMMODATION:

Camelot Motor Inn
231 Ulster Street
Phone 07 834 2122
www.camelotmotorinn.co.nz
Email stay@camelotmotorinn.co.nz

Australian Championships

by | BRYAN THOMAS

All kinds of weather and excellent facilities

Runners participating in the 10,000m on the first morning of the 2012 Australian Masters Athletics (AMA) Championships 6 – 9 April not only had to survive 25 laps of the track but also had to battle strong winds and high temperatures of more than 30 degrees. But on the fourth and final morning of the Easter carnival the cross-country and road walk participants were confronted by cool breezes and rain. On Monday afternoon some relay events were delayed because of heavy rain and hail. But between the start and finish of the championships Melbourne provided a mix of weather conditions including many periods of warm sunshine.

This was the first opportunity for most visitors to participate at the attractive new Lakeside Athletics Stadium at Lake Albert with its bright blue running track. In fact the venue is so new that some Melbourne taxi drivers had difficulty finding the stadium. Although it was cool and damp most competitors in the cross-country and road walk considered the venues as being good and fair courses for their respective discipline. The 8km cross-country events were run over three laps of approximately 2.7km at Yarra Bend Park. During each lap runners had to overcome a nasty little hill.

The 10km road walk consisted of five 2km lengths of a recreation path within Fawkner Park. It was a good venue as the surface of the path was smooth and almost dead straight with only a very slight slope from one end to the other. Road walkers, especially elder competitors, unlike their cross-country running friends have to overcome an extra obstacle along each lap and that is the scrutiny of the judges.

Participants

If the World Masters Athletics (WMA) Indoor Championships had not been held at Jyväskylä in Finland at the same time our national championships would certainly have had more than 700 participants. As it was 681 athletes participated. Victoria of course had the largest contingent of 291 while there were 14 overseas visitors – 13 from New Zealand and one representing Great Britain. Almost 40% of competitors were females and it appears that both men and women over 60 years-of-age were in the majority. Octogenarians were especially conspicuous for there were six women and 23 men over 80 years-of-age. Margaret Prowse from Victoria was the most senior woman at 91 years-of-age while M89 Queenslander Feliks Jecabsons was the eldest male. At the other end of the age range it was pleasing to see 13 M30s and ten W30s competing.

Most competitors appreciated the relaxed procedure of reporting directly to their event 20 minutes before it was scheduled to commence and not having to go through a call room. Of course competitors involved in events in which heats may be required did need to sign in at least an hour before.

Another memorable experience from these championships was singing along, tapping fingers and some athletes even demonstrating their fancy dance steps to the 1960s era pop music being played on the PA system. Having ABBA, Louis Armstrong, Chubby Checker, Buddy Holly and even Elvis rocking in the stands of an athletics meet was a cheerful little extra. It was appreciated and not overdone – it was never TOO loud and was never played at inappropriate times such as race starts or medal presentations.

Outstanding performances

Every national championship produces many exciting competitions and outstanding individual performances and Melbourne 2012 was no different. There were two world records, plus 22 individual and two relay Australian records as well as an additional 37 new championship records. World records were set by W55 Victorian Dawn Hartigan when she cleared the pole vault bar at 3.20m and by W35 Byrony Glass from Western Australia with a mighty 17.29m heave of the heavy weight. Sandy Brunner (SA) and Osmo Millridge (NSW) each set two Australian records; Sandy for the W70 5000 and 10,000m and Osmo for the M80 200m hurdles and 1500m race walk.

Athletes of the Meet awards recognise the athlete that achieves the highest age-graded performance in each major track and field discipline. In the sprint and hurdles category M75 Hugh Coogan (Qld) convincingly won all the sprints and his time of 65.88 in the 400m equates to 100.3%. Middle distance runner W70 Lorraine Lopes (WA) ran 6.37.31 in the 1500m for an age-graded score of 96.7%. Lavinia Petrie (Vic) was champion long distance runner with her W65 5000m effort of 21.36.70 earning 100.4%. New world record holder Dawn Hartigan was of course the most outstanding jumper of the meet. Veteran Victorian thrower M80 Win Van Weenen tossed the hammer 41.98m for a score of 94.4%. M75 Robert Gardiner (Vic) was best age-graded race walker and his 59.55 in the 10km road walk converts to 93.1%. All six Athletes of the Meet received a \$200 voucher donated by Runners World.

Of course there were many other memorable performances. Two that captured my attention, no doubt because I have always had a special fascination with the middle distance races, were the performances of W40 Tasmanian Suzy Cole in the 800 and 1500m. Despite confessing to being very nervous at the start of both Suzy was always well out in front and easily won in the excellent times of 2.11.02 (90.5%) and 4.31.63 (92.4%) respectively. Despite these wonderful performances Suzy is a relative newcomer to masters/veterans track and field. As she lived in northern Tasmania, where her children were involved in junior athletics, Suzy was inspired by the achievements of AMA Hall of Fame member Shirley Brasher and so at the age of 37 she decided to "also have a go".

Champion of champions and other awards

Two special events of the annual carnival are the 100m Sprint Champion of Champions and the Throws Champion of Champions. The sprint championship involves the best eight age-graded men and women performers in a 100m race in which the athletes are handicapped according to WMA age factors. This year the throws championship competition was the shot put. All shot put age group winners were invited to participate and were given a handicap according to their winning performance in their individual competition.

M75 Hugh Coogan (Qld) was the winner of the men's Sprint Champion of Champions race. This was the third occasion Hugh has been the winner of this feature event having previously won in 2007 and 2011. It was an even more remarkable victory for the winner of women's race as this was fifth consecutive victory for diminutive Wollongong, NSW speedster W45 Gianna Mogentale. Gianna has been female champion of champions every year since 2008. Having recently become an M70 Keith James (NSW) took the honours in the men's shot put Champion of Champions competition while W55 Joanne Pronk (Qld) was the women's winner.

Two other special awards - the Royce Foley and Brian Foley Awards, are presented during the championships. Royce, deceased 1997, was the leading figure in getting the throws

pentathlon recognised as a legitimate athletic event both here and abroad. Brian, no relation to Royce, was a long serving national secretary and an enthusiastic middle distance runner until his sudden death in 2006. The Royce Foley Award is presented to the highest scoring male and female athlete in the throws pentathlon but can only be won once in any five year age group.

The 2012 winners were M75 Tom Hancock (Vic) and W70 Janice Banens (ACT). The Brian Foley Award is presented to the best performing male or female runner in either the 800 or 1500m. This year it was won by 72 year-old Lorraine Lopes (WA) with her run of 6.37.31 in the 1500m.

Dinner and Awards Evening

Greg Champion, well known Melbourne entertainer and member of the popular radio program "Coodabeen Champions", was the celebrity MC for the Dinner and Awards Evening. His many songs and anecdotes, full of humour and satire, were a hit with the audience. Being a member of Victorian Masters and a competitor in several M45 events at the championships gave him plenty of insights into the conduct of the nationals and many of the personalities involved. One particularly enjoyable part of his act was a comical rendition of the national anthem as it may have been written and sung by people from each of the different states and the Australian Capital Territory.



Trevor Ogilvie (NZL) leads from Kevin Solomon (Vic) and Dennis Wylie (NSW) in the 1500m at the Australian championships

PHOTO | GRAEME DAHL

Greg was also given the job of announcing the nominations and recipients of the annual AMA Awards. These prestigious awards are given in eleven categories and recognise the performances of our best athletes during the previous calendar year, in this case 2011. Most of the winners had set world records and performed with distinction at the 2011 WMA Championships in Sacramento.

The winners were – Julie Brims W45 (Qld) in the sprints/hurdles category, Lorraine Lopes W70 (WA) middle distance/steeple, Keith Bateman M55 (NSW) distance, Andrew Jamieson M65 (Vic) walks, Margaret Taylor W60 (ACT) jumps, Janice Banens W65/70 (ACT), the multi-events/relays category was awarded to the Australian W65 4x400m, Lyn Ventris W50/55 (WA) most outstanding female athlete, Hugh Coogan M75 (Qld) most outstanding male athlete, the one armed pole vault medallist at Sacramento M40 Mark Jeffrey (WA) was judged to have had the most outstanding individual performance and administrator/official of the year was presented to AMA records officer Clive Riddoch (Vic).

Race walker Lynn Ventris, the recipient of the most outstanding female athlete has a remarkable record as a winner in these awards having previously won the walks category on seven occasions. Andrew Jamieson has now won the walks for a third

time and was the most outstanding male in 2008 and 2009. This was Margaret Taylor's sixth title as AMA jumper of the year. Keith Bateman has been our best distance runner for consecutive years.

The Kiwis

Vanessa Story W30	Michael Scholten M30
Terri Grimmett W50	Mark Macfarlane M45
Tui Ashe W60	Keith Barrow M50
Chris Wearing W65	Trevor Ogilvie M60
Jacqueline Wilson W65	Alan Galbraith M65
Daphne Jones W70	Trevor Guptill M65
	Peter Hanson M70

Complete results can be found on the Victorian Masters Athletics website.

Next year

The 41st AMA Championships will be held in Canberra next Easter. As 2013 is the centenary year of Canberra these championships promise to be special. Plan now to be part of this very enjoyable annual festival of masters athletics.

Age Is No Barrier

by | JOHN WAITE

A few months ago Jim Tobin, the Vetline editor, asked me to read and review an Australian history of the veterans/masters book written by an old Canberra friend, Bryan Thomas.

This has not been an easy task as the history ranges over many years. It is also a bit like a quality fruit cake: the reading cannot be "consumed" in one sitting. Because of the detail the reader needs to take one segment of "fruit cake" at a time, making it more easily digestible. Nevertheless, Bryan Thomas has written a scholarly, well-researched account of Australia's mature athletic scene.

To recommend this book to New Zealanders as a must read is not so easy. Much of the detailed history would make dull and wasted reading. However, a keen reader of history would appreciate the evolution and politics that Bryan so logically states.

The book itself is very structured with a clear chronological order under headings easily understood. Many photographs

in colour and black-and-white complement the written work. Less appealing to the New Zealand reader in general is the fully justified account of mature Australian athletes who, in the main, are meaningless names.

Where there is some relevance is the recording of World Masters and Oceania Games where Kiwis were involved and association with the respective competition was recalled.

It is never easy to write a treatise to satisfy those who will read a particular history. On a personal note, and having journeyed through much of this period whilst living and participating in Australian athletics, I would liked to see a second, more social history. In the period outlined there have been hundreds of personalities, ranging from the very normal to the eccentric. I hope, one day, an historian with a good memory will record the antics for the memory bank.

This book is an excellent buy for the keen Master athlete and a suitable addition for the reference section of a Kiwi's bookshelf.

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 2011 North Island Masters Track & Field Champs

Gold Coast Marathon

by | JOHN WAITE

Many New Zealand masters middle and long distance runners will have warm and fuzzy feelings about this now famous and globally acknowledge annual event held along the coastal roads in early July. If talking to a Kiwi runner about this event one discovers that it is an event that either brings back memories or is still on the "to do" list.

There are a number of reasons why the Gold Coast Marathon appeals to New Zealanders. Firstly, the attraction of Queensland's warm weather, sunny clear blue skies when winters chills, ice and snow and cold winds dominate the home front. Secondly, school holidays seem to fall about this time and it means the whole family can set off on a relatively cheap Queensland holiday. Thirdly, the variety of distances open for participation means the whole family can be involved. Lastly, the organization is so professional that there is scarcely another running event that can match it. Twenty eight thousand competitors this year (2012) is testament to its popularity.

The Convention Centre at Broadbeach, a few miles south of the start line, was used as the Registration/Pickup Centre over the three days preceding race days. As well, many stalls (not unlike New York, London, Boston etc) displayed their goods and services. It seemed that every aspect of running requirements was available.

Even those seeking a massage could find this service offered without charge. The very latest technological gadgets on sale

included personal GPS 'toys' telling the runner distance and average kilometre rate, and these were selling like hot cakes. At one point prior to race day the top runners were introduced on stage by the great marathoner Rob DeCastella.

Both race days, Saturday and Sunday, began coolly but by mid-day the brilliant sun had warmed the coast into the low twenties (celsius). The largest and most popular event (the half marathon) began in the pre-dawn (6:00am Queensland time, 8:00am New Zealand time) dark, similar to the Honolulu Marathon. The courses are well marked; the water stations spread to allow easy access to fluids. Quite odd to see at the turn-around point in the half marathon was a single file queue of about a dozen runners waiting to use the portaloos. Too much pre-race drinking?

The finish area and tented village had to be seen to be believed. The last 100 metres of the course was carpeted in royal blue; the finish chute and spectator stands were filled with cheering spectators; amenities marquees were dotted over many acres.

In addition to the satisfaction of completing the courses, each finisher was awarded a handsome medal and commemorative t-shirt.

If you have not already participated in one of the Gold Coast Marathon events, I recommend that you consider adding it to your "to do" list.

A Surprise Letter Recalls Origins Of Our Sport In Australia

by | BRYAN THOMAS

ACT Veterans Athletics Club (ACTVAC) patron, Jack Pennington OAM, recently received a letter from an old friend that he hadn't heard from in almost thirty years. The letter was a pleasant surprise as it recalls the very beginnings of veterans' athletics in Australia and the role played by a small group of energetic enthusiasts. The main body of the letter is reproduced below.

"Dear Jack,
Why I am contacting you is to seek your help in the matter of having Wally Sheppard inducted into the AMA Hall of Fame. I have no argument with those already inducted – Reg Austin (NSW), Alan Bradford (Qld), Shirley Brasher (Tas), Ann Cooper (SA) and John Gilmour (WA) they are all great athletes. The trouble with getting an administrative person inducted. The athlete's record speaks for itself but to get Wally in you have to go with word of mouth, minutes of meetings, many of which were overseas when he was the Australian representative at World Veterans conferences etc.

Luckily I have copies of *Veteris Magazine, Programs and Results for World Championships* from Toronto to Christchurch and your magazine *The Veteran Athlete*. I would appreciate any help that you may be able to supply or even a letter from yourself supporting my contention that Wally Sheppard was instrumental in starting the Veteran Movement in Australia. Look after yourself,
Logan Irwin."

Notes regarding the personalities and events referred to in the letter.

Much of the background for these notes is contained in Bryan Thomas's book *Age is No Barrier, A history of Masters/Veterans Athletics in Australia* (published 2011).

A few enthusiasts sow the seeds

Even before a club for veteran athletes was established in Australia, prominent NSW race-walker and secretary-manager of the Randwick Botany Sports and Social Club, Logan Irwin organised the first athletics carnival within Australia specifically for mature-aged men. This first NSW Championships, a full scale meet for men over 35 years-of-age incorporating all traditional track and field events, was held over the week-end 27-28 March 1971 at Hensley Field in Sydney.

The championships were unanimously acclaimed a success. So much so that five of the most enthusiastic and influential participants; Cliff Bould (WA), Al Digance (SA), Frank McCaffrey (NSW), Jack Pennington (ACT) and Wal Sheppard (Vic) met with Logan and decided that the sport of veteran athletics should be promoted throughout the country. Logan Irwin was the event organiser. Cliff Bould had travelled all the way from Perth. He was a champion distance runner who was encouraged by his

experiences at the US Masters championships in San Diego a couple of years earlier.

He later became one of the key personnel in establishing a veterans' club in Western Australia. Al Digance was the driving force in forming the South Australia Veteran Amateur Athletics Club, Australia's first veterans' club, 14 April 1971. Aside from being a writer for several Australian running magazines Frank McCaffrey was also a prominent distance runner. Jack Pennington was also a prolific writer (particularly on running, fitness and health matters) so it was decided that he should produce a newsletter in order to spread the good news. Wal Sheppard had driven up from Melbourne, not only to compete but also to advertise a proposed Australian veterans' tour to Europe the following year. Logan and Jack are the only two 'Founding Fathers' still living.

Logan Irwin

Most ACTVAC members know Jack Pennington and appreciate his contributions towards establishing veteran athletics in Australia. But few know of Logan Irwin.

Within a week of the South Australian decision to establish a veterans' club Logan called a meeting at the Randwick-Botany Sports Club for 20 April at which 26 mature-aged athletes attended. Logan outlined some of his reasons why such a club should be formed in Sydney when he said: "Many athletes, some in their mid 20s were contemplating retiring, most under the impression they couldn't compete against the young athletes successfully. I am convinced they would stay longer in athletics if competition was available in their age-groups." The meeting agreed to form a veterans' athletics club and Logan was elected secretary.

Atrocious weather (heavy rain and wind) over Easter 1974 was not enough to spoil the second Australian

championships held at the new track at the Hensley Field at Botany in Sydney. By far the most significant outcome of the championships was a meeting of the five existing state veterans clubs on Saturday 20 April that resulted in the establishment of an Australian association. Logan Irwin was chairman of this historic meeting and two of the other nine participants were Wal Sheppard and Cliff Bould.

The motion - "That we form a National Body" returned a unanimous vote of "Yes". It was resolved that the new national body be known as the Australian Association of Veteran Athletic Clubs (AAVAC). The meeting proceeded to elect its office bearers: Wal became secretary/treasurer, Jack was senior vice-president and records officer while Cliff and Al were vice-presidents. Shortly after accepting the presidency of AAVAC, his

Ron O'Neill wrote in *The Veteran Athlete* "In the forming of an Association, one must speak of the men who have put so much into the foundation, for a building must have a sound basis... Jack Pennington, Wally Sheppard and Logan Irwin were the foundation stones, cemented together by men like Cliff Bould and Frank McCaffrey."

Wal Sheppard

Wal Sheppard was the most influential person in establishing our sport within Australia as well as being one of the leaders in spreading this new concept of serious competition for mature-aged athletes world-wide.

Wal was a champion middle distance runner and for many summers he regularly raced against much younger athletes in the Victorian inter-club competition. In 1970 he travelled to San Diego for the US Masters championships where he produced outstanding runs in both the half mile and mile. His times of 2:03 and 4:39 were considered to be world bests for 48 year olds. While in San Diego, David Pain, head of US Masters Athletics, suggested to Wal that Australian veteran athletes should join their tour of Europe which was planned to coincide with a visit to the 1972 Munich Olympics. Rather than link with the American team, Wal and others considered the exciting possibility of organising an independent Australian team to participate in Europe.

Jack and Wal were involved in team selection and obtaining government support for an official Australian team to participate in this historic tour. They successfully convinced the Australian Amateur Athletic Union (AAAU) that they had assembled a team of athletes worthy of representing Australia. The team was granted permission to use the official AAAU badge incorporating the Australian Coat of Arms and the words "International Veteran Athletics, Cologne 1972" beneath. They were also fortunate in receiving some government support and private sponsorship enabling each member of the team to be outfitted with a green and gold track suit. Team members purchased their own bottle green blazer on which the official badge was embroidered upon the upper pocket. The team looked resplendent.

Most of the team assembled in Sydney and flew to San Diego where they participated in a warm-up meet at Bilbao Stadium against local veteran athletes. Wal was in excellent shape setting world best performances for an M50 by running the 800m in 2:06 and 1500m in 4:24.2.

An international meet featuring the United States, Great Britain and Australia was held at Crystal Palace in London in late August 1972. The team then attended the Munich Olympics. Following the Games 48 Australians participated in the highlight meet of the tour, the International Athletics Championships for men over 40 years-of-age conducted at the ASV Stadium in Cologne, West Germany 13-14 September. Although the track was cinders it was considered to be of international standard, and as the meet being of only two days it was difficult for competitors to participate in more than one event.

The 326 participants were made up of 123 West Germans, 110 from the USA, Australia 48, Great Britain 15, Canada 11, Sweden 9, France 4, Netherlands 3 and three other nations each with a sole representative. There were many prominent athletes amongst the competitors, including former Olympians and national champions. Wal was again one of the most outstanding athletes winning gold in both the 800 and 1500m at both London and Cologne and setting new M50 world bests 2:05 and 4:20 respectively.

According to Jack: "It was a tour never to be forgotten and the championships in Cologne were reported as being the World Championship in the *New York Times*, the *London Guardian*, several West German newspapers and even in the *Canberra Times*". *Veteris*, the magazine of the Association of Veteran Athletics (UK), also reported favourably on the historically significant events that had occurred in Europe during the late summer of 1972. "When US and Canadian Masters, and Australian vets visited Europe in 1972 the move towards competition for men over 40 really took off..."



The women's 60m sprint at the NZMA T&F championships at Mt Smart, Auckland

PHOTO | SHARON WRAY

The inaugural World Veterans' Track and Field Championships held in Toronto, Canada 12-16 August 1975 were a great success. There were more than 1400 competitors from 27 countries, including 80 women. Participation was particularly strong from the USA, Canada, Western Europe, New Zealand and Australia. During the championships a meeting was held at which all participants were invited to offer their views on the formation of a world veterans/masters athletics association. The meeting established a steering committee to plan for such an international body and Wal Sheppard (Australia) and Clem Green (NZ) were elected members. Clem successfully proposed the new international organisation should be known as the World Association of Veteran Athletes (WAVA).

A special milestone was reached at the 1985 AAVAC AGM when Wal Sheppard stood down as secretary/treasurer after performing the dual role since the inception of the national association in 1974. Since 1975 he had also been the Oceania representative on WAVA. Thus for 11 years Wal had been the most influential administrator in Australian veterans' athletics and his final act as our national treasurer was to successfully move that capitation be increased from 20c to 50c. In recognition of his outstanding contribution to the veterans' movement at home and abroad Wal was made a life member of the association.

Sadly, the ever-energetic and influential Wal Sheppard, one of the founders of WAVA, died of a heart attack while on a training run in April 1986. Wal missed seeing his dream of establishing Australia, and particularly Melbourne, as a desirable location for a world championships. Fellow Victorian athlete Case Muskens, who through his travel business provided Wal with an office to carry out his work as national secretary, said in an obituary: "Wal was an ambitious man and one with great vision. The size and activity of the Australian Veteran movement is a demonstrative legacy he leaves behind. That vision will continue to influence and change the lives of many Australians. His senior position on WAVA is a positive recognition internationally of his pioneer work and dedication to the veteran movement."

Many others, who had known Wal, took the opportunity to praise the

incredible contribution he had made towards the development of veterans' athletics both at home and abroad. An article in *Veteris* written in 1973, gave a British view of Wal's influence on the early growth of our sport: "If ever a man can claim to be the inspiration, and indeed the Founding Father, of his nation's veteran movement then the man is surely Wal Sheppard. Throughout the 1960s he trod a lonely furrow as the only Australian veteran athlete to hold his own in open company at all events from 100m to the marathon. His remarkable range of performances set an example to the younger athletes and commanded him great respect. A respect that has now become world-wide."

Profile - Phil Costley

by | DEREK SHAW

In his classic four-book Hitch-Hiker trilogy, Douglas Adam postulated that the meaning of life was 42. At the age of 42, Phil Costley's running has certainly taken on a new lease of life with winning his 31st New Zealand open men's title in the 2012 Mountain Running Championships in the middle of April after blowing away his younger competition and two weeks later winning the Rotorua Marathon. (See article on NZ Mountain Running championships).

In the Rotorua Marathon, despite not feeling too flash from the start, he ran just off the pace for the first half hoping for a good patch. Running with Dale Warrander, the defending champion who was seeking his sixth Rotorua title, he moved into contention after Warrander dropped back and pulled out injured. Costley and Blair McWhirter then began to pull away from the lead pack as they headed back into the city into the wind. With about 3km to go he managed to start edging away from McWhirter to finish about 100m ahead of him when he crossed the line to claim his third Rotorua title. His previous wins were in 1997 and 2000. Although a little disappointed with his time of 2:28:25, Costley was rapt with his win especially given how he had felt through much of the race.

Costley, now resident in Nelson after moving up from Christchurch in January 2011 to be closer to his wife Deborah's family, wasn't particularly targeting the Mountain Running championships but thought that they would provide a good workout before the Rotorua Marathon. Having done plenty of training on the hills near his home, he thought he would continue his support of national events especially since it was close to home. Having run the 14.2km uphill course on Mount Campbell twice before when it has been the national championships, he did wonder whether it could be a case of third time lucky and after a strong run it proved to be the case.

With the pending birth of his second son, Costley wasn't confident that he would be able to make it to the marathon. His plan was to train his guts out for as long as possible and hope to hang on to his form. As it transpired, Harrison's arrival was delayed and he finally appeared 11 days before the mountain championships, which not only enabled his father to get to both races but to also be in pretty good shape due to the additional hard training that he managed to get in before the birth.

Despite now having 31 national titles to his name, Costley understands that of New Zealand running/walking athletes Craig Barrett may have won more titles having reached 32 before he retired. He recalls that there was some friendly rivalry as to who would reach 30 national titles first. Costley bought up his 30th when he won the 10km track title a few years ago.

This completed a remarkable record of titles in 10 different events ranging from 3000m on the track through to the marathon.

This is something that is unlikely to be bettered as many of our top athletes now seem to head overseas for a substantial part of their careers. For those who are interested in the statistics, his titles are: 3000m (1); 3000m steeplechase (5); 5000m (1); 10,000m (1); 4km cross country (4); 12km cross country (6); 10km road (3); half marathon (4); marathon (2); and mountain (4). In addition to these gold medals he also has 12 silver and 12 bronze medals from national championships.

Another remarkable aspect of these titles is that they span some 18 years, with the first title being in 1994 in the 3000m steeplechase at the age of 24. Costley regards his cross country titles as being the most satisfying as they were probably the toughest as a wide range of runners used to contest them, including track runners such as Phil Clode and marathoners such as Peter Renner. The two long course titles in Hastings in front of family and home crowd were particularly satisfying. The first of these in 1997 was his most unexpected win.

Having previously finished second and third twice in national cross country races, he thought that he lacked the speed to win, so he decided to go out hard from the start and see what happened. At the time he was concentrating on training for the Auckland Marathon but thought he should support the event since he was living in Hastings at the time. He lead from the start and the rest of field let him go thinking that he wouldn't last and with lots of encouragement from the local crowd, he kept going and hung to win ahead of other more fancied runners including fellow local Richard Potts. Costley regards the cross country titles as the most memorable because of the different courses the races were held on, especially compared with the track titles which involved multiple laps on a 400m track that tend to be same.

It is easy to overlook that Costley has competed at two Commonwealth Games and two world cross country championships. At the first of the cross country events in Switzerland, he finished 30th in the short course race over 4km and 32nd the following day in the long course race over 12km. A very commendable effort that if the places in the two races are added together placed him in the top ten in the all-time overall places for athletes that have competed in both events in the same year at the world championships. An achievement that he is justifiably proud of and something that is unlikely to be bettered by other New Zealand athletes as the short course championships are no longer held.

Costley grew up with five older sisters and went to primary school in a small town in the back of Wairoa with a two-teacher school where athletics was only an annual event that involved an inter-school competition in Wairoa. At Napier Boys High School, he did compete but was always small compared to the other boys and usually finished in the middle of the pack and thus there are no trophies at the school with his name on them.

He did compete in the NZ Secondary School Cross Country Championships but jokingly says that he did better at the world champs than at the secondary school championships. He stuck at his running and flatted with other runners when at Massey University. After returning to Hawkes Bay he was coached by Allan and Sylvia Potts for ten years.

Since then he has coached himself but has continued to receive advice from his mentor Sam McLean of Christchurch. He credits McLean's advice of doing more speed work as the reason for his success in winning the 5000m and 10,000m titles. In the recent lead up to the Rotorua Marathon, Costley did three speed sessions per week over various distances, ranging from 200m to 1km on both the track at Saxton Field and the internal roads which are only seven minutes away from home. Many of these sessions were early in the morning often before it was light. He believes that this speed work put some spring back into his running, something that Jonathon Wyatt noticed and commented on to him after he watched him take out the mountain running title on Mount Campbell.

In addition to his individual medals, Costley has been a member of gold medal winning teams at the New Zealand road relay championships. For two years in a row he was part of the University of Canterbury's senior men's team that won in 2009 in the Takahe to Akaroa relay and the following year in Inglewood. Earlier, while running for Papanui Toc H club in Christchurch he was a member of the team that won bronze in the road relay championships.

In 2001, when the Hastings club had several other top runners such as Richard Potts and Hamish Christenson, he was in a SM team that came second in the relay championships on the Takahe to Akaroa course. Last year as a member of Athletics Nelson M40-49 team at the relay champs in Auckland his fast time for his lap helped secure third place for his new club. Costley said that he enjoyed the time trial aspect of the run and always having somebody to hunt down in front of him.

A sheer enjoyment of running and mixing up the training and events seem to be the key for his ongoing success. The variety of hill, cross country, road and track training and races has not only made it easier to keep motivated but also seems to have helped in avoiding serious injuries. His longest break from training has been six weeks due to a stress fracture in his pelvis which occurred after a week of nearly 300km in training.

As to whether he will begin competing at masters only events in New Zealand or overseas, it seems rather unlikely unless NZMA and ANZ end up being combined. He finds it strange that he can be recognised as a masters' champion at events but that his times don't get recognised as records because he is not a member of NZMA and consequently the fastest masters are not recognised.

With the arrival of his second son, his two-year-old Oliver becoming increasingly active and a full time teaching job at Nelson College, running is taking a bit of a back seat at present. He is keeping up with the progress of some promising young runners at Nelson College, who are part of the middle distance running academy in Nelson. He would like to be more involved in the academy and assist the head coach Greg Launtenslager. However, he hasn't yet given away the idea of competing in future events, particularly marathons, and is aware that the Auckland Marathon doubles as the national championships this year.



Phil Costley won the national mountain running championships two weeks prior to taking out the Rotorua marathon

PHOTO | Courtesy of the 'Nelson Mail'



Can Masters Athletes Be 'High Performance'?

by | BARRY RAIT

Over the last few years the descriptive phrases "High Performance", "High Performance Coaches/Athletes" have entered our sports performance lexicon.

I, for one, was not at all sure what these phrases actually meant and to whom they were not directed.

Coupled with this initial observation I was also aware of the laggard 'Athletes' Hall of Fame' policy that excluded outstanding masters athletes apparently on the simple grounds of extra-maturity. The sporting world has moved on from such restrictive policies particularly in measured sports like track and field athletics, Olympic weightlifting, swimming, shooting.

So far I have deduced a tolerably acceptable meaning of the current use of these glowing phrases to mean:

1. It is applied to the highest performing age for an individual athlete. This means it applies only to 'peak of age performances'.
2. In this sense the competitions are open entry (except for say, young shot putters).
3. The phrases are couched in a manner to only refer to Olympic Games, Commonwealth Games, Oceania (for NZ) and world championship events.
4. Usually there is a swag of sponsorship funding that is attracted to the athletic and coaching endeavours in the 'open' international competitions.
5. The athletes must be winners in their particular sports.
6. There is a fair amount of media backing – some is reasonable and some is educated and then there is a lot that is just contemptible.

Over the years I have become somewhat allergic to the aforementioned phrases when it seemed to rank what an athlete, or coach, did at various ages and thus the ranking of 'top line' to 'geriatric' was crudely paralleled with increasing age beyond about 30-40 years depending on the particular event or sport involved. (By the way the term 'geriatric' refers to a disease condition. The preferable term could be 'gerontological' but 'matured' seems easier to handle.)

It has become more apparent of late how covetous the users of these phrases seem to have used these terms. The use of these phrases by a small range of administrators, athletes and coaches let alone the media reporters, has led to a presumption that only those athletes and coaches conforming to the above 5 qualifications are entitled to their use. The present problem I see is the pernicious use of these phrases and terms to become the property of those who choose to use them and in the way they are used.

Some years ago shortly after the 'fastest old man in the world' Derek Turnbull died, I became aware of the barriers there are to 'high performance endeavours'. One of these restrictive practices are that only the top international 'peak of age performances' are to be considered. Masters simply do not count. This lack of appreciation of the full dimensions of a sport that is inclusive of juniors even children, seniors i.e. open competitors, masters (not golfing ones unless they are called master's masters), athletes with a disability.

Fortunately in the measured sports we have a huge banks of data upon which able statisticians can create marvelous inferences and allocations of performances, some of which are truly 'high performances'. Masters track and field athletics has well established national, regional, and international competitions upon which to base and justify their statistics. Mind you it does take some thinking to transfer 'age grade performances' and 'age graded percentages' into meaningful statements but once done the comparisons are well worth it. Once these terms have been mastered then you become part of the 'educated' participants or even the public.

One major obstacle is the pervasive thinking that one 'retires' into masters athletics and all competitions are really a prelude to the '19th hole'. It is my view that masters athletics has earned a much better deal from the sporting public, sports funders and sports administrators and will achieve this with strong masters advocacy.

In Southland, we do in fact have enlightened funders in the ILT Foundation and Community Trust of Southland – two of the largest funders in New Zealand. Both funders fully recognise that both the youth and the masters in sport are worthwhile sectors for their attention. The concept of 'elite masters' is one facet of this largesse found in the generous Deep South.

Finally, there is the role of sponsorship that determines a great deal of what is presented to the public. Sure, the Olympics, Commonwealth Games, Regionals and others need to be well based financially but this does not mean that other sectors of a sport can be ignored or considered irrelevant. It takes matured and perspicacity to fully grasp the meaning of all masters sports. Of course not all masters are 'high performers' in their endeavours but there are those who are e.g. Derek Turnbull and Ron Robertson as but two of the 'high performance' New Zealand masters athletes.

So why not be a 'high performance masters athlete' or a 'high performance masters coach'? Masters can own these accolades for the sector of their sport.

World Masters Indoor Championships

by | HEATHER CARTER

When Ian's plans for Sacramento last year were derailed by health issues, we decided that the World Indoors championships in Jyvaskyla, Finland, (3/8 April) would make a good substitute. On the plus side, someone with short legs might have an advantage on a tighter track and we'd never been to Finland; on the negative, it might be a tad chilly.

Thirty two hours got us from Auckland to Stockholm where we got our first look at an indoor track. Ian had two sessions there, one in the company of the Swedish elite squad. He asked the coach for any tips on coping with the banks and was told that that track was built incorrectly and if he could cope with that, he could cope with anything.

Three days later, we flew to Helsinki. The sports stadium there was impressive: volleyball, badminton, table tennis, rock climbing, hockey and weights were all in action, as well as the athletic club's training day. Sixty to 80 youngsters were being trained, followed by a session for around 60 teenagers. This was strong evidence of the Finns' love of athletics.

On 1 April, we took the train to Jyvaskyla, a city of 130,000, with 16,000 of them students. Apparently they had just had a week of spring; our arrival coincided with that of the snow. Minus four plus wind is cold! With the temperature dropping to minus 15 degrees overnight, underfoot conditions were treacherous and one Austrian non-athlete ended up in a wheelchair on day one. At the end of our week, we had two fine, still days and I'm amazed that four degrees can seem warm!

Most of the events were held in the stadium at the university, with the shorter throws in a plastic tent next door. There was a 200 metre four-lane track which was elevated by about 50cm on the outside of the bends for the longer races and had ten lanes down the back for the 60 metre sprints. The javelin, discus, cross-country, half-marathon and walks were held outside, in miserable conditions for the cross-country but in fine, picturesque conditions for the walks beside the frozen lake. With Jim Blair in the room next to us, the New Zealand team was complete. It was a unanimous decision not to march in the falling snow in the evening opening ceremony.

On day one, Ian had a "scarily easy" run in his 800m semi-final but felt flat for the final the following day. Before he left home, he would have been pleased with a medal but second in such a slow, tactically-messy race and being out-sprinted by 0.37 seconds was frustrating. Yves Levasseur (France) was first and

Cees Stolwijk (Netherlands) was third. Ian found later than no matter how fast he had run, he would still have been out-sprinted.

Jim was nursing his back through the hammer and weight throw and both were not far behind his best for the season. He then had three events on the penultimate day. In the high jump in the morning, he looked very smooth and his only misses were on the last height which earned him a silver medal. He skipped that medal presentation to take part in the javelin at the other venue and was pleased to again be close to his season's best. Then he was back to the stadium in the late afternoon for the 60m hurdles. Again, his smooth, consistent style was rewarded with a first in 15.18 seconds. Over dinner that evening, he instructed Ian to match his one gold, one silver haul and left early the next morning to visit his brother and family in England.

Ian's 1500m became a straight final on the last day with 12 in the field. He had decided that with a couple of sprinters there, he'd have to keep the pace honest and hope that he could hang on. With 150m to go, Cees and Yves passed him with the latter just taking over at the line. Ian was much more satisfied with this run and reckoned that he couldn't have done much better than his 4:44.73, only one second outside his season's best. Cees was delighted to have broken his national record. So with four medals from two athletes, surely New Zealand must have been at the top of the medal table of the 66 countries entered!

As always, there were some great athletes of all ages. The 91 year old from Sweden at our hotel was like an average 80 year old. In the "Surname, First name" lights of the women's pole vault, I got out a kick out of seeing LEAPING RABBIT. In the first few 4 x 200 relay races at the end of the programme, we saw at least two hamstrings go.

Jyvaskyla was a much more intimate championships than outdoor meetings. With 2,500 athletes in an indoor stadium and limited warm-up space, Ian had more to do with the others in his events. There were no shadows and he couldn't hear the other runners to know where they were, yet their footsteps sounded very loud to me. The starting gun had a very quiet horn and caused enough issues that the crowd cheered when one race finally got underway.

The bus system worked well and with the stadium only 2km from the hotel, it was a good walk once the weather improved. A young man interviewed Ian for a television documentary and

filmed him racing (thankfully, the 1500). He had targeted Ian because he had great memories of a year spent in New Zealand.

The University has a very strong sports research faculty and provided several lectures on athletics and ageing. The principal recommendation is that as ageing athletes lose strength faster than endurance, you need to increase your emphasis on that. The lecture materials are available on the www.jyvaskyla.fi site.

We left late on the last afternoon on our train journey to St Petersburg. After four days there with Swedish friends, we had a week in France and three weeks in Quebec and Ottawa, Chicago, Minneapolis/St Paul and finally Edmonton. Now that our son lives in Edmonton, any trips are going to be round-the-world ones; we used 15 of the allowable 16 sectors this time. We came home saying that trip would be our last for awhile; two weeks later Ian is pointing out that the 2013 Canadian Masters are in Saskatchewan, right next door to Alberta!

PHOTO | HEATHER CARTER



Ian Carter was third in both the M60 800m and 1500m at the world championships

Jim Blair Recognised

In our recent Queen's Birthday Honours List Jim Blair was awarded a MNZM for services to athletics. The following is a copy of the citation put forward by Mike Weddell on behalf of NZ Masters Athletics.

I would like to second the nomination for Jim Blair for a Royal Honour.

I consider that Blair, 79 and now the immediate past President of Athletics New Zealand, the ideal and deserving person for a **New Zealand Royal Honours Award**. He started his sporting career in 1945 in athletics, and joined the Petone Athletic and Cycling Club. He was involved in this club throughout his secondary schooling years, and is still involved at the present time in administration, and still participates.

Jim first represented Wellington as a junior grade athlete in 1947, and from 1948 until 1959, represented Wellington as a senior athlete; competing in hurdles, jumps, and throwing events. Jim held many school records in high jump, and now in the Veteran or Masters' athletics.

Together with his wife and others, he founded the Veteran Athletics in 1979 in Wellington and took a major part in the start of Veteran Athletics (Masters) in New Zealand. His contribution and benefit to society in starting this movement in sport has been immense. He has encouraged and introduced a large number of older people to the sport and influenced others to return to the sport. I believe he has given many more years of active enjoyment to the people of New Zealand. These include New Zealand record holders such as Wellington's Bernie Kaiser (also a world record holder from age 75), Paul Popa, Richard Harris, Stan Hogg, and others like myself who would be 'couch potatoes' and not keeping active. The Health Bill would be considerably greater if we were not involved.

Jim, through his qualified teaching skills and qualified coaching, has encouraged and taught the skills required over some years, with regular Wednesday and Sunday sessions. He has over the years conducted 'Run, Jump, Throw' courses to most primary schools in the Wellington area, and has coached two world record holders. In Wellington, there are over 100 veterans or Masters Athletes registered, and of course there are many thousands in New Zealand.

In administration, Jim has held many positions in Veteran (Masters) athletics in Wellington, New Zealand and internationally, and also in the sport of athletics. In Wellington, he was Chairman of the Wellington Track and Field Committee from 1995 for a term of three years, and was the main instigator of getting a new surface and improvement. He is currently a committee member of both the Kiwi Athletic and Maidstone Athletic Clubs, and does coaching for both. He has been President, Vice President and Committee Member, and is a life member of the Wellington Masters (Wellington Veteran Athletics Association), (NZ Veterans Association).

He was Secretary (five years), Vice President (six years), President (three years), and is a life member.

On the Oceania Association (Oceania Association of Veterans), he was a Delegate for over 10 years, member of the Technical Committee, a former Vice President of the Stadia Committee, a member of the IAAF Veteran Committee for three years, and is currently a member of the Oceania Association (OAMA) Council. Currently, he is a delegate for the NZ Masters Association to Athletics New Zealand. As you can see, athletics has been a large part of his life, as well as other sports. He still takes an active part in athletics each season.

In Soccer, he was the first registered soccer coach in New Zealand. He has coached here and in Fiji, holder of a Chatham Cup medal, and a New Zealand and North Island representative in 1956. He was Secretary, Treasurer, Committee Member, Chairman, and Life Member of the West Coast Football Association. He is also a Life Member of Petone Football Club, and still plays soccer on special occasions.

In Cricket, Jim has also played senior grade club sports for cricket and indoor basketball. (His famous brother is Bob Blair). Additionally, he has gained provincial representation in cricket, soccer and basketball for Hutt Valley, Wellington, West Coast, and Horowhenua. He is a true all rounder and a good golfer also.

Jim is a firm believer in encouraging older people to take part in athletics, believing that physical fitness reduces health problems, assists recovery from illness, maintains mental alertness, and provides companionship and a quality of life. Jim has an electric personality, an organised 'human computer', and can get anything done in the required time, be it for himself or others.

Jim has wholeheartedly influenced, and continues to influence the lives of others through his 'unsung hero' efforts and service. He gives to the sport of Athletics (Track and Field) and other codes. If hours were recorded and wages paid for the time given, it would be endless and he would be a millionaire for sure.

Although Jim has received recognition from the clubs and organisations through receiving Life Memberships, and by Sports Wellington as a Life Time Sports Achiever, a national recognition by the Government of New Zealand with a Royal Honours award would be appropriate for this man who has done so much for veteran athletics, athletics, and other codes here in 'God's Own' for over 65 years.

Mike Weddell

President
New Zealand Masters Athletics



Jim Blair Strikes Gold

by | AMY JACKMAN

This article is courtesy of the 'Upper Hutt Leader'

Not many athletes can claim to be a current gold and silver medallist, hold the Oceania, New Zealand and Wellington high jump record and seven other Wellington athletics records as well. Fewer still can claim to have achieved all this in one year, but this is what Upper Hutt local Jim Blair has done - at the age of 80.

Blair recently returned from the World Masters Athletics indoor championships in Jyvaskyla, Finland, 260 kilometres north of Helsinki, where he competed in the 80 to 84 years category. He won a gold medal in the 60m hurdles and a silver in the high jump. "I went over there with the intention of maybe picking up a couple of bronze medals, but, fortunately, I got silver and gold."

The medals have capped off a great year for Blair, in which he won eight events at Wellington Masters championships, all with new Wellington records, won six events at the North Island championships with a New Zealand record in the high jump, won six gold medals at the Oceania Regional championships and beat the high jump record and won four gold medals at the New Zealand championships.

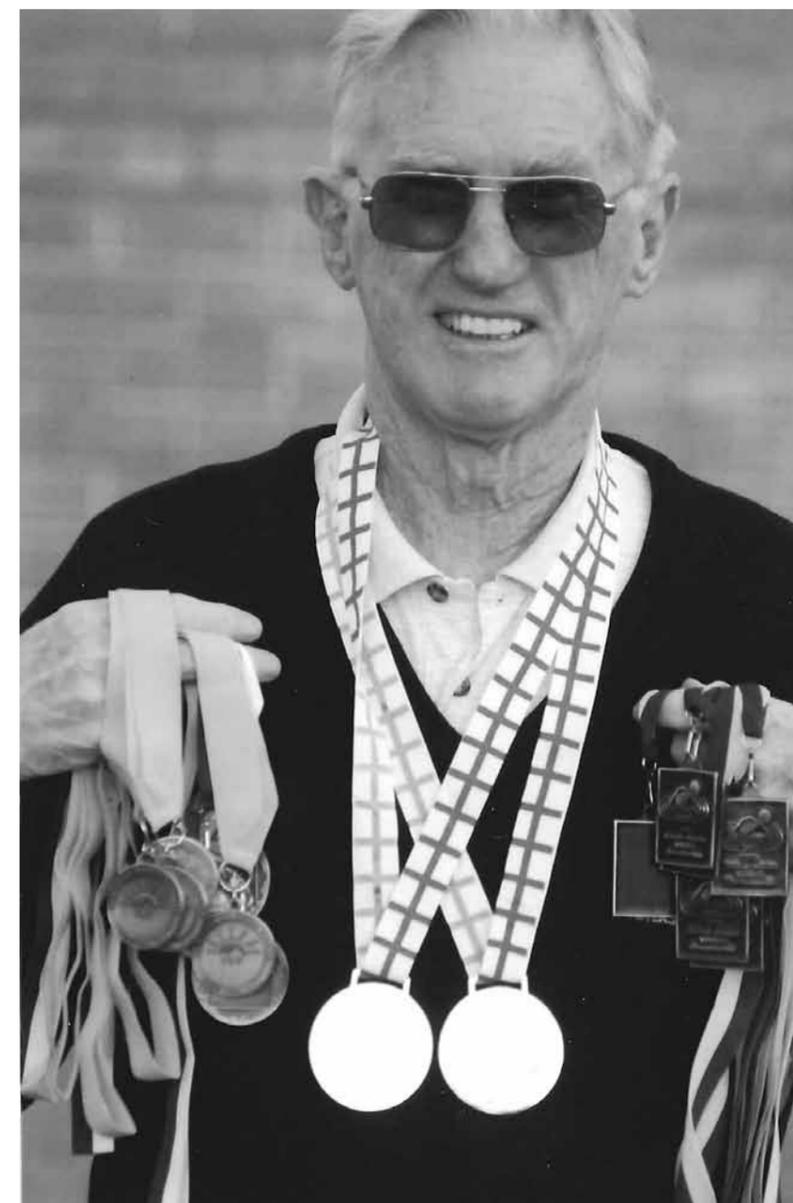
Blair says that it was a special feeling to hear the New Zealand national anthem play during the medal ceremony. "Over the years I have been heavily involved in athletics and to have it played for me was quite impressive."

The hurdles race had only three competitors. However, Blair says he had no idea that he would get first place as he had been injured just before leaving New Zealand. "I had been injured and there were just three of us so I thought, 'Oh yeah, here's a bronze medal'. "I thought that I would just run down the track and hopefully finish and get a bronze medal, but after two hurdles I suddenly realised I was catching up with the other two and I left them behind and won."

Blair says that he would not have been able to compete at all without the support he received from his Silverstream physio Nici Fox. Competing in Finland presented athletes

with unique challenges. "It was quite interesting because although it was an indoor championship, there were still some outdoor events that I competed in as well. They had 20 to 30 centimetres of snow on the ground and one morning we had an indoor throw, but it was in a specially- made, large gazebo type thing, and it was a 15 degrees [Celsius] frost that morning."

Blair has competed in the Masters Athletics for 40 years and has also coached athletics in New Zealand and overseas. He is patron and coach of Upper Hutt Athletics Club. Ian Carter, of Palmerston North, won a silver in the 800m and a bronze in the 1500m in the 60 to 64 years category.



Jim Blair with a years supply of medals



Mountain Running Championships

by | DEREK SHAW

Surname	<input type="text"/>	
Postal Address	<input type="text"/>	
First Name	<input type="text"/>	<input type="text"/>
Telephone No.	<input type="text"/>	Male/Female <input type="text"/>
Date of Birth	<input type="text"/>	Age Grade <input type="text"/>
Centre	<input type="text"/>	NZMA No. 2012/13 <input type="text"/>
Email	<input type="text"/>	Signed <input type="text"/>
		Date <input type="text"/>

I declare that I am a financial member of NZMA for the 2012/13 year. Neither the organisers, the sponsors, nor other parties associated with the events shall have any responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

TICK EVENTS ENTERED – (Check the programme for correct events for your age group)		
FRIDAY 5pm START		
TRACK		FIELD
400m M/W		Hammer M/W
3000m Track Walk M/W		Shot Put M/W
3000m M/W		Long Jump M/W
SATURDAY		
60m M/W		Discus M/W
3000m Steeples M30-59		Javelin M/W
2000m Steeples W/M 60+		Triple Jump M/W
80m Hurdles W40-60+/M70-80+		High Jump M/W
100m Hurdles W35-39/M50-69		Weight Throw M/W
110m Hurdles M35-49		
100m M/W		
200m Hurdles W70+/M80+		
300m Hurdles W50-69/M60-79		
400m Hurdles W35-49/M35-59		
1500m M/W		
4 x 100m Relay 2W x 2M (Provincial)		
SUNDAY		
5000m M/W		Throws Pentathlon M/W
5000m Track Walk M/W		Pentathlon Field events M/W
Pentathlon Track events M/W		
200m M/W		
800m M/W		

ENTRY FEES		
NZMA Fee	\$	10.00
First Event @ \$6.00	\$	6.00
Each additional event @ \$5.00	\$	
Multi Events @ \$5.00 each	\$	
Lunches @ \$ 10.00 each	\$	
Total Enclosed	\$	

ENTRIES CLOSE - 15th November 2012

NO LATE ENTRIES

CHEQUES PAYABLE TO
Tasman Masters Athletics

ENTRIES AND ENQUIRIES TO
Derek Shaw
P O Box 602
Nelson 7040

Phone 03 548 7537
Email: nikau@ts.co.nz

Proving that age is no barrier to winning New Zealand open titles, Phil Costley blew away his younger opposition to win the senior men's race at the New Zealand Mountain Running Championships near Motueka on Saturday 14 April 2012.

In sunny conditions on the 14.2km ascent of Mt Campbell on the Arthur Range, Costley began somewhat cautiously on the initial easier gradient but by half way and the start of the steep sections of the road had established a one minute lead over his closest rivals. He continued to power away from defending champion Dougan Butler (Hawera) and 2009 champion Glen Hughes (Wellington Scottish) to claim victory in

1:10:31, 2:30 ahead of Butler with Hughes a further 70 seconds back. For the 42-year-old Costley, now resident in Nelson and a member of Athletics Nelson, it was his fourth New Zealand mountain running title.

Costley was congratulated at the top by Jonathon Wyatt, six time world mountain running champion, who was recuperating from knee surgery. Wyatt congratulated his Italian partner Antonella Confortola who was the first finisher in the 7.2km women's race in 45:30. Unfortunately, Confortola was not eligible for the New Zealand open Women's title which went to Canterbury's Hannah Newbold in a time of 48:47.

Third women to reach the summit and winner of the W45 title was world masters champion Sally Gibbs who had the standout performance among the master women and continued her outstanding form to finish only 64seconds behind Newbold. Gibbs' Athletics Tauranga clubmate Judith May won the W35 title in 51:37, with Collette Read (Athletics Nelson) winning the silver medal. Paula Canning comfortably won the W35 title in 52:03 from fellow Athletics Nelson member Robin Deane. Heather Verstappen (Athletics Nelson) won the W55 title.

In the master's men grades, the stand out performance came from Rotorua's Graeme Pearson who was fastest in 1:18:43 to claim the M50 title in the most contested master's grade. Paul Forster (Wellington Harriers) and local hill running specialist Patrick Meffan continued their long standing running rivalry finishing second and third respectively. Chris Morrisey of Athletics Tauranga took out the gold medal in the M35 age group in 1:22:55. In the M40 age group, Andrew Wyatt of Papakura was first in 1:25:58, followed by David Walters (Fielding) and local Kimble Rawson. Stu Cottam's (Athletics Nelson) training regime on the Nelson city hills paid off with a good run to take out the M45 age group in 1:23:02. Fellow Athletics Nelson runner Phil Barnes also had a good run to win his first national title in the M55 division in 1:33:03 with clubmate Hans Andersen taking second place and Malcolm Chamberlin (Auckland City) third.

In the 7.2km event for M60 plus grades, Jonathan Harper of Wellington Scottish won the M60 grade and Blenheim's Ray Waters won the M75 division. It was interesting to see the next generation of a couple of local master hill climbers coming through with strong performances. Patrick Meffan's son Alistair was second in the junior men race over 7.2km, while his eldest son Peter was sixth in the senior men's event and Hans Andersen's son Thomas was third in the junior men. The junior men's race was won by Ryan McAlister of Wellington Harriers, while Ariana Harper (Wellington Scottish) won the 5.2 junior women's race ahead of Brittany Stewart (Athletics Nelson).

Masters results:

14.2km

M35	Chris Morrisey	1:22:55
M40	Andrew Wyatt	1:25:50
	David Walters	1:42:37
	Kimble Rawson	1:51:56
M45	Stu Cottam	1:23:02
M50	Graeme Pearson	1:18:43
	Paul Forster	1:20:18
	Patrick Meffan	1:24:01
	Robert Dabb	1:31:28
	Anthony Rogal	1:42:05
M55	Phil Barnes	1:33:03
	Hans Andersen	1:42:29
	Malcolm Chamberlin	1:45:29
	Andrew Barker	1:45:52

7.2km

M60	Jonathan Harper	1:01:24
M75	Ray Waters	1:23:04
W35	Paula Canning	0:52:03
	Robin Deane	0:59:39
W40	Judith May	0:51:37
	Collette Read	0:56:22
W45	Sally Gibbs	0:49:51
W55	Heather Verstappen	1:08:19

Race Walking at the Commonwealth Games

by | MIKE PARKER

Race walking was introduced as a Commonwealth Games event in 1966 when the Games were held at Kingston in Jamaica. These, the eighth Games and the only ones to be called the British Empire and Commonwealth Games had been preceded by the Empire Games and from 1970 would be called simply the Commonwealth Games. Efforts to have race walking added to the Games programme had started prior to the Cardiff Empire Games in 1958.

These efforts in the main were instigated and coordinated by the Race Walking Association (RWA) in Britain. The RWA was then and remains today the representative body for race walking in the UK. In those days no other country had the numbers of competing race walkers that England had. The UK's elite level race walkers were also at this time and for many years prior had been among the best in the world, if not the best. So the influence of the RWA was a key factor in race walking becoming a Games event.

Race walking and the decathlon were added to the Games programme in 1966. Four years earlier at the 1962 Games in Perth, Western Australia the steeplechase had been included as a Games event. The Friendly Games as the Commonwealth Games are sometimes referred to have had a long history of having new track and field events added; many of the standard Olympic events for women have also been included since 1962 in Perth.

A Question Of Distance

The question is often asked, why a 20 mile walking race and why only one walk at the Commonwealth Games? Why no 20km and 50km as in the Olympic Games and European championships? Imperial distances remained at the Commonwealth Games in all track and field events apart from the steeplechase until the Games went metric in 1970. The reason for settling on the distance of 20 miles for the inaugural walking race at the Games had little to do with the distance having a nice round sound to it as has often been said. Twenty miles was chosen as the Commonwealth championship distance because of the importance of the annual RWA national championship held over the distance.

Of the four British road race walking championship races the 10 miles, 20 km, 20 miles and 50km it was the 20 miles that was by far the oldest and had remained the championship that attracted the largest entry each year. Its age and the event's prestige had many years before led to the RWA National 20 miles being referred to as the "Senior Championship".

It was also widely felt that due to the overall standard of and relatively small number of serious race walking nations in the Commonwealth that there should only be one walking race at the Games and that 20 miles was the perfect in between

distance so that neither the short distance speedsters or the long distance 50 km walkers would have any particular advantage over the other. A race over 20 miles would provide a challenging test as to who was actually the best race walker in the Commonwealth.

The 20 miles at Jamaica in 1966 attracted a field of 12 competitors representing seven countries. These numbers have actually remained the average over all the subsequent men's race walk events at the Commonwealth Games. Four years later in 1970 at Edinburgh 21 walkers from 11 nations took part and this remains both in terms of competitors and countries represented the largest field in any walking race at the Games. In 1978 at Edmonton the walk event finally caught up with the rest of the track and field programme and went metric.

There was debate over what distance the walk should be changed to, whether the distance should be decreased to 30km or increased to 35km. In Britain the national 20 miles championship had been changed to 35km and the British argued quite logically that the 35km was the exact middle distance between the two main international distances of 20km and the 50km and would continue to provide a fair and challenging contest for all participating walkers in the Games. They were not listened to this time and foolishly in my opinion the distance for Edmonton was set at 30km. The English had to organise an additional trial that year over 30km to select their three walkers for the Games.

In hindsight the British were of course quite correct as of the five Commonwealth Games when the distance raced was 30km from 1978 to 1994 inclusive, four of the five gold medalists were specialist 20km walkers. Only Simon Baker in 1986 could you argue was a predominantly 50km walker and actually Simon was no slouch over 20km either. Of the three Games when the distance raced was 20 miles, Jake Warhurst the tough little Sheffield walker was the sole 50 km specialist to triumph when he struck gold in 1974 at Christchurch.

Women are included in 1990

Auckland 1990 saw the inclusion of a women's walk for the first time. The inaugural distance of 10km would eventually be increased to 20km when the women's walk at the Olympic Games was changed to 20km. The 1990 women's walk attracted a field of 11 competitors from just four countries. Things were slightly better in 1994 with 14 women from eight countries taking part. That was the high water mark though. The last two Games have seen relatively small fields in the women's walking races, 2006 there were nine competitors from five countries and only slightly improved in 2010 with ten competitors from six nations.

Change to metric distances

In 1998 the Games in Kuala Lumpur saw the introduction of both internationally recognised walk distances for men, the 20km and 50km. The middling distance 30km event had gone and race walking had given itself a huge problem. From one walking race at the Games we now had three. Country's apart from those old established Commonwealth Nations, Australia, Canada, New Zealand, England, Scotland and Wales were also wanting to host future Games. Race walking was and is clearly viewed as an event by and large participated in by these few established white Commonwealth Nations.

Unfortunately facts back this perception up, walkers competing at the Commonwealth Games have by and large been from England, Australia, Canada and New Zealand, and there has also been reasonable representation from the other UK Home Country's. There have been a few walkers from Kenya and some from India and Malaysia and one or two from Pacific Island nations. Probably no more than ten to a dozen countries have sent walkers to the Games and the vast majority have come from just five country's including the Isle of Man. There has never been a single walker at the Games from a Caribbean Nation and the Caribbean makes up a large number of Commonwealth Nations.

It is not hard at all to work out why a non walking nation hosting the Games might not be so keen to organise a walking race and prior to Delhi in 2010 the work load in relation to organising the walks had increased three fold since Jamaica in 1966.

Kuala Lumpur had comparatively good size fields in all three walks. The 20km had 17 competitors from eight countries and the 50km had 13 walkers representing six countries. I have not done a break down to see how many of these walkers doubled up but I would imagine that the majority did. The total number of competitors might be slightly higher than 17, although I doubt that there were more than eight countries represented.

The women's walk in 1998 also attracted a reasonable field, 13 from seven countries. Representation in the walks at the last three Games has been thin on the ground to say the least. In 2002 in the men's events just seven competed in the 20km with nine in the 50km, only four nations were represented in both races. Even adding the fields together doesn't make the numbers look to healthy. Nathan Deakes of Australia won two gold medals. There were ten women walkers from six countries.

Race Walking's Place in the Games Threatened

In Melbourne 2006 race walking as a Games event was under threat. Once again the fields were small with 10 competitors in both men's races. Six countries were represented in the 20km just one more in the 50km. The women's walk was down on four years previously with nine starters from five nations. Delhi 2010 and race walking was on the way out as a Commonwealth Games event. There will be no race walking at the 2014 Commonwealth Games in Glasgow which is a tragedy. When the Games were first held in Scotland at Edinburgh in 1970 the 20 mile walk attracted that record field I alluded to at the beginning of this article and Bill Sutherland walked the greatest race of his life to win the bronze medal completing his final lap on the track at Meadowbank in front of a capacity packed stadium of his cheering countrymen. Noel Freeman that day became the first Australian to win a race walking Commonwealth gold medal.

Forty years on from 1970 at the Games in Delhi the 50km had been deleted, the Games programme would feature just the

20km events for men and women. The men's race had 16 starters from six nations the women's nine competitors from just four countries. With only one men's walk at Delhi and race walking completely excluded from the 2014 Games things were looking pretty bleak. On a more encouraging note the Games in 2018 on Australia's Gold Coast will feature race walking and the return of all three walking races.

The down side to this is two fold, firstly, the better Commonwealth race walkers are going to be denied their opportunity to compete at the Games in 2014. Secondly, after Delhi 2010 race walking was re classified as a Level Two athletic event at the Games. What this means is that race walking is a discretionary athletic event and not a core part of the Games track and field programme. Depending on who the host nation is will depend on whether race walking is featured at the future Commonwealth Games. I will let you draw your own conclusions as to whether this is a good development for our event.

Is race walking more poorly represented at the Commonwealth Games than many other track and field events? Well no it is not. The number of entries over the last four games in the 10,000m, pole vault, triple jump, hammer and steeplechase are all almost identical to those in race walking. Some of these events have fewer competitors on average than the race walking.

Three reasons why race walking's place in the Games has been undermined

There are three fundamental reasons why I believe race walking has been rightly or wrongly down graded to a level two Commonwealth Games event. Firstly, race walking is perceived as predominantly old Commonwealth, an event participated in by just a few white countries who are now very much in a minority as a collective voice when it comes to voting on such issues as to whether an event is going to be deleted remain part of the athletic programme.

This situation will certainly be helped with the emergence of some quality Indian race walkers and the participation of Malaysian walkers at the Games. Kenya likewise has a history of sending race walkers to the Games; they are finally producing a few quality performers also. The support of these three countries will be welcomed by other pro race walking Commonwealth nations.

Secondly because of Australia's apparent dominance in race walking most countries see race walking as just an Australian medal grab at the Games. Yes walkers from other counties have won medals at the last three Commonwealth Games, but not many and the clear perception remains that race walking at the Commonwealth Games is dominated by Australia.

Thirdly, it was a fundamental error in 1998 to introduce two men's walks to the Games. The Commonwealth both in quality of walkers and participating numbers is too thin on the ground to warrant holding the two Olympic distance races. One middle distance race (35km) produced a quality race with better average field size taking part than in many recent Commonwealth Games walks.

Although always being mindful of the future sometimes we need to take stock of the lessons that the past can provide. Maybe on this occasion if we had all of us who support race walking would be looking forward to the Commonwealth Games walks of 2014 in the added knowledge that race walking's place in the Games

A Very Pedestrian Subject - Race Walk Notes

by | GEORGE WHITE

Training

Like runners, all race walkers face a confusing task when trying to work out a training strategy. There are hundreds or thousands of different training routines. Your first task is to determine what you want to do. You may want to peak for an important race, you may just want to perform at your best during our weekly races or you may just want to keep fit. Other than for the last option, before you undertake a training program, be sure you have mastered basic race walking techniques. Too much racing before you achieve a solid technical foundation may lead to inefficient technique that will slow you down and/or get you disqualified.

Go Out and Walk

The most universally accepted training philosophy, if you want to be a successful race walker, is - you need to go out and race walk. Getting up every morning and crunching one hundred sit-ups or pumping out fifty push-ups will not improve your walking time as much as walking itself will. Specificity of exercise is the key to improvement. While other exercises help your race walking, nothing helps as much as race walking itself. Think of adding additional exercises as a catalyst for improving an existing race walking program, not as a program in itself.

Training is necessary for technique, endurance, speed, flexibility and strength. Over coming newsletters I will cover these topics and you can also refer to Peter Sandery's articles as many of the concepts apply equally well to running and race walking. Whatever sort of training you do you must allow significant time for rest and recovery. This can be total rest, easy training or easy cross training. Remember however, if you race-walk a very easy day - your technique may suffer - so either just do a brisk street walk or cross train.

How you put together your training program depends on your goals but a mix of long, tempo, speed and recovery walks makes sense. To fit in enough recovery days it may be best to create a program over a two week period rather than one. If you are really serious about training for a specific goal, then it may pay to discuss a program with a coach.

Basic rules of serious training:

1. "Don't do what you are good at". This is too easy and will not lead to improvement. You need to do various types of training and stress the body.
2. No matter what sort of training is being considered - build up slowly. A 10% increase in any one aspect of training should be a weekly maximum.
3. Do not be a slave to your training program or weekly distance target. If you really don't feel like it, do something different or have a day off.



George White demonstrates good walk technique

PHOTO | GILLIAN WHITE

Technique

As mentioned above, you will not be a good race walker unless you conquer technique first. Inefficient technique costs energy - far more so than in running. The smoother your style, the faster, more efficient and less injury prone you are likely to be. You are also more likely to be legal, and rightly or wrongly it will look more legal. If technique is right then you can use all your energy in going fast. If at the end of a race you say you could have gone faster but were concerned about the judging then your technique is not all it should be.

Body posture as covered in previous newsletter articles is the start in getting technique right. From there, good technique will be enhanced with the following:

Don't overstride! The further forward the foot plant, the more force required to lift the body up and over the front leg. Top race walkers today hit the ground no more than 30 - 40 centimetres in front of their centre of gravity.

Forward motion comes from pushing off with the rear foot. Keeping this foot on the ground as long as possible by rolling up onto the toe for push-off, maximises the leverage to propel you forward.

Once the rear leg leaves the ground it is important that it is not passive. That is you should not let the leg "swing" through but the knee should drive through aggressively at a bent angle of up to 90 degrees much like that of a runner. Towards the end of this movement you use your glutes and hamstrings to pull the leg back to plant the heel on the ground. This change in direction from the upper leg should automatically straighten the leg by virtue of the momentum in the lower leg.

In the next issue I will deal with the problems that many walkers have with achieving best technique!

Source: SA Masters News April 2012 Page 11



Stephen Te Whaiti won the M45 Long Jump at the NZMA T&F championships at Mt Smart, Auckland

PHOTO | SHARON WRAY

Physiology of 400m Training

by | STEVE LOW

About Steve Low

I have been a consultant anaesthesiologist in Nelson since 1991. I started training for middle distance running in mid 2009 and switched to pure 400m training a year later. Eventually I had success in 2012 when I won the 400m and 200m races in both the Oceania and National championships for the M55 age group. Over two years my 400m time had been reduced from 64:80 seconds to 59.25 seconds. Understanding the physiology of 400m training had certainly helped with planning training.

Physiology Of 400 Metre Sprint Training

In the middle of 2009 I decided to take up competitive running. At school I'd done quite well at middle distance events without much training and latterly I seemed to have tons of speed around the tennis court even though I was over 50. I set about training for middle distance events and after six months went boldly to the 2010 national master's athletics championships in Christchurch.

My first event was over 5000m and it was like systematic torture. I was very short of breath and finished dead last in my age group – my legs screaming by the end. The next day I lined up for the 800m. I felt sure that this was going to be my thing. However I focused so deeply during my warm up beside the back straight that I missed the start! That left the 400m. I'd entered that on a whim, not really knowing much about it. At the start I went off slowly and by the time I got into the back straight, the front runners were nearly going into the bend.

I upped the ante and found some strength, passing three runners to finish in fourth place. I'd finished within 10% of the winner's time and people slapped me on the back as if I'd done well. It had felt quite exhilarating running fast and from that moment on I decided to focus on 400m training. Two years later that focus on 400m training paid off when in early 2012 I won the 400m and 200m races in both the Oceania and National championships for the M55 age group.

Nowadays the 400m is considered to be 60% anaerobic and 40% aerobic. In the older age groups the aerobic component may be proportionately greater given that across the age groups it takes a similar amount of time to exhaust the anaerobic systems, but as one gets older there is a longer time to run to the finish. The anaerobic energy system is further subdivided into lactic and alactic. In the race, accepted strategy is to run out of the blocks at near maximum effort to achieve your top 400m race speed by about 60m. After that there is a gradual decline in speed all the way to the finish. Below are descriptions of how the different energy systems contribute to the event.

The Alactic Anaerobic Energy System

The alactic anaerobic system is about utilising high energy phosphate ions split from creatine phosphate in the muscle cells to generate powerful muscle contraction. At full speed out of the blocks, the alactic anaerobic system is all used up after about seven seconds.

Training this energy system will improve acceleration and increase top speed. To train this system time spent in the gym is likely to be beneficial. Dead-lifts or squats (say three sets of three maximal lifts) and short sprints pulling weighted sleds via a harness around the chest all involve maximum force muscle contractions that tax the alactic anaerobic system.

As a response the body adapts the muscles and their blood supply to be more efficient in energy utilisation so as to provide more powerful contractions. Whether or not a muscle hypertrophies (gets bigger) or not depends on how it is trained. Doing many (6-15) repetitions to exhaustion promotes hypertrophy whereas doing low reps (1-3) of maximal load increases power without hypertrophy. In the 400m runner, gaining weight could be detrimental so the latter approach is better.

On the track the alactic system is trained with maximum effort starts out of the blocks to 30-60m and by doing flying 40m sprints at top speed. Interestingly, improving top speed by doing maximum speed intervals is thought to mainly work by improvements in central nervous system control of fine muscle movements. While in the gym you may as well train the upper limbs to provide arm drive. Chin ups and shoulder extension movement (backwards movement) against resistance are two examples of exercises that you can do. In addition, strong core muscle development is essential for maintaining a good stable running posture. Press ups, planking and Swiss ball exercises are examples of useful exercises here.

The Lactic Anaerobic System

This system is also engaged right from the start of the race. Here, ATP, the provider of high energy phosphate ions, is generated from glucose by a process known as glycolysis. As with the alactic system, oxygen is not required for this process however the lactic acid generated as a by product eventually compromises muscle cell function by making the intracellular environment acidotic. Use of the lactic anaerobic system peaks around ten seconds after the start and then progressively declines to be fairly ineffective by 30-40 seconds.

By that time the body is awash in acid (the pH can drop to 6.9) and muscle function deteriorates markedly. The runner is usually near the end of the second bend and entering the home straight when this occurs and the perception will be of legs turning to jelly and the sprinting 'form' deteriorating. Training here is aimed at increasing the 'lactate threshold'.

The lactate threshold is an experimental value of lactate blood concentration. It is a point on a graph where the gradual upward trend in lactate in the muscles and blood while sprinting, suddenly starts to increase markedly. The goal of training this system then is for muscle physiology to make adaptations to slow the acid build up, to more efficiently clear acid away and to tolerate the acid environment so there is less impact on muscle function.



Steve Low in action at the North Island championships in November.

The main thrust of training is via interval training involving 'speed endurance' repetitions such as 300m x 3 and 200m x 5. These intervals are run at or near 400m race speed with 5-10 minutes between each repetition. Because of the high lactate or acid load endured, these are punishing sessions often accompanied by a good deal of nausea between repetitions. Other sessions aimed at raising the lactate threshold are tempo endurance intervals.

Here the speed is reduced to about 90% of race speed. The idea is to run to a speed just below or just above the lactate threshold. Examples are 300m x 6 or 200m x 9. Time between runs is only about 2-3 minutes. Another work-out involves running for 15 minutes at or just below the lactate threshold, after a 15 minute warm up. Breathing should be comfortably hard throughout. By constantly challenging the lactate threshold, the body makes adaptations so that the threshold occurs at a higher lactate concentration, meaning that during the race, the runner will be further around the track before the legs start to turn to low performance jelly.

Lactate Tolerance Training

Another set of runs are aimed at 'lactate tolerance'. Here the sprinter is learning to maintain good running technique while suffering a high acid load. An example of this would be 500m x 2 or any speed endurance interval runs with only a short time between reps.

The Aerobic System

Training the aerobic system results in physiologic improvements such as a lower muscle oxygen consumption for a certain speed, a higher maximum O2 consumption, a higher O2 extraction ratio, a higher cardiac output, a larger heart stroke volume, and a higher lactate threshold. This energy system is providing a constant source of ATP regeneration throughout the race and in the final straight it is probably all that is left functioning by the end.

A side benefit of being aerobically fit is a much quicker recovery between intervals when training, and also a quicker recovery between races. Aerobic training can be accomplished by high mileage running. Alternatively, to avoid the risk of injury, power walking and hill climbing may achieve the same goal. One dilemma for sprinters doing a lot of aerobic training is whether or not it has a deleterious effect on their top sprinting speed. It is thought that aerobic training increases the proportion and recruitment of slow twitch fibres in the muscles. Theoretically, the consequent reduction in number and recruitment of fast twitch fibres may have a negative impact on the sprinter's acceleration power and top speed.

So there you have it. The 400m is the one race where all the energy systems are trained about equally. In addition the upper and lower limbs and the core muscles are also trained, giving an over all total body fitness and strength. Unlike long distance runners, 400m runners can comfortably take their shirts off at the beach and be proud of the musculature of their chests!



Ian Calder M50 (NTH) in the 10000m at the NZMA T&F championships at Mt Smart, Auckland

PHOTO | SHARON WRAY

Photos from NZMA Champs 2012

PHOTOS | SHARON WRAY



Pam Spiers (AKL) in the W85 60m sprint



The finish of the M60-M65 60m sprint



Petra Creighton leads Renee Cresser in the women's 800m



From L to R: Judith Stewart (AKL), Stan Gawler (CAN) and Michael Wray (WGN) battle it out in the 10000m



Stan Gawler M80 (CAN) in the 10000m



Sally Gibbs (WBP) on her way to another fine win in the 10000m



Trevor Watson (L) and Dennis O'Leary (R) continue their see-saw battle in the 60m sprint



David Sexton (HBG) competing in the M40 long jump

Report to OMA Council

by | LYNNE SCHICKERT

WMA Council Meeting Jyvaskyla Finland, 31 March – 2 April 2012

In attendance:

Stan Perkins (President), Winston Thomas (Secretary), Francesco de Feo (Treasurer) Vesa Lappalainen (Organisational VP), Serge Beckers (Stadia VP), Brian Keveaney (Non Stadia VP), Selma Turkkal (Women's Cttee), Cesare Moreno (IAAF Representative)

Regional Delegates: Leonie Etong (Africa), C Jayapandiyen, representing Hari Chandra (Asia) Dieter Massin (EVAA), Sandy Paskin (North & Central America) Lynne Schickert (Oceania), Jorge Luis Manrique Pajares (South America)

This Council meeting was held prior to the WMA Indoors Championships and was essentially a review of organisational procedures taking into account the difficulties faced at Sacramento. It was reported that an agreement has now been reached with the Sacramento LOC on monies owed to WMA. In order to achieve better outcomes, contracts for future WMA championships will be updated to ensure clear guidelines are established between the parties involved and Bidders must have government support. It was also agreed that a member of the WMA Council should sit on a championship LOC to ensure WMA "ownership" of the event is recognised.

Regional reports

The Council welcomed Leonie Etong, President of Africa Masters Athletics as their new delegate to the Council and all Regional Delegates reported on current activities in their region.

Africa: It was noted that Nigerian Masters Athletics is now officially registered as an Affiliate and it is planned to hold the first Africa regional championships in Nigeria.

Asia: Stan Perkins attended the recent Indian National Championships and the next Asia masters regional championships will be held in Chinese Taipei 2-7 November 2012.

I also met IAAF Masters Committee member David Wang from China and will continue to liaise with him regarding participation by their athletes in the 2016 WMA Championships in Perth.

Europe: The next EVAA championships are scheduled August 2012 and Dieter Massin advised that his term of office as President of EVAA finishes then. Europe would therefore be represented at the next WMA Council meeting by Kurt Kaschke.

North & Central America & the Caribbean: Negotiations are under way for Panama to become an affiliate for this region, rather than in the South America area. Canada Masters is working towards integrating with Canada Athletics and a proposal is in hand that records can only be broken if the athlete is a member of the national body.

Oceania: I highlighted the change of name to OMA, and that we now have a new logo, and a new constitution, bye-laws and policies, all of which have been translated into the French language to assist Island affiliates. The success of the OMA championships in Tauranga with 472 competitors including WMA VP Serge Beckers was noted.

South America: There are still some on-going regional relationship difficulties. It is anticipated that 3,000 athletes from the region will compete at Porto Alegre, Brazil, 15-27 October 2013. I advised that the Oceania region would widely promote this event to encourage our athletes to attend. It was noted that only Europe, Oceania and to a lesser degree Asia, were in a sound financial position.

Secretary's Report

Communication between WMA, the regional organisations and their affiliates was seen as very important and the WMA Secretary must be informed of any changes as soon as possible.

It was reported that after considerable work done by Bob Banens (AUS) for the Law & Legislation Committee, the draft revised WMA Constitution is nearly complete and will be sent out to the Affiliates in the year for final comment, prior to being tabled for ratification at the General Assembly in Porto Alegre. The major changes in the WMA Council membership is that there will be a Competition Director, replacing the Stadia and Non-Stadia VP positions, and that Regional Delegates will only attend the Council meeting held every two years in conjunction with the World Stadia Championships, thereby effecting a saving on meeting attendance costs.

Chairpersons' Reports

Stadia: A full report on issues at Sacramento was tabled. It was recommended that video coverage be used for relays and sprint events up to 800m to facilitate resolution of protests.

Non Stadia: It was agreed that a dedicated Non Stadia coordinator as well as a Stadia one, should be used at a WMA championship. It was recommended that walk judges who can do other events (eg Janelle Eldridge from Australia) should be used wherever possible.

Organisation: A number of organisational issues from Sacramento were highlighted. It was agreed the closing ceremony at a championship should be clearly incorporated in the program on the last day.

Championship Manual

Although Brian Keveaney has already produced a Non-Stadia guide, it was agreed that to assist future LOCs a championship manual should be developed. It was mentioned that OMA had already done this, so to show how it was put together, I provided a copy of the 2009 word version to the three Vice Presidents as a guide.

Women's Committee: Selma Turkkal highlighted the importance of keeping women informed of athletic opportunities and the networking she is doing to ensure relevant issues are discussed.

Porto Alegre – As is the custom, two non-competition days will be scheduled for regional meetings and the General Assembly. Affiliates will be advised on dates for submission of remits. Elections for the WMA Council will take place in Porto Alegre and electronic voting will be used, together with relevant interpreters – English, Spanish and French.

It was noted that athletes from many countries will require Visas to travel to Brazil and that if they are touring South America afterwards, they should ensure that their visa covers multiple entries into Brazil. Yellow Fever Inoculation is also required for travel in the region.

IAAF Masters Committee

Members of the IAAF Masters Committee met in Jyvaskyla at the end of the Indoors competition and Mike Weddell was present to represent Oceania at this meeting. As the relationship between IAAF and WMA is now very cordial, this committee has only one year left before it is disbanded and a Masters Commission be set up within the IAAF structure.

IMGA – It was agreed that WMA should strengthen relationships with IMGA to ensure that athletics is correctly organised as part of their Games programs.

WMA Website

I was given the task of reviewing the WMA website to ensure that information is up to date, relevant and more interesting. As part of this, a Facebook page has been created and already has a very large group of members who can now keep in touch with each other. A photo gallery is also being set up.

<http://www.facebook.com/groups/worldmastersathletics/>

In summary, attendance at this meeting was a very good networking opportunity to liaise with delegates, officials and athletes from around the world to promote the WMA Championships in Perth 2016. Competing afterwards at my first Indoors event was also an enjoyable experience and I now look forward to Budapest in 2014.

Coaching Corner

by | MIKE WEDDELL



I was watching Last of the Summer Wine the other day a programme that gets more and more like real life as I get older. But that is beside the point, I think. And more to the point one of the poor characters that was being mercilessly ridiculed was trying to get fit or rather his wife was trying to get him fit. He was out for a run and as he passed the lead characters who were more sensibly sitting down enjoying the sunshine one of them called out to him "posture, you need good posture to run".

And that is perfectly true. If you look at runners the ones who are going fastest usually look upright and relaxed. The head is inline with the spine and footfall is in line with the head and the spine. Other than when accelerating there should be no forward lean as forward lean reduces stride length and tend to place footfall in front of the centre of gravity which has a braking effect.

It is difficult to assume good posture just for running it has to be habitual, something that we strive for at all times. One way to help attain good posture is to imagine that there is a string attached to the top of our head and that it is pulling upwards making the spine as long as possible. Sprinters use the acronym ABBS abdomen in, bum in, back flat and shoulders relaxed to help them run with good posture. There is no reason why all athletes should not use the same approach.

One of the reasons that most people have poor posture is because we spend most of the time sitting down. The obvious thing to do is to get up regularly and walk around not forgetting the bit of string attached to your head. If you want any more tips on running Last of the Summer Wine could be worth a look.

Britain

by | BRIDGIT CUSHEN

Masters athlete runs sub-4-minute mile!

Prolonged wet and windy weather has not dampened the enthusiasm of athletes whether they be in the final stages of their Olympic bids, training for the European Veterans Track & Field Championships being hosted this year by three adjoining towns, Zittau in Germany, Hradek in the Cz. Rep. and Bogatynia, Poland, or competing for their clubs in the local leagues now in full swing.

Two high profile masters have been proving that age is no barrier to seeking Olympic qualifying standards. Roald Bradstock, the 2010 BMAF M45 javelin champion, smashed the M50 world javelin record in Florida, throwing the 700g javelin out to 76.15m on 2 June, He then went on to erase the 24 year-old 800g javelin record from the books with a throw of 67.10m, ranking him fifth on the UK senior list and an automatic invitation from UK Athletics to compete in his eight consecutive Olympic Trials in this his 39th competitive season.

On an unseasonal cold and wet afternoon at the Alexander Stadium in Birmingham on 23 June, the slimmed down 84kg Bradstock lined up with eleven rivals who were not even born when he donned the first of his two British Olympic vests to finish 7th in Los Angeles in 1984 and qualify for Seoul in 1988. Dressed in eye-catching hand-painted Union Jack head-to-toe attire, the USA-based artist inspired the youthful Lee Doran of Sheffield to throw a personal best and Olympics B qualifying 79.50m distance. Roald threw a season's best 72.78m for the silver medal but not good enough for a berth on the Olympic team, but with a capacity crowd and TV coverage, he took Masters Athletics into the spotlight.

Lincolnshire-based Tony Whiteman reached the 1500m semis in two Olympics; he turned 40 last November and made no secret of his determination to be the first 40-year old man to run a sub-4 mile outdoor. The father of two started off well with a 3:44.12 WR 1500m Indoor in London in April, following that up with an excellent 800m 1:48.28sec at the Loughborough International in May, and then fractionally lowering it to 1:48.22 in Indianapolis on 6 June. A few meeting promoters here and the BMAF had planned to organise a special one mile race here but Tony got an invitation to the Music City Carnival mile in Nashville on 2 June.

With two young pacemakers he went on to become the first Masters athlete to breach that magical barrier winning in a fantastic 3:58.79. In contrast to the legendary Dr Roger Bannister's much celebrated feat over 58 years ago, Tony's win hardly warranted a mention in the media. His attempt to make another Olympics failed as he finished fifth in 3:49.45sec in a 1500m heat won by Mo Farah at the Olympic trials.

Other 35-plus athletes to make it to the UKA trials were 38-year old Joice Muduaka, clocking 23.54 in her 200m heat and 23.57 for fifth in the final. Renowned bend runner, Marlon Devonish,

led the men's 200m final out of the bend but at 36 his legs were not quite strong enough to hold the pace but he ran an impressive 20.78 for fifth place. 38-year old mum Jo Pavey had a gutsy final lap to win the women's 5000m in 15:54.18sec securing her Olympic berth.

The BMAF Indoor on 17/18 March attracted a full house of 600 competitors, world records in the W60 800 (2:37.67) and 1500m (5:17.93), a W55 400m WR in 62.87 by Caroline Powell, 14 British women's and two men's records. There was an eagerly awaited clash in the M60 3000m with the return of the ultra-consistent Tipton Harrier Mike Hager to the indoor arena, ex-international Nick Rose and Nottingham solicitor, David Oxland, all having only recently turned 60 and notching up fast times. Hager had to cry off with an injury but in a pulsating final Rose and Oxland shared the pace making and in a final 110m sprint it was Oxland who proved that much stronger, just getting the nod in 10:08.41sec to 10:08.92.

With a still depress economy and a prolonged winter, a team of only 146 athletes travelled to snow-bound Jyvaskyla, Finland for the World Masters Indoor Championships 3-8 April, returning home with 43 gold, 44silver and 38 bronze. Only Germany and the host country won more.

A noticeable and worrying trend evinced in the Track & Field Leagues is the total reliance by clubs on their U/20 and O/35 athletes. What's happened to that key senior category? At a Southern League meeting in Chelmsford on 9 June, Headmaster Jonathan Tilt, who will move into the M50 category in August, clocked a useful 60.04 400mH for his club. W55 Jolyn Saunders-Mullins ran 400m in 68.6. M45 Alan Easey cleared 3.00m in the pole vault. After her WMA W50 1500/3000m double win in Finland, Jane Clarke made a successful transition to the outdoor 3000m, winning in 11:28.01. In Luton, the masters dominated the field events. M45 David Burrell won the hammer (47.56) third in the shot (12.49) and discus (37.91).

Andrea Jenkins came home from Sacramento last summer with two W35 gold and a silver medal; she won the shot (10.49), discus (38.92) and hammer (53.17) at the same meeting. M45 Steve Whyte has registered a 52.48m hammer throw this season. Joe Appiah who at nearly 42 can still clear a 1.067m high hurdle from a standing jump ran the 110mH in 15.54 for his club in the national league. M40 Julian Golley reached 11.83 in the triple jump.

In the Kent league in May M55 Ray Daniels had a narrow victory over Dr Clement Leon in a 400m clash 61.02/61.07. M50 Ricky Huskisson won the 100m in 12.04 at the Eastern Veterans league. W50 Gayle Clarke had a narrow high jump victory over W55 Carole Filer 1.38/1.35m. Olympian Donna Frazer, now heading towards 40 ran 400m in 54.85 at the Bedford International on 10 June, a regular in Croydon Harriers League team, she may well sign up to the BMAF.

A six and 12 hour track race was held at Crawley on 28 April. Alan Smalls set an M40 British 6-hour record covering 53.87 miles (86.70km), W35 Helen James ran a PB 41.29 miles, Robert Quennell ran a cold 80.91 miles in 12-hours and Scotswoman Ann Bath ran a mind boggling 54.77miles at aged 60.

The BMAF Road Relays in Sutton Park, Birmingham, in May are one of the most popular promotions. Participating teams were down this year as some individuals and clubs were unhappy that the age grouping had been changed from the traditional M35-39, M40, M50 and M60 groups to M35-44, M45-54 M55-64, and M65+ despite the BMAF having carried out extensive discussions and issued Questionnaires to each Team Manager on the two previous years.

Few bothered to complete the Questionnaire, those that did so, filled it in to fit neatly to suit their best age grouping! The M35-44 8-stage turned out to be a nail-biter as the lead chopped and changed right to the very last lap. Highgate Harriers were lying 35th after the first leg, advancing steadily but saved their two ex-internationals for the final stages. Henry Dodwell sped round in 15.33 on the sixth stage bringing the North London club within a one minute striking distance of the leaders, Scotland's Cambuslang club. Ben Pochee took over to storm round on the penultimate leg in 14:56 taking them into the lead which Ben Noad consolidated into a 51seconds victory over Cambuslang and the earlier leaders, Salford Harriers.

The fastest individual stage went to the ex-international Chris Davies of Telford Harriers in 14:41. M60 Olympian, Nick Rose, turned out for Bristol's M45-54 team and despite a strong final leg run from Phil Parry, Bristol had to be satisfied with the team bronze as Leicester Coritanians' team just held off Oxford City to retain their trophy. The Women's age grouping has always been 35-44 now running four stages over the three mile course. However it was prolific W45 racing mum, Clare Elms, who

crested the slight hill first to the finish to give Dulwich Harriers a 200m lead on stage one from W35 Ruth Watchorn-Rice, Staffordshire Moorland AC.

Telford AC retained their W35 title, but the W45-54 was a cliff hanger. Dulwich's 200m lead was cut down to metres by the final stage in a quality field that included ex-UKA 10,000m champion, Zara Hyde-Peters and former 5000m world-record holder Paula Fudge. The first five W45 teams home all ran faster than the winning time last year. The first six teams in the W55-64 race were also faster than in 2011. This field included such luminaries as Margaret Thompson, wife of former European and Commonwealth Games marathon international Ian Thompson, Ann Ford, Zina Marchant and Ros Tabor who won the W60 WMA cross-country title in April. Wolds Veterans AC from Lincolnshire retained their trophy from the City of Bath and the Cardiff-based Les Croupiers AC.

The BMAF 5km road race and road walks were held over three laps through Horwich town centre during their Carnival weekend celebrations on 17 June. Fast times were ruled out by the blustery but fortunately dry conditions. Scotland's super fit W50, Fiona Matheson, gave the winning W35 Sarah Harris a good chase to the uphill finish for one and two in 17:15 and 17:34. The former international marathoner, Bev Jenkins, finished fourth in 18:13 and just two seconds was W35 Julie Briscoe. Another ex-international and prolific racer, Ann Ford, won the W50 title in 21:17. The M35 title went to Chris Fell of Rossendale in 15:51. M45 Mark Williams won the BMAF 5km road walk in 25:15sec from Pat Murphy over from Ireland, 26:14 over the same course.

The BMAF marathon was held in the Welsh seaside resort of Tenby. Both winners came from the Midlands Masters AC through M35 Peter Dimpleby first over the line in 2:57:53 and W40 Lucy Walmsley, who finished third overall in 3:11:50.



The combined W70-W85 women's 60m sprint final at the NZMA T&F championships at Mt Smart, Auckland

PHOTO | SHARON WRAY

Auckland

by | CHRIS THOMPSON

We had a late finish to our domestic meetings due to the Oceania Championships in February and hosting the National Championships in early March. In mid March we moved to the Millennium Stadium at Mairangi Bay, the home of the Bays Cougars Club to host our weight pentathlon championships.

Ten competitors competed in fine conditions and a number of new records were set including four New Zealand records. Mark Cumming broke by some distance, the national M50 hammer and weight throw marks. Mark was to further break his hammer record on two further occasions through the months of April and May. Hilary Weeks set new national marks in the W75 hammer and shot.

On 1 April we were back at Mount Smart to host our Auckland championships. Whilst numbers were slightly down probably due to the lateness in the season, it was held in fine weather and all competed in good spirits.

We have now lost our training area or loosely called 'Mount Smart No.3' to another code where we previously had a hammer/discus cage. It was an area where we held our winter weight and weight pentathlon champs. There is also some uncertainty about the long term future of Mount Smart Stadium.

On behalf of the incoming 2012/13 committee I would like acknowledge the contributions to our organisation of our former President and Treasurer. Both John Campbell and Tui Ashe stood down recently after a number of year's service in their roles and previous committee service. We thank them for that and no doubt they can now focus their efforts on the track.

The new committee is now up to full strength, although the role of President remains to be filled. The finances are healthy and much work has already been done on next seasons programme. The following Auckland masters records were broken in meetings held in March and April.

Rosemary Gammie	W50	3000m	11:17.34	
Hilary Weeks	W75	Hammer	20.05m	NZR
Hilary Weeks	W75	Shot	6.74m	NZR
Hilary Weeks	W75	Discus	16.27m	
Hilary Weeks	W75	Javelin	13.25m	
Lani Inivale	M45	Shot	11.42m	
Mark Cumming	M50	Hammer	54.34m	NZR
Mark Cumming	M50	Weight	18.54m	NZR
Hans Barnard	M55	Hammer	36.70m	
Laurie Carter	M85	Weight	7.88m	
Laurie Carter	M85	Throws Pentathlon	2792pts	



Tui Ashe W60 (AKL) leads into the bend in the women's Pentathlon 800m at the NZMA T&F championships at Mt Smart, Auckland

PHOTO | SHARON WRAY

Northland

by | COLLEEN BRUNKER

We send a warm hullo to all NZ Masters. I must congratulate the whole Vetline production family, editor, graphic designer, advertising, regular contributors and mailing personal. I read the April Vetline from cover to cover and was just so impressed with the Oceania results plus the centre contribution plus the call room & other officials' letters. Having not completed in the Oceania's because of knee surgery you can understand why this Vetline was read so thoroughly.

Congratulations also to the Auckland Centre for hosting the national championships. I know it's a struggle to find officials you made the grade. Our 12 competitors all had a ball. In fact I think that we broke five national records. Northland is also proud of our three stalwarts who received awards at the NZMA dinner for their huge contribution to Masters Athletics. Congratulations Colleen, Audrey & Val and thank you.

The Wild Turkey off road half marathon was held on 21 April in the rugged Waitakare Ranges west of Auckland. Jim Kettlewell (M65) won the Super-vets (over 50). He broke the existing record by five minutes and set a new course record of 2:33:50.

28 April - Rotorua Marathon. Six Northland Masters ventured down to this event. Unfortunately Oringa Barach (W65) had to withdraw on the day due to illness. Congratulations to the team, particularly to Neville Rae who gained his 20th marathon Tee-shirt & completed 130 marathons. Results: W65 4th 5:29 Margaret Crooke, W80 1st 5:47:40 Clasina Van der Veeken M60 7th 3:40 Brian Barach, M70 6th 5:03:03 Dave Underwood, M70 7th 5:04 Neville Rae

26/27 May - Judith Bradshaw and John Kent were in Australia competing in a two day marathon. Five events over two days equal to the marathon distance. Judith Bradshaw was first W60 and won all five events. John Kent was first M60 and won four out of five events.



A happy group of Northland Masters enjoy another Sunny Sunday

PHOTO | CLIFF BRUNKER

Southland

by | EVAN MACINTOSH

Record in Motatapu Miners Trail Off Road 15km

The Miners Trail section of the Motatapu event is run over very testing high country territory near Arrowtown. Debbie Telfer won her W50+ division in the event Miners Trail Race, running 1hour 47 minutes, to take over 12 minutes off the record. Her time would have also won the W40-50 division and placed her third in the MM grade. Debbie set the over 50's record in the Motatapu off road marathon last year but opted for the shorter distance this time.



Debbie Telfer set a new record in the Miner's Trail Run

Gowan Hill Classic - 17km

The Gowan Hill Classic, organised by the Ohai/Nightcaps Lions club as a fund-raiser, has normally been a mountain bike event only, for the past five years. In 2012 they decided to add a 17km hill run. The run attracted 17 open and 10 masters runners. They all found the course very challenging and it would be better described as a mountain run as there were two long rises over several kilometres with downhill sections in between. Some master's results were:

Ricky Gutsell	M49	1:11
Glenn MacIntosh	M40	1:15
Dwight Grieve	M35	1:16
Richard Slee	M40	1:21
Grant Baker	M40	1:24
Evan MacIntosh	M65	1:45
Jan Taylor	W40	2:22

Athletics Southland Track & Field Grand Prix

This year's Grand Prix winners have been found. Top of the masters list was Bruce Thomson on 633 points, an average of nearly 80% for each of the eight events. In second place was Evan MacIntosh on 607 points, averaging nearly 76% for each event. A younger athlete was third. Fourth placing went to Alister Hatton with 494 points. All win gift vouchers sponsored by Allan White Sports.

Gore half marathon & 12km run

This year's event was held in cool conditions and incorporated the Athletics Southland half marathon championships. Southland masters runners to show out were:

Half marathon

M35-49		
Ricky Gutsell	1st	1:16
Glenn MacIntosh	2nd	1:21
Nigel Marsh	3rd	1:21
M50-59		
Garth Fairbairn	3rd	1:33
M60		
Ian Baird	2nd	1:56
Evan MacIntosh	3rd	1:57
W50-59		
Debbie Telfer	1st	1:32
Val Muskett	2nd	1:43

12km

M35-39		
Grant Baker	2nd	50:10
Bevan Pearce	3rd	50:28
M50-59		
Graham Neilson	1st	56:44
Jim Marshall	3rd	1:09
W50-59		
Rose Heyrick	2nd	1:05

Tasman

by | DEREK SHAW

Nelson Shoe Clinic Half and Quarter Marathon

This annual event was held on 6 May and continued to utilise walkways/cycleways in the Stoke area, but this year the start was just outside the all-weather track at Saxton Oval and the finish on the track. As seems usual the runners and walkers had pleasant windless conditions.

In the half marathon, three master's runners in their forties - Simon Mardon, Grant McLean and Graeme Taylor - quickly established a break on the rest of the field and ran together for 20km. Mardon, who was seeking a second win in the event, managed to open up a gap on Wellington's McLean and fellow local Taylor with a strong surge in the last kilometre. When he crossed the finish line on the track in a personal best time of 1:11:34, the other two were also on the home straight. McLean finished 13 seconds behind Mardon with Taylor a further four seconds back. Mardon's time was 69 seconds quicker than in the previous year, while Taylor's time was two and a half minutes quicker than his third place last year.

In the women's half, Paula Canning (W35) made it seven consecutive wins with another strong run to finish in 1:24:42 which broke her own race record and personal best by eight seconds. She had the company of her training mate Klaartje van Schie for the first 5km, who was the second woman to finish in a time of 1:28:31. Colette Read continued her good form and was third women overall and second in the W35-44 in 1:29:07. Toni Mockler was fourth women overall and first in W45-54 grade in 1:40:43.

Third in the M40-49 age group was Kazuhiro Abe in 1:22:10 with the improving Ian Courtney fourth in 1:22:59. Tasman Master Murray Hart had a strong run to finish first in the M50-60 grade in 1:24:15 with Steve Flaus just 8s back. Phil Barnes was third in 1:27:32. The in-form Barry Dewar took out the M60+ grade in 1:26:47 to break Ian Morrison's M60+ record of 1:29:27. Second and third respectively were Martin Meads (1:35:11) and Alister Dickson (1:40:07).

In the half marathon walk, Roger Denton and Gary Holz had a great tussle with Denton eventually taking line honours in 2:09:21, 34seconds ahead of Holz who were first and second respectively in M60+ grade. Third overall and first women was Ros D'Agnilli in 2:16:38, with Sharon McDonald sixth overall and second women in 2:34:32.

In the quarter marathon, Allister Meffan, youngest son of Patrick Meffan, was first overall in 38:17, with the first master Tim Cross (M50-59) in fifth place overall in 41:20, while Bill Revell (43:05) and Clive Holyoake (45:08) were second and third in the M50-59 grade. Grant Standing (41:43), Peter Dick (41:52) and Pete Sheed (48:35) were the first three in the M40-49 grade. Philip Greep (53:47) was only one second ahead of second placegetter John Palmer in the M60+ grade. Ingrid Buedenbender (45:57) was the first master women in 12th place overall and first in the W45-54 age group. Jo Clementson (50:16) was first in the W35-44 age group.

Nyle Sunderland made the quarter marathon walk her swan song event in New Zealand before departing to live in Australia. At the prize giving she was presented, to her surprise, with her NZ Masters Walker of Year 2011 Award for her three golds at the World Masters Championships and other achievements. She had a good victory after a close race with Ross Mitchell, finishing in 1:01:18 and also first W35-44 with Ross six seconds behind and first in M50-59 grade. Bevan Cook walked well to finish fourth overall and first M60+ walker. There were an impressive number of walkers who participated in the event with 28 completing the half, 92 the quarter and a further 26 in the 5km walk. Wendy Healey was first overall in the 5km walk in 27:13. Her son Adam (11) and daughter Lisa (9) ran the 5km in a little family competition, with Adam beating his mother and finishing fifth overall in 25:28 and Lisa 11th in 29:03. Jamie Shaw (14) in his first 5km walk was second overall and fourth male in 31:53.

South Island Track & Field Champs

Tasman Masters are hosting the 2012 stadia championships at the Saxton Oval in Nelson on 30 November - 2 December 2012. We have a new all-weather track and an even newer pavilion in the Saxton Field complex and look forward to hosting athletes from around the country. See the entry form elsewhere in this edition for further details.

As we are a small centre, we will need assistance from qualified/experienced officials. If you can help please send your name, contact details, grading, preferred event and second and third choices to Derek Shaw, Tasman Masters, PO Box 602, Nelson, nikau@ts.co.nz, ph 03 5487537, fax 03 5487535. So if you are an official and/or athlete why not plan a short pre-Christmas break in Nelson and beat the Boxing Day rush.



Sally Gibbs (WBP) and Ian Martin (WBP) toe to toe in the 10000m at the NZMA T&F championships

PHOTO | SHARON WRAY

Canterbury

by | ANDREW STARK

The winter season is well under way, with the small number of active CMA members who run cross country being absorbed by the registered club athletes. What is of more interest in recent weeks is where the replacement all-weather track will be re-built in Christchurch. As a member of the Athletics track & field committee, the information below is my interpretation of what is happening at centre level, in an effort to ensure we get the best possible replacement all-weather facility for our city.

The Christchurch City Council has produced a Draft Annual Plan for 2012-2013 and fortunately a new all-weather track & field is in the one to three year plan. Unfortunately, it has been indicated that the replacement track would remain in the eastern suburbs. I assume that this is more of a political decision than a practical decision given the nature of land in the area.

Athletics Canterbury with the help of Athletics NZ (i.e. Terry Lomax) has already completed considerable work to find a new preferred site or area of the city where a track could go. As a centre, we all agree that the eastern suburbs are in need of a recreational facility to replace QEII that was damaged by the earthquake. However, for a vast majority of the residents the main facilities they used were in fact not the all-weather track, but the other facilities offered at QEII such as the swimming pools, gym and fitness facilities. With this in mind, Athletics Canterbury will be making a submission to the Christchurch CC, speaking against the idea of rebuilding the new all-weather track facilities in the eastern suburbs.



As we have already spent considerable time and money to set up a temporary track and field venue in the east, we believe that we have demonstrated that we already support athletic activities in the east and the up-graded venue of Rawhiti Domain will be the second best facility in the city once the replacement track and field facility has been built.

Our preferred venue for the future of athletics in Canterbury is to have a new facility built at Burnside Park. Part of the Christchurch City Council plan is for different sports to create 'hubs', whereby they share the same facility. Our hope is to create such a place with one of the existing major sports played at the park, rugby. On the 31st May, representatives from Athletics Canterbury made a submission on behalf of our members to NOT have the new facility in the eastern suburbs and now we wait patiently for the Christchurch City Council to come up with a decision.

It is possible that with all the planning and resource consents involved, Burnside Park may not be appropriate and we are open to others suggestions from the Christchurch City Council as to where the new facility could be ... in the meantime, we wait!

What's coming up...more cross-country & road races, our AGM in August and the Oceania Weight Throws Challenge in September.

Otago

by | JOHN STINSON

The 2012 Otago Masters Athletics awards were presented at the Athletics Otago Athlete of the Year Awards Function held in the Members Lounge at Forbury Park Raceway on Thursday Evening May 10th. It is good that the Masters Award Presentations are now established with the Athletics Otago Awards making the occasion much more meaningful for all Trophy Winners. The late Denys Yeo the Immediate Past President of Otago Masters Athletics played a key role in making this happen each year.

The Otago Masters Athlete of the Year was deservedly won by Winifred Harding for her great efforts at the 2011 World Championships in Sacramento. The highlight for Winifred at Sacramento was the W55 weight throw winning a bronze medal and setting a New Zealand record of 12.24m. In keeping with recent tradition all awards

were closely contested with the men's and women's sprints having to be shared between two competitors. The Caversham Club were pleased to again win the Peggy Calder interclub trophy based on the best aggregate points over all events

Trophy winners were:

- Otago Masters Athlete of the Year: Winifred Harding
- Peggy Calder Interclub Trophy: Caversham Club
- Otago Masters Field Events Trophy: Claire Giles
- Joe Cowie Race Trophy: Gene Sanderson
- Otago Masters Women's 6 Race Trophy: Maria Sleeman
- Sanderson Masters Men's Sprints: Ian Craven/Chris Gould
- Sanderson Masters Women's Sprints: Liz Wilson/Claire Giles

A master's colours award was presented to Myrtle Rough by NZMA President Mike Weddell. Myrtle achieved over 95% in the W70 1500 metres races held during the season.

Wellington

by | MICHAEL WRAY

The cross country season is in full swing in Wellington, with the Shaw Baton Relays, Masters Cross Country Classic Relay, Varsity Relays, Vosseler and Dorne all completed in the last few months. In the traditional opener, the Shaw Batons, Wellington Scottish won the masters men with a narrow win over Olympic. Fielding's Paul MacDermid led the masters after lap one, followed by Mike Waterman for Olympic and Jim Jones for Scottish. Fielding wilted, allowing Scottish and Olympic to finish first and second, with Michael Wray, Bill Twiss (both Scottish) and Mark Handley (Olympic) keeping it close for their clubs. Murray Peebles and Peter Wood brought Wellington Harriers in for third.

Scottish also won the masters women, this time a comfortable win, thanks to fast performances from Stephanie MacKenzie and Anne Hare. Kapiti claimed second, with Olympic third.

The 27th Wellington Masters Classic Cross Country Relay saw 16 teams (seven running and nine walking) compete, two more than last year. Perhaps a benefit of the date change from Mothers Day and the same weekend as the Varsity Relays. Scottish (including members Paul Brydges, Michael Wray and Glen Wallis) won the open men and Olympic the open women. Trentham won the 250+ grade, with David Hood their fastest runner, while Olympic won both the 300+ and mixed grades.

At the Varsity Relays, Scottish continued their domination by winning both the men's and the women's grades, with Grant McLean and Stephanie MacKenzie running the fastest times.

Scottish women claimed all the podium spots for the W35 grade at the Vosseler, thanks to Stephanie MacKenzie, Angela Leck and

Sally Anderson. Lee Healey from Wellington Harriers was first W50, a little ahead of Kapiti's Claire Gold and Olympic's Tineke Hoof.

For the first time, the M60 grade race is now a single lap of the challenging course. Olympic's Barry Prosser ran an impressive 23:18 for 1st M60, beating Jonathon Harper from Scottish by nearly three minutes. Masterton's Lloyd Millar claimed the bronze.

The younger masters still have to run two laps. Grant McLean won the M40 for the second successive year, with club-mate Dave Kettles finishing second and Olympic's Kevin Pugh in third. In the M50s, Paul Sharp from Wellington Harriers overcame club-mate Liam Healey and Chris Speakman from Olympic rounded out the podium spots.

The driest Dorne Cup for many years meant times were much faster than the previous festivals of mud. The W35 produced a familiar story; Stephanie MacKenzie beat club-mates Sally Anderson and Tricia Sloan. Michele Allison won the W50s for Scottish, Olympic's Tineke Hoof finished second, with Helen Willis (Scottish) third.

Grant McLean's dominance of the M40 grade continued, as he ran to a comfortable margin of victory. Kevin Pugh scored a narrow win over Olympic team mate Michael Waterman for second and third. Masterton Harriers took first and third in the M50s, through Graeme Butcher and Tony Price. Endurance specialist Butcher pipped Wellington Harrier Paul Forster by just two seconds in an exciting finish.



Gavin Stevens (WGN) won the men's M45 60m sprint from Steve Hargreaves (AKL) and Andrew Dube (WBP) at the NZMA T&F championships

PHOTO | SHARON WRAY



Paula Sharpe W50 (AKL) leading Jill Hayman W50 (AKL) with Sheryl Gower W60 (WBOP) in the 60m at the NZMA T&F champs Photo | SHARON WRAY



COMING EVENTS by Nostradamus

2012

4 AUG	NZ Cross Country Champs	HAMILTON
12 AUG	NZ Half Marathon Champs	PALMERSTON NORTH
1 SEP	NZ Road Champs	WELLINGTON
23 SEP	Spring Equinox - 2.50am	
28 OCT	NZ Marathon Champs	AUCKLAND
28 OCT	Napier Half Marathon	NAPIER
23-25 NOV	North Island Champs	HAMILTON
30 NOV - 2 DEC	South Island Champs	NELSON
22 DEC	Summer Solstice - 12:13am	

2013

1 MAR	NZMA Stadia Championships	WELLINGTON
15 - 27 OCT	WMA Stadia Championships	PORTO ALEGRE, BRAZIL

2014

5-11 JAN	Oceania Championships	BENDIGO, AUSTRALIA
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2015

	WMA Stadia Championships	LYON, FRANCE
OCT	OMA Stadia Championships	RAROTONGA

2016

	WMA Stadia Championships	PERTH, AUSTRALIA
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2017

NOV	OMA Stadia Championships	DUNEDIN
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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.



NEW ZEALAND MASTERS
TRACK AND FIELD
CHAMPIONSHIPS DUNEDIN
4507
Sally Gibbs
AUCKLAND 2017