

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 35 No. 3

JULY 2017

in this issue:

- > WMG Auckland
- > NZ Marathon Champs
- > AMA Award Winners





The men's cross country race at the South Island Cross Country Champs in Christchurch

PHOTO: John Campbell



Stephen Day appears to walk on water during the Shaw Baton Relay in Wellington

PHOTO: Sharon Wray

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



Cover Photo

Dwight Grieve (Fiordland) out sprints David Fitch (Sumner) by a mere one second, to win the M40 masters title at the South Island Cross Country Championships in Christchurch

Photo - John Campbell

Inside Back Cover

Stephen Day of Scottish Harriers 2nd M40 in the Vosseler Shield (dodging the greyhound)

Photo - Sharon Wray

Back Cover

W50 Maggie Chorley won the overall women's masters title at the South Island Cross Country Championships in Christchurch in a time of 20:06

Photo - John Campbell



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Judith Taylor of Kapiti Harriers 2nd W60 leads Jane Leverington of Wellington Harriers in the Vosseler Shield, held in Wellington

PHOTO: Sharon Wray

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www.nzmastersathletics.org.nz

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NEW ZEALAND VETLINE

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

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NZMA is a member of
World Masters Athletics (WMA)
Oceania Association of Masters Athletics (OMA)
Council of Athletics New Zealand (ANZ)

President's Report

by ANDREW STARK - NZMA President

The winter season is well under way with several ANZ and Club organised cross-country events coming up for our members who belong to clubs. Good luck to those competing and I look forward to reading the results either via the ANZ or NZMA websites or in the next issue of Vetline.

World Masters Games

As you will be aware, this event was held in Auckland during April. Just prior to and following the event, I had several emails from NZMA / ANZ masters athletes questioning the reasoning behind not accepting NZMA records.

Having conducted a review of our decision, a majority of the NZMA Board **have agreed to accept** records from the WMG for the following reasons:

1. The reason for not accepting records was political, i.e. World Masters Athletics (WMA) would not sanction the WMG athletic event because WMG would not pay a sanction fee to WMA.
2. The NZMA Board decision not to accept records was made too late and poorly conveyed to members, i.e. decision made on 2 March, verbally conveyed to Centre delegates at the NZMA AGM (3 March). Board and AGM minutes sent to Centre secretaries in late March 2017.
3. The WMG occurring in New Zealand is a one-off event that several members targeted, in preference to the NZMA Championships, with the expectation that records would be accepted.
4. While WMG are all about 'having fun', Murray Free has supplied NZMA with documentation about the level of officiating at WMG, including road course certification.
5. NZMA have accepted at least one record from previous WMG events in the past.
6. While the correct procedure of 'filling out NZMA record application forms' has not been followed, for major championships we do accept records off the results.
7. In 2013, NZMA updated all the Combined Event records (NI, SI & NZMA) and created appendices from published results, without requiring full documentation to be provided by a record breaker, therefore we can accept records from the results.

As part of the process, records for ANZ Club athletes were only accepted if at the time of entering the event they were financial members of a club for the 2016 - 2017 season or they had joined a club for the 2017 - 2018 season prior to the first day of competition.

The NZMA Board's role is to promote and encourage participation in master's events. By reversing our decision and accepting records, I believe we are acting in the best interests of the members we represent. While this decision could be seen as a precedent for accepting records from all future WMG, I believe future NZMA Boards reserve the right to decide if records will be accepted, based on where the WMG event is occurring. If records are not to be accepted, this needs to be clearly conveyed to our members well in advance of the event.



NZMA Board meeting

In late June, we held our first mid-year meeting, with another one planned for early November. Now that the MoU is in place, we have time to reflect on how best we run NZMA going forward, so we started work reviewing what we do and how we can improve on this. NZMA's income from membership subscription has dropped as expected. While we are in a strong financial position, there is no point having meetings unless there are good reasons for doing so.

As from next year we are trialing having one face to face mid-year Board meeting, scheduled for September. We will continue to have a meeting during the NZMA Championship weekend, including a brief meeting of the newly elected NZMA Board following the NZMA AGM. If issues arise during the year that need addressing, we will do that via email or a Skype conference call.

The future of Vetline

The July issue of Vetline was discussed at length. The reason this issue is late is due to a lack of articles and photos. From mid-March to late July there are very few national master's events on. We believe it would be better to have three issues a year as follows.

1. January: Articles about North Island & South Island Track & Field Championships and pre-Christmas events, i.e. OMA or WMA events.
2. April: Articles covering NZMA Track & Field Championships and WMA Indoor events.
3. September: Articles covering the cross country & road season, including ANZ organised Master's Championship events.

If you feel strongly about this decision, I welcome your feedback. Vetline is your magazine and its success relies on the goodwill of the contributors. If you value this magazine, why not help out by writing articles about your experiences, as you attend athletics events around the globe.

NZMA Website

This is our preferred method of getting information out there to our members. Make sure you look at it regularly and if you would like something added or you have ideas as to how we can improve what we do, please let us know.

NZMA e-mail Database

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

If you have **not** supplied your centre secretary with your e-mail address or if it has changed, please e-mail Andrew Stark (NZMA Database Conveyer) aws.resources@xtra.co.nz

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January | April | July | October

ADVERTISING RATES

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These rates are for Black & White advertisements. Colour material can be accepted by negotiation. Contributions and advertising to the editor by the first day of the preceding month. Terms of payment: 20th of the month following invoice date. All prices include GST.

Contact: admin@nzmastersathletics.org.nz



World Masters Games

Throws, Jumps, and Multi-events

by Chris Thompson

The track and field events in the WMG were held at the Trusts Stadium in Waitakere City and at the AUT Millennium on the North Shore. These events commenced on Sunday 23 April 2017 and ended the following Saturday. The weight throw and throws pentathlons were held at AUT and all other events at the main venue in Henderson.

The Games were blessed with fine Autumn weather, with little or no wind, and only a little rain near the end of the week. From my observations the many dozens of officials looked smart in their green tops and all field events were well managed with maximum officials.

The medal winners along with their performances and any NZMA records are as follows -

THROWS

Hammer Throw

The stand out thrower was Mark Cumming (M55) who won gold and in doing so broke his NZMA record set a few weeks earlier. His throw of 52.87m was more than 6m ahead of the silver medallist. Mark followed up his gold medal performance at the 2016 WMA Champs in the M50 and cemented his position as a world class performer in this discipline. David Couper (M40) picked up silver with a throw of 35.80m, Malcolm Clarke (M45) won gold with 36.68m, Rene Otto (M50) bronze with 36.26m, and Brian Senior (M75) silver with 36.78m.

To the ladies, In the W40 grade Michelle Bitcheno won silver with 26.78m followed by Vavae Nuia with bronze with 24.01m. Brenda Davis (W45) won bronze with 35.13m. In the W50's Anne Goulter threw 40.65m to claim silver with Raylene Bates close behind with 40.41m for bronze. Aggie Boxall (W55) won silver with 30.82m, and both Anne Deleiros (W65) and Justine Whitaker (W70) won bronze with throws of 21.29m and 25.60m respectively. In the W85's, Clasina van der Veeken took the gold with 16.09m and Marcia Petley the silver with 15.59m.

Shot Put

The shot put performance of the Games came from Laini Inivale (M50) with a new NZMA record of 14.63m with his first throw to take the gold medal. The other gold medal winners were Malcolm Clarke (M45) with 12.53m and Jim Blair (M85) with 7.03m. Silver medal winners were Scott McGovern (M35) with 10.73m, Peter Crawford (M70) with 12.10m and a new NZMA record and Brian Senior (M75) with 10.14m. Bronzes went home with David Couper (M40) thanks to his 10.57m put and Tuariki Delamere (M65) with 10.75m.

Raylene Bates (W50) with her 12.41m was the only NZ women to take home gold in the shot put. Elisapeta Leitu (W40) won a silver with 9.37m. Four women won bronze medals in the

shot put - Elizabeth Grayson (W35) with 10.19m, Brenda Davis (W45) with 9.75m, Tania Hodges (W50) with 10.49m and Elizabeth Hamilton (W65) with 8.46m.

Discus

In the discus three kiwi men won gold medals - Malcolm Clarke (M45) with 42.09m, Adrian Stockill (M50) with 46.02m and a new NZMA record, and Jim Blair (M85) with his 18.18m. David Sexton (M45) won silver with 29.98m, while Dennis Langford (M40) with 31.24m and Rene Otto (M50) with 40.62m both won bronzes.

Raylene Bates (W50) claimed her second throwing gold with 34.54m in the discus. Fellow kiwis had a clean sweep in the W40 grade with Kim Blackwood winning gold with 30.74m, Kirsty Richmond silver with 26.02m and Vavae Nuia bronze with 21.27m. Bronze medals were won by Deborah McGaw (W35) with 32.46m, Megan Osborn (W45) with 31.96m, and Elizabeth Hamilton (W65) with 21.21m.

Javelin

Luke Crombie (M30) claimed a gold medal in the javelin with a throw of 45.33m, while in the M35 grade Scott McGovern (39.54m) and Iain McGowan (37.90m) were first and third. David Couper won silver with 45.81m and Dennis Langford the bronze with 44.42m in the M40 grade. In the M45's Malcolm Clarke (42.44) and David Morgan (42.17m) were first and second. Bronze medals were claimed by Andy Richardson (M50) with 45.94m, Laurie Malcolmson (M65) with 37.89m and Peter Crawford (M70) with 30.97m. Ron Johnson (M80) produced a silver medal throw of 26.20m, Jim Blair (M85) another gold with 21.93m followed by Hector Mein (14.76m) and Allan Martin (M90) gold with 8.70m, rounded off a successful javelin contest by NZ men.

In the W40 grade Melissa Tipene won gold with 33.67m and Kim Blackwood the silver with 32.54m.

Weight Throw

Both David Couper (M40) with a 11.13m throw and Malcolm Clarke (M45) with 11.77m won gold medals. In the M50 grade Adrian Stockill (14.59m) and Laini Inivale (14.57m) were second and third. Mark Cumming (M55) claimed another gold medal and new NZMA record with his throw of 19.55m. Brian Senior (M75) won another silver with 13.17m. In the M85's Hector Mein (7.63m) won the gold and Alexander Fahy (5.83m) the silver.

In the women's grades, Deborah McCaw (W35) took out the gold with 13.27m and in the W40 grade the medals were won by Kim Blackwood (10.49m), Vavae Nuia (9.36m) and Michelle Bitcheno (8.83m). Brenda Davis (W45) claimed silver with

PHOTO: Kate Johnson



Chantal Brunner in the Long Jump

11.59m, Anne Goulter (W50) bronze with 12.16m and Marcia Petley (W85) a gold with 6.01m.

JUMPS

High Jump

Three NZ male high jumpers won their age groups - Damian Neale (M45) with 1.65m, David Anstiss (M70) with 1.35m and Jim Blair (M85) with 1.10m and a new NZMA record. Silver medals were won by Trevor Walker (M55) with 1.50m, Ray Hooper (M60) with 1.45m, Tuariki Delamere (M65) with 1.35m and Hector Mein (M85) with 0.90m. Both Craig Halbeimer (M35) with 1.75m and Giancarlo Abba (M60) with 1.35m finished with bronze medals.

Six NZ female high jumpers took home gold medals - Veruschka Drotsky (W35) with 1.30m, Emeline Puletaha (W40) with 1.42m, Pamela Minor (W45) with 1.33m, Karen Hulena (W50) with 1.23m, Gail Kirkman (W65) and a new NZMA record of 1.22m, and Judy Hammond (W75) with 0.95m. Silver medals were won by Kirsty Richmond (W40) with 1.39m, Julie Jenson (W45) with 1.30, Elizabeth Swanepoel (W50) with 1.10m and Nancy Bowmar (W65) with 1.16m. Catherine Bacon claimed the bronze with 1.25m to complete a kiwi trifecta in the W45 grade.

Long Jump

Silver medals were claimed by Gideon Hanekom (M35) with 5.65m and Andy Richardson (M50) with 5.46m. In the M55 grade Trevor Walker won gold with 5.51m and Stephen Burden the bronze with 5.28m. Dennis O'Leary (M60) had the gold medal jump of 4.74m and Hector Mein (M85) also won gold with 2.49m.

Nine NZ women won gold medals and contributed to an impressive medal haul in the long jump pits. Kim McCormick

PHOTO: Dillon Anderson



Andy Richardson clears the bar in the M50 Pole Vault

(W30) with 4.16m and Jennifer Dyburgh (W35) with 4.92m both won golds, while Ugandhrie Iyer (W30) won silver with 4.10m and Veruschka Drotsky (W35) won bronze with 3.86m. In the W40 grade it was another kiwi trifecta thanks to Angela Beamish-White (4.46m), Kirsty Richmond (4.26m) and Zerena Hetaraka (3.83m). Chantal Brunner (W45) set a new NZMA record of 5.21m in claiming her gold. Elizabeth Wilson (4.28m) and Elena Vinogradova (3.91m) were first and second in the W50 grade. Jill Hayman (W55) claimed silver with 3.65m, while Nancy Bowmar (3.45m) and Anne Deleiros (3.20m) were first and second in W65 grade. In the W70 grade Lois Anderson (2.97m) won gold and Margaret Crooke (2.97m) silver. Judy Hammond (W75) won gold with 2.62m, Mavis Carter (W80) silver with 1.39m and Clasina Van der Veeken (W85) a gold with 1.57m.

Triple Jump

NZ men won 5 gold medals - Iain McGowan (M35) with 11.65m, Trevor Walker (M55) with 11.52m and a new NZMA record, Dennis O'Leary (M60) with 9.35m, David Anstiss (M70) with 8.80m and Hector Mein (M85) with 4.01m. Silver medals were won by Vaughan Poutawera (M40) with 11.43m and Owen Standen (M70) with 6.49m.

NZ women had another big medal haul, including seven golds. Sarah Cowley-Ross (W30) jumped an impressive 12.61m in winning her gold. Kirsty Richmond (W40) with 8.87m and Elena Vinogradova (W50) with 8.32m both won golds. Silver medals were won by Aggie Boxall (W55) with 6.97m and Noeline Burden (W60) with 6.97m. In the W65 grade it was another clean sweep for NZ with Nancy Bowmar (7.40m) first followed by Anne Deleiros (7.24m) and Joy Baker (6.55m). Lois Anderson (6.89m) won another gold and Glenys Jones (5.93m) the bronze in the W70 grade. Golds were also claimed by Mavis Carter (W80) with 3.12m and Clasina van der Veeken (W85) with 4.55m.

Pole Vault

Andy Richardson (M50) took silver with 3.20m, Murray Anderson (M65) a bronze and a new NZMA record of 2.65m and David Anstiss (M70) won silver with a 2.00m vault. Gold medals were won by Anne Goulter (W50) with 2.10m and Anne Deleiros (W65) with 1.40m.

MULTI- EVENTS

Throws Pentathlon

David Couper (M40) set a new NZMA record in winning gold with a total of 2761 points. In the M45 grade Malcolm Clarke also won gold and set a new NZMA record with 3479 points, and David Sexton was second with 2178 points. In the M50's Adrian Stockill claimed the silver with 3027 points and Rene Otto the bronze with 2738 points. Mark Cumming (M55) set a new NZMA record in winning the bronze with 3649 points. In M75's Brian Senior won the silver with 3662 points and Terry Ryan the bronze with 1754 points. Ron Johnson (M80) claimed bronze with 2965 points and Jim Blair (M85) the gold with 2695 points.

Deborah McCaw (W35) won gold with 3063 points, and in the W40 grade the medals went to kiwis - Kim Blackwood (2826 points), Michelle Bitcheno (1951 points) and Lee Grieve



Jamie Halla negotiating the water jump in the Steeplechase



Mike Parker (left) won the M60 1500m, 3000m and 5000m race walks

(1682 points). Brenda Davis (W45) claimed bronze with 2999 points in her grade. In the W50's Raylene Bates won the gold with 3745 points and Tina Ryan the bronze with 3131 points. Other medallists were Aggie Boxall (W55) a bronze with 2894 points, Noni Callander (W65) a silver with 2798 points and Justine Whitaker (W75) a bronze with 3302 points.

Heptathlon

Susan Johnson (W30) took gold with 2708 points and Ange Beamish-White (W40) a silver with 3095 points. In the W45 grade it was Catherine Bacon first with 3670 points and Pamela Minor second with 3222 points. Gold medals were won by both Jill Hayman (W55) with 3651 points and Tui Ashe (W65) with 3976 points, while Margaret Croke (W70) claimed a silver with 4060 points.

Decathlon

In the gruelling decathlon four NZ men won gold medals to match the four golds by NZ women in the heptathlon - David Hansen (M35) with 5596 points, Trevor Wilson (M45) with 4804 points, Andrew Richardson (M50) with 6058 points and David Anstiss (M70) with 5487 points. Dennis Langford (M40) won bronze with 4485 points, and Wayne Doyle a bronze with 5590 points, Warren Green (M65) a silver with 5246 points.



Laini Inivale won the M50 Shot Put



From L to R: Mark Lett, Wayne Doyle and Andy Richardson competing in the Decathlon



19th Oceania Masters Athletics Championships 20-27 January 2018, Caledonian Ground, Dunedin

Draft Programme

Saturday 20.1.18

Opening Ceremony, Heptathlon, Decathlon, 5000m, Discus (M), Hammer (W)

Monday 22.1.18

8 km Cross Country, 60m, 100m, HJ (M), LJ (W), SP (M), Javelin (W), Weight Throw - M/W

Wednesday 24.1.18

Oceania AGM

Friday 26.1.18

1500m, Long Hurdles, 3000m Race Walk, Pentathlon (M), Pole Vault - M/W, Throws Pentathlon (M), 4 x 100 Relay, Medley Relay

Closing Ceremony

Sunday 21.1.18

Heptathlon, Decathlon, 10k Road Walk, 800m, Hammer (M), Shot Put (W)

Tuesday 23.1.18

200m, 400m (semis if required), 5000m Race Walk, LJ (M), Discus (W), Javelin (M), TJ (W) Championship Dinner

Thursday 25.1.18

400m, Short Hurdles, Steeples, Pentathlon (W), Javelin (M), HJ (W), TJ - Men, Throws Pentathlon (W)

Saturday 27.1.18

Half Marathon

Entries:

Entries for the Championships are open now via our online entry system. Entries will close 8th December and **NO LATE ENTRIES WILL BE ACCEPTED**. Visit the website: www.mastersathleticsoceania.com

Para Events:

There will be some para events available. Please refer to our website for details.

Officials: There is an Expression of Interest form for officials on the website. Please let us know if you are able to help at any time during the championships.

Accommodation: January is a busy time in Dunedin so please book your accommodation early.

Contact Information:

Email Enquiries: oceaniamastersathletics2018@gmail.com



World Masters Games 2017

by Michael Wray

After my experience of the World Masters Athletics Championships in Perth last year and Daegu this year, I must admit that I felt rather underwhelmed by the World Masters Games.

The facilities were very good. The medals were excellent quality and design. The medallist caps were a nice touch; I just wish my medals weren't all the same colour so I could have had different caps rather than identical ones!

There were a handful of things that I experienced that did little to warm me to the event. And little things like the lack of national singlets and unceremonious medal presentations all stood out as marked differences to the WMA champs.

Having a 6km and an 8km cross country was puzzling. With such little difference between the two distances, it didn't make for a short/long course option. It just split the fields. Having a road 10km and a track 10km also seemed unnecessary and split fields.

Holding the half marathon on day one was also odd. This is always held on the final day in official championships in recognition that athletes tend to run more than one event and holding it last allows for greater versatility.

The major issues I encountered were at the track. The start lists were printed and put on the board with progression rules for heats. After a couple of incidents, it transpired the issued progression rules were not to be trusted and neither was the information coming from officials.

The M50 100m heats caused the most controversy. The competitors ran on the basis that more would progress from each heat than was stated. Runners clear in the front would therefore ease up safe in the knowledge they were through to the semi-final round. Except the qualifiers that turned up to run in the semis discovered when they arrived at the call tent that the semi-finals had been cancelled and only eight were through to the final. As you can imagine, this provoked a lot of anger! Some athletes left in rage and did not return. Eventually 11 athletes wanted to continue, so they were split into two timed finals. It looks like the finals were seeded so that the faster runners were able to race head-to-head, which is just as well as the wind difference between the two wasn't insignificant.

One progression mix-up that I experienced first-hand was in the M50 1500m heats. The progression rules on the start list board stated first four would go through from each heat, with the next fastest four. When we were in the call tent, the guys in heat two were told that across the two heats only two runners were to be eliminated. (That being the case, why were we even holding heats?) Those of us in heat one did not get told this and once on the start line, the official told us the same information that was on the board. We raced our heat accordingly. The heat two guys, having been told only two people would be eliminated, noted there would be only two eliminations and with two less athletic competitors, jogged around chatting to each other and one even stopped to exchange words with a friend in the stands! Those of

us in heat one couldn't understand what we were witnessing and were shocked when we found out. Guess which heat's runners ran better in the final?

The 3000m steeplechase almost started at the wrong point of the track, as it emerged the officials had only learned where the start line was for a track with an inside water jump. The Waitakere track has an outside water jump. It took the athletes a little while to convince the officials of their error.

I found myself puzzled at declared nationalities. I spotted more than one NZMA member who had competed in Perth listed as Australia in the results. Althea Mackie even managed to be Australian in most results but New Zealand in the weight throw.

There were lots of Russians competing, something they cannot do in official events currently due to the IAAF ban.

It's difficult for me to describe the action itself. While I had entered every athletic event from 800m up, I had always intended to prioritise and drop some events. In the end, I dropped more than I usually would and instead of running the events where I had the best chance of a medal (e.g. 10000m, 10km, steeple) I ran events that my coach suggested would be better preparation for the upcoming harrier season even though a medal in most of those was most unlikely. I ended up spending much less time watching events than normal. Between the warm-up/down area and the call tent, I found little opportunity to watch.

Some of the racers I did get to see in action were Sasha Daniels and Jason Cameron. Jason ran a strong 5000m and also put in some strong performances in the middle distance, while Sasha Daniels showed his gains from doing the Nick Willis milers camp and showed great speed in the 800m/1500m double.

Andrew Davenport was another one putting his speed on display in the middle distances. I'd love to see Andrew, a wily racer, at a World Champs - I'm sure he would come away with honours.

Sally Gibbs made light work of any opposition in her races, romping home at the front of races without the depth of the World Champs to offer any challenge. One of Hayden Shearman's athletes, Christine Adamson, was another one to run well and enjoy her events. Christine is another one I'd like to see at a World Champs.

There were lots of competitors and medallists who ran with New Zealand as their stated country who are unfamiliar to us within the NZMA ranks. While the nationality of some, given the loose association to country, could be considered dubious, it still demonstrates that there are a number of people out there that we should be looking at as potential members. How do we reach out to them and make them aware that we can offer a more regular event than the World Games and for the medallists in particular, a competitive environment far in advance of the, to be frank, paltry NZ Masters Games? It would be good for us to make our environment known to a section of the running community that probably aren't aware of what we offer.

parkrun in New Zealand

by Derek Shaw

It is now over 5 years since the inaugural parkrun in New Zealand occurred in Lower Hutt. Returning kiwi runner Richard McChesney had become a very keen parkrunner while living in England and brought the concept back with him. On 5 May 2012, he kicked off the first weekly 5km run in a New Zealand park. This was followed by the Cornwall Park parkrun in Auckland in July 2012. This parkrun was initiated by Noel and Lian de Charmoy, who now with the assistance of their daughters Caitlin and Kelly coordinate parkrun New Zealand.

Since its 2004 beginnings in Bushy Park, Teddington in the UK by Paul Sinton-Hewitt, this international informal running phenomenon now has over half a million runners and has spread to 14 countries around the world, including Australia, South Africa, Canada, Denmark, Italy, Ireland, Poland, Sweden and USA.

In New Zealand it has spread to 17 locations throughout the country - from Whangarei to Dunedin - and has over 22,500 registered runners and walkers who regularly roll out of bed early on Saturday mornings and head to their local parkrun location for the race briefing before the 8am start.

It's a simple concept of a free, weekly, volunteer-led, timed 5km event that is held in safe parkland surroundings and open to everyone of all ages, abilities and experience. Although children under 11 need to be accompanied by an adult. There are milestone clubs (and t-shirts) for those who reach 50, 100, 250 and 500 parkruns.

Bernie Portenski is the age-graded record holder in NZ with 95.15% with 21:18 on 19 July 2014.

In June 2017, Athletics New Zealand (ANZ) announced that they had teamed up with parkrun New Zealand in an effort to grow recreational running opportunities and assist clubs to better engage with recreational runners throughout New Zealand. The new partnership allows ANZ to engage with a wider audience than its traditional membership.

The main emphasis is to encourage clubs to think outside what they have traditionally offered, and take up the opportunity with parkrun to engage with the huge market of recreational runners. "The hope is that clubs can use parkrun as a stepping stone for participants to club running" said ANZ Community Manager Amie O'Brien.

Through the partnership, parkrun will be promoting ANZ affiliated clubs to parkrun members by linking with ANZ's Club Finder tool. A new parkrun section has been added to ANZ website, including a step by step process on how clubs can set up their own parkrun. Lian and Noel de Charmoy of Parkrun NZ will be speaking about the opportunity at the annual Club Connect Conference on 29 July 2017 held in conjunction with the NZ Cross Country Championships and ANZ AGM in Auckland. Hatea Harriers in Northland has taken this step and with the assistance of parkrun NZ has established parkrun Whangarei in February 2016.

ANZ affiliated clubs and regional masters centres are encouraged to consider the option of starting their own parkruns or working together on a new parkrun. To find out more about the partnership and how you can set up a parkrun check the ANZ website or parkrun NZ website and if possible get along to the Club Connect to hear more.



From L to R: Tessa Holland, Malcolm Cornelius and Robyn Perkins at the recent South Island Cross Country Championships held in Christchurch

PHOTOS: John Campbell

2017 WMG NZ Medalists (Track and Non-Stadia Events)

100m

W30	1. Chantelle Godfrey	13.43
	2. Ugandhrie Iyer	13.52
W35	1. Tracy Excell	13.39
W40	1. Lusia Pule'anga	13.05
	2. Olivia Haddon	13.32
	3. Angela Beamish-White	14.23
W45	1. Julia Lile	14.11
	2. Jul Dunlop-Fraser	14.23
	3. Phillipa Green	14.43
W50	2. Elizabeth Wilson	13.72
	3. Louise Martin	14.15
W55	1. Jill Hayman	14.63
	2. Rosemary Heyrick	14.69
W65	1. Sheryl Gower	16.21
	2. Jennifer Mason	16.61
	3. Nancy Bowmar	16.97
W70	1. Christine Waring	16.76
	2. Lois Anderson	17.65
	3. Margaret Crooke	17.89
W75	1. Judith Hammond	20.38
W85	1. Marcia Petley	24.34
	2. C van der Veen	29.27

M35	2. Benjamin Potter	11.52
	3. David Garrett	12.11
M45	2. Steven Hargreaves	12.08
M50	2. Bruce Solomon	12.83
	3. Tony Tan	12.97
M55	1. Stephen Burden	13.03
M60	3. Dennis O'Leary	13.30
M65	2. Laurie Malcolmson	13.87
M70	2. Trevor Guptill	14.22
M80	2. David Reade	16.17
M85	2. Stephen Douglas	23.52
	3. Hector Main	23.77
M90	1. Allan Martin	21.33

200m

W30	1. Ugandhrie Iyer	26.92
	3. Sarah Ebdon	28.74
W35	2. Tracy Excell	25.86
W40	1. Lusia Pule'anga	26.93
	2. Catherine Gambaro	28.84
W45	1. Anna Shattky	27.62
	2. Julia Lile	28.75
	3. Jul Dunlop-Fraser	28.81
W50	2. Elizabeth Wilson	27.98
	3. Louise Martin	29.15
W55	2. Jill Hayman	30.29
	3. Rosemary Heyrick	30.44
W60	2. Noeline Burden	37.21
	3. Mor Ramos do Silva	39.47
W65	1. Gail Kirkman	31.66
	2. Sheryl Gower	33.01
	3. Joy Baker	35.79
W70	2. Christine Waring	35.31
	3. Lois Anderson	36.79
W85	1. Marcia Petley	54.50

M30	2. Brayden Grant	22.99
M35	1. Benjamin Potter	22.14
	3. David Garrett	23.24
M40	2. James Nightingale	23.66
	3. Mark Lambert	23.70
M50	2. Bruce Solomon	25.15
	3. Tony Tan	25.75
M60	2. Dennis O'Leary	27.20
M70	2. Trevor Guptill	28.71
	3. Tony Deleiros	29.16
M80	1. David Reade	32.63
M85	3. Stephen Douglas	64.95
M90	1. Allan Martin	49.15

400m

W30	1. Chantelle Godfrey	1:00.73
	2. Sarah Ebdon	1:07.49
W35	1. Joline Jones	1:03.39
W40	3. Lusia Pule'anga	1:03.46
W45	3. Dale McMillan	1:12.11
W50	1. Elizabeth Wilson	1:04.58
	2. Louise Martin	1:08.11
W55	2. Rosemary Heyrick	1:10.88
W65	1. Gail Kirkman	1:12.72
	2. Elizabeth Laban	1:14.74
	3. Jennifer Smith	1:20.13
W70	2. Christine Waring	1:26.73

M30	2. Brayden Grant	50.40
M35	1. Benjamin Potter	50.30
M50	1. Andrew Davenport	57.12
	2. Bruce Solomon	57.57
M60	3. Peter Ayson	1:03.46
M65	1. Allan Dougall	1:07.17
	2. Jonathon Leaver	1:11.62
	3. Frank Versteeg	1:12.15
M70	1. Tony Deleiros	1:07.04
	3. Colin McLeod	1:17.56
M75	1. Raymond Eastmond	1:29.11
	2. Anthony Oliver	1:47.11
	3. Emmet Hobbs	1:50.89
M80	1. David Reade	1:18.34
M90	1. Allan Martin	1:57.29

800m

W35	2. Andrea Clarke	2:39.35
W40	1. Rachel Rowberry	2:59.78
W45	1. Catherine Bacon	2:43.86
	2. Lucy Andrews	2:45.76
W65	1. Gail Kirkman	2:49.66
	2. Joy Baker	3:14.96
	3. Jennifer Smith	3:19.53
W70	3. Maureen Farmer	3:55.55

M30	1. Brayden Grant	2:02.60
	2. Aniel Smith	2:04.46
	3. William Doney	2:07.25
M35	1. Adam Steinmetz	2:05.76
	2. Mathew Rogers	2:06.35
	3. Michael Hale	2:16.30
M45	1. Sasha Daniels	2:08.24
M50	1. Andrew Davenport	2:08.41
M55	1. Ian Calder	2:17.32
M60	2. Phillip Napper	2:25.85
M65	2. Tony McManus	2:31.01
M70	3. Colin McLeod	2:56.60
M75	1. Raymond Eastmond	3:38.12
M90	1. Allan Martin	4:41.12

1500m

W40	1. Anna McRae	5:30.61
W45	2. Catherine Bacon	5:44.96
	3. Lucy Andrews	5:48.01
W50	1. Sally Gibbs	4:59.95
	3. Corinne Smith	6:06.39
W60	1. Christine Adamson	5:52.51
W65	1. Jennifer Smith	6:54.64
	2. Beverley Falkner	7:36.50

M30	2. Dwight Grieve	4:18.44
M45	1. Jason Cameron	4:25.78
	2. Sascha Daniels	4:27.05
M50	1. Andrew Davenport	4:31.51
M55	3. Ian Calder	4:47.76
M60	1. Geoffrey Anderson	4:52.78
	2. Phillip Napper	4:59.80
M65	1. Tony McManus	4:58.63
M75	1. Keith Mackinlay	6:56.86
	2. Raymond Eastmond	7:31.33
M80	1. James Feist	7:57.66
	2. Geradus Regtien	9:12.44

5000m

W35	1. Melanie Angland	18:53.19
	3. Tanja Lenz	22:27.01
W40	1. Deborah Plummer	19:16.99
	2. Anna McRae	19:49.41
	3. Jana Marusakova	20:45.74
W45	3. Lucy Andrews	21:41.11
W50	1. Sally Gibbs	17:59.92
	3. Corinne Smith	21:49.20
W55	3. Karen Petley	23:02.96
W60	1. Christine Adamson	20:48.66
	3. Elizabeth Hardley	24:56.92
W65	1. Judith Stewart	23:33.69
	2. Joy Baker	25:12.62
	3. Carolyn Hartel	27:40.01

M30	1. Aniel Smith	16:38.10
	2. Caleb Pearson	16:39.65
	3. Severi Luoto	17:07.94
M35	1. Dwight Grieve	16:10.77
M40	2. Jamie Halla	18:46.30
M45	1. Jason Cameron	16:21.98
	2. Chris Mardon	16:22.44
M50	2. Michael Wray	17:27.24
M55	3. Peter Richards	19:15.99
M60	2. Geoffrey Anderson	17:52.82
	3. Colin Earwaker	18:18.31
M65	1. Tony McManus	19:03.70
M70	3. Alan Galbraith	21:59.49
M80	2. Garth Barfoot	32:45.29
	3. Geradus Regtien	34:24.35
M85	2. George Pearce	49:23.69

10000m

W35	1. Melanie Angland	38:28.22
	2. Katrin Gottschalk	42:00.12
	3. Tanja Lenz	47:32.30
W40	1. Anna McRae	40:31.79
	2. Jana Maruskova	43:04.92
W50	1. Sally Gibbs	36:59.25
	3. Caroline McAleese	50:06.39
W60	1. Christine Adamson	42:42.25
	2. Elizabeth Hardley	51:51.80
	3. Prudence Vincent	52:39.84

M30	1. Severi Luoto	37:46.91
	2. Jimmy Thew	43:49.46
M35	1. Simon Mace	34:59.35
	2. Michael Hale	37:35.14
M40	1. Rick Tombling	34:21.46
	3. Robert Hutton	51:57.36
M50	2. Antony Warren	37:41.88
M55	3. Peter Richards	40:43.45
M60	3. Murray Hart	43:56.34
M75	2. Robert Wynn	58:59.08
	3. Alan Eustace	1:33:58.94
M85	1. Graham Ward	1:32:32.72

80m hurdles

W40	1. Angela Beamish-White	16.78
	3. Simone Fougere	17.34
W50	2. Louise Martin	13.91
W55	2. Agnes Boxall	19.27
W65	1. Gail Kirkman	15.94

100m hurdles

M50	3. Duane Duggan	19.38
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110m hurdles

M30	1. Luke Reynolds	16.90
M45	2. Setu Lio	24.65

300m hurdles

W50	2. Louise Martin	52.70
W65	1. Gail Kirkman	58.59

M65	2. Alan Dougall	56.18
M70	3. Raichard Parker	1:09.60

400m hurdles

W30	1. Sarah Ebdon	1:27.75
W45	1. Catherine Bacon	1:17.21

M30	1. Curtis Lockley	1:05.48
M50	2. Andrew Davenport	1:03.31
	3. John O'Connor	1:03.65

2000m steeplechase

W35	1. Tanja Lenz	9:39.13
W55	3. Teresa Grimmett	11:06.12
W60	1. Karen Crossan	9:57.70
W65	1. Jennifer Mason	10:52.17
	2. Heather Carr	11:16.06

M70	3. Owen Standen	9:51.59
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3000m steeplechase

M30	2. Caleb Pearson	10:56.06
	3. Jimmy Thew	13:51.51
M35	1. Mathew Rogers	10:07.88
	2. Michael Hale	11:33.58
	3. Evan Atkinson	11:45.03
M40	2. Jamie Halla	11:20.33

1500m race walk

W35	1. Vicky Jones	10:45.35
W40	2. Carroll Irvine	10:44.44
W45	2. Larissa Wildsmith	9:29.07
W50	1. Corrine Smith	7:34.53
W55	2. Teresa Grimmett	9:08.65
W65	1. Heather Carr	8:11.52
W70	1. Jacqueline Wilson	8:55.65
W75	1. Daphne Jones	10:27.80

M40	2. Stefan Nogaj	9:48.20
M60	1. Mike Parker	7:06.20
	3. Peter Fox	8:08.17
M85	1. Mate Matich	12:29.07

3000m race walk

W35	1. Vicky Jones	22:39.43
W40	2. Carroll Irvine	22:19.93
W45	2. Larissa Wildsmith	19:29.06
W50	1. Corrine Smith	15:35.43
W55	3. Julianne Hutton	20:17.60
W65	1. Heather Carr	17:44.64
W70	1. Jacqueline Wilson	18:53.35
W75	1. Daphne Jones	21:40.18

M60	1. Mike Parker	14:59.18
	3. Peter Fox	16:53.02

5000m race walk

W35	1. Vicky Jones	38:56.39
W40	2. Carroll Irvine	38:57.01
W45	2. Larissa Wildsmith	33:20.14
W50	1. Corrine Smith	27:23.14
W55	3. Julianne Hutton	35:54.51
W65	1. Heather Carr	30:22.71
W70	1. Jacqueline Wilson	32:26.32
W75	1. Daphne Jones	36:27.57

M60	1. Mike Parker	25:53.68
	3. Peter Fox	28:57.76
M70	3. Alexander Payne	36:59.55

Non Stadia Events

Cross Country

4km	2. Lucy Fraser	34:32
W85	1. Classina van der Veen	34:20

M80	2. Geradus Regtier	29:06
M85	2. Stephen Douglas	45:04
	3. George Pearce	54:48

6km

W30	2. Marina Bolousa	31:19
W35	1. Andrena Clark	26:23
	2. Anna Scarth	30:22

W40	1. Anna McRae	25:21
	2. Hayley Beth Taylor	28:45
	3. Kathleen Edge	33:35
W45	3. Tammy Ashley	37:04
W50	2. Suzanne Kirk	30:36
	3. Wendy Joy Baker	31:01
W60	1. Sue Meltzer	31:21
	3. Elizabeth Hardley	32:07
W65	1. Joy Baker	33:29
	2. Barbara Scarfe	34:01
	3. Beverley Falkner	37:04
W70	3. Kathleen Frable	39:29

M30	1. Aniel Smith	21:44
	2. Severi Luoto	22:25
M35	2. Mathew Rogers	21:48
M40	1. Gene Rand	21:39
M45	1. Jason Cameron	21:27
	3. Daniel Coates	22:30
M50	1. Peter Stevens	22:08
	2. Michael Wray	22:27
	3. Malcolm Cornelius	22:33
M55	1. Vadim Ankudinov	23:49
	2. David Lear	24:15
	3. Peter Richards	24:18
M60	2. Igor Vakin	23:24
M65	1. Boris Roganov	27:21
	2. Paul Twentymann	28:49
	3. Alan Lightwark	29:21
M75	1. Tryell Jaggard	35:16
	2. Clive Richards	35:23
	3. Keith Mackinlay	35:29

8km

W30	1. Natalie Gallant	41:37
W35	1. Katrin Gottschalk	35:13
	2. Shannon-Leigh Litt	37:17
	3. Tanja Lenz	40:04
W40	1. Adrienne Mckenzie	32:58
	2. Deborah Plummer	33:39
	3. Jana Marusakova	36:47
W45	2. Kerry Ash	37:02
	3. Joanne Strahan	39:08
W50	1. Sally Gibbs	31:42
	2. Catherine Giles	43:25
	3. Alison Edwards	45:30
W55	1. Carolyn Smith	36:33
W60	1. Margaret Peat	

2017 Australian Masters Athletics Awards

by Wilma Perkins

Sprints/Hurdles:

The winner was **Peter Crombie** (M70) from NSW. Peter had battled injuries for quite a few years and at one stage was informed by his physician that he would never run again. But by managing his body and with smart training Peter continued to achieve. He won the 60m, 100m and 200m at the NSW Championships last year. He followed this with gold at the AMA Championships in the 100m and 200m as well as sharing the win in the Champion of Champions. Peter timed his preparation to perfection for the World Championships in Perth winning gold in the 100m, 200m and 400m as well as anchoring the M70s to gold in the 4 x 100m and 4 x 400m relays.



Middle Distance:

The winner was **Jeanette Flynn** (W65) from Queensland. Jeanette (centre - in photo opposite) had the distinction of changing age groups during the WMA Championships in Perth. This meant she competed in the W60 events where she won the 800m but was 65 by the time the 1500m was held. Jeanette's time in the 1500m was an Australian W65 record. Within a month of the championships concluding Jeanette added an Australian record for the 800m and followed this up 10 days later with an Australian record in the 400m, Australia's first W65 to run under 70 seconds.



Distance:

The winner was **Lavinia Petrie** (W70). Lavinia had continued with her brilliant performances breaking her own 10000m world record with 44:36.71 (an age grade % off the charts with 109.9%) and setting an Australian half marathon record. She also defended her 5 gold medals from the Lyon World Championships with another 5 gold's in Perth in the 1500m, 5000m, 10000m, cross country and half marathon. She is simply without peer in her events.



Walks:

The winner was **Colin Heywood** (M60) from the Northern Territory. At the AMA Championships in Adelaide, Colin won his three walks and was placed second across all age groups in each of those three walks events. In August, Colin won the M60 20km walk at the AMA Winter Championships. Competing in his first WMA Championships in Perth, Colin continued his success with gold in the 10k and 20k walks and a silver medal in the 5000m walk.



Jumps:

The winner was **Margaret Tweedie** (W60) from Victoria. Margaret excelled at her first WMA Championships acquiring medals across a range of events. Besides her success on the track, Margaret won her triple jump and was placed second in long jump with a distance just 4cm short of the Australian Record.



Throws:

The winner was **Todd Davey** (M50) from Tasmania. During the year Todd set 12 Tasmanian records and two Australian records when he increased the discus record previously held by Stuart Gyngell. At the WMA Championships Todd won his shot put and was placed second in the discus and the throws pentathlon.



This year the awards were presented a little later in the year than usual as the AMA Championships were held in Darwin for the first time and June was the best month for the best weather conditions. The awards are based on athletic performances achieved during 2016.

Multi Events:

The winner was **Wilma Perkins** (W65) from Queensland. Wilma showed her all round ability in winning a number of multi events during the year. She set Australian records in both the pentathlon and the heptathlon. At the WMA Championships, Wilma won the heptathlon as well as winning gold in the pole vault and long jump. She also medalled in the 200m, sprint hurdles and high jump. Wilma completed the year with a total of five Australian records.



Outstanding Individual Performance:

The winner was **Belinda Martin** (W40) from NSW. At the WMA Championships, Belinda won her cross country, then went on to win the 800m, followed by the 5000m, the 10000m, the 1500m and finally the half marathon. Belinda's six gold medal haul made her Australia's most successful athlete at the championships.



Outstanding Male Athlete:

The winner was **Andrew Jamieson** (M70) from Victoria. Since turning 70 in June last year Andrew has set Australian Records in the 2000m, 3000m and 5000m and he has broken the world record for both the 10k and 20k walks. Andrew won his three race walking events in Perth by significant margins and completed the year by being named the WMA Male Athlete of the Year.



Outstanding Female Athlete:

The winner was **Julie Brims** (W50) from Queensland. Julie achieved multiple records with consistently very high age grade percentages last year, particularly in the sprint events. These records came to a total of 13 Queensland and Australian records in 2016 with eight of these being Australian records. At the Australian Championships in Adelaide, Julie set new Australian records in the 100m and 200m. She then improved these times at the World Championships in Perth where she won these same two events.



Administrator/Official/Volunteer of the Year:

The winner was **Richard Blurton** from Western Australia. One of the most demanding volunteer roles is to be the head of a Local Organising Committee (LOC) for our National Championships. Richard had that role for the 2010 AMA Championships and will again in 2018. But from 2010 to 2016 Richard took on an even more challenging role. This role required a large time and energy commitment and heavy use of his managerial expertise. In 2011 Richard was part of the four person committee that won the right for Perth to host the 2016 WMA Championships. By 2015, Richard was chairing the eight-person LOC which had the enormous responsibility of developing and putting in place the structure for a successful championships. Richard's leadership contributed significantly to that success. Post championship Richard now chairs the five-person AMA Trust which will plough the profit from the championships back into master's athletics projects.



Want To be Really Cool?

by George White



Previously I have talked about taking every opportunity to gain an advantage over competitors (Ergogenic aids) and while there is no (legal) substitute for hard work, top athletes will try anything for that edge. One area of growing popularity is cryotherapy.

The benefits of cold therapy, such as ice packs and ice baths in relieving inflammation and swelling are well-recognised

but cryotherapy is said to raise muscle recovery after exercise to a whole new level. Unlike ice baths or ice packs cryotherapy is a fast, non-painful extreme version of cold therapy which is far more comfortable. (And you thought a pack of frozen peas was the ultimate tool.) The cold is delivered by radiation as opposed to conduction in the case of ice baths and ice packs. Cryotherapy was first used by the medical profession in Japan in the 1970s to treat patients with rheumatoid arthritis. Since then, it has been widely used by hospitals and clinics throughout Europe as a non-invasive, drug-free alternative treatment for those seeking muscle recovery and repair as well as treatment of injuries.

The reported benefits have seen sportsmen in increasing numbers using the treatment as part of their training, with many Australian and international athletes regularly using cryotherapy to assist with their recovery and performance - including Mo Farah, Australian cricketers, AFL players, soccer legends Ronaldo and David Beckham, and Formula 1 drivers Mark Webber and Fernando Alonso. It is claimed that athletes

who use whole body cryotherapy show increased muscle strength and decreased muscle pain, allowing them to train again sooner and harder.

The treatment begins with thirty seconds acclimatisation in a pre-chamber, which sits at -30 degrees. During a session in a cryotherapy chamber dressed in special perfectly dry clothes to protect vulnerable areas (no frozen assets here), the body is briefly enveloped in a fine nitrogen mist and cooled to approximately -140 degrees for up to 3 minutes (remember your pack of frozen peas is about -4 degrees and the coldest temperature ever recorded on earth was in 1983 at the Vostok Station in Siberia of -89 degrees). Remembering to follow clothing instructions is vital as evidenced by sprinter Justin Gatlin who used a cryogenic chamber after training but went in with sweaty socks which immediately froze giving him frostbite.

Using a chamber obviously results in a decrease in body temperature. When the body is exposed to extreme cold, the body goes into survival mode which causes surface blood vessels to contract, drawing blood away from the skin. The blood is rerouted to major organs to maintain core body temperature. During this process, blood is filtered and filled with oxygen, nutrients and healing enzymes. On leaving the chamber, body temperature returns to normal, blood vessels dilate and blood rushes back to the skin and muscles. Blood circulation is stimulated and oxygenated blood is delivered helping to heal damaged muscles, joints, tendons and ligaments.

Multiple sessions are often needed for long lasting relief. Typically, between ten and twelve cryotherapy sessions are needed for successful pain relief from sports injuries or long standing joint pain. Professional athletes will often have up to 2 sessions a day to help achieve peak performance.



Dan Clendon 1st M40 in the Vosseler Shield held in Wellington



Jean Skilton of Olympic Harriers 3rd W60 with Diane Morgan W50 of Scottish Harriers in the Dorne Cup held in Wellington

PHOTOS: Sharon Wray

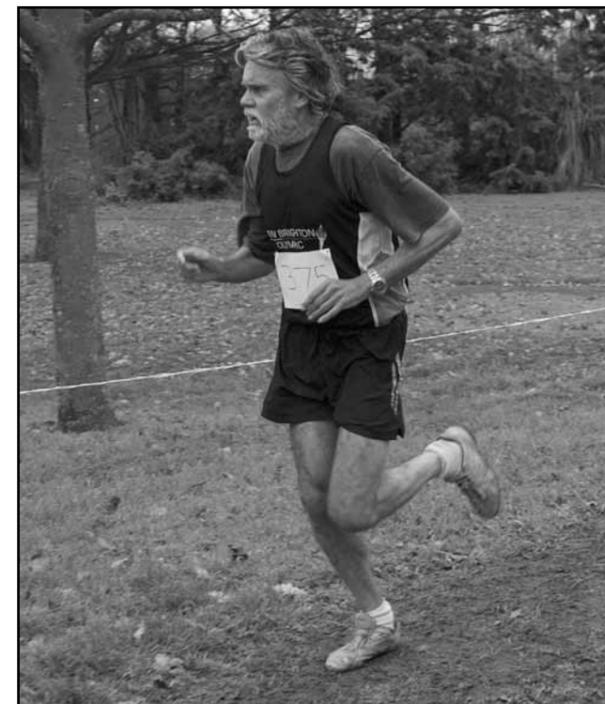
The major benefits attributed to cryotherapy are:

- It will flush toxins (including lactic acid) from the skin and muscle tissue, giving relief from delayed onset muscle soreness.
- It will relieve and soothe joint pain and inflammation. Cryotherapy triggers the release of anti-inflammatory cytokines and decreases pro-inflammatory cytokines. This can maximise muscle repair and decrease recovery time by up to 50%.
- By using the therapy, tired athletes can return to hard training sooner, giving the ability to train consistently without muscle fatigue.

If this is the case then the process could be seen as improving overall performance and possibly increasing energy and strength.

Cryotherapy clinics also claim that it:

- Increases range of motion and flexibility.
- Boosts metabolism (which assists weight management)
- Improves concentration. (Fitness performance may be correlated with cognitive mental abilities, including concentration and memory. As the brain gets oxygenated via increased blood circulation following cryotherapy this in turn can positively affect concentration and enhance physical performance.)
- Improve sleep after a session.
- Increase the production of endorphins for elevated physical and mental well-being.



Clive Kitchingman - M55 grade at the South Island Cross Country Championships in Christchurch

Cryotherapy may well be useful if you are injured or are planning to significantly increase your training load. Researchers in France experimented on a group of runners with a workout designed to elicit muscle damage and soreness. Afterwards the runners entered a cryotherapy chamber with maximal muscle strength and perceived sensations recovered after the first session. Three sessions performed within the 48 hours after the exercise accelerated recovery from delayed onset muscle soreness.

Cryotherapy is also recommended pre-workout because of the increase in energy, vitality and boosted metabolic rate. At this time there does not appear to be any concrete research to support this but many athletes believe in it.

If you are not yet convinced perhaps listening to the sales pitch of cryotherapy labs will help. Apparently cryotherapy has gained a reputation for providing benefits beyond sports training. Cryotherapy may:

- Reduce cellulite
- Slow the aging process
- Give stronger, fuller hair
- Reduce skin blemishes
- By stimulating the production of collagen, produce tighter, healthier skin and stronger nails.

Some people advocate the process on the basis that it is a "natural remedy" though how standing nearly naked in a liquid nitrogen freezer at temperatures never experienced on earth is "natural", I am yet to be convinced. If you want to give it a try, it is available in Sydney, Perth, Brisbane and Adelaide and I believe it is coming soon to Auckland.



Katherine Fitch - W45 grade at the South Island Cross Country Championships in Christchurch

PHOTOS: John Campbell

Gender Gap

by Michael Wray

In this year's Vosseler Shield, the reason for women running only one lap while men run two came up. Several women opted to run the men's race rather than be confined to a single lap but in doing so had to adopt "non-championship" status. For the Vosseler, I understand it is economics – the organisers provide distances they believe will optimise the entry numbers per grade – but the general question remains: why is it that in some races we ask the women to run a different distance to the men?

Men and women run the same distances in marathons and half marathons – there isn't a men's distance and a women's distance. In reality, it has taken hard work from pioneers such as Kathrine Switzer for us to be able to say that. Women were excluded from the marathon for longer than they have been welcomed and their lack of exclusion from the half marathon is simply due to that distance only becoming important in its own right after Kathrine had helped win the second battle of marathon - almost 2500 years after the first one.

The IAAF have reflected on this gender split themselves. In the 2016/17 competition rules, which came into effect from 1 November 2015, the distances for the World Cross Country Championships have been standardised (#1). Instead of the distances being 12km for senior men and 8km for senior women, the difference has been split and both now run 10km.

The gender gap remains at the junior and youth levels. U20 men run 8km, U20 women run 6km and at the U18 level, the boys run 6km while the girls have 4km. Standardising the senior level but leaving juniors separated will make the step-up to senior level a much bigger leap for the women. The men will progress through their age bands evenly 6-8-10 as the women are asked to progress 4-6-10.

In the Mountain Running Champs, the standardisation has not applied and the old distances remain. Senior men run 12km and the women 8km. And we still have different distances for masters men and masters women in cross country and road champs.

Is standardisation the right thing to do or is it a hangover from the Victorian sensibilities that blocked women's athletics for so long?

Victorian sensibilities? Yep. Look at the pinnacle of our sport, the Olympics. Women were not allowed to participate in athletics at the Olympics until 1928. The most popular argument being "violent movements of the body can cause a shift in the position and a loosening of the uterus as well as prolapse and bleeding, with resulting sterility, thus defeating a woman's true purpose in life, i.e., the bringing forth of strong children." (#3)

Gertrud Pfister of the Institute for Sport describes the mindset in a paper on Female Physical Culture in Germany in the 19th and Early 20th Centuries:

The "peculiar nature of the female body" and contemporary ideals of beauty and femininity set very narrow limits for women's physical culture. Only sports like tennis and figure-skating were considered wholly suitable, since the well-to-do young ladies could play their customary roles as erotic, decorative objects and increase the social prestige of the family by their conspicuous leisure. (#3)

Perhaps we should call it Hellenian sensibilities. Women were not allowed in the Ancient Olympics either. There was a separate festival in honour of the goddess Hera for unmarried women. As for married women, not only were they prohibited from competing altogether, if caught just watching the men's competition they received the death penalty (#2).

Only in 1991 did the Olympics decide that any new sport wishing to enter the Olympic programme must feature events for women. For existing pre-events that rule did not apply and the 2012 Olympic Games in London were the first in which women competed in every sport on the Olympic programme.

That's staggering. Women have only been offered equal participation for two, count them, just two Olympics so far. Equal participation? Well, not quite – equal at the header level but not in the detail. Where is the women's 50km race walk?

It is improving all the time, so perhaps parity is coming. After all, the women's marathon was only added in 1984, the 5000m in 1996 and the 10000m in 1988. While they remain excluded from 50km, women were allowed to enter the 20km walk from 2000. Most recently, in 2008 women were allowed to run the steeplechase.

The distinction is sometimes very arbitrary. Why do men race 110m in the short hurdles and the women run 100m? What's the point of that 10m difference? The only justification could be stride length and gaps between hurdles, although women were only given 80mH until the 1972 Olympics so you have to wonder.

Going back to the IAAF standardising the cross country distances for senior athletes, individual countries have started following suit including New Zealand. World Masters has gender parity for the master grades, so does Oceania Masters. Is it time we lobbied Athletics New Zealand for the same parity to be introduced for our National Championships for Masters too?

#1 - http://www.olympic.org/Documents/Reference_documents_Factsheets/Women_in_Olympic_Movement.pdf

#2 - <http://www.penn.museum/sites/olympics/olympicsexism.shtml>

#3 - <http://library.la84.org/SportsLibrary/JSH/JSH1990/JSH1702/jsh1702c.pdf>

Head Rush!

by Michael Wray

Ever stand up, walk a few steps and then find things go a little woozy? It only lasts a couple of seconds. Enough to make you pause, wait for the dizziness to pass and then a warm "full" feeling in the head. Welcome to your head rush!

It's called orthostatic hypotension (literally 'standing upright' and 'low blood pressure') and most of the time it's not a problem. Not a problem providing you take a couple of seconds to steady yourself – the risk of harm comes from losing your balance and hitting something when you fall (such as the floor). If it lasts more than a few seconds, it might be a sign of something more serious and you should get it checked out.

For the common-or-garden variety, however, you, as a finely tuned athlete (most of you) can probably blame your fitness levels for increasing the chances of it happening.

When fitter, your heart can push more blood around your system with less effort and the arteries increase their elasticity. Hence, a fit runner will enjoy a lower resting heart rate and a lower blood pressure than they would otherwise find.

There have been some studies to dispute whether athletes actually do have lower blood pressure than the general population, with some evidence to suggest that training more than 10 hours a week can increase blood pressure (#1).

What happens when you stand is the blood pooled in your lower half takes a little bit of time to overcome gravity. This results in a rapid drop in blood pressure and blood supply to the brain. In layman's terms, you're dizzy because there's not enough blood in your brain. The experience is often accompanied by

the explanation of "all the blood rushed to my head" – hence the term head rush. Ironically that is the exact opposite of what just happened!

It's not specifically the lack of blood that causes the dizziness. Blood transports oxygen around your body and it's the oxygen deficit in your brain that creates the feeling of light headedness.

The prevalence of orthostatic hypotension can be increased when dehydrated or when low on electrolytes – in other words, just after exercise.

The correlation of increased fitness to increased risk of experiencing orthostatic hypotension appears to be a curve, where there is an 'optimal level of fitness' that is less prone. Optimal in this sense is used not in terms of your athletic conditioning but in reference to reducing the risk of dizziness. Essentially if you are unfit or very fit, you are more likely to get your head rush, whereas the "optimally fit" reduce their chances. This has been called by one study as the paradox of training and orthostatic intolerance. (#2 & #3)

Personally I'm more interested in a performance-oriented definition of 'optimal level of fitness'; I'm perfectly happy to enjoy my "cheap high" when I get up from my desk if it comes along with faster race times.

#1 - <http://www.runnersworld.com/sweat-science/do-athletes-have-higher-or-lower-blood-pressure>

#2 - <http://www.ncbi.nlm.nih.gov/pubmed/15699447>

#3 - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2343225/>

Coaching Corner

by Mike Weddell



Coaching can make or break an athlete - hopefully it will be the former rather than the latter. Successful coaches are as concerned about how they coach as well as what they coach. Coaching should not be writing out a programme and then the athlete getting on with it.

Coaching is about developing the whole person, not just the skills or fitness aspects of a sport. A coach may produce a quality programme but if the athlete is not engaged they will not get the full benefit of it. This does not mean that an athlete should be flogging themselves in every session as athletes have different reasons for taking part in a sport.

Some athletes aim for greatness and a few of them make it, others treat it recreationally to keep fit and as a break from more mundane tasks. Yet others take part in sport for social reasons and some even rotate through these approaches never quite making up their minds where they want to be.

If you want to achieve your potential in the sport you need a coach that coaches the whole person, a coach that knows you well including both good points and not so good points. You should feel comfortable with your coach and be able to hold frank and open conversations with them and neither should fear constructive criticism from the other. Coaching is a two way process in which two brains are better than one.

NZ Marathon Champs - 18 June 2017

by Michael Wray

The New Zealand Marathon Championships returned to Wellington this year, last being run here four years ago.

It's fair to say that a June marathon championship tends to offer weaker fields than an April or October championship. Many people who would otherwise consider running are reluctant to try and fit a marathon into the middle of cross country season and risk the performance hangover lingering into road season. The other way to look at it, however, is a June marathon championship offers a good chance to burgle a medal!

Wellington-based Japanese runner, Hiro Tanimoto, and a recent arrival to Wellington from America, Dan Lowry, set the early pace and it looked like one of these would triumph overall. As it happened, Hiro suffered a recurrence of an Achilles issue that has plagued him since winning the Christchurch Marathon a couple of years ago and limped home to lose a lot of time and places, allowing Lowry an unchallenged win. Neither of these would be eligible for the national championship, with both only in NZ on temporary visas. This left the door open for Sam McCutcheon and Chris Wharam (both seniors) plus Stephen Day and Chris Hartshorn (both masters).

M40 Stephen Day timed his race well, coming through the field in the final five kilometres to secure a 2:32:03 finish, second overall and first NZer. His performance secured him the Senior Men's Championship title, 70 seconds ahead of Sam McCutcheon.

M45 Chris Hartshorn, competing in his first championship since returning to NZ, ran 2:36:36 and with Stephen taking the overall SM title, Chris claimed the overall Masters Men title. Matt Parsonage and Romain Miroso (both M35) took the overall Masters silver and bronze medals.

Tasman runner Robbie Barnes won the M50+ championship medal, seeing off the challenge from local runner Paul Hewitson by a relatively comfortable six minutes.

Despite the depth at the sharp end of the men's race, the women's race lacked quality outside of the first three. The first master's woman was Sally Gibbs, who elected to compete in the senior women's race (in which she placed second, behind senior Alice Mason). Consequently, Katherine Morgan won the masters woman championship with Lisa Brignull next. The next placed masters woman (Annie Jerling) was over 50 minutes behind and no other woman broke four hours.



Pam Graham was 2nd in the W60 grade in the 10km at the Wellington Marathon champs



Andrew Kerr of Scottish Athletics was 2nd in the M40 grade in the 10km at the Wellington Marathon champs

Northland

by Dennis Langford

World Masters Games

The much anticipated wait for the World Masters Games kicked off with the opening ceremony at Eden Park, where all the Northland athletes decided to meet outside gate 5 and sit together. We ended up sitting in the Archery section, as they had a much better view of the stage than our allocated seating. I don't know whose idea it was to sit there, but it was a great call. The atmosphere was amazing and everyone enjoyed watching the ceremony, whilst enjoying food and drinks with our fellow athletes from New Zealand and around the World.

The games started at Trusts Arena for most of the team on Sunday 23 April, although some athletes had already competed in the half marathon and 10k races on the Saturday.

Northland athletes brought home a massive haul of medals from the World Masters Games. As one of the smaller regions in New Zealand, Northland did extremely well and between the 19 participants managed to win 49 medals - 22 gold, 14 silver and 13 bronze.

A large number of the medals were won by our female athletes. Ugen Iyer (W30) claimed gold in the 200m and 4 x 100 relay, and picked up 2 silvers in long jump and the 100m. Our female superstar Sien Van Der Veecken (W85) brought home 5 gold and a silver, leading the way once again as our top Northlander with 6 medals. She was first in the half marathon, 4km cross country, hammer, long jump and triple jump. Her silver medal came in the 100m where she got to race in the same final as Man Kaur, the oldest competitor at the games.

Nancy Bowmar (W65) was another athlete that did well. She picked up golds in the long and triple jump, silver in the high jump and a bronze medal in the 100m, and as Nancy said, completing the rainbow set of medals. Corinne Smith (W50) once again dominated the walking races, with golds in the 1500m, 3000m and 5000m race walks, also picking up bronze medals in the 1500m and 5000m. Judith Stewart (W65) picked up golds in the 5000m, 10k road race and 8k cross country.

A group of officials from Northland - Sheelagh Prosser, Jenny Ferris and Sandra Kashammer - completed the team at the games and it was great to see their friendly faces whilst we were competing.

I competed in my first decathlon and was able to share the experience with fellow Northlander Mark Lett. The weather was great on day one, as it had been all week, and we both managed to get through the first day. Day two was a different

story with the weather not playing ball and making things difficult for us. Trying to throw discus was no fun with the driving rain and wet hands. Pole vault was even worse and I managed to crash in the plant zone, fortunately I was lucky enough to come out unhurt, and no one got a picture of it!

We finished off the decathlon in the driving rain with the 1500m, and some very wet, tired but happy men crossed the finish line. I was stoked to finish with the bronze medal, behind two very talented athletes from Australia and Japan.

The medal ceremonies were held just outside the main building, but were moved inside towards the end of the competition due to the inclement weather. Not only did we receive our medals but also a winner's cap from the sponsor, Barfoot & Thompson, a great keepsake. Not only was it an honour to see so many fellow athletes from Northland receiving their medals, making you proud to be Northlander, but also seeing fellow New Zealanders from across the country on the podium made us very proud Kiwis.

My experience of the World Masters Games will stay with me for many years. One of the highlights was how the athletes from across the world came together like one large family and friendships were formed that will continue long after the games. If only the rest of the world got on as well as we did!



Dennis Langford and Mark Lett just finished the 1500m in the Decathlon at the WMG in Auckland. "We did it!"... Two very happy chaps!

PHOTOS: Sharon Wray

PHOTO: Debbie Langford

Other Northland results at the WMG not mentioned previously:

- Gideon Hanekom (M35) silver in long jump
- Ady Mckenzie (W40) gold in 10km road race and 8km cross country
- Dennis Langford (M40) silver in discus and bronze in javelin
- Carroll Irvine (W40) silver in 1500m 3000m and 5000m race walk
- Lucy Andrews (W45) silver in 800m and bronze in 1500m
- Mark Lett (M50) bronze in pole vault
- Ian Calder (M55) gold in 800m and bronze in 1500m
- Judith Bradshaw (W65) silver in half marathon and 8km cross country
- Margaret Crooke (W70) silver in long jump and heptathlon, and bronze in 100m
- Colin MacLeod (M70) bronze in 400m and 800m
- Dave Eastmond (M75) gold in 400m and 800m, and silver in 1500m

Auckland

by Chris Thompson and Tony Deleiros



Indoor stadium at Daegu, South Korea

Pre WMG Meet - Mt Smart Stadium – 9 April 2017

AMA decided to hold a meeting pre the World Masters Games to allow those attending the Games and other athletes one final meeting for our season. It drew 91 entries which is a record in my 10 years with Auckland Masters for participation at local level. There were visitors from Northland, Waikato-BOP, new Club members and two new members who joined AMA later

Winter training

With the athletic season coming to an end, many at the club have turned their focus to cross country running and some longer distances on road and tracks, while some have kept going with the track training with one eye on the busy season that will be here in no time.

Update on Nationals being held in Whangarei 2 - 4 March 2018.

The Northland committee is busy with getting plans in place for the Nationals in Whangarei next year. One of the top priorities is the search for a sponsor of the championships. We are looking forward to seeing many of you up here in the North taking part in the champs in Whangarei.



Northland Masters at the World Games in Auckland

PHOTO: Michael Cunningham

in the month. A full programme was completed including all five throwing events which due to numbers we had to split the sexes in the throws resulting in a longer day than normal.

Highlights were new NZMA records being set by Mark Cumming in his recent new M55 age group, with the hammer out to 51.96m and the weight throw out to 19.50m. Both marks beat the late Laurie Devlin's efforts many years ago. Former NZ and Olympian jumper Chantal Brunner, who has recently become involved in Auckland Masters through her ACA Club, set a new LJ record of 5.06m in her W45 age group. Steve Hargreaves ran 54.71s in the M45 400m for a new AMA record and Trevor Walker leapt 1.55m in the M55 HJ to another AMA record.

WMA Indoor Champs - Daegu, South Korea - March 2017 by Tony Deleiros

Following on from Michael Wray's excellent article in the April Vetline, I can add a few of my thoughts. Anne and I found that the whole meeting was well organized but as with all major meetings faults can be found e.g. the main call room housed in

the marquee outside the warm-up area was cold and on the last day they decided it was too cold for both the athletes and officials and transferred it into the warm-up area.

The first-class indoor facilities that were used we are unlikely to come across again for a long time. The officials that we encountered were friendly throughout the meeting and the volunteers were most helpful and courteous. An instance was when I left my camera in the indoor stadium during the relays and discovered an hour later it missing. I was walking out of the hall mentioning to friends that I had lost it, when a lady volunteer took me by the hand saying she had picked up a camera and we proceeded still hand in hand all the way to the TIC office where she showed me items that were lost. Yes behold my camera was there – she was so happy that I had found it. I wanted to take a photo of her but she said she was shy – what a lovely person. Would I have got it back at another place – I very much doubt it!

Two outstanding results for me from the meeting that I saw were triple jumper Akiko Ohinaka (W65) who set a new world record of 9.86m and if she had not taken off 20cm before the take-off board would have gone over 10 meters and the USA M65 4x 200m relay team which included world record holders Bill Collins and Charles Allie who set a new world record 1:48.58.

Auckland Athletes results:

Men

Laini Inivale (M50)
shot put 4th 13.83m – weight throw 2nd 13.95m

Alan Dougall (M65)
200m prelims 28.44; semi finals 28.43. – 400m prelims 1:06.29

Anthony Deleiros (M70)
60m prelims 9.13; final 9.03 4th – 200m prelims DQ [29.77] - 400m prelims 1:10.73; final 1:08.48 3rd; - long jump 3.81m 4th

Trevor Guptill (M70)
60m prelims 8.70; final 8.76 3rd – 200m prelims 29.44; final 28.63 2nd

New Zealand M65 4 x200m relay team:
Guptill, Ian Carter, Deleiros & Dougall 3rd 1:56.57

Women

Anne Deleiros (W65)
60m 10.56; pole vault 1.50m 2nd - long jump 3.17m 2nd - triple jump 7.10m 2nd - hammer 22.08m 4th

Christine Waring (W70)
60m final 10.30 1st - 200m 36.10 1st - 400m 1:31.68 1st

New Zealand W40 4 x 200m relay team:
Waring, Andrea Harris, Anne Deleiros & Vanessa Story 2:21.05 7th

NZMA INDOOR CHAMPS – 20 August 2017 – AUT Millennium

The NZMA Indoor Champs are again being held at the AUT Millennium. The proposed date is Sunday 20 August 2017. At the time of writing I'm waiting on final confirmation from the NHB administration.

There may be room to hold a pole vault the previous Saturday afternoon if sufficient officials could be found. Watch the AMA website, for entry forms to be uploaded by late June.

A reminder all participants need to be Club or NZMA financial members for records to be accepted.



The NZ men's M65 4 x 200m relay team receiving their medals at Daegu



Trevor Guptill receiving one of his two medals in Daegu



The silhouette of Laini Inivale throwing the shot put at the WMG in Auckland

Hawke's Bay/Gisborne

by Merv Dudley

At a recent committee meeting it was decided to get HBG Masters back into the Vetline magazine. We have a small membership compared to others, but very high in quality. Hello, I'm Merv Dudley, elected scribe for our contribution, who will search the East Coast for relevant stories. I will be penning under the pseudonym Papa Moose.

World Masters Games

Like everyone else for this issue, we will report on successes at the World Masters Games in Auckland. What a fantastic event it was. The organisers should be proud. I have heard of people not involved previously, now wanting to get involved in masters. What better compliment?

At the time of writing, only a couple of reports from within the East Coast have been received. So locals don't be offended if you aren't included. Send me your story for next time.

Our most decorated athlete was undoubtedly Dennis O'Leary (M60).

Gold in the long jump with 4.75m and triple jump 9.55m. Silver in the 200m - 27.20sec and bronze in the 100m - 13.30sec. On top of that, a silver in the 4x100 M240+ grade relay representing Mexico. Two golds, two silvers and a bronze - that's enough to help fund the next East Coast rocket launch.

Other Hastings reps were Murray Anderson (M65) bronze in the pole vault with 2.65m, and Merv Dudley (M55) 4th decathlon.

We had a new member from Gisborne, Willem van den Worm (M60), enter masters for the first time. I have asked him to share his first experience... this is his story ...

"Best pace" strategy in M60 800m heat paid off

My first year in Masters Athletics (M60) was a very pleasant experience topped off with the excellent organized World Master Games 2017. My highlight was the M60 800m heat 1 on Thursday morning, 27th April, at Trust Arena, during perfect weather conditions.

After a redrawn for heats I ended up in heat one with 9 very experienced athletes capable to clock times faster than 2:40. My best was 2:50. However, based on my training until 10 days before the Games when I got a severe cold, I decided to "set my pace" at 19sec / 100m (target 2:32) and try to run the best I can, to give myself a chance to reach the final. I had a good start and was quite surprised to be ahead of the pack when entering the back straight. I completed the first lap, 6m ahead of the pack, in 75sec (target was 76sec) I felt strong until the last 200m. Six athletes caught up with 100m to go. I came 6th in 2:40.16 (PB improved with 10sec), which was faster than the winner of heat two.

My "best pace" strategy in heat 1 paid off! Heat 2 was a slower more tactical race. In the final, in the afternoon I ran basically the same time (2:40.43) and came 11th which I guess was a true reflection of my "position in the pack" at the time. Paul Thomas (M60, Australia) won in 2:24.38.

I look forward to the North Island Champs in New Plymouth at the end of Nov 2017!

Willem, thank you for that, and you're already lining up your next event. Awesome bro (east coast commendation)

Another of the masters family (actually icon), Roy Skuse, who runs Online Sports Tours out of Gisborne, has put together packages for the Oceania Masters Track and field Champs in Dunedin 29-27th January 2018. Roy has requested that the message below be sent to readers and that you check out his website: www.onlinesportstours.co.nz email: roy@netfares.co.nz

"There is already a good cross section of NZer's and Australians and even one from Eugene, Oregon booked.

I am in the process of arranging hotels for the World Champs in Malaga Spain. And will probably do a Tour through Morocco after the champs. We have previously had 2 groups through Morocco and both thoroughly enjoyed their time".

To finish, I'd like to highlight the extreme difficulty decathletes have to endure when competing. Not only in finishing the ten events, but along the way some barriers truly do make you dig deep. To all those who competed, thank you for the fantastic sportsmanship and friendship shown, when we were each going through our own personal pain barriers, ie muscular, joint and lung issues...

Day One was in beautiful sunshine on a track catering for speed.

Day Two, however, wasn't. It rained most of the day. Our event order was put back 60 odd minutes for relay races. Pole vaulting in the rain, was and is very dangerous. As the picture illustrates, the arrow indicates where my hand started, but slipped due to the rain once impacting with the box. By 4.30-5.00pm when we were throwing the javelin, it was dark. The only lighting available was in the grandstand. It was closer to 6pm before the 1500m was run. The officials had no choice but to turn on the floodlights, to run the race. At extreme cost I believe. When that happened, there was 2 inches of water in lane one on both straights.

But hey, we didn't moan, we just got on with it. Decathletes are breed of your own.

Vetline readers, I hope you have enjoyed our contribution.

Papa Moose



United Nations of Decathletes: Merv Dudley (NZ) with France, Australia, Spain and Canada



Dennis O'Leary in the 200m at the WMG in Auckland



Merv Dudley in the Decathlon Pole Vault at the WMG in Auckland. Arrow indicates starting point of hand until it slipped due to rain.



Mexican 4x100m relay team - featuring Dennis O'Leary

Athletics NT support the "No More" campaign

The following is from the website: "No More: A stand against domestic violence"

"The symbolic gesture is in support of the No More campaign, founded by the Northern Territory's Charlie King, who says it will honour a promise he made to a group of elders from the central desert region eight years ago.

"They looked at me and in the old Aboriginal way, they shake their finger and they say 'No More, No More,' " Mr King told AAP.

His program is a grassroots effort that started in Top End football teams but has since spread to entire communities, forcing men to take responsibility."



Wellington

by Michael Wray

Relays, relays and more relays

Everyone loves a relay and there's been a lot of love in Wellington. Three cross country relays feature in the early stages of the harrier season.

The Shaw Baton headlines were claimed by Wellington Harriers in the senior men, finally ending the Scottish 21 year winning streak. In the masters grades however, there was a lot of continuity. The M40 grade had Scottish defend their title. Andrew Wharton put them in front with the second fastest M40 time of the day; team-mate Stephen Day ran the last leg with the best time. Wellington Harriers gradually moved up from fourth to finish second and Olympic third.

Wellington Harriers retained their stranglehold on the M50 grade, having won it every year since its introduction in 2013. Olympic's Nick Hegan ran fastest lap to give his team the lead on lap one but Colin Price moved into the lead in the second lap and that only increased from then on.

We did get a change in the masters women. The W40 grade saw Scottish fail to make it three in a row. Scottish started well, Lindsay Barwick ran fastest time to provide an 11 second lead. Meredith Ogilvie brought Olympic to the front next lap and they held it to the finish. Hutt Valley finished third over four minutes behind Scottish.

The new W50 grade saw Trentham triumph. The finishing order stayed the same throughout, with Olympic and Scottish finishing behind in that order. Trentham front-loaded their order, Emily Barr running fastest lap and Belinda Walker second fastest. An early lead of nearly three minutes was brought down to less than 60 seconds but the buffer was never at risk of being fully consumed.

The University Relays produced some good racing. In the M40s, Wellington Harriers fielded a good team and held the lead until the final lap, when Scottish's Stephen Day ran the fastest time to secure the win. Wellington Harriers had both the second and third placed teams.

The masters women was very similar to Shaw Baton. Lindsay Barwick opened up with the fastest time for Scottish but, as before, Olympic took over in the second lap, this time via Tracey Berghan. Hutt Valley repeated their third place finish.

The M50 grade was a repeat of last year's race. Scottish produced the fastest three runners (Peter Stevens, Michael Wray, Dave Kettles - in that order) and cruised to the win, while Wellington Harriers placed teams both second and third. Scottish and Wellington Harriers also finished fourth and fifth.

The other relay was the Masters Classic and the theme this year was mud. It was a very sloppy course but the first kilometre is on a sealed surface that prevents competitors from wearing spikes. Dave Carrigan did consider a shoe change and the time spent "in transition" may well have been repaid through better traction in the final three km. We had the most teams for 10 years take part and the prizes were well spread. Scottish won the women, Trentham won the 250-aggregate age, Hutt Valley won the 300-aggregate and Olympic won the mixed grade. In the walking teams, Scottish won the open grade and Trentham won the 150-aggregate. Fastest laps for the runners were Brian Garmonsway (Trentham) and Michelle van Looy (Olympic); for the walkers Peter Baillie (Scottish) and Jackie Wilson (Trentham).

Vosseler Shield

The Vosseler Shield was also very muddy this year, providing several slips and falls. The W35 grade was won by Tamara Winkler from Wellington Harriers, seconds ahead of Olympic's Nicola Hankinson and Deborah Platts-Fowler. WHAC's Vickie Humphries made it four years in a row for the W50s. Tricia Sloan (Scottish) came in second, almost two minutes behind and Olympic's Tracey Berghan finished third. The W60 grade is in its second year and the podium was identical to 2016: Michele Allison (Scottish), Judith Taylor (Kapiti) and Christine Jones (Scottish). Wellington Harriers won the W35 teams, Scottish won the W50 teams.

Dan Clendon (WHAC) won the M40 grade, a little ahead of last year's winner Stephen Day (Scottish) and club-mate Stewart Milne. It was Scottish first and second in the M50s, Dave Kettles beating Michael Wray. Paul Hewitson came third and as one of the race organisers, Paul had to run with phone in hand just in case!

The M60 grade was won by a Hutt Valley runner for the first time, through Graeme Burr. Wellington Harrier Des Young finished second and Max O'Kane (Olympic) was third. Vosseler becomes the first race to introduce a M70 grade. The first winner was Brian Hayes (WHAC), comfortably ahead of Hutt Valley's John Wood and Scottish's Bob Stephens.

Wellington Harriers won the M40 teams for the first time since 2009, while Scottish won their first ever M50 teams title. Similarly Olympic picked up their first ever M60 teams win and Wellington Harriers won the inaugural M70 teams.



Winning Walkers team Val Buddle, Jackie Wilson and Joe Antcliffe



Shaw Baton - Scottish Masters Men 40 winners Dave Parsons, Stephen Day, Todd Stevens, Andrew Wharton, Simon Keller and Paul Barwick



Bryan Hayes 1st M70 in the Vosseler Shield



Michele Allison of Scottish Harriers - 1st W60 in the Dorne Cup



Deborah Platts-Fowler - 2nd W35 in the Dorne Cup



Olympic harriers won the mixed grade relay - Rob McCrudden, Jo Fowler, Deborah Platts-Fowler, Michelle van Looy and Trent Corbett



Lindsay Barwick - 3rd W35 in the Dorne Cup

PHOTOS: Sharon Wray

Otago

by John Stinson

Annual Masters Awards

The Otago Masters Athletics Annual Awards were presented at the Athletics Otago Athlete of the Year night held at the Sargood Centre on Wednesday 3 May. The awards function was well supported with most athletes on hand to receive their trophies and certificates. Notable among the various presentations was the Sanderson Trophy for Masters Women's Sprints which was shared by the mother and daughter combination of Claire Giles and Paula Cotter. Mel Aitken was the Masters Winter Athlete of the Year, while the Otago Masters Athlete of the Year Shield was won by Liz Wilson. The Peggy Calder Inter Club Trophy was won by Caversham. The full list follows:

- Otago Masters Marathon Championship Trophy - Mel Aitken
- Women's Winter Season Aggregate Trophy - Julie Edmunds
- Joe Cowie Aggregate Trophy Men's Track Championships - Danny Baillie
- Olsen Memorial Trophy Men's Aggregate Winter Season - Phil Napper
- Civil Service Harrier Club Trophy First Woman Port Road Race - Julie Edmunds
- Otago Masters Field Event Trophy Otago Championships - Paula Cotter/Alison Newall
- Women's 5km Self Handicap - Dalise Sanderson
- Men's 5km Self Handicap - Gene Sanderson
- Bob Lindsay Trophy Men's Port Road Race - Phil Napper
- Otago Women's 6 race Trophy Track Championships - Myrtle Rough/Dalise Sanderson
- Geoff Capon Memorial Beach Race - Rob Homan/Dalise Sanderson
- Sanderson Trophy Masters Men's Sprints - Tony Tan
- Sanderson Trophy Masters Women's Sprints - Claire Giles/ Paula Cotter
- Masters Winter Athlete of the Year - Mel Aitken
- Otago Masters Athlete of the Year Shield - Liz Wilson
- Peggy Calder Inter Club Trophy - Caversham

OMA activities

The Peggy Calder Interclub Meeting held on Sunday 9 April at the Caledonian Ground saw the best turnout of competitors for a number of years. In light of this the meeting may be held at the Caledonian again in March or early April 2018 instead of the former January date at Memorial Park in Mosgiel. The highlight of the event when held in Mosgiel was always the post event barbeque lunch at the residence of Gene and Dalise Sanderson, so the idea for next year may be to incorporate a pot luck lunch to finish off the meeting.

At the Otago Masters April committee meeting clarification was asked as to how nominations for service awards are determined. The word 'service' is not defined in the handbook however precedence over many years indicates that awards have gone to people who have 'served' by officiating, coaching and working in the athletics community encouraging fellow competitors, rather than just serving on committees.

Current Otago Masters President Rob Homan will shortly be wearing two hats with his expected elevation to the Presidency of Athletics Otago at their AGM to be held on Monday 29 May. Rob has been a dedicated and highly valued member of the Otago athletics community as a competitor and a hard working hands-on administrator. We wish him well on his new appointment.

Oceania Championships – 20-27 January 2018 in Dunedin

The fundraising quiz night for the 2018 Oceania Track and Field Championships held at the Kensington Tavern on Sunday 2 April was a resounding success with an excellent turnout and a generous response received from everyone. Non masters people commented positively on the great quality of the prizes available. A vote of thanks was recorded to Jo Hurring for her superb organisation of the evening.

Organisation for the 2018 Oceania Track and Field Championships continues to be on track. Event sponsorship forms for the champs are now circulating and have already attracted a high level of support. The Oceanias will be a hugely exciting event for the city and will hopefully attract the public interest and participation it deserves.

Entries are now open and further information is available on the OMA Dunedin website: www.mastersathleticsoceania.com



Top Left: Liz Wilson with her Otago Masters Athlete of the Year Shield



Top Right: Mother and Daughter pairing of Claire Giles and Paula Cotter who shared the Sanderson Trophy for Masters Women's Sprints

Tasman

by Derek Shaw

World Masters Games (WMG)

Half a dozen masters from the Tasman region ventured north to take part in the WMG in Auckland. Kirsty Richmond (W40) continued her good form from NZMA champs to win four medals from her five field events – gold in the triple jump (8.87m), and silvers in the long jump (4.26m), high jump (1.39m) and discus (26.02m). She was also 6th in her javelin event with 23.26m.

Joeline Jones (W35) won gold in her 400m in 63.39s and was 4th in the 200m (27.47) and 6th in the 100m (13.88). Vicki Charles (W50) was 7th in the javelin (16.67m) and 10th in the discus (18.07m).

David Hansen (M35) competed well in the gruelling decathlon and amassed 5596 points which comfortably won him the gold, 481 points ahead of the next competitor. His performances were: 100m - 12.34; LJ - 5.75m; SP - 12.14m; HJ - 1.69m; 400m - 54.42; 110mH - 17.74; Dis - 35.05m; PV - 2.80; Jav - 42.31m; and 1500m - 5:03.71.

After several years break from running Murray Hart returned to form in his new M60 age grade and competed in 7 events and a couple of relays. He had podium finishes in the 10k road race – 2nd in 41.03 and the 3rd in the 10000m on the track in 43:56.34. He was a member of the NZ team that was 2nd in the 4x400m 240+ relay with a time of 4:24.54. His other results were: 2000m steeplechase – 4th 8:23.82; 1500m - 7th 5:19.54; 5000m – 8th 21:47; 6k cross-country – 8th 27:30; and javelin – 8th 20.25m. He was also a member of a NZ team in the 4x100m 240+ that was 4th.

Fellow M60 athlete David Riddell also had a full schedule of events. His best placing was 4th in the 400m (65.25), followed by 7th in the 200m final (30.48) after having qualified with 29.84. In the 800m he qualified with 2:35.46 and finished 10th in the final in 2:38.52. He was 13th in the 1500m final with 5:27.34 which was 5s quicker than his qualifying time and 10th in the 5000m (22:21). In the 100m he was 11th fastest in the heats with 14.81 and missed qualifying for the final.

NZ Marathon Champs

Robbie Barnes claimed his fourth M50 NZ marathon title in 2:51.43 at the NZ Marathon Champs held in conjunction with the Wellington Marathon on 18 June 2017. An impressive sequence of marathon performances - well done Robbie. His other wins were in 2013, 2015 and 2016, while he was 2nd in 2014. Barry Dewar (M65) was 2nd in his grade in a time of 3:34.51 and Tracey Sims (W45) also took home a silver medal with her time of 4:31:59. In the accompanying 10k walk Peter Hague (M65) was 2nd overall in 1:01:10.

Coming up – South Island Masters Games in Nelson

Nelson is again hosting the South Island Masters Games from 4-8 October 2017. There is day of athletics (track and field events) on Saturday 7 October 9am – 5pm as the Saxton Oval track. There are also other events for runners and walkers on the sealed roads/shared pathways and grassed areas of Saxton Field and adjoining areas. On Wednesday 4 October at 5.45pm there is a 5km run/walk, a cross country race on Friday 6 October at 5.45pm, as well as a 10km run/walk on Sunday morning 8 October. So if you want to get some early summer season competition or just have some fun check out the website www.simasters.com for further information and registration. As with other SIMG in Nelson there are many others sports to try and social events to enjoy.

Coming up - Nelson Half –Shoe Clinic Festival of Running

The annual Nelson Half Marathon has been relaunched as the Shoe Clinic Festival of Running and moved from its traditional month of May to Sunday 5 November 2017. In addition to the half marathon there will be events over 10km, 5km and 2.5km for runners, joggers and walkers – a distance to suit everybody including first-timers and children. In a new move each entrant can nominate a school which will receive a cash boost of up to 50% of the entry fees. The further each entrant runs or walks the bigger the grant to their school of choice. Further information and registration is available at www.thenelsonhalf.co.nz.

Missing hammer after the NZMA Track and Field Champs in Nelson

A newish 7.26kg hammer belonging to Marlborough Athletics went missing at the end of the champs. If you can throw any light on the possible whereabouts of this hammer can you please contact Derek Shaw – nikau@ts.co.nz, ph 03 5487537 or 027 5487537. Thank you.



Paul Hewitson - 4th M50 grade in the Dorne Cup, held in Wellington

PHOTO: Sharon Wray

Taranaki

by Vicky Jones

The transition from summer's track season to the winter cross country and road season has been action packed with the World Masters Games in Auckland as the bridge followed by the first two memorial cross country fixtures.

World Masters Games 21-30 April 2017, Auckland

Taranaki was well represented on the massive world stage that was the World Masters Games, and we achieved some amazing successes. Almost all who competed came away with at least one medal. Joy Baker (W65) lived up to her reputation as "Superwoman" (as dubbed by Katie Tahere-Morressey) by undertaking a huge track and field programme as well as cross country, cycling and her specialist triathlon. Her sole gold came in the 6km cross country, and in track and field she came away with a swag of silvers and bronzes including in the 5000m, 10,000m, javelin and long jump - 10 medals in total.

Allan Thomas (M60) put in a solid effort to make the finals in both the 800m and 1500m (one of the few grades to have heats and finals). In the finals he performed well but the competition proved too great and he finished down the pack in 8th and 9th. The same situation occurred for Alan Jones (M70) in his 800m and 1500m. For him the field was split - the winners were top class and the tale enders who were there to take part. His best placing was 5th in the 6km cross country.

John Payne competed in a number of events - in the throws and all 3 walk distances. His sole medal came in the 5000m walk where he claimed bronze. He had company in the walks in the guise of myself in the W35 and Peter Fox (M65), in which we also competed in all 3 distances - 1500m, 3000m and 5000. I came away with 3 golds for my grade, while Peter Fox claimed 3 bronze medals as he was up against Auckland's Mike Parker.

The World Masters Games was a wonderful experience - being on the world stage and amongst peers whose goal is to have fun, compete well (win or lose) and appreciate how good it feels to still be able to do what we do. One of things that struck me from the games is: do it while you still can, it's never too late, and you're never too old. This is the beauty of master's athletics.

Peter Cattley Memorial 6 May 2017, Frankley School, New Plymouth

On the tail of the World Masters Games, we opened our winter programme with the fourth running of the Peter Cattley Memorial. The weather once again came to the party (or maybe Peter made arrangements again?), with warm, clear conditions - one could even say hot. The event was amazingly well-supported, and the signature handicap format made for interesting results. Judith Duffey of Stratford took out the walk based on her handicap, Kirsten Foley of Hawera took out the women's race due to a couple of disqualifications, but she was the dominant master's runner. In the men's race, the first master's competitor was Richard Brewer in 19th place.

4km Walk

1	Judith Duffey	42.35 (38.35)
2	Des Phillips	43.43 (26.53)
3	Sandra Heal	43.45 (43.46)
4	Gaylene Anderson	43.48 (27.28)
5	Rodney Gillum	44.52 (24.58)
7	Briar Sutherland	44.50 (32.10)
9	Kate Payne	45.05 (38.15)
10	Vicky Jones	45.28 (30.38)
12	Marlene White	47.14 (38.24)
13	Sue Park	47.43 (35.43)

4km Run Women

1	Kirsten Foley	25.47 (18.12)
2	Karen Gillum-Green	25.49 (21.09)
5	Ra Rubick	26.32 (23.32)
6	Lynne Mackay	27.33 (26.33)
10	Stella Bond	27.16 (23.16)
16	Karen Eliason	27.37 (27.07)
18	Vicky Adams	28.07 (26.37)
22	Joy Baker	29.13 (25.13)

4km Run Men

19	Richard Brewer	25.51 (16.51)
30	Kevin Mace	26.44 (24.14)
34	Alan Jones	27.30 (26.30)

(These results are by placing, and times are indicated by overall duration with the individual's actual times in brackets.)

Brenda Ballinger/Dr Davie Memorials 13 May 2017, Highlands Intermediate School, New Plymouth

The weather may have been sunny but the strong cold southerlies made for challenging conditions at this year's running of the combined Brenda Ballinger/Dr Davie Memorials. It was heartening that numbers were up on last year and the racing was of a very high standard. In the walk, Rodney Gillum was second in a field comprised mostly of masters athletes, beaten by 3 seconds by a young up-and-coming walker he coaches. In the men's race, the field was strong which meant members trailed down the field with Des Phillips the best placed at 39th. The women's race provided fantastic racing with another big field, with Kirsten Foley the best placed in 4th, and Karen Gillum-Green the next highest at 16th.

4km Walk

2	Rodney Gillum	27.00
3	Gaylene Anderson	28.55
4	Vicky Jones	32.27
5	Dennis Jordan	33.23
7	Briar Sutherland	35.30
8	Barry Hoskin	36.04
9	Martin Schnider	36.05
10	Sue Park	36.33
14	Judith Duffey	42.01

4km Run Men

39	Des Phillips	21.88
40	Steven Dickson	22.21
41	Kevin Mace	22.51
42	Alan Jones	23.34

4km Run Women

4	Kirsten Foley	17.48
16	Karen Gillum-Green	20.08
20	Ra Rubick	21.51
21	Diane Kowolewski	22.12
24	Vicky Adams	24.06
25	Lynne Mackay	25.16

TET Athletics Taranaki Sportsperson of the Year 18 May 2017

This year, the annual Centre awards supper returned to TET Stadium in Inglewood and was well-supported. The guest speaker was endurance runner and local, Lisa Tamati. Karen Gillum-Green was honoured as Masters Sportswoman of the Year and Eric Kemsley received the Masters Sportsman honour. Both were extremely worthy recipients. Karen also claimed Coach of the Year once more due to her continuing success that her young charges have seen and the increasingly steep trajectory they are travelling.

TET Athletics Taranaki Mountain Champs 20 May 2017, Lake Mangamahoe, New Plymouth

This year's mountain champs were held in conditions appropriate to such an event - cold and sleety showers overhead with knee-deep mud underfoot. The fields were not large but those who did compete were some of the region's hard core cross country runners. This year they decided those in the 65+ grades only had to do 4km while the rest endured 8km. Albie Jane was amazing in that he not only did the 8km run, he went on to do a further 4km in the walk race, and winning convincingly in both!

4km Run

W65	Joy Baker	31.04
M65	Des Phillips	27.28
M70	Alan Jones	37.43

8km Run

W45	Suzie Price	1.09.56
W50	Ra Rubick	1.09.19
W55	Joanne Godwin	1.05.35
M45	John Nolly	45.09
M45	Pete Carver	52.06
M50	Richard Brewer	44.29
M50	Greg Chapman	1.04.06
M55	Trevor Hepburn	1.01.43
M60	Albie Jane	55.03
M60	Kevin Mace	1.05.15

4km Walk

M60	Albie Jane	30.44
M60	Dennis Jordan	48.12

With the winter season now going full steam ahead, the next events on the calendar are the key fixtures of the Hughes Memorial in Hawera, with the Tom Verney Memorial the following week in Stratford. Walkers have a tricky decision to make as the annual Taranaki Open Walks are being held at the same time as the Hughes Memorial. Either way there is plenty to look forward to and to help get through the colder months!



Lee Grieve at the South Island Cross Country Champs in Christchurch



Chris Mardon at the South Island Cross Country Champs in Christchurch



Loris Reed at the South Island Cross Country Champs in Christchurch

Southland

by Dwight Grieve

The track season closes and the harriers begin, watch the sprinters cringe and the throwers go into hibernation !!! Meanwhile thanks to the Athletics Southland committees, the harriers handicap series and the sport in general seems to be getting a strong following. Long may it continue.

2017 World Domination Tour!! Southland Masters vs The World

Over a year ago it was noticed Auckland was to host the World Masters Games, this event billed as the Masters Olympics with 26,000 competitors involved from all over the world in a variety of events, including athletics. Thirteen Southlanders took up the challenge for the athletics and training started early, as this was going to be a big event and medals had to be earned. From here there are stories inside stories.

Gail Kirkman 6 – The World nil

We know Gail is an amazing athlete and yet again she has shown us this. Gail this year entered the W65-69 age bracket and decided to make this a big year. Gail has managed to maintain longevity in the sport by being smart. She trains intensely and smartly into the season, competes hard and then has a good recovery period before attacking new goals. By the games end Gail had 6 gold medals. It is a testament to her ability that she was able to win over many disciplines and in 3 track distances. At face value winning in 200m, 400m and 800m seems the same but at this level specialisation at distances makes her achievements remarkable, doubly so against an ex Olympic runner from the UK. Oh yea the three NZ records at the games makes the total 5 for the season!

Warren and Les – old dogs learn new tricks

Got to love this story, Warren Green (M65) and Les Scown (M60) decided to attack the games and to make it interesting - hey let's do the decathlon! Seems easy enough (not). On tv this event looks easy but the truth is different. The pair had to learn some new skills including the amazing challenge of the pole vault, and then put ten events together over a gruelling two days. The pair won their respective age group national titles during the build up to the main event.

Sadly, Les gained a leg injury. The timing was very cruel as this was the target event for the season. However, Les carried on and completed the event, carefully avoiding making the injury worse and finished 4th - a creditable effort considering he was nowhere near his best. Meanwhile Warren had a great battle with a Russian and a German for the medals, and finished with a very hard earned silver medal. A disappointed Les can take solace in the fact that Warren may never have achieved what he did if he hadn't join in and helped each other out throughout the season. I take my hat off to them both.

The Tossers – Opps I mean throwers

We had four specialist throwers in attendance and they really had it tough, as there were some very classy throwers taking part. Mark Flaus and Lester Laughton are the backbone of the Southland throwing team competing at many events and they had the toughest age groups of all. They kept coming oh so close to medals and a string of 4th placings kept denying them a medal. Phillip Hansford ended up being a shining light in the Para throws and his very worthy efforts resulted in gold in both the javelin and shot put. Lee Grieve's story is similar to Warren and Les's as she had a string of "close but no cigar" story's in the individual disciplines but in her weight pentathlon she gained a bronze as well as some PB's along the way to make the trip even more rewarding.

The Lovely Ladies

Rosie Heyrick and Tracy Excell were our speed team, both there to target the 100m and 200m, and Rosie also the 400m. All season they had built up for this, all the effort for mere seconds of effort. Silver medals for both in the 100m and 200m - Tracy in the W30 age group only topped by an ex Olympian. Rosie also won bronze in her 400m

The other lovely lass was Glenyss Jones from Gore. Glenyss is at the tail end of the W70 age group and was great value on the trip, keeping us all in line and providing us with many laughs. Glenyss won a bronze in the triple jump which is a very tough discipline. Both Rosie and Glenyss had family support and it was really nice to have them there. A highlight being Glenyss's young grandchild running along the long jump pit giving advice and motivation, clearly a coach of the future.

The Heart of the team

As with most masters sports some people are new to the sport or have other goals, such as to have a go and be part of the team. With us Sherron Tamatea-Scown was there to have a holiday and to have a go. She had a crack at many things and I was proud of her as she overcome nerves and self-doubt to get amongst it. No trip is the same without Gary Kirkman, Gary's goals were targeted at the Motatapu and he hadn't targeted the games. It was priceless to walk around the big city with Gary as he is more than happy to approach any person and have a yarn - hard not to smile with Gary around.

Middle Distance Warriors

Another tale of woe, Corey Mennel had been training and building up for the games and it all ended 10m into his first race the 1500m. His hamstring went and his speed with it. He managed to finish and then made the tough call to not race again, his focus being the bigger goal of the harrier season and



Gail Kirkman receiving one of her 6 medals



L to R - Warren Green, Lee Grieve, Dwight Grieve, Glenyss Jones, Les Scown, Gary Kirkman, Gail Kirkman, Sherron Tamatea (front)



Sherron Tamatea, Glenyss Jones and Warren Green hamming it up



Dwight getting his bronze from the lovely Alison Roe



Rosie Heyrick and Tracy Excell

the NZ Road Champs. I do believe he enjoyed a few beers though after the decision was made.

Dwight Grieve's races went well, once the Kepler was over his focus went to the track and specifically the 5000m at the games. A season of training for a satisfying 19 second victory in 16.10, a 14 second PB and the fastest time of all age groups. Dwight then backed it up with a 6 second PB and silver in the 1500m and a tough bronze in the cross country against the quality Aucklanders.

The Fun

So many funny stories and laughs had along the way. The first few days the poor Southlanders asked all the dumb questions as we adjusted to the big city, busy public transport etc. Next time I may get t-shirts made with "Sorry, we are from Southland" printed on them. Sherron started a fun game of "get a photo with a celebrity" - it was a blast - Sir Peter Snell, Dame Valerie Adams, Barry Magee and Ian Magee, Sir John Walker, Arch Jelly, Alison Roe, Graham Henry and even Kim Com's car! The shopping was amazing, so much cheap running bling! I now need to run twice a day to use it all. It was sad it all had to finish and we had to go home. It was a great experience, we met so many great people, had some awesome competition, a barrel of laughs and memories to last forever - thanks to all for making the memories with us. We are already planning the next master's adventure - the Oceania champs in Dunedin in January.

Southland Half Marathon Champs

While the WMG were on, back home the Southland Half Marathon Champs took place in Gore. The rolling hill part of the course required plenty of strength before the fast flat

Canterbury

by John Campbell and Andrew Stark

The South Island Cross Country Championships were hosted by Canterbury at the Ascot Golf Course, QEII Park in Christchurch on the 1st July.

The weather was cool and overcast, but pretty dry underfoot, considering the time of year. The course was mainly flat with only some slight undulations and no real hills to speak of.

A good contingent of Canterbury masters athletes took part, as well as a handful from around the South Island.

Maggie Chorley and Dwight Grieve were the fastest overall masters with times of 20:06 and 30:45 respectively.

The masters women's age group winners were: Bex McLean, Lee Grieve, Tracy Croft, Maggie Chorley, Jane Pairman, Christine Bycroft and Loris Reed.

The masters men's age group winners were: Nathan Jones, Dwight Grieve, Chris Mardon,

final few km's. A wet Southland day but that adds character! It turned into a hometown win for Shannon Gutsell following in his father Ricky's footsteps, with the Gutsell name on another Southland running title. Shannon was followed home by Kelvin Meade and Kelly McSoriley - the third master home. For the women Roanna Porter was first master home followed by Angela Ryan and Tracey Ross.

Southland Handicap Series

The harrier season is in full swing and a great handicap series underway, with some great battles taking place. Race two has just gone and with the pretty close handicapping everyone finished in a short burst. Great to see everybody there - from old hands, sprinters, people new to the sport and lots of kids as well. A great opportunity for us distance racers to get one over the sprinters, while the throwers just watch and shake their heads at the madness.

Looking Ahead

Ahhhh the mighty crystal ball tells me championships ahead, as the season builds the Southland and NZ cross country and road champs loom. Gore and Te Anau are to host the respective Southland champs while there is talk of a crew getting off to the NZ Road Champs in Christchurch, even a wee surprise raid for the South Island Cross Country Champs (not a surprise now is it!) So hopefully some mighty maroon singlets out there fighting for running bling.

Meanwhile Lester Laughton just can't stop. He is off to the Australian Masters Athletics Champs which are very late in the season due to the fact the champs are in Darwin at the coldest time of the year. About 30 degrees Lester tells me! Poor Southlander, I hope he survives the heat. Good luck Lester.

Malcolm Cornelius, Merrett Richard, Eric Cox, Tony McManus, Michael Bond and John Gordon.

Work continues regarding the new all-weather facility at the Nga Puna Wai Sports Hub. The Canterbury Masters President Andrew Stark, who is also one of the Athletics Canterbury's representatives involved in the project, has had numerous meetings between council staff and various groups associated with the project. Lack of funding for the whole project is an on-going issue, so it is still up in the air as to what will be built in Stage 1. Wet weather in past few weeks has resulted in a delay to earth moving on the Nga Puna Wai site. The original time line for the completion of the basic track and field area was to be early January, but that is now very unlikely. It looks like there will be a few more trips to Timaru early next year, so athletes can compete on an all-weather track.

In the past few weeks, Canterbury Masters lost two long standing members: Barbara Bird and Brian Slattery.

Waikato/Bay of Plenty

by Murray Clarkson

With the drawing in of winter and the drop in temperatures, the "fieldies & trackies" hunker down, step up their gym work and venture out in the warmest part of the day to have a stride-out or two or a fling or leap to remind them that this is what they do.

A whole new area of competition opens up and the hardy souls that constitute the distance runners and "mud sloggers" have their time in the sun, wind, snow and rain. This is very exhilarating so some of this fraternity maintain. (Me for one).

As NZMA has extended our membership to ANZ members it is beholden on the Centres that we take advantage of this move and encourage these new members to join and participate at Centre events.

Waikato-Bay of Plenty organise monthly meetings at the various areas within the Centre to keep up the interest and invite new members to join in.

Whakatane

This area is semi-autonomous and has a great club following. We joined in on a club run with them and were made very welcome and look to boost our membership here.

Tauranga

Our annual cross-country day in June is run on an age-graded basis and merit and spot prizes are awarded. There was a moderate turn-out given the weather and demands on people's time. We had 20 competitors with Gavin Smith taking out the men's 6k and Andrea Smith winning the women's 3k.

With no championship events taking place at this stage, we can report briefly on two open events in the region. In the Athletics NZ organised Rotorua Marathon 8 local masters athletes finished on the podium: Matt Parsonage (2:40:12) was 4th overall and 1st M35; Jason Cameron (2:53:10) was 1st M45; Tony Broadhead (2:59:38) 3rd M45; Bruce Edwards (3:06:12) 1st M55; Kevin Knowles (3:06:54) 3rd M55; Phil Curtis (3:25:10) 1st M60; and Barry Watson (3:39:08) 2nd M60.

Although numbers were down for the marathon, the total entries across all races were up on last year.

The Huntly Half-Marathon is a long-standing event in our area and attracts some accomplished athletes. Steve Rees-Jones 2nd overall and 1st in the M40-49 age group was our outstanding performer. Graeme Pearson took out the M50-59 age group title.

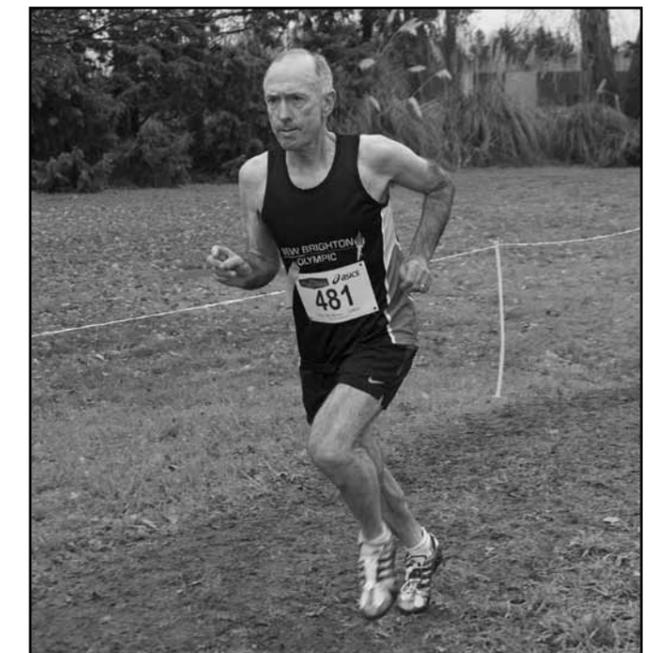
NZ Marathon Champs

Two athletes from our region won age group titles at these champs held in conjunction with the Wellington Marathon on 18 June 2017 - Matt Parsonage (2.38.44) 1st M35 and Sally Gibbs (2.53.48) 1st W50. In addition Brendan Keenan (2.49.39) was 2nd M40. Great efforts from these athletes.

WBOP Centre is continuing to provide events for its members and will be actively promoting NZMA into the next summer season.



Shannon Leigh-Litt was 2nd in the W35 grade at the South Island Cross Country Champs in Christchurch



Tony McManus was 1st in the M65 grade at the South Island Cross Country Champs in Christchurch

PHOTOS: John Campbell



The men's cross country race at the South Island Cross Country Champs in Christchurch

PHOTO: John Campbell



COMING EVENTS

2017

30 JULY	NZ Cross Country Championships	AUCKLAND
20 AUGUST	NZMA Indoor Championships	AUCKLAND
2 SEPTEMBER	NZ Road Race Championships	CHRISTCHURCH
30 SEPTEMBER	NZ Road Relay Championships	ROTORUA
7 OCTOBER	South Island Masters Games	NELSON
10-12 NOVEMBER	South Island Championships	TIMARU
24- 26 NOVEMBER	North Island Championships	INGLEWOOD

2018

20 - 27 JANUARY	OMA Stadia Championships	DUNEDIN
2-4 MARCH	NZMA T&F Championships	WHANGAREI
5 - 16 SEPT	WMA Stadia Championships	MALAGA, SPAIN



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