

# vetline

New Zealand Masters Athletics

JUNE 2011

VOL 29 No. 2



**NZMA**  
**Track & Field**  
**Championships**  
**HASTINGS**

ISSN 1173 - 1265



Stewart Foster (WBP) won the M70 80m hurdles at Hastings

Photo | JIM TOBIN



Dennis O'Leary (HBG) won the M55 400m at Hastings

Photo | JIM TOBIN

Official Magazine of New Zealand Masters Athletics  
FOUNDED IN 1970



*Cover Photo*

Anne Deleiros won the W60 long jump at the national championships at Hastings  
PHOTO - NESPORT

*Inside Back Cover*

Ron Robertson (HBG) won gold in the M65 steeplechase.  
PHOTO - JIM TOBIN

*Back Cover*

Wilma Perkins (AUS) won the W60 pole vault at Hastings.  
PHOTO - NESPORT



**REGULARS**

<b>President's Report</b>	3
<b>Notice Board</b>	3
<b>Committees / Contacts</b>	4
<b>Calendar</b>	50

**NEWS**

<b>Britain</b>	BRIDGET CUSHEN	40
<b>Northland</b>	COLLEEN BRUNKER	41
<b>Auckland</b>	JOHN CAMPBELL	42
<b>Southland</b>	EVAN MACINTOSH	43
<b>Waikato BOP</b>	CHRISTINE MCCA HILL	44
<b>Canterbury</b>	ANDREW STARK	46
<b>Taranaki</b>	KAREN GILLUM-GREEN	47
<b>Tasman</b>	DEREK SHAW	48
<b>Otago</b>	JOHN STINSON	49

**ARTICLES**

<b>NZMA Track &amp; Field Championships</b>		6
<b>Thanks...Hawkes Bay</b>	JOHN WAITE	14
<b>My Last Marathon</b>	MIKE PIPER	16
<b>The NZMA Board</b>	MIKE WEDDELL	17
<b>NZMA Awards</b>		17
<b>My Thoughts on the Aussie Champs</b>	CHRISTINE MCCA HILL	18
<b>Field Events at Hastings</b>	CHRISTINE MCCA HILL	19
<b>Trans Tasman Travels</b>	JAN BANENS	22
<b>Advanced Fitness Training</b>	BARRY RAIT	28
<b>Sacramento 2011</b>	JIM TOBIN	29
<b>Fabulous Four - Set Two World Records</b>	BRYAN THOMAS	30
<b>Noel Burr - Profile</b>	DAVE KENNEDY	34
<b>Coaching Corner</b>	MIKE WEDDELL	35
<b>Another One Off the Bucket List</b>	NOEL BURR	36
<b>Sally Gibbs Interview</b>	GARY NISBET	38
<b>Age Is No Barrier</b>	LYNNE SCHICKERT	39

## EDITOR

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

## GRAPHIC DESIGN

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

## ADVERTISING

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

## PRODUCTION LIAISON

Jim Tobin

## REGULAR CONTRIBUTORS

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

Bridget Cushen  
Christine McCahill  
Mike Weddell  
Colleen Brunker  
Vicky Adams  
Lynne Schickert  
John Waite  
Karen Gillum-Green  
Derek Shaw  
Evan MacIntosh  
Diane Carter

## REGULAR PHOTOGRAPHERS

Jim Tobin  
Gary Nesbit - NESPORT

## MAILING LIST

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

## PUBLISHER

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

## PRINTERS



## NEW ZEALAND VETLINE

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

## DISCLAIMER

Opinions and comments printed in Vetline are those of the author  
and not necessarily those of the publisher.

## NZMA is a member of

World Masters Athletics | WMA  
Oceania Association of Masters Athletics | OAMA  
Council of Athletics New Zealand | ANZ



# Notice Board

## Winter Throws Pentathlon

Christine McCahill is again organising the NZMA winter throws pentathlon during the month of August. Once again the event will double as a Trans Tasman challenge with our Aussie neighbours. All centre secretaries have full details. If any further information is required Christine can be contacted on cmccahill@xtra.co.nz

## Change of Name

The OAMA council decided at the March meeting in Tauranga to put forward a notice of motion at the 2012 AGM to change the name of the association from Oceania Association of Masters Athletes to Oceania Masters Athletics Inc. It was also decided that until the 2012 AGM OAMA will trade in the proposed name and therefore use the acronym OMA.

## Perth Bids for 2015

Western Australia has launched its bid for the World Masters Athletics Championships. If successful the championships will be held in the State's capital, Perth. Perth is one of the world's great event locations with a fantastic climate, excel venues and infrastructure. The primary venue for Perth's bid is West Australian Athletics Stadium which opened in 2009 and is one of Australia's newest sporting facilities. Away from the track, Perth can provide an experience like no other as a host destination. It's beautiful parks, magnificent beaches, warm climate and welcoming people will ensure that competitors, spectators, media and sponsors will enjoy an unforgettable world championships. To find out more about the bid visit: [www.perth2015.com](http://www.perth2015.com)

## October Vetline

Work has now started on the October Vetline and as always your contributions are welcome. The working deadline is 1st September but the earlier we receive material the better.

## NZMA on Facebook

NZ Masters Athletics now has a Facebook page for all those members that are part the social networking fraternity. This is currently updated by Christine McCahill and will be a great way for new members to discover masters athletics. Please visit the page and 'like' us.



# President's Report

Masters athletes are not like normal people, whatever normal is, they actually look forward to getting older. They relish the idea of being in a new age group as for the first year or two they are competitive again before slowly sliding down the results page. However if we believe the dominant message in the media getting old means losing one's marbles and filling up rest homes and hospitals due to a range of infirmities and diseases. For master's athletes this does not happen until much later than the general population other than the odd visit to the physio. As well as enjoying competition we enjoy life and like any good thing we need to encourage as many people as possible to benefit from our sport. It will soon be the start of a new masters athletics year and if we all made an effort to get one new person to join our sport not only would it strengthen our organisation it help them to have a healthier more rewarding life. As you read this some of our members are preparing to go to Sacramento for the WMA track and field championships we wish them well and I am sure that they will do us proud. For those who do not want to venture as far as the USA the opportunity for high class competition is on offer closer to home with the Oceania championships being held in Tauranga in February 2012. It will be some time before these championships are in New Zealand again so seize the opportunity. On the political front the first ANZ AGM to be held under the new constitution takes place in Christchurch in July and it will be interesting to see how it turns out. Although NZMA no longer has a vote as votes now belong to clubs I am sure that we will be well represented as masters are involved in the running of many clubs throughout the country. I will report on the AGM in the next Vetline.

by | MIKE WEDDELL - NZMA President



PHOTO | JIM TOBIN

Laurie Malcolmson (MWA) heads Tony Deleiros and Greg Larson to win the M60 100m at Hastings

## NZMA e-mail Database

NZMA are intending to use e-mail as a method of contacting our members. If you have **not** supplied your centre secretary with your e-mail address

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

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

**Centre Committees**

**Northland**

Val Babe *President*  
5A Park Avenue  
Whangarei  
09 437 1657  
ian.babe@xtra.co.nz

Colleen Brunker *Treasurer*  
12 Wallace Street  
Whangarei  
09 437 6243

**Auckland**

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

Althea Mackie *Secretary*  
PO Box 44  
Bulls 4863  
021 260 7398  
aemackie@xtra.co.nz

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

**Waikato/Bay of Plenty**

Christine McCahill *President*  
220A Valley Road  
Mt Maunganui 3116  
07 572 2606

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

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

**Hawkes Bay/Gisborne**

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

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

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

**Taranaki**

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

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

**Manawatu/Wanganui**

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

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

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

**Wellington**

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

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

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

**Tasman**

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

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

**Canterbury**

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

Andrew Reese *Secretary*  
69 Hackthorne Road  
Christchurch  
03 332 3884  
anreese@xtra.co.nz

Diane Carter *Treasurer*  
57B Eders Road  
Woodend  
Christchurch 7610  
03 312 2518  
thecarters57@ihug.co.nz

**Otago**

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

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

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

**Southland**

Mark Flaus *President*  
33 Lewis Street  
Invercargill  
03 218 7490  
flaus.family@xtra.co.nz

Pam Flaus *Secretary*  
33 Lewis Street  
Invercargill  
03 218 7490  
flaus.family@xtra.co.nz

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

**District Contacts**

**Northland**

Karen Kerr  
PO Box 208  
Kerikeri  
09 401 9119

Len Field  
5 Johnson Road  
Kawakawa  
09 404 0989

Anne Hathaway  
RD1 Kerikeri

Margaret Crooke  
State Highway 10  
RD3 Kerikeri  
09 407 7551

**Waikato/Bay of Plenty**

Fay Riley  
37 Pillans Road  
Tauranga  
07 576 9575

Trevor Ogilvie  
10A Otonga Road  
Rotorua  
07 347 8181

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

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

Rene Otto  
5 Eleanor Place  
Whakatane  
07 308 0674

**Hawkes Bay/Gisborne**

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

**Taranaki**

Raewyn Niwa  
12 Princess Street  
Waitara  
06 754 6072

Pat Mills  
178 Glover Road  
Hawera  
06 278 4778

**Manawatu/Wanganui**

Jen Fee  
28 Meadowbrook Drive  
Palmerston North 4412  
06 3537739  
0274787235

Francis Bayler  
Waireka Road  
RD4  
Wanganui  
06 342 2289

**Wellington**

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

**Tasman**

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

Bill Revell  
PO Box 602  
Nelson 7040  
03 539 1060

**Canterbury**

Lorraine Menzies  
54 Joyce Crescent  
Greymouth  
03 768 4871

Brian Senior  
PO Box 15  
Methven  
03 302 9629

**NZMA Board**

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

Christine McCahill *Vice President*  
220A Valley Road  
Mt Maunganui 3116  
07 572 2606  
cmccahill@xtra.co.nz

Stewart Foster *Secretary/Treasurer*  
PO Box 8002 Ulrich  
Hamilton 3245  
07 843 6121  
nzmathletics@xtra.co.nz

**Directors**

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

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

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

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

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

**New Zealand Masters (NZMA)**

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

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

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

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

**Oceania Association (OAMA)**

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

David Lobb *Vice President*  
c/- PO Box 814  
Rarotonga  
Cook Islands  
+682 26335  
lobby@oyster.net.ck

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

Stewart Foster *Treasurer*  
PO Box 8002  
Ulrich  
Hamilton 3245  
07 843 6121  
nzmathletics@xtra.co.nz

**Council**

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

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

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

George White  
12A Gulfview Road  
Blackwood 5051  
Australia

Mike Weddell  
1 Haggart Street  
Wingatui  
Otago 9092  
New Zealand

Alan Galbraith QC  
*Legal Advisor* New Zealand

OAA Representative  
Yvonne Mullins

Delegates WMA  
Lynne Schickert Australia

WMA Committees  
Wilma Perkins  
*Stadia*  
Womens Australia

Colleena Blair  
*Records* New Zealand

Judy Cooper  
*Organisational Advisory* Australia

**World Masters Athletics (WMA)**

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

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

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

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

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

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

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

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

**World Delegates**

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

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

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

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

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

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

**What better way to advertise.  
Distributed to master's athletes nationwide.  
January | April | July | October**



**ADVERTISING RATES**

**INSIDE FRONT COVER**

Single Issue Only - \$497 GST incl.

**INSIDE BACK COVER**

Single Issue Only - \$497 GST incl.

**SINGLE PAGE INSIDE**

Single Issue Only - \$320 GST incl.

**HALF PAGE INSIDE**

Single Issue Only - \$200 GST incl.

**QUARTER PAGE INSIDE**

Single Issue Only - \$135 GST incl.

**SMALLER ADVERTISEMENTS**

85mm wide - \$12.00 per column cm  
175mm wide - \$20.00 per column cm  
(full page width)

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 preceeding month. All prices include GST.

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

# NZMA Track & Field Championships

Hastings - March 2011



PHOTO | JIM TOBIN

Cheryl Simpson (HBG) second in the W60 400m



PHOTO | JIM TOBIN

Patrick Mills (TAR) won the M75 400m

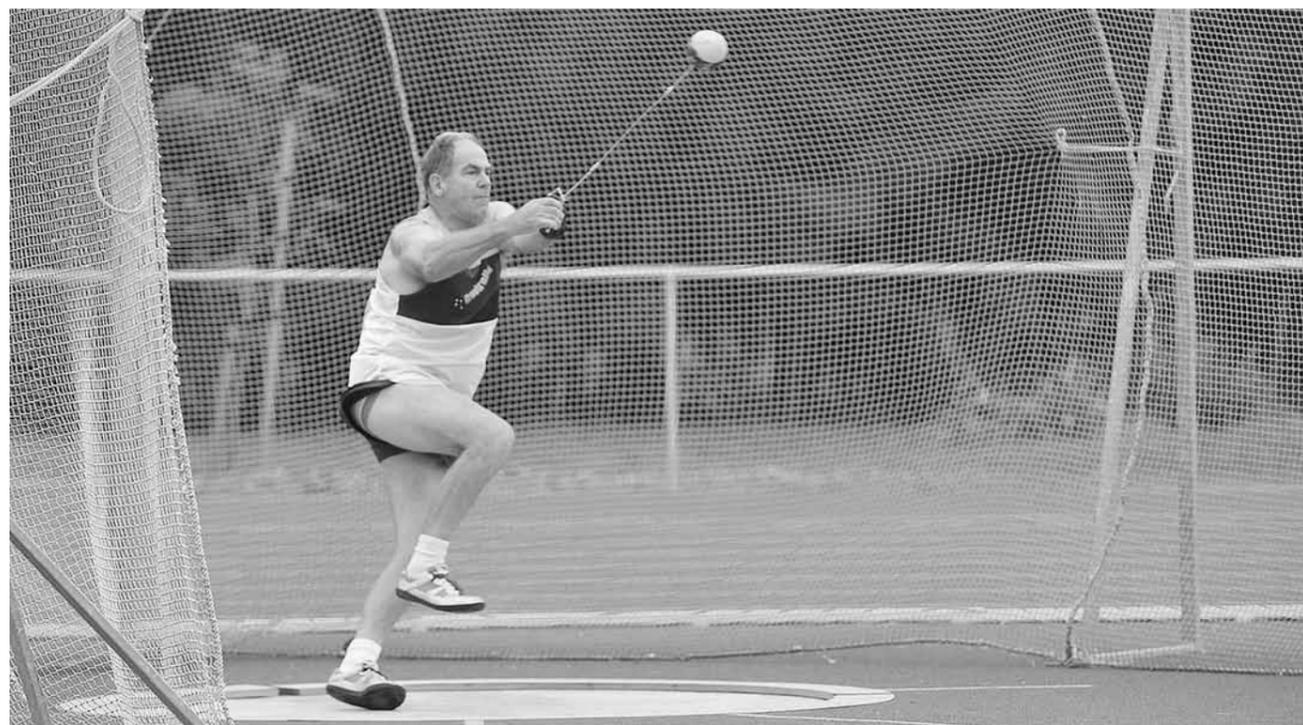


PHOTO | NESPORT

Bob Banens (AUS) was second in the M60 hammer throw

## Results >

### 60m

W35	Vanessa Story	MWA	8.98
W45	Delwyn McGregor	MWA	10.26
W50	Paula Sharpe	AKL	9.51
W60	Claire Giles	OTG	10.10
W65	Sheryl Gower	WBP	10.02
W70	Tui Ashe	AKL	10.18
W75	Anne Deleiros	AKL	10.77
W80	Nancy Bowmar	NTH	11.37
W85	Chris Waring	AKL	10.45
W90	Lynne Schickert	AUS	15.26
W95	Francis Bayler	MWA	12.15
M35	Margaret Peters	AKL	11.13
M40	Clasina van der Veeken	NTH	13.63
M45	Marcia Petley	WBP	13.82
M50	Pam Spiers	AKL	30.12
M55	Hayden Robinson	MWA	7.87
M60	Anthony Wall	AKL	7.44
M65	Graham McPhail	WGN	8.06
M70	Shane Foster	HBG	8.01
M75	Stephen Te Whaiti	WBP	8.00
M80	Gary Rawson	WGN	8.26
M85	Tony Catchpole	AKL	8.80
M90	Warren Edlin	HBG	9.57
M95	Dennis O'Leary	HBG	8.84
M100	David Lobb	COC	9.82
M105	Tony Deleiros	AKL	8.71
M110	Greg Larsen	HBG	8.81
M115	John Lester	AKL	9.67
M120	Evan MacIntosh	STH	10.09
M125	Bob Schickert	AUS	10.73
M130	David Trow	WGN	11.38
M135	Ron Munro	CAN	9.70
M140	Bruce McPhail	CAN	9.80
M145	Stewart Foster	WBP	9.98
M150	Peter Hanson	WGN	10.98

### 100m

W35	Vanessa Story	MWA	13.36
W40	Petra Creighton	WBP	14.37
W45	Althea Mackie	AKL	15.75
W50	Susann Rothkopf	AKL	13.86
W55	Delwyn McGregor	MWA	14.97
W60	Delwyn Smith	NTH	15.75
W65	Paula Sharpe	AKL	14.26
W70	Claire Giles	OTG	15.12
W75	Sheryl Gower	WBP	15.26
W80	Anne Deleiros	AKL	16.14
W85	Nancy Bowmar	NTH	16.93
W90	Chris Waring	AKL	15.45
W95	Judy Hammond	WGN	17.66
M35	Francis Bayler	MWA	17.51
M40	Jill Sherburn	WBP	18.80
M45	Margaret Peters	AKL	17.24
M50	Clasina van der Veeken	NTH	22.77
M55	Marcia Petley	WBP	21.41
M60	Hayden Robinson	MWA	11.99
M65	Anthony Wall	AKL	11.39
M70	Steve Hargreaves	AKL	11.83
M75	Mike Renouf	HBG	11.97
M80	Graham McPhail	WGN	12.28
M85	Shane Foster	HBG	12.24
M90	Stephen Te Whaiti	WBP	11.95
M95	Paul Daborn	WBP	13.03
M100	Mark Lett	NTH	13.39
M105	Alastair Graham	WBP	13.89
M110	Gary Rawson	WGN	12.47
M115	Stephen Burden	WBP	13.01
M120	Tony Catchpole	AKL	13.20
M125	Stephen Low	TAS	13.54
M130	Shaun Ryan	WBP	13.65

Bruce Thomson	STH	13.77	
Warren Edlin	HBG	14.11	
M55	Dennis O'Leary	HBG	13.23
M60	David Lobb	COC	14.91
M65	Earl Crowley	AKL	14.84
M70	Laurie Malcolmson	MWA	12.84
M75	Tony Deleiros	AKL	13.24
M80	Greg Larsen	HBG	13.41
M85	John Lester	AKL	14.33
M90	Evan MacIntosh	STH	15.21
M95	David Trow	WGN	16.95
M100	Malcolm Fraser	CAN	14.84
M105	Stewart Foster	WBP	14.92
M110	Ron Munro	CAN	15.04
M115	Bruce McPhail	CAN	15.35
M120	Noel Jones	WBP	19.03
M125	John Lester	AKL	14.33
M130	Evan MacIntosh	STH	15.21
M135	David Trow	WGN	16.95
M140	Malcolm Fraser	CAN	14.84
M145	Stewart Foster	WBP	14.92
M150	Ron Munro	CAN	15.04
M155	Bruce McPhail	CAN	15.35
M160	Noel Jones	WBP	19.03
M165	John Lester	AKL	14.33
M170	Evan MacIntosh	STH	15.21
M175	David Trow	WGN	16.95
M180	Malcolm Fraser	CAN	14.84
M185	Stewart Foster	WBP	14.92
M190	Ron Munro	CAN	15.04
M195	Bruce McPhail	CAN	15.35
M200	Noel Jones	WBP	19.03

### 200m

W35	Vanessa Story	MWA	28.24
W40	Petra Creighton	WBP	28.58
W45	Susann Rothkopf	AKL	29.69
W50	Meghann Stewart	AKL	31.37
W55	Delwyn McGregor	MWA	31.97
W60	Paula Sharpe	AKL	30.22
W65	Claire Giles	OTG	32.55
W70	Lynne Mackay	TAR	38.86
W75	Sheryl Gower	WBP	33.14
W80	Nancy Bowmar	NTH	36.84
W85	Cheryl Simpson	HBG	38.97
W90	Chris Waring	AKL	35.37
W95	Clasina van der Veeken	NTH	52.89
M35	Marcia Petley	WBP	49.34
M40	Hayden Robinson	MWA	24.93
M45	Anthony Wall	AKL	23.72
M50	Steve Hargreaves	AKL	24.71
M55	Shane Foster	HBG	25.89
M60	Ian Clarke	WBP	30.14
M65	Stephen Te Whaiti	WBP	26.16
M70	WGN	27.77	
M75	Mark Lett	NTH	28.11
M80	Alastair Graham	NTH	28.94
M85	Gary Rawson	WGN	26.81
M90	Stephen Low	TAS	28.35
M95	Tony Catchpole	AKL	27.98
M100	Shaun Ryan	WBP	29.12
M105	Gary Moran	AUS	29.35
M110	Greg Larsen	HBG	30.22
M115	John Lester	AKL	31.06
M120	Evan MacIntosh	STH	32.88
M125	David Trow	WGN	36.54
M130	Stewart Foster	WBP	32.58
M135	Ron Munro	CAN	32.77
M140	Malcolm Fraser	CAN	33.21
M145	Bruce McPhail	CAN	35.34
M150	Noel Jones	WBP	43.31

### 400m

W35	Vanessa Story	MWA	1:01.54
W40	Petra Creighton	WBP	1:00.92
W45	Meghann Stewart	AKL	1:05.02
W50	Delwyn Smith	NTH	1:12.96
W55	Paula Sharpe	AKL	1:07.06
W60	Claire Giles	OTG	1:13.17
W65	Vicky Adams	TAR	1:22.61
W70	Lynne Mackay	TAR	1:34.10
W75	Joan Vyle	HBG	1:39.84
W80	Tui Ashe	AKL	1:17.42
W85	Cheryl Simpson	HBG	1:29.17

W65	Chris Waring	AKL	1:20.17
W70	Margaret Fraser	CAN	1:46.70
W75	Judy Hammond	WGN	1:34.92
W80	Clasina van der Veeken	NTH	2:05.27
W85	Hayden Robinson	MWA	53.80
W90	Steve Hargreaves	AKL	54.04
W95	Andrew Davonport	MWA	55.64
M35	Malcolm Cornelius	CAN	59.93
M40	Ian Clarke	WBP	1:05.03
M45	Stephen Te Whaiti	WBP	57.47
M50	Mark Lett	NTH	1:01.57
M55	Mark Macfarlane	WGN	1:01.97
M60	Anthony Rogal	CAN	58.73
M65	Stephen Low	TAS	1:01.05
M70	Bruce Thomson	STH	1:01.70
M75	Shaun Ryan	WBP	1:03.86
M80	Warren Edlin	HBG	1:13.43
M85	Dennis O'Leary	HBG	1:03.34
M90	Peter Ayson	WBP	1:06.08
M95	Brian Moran	AUS	1:07.09
M100	Murray Clarkson	WBP	1:11.14
M105	Barry Jones	AKL	1:08.87
M110	Michael Bond	CAN	1:15.18
M115	Evan MacIntosh	STH	1:12.99
M120	Alan Jones	TAR	1:16.11
M125	Kelvin Fitness	AKL	1:19.72
M130	Malcolm Fraser	CAN	1:10.62
M135	Stewart Foster	WBP	1:25.04
M140	Noel Jones	WBP	1:45.59
M145	Patrick Mills	TAR	1:37.34
M150	Ron Wareham	HBG	1:45.01

### 800m

W40	Petra Creighton	WBP	2:24.37
W45	Julieana Findlay	CAN	2:23.22
W50	Sally Gibbs	WBP	2:22.48
W55	Meghann Stewart	AKL	2:40.78
W60	Delwyn Smith	NTH	2:59.95
W65	Jenny McDonald	WGN	2:36.39
W70	Vicky Adams	TAR	3:05.71
W75	Cheryl Simpson	HBG	3:26.62
W80	Margaret Fraser	CAN	4:08.50
W85	Dawn Cumming	HBG	4:30.74
W90	Andrew Davonport	MWA	2:04.53
W95	Malcolm Cornelius	CAN	2:14.71
M35	Ian Clarke	WBP	2:42.87
M40	Michael Craig	AKL	2:17.77
M45	Ian Calder	NTH	2:11.16
M50	Robin Grant	TAR	2:12.06
M55	Anthony Rogal	CAN	2:15.72
M60	Murray Laird	TAR	2:30.00
M65	Malcolm Chamberlin	AKL	2:44.72
M70	Brian Warren	TAR	2:41.81
M75	Desmond Phillips	TAR	2:42.79
M80	Barry Jones	AKL	2:41.12
M85	Bob Schickert	AUS	2:55.77
M90	Alan Jones	TAR	2:57.32
M95	Evan MacIntosh	STH	3:00.09
M100	Kelvin Fitness	AKL	3:09.31
M105	Dave Eastmond	NTH	3:31.36
M110	Ron Wareham	HBG	4:08.64
M115	Michael Browne	WGN	4:13.16

### 1500m

W35	Juanita Paterson	MWA	5:31.45
W40	Julieana Findlay	CAN	4:57.93
W45	Sally Gibbs	WBP	4:42.89
W50	Linda Reynolds	WBP	6:39.98
W55	Julie Wilson	OTG	5:18.19

W55	Jenny McDonald	WGN	5:16.82
W60	Vicky Adams	TAR	6:06.16
W65	Lynne Mackay	TAR	7:19.99
W70	Joan Vyle	HBG	7:04.53
W75	Judith Stewart	NTH	6:03.17
W80	Christine Munro	AKL	6:14.68
W85	Cheryl Simpson	HBG	6:33.88
W90	Clasina van der Veeken	NTH	9:15.79
W95	Andrew Davonport	MWA	4:20.39
M35	Malcolm Cornelius	CAN	4:27.10
M40	Ian Clarke	WBP	5:31.88
M45	David Dixon	TAS	4:56.64
M50	David Rush	OTG	4:51.93
M55	Robin Grant	TAR	4:22.05
M60	Ian Calder	NTH	4:22.51
M65	Malcolm Chamberlin	AKL	5:10.47
M70	Derek Shaw	TAS	5:34.51
M75	Murray Clarkson	WBP	5:19.85
M80	Jonathon Harper	WGN	5:18.25
M85	Brian Warren	TAR	5:28.24
M90	Desmond Phillips	TAR	5:32.17
M95	Ron Robertson	HBG	5:13.54
M100	Bob Schickert	AUS	5:55.50
M105	Michael Bond	CAN	5:54.43
M110	Norris Wyatt	AKL	6:11.24
M115	Kelvin Fitness	AKL	6:16.37
M120	George White	AUS	6:08.87
M125	Dave Eastmond	NTH	7:04.68
M130	John Waite	CAN	8:06.53
M135	Patrick Mills	TAR	7:10.63
M140	Jim Tobin	HBG	8:04.13
M145	Ron Wareham	HBG	8:16.77
M150	Michael Browne	WGN	8:36.20

### 5000m

W45	Sally Gibbs	WBP	17:09.95
W50	Linda Reynolds	WBP	25:37.54
W55	Julie Wilson	OTG	20:02.34
W60	Karen Petley	WBP	21:51.47
W65	Joan Vyle	HBG	26:13.21
W70	Judith Stewart	NTH	21:57.19
W75	David Rush	OTG	17:43.14
W80	Ian Calder	NTH	22:09.03
W85	Derek Shaw	TAS	20:00.93
W90	Malcolm Chamberlin	AKL	20:43.80
W95	Ian Martin	WBP	23:13.61
M35	Ron Robertson	HBG	19:24.44
M40	Michael Bond	CAN	21:26.84
M45	Bob Schickert	AUS	22:29.79
M50	Norris Wyatt	AKL	23:15.97
M55	Kelvin Fitness	AKL	24:03.80
M60	Dave Eastmond	NTH	27:53.93
M65	John Waite	CAN	29:18.28
M70	Jim Tobin	HBG	28:59.39
M75	Ron Wareham	HBG	29:50.48
M80	Michael Browne	WGN	36:42.71

### 10000m

W45	Sally Gibbs	WBP	36:43.55
W50	Judith Stewart	NTH	45:05.45
W55	Charles Stewart	AKL	39:45.59
W60	Malcolm Chamberlin	AKL	42:17.03
W65	Derek Shaw	TAS	43:55.55
W70	Ian Martin	WBP	51:45.54
W75	Ray Amon	WBP	47:04.54
W80	Norris Wyatt	AKL	48:47.01
W85	Kelvin Fitness	AKL	49:38.73
W90	Dave Eastmond	NTH	57:50.46
W95	John Waite	CAN	1:01:45.70
M35	Jim Tobin	HBG	1:02:31.77

**80m Hurdles**  
M70  
Stewart Foster WBP 18.31

**100m Hurdles**  
W35  
Vanessa Story MWA 19.84  
M50  
Tony Catchpole AKL 18.52  
Anthony Rogal CAN 19.27  
M55  
Earl Crowley AKL 21.72  
M60  
Desmond Phillips TAR 22.52

**110m Hurdles**  
M40  
Peter Ranginui WBP 18.69  
M45  
Paul Daborn WBP 19.26

**200m Hurdles**  
M70  
Stewart Foster WBP 43.41  
Peter Hanson WGN 47.90

**300m Hurdles**  
M60  
Laurie Malcolmson MAN 52.54  
Desmond Phillips TAR 58.11  
M65  
David Trow WGN 67.71

**400m Hurdles**  
M40  
Andrew Davonport MAN 70.80  
M45  
Brendan Magill WBP 84.66  
M50  
Anthony Rogal CAN 77.30  
M55  
Gary Moran AUS 79.07  
Earl Crowley AKL 94.68

**2000m Steeplechase**  
W45  
Linda Reynolds WBP 10:25.57  
W55  
Vicky Adams TAR 9:21.21  
W60  
Gail Dryland WBP 14:31.88  
W65  
Lynne Schickert AUS 14:46.80  
W75  
Dawn Cumming HBG 12:40.81  
Clasina van der Veeken NTH 14:17.59  
M60  
Ron Robertson HBG 7:58.96  
Michael Bond CAN 9:17.04  
Bob Schickert AUS 9:21.80  
Norris Wyatt AKL 9:51.54  
M70  
Dave Eastmond NTH 11:03.54  
Peter Hanson WGN 11:38.85

**3000m Steeplechase**  
M45  
Brendan Magill WBP 15:30.24  
M55  
Murray Laird TAR 12:25.73  
Derek Shaw TAS 13:57.13  
Malcolm Chamberlin AKL 14:13.01  
Ian Martin WBP 14:53.18

**3000m Track Walk**  
W50  
Robyn McArthur WGN 18:19.88  
W55  
Theresa Large WBP 20:30.67  
W60  
Sheryl Miratana WBP 20:54.62  
W65  
Lynne Schickert AUS 21:56.08  
W75  
Dawn Cumming HBG 23:50.77  
M45  
Christopher Bowman HBG 19:42.64  
M65  
George White AUS 16:35.94

**10km Road Walk**  
W50  
Robyn McArthur WGN 1:04:34  
Terri Grimmett WGN 1:07:47  
W55  
Theresa Large WBP 1:13:48  
W60  
Sheryl Miratana WBP 1:16:18  
W65  
Jackie Wilson WGN 1:11:36  
Lynne Schickert AUS 1:19:04  
M45  
Christopher Bowman HBG 1:11:36  
M65  
George White AUS 57:37

**Long Jump**  
W35  
Vanessa Story MWA 4.45  
Juanita Paterson MWA 4.18  
W50  
Claire Giles OTG 3.55  
W60  
Anne Deleiros AKL 3.57  
Nancy Bowmar NTH 3.28  
Gail Dryland WBP 2.02  
W65  
Lynne Schickert AUS 2.37  
W70  
Judy Hammond WGN 2.74  
Francis Bayler MWA 2.88  
Jill Sherburn WBP 2.70  
W75  
Clasina van der Veeken NTH 2.11  
M40  
Steve Hargreaves AKL 5.55  
Graham McPhail WGN 5.27  
Shane Foster HBG 5.36  
Peter Ranginui WBP 5.07  
Ian Clarke WBP 3.71  
M45  
Stephen Te Whaiti WBP 5.27  
Quentin Stewart HBG 4.20  
M50  
Stephen Burden WBP 5.31  
Gary Rawson WGN 5.23  
Shaun Ryan WBP 4.12  
M55  
Dennis O'Leary HBG 4.45  
David Lobb COC 3.85  
Earl Crowley AKL 3.90  
M60  
Murray Andersen HBG 4.42  
M65  
Maurice Callaghan HBG 3.82  
Mike Shepherd MWA 3.28  
David Trow WGN 3.07  
M70  
Ron Munro CAN 3.04  
Bruce Clarke WBP 2.91  
M75  
Tony Tolhurst MWA 3.22  
Ron Johnson AKL 3.15  
Trevor Cowley AKL 3.19  
M80  
Hector Mein WBP 2.60

**High Jump**  
W35  
Vanessa Story MWA 1.40  
Juanita Paterson MWA 1.40  
Marcia Taylor WBP 1.23  
W45  
Anne Goulter AKL 1.15  
W60  
Anne Deleiros AKL 1.17  
Nancy Bowmar NTH 1.20  
Wilma Perkins AUS 1.17  
W70  
Judy Hammond WGN 1.05  
M40  
Peter Ranginui WBP 1.70  
M45  
Stephen Te Whaiti WBP 1.50  
M55  
Earl Crowley AKL 1.25  
M60  
Desmond Phillips TAR 1.31  
Jos Pols AKL 1.31  
M65  
Mike Shepherd MWA 1.05  
David Trow WGN 1.00  
M70  
Brian Senior CAN 1.05

M75  
Jim Blair WGN 1.15  
Ron Johnson AKL 1.15  
Trevor Cowley AKL 0.95  
M80  
Hector Mein WBP 1.00

**Pole Vault**  
W60  
Wilma Perkins AUS 2.10  
M55  
Earl Crowley AKL 1.80  
M60  
Murray Andersen HBG 2.60  
AKL 2.00  
Desmond Phillips TAR 1.80  
M75  
Ron Johnson AKL 1.70  
Trevor Cowley AKL 1.40

**Triple Jump**  
W60  
Anne Deleiros AKL 7.75  
Nancy Bowmar NTH 6.95  
Gail Dryland WBP 4.97  
W65  
Lynne Schickert AUS 5.25  
W70  
Francis Bayler MWA 6.31  
Jill Sherburn WBP 4.62  
W75  
Clasina van der Veeken NTH 4.55  
M40  
Steve Hargreaves AKL 10.82  
Peter Ranginui WBP 10.58  
M45  
Paul Daborn WBP 10.15  
Brendan Magill WBP 8.98  
M50  
Stephen Burden WBP 11.23  
Gary Rawson WGN 10.65  
Warren Edlin HBG 8.15  
M55  
David Lobb COC 8.23  
Earl Crowley AKL 8.33  
M60  
Desmond Phillips TAR 8.12  
M65  
Mike Shepherd MWA 7.07  
David Trow WGN 5.01  
M70  
Bruce Clarke WBP 6.40  
M75  
Ron Johnson AKL 7.32  
Trevor Cowley AKL 6.90  
Tony Tolhurst MWA 6.16  
M80  
Hector Mein WBP 5.81

**Discus**  
W35  
Marcia Taylor WBP 22.89  
Vanessa Story MWA 17.78  
W40  
Sharee Jones HBG 27.05  
Brenda Davis WBP 25.05  
Althea Mackie AKL 22.20  
W45  
Christine McCahill WBP 33.59  
Anne Goulter AKL 25.83  
Susann Rothkopf AKL 18.79  
W50  
Denise Phillips TAR 26.16  
Claire Giles OTG 17.75  
Evelyn Tribble OTG 15.98  
W55  
Elizabeth Hamilton TAR 22.94  
Theresa Large WBP 16.61  
Jenny Hastie NTH 13.53  
W60  
Beverley Church CAN 19.01  
Tui Ashe AKL 19.28  
Gail Dryland WBP 15.70  
Alison Wright CAN 14.00  
W65  
Barbara Austin NTH 20.25  
Jan Banens AUS 17.24  
Dianne Underwood CAN 11.77  
W70  
Hilary Weeks AKL 14.45  
Valerie Babe NTH 14.85  
Barbara Bird CAN 14.33  
Jill Sherburn WBP 12.98  
Marion Clarke WBP 12.44  
W75  
Colleen Bruncker NTH 14.75  
Clasina van der Veeken NTH 12.73  
Iris Bishop CAN 13.29  
W80  
Colleena Blair WGN 12.98  
Ngawini Pepene NTH 12.98  
W85  
Pauline Purser WBP 9.43  
Pam Spiers AKL 9.35  
W90  
Rene Otto WBP 33.42  
Peter Ranginui WBP 27.35  
Graham McPhail WGN 26.43  
Ian Clarke WBP 25.84  
M45  
Mark Cumming AKL 29.47  
M50  
Mark Flaus STH 35.57  
Hans Barnard AKL 29.19  
Tony Catchpole AKL 28.90

**Shot Put**  
W35  
Marcia Taylor WBP 7.57  
W40  
Sharee Jones HBG 8.58  
Brenda Davis WBP 8.55  
Althea Mackie AKL 7.63  
W45  
Christine McCahill WBP 10.55  
W50  
Denise Phillips TAR 8.77  
Claire Giles OTG 8.05  
Evelyn Tribble OTG 6.17  
W55  
Elizabeth Hamilton TAR 8.80  
Theresa Large WBP 7.03  
Jenny Hastie NTH 5.27  
W60  
Anne Deleiros AKL 8.76  
Wilma Perkins AUS 8.17  
Tui Ashe AKL 7.94  
Beverley Church CAN 7.19  
Nancy Bowmar NTH 6.78  
Alison Wright CAN 5.43  
W65  
Barbara Austin NTH 8.19  
Jan Banens AUS 7.39  
Dianne Underwood CAN 5.26  
W70  
Barbara Bird CAN 6.53  
Jean Hulls HBG 6.25  
Jill Sherburn WBP 6.19  
Hilary Weeks AKL 5.18  
Valerie Babe NTH 5.22  
Marion Clarke WBP 5.05  
W75  
Colleen Bruncker NTH 6.25  
Clasina van der Veeken NTH 5.44

Iris Bishop CAN 5.56  
W80  
Ngawini Pepene NTH 6.30  
Colleena Blair WGN 5.05  
W85  
Pauline Purser WBP 4.33  
Pam Spiers AKL 4.06  
M40  
Rene Otto WBP 10.46  
Graham McPhail WGN 10.45  
Ian Clarke WBP 8.36  
M45  
Mark Cumming AKL 9.80  
Alastair Graham WBP 8.82  
Mark Macfarlane WGN 7.89  
M50  
Mark Flaus STH 12.83  
Keith Barrow CAN 11.91  
Hans Barnard AKL 9.51  
Tony Catchpole AKL 9.61  
Shaun Ryan WBP 7.24  
M55  
Wayne McCready WBP 9.81  
Earl Crowley AKL 5.92  
M60  
Bob Banens AUS 11.12  
Jos Pols AKL 10.01  
Richard Davison CAN 9.87  
M65  
Phillip Cox MWA 10.25  
Mike Shepherd MWA 7.55  
Glen Church CAN 6.86  
M70  
Brian Senior CAN 10.25  
Peter Hanson WGN 8.62  
Bruce Clarke WBP 7.60  
Noel Jones WBP 6.33  
M75  
Ron Johnson AKL 8.45  
Robin Ball NTH 8.94  
Trevor Cowley AKL 6.95  
Ray Laurie WBP 6.29

**Javelin**  
W35  
Marcia Taylor WBP 21.08  
W40  
Sharee Jones HBG 25.62  
Brenda Davis WBP 24.05  
W50  
Denise Phillips TAR 24.22  
Claire Giles OTG 17.54  
W55  
Elizabeth Hamilton TAR 17.68  
W60  
Wilma Perkins AUS 22.57  
Beverley Church CAN 20.88  
Alison Wright CAN 10.39  
Gail Dryland WBP 11.21  
W65  
Barbara Austin NTH 19.48  
Jan Banens AUS 17.26  
Dianne Underwood CAN 13.05  
W70  
Barbara Bird CAN 18.94  
Jill Sherburn WBP 15.76  
Hilary Weeks AKL 11.62  
Valerie Babe NTH 10.29  
Marion Clarke WBP 8.97  
W75  
Iris Bishop CAN 14.47  
Colleen Bruncker NTH 12.19  
Clasina van der Veeken NTH 10.23  
W80  
Ngawini Pepene NTH 15.19  
W85  
Pauline Purser WBP 6.92  
Pam Spiers AKL 6.71  
M40  
Peter Ranginui WBP 37.25  
Ian Clarke WBP 35.35  
Steve Hargreaves AKL 32.01  
Mike Renouf HBG 31.89  
M45  
Stephen Te Whaiti WBP 39.65  
Brendan Magill WBP 28.30  
M50  
Keith Barrow CAN 35.11  
Gary Rawson WGN 32.82  
Mark Flaus STH 32.49  
M55  
Earl Crowley AKL 30.67  
M60  
Bob Banens AUS 45.35  
Richard Davison CAN 32.71  
Jos Pols AKL 27.13

M65  
Phillip Cox MWA 22.01  
Glen Church CAN 18.93  
M70  
Brian Senior CAN 26.75  
Bruce Clarke WBP 20.16  
M75  
Ron Johnson AKL 28.74  
Jim Blair WGN 22.07  
Trevor Cowley AKL 22.69  
Robin Ball NTH 22.14  
Ray Laurie WBP 19.45  
M85  
Wallace Opperman AKL 14.79

**Hammer**  
W35  
Marcia Taylor WBP 21.86  
W40  
Althea Mackie AKL 35.44  
Sharee Jones HBG 32.48  
Brenda Davis WBP 24.22

Gary Rawson WGN 27.73  
M55  
Wayne McCready WBP 32.70  
Earl Crowley AKL 24.40  
M60  
Bob Banens AUS 38.91  
Richard Davison CAN 39.03  
Jos Pols AKL 32.39  
M65  
Phillip Cox MWA 28.85  
Roy Skuse HBG 22.28  
Mike Shepherd MWA 22.21  
Glen Church CAN 19.91  
M70  
Brian Senior CAN 29.10  
Bruce Clarke WBP 19.92  
Noel Jones WBP 18.61  
M75  
Robin Ball NTH 28.35  
Jim Blair WGN 21.51  
Ray Laurie WBP 19.64  
M85  
Wallace Opperman AKL 14.79

**Weight Throw**  
W35  
Marcia Taylor WBP 7.48  
W40  
Althea Mackie AKL 11.93  
Sharee Jones HBG 10.39  
Brenda Davis WBP 9.50  
W45  
Christine McCahill WBP 14.40  
Anne Goulter AKL 11.03  
W50  
Denise Phillips TAR 8.69  
Evelyn Tribble OTG 7.27  
Claire Giles OTG 6.63  
W55  
Theresa Large WBP 9.18  
Jenny Hastie NTH 6.56  
W60  
Beverley Church CAN 9.85  
Gail Dryland WBP 8.84  
Alison Wright CAN 7.90  
W65  
Jan Banens AUS 12.69  
Barbara Austin NTH 11.74  
Dianne Underwood CAN 7.09  
W70  
Hilary Weeks AKL 7.90  
Valerie Babe NTH 7.57  
Marion Clarke WBP 7.63  
W75  
Colleen Bruncker NTH 10.76  
Clasina van der Veeken NTH 8.12  
W80  
Colleena Blair WGN 8.22  
Marcia Petley WBP 7.51  
Ngawini Pepene NTH 7.52  
W85

Pauline Purser WBP 5.56  
Pam Spiers AKL 6.05  
M40  
Rene Otto WBP 11.09  
Graham McPhail WGN 7.49  
M45  
Mark Cumming AKL 14.28  
M50  
Mark Flaus STH 14.18  
Hans Barnard AKL 12.66  
M55  
Earl Crowley AKL 7.08  
M60  
Richard Davison CAN 15.55  
Bob Banens AUS 14.26  
Jos Pols AKL 12.83  
M65  
Phillip Cox MWA 12.40  
Roy Skuse HBG 9.77  
Glen Church CAN 8.27  
M70  
Brian Senior CAN 14.35  
Bruce Clarke WBP 8.75  
M75  
Robin Ball NTH 9.61  
Ray Laurie WBP 8.38

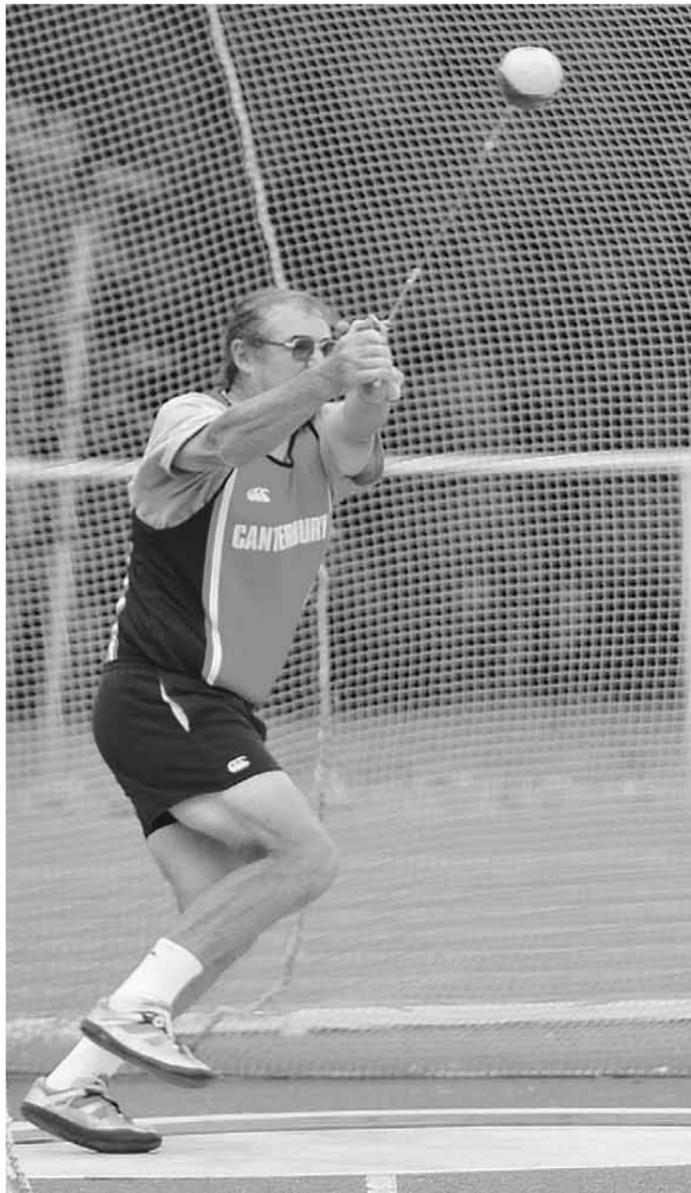
**Pentathlon**  
W40  
Brenda Davis WBP 1590  
W50  
Claire Giles OTG 2348  
Denise Phillips TAR 1962  
W60  
Tui Ashe AKL 3229  
Nancy Bowmar NTH 2031  
Gail Dryland WBP 1067  
W70  
Judy Hammond WGN 2576  
Jill Sherburn WBP 2008  
W75  
Clasina van der Veeken NTH 2312  
M40  
Peter Ranginui WBP 2351  
Ian Clarke WBP 1728  
M45  
Richard Davison CAN 43.56  
Bob Banens AUS 37.07  
Jos Pols AKL 35.06  
M65  
Phillip Cox MWA 34.61  
Roy Skuse HBG 22.18  
Glen Church CAN 22.61  
M70  
Bruce Clarke WBP 22.29  
M75  
Robin Ball NTH 25.99  
Ray Laurie WBP 23.81  
Ron Johnson AKL 22.03

**Throws Pentathlon**  
W40  
Sharee Jones HBG 2700  
Brenda Davis WBP 2345  
W45  
Christine McCahill WBP 3847  
W50  
Denise Phillips TAR 2333  
Claire Giles OTG 1906  
W55  
Jenny Hastie NTH 1427  
W60  
Beverley Church CAN 2806  
Gail Dryland WBP 2088  
Alison Wright CAN 1942  
W65  
Jan Banens AUS 3722  
Barbara Austin NTH 3533  
Dianne Underwood CAN 2013  
W70  
Barbara Bird CAN 2916  
Hilary Weeks AKL 2656  
Jill Sherburn WBP 2537  
Marion Clarke WBP 2444  
Valerie Babe NTH 2369  
W75  
Colleen Bruncker NTH 3842  
Clasina van der Veeken NTH 2908  
Iris Bishop CAN 2833  
W80  
Ngawini Pepene NTH 4180  
W85  
Pam Spiers AKL 3541  
Pauline Purser WBP 3387  
M40  
Rene Otto WBP 2583  
Ian Clarke WBP 1818  
M45  
Mark Cumming AKL 2931  
M50  
Mark Flaus STH 2953  
Hans Barnard AKL 2422  
M60  
Bob Banens AUS 3427  
Richard Davison CAN 3347  
Jos Pols AKL 2480  
M65  
Phillip Cox MWA 3229  
Glen Church CAN 1922  
M70  
Brian Senior CAN 3741  
Bruce Clarke WBP 2271  
M75  
Robin Ball NTH 3267  
Ray Laurie WBP 2574



Steve Hargreaves (AKL) heads off Graham McPhail the M40 100m

PHOTO | JIM TOBIN



Rick Davison (CAN) won the M60 hammer throw



Chris Waring (AKL) won the W60 400m



Linda Reynolds (WBP) won the W45 steeplechase



Lynne Mackay (TAR) in the W55 1500m



Murray Andersen (HBG) won the M60 long jump



Steve Hargreaves (AKL) was third in the M40 javelin



Mark Macfarlane (WLG) and Mark Lett (NTH) in M45 400m



Earl Crowley (AKL) won the M55 high jump



PHOTO | JIM TOBIN

Tui Ashe (AKL) won the W60 discus



PHOTO | NESPORT

Robyn McArthur (WLG) won the W50 10km road walk



PHOTO | JIM TOBIN

Warren Edlin (HBG) in the M50 400m



PHOTO | NESPORT

David Lobb (COC) was third in the M55 long jump



PHOTO | JIM TOBIN

Andrew Davenport(MWA) second in M40 400m



PHOTO | JIM TOBIN

Susann Rothkopf and Meghann Stewart (AKL) at the last relay change



PHOTO | NESPORT

Jos Pols (AKL) was second in the M60 pole vault



PHOTO | NESPORT

Christine Munro (AKL) leads from Judith Stewart (AKL) in the W60 1500m

# Thanks...Hawkes Bay

by | JOHN WAITE

## NZMA Championships: Regional Sports Park, Hastings: 04-07 March

When traveling on the alternative inland route between Hastings and Napier through lush grasslands and occasional orchard country it is possible to see a huge towering concrete structure emerging above the flatlands. This structure is the \$5.8 million grandstand, which dominates the countryside and is the focal feature of the developing sports complex for sports people of the Hawke's Bay region. The first stage of this magnificent site is the grandstand and the international synthetic track and field complex. For those unaware, the first impression comes as a surprise and almost disbelief that such a modern "state of the art" facility exists ... and out in the countryside a few kilometres out of town!

Silver Olympic 1500m medalist Nick Willis opened the stadium late last year with favourable comment. Additional sports facilities are to be constructed in the coming years. The track and field facilities are fantastic! The soaring grandstand accommodates 2,500 spectators. Like the European stands, it has a near vertical rake ensuring a clear vision and an impression of looking over and close to the competitors. One sensible innovation provides high jumpers with their own run-up area to the side of the main track, negating the need to cross the main track.

Under the stand are generous areas for changing, showers and toilets, administration, plus generous under-cover warm-up space. During the championships the on-site canteen sold coffee produced from a large commercial coffee machine - no instant coffee at this amateur sports shop! From a technical point of view, timing and sound systems were so good that all programmed events went without a hitch. Results and medals were furnished almost instantly.

Considering the magnificence of this sports complex it was probably a huge disappointment for the Hawke's Bay Association to receive so few entries from across the country. Fields in most levels and events seemed to be fewer than in previous years. Questions could be asked as to why such a wonderful competition does not attract more participants. Do athletes wish only to compete in the major cities? Does the number attending reflect the state of the economy? Do athletes seek discount rates for travel and accommodation (especially retired pensioners)? Is there too much emphasis on 'championship' when the focus could be on participation? Friendships are often developed in a collegial way and not necessarily with the emphasis being on winning medals. There is much enjoyment amongst the rank and file by simply participating.

It is so important from the outset to thank the many officials who were prepared to give of their time (and patience) to ensure the meet's success, not only during the three days of

competition, but also over days preceding and succeeding the weekend. Always obliging and professional these folk are to be congratulated. Well done!

The Friday and Saturday programmes were held in ideal weather conditions. Balmy temperatures, light winds and high cloud. Unfortunately, Saturday night brought a massive weather change. Heavy rain fell throughout the night so that competitors in early events on Sunday morning endured strong, cold, southerly wind squalls and a rain-sodden track. The 10,000m runners and the road walkers had a rude christening to the winter season due some months away. Fortunately, weather conditions improved later in the morning.

For many observers of events, the outstanding athlete of the meet was Waikato/Poverty Bay W45 runner Sally Gibbs. This diminutive, short-striding, relaxed-style runner was in a class of her own. She ran with such ease, and given more serious competition she looks good for breaking some long-standing records in her age group in the future. Her runs were remarkable: 800m 2:22.48; 1500m 4:42.89; 5000m 17:09.95 and 10,000m 36:43.56.

In the women's sprints, Chris Waring (W65), Margaret Peters (W75), Vanessa Story (W35) won in fast times. The men sprinters, Anthony Wall (M40), Ron Munro (M70), and Malcolm Fraser (M70) impressed. Of particular interest was the M70 category 100m where long-time 'foes' once more fought to a close finish: Malcolm Fraser 14.84, Stewart Foster 14.92, Ron Munro 14.19 and former All Black wing Bruce McPhail 15.35. Andrew Davenport (M40) was the nearest competitor to break two minutes for 800m, while it was Barry Jones (M65) who raced with such determination to record excellent performances in both the 800m and 400m. As expected Ron Robertson (M65), now also a keen racing cyclist, dominated the 1500m, 5000m and steeple events. He is a remarkable runner and it is always a pleasure to watch his effortless style. Interesting too, is to watch some of the well-performed athletes of past years still battling for minor placings: Norris Wyatt (M65) and Kelvin Fitness (M65), despite ongoing injuries, raced tactically, not giving an inch in order to beat their rivals. Both ran honest races. They both love to run, race and be there at the finish! Impressive, too, was the performance of Judith Stewart (W60): two excellent solo runs, 5000m in 21:53.19 and 10,000 in 45:05.49.

To add an international interest and aiding in lifting performance standards, a number of Australians took part with success: Bob and Lynn Schickert, George White, Wilma Perkins, Bob and Jan Banens, and resident Cook Islander David Lobb all returned home with medals.

In the field events, outstanding winners included Vanessa Story (W35), Steve Hargreaves (M40), Juanita Paterson (W35), Peter Ranginui (M40), Anne De Leiros (W60), Stephen Burden (M50), Chris McCahill (W45), Mark Flaus (M50), Sharee Jones (W40), Bob Banens (M60), and Richard Davison (M60).

This Championship meeting occurred just a few days post the second disastrous Christchurch earthquake. No doubt, especially for Canterbury-based athletes, the timing and decision whether or not to escape the disaster was a daunting factor. The question in their minds was whether to stay, or go and return in some instances to destroyed homes.

There is good reason to believe that their performances, as good as they were in some cases, were achieved under emotional strain and concern as to their uncertain future.

Championships such as these are worthwhile and deserve more support from master's athletes around the country. They provide great opportunities for wider competition plus the opportunity for social interaction and the making and renewing of friendships. Attendance at master's championships is highly recommended! Congratulations again to Hawke's Bay Masters ... and thank you!



Charles Stewart (AKL) leads Malcolm Chamberlin (AKL) and Derek Shaw (TAS) in the 10000m event



Start of the W50 60m sprint

PHOTO | NESFORT

PHOTO | JIM TOBIN

# My Last Marathon

by | MIKE PIPER

## I was apprehensive and felt like an imposter as I approached the 2011 Boston Marathon

I call my running style "Runogging" as I'm not quite sure if I am running, walking, or jogging and neither is anyone who watches me. I tore my medial meniscus in a marathon in Ireland, in August 2009, and my orthopedic surgeon has said that there is no point in operating when the knee is bone on bone.

I therefore deferred my Boston qualification which was genuine, from 2010 to 2011, and decided that this would be my final marathon. I trained consistently but never beyond 26km. My worry was the distance and all my training times indicated a 5:50 marathon.

Entries this year for Boston closed out after only eight hours and thousands of qualifiers missed getting accepted. This influx of interest has prompted a tightening of all qualification times for next year by five minutes. Race day conditions were brilliant with a tail wind and a temperature of 16 degrees. A little sun, but not too much. The fastest marathon ever was run by the winner Geoffrey Mutai of Kenya. He ran 2:03:02 breaking the previous world best by 57 seconds.

He won by four seconds over fellow Kenyan Moses Mosop. I started in wave two just 40 minutes after the elite runners, and I finished approximately four hours after they crossed the line. I was effectively race walking and my time of 5:22:12 exceeded my expectations and ensured that I didn't need to use my night lights.

Upon reflection it was nice to finish off my marathons by running in such a prestigious race, even though I was running it for the 16th time. I enjoyed seeing another side of running from the back of the pack, and my perceived expectation of boredom never eventuated. It was, however, frustrating to get to the halfway point, and recollect that not so many years ago, I would have been finished.

My fears of not lasting the distance were unfounded, and after locking in at a 7.5 minute kilometre pace I was able to maintain close to this for the full race. I am sure that the base gained from running over 100 marathons, helped me, as too did the fact that I was never in an aerobic situation, so therefore I was totally reliant on the body hanging together and had no breathing problems to confront me.

My San Francisco based orthopedic surgeon had offered to run with me but I was confident enough to politely tell her that I should be okay. I did, however, have her stationed at the 24 mile mark in case I needed support to the finish. However upon arrival there I dispatched her to the bar opposite and asked her to set up the drinks as I would be making my entry in about 45 minutes time.

It was great to finish knowing that about 23000 people were ahead of me and that I still was ahead of over 600 runners. I will return to Boston again next year, but will only compete in the 5km race the day before the marathon. The city of Boston really embraces the marathon, and every runner feels welcomed by the locals be it in the bars, shops, on the transport system or when just mingling with the crowds on the sidewalks. The age group qualification standards are not too difficult to achieve for New Zealand masters runners and I suggest that now is the time for planning to qualify and then to run Boston. You will not be disappointed!

PHOTO | JIM TOBIN



Mike in an earlier marathon

# The NZMA Board

by | MIKE WEDDELL - President

Some members of NZMA may wonder what the board does and who they are. The following is a brief profile of the members and some of the specific functions for which they are responsible.

As a whole the board ensures that our athletes are catered for and have representation at New Zealand, Oceania and World levels. Three of the board Mike, Stewart and Andrew sit on the Fourth World Games Trust. The board endorses any applications to the trust from NZMA centres. The board also oversees the Island and national championships and organises team managers for overseas events. Board members also tend to field general enquiries from members and prospective members.

We meet three times a year. One of the meetings coincides with the AGM at the national track and field championships. The other two are currently held in Hamilton.



### President

#### Mike Weddell

chairs the meetings and reports on ANZ/NZMA liaison, international matters, technical, track and field and development.



### Vice President

Christine McCahill looks after record applications and achievement certificates. She also chairs meetings in the absence of the President.



### Secretary/Treasurer

Stewart Foster takes the meeting minutes and deals with correspondence, coordinates entries for WMA championships and covers all of the financial duties.



Marcia Petley covers personnel matters keeping tabs on the wellbeing of our members and is our liaison person for North Island championships.



Jim Tobin is the editor of Vetline which is now also the official magazine for the Oceania Region. He also reports on constitutional matters and non-stadia events.



John Campbell runs the NZMA website and is overseeing the revision of the NZMA handbook.



Karen Gillum-Green (new member) is responsible for merchandising uniforms.



Andrew Stark (new member) looks after the NZMA membership database.

## NZMA 2010 Awards

The following are the NZMA 2010 Awards that were presented at the championships dinner at Hastings in March. This year there were separate awards for men and women

### Sprints

Chris Waring  
Laurie Malcolmson

### Middle Distance

Myrtle Rough  
Tony McManus

### Distance

Myrtle Rough

### Throws

Christine McCahill

### Walks

Sue Hoskin

### Hurdles

Laurie Malcolmson

### Jumps

Francis Bayler  
Ho Young Do

### Combined Events

Christine McCahill  
Hector Mein

### National Colours

Tony McManus  
Myrtle Rough

# My Thoughts on the Aussie Champs

by | CHRISTINE MCCAHERILL

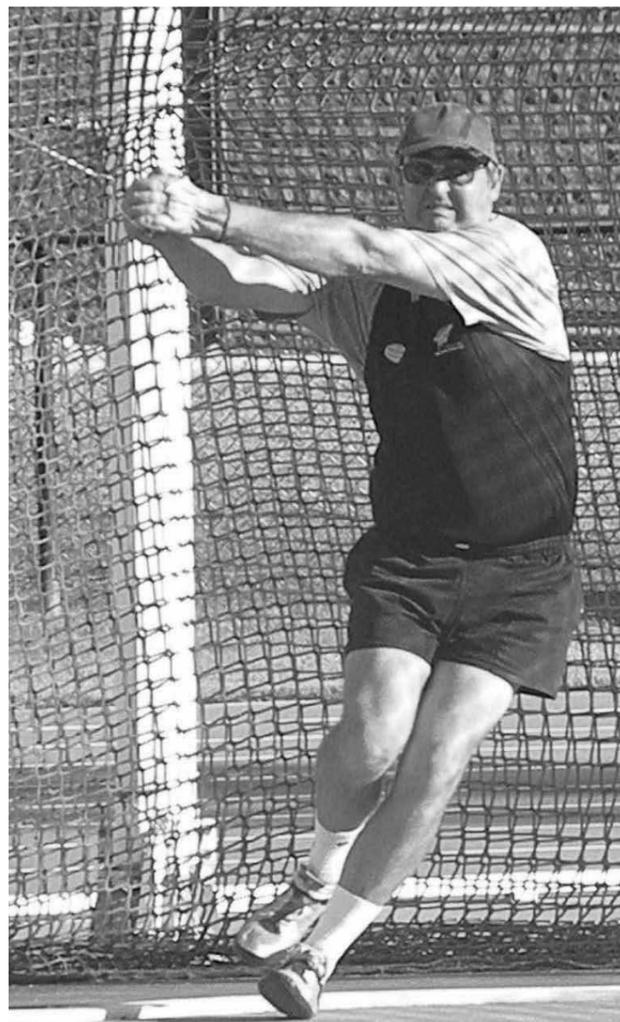
The Australian Masters Championships were held in brilliant sunshine in Brisbane during the Easter Break. Over 600 competitors took part. The competition was held at the venue used for the 2001 World Championships, the Queensland Athletic Centre. With a huge main track and stadium as well as a second track, there were plenty of competition areas. Unfortunately nearly all of the throwing events took place on the outer track. This meant that the throwers saw very little of the track events, and vice versa. It felt a little alienating out the back. It certainly didn't feel like a Track and Field Meet, but rather two separate meets.

19 Kiwis competed at this meet. The competition began on Thursday, so that there would be no competition on the Monday, which was ANZAC day. The number of competitors in some of the fields was very big, particularly the M60 where Jos Pols and Richard Davison had some great competition.

This group had some very long competitions, especially on throws pentathlon day where they were the last group to finish, in the dark. There were lights on the outside track, but these were not turned on and the last round of the weight throw in particular was very hard to officiate and almost dangerous.

I really enjoyed our weight throw competition, but on completion we went to the medal ceremony area with our result slips to find that everyone had packed up and gone home! Come back tomorrow for your medal! The throws pentathlon days ran well with great officials who were very accommodating with warm ups and kept the groups moving.

Although I sound critical of some areas, it was great to have some close competition to lift and push you to the next level of competition. Ideal before the world championships. The weather was ideal, late 20's every day which is conducive to good performances.



Richard Davison was second in the M60 hammer



Rene Otto was second in the M40 shot

PHOTOS | CHRISTINE MCCAHERILL

The competitions were run well with very efficient officials. A great meet if you are looking for a little extra competition.

The Aussies finish off the throws and track with a champion of champion's event, different every year. For the throws this year it was hammer. This is a handicap competition, with each competitor given a handicap up to the distance of the furthest thrower. This handicap is added to each of their throws and overall winners are found after three rounds. It is a great way to finish, and a fun competition with plenty of support from those watching.

## New Zealand Results

Ian Calder	M50	2nd 1500m
Richard Davison	M60	4th shot, 2nd hammer, 1st discus, 2nd javelin, 2nd weight throw, 1st throws pentathlon
Warren Edlin	M50	6th Triple Jump
Peter Hanson	M70	3rd 2000m steeple
Steven Hargreaves	M40	3rd 100m, 3rd long jump, 2nd javelin, 1st 400m, 1st triple Jump
Terrence Horne	M45	8th 800m
Ron Johnson	M75	3rd long jump, 6th shot, 1st pole vault, 3rd triple jump
Bill Kenny	M70	4th 800m, 1st 2000m steeple

Mark Macfarlane	M45	9th 100m, 5th long jump 7th 200m, 3rd high jump
Althea Mackie	W40	1st hammer, 2nd javelin, 1st weight throw
Chris McCahill	W45	1st hammer, 1st weight throw, 1st throws pentathlon, 2nd discus, 2nd shot put
Bruce McPhail	M70	6th 60m, 5th 100m, 5th 200m
Rene Otto	M40	2nd shot put, 1st hammer, 3rd discus, 1st weight throw
Jos Pols	M60	5th shot put, 3rd hammer, 4th discus, 3rd pole vault, 3rd weight throw, 4th throws pentathlon
Gary Rawson	M50	1st 60m, 2nd 100m, 1st long jump 6th 200m, 11th discus, 9th javelin, 1st triple jump, 2nd pentathlon
Michael Scholten	M30	3rd shot put (NZ record), 1st hammer, 2nd discus, 2nd javelin, 1st weight throw, 2nd throws pentathlon
Roy Skuse	M70	6th hammer, 5th discus, 8th javelin, 6th weight throw, 5th throws pentathlon
Birgit Steltner	W55	6th 60m, 6th 100m, 2nd long jump, 5th 200m, 2nd high jump, 5th javelin, 1st triple jump

## Field Events at Hastings

by | CHRISTINE MCCAHERILL

I am struggling to remember the last time that we had a national championships where the weather was fine the whole weekend. The weather in Hastings was also very changeable and not really conducive to great performances but this did not inhibit some athletes.

Vanessa Story jumped consistently with a 4.45m in the W45 long jump to take that event from Juanita Paterson. Claire Giles (W50), Anne Deleiros and Nancy Bowmar (W60) all had performances within 20cm of each other. Steve Hargreaves, Shane Foster, Graham McPhail and Peter Ranginui were all over 5m in the long jump, creating a great competition for the M40 group. These performances would have also pushed Stephen Te Whaiti in the M45 as they all jumped over 5.00m and Stephen Burden M50. Twenty three jumpers completed this event. Nancy Bowmar headed off Anne Deleiros in the W60 high jump with a New Zealand record with a jump of 1.20m. Weeks before Anne had set the record at 1.19 at a Waikato Bay of Plenty meet. Peter Ranginui recorded the highest jump of the men's group with 1.70m. Jos Pols and Des Phillips both jumped 1.31m in the M60 group, and Jim Blair and Ron Johnson went head to head in the M75, both clearing 1.15m. The M40 triple jump saw Peter Ranginui and Steve Hargreaves go head to head, with Steve recording a jump of 10.82 to Peter's 10.58m. Sharee Jones and Brenda Davis created a good competition in the shot put with Sharee just edging out Brenda with a throw of 8.58 to Brenda's 8.55m. Anne Deleiros produced some beautiful standing throws to take out the W60 shot with 8.76m. Rene Otto pipped Graham McPhail in the M40 shot put by one centimetre with a throw of 10.46m. Mark Flaus had the longest distance of the day with 12.83m.

In the discus Tui Ashe W60 pipped Bev Church with a throw of 19.28m. The W70 top three all threw over 14m with 52cm separating them. Colleen Blair and Ngawini Pepene W80 couldn't be separated with 12.98m. Pauline Purser and Pam Spiers continued their field event tussle with Pauline taking out the W85 discus with 9.43m to Pam's 9.35m. Richard Davison and Bob Banens continued their great rivalry with each other with Richard edging out Bob with 39.03m. In the javelin event Sharee Jones battled the elements along with Brenda Davis and Denise Phillips (W50) and all threw within one metre of each other.

The W70 hammer throw was a great tussle with Val Babe, Marion Clarke and Barbara Bird all within 60cm of each other. Mark Cumming had the longest men's throw with a distance of 49.69m. Jos Pols pushed Bob Banens in the M60 hammer with Bob the successor. Likewise Roy Skuse kept Glen Church on his toes, with 50cm separating them. Robin Ball, Ray Laurie and Ron Johnson had a great competition in the M75, all within 3m of each other. Althea Mackie showed her continued improvement throughout the year in the heavy weight with a throw of 11.93m. Chris McCahill was out to 14.40m. Hillary Weeks, Marion Clarke and Val Babe were all over the 7m mark, with less than 40cm separating them. Mark Flaus (M50) threw well 14.18m, keeping up with Mark Cummings 14.28m in the weight throw.

Chris McCahill had the highest women's throws pentathlon total with 3847 to Colleen Bruncker's 3842 points. The W70 age group had the closest competition of the day. HBG must be congratulated for keeping the throws pentathlon moving well - all over and done with by early afternoon.

# NORTH ISLAND MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS

Newtown Park, Wellington | 25 -27 November 2011



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

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

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

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

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

## ENTRIES CLOSE - 2<sup>nd</sup> November 2011

### NO LATE ENTRIES

**CHEQUES PAYABLE TO**  
Wellington Masters Athletics

**ENTRIES AND ENQUIRES TO**  
Mark Macfarlane  
3 Shackle Lane  
Whitby, Porirua 5024  
Telephone: 04 234 8874  
Email: mark.macfarlane@xtra.co.nz

### AGE GROUPS -

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

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

### ENTRY FEES

NZMA Fee	\$	10.00
First Event @ \$6.00	\$	6.00
Each additional event @ \$5.00	\$	
Multi Events @ \$5.00 each	\$	
Lunches @ \$ 10.00 each	\$	
<b>Total Enclosed</b>	<b>\$</b>	

## COMPETITION PROGRAMME

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

Friday 25 November					
TRACK			FIELD		
Time	Event	Grade	Time	Event	Grade
			5.00pm	Hammer	Men
				Shot Put	Women
				Long Jump	M30-54
6.00pm	400m	M/W	5.45pm	Long Jump	M55+
6.30pm	3000m Track Walk	M/W	6.45pm	Shot Put	Men
7.00pm	5000m	Women		Hammer	Women
7.35pm	5000m	Men		Long Jump	Women
Saturday 26 November					
9.00am	60m	M/W	9.00am	Discus	M55-65
9.30am	3000m Steeplechase	M30-59		Discus	M70+
10.10am	2000m Steeplechase	W / M60+		Javelin	W30-54
				Triple Jump	M30-54
				High Jump	Women
			10.00am	Discus	M30-49
				Discus	M50
10.30am	80m Hurdles	W40+ / M70+		Javelin	W55+
	100m Hurdles	W30-39 / M50-69		Triple Jump	M55+
	110m Hurdles	M30-49	11.00am	Weight Throw	Men
				Weight Throw	Women
				Pole Vault	M/W
12.00pm	<b>LUNCH BREAK</b>				
12.30pm	100m	M/W	1.15pm	Javelin	M30-54
1.00pm	1500m	M/W		Discus	W30-54
				High Jump	M55+
2.00pm	60m Hurdles	M/W		Triple Jump	W55+
			2.15pm	Javelin	M55+
				Discus	W55+
3.00pm	4 x 100m Relay	M / W *Mixed		High Jump	M30-54
				Triple Jump	W30-54
Sunday 27 November					
8.00am	10km Road Walk	M/W	8.30am	Throws Pentathlon	W30-59
10.00am	10km Road Run	M/W	8.45am	Long Jump - Pentathlon	Men
9.00am	100m - Pentathlon	Women		Throws Pentathlon	W60+
			9.30am	Throws Pentathlon	Men
9.40am	400m Hurdles	W30-49		Javelin - Pentathlon	Men
	400m Hurdles	M35-59			
	300m Hurdles	W50+ / M60+			
	200m Hurdles	W70	10.00am	Shot Put - Pentathlon	Women
10.10am	200m (includes Pentathlon)	M/W	11.00am	Long Jump - Pentathlon	Women
11.00am	800m	M/W	11.30am	Discus - Pentathlon	Men
12.30pm	1500m Pentathlon	Men	12.00pm	Javelin - Pentathlon	Women
1.00pm	800m - Pentathlon	Women			

### Athletes Information

#### SPIKES ON MONDO TRACK:

The maximum length of spikes to be used on the track for sprinters and distance runners is 6mm. Recommended are Pyramid, Conical or Tree spikes.

Extra long grass spikes MUST NOT be used. Needle spikes are not suitable.

9mm spikes may be used on the Javelin and Jumps runways.

#### PLEASE NOTE:

3000m & 5000m track runners & walkers - please arrange your own lap scorers.

# Trans Tasman Travels

by | JAN BANENS

On the evening before we were to fly out of Sydney to New Zealand we were confirming our travel arrangements, when we were advised that we should have departed that morning. Flying across the Tasman should have been a straightforward affair but our Webjet itinerary booked three months earlier had two dates on it, but only one that was marked Departure date. We were told that date was a dummy booking and the other earlier date, which didn't mention departure, was the actual departure date. By midnight, following a lot of frantic phone calls Bob had further lightened his wallet to the tune of \$180 and rebooked seats for the next day.

On arriving in Auckland at 5:00pm we hired a small car and set off for Hastings where we were going to compete in the New Zealand Masters Athletics championships. We know that New Zealand is quite small compared to Australia and thought that the drive would be a cinch and not take very long. After all Bob regularly commutes on the freeway between Canberra and Sydney where he works.

The drive started off with a little bit of a freeway, then a pleasant winding and undulating sealed road, but then progressively became a tortuously winding, steep and wet road littered with road works and unsealed sections. By the time that we got to the latter section it was dark so I was spared the panic and terror associated with the sheer drops from the road side down the mountains. Five hours later at 10:00pm we arrived at our motel. Before it got dark, however, we did see the quaint little town of Tiraú where a local artist had decorated its shops and buildings with flowers, animals and other things made from corrugated iron. It is amazing how a bit of artistic imagination can make corrugated iron and otherwise ordinary buildings attractive and interesting.

The next morning we chatted with the friendly motel owner about the local sights, and amongst other things he said we must see "Tomato Peak". We set off in the general direction and stopped at a number of locations asking directions to "Tomato Peak" as it appeared to be poorly signposted.



Beautiful wooden houses in Napier. Are wooden buildings safer in earthquakes?

Everyone seemed to know it and no one had any problem with our pronunciation, but we just couldn't find the finger board that indicated the turnoff. Being stuck behind a slow truck meant that we had more time to look around and Bob suddenly spotted a sign that said Te Mata Peak - "What a coincidence" said Bob and then a little light bulb went on in his head. The view from Te Mata Peak was breath taking and was a sightseeing point for coach loads of tourists. The Hawkes Bay country around Hastings was lush and beautiful, and dominated by stone fruits, pome fruits, tomatoes and corn, and is also famous for its vineyards and wineries. We did not have enough time in New Zealand to do justice to the Hawkes Bay wines.

I had been a little a little nervous about the earthquake in Christchurch, however, Bob assured me that it was located in the middle of the South Island and we were safe in the middle of the North Island. However, when we visited nearby Napier just 19km away, we discovered that it had been razed to the ground by New Zealand's biggest earthquake in 1931! The quake resulted in such a big rise in the sea floor that the original harbour had to be abandoned and a new port had to be built which now, amongst other things, transports huge quantities of pine logs and wood chip to other parts of the world.

Notwithstanding my nervousness regarding earthquakes, our visit to Napier was an absolute delight as most of the town was rebuilt in the art deco style. The town has sought to maintain the clean elegant geometric designs and outlines, with its black and contrasting colours and chrome accents of the period. The city had many elegant cafes and quaint pubs and the streets, as with Hastings and many other towns, were adorned by beautiful flower baskets on both sides.

The reason for our trip to New Zealand had been for an Oceania Masters Athletics meeting in Tauranga, and because the New Zealand Masters Athletics Championships were just several days before the meeting we had decided to compete.

After some bum steers we eventually found what we thought was the track but discovered a school competition involving some 500 screaming teenagers. Nevertheless, we were reassured that this was the place and that the master's competition would start in the afternoon. The new tartan track and associated grandstand and incorporated facilities were part of a fantastic large regional sporting complex that was being developed on the site.

The competition, as expected, was well organised and officiated, but the competitor numbers were not what we expected. We were told that New Zealanders do not travel well internally, particularly to more provincial centres. Also the New Zealand economy is not travelling as well as Australia's (one Australian dollar was about NZ\$1.35 at the time) and this, and perhaps the Christchurch earthquake may have affected numbers. Nevertheless, some red and black Christchurch uniforms were in evidence at the competition. It was enjoyable to compete with or against many familiar faces, however, the cold, windy and wet conditions at start of the competition were generally not conducive to great performances, at least not by us as we had not brought warm clothes. It was supposed to be "summer" after all! To be honest it was also quite cold in Australia at the time.

At the first day of the championships we caught up with a number of other Australians and my Bob made arrangements with Bob Schickert for a get together over dinner at the RSA (RSL) - "the one just around the corner from the motel". We waited for some time after the agreed hour at the motel and then at the RSA before the gradual realisation that there had been a cock-up - "I'm sure I mentioned Gloucester though". It turns out that Bob and I were staying at the Gloucester Motel with the Hastings RSA just metres down the road, whereas the Schickert's and the other Australians were staying in another motel in Gloucester St with the Taradale RSA just across the road. Future arrangements were made by the fairer sex.



Fronting turbulent seas in the rubber ducky

PHOTOS | BOB BANENS

In the meantime I had learnt how to order a “handle of beer” (a schooner) at the RSA while we were waiting.

I asked Bob’s M60 rival Rick Davison who comes from the Christchurch area about the earthquake and what it was like to experience an aftershock. He said that he and many people were fed up with the earthquake and its aftermath which dominated everything, and as to the never ending aftershocks he said it was like lying in the bed and having someone with a sledgehammer bang the bottom of the bed several times a night, night after night.

After competition we set off in our little yellow bee-attracting hire car via Taupo and Rotorua to Tauranga where Bob’s meeting was to be held. We passed through various small villages with fruit stalls and deer farms along the road. For part of the way back we travelled the same route we had previously travelled in darkness and were able to better experience (enjoy?) the steep and lush mountains through which we were travelling – the Hyundai Excel certainly had to work very hard to maintain a reasonable speed up the hills. We saw huge tree ferns, much taller than we find in Australia, fields of tall flax grass and the big Waipunga falls. We had coffee on the shores of Lake Taupo, New Zealand’s largest lake nowhere near as big as our Lake Eyre, but it was full of fresh water.

Because our focus was on getting to Tauranga we did not engage in much exploring on the way (we’re saving that for next year). Nevertheless, we did wander around the Craters of the Moon where we saw steaming fumeroles and boiling mud that resulted from the construction of the nearby hydrothermal power station and where we climbed up a hill to get a great view of Taupo and Mount Wairakei. Driving on further, Bob noticed a roadside advertising sign that said something about “Nauti-girls” – he wasn’t able to read the rest but was intrigued by it, and spent the next half hour speculating about these naughty girls and looking for further information or directions without luck. Was this another unusual Maori name or just a clever advertising slogan?

Many of the towns and villages that we passed through were very neat and attractive, and showed that New Zealanders take great pride in their homes and gardens. Getting closer to Tauranga we passed kilometre after kilometre of Kiwi fruit (or was that Chinese gooseberries?) all growing on trellises like vines, and all sheltered behind tall neatly trimmed pine tree hedges.



Mountains of pampas grass

PHOTO | BOB BANENS

We had been told that the Australian possums introduced to New Zealand were now present in plague proportions. However they have not learnt to look both ways before crossing the roads and their carcasses littered the roads and were unkindly described as nature’s speed humps. We also noted that nearly all of the North Island roads were in the process of being repaired – is this because of the steep nature of the landscape or the rain associated with a recent cyclone?

I also noticed (or should I say experienced) that strange New Zealand habit of putting a metal strip about 4cm high across the bottom of nearly all their doorways – by the end of my stay in NZ I had fallen into hotel rooms, cafes, restaurants, shops and bars. Perhaps I am a slow learner who doesn’t lift her feet.

We spent several days in Tauranga for the Oceania Masters Athletics meeting, and where the next Oceania Championships will be held in February next year. It is an attractive, prosperous and go-ahead city that lies in a beautiful coastal setting. While we were there the local organising committee showed us the great track & field facilities, as well as the half marathon and road walk courses that will be used for the championships, and impressed us with the advanced state of their planning – I can hardly wait for next year!

After Tauranga we drove north to explore the Coromandel Peninsula. In Tairua we climbed Paku peak for spectacular coastal views. Bob was great going up the steep climb, but his dodgy knees made him look like a cripple coming down. Further on we got to the Hot Water Beach, where at low tide people bring spades to dig holes in the beach, and then sit in it while the holes fill with hot water – in Australia we have hot baths and hot showers for that sort of stuff. At Cathedral Cove we put our lives in the hands of a Scotsman with a rubber ducky and did a spin along the coast in “mountainous seas” (well maybe a bit of chop on a low to moderate swell) for spectacular views of the volcanic coast line. The trip took an hour and thrown in for good measure was being jammed sideways in a dark cave and running out of petrol – we made it back alive and dry – highly recommended.

Driving along the streets near most beaches we had noticed road side signs with a picture of a wave and an arrow, generally pointing away from the beach. It was only when we looked closer that we realised these signs were Tsunami warnings. When we later heard about the terrible Japanese earthquake and tsunami, and local experts issued a preliminary New Zealand tsunami warning we were grateful for those signs. Luckily we were on the east coast and we reasoned that any tsunami from Japan would only impact on the west coast. While the New Zealand authorities later moderated their advice to not go swimming or boating on the west and east coast, we were nevertheless always packed and ready to flee.

When we got to Whitianga we looked for somewhere to spend the night, and to our dismay found our arrival corresponded with the annual deep sea fishing carnival, the Targa car rally, and a classic Vauxhall car convention, with all accommodation booked out. Luckily word of mouth got us a room. From there we slowly explored the beautiful backcountry of the peninsula via some infrequently travelled unsealed roads. We saw huge kauri trees, admired steep mountain sides with pampas grass and turned over countless ferns to capture the silver ones.

We noticed lots of landslips along the narrow roads, which we were advised was due to a recent cyclone that dumped 250mm of rain in six hours.

Driving on the road to Tapu on the west side of the peninsula we stopped for the obligatory photo session and standing where half the road had fallen down the mountain side Bob noticed a car 50 metres almost straight down amongst the rubble of the slide. I advised Bob that he had to climb down and check for the injured but he said that from the damage to the vegetation that it had probably occurred a week or so ago, but he said if I wanted to go down I could. I declined, but being an ex-nurse I nevertheless decided to let the authorities know when we arrived in Tapu! It was very disconcerting to arrive in Tapu and to hear a siren wailing – was this a tsunami warning? Should we head back to the mountains? But no it was just the local fire brigade siren. Anyway Bob was right – the accident was an old accident and the driver had been lucky to survive.

Next day after I fell into yet another coffee shop we hopped on a narrow gauge zigzag railway and spent half an hour going straight up a mountain then we took half an hour to come straight down. The railway, initially built by a well-known potter to access clay, eventually became a tourist attraction and is now one of only seen in the world. At Thames we found the town decorated for heritage week with shopfront displays, towns folk dressed for the part and many vintage cars. We spent a lovely hour or two exploring the town and admiring the steam engines and having yet another cup of coffee.

Eventually we had to head for Auckland to catch our flight that evening. Before that we spent a very interesting day at the Howick Historical Village which is a Fencible village. This had nothing to with fences, and does not mean a village with a fence around it, but comes from the word defence – clearly the Kiwis were dropping their vowels even then! Auckland in the early days around 1850 was very concerned about its defence from the French who were very active in the Pacific. They sought retired (and “worn-out”) British soldiers from around the empire to settle in the village, and to help defend Auckland if called on to do so – the “Royal NZ Fencible Corps”. To entice these recently ex-defence personnel they were promised a two bedroom house and an acre of land. Nevertheless for most the accommodation on arrival started with a tent.

New Zealand is such a beautiful country (it is hard to stop using superlatives) and the locals so friendly that I cannot wait for the Oceania Championships. I hope that Australia and especially the ACT support these championships and make the short trip across the Tasman. You will not be disappointed, but make sure that you hire a car and do some sightseeing and touring after the championships. I am already planning our next tour round the rest of the North Island and the South Island – Maori culture, snow covered mountains, lakes, volcanoes, boiling mud pools, geysers, glaciers, fiords, coastal scenery, and maybe more “trips”.

Finally after ten days we fronted up to the Qantas check-in counter at 6pm on 13 March 2011 only to be told that we should have flown out on 13 December 2010. We explained it was difficult if not impossible to commence the return journey even before one has departed. This was another Webjet mistake and forced us to engage in a number of animated

discussions with several of their representatives and forced us to stay another night. This was just after we had thrown away a half bottle of wine, some cheese and a packet of crackers – what a waste! Eventually after speaking to a more senior Webjet representative we were allocated seats on the 6:00am flight on the following day. This required us to be up by 3:00am (1:00am Sydney time) to ensure that we were on time for the flight. We are working closely with Webjet to recoup our losses.

Despite Webjet we loved our trip to New Zealand and the Kiwi experience.



Te Mata (Tomato) Peak

PHOTO | BOB BANENS



Dennis O’Leary (HBG) won the M55 100m at Hastings

PHOTO | JIM TOBIN



# OCEANIA MASTERS ATHLETIC CHAMPIONSHIPS TAURANGA NEW ZEALAND 2012

## WELCOME

The Waikato Bay of Plenty Masters Athletics wishes to extend a warm welcome to all athletes, family and friends to the 2012 Oceania Masters Athletic Championships to be held in Tauranga, 5–12 February. It is our aim to provide a highly organised competition which will run smoothly and effectively.

## The Stadium

The Track and field competition will be conducted at the Tauranga Domain, Cameron Road Tauranga.

## Cross Country

Cross Country events will be held at Waipuna Park in Welcome Bay. This is a 10 minute drive from the Track, and a bus service will be available. The Cross Country course is picturesque, with some challenging inclines.

## Road Race & Walk

The road race and road walk events will be held at Kulim Park in Otumoetai. This is a 5 minute drive from the Tauranga Domain.

## Where to stay in Tauranga

There is a wide range of accommodation available in Tauranga. Across the road from the track is the Durham Motor Inn, Puriri Park Boutique Hotel, Kingsview Resort. In Papamoa and Mt Maunganui there are Camping Ground/ Tourist hut facilities.

We suggest you visit [www.tourism.net.nz](http://www.tourism.net.nz) and click on Bay of Plenty and then click on Tauranga to view accommodation appropriate to you. This is a very busy time of year for the Tauranga region, and we would advise you to book all accommodation as soon as possible.

## Weather

February is the peak of summer for the Bay of Plenty. Temperatures could range between 20-30 degrees C. Night time temperatures tend to be cooler. Bay of Plenty rain is kind to its residents and tends to visit at night time more than during the day.

## Programme

The DRAFT programme is shown here, but please note that timing of events may vary once entries are finalised.

## Entries

Entries will open in September and will close on the 15th December 2011. We would prefer that entries are done online, but paper entries will be available. Details to follow in next Vetline Magazine.



**Please note:  
This is a draft programme ONLY, and event timing may change due to entries.**

### Sunday 5<sup>th</sup> February

Decathlon  
Heptathlon  
Registration  
Opening Ceremony  
Men Discus  
Women Hammer  
5000m

### Monday 6<sup>th</sup> February

10km Walk  
Decathlon  
Heptathlon  
800m  
Women shot  
Men Hammer

### Tuesday 7<sup>th</sup> February

8km Cross Country  
60m Heats and Finals  
100m heats and finals  
Men Shot put  
Men Heavy Weight  
Women Heavy Weight  
Women Javelin  
Women Long Jump  
Men High Jump

### Wednesday 8<sup>th</sup> February

REST DAY

### Thursday 9<sup>th</sup> February

5000m Race Walk  
200m Men and Women heats and finals  
400m Men and Women heats  
Women Triple Jump  
Men Long Jump  
Men Javelin  
Women Discus  
Men Long Jump

### Friday 10<sup>th</sup> February

Women High Jump  
Women Throws Pentathlon  
Men Javelin  
Men Triple Jump  
Pentathlon Men  
400m Men and Women finals  
Women Short Hurdles  
Men Short Hurdles  
2000m Steeples  
3000m Steeples

### Saturday 11<sup>th</sup> February

Women long hurdles  
Men long hurdles  
Pentathlon Women  
Men Throws Pentathlon  
Women/Men Pole Vault  
3000m Race Walk  
1500m Finals  
4 x 100m Relay  
Distance Medley Relay  
Closing Ceremony  
Sunday 12<sup>th</sup> February  
Half Marathon

## VOLUNTEERS NEEDED

Can you help us out?

To make this event a memorable one for all competitors, we need as many hands behind the scenes as possible. If you are able to help, we would welcome you on board. We are looking for:

OFFICIALS and EVENT SUPPORT

ENTRY INPUT

MEDAL CEREMONY SUPPORT

EVENING FUNCTION SUPPORT

RACE PACK ISSUE

RESULT COLLATION

Please email Chris McCahill at [oceania-masters2012@xtra.co.nz](mailto:oceania-masters2012@xtra.co.nz) and let her know what you would like to help with and if you are a graded official, your grading., OR you can fill in the form below and post to the address at the bottom of this page.

NAME: .....

Contact: .....

Phone: .....

What can you help us with?

## Contact Information

For more information regarding the 2012 Oceania Masters Athletics Championships in Tauranga contact:

Christine McCahill

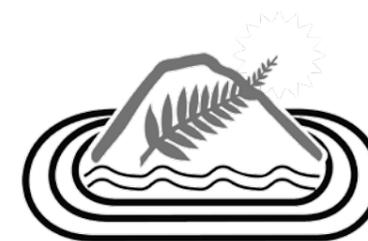
Telephone: +6475722606

Email: [oceaniamasters2012@xtra.co.nz](mailto:oceaniamasters2012@xtra.co.nz)

Website: [nzmastersathletics.org.nz](http://nzmastersathletics.org.nz) and click on the Oceania 2012 link

PO Box 4292

Mt Maunganui 3149



2012 Oceania Masters Athletics Championships



# Advanced Fitness Training

by | BARRY RAIT

Recently I was attracted to a title published as Advanced Fitness Training for elite sports performance (2010). The editor was the well-known Andrew Hamilton, editor of the popular magazine Peak Performance, and the publisher was Jonathon Pye. This very inexpensive publication appeared to be a digest of the recent information on fitness training to 2010 and could keep me up-to-date on the latest tested research and improvements. After finishing a Bachelor of Sport and Recreation in late 2006 I know how quickly it is to get out of date and unwittingly practice proven inadequate or sub-optimal fitness regimes.

During the last year or so I have been deluged with emails with snappy and intriguing titles from this editor. Additionally, his two magazines Peak Performance and its cousin Sports Injury Bulletin have impressed me with their scope of articles and excellent assessment of any research over the years. So I ordered the 100 page booklet for my reference library.

It was pleasing to find a number of gems of information every few pages. There were a wide range of contributors. As an old decathlete I was quite taken with the specific mention of the decathlon in the discussion of how to successfully marry the contradictory training demands of endurance training and power (not strength) training for the best results.

I also wondered why there was so much research now available in sports and came to the obvious conclusion that the attraction of money through professional sports had a great deal to do with it. So let's hope there will be a suitable introduction of financed master's sports.

The research has pin-pointed two muscle enzymes AMPK and mTORC1 for short. The first enzyme applies to developing endurance while the second one is involved in strength production. The higher the concentration of AMPK the better it is for increasing endurance through high intensity exercise. The second enzyme is produced by strength/power type exercise to produce hypertrophy. It controls muscle size and strength/power by dealing with protein synthesis.

For the decathlete s/he should deal with strength initially and allow the strength to follow thus allowing time for the muscle to reload with glycogen thus allowing AMPK to lessen and mTORC1 to operate later on. There are five training rules for those athletes seeking to increase endurance along with strength/power. However much performances improve there is the final limiter of one's own genetic inheritance. The decathlete's training will be dogged by the inherent compromise between the two basic factors. There is a brief discussion on how effective or ineffective concurrent training is given the present level of scientific knowledge.

This concurrent training conception does have a reality spin-off in sports. This achievement is done by a highly planned 'fiendishly' composed training regime that includes both aerobic

and strength/power work even in the same session. While there is much debate over what ingredients to put in this training it is agreed that both factors can be beneficially included. Needless to say, the technical aspects must also be given full attention too.

Concurrent training can readily lead to over-training /over-reaching and the disastrous consequences of that. This where another aspect of the art of coaching applies, to anticipate the melt-down that would arise if concurrent training becomes too demanding i.e. too intense.

Apparently Goldilocks was wrong in her thinking that there was a 'middle way' i.e. not too hot and not too cold. For the athletes desiring optimal rather than just-so performances it is vital that there is a carefully varied intensity to ones training to achieve the desired outcome. There is an optimal amount of very high intensity training for top end performers but this has to be judiciously managed. From this comes the train low and train high balancing act. The use of heart rate monitors is recommended but only as it applies to that particular athlete. The various charts and their training zones can be a misleading indication of what to achieve. The more advanced the athlete the more individualised is the training programme and hence the use of the monitor.

Maximising strength (meaning power) based on recent research means that the old programme and shibboleths should be discarded. Now that the biochemical actions of mTORC1 are known to be the key to increasing strength then the training that maximises this enzymic response must be employed. The greater the load on a muscle the greater is the production of mTOR1. So maximising mTORC1 activation is the name of the game but not to overtraining levels. At all levels of higher intensity training considerable care must be taken with the recovery stages so that the body is optimally replenished and continues in an anabolic not catabolic manner.

At last on page 81 the authors deal with the strength-power duopoly, something close to my Olympic weightlifting heart! It is the ability to move fast with reference to the shorter time (acceleration) to accomplish a movement, that is power. Strength does not, by definition, involve the factor of time in the same way. Strength is what can be done with little regard to time. In the gym this decided difference is crucial and is reflected in the nature of the successful training programmes. The effect on type 11B muscle fibres the so called fast twitch fibres, are being attended to. An increase in cross-section of a muscle showing more fast twitch fibres would indicate a greater ability to produce greater power output. These fibres are particularly important for the shorter sprints and the field eventers.

The old argument of what is better, free-form or fixed path weight training arises again. The former requires the athlete

to manage the weight in all dimensions while the latter is substantially controlled by the structure of the 'machine' guiding the weight. Go for the free-form unless you are injured or are a novice.

This digest could easy become a compendium but that is why this company is publishing so many titles on a huge range of sporting activities. You should buy the lot.

Although this publication is a digest, it is packed with research references and in its own way it is an intensive read in itself. To read and understand this booklet is to become a good or better coach and athlete because it can direct you to more vital information that will be of use to you. Where will all this research end – when the human enquiry ceases?

# Sacramento 2011

by | JIM TOBIN

Most NZMA members will be aware that the World Masters Track and Field Championships are scheduled to be held in Sacramento, USA, 6-17 July. Sacramento is situated 140km north east of San Francisco. The NZL contingent numbers 49 which is well more than the number who competed at Lahti two years ago. The Aussie team this time has 164 athletes and we have been advised that the total number of participants will be well in excess of 5000.

## Our team officials are:

<b>Manager</b>	Malcolm Clark
<b>Assistant Manager</b>	Jim Tobin
<b>General Assembly Delegate</b>	Jim Tobin
<b>General Assembly Delegate</b>	Marcia Petley

## The NZL entrants and the events entered are listed below:

Name	Event	Name	Event
John Waite	1500 / 5000 / 10,000 / 8km cross country	Brendan Gibbs	5000 / 3000 steeple / 8km cross country
Karen Petley	1500 / 5000 / 8km cross country	Jim Tobin	1500 / 5000 / 10,000 / 8km cross country
Marcia Petley	100 / 200 / 400 / 800 weight	Anne Deleiros	100 / 200 / high jump / long jump / triple jump
Christine McCahill	shot / discus /hammer / weight / throws pentathlon	Mike Parker	5000 walk / 10km walk / 20km walk
Althea Mackie	hammer / weight	Sue Hoskin	5000 walk / 10km walk / 20km walk
Sheryl Gower	100 / 200 / 400	Roy Skuse	throws pentathlon
Dawn Cumming	800 / 1500 / 2000 / steeple / 5000 walk	Anthony Wall	100 / 200
Stephen Burden	100 / long jump / triple jump	Vanessa Story	100 / 200 / 400 / 100 hurdles
Judith Stewart	1500 / 5000 / 10,000	Malcolm Clark	800
Margaret Peters	100 / 200 / 400	Malcolm Fraser	100 / 200 / 400mm / 4 x 100 relay pool / 4 x 400 relay pool
Wallace Opperman	pole vault / discus	Margaret Fraser	800 / 1500 / 4 x 100m relay pool / 4 x 400m relay pool / 8km cross country
Dalise Sanderson	800 / 1500 / 8km cross country	Kevin Bradley	hammer / weight
Tui Ashe	200 / 400 / 800 / heptathlon	Jan Fleming	5000 / 10,000m / 8km cross country
Gene Sanderson	5000 / 10,000 / 8km cross country	Neil Fleming	5000m /10,000 / 8km cross country
Claire Giles	100 / 200 / 400	Pepene Ngawini	shot / discus / hammer /javelin / weight / throws pentathlon
Anthony Catchpole	200 / 100 hurdles	Ron Robertson	1500 / 5000 / 2000 steeple / 8km cross country
Anthony Delairos	100 / 200	Margaret McGuniness	10km walk
Richard Davison	shot / discus / hammer / javelin weight / throws pentathlon	Gavin Stevens	1500 / 5000 / 10,000 / marathon
Peter Fox	5000 walk / 10km walk / 20km walk	Sarah Armishaw-Stevens	marathon
Winifred Harding	shot / hammer / weight / throws pentathlon	Ronald Munro	100 / 200 /long jump / triple jump
Eric Kemsley	5000 walk / 10km walk / 20km walk	Alan Eustace	5000 / 10,000 8km cross country
Shirley Barber	5000 walk / 10km walk / 20km walk	Nyia Sunderland	5000 walk / 10km walk / 20km walk
Sally Gibbs	5000 / 10,000 / marathon	Christine Waring	100 / 200 /400
Mark Flaus	shot / discus / hammer / throws pentathlon	Clasina Van Der Veeken	
Peter Hanson	300 hurdles / 2000 Steeple		

# Fabulous Four Set Two World Records

by | BRYAN THOMAS

The 39th Australian Masters Athletics Championships were held in Brisbane 21 – 24 April. Two highlights of the championships were the two world records set by an invitational women’s relay team. The Australian W45 team, made up of Queenslander Julie Brims (W45) and a trio of NSW women Julie Forster (W50), Giola Moti (W46) and Gianna Mogentale (W47) ran 48.92 in the 4x100m relay on Saturday afternoon and the next morning completed the 4x400m relay in the time of 4:01.22. Both performances bettered the existing world records set at the 2009 world championships in Lahti, by the German team.

Each of this talented foursome featured prominently throughout the four days of competition. They were involved in some exciting high quality head to head contests. For example in the four W45 sprint finals (60m, 100m and 200m and even the gruelling 400m) the first three placegetters were always in the same order - Julie finishing just ahead of Gianna and Giola. In all cases their age graded percentages were comfortably in the nineties. All three earned their best percentage in the 60m dash – Julie’s 7.75 scored 97.94%, Gianna ran 7.97 for 97.24% and Giola’s 8.03 was worth 95.52%. W50 Julie Forster, the eldest member of the foursome, did not run the 60m but easily won her 100m, 200m and 400m races and her 100m winning time of 12.64 earned a remarkable age graded 97.07%.

Their rivalry extended into the running of the popular annual champion of champions 100m sprint handicap race in which Julie Brims was the backmarker of the ten invited competitors. When the field flashed across the line the photo finish camera identified Gianna as the winner closely followed by Julie Brims, Julie Forster and Giola. This was a historic victory for Gianna as it was her fourth consecutive win in this prestigious event. South Australian and AMA Hall of Fame member Anne Cooper has won the handicap five times (in 2002, 2003, 2004, 2006 and 2007) but never four in a row.

Another world record was set by Queenslander Heather Doherty in the W75 throws pentathlon with her score of 3890 points. During these championships Heather was not only a competitor but also helped as an official and was part of the LOC. Heather has been a champion thrower of all throwing implements and all-round athlete for many years. She was also perhaps the most influential person in forcing the acceptance of women into masters/veterans athletics in the early history of our sport.

## Participants

As usual the annual four day championships (this year commencing on a Thursday and finishing on Sunday to avoid competing on ANZAC Day on the Monday) were considered a success. A total of 619 athletes entered the championships. The home state of Queensland had the largest contingent of 228, NSW had 132, Victoria 94, WA 49, ACT 43, SA 24, Tasmania

18 and one from the Northern Territory. There were also 24 overseas visitors - consisting of 19 Kiwis, two from Nauru and one representative from each of Canada, Sri Lanka and the UK.

More than 33% of the participants were women. There were 58 under the age of 40 and 21 over 80 years-of-age. The most popular age group for both men and women was the 45-49 category with 103 participants (62 M45 and 41 W45). The most senior competitor, and a legend in veterans/masters athletics, was the inspirational 101 years old Ruth Frith from Queensland. The three eldest male athletes were thrower Feliks Jekabsons and race walker Dick Keatinge both from Queensland and multi-eventer Victorian Stan Stankovic all M88. Other than Ruth, the two most senior women were sprinter Gwen Gleeson (ACT) and race walker Christiane Dauphinat (Qld) W82 and W80 respectively.

## Organisation

The Queensland Masters Athletics Club LOC led by the very experienced athletics administrator (and indeed also a champion athlete) Wilma Perkins did a good job in putting the championships together. They even managed to turn on good weather but perhaps it was just a little too warm and humid for some of the longer running and race walking events. However a heavy rain storm late on Saturday afternoon did affect some of the throwing competitions.

The competition venues were good. Most track and field events were conducted on the main stadium of the Queensland Sport and Athletics Centre (QSAC) that was built for the 1982 Commonwealth Games and was formerly known as the QEII. Although some of the throwing events were conducted on the smaller track adjacent to the main stadium.

The 10km road walk commenced inside the stadium and after doing a lap and a half of the track the walkers exited the arena to complete six out-and-back sections on the external ring road. Although the surface was a little uneven and there was a definite uphill section to the turn-around point followed by a downhill slope on the return journey the course was fair. Following the event a splendid spread of Easter delicacies and drinks was provided free by the local race walking club. It was much appreciated. The four loop 8km cross country course within parklands located about 12km east of the Brisbane’s CBD was a true test of cross-country running due to damp long grass, an uneven surface and some boggy terrain.

Almost all the field events ran at the programmed time. However, technical difficulties with the photo-finish and timing system caused long delays in the track program, especially with conducting the many heats of the sprint events on the first day.

## Many Outstanding Performances

Apart from the exploits of the fabulous foursome and Heather Doherty mentioned above there were of course many other outstanding performances. For example there were 52 new championship records as well as 18 Australian records including that by an M80 Australian team in the 4x100m. This other fabulous foursome - Leo Coffey (Vic), Rad Leovic (ACT), Hughie Thomsen (Qld) and M85 Victorian James Sinclair carried the baton around the track in 73.35 seconds.

Like the women’s event, the men’s sprint champion of champions was also an exciting spectacle. M75 Queenslander Hugh Coogan was the winner for the second occasion having previously won in 2007. This year’s champion of champions throwing competition involved all hammer throw age group champions who were each given a handicap distance that when added to what they threw to win their own competition would equal 50m. M40 Victorian Peter Neale won the men’s event and W55 Jill Taylor from NSW the women’s. Both are first time winners of this special handicap contest.

Here is a sample of just some of the many other excellent performances. Amongst the sprinters Marge Allison (Qld) W65 200m 31.4 and 400m 72.23, Hugh Coogan M75 200m 28.83 and 400m 66.91, Peter Crombie (NSW) M65 60m 8.44 and 200m 26.77, Peggy Macliver (WA) W65 60m 9.73 and 200m 31.72, Neville McIntyre (Qld) M65 60m 8.49 and Wendy Sheave Doran (Qld) W60 60m 9.25 stood out.

A pair of Victorians ran excellent times in their 1500m races - W45 Laura Campbell 5:06 and M45 Peter Schwerkolt 4:04. Peter also ran two minutes flat in his 800m race while M50 John Jago from Tasmania did 2:06 for the same distance. World champion David Carr (WA) blitzed his steeplechase in 9:20.

The most outstanding long distance runners were Victorians Bronwen Cardy (W55) and Lavinia Petrie (W65). Each won the 5000 and 10,000m as well as the cross-country in their age groups. Bronwen’s times on the track were 20:12 and 41:10 while Lavinia ran 21:29 and 44:36. Three world champions demonstrated their race walking talents once again as they have so often done in the past. Heather Carr was the best of the W60 walkers completing the 5000W in 2651 and the 10km road walk in 56:41. M60 Andrew Jamieson, also from Victoria, covered the same distances in 24:05 and 50:02 while W50 Lyn Ventris (WA) did 24:33 and 51.03.

IAAF Female Masters Athlete of the Year Marie Kay (Qld) won the W50 high jump with 1.40m and 4.98m in the long jump while Margaret Taylor (ACT) won all three jumps in her W60 age group – high 1.20m, long 4.36m and triple jump 9.03m. Ben Dickson (Qld) won the M45 high jump with a leap of 1.78m and Andrew Watts (Vic) won the M55 long jump with 5.30m.

M45 Stuart Gyngell (NSW) put the shot a mighty 16.99m, M70 Tom Hancock (Vic) hurled the discus 38.92m, New Zealander W45 Chris McCahill threw the hammer 39.94m and the heavy weight 14.35m while W75 Val Worrell from Victoria threw the same implements 27.53m and 11.09m respectively. W101 Ruth Frith continues to amaze the statisticians with her incredible efforts – at these championships she threw the hammer 10.87m, discus 8.14m and the heavy weight 4.29m.

## The Forums and The Dinner

A coaches’ and an athletes’ forum are always part of a national championships. Although in recent years both have attracted relatively small audiences they are excellent means of informing members of what is happening in our sport and providing an opportunity for athletes to raise issues of concern.

Annette Rice, who lives in Brisbane and is a level four coach with many years of experience coaching athletes of all ages from juniors and elite open competitors through to masters was the main presenter at the Coach’s Forum. Her topic Jumping your way through the age groups was interesting and informative to all athletes, not only to specialist jumpers. Peter Crombie, champion sprinter and experienced coach and IAAF Masters Male Athlete of the Year, also gave a presentation.

The athlete’s forum was held at the end of the following day’s track and field program. AMA president Steve Lance from Tasmania chaired the informal meeting and responded to questions from the floor. He also introduced Bob Schickert (WA) who gave a presentation of the exciting bid by Perth to stage the 2015 World Masters Athletics Championships. Lynne Schickert, AMA Board member responsible for the history project, launched the just published book Age is no Barrier; a History of Masters/ Veterans Athletics in Australia and introduced its author Bryan Thomas.

The dinner and awards night was held at a local lawn bowls club. This is always an enjoyable occasion for athletes and friends to get together to reminisce, share a drink and relax after four days of competition. This year the organisers tried something very different – following the dinner and presentation of awards everyone was invited to take off their shoes and enjoy a game of lawn bowls. They also conducted a humorous decorated feet contest.

However, the major focus of the evening is the presentation of the annual AMA Awards. The awards are based on performances achieved throughout the previous calendar year. These prestigious awards consist of 11 major categories and each state and territory club are asked to nominate persons considered worthy of such an award. This year’s recipients were – Lynne Choate W55 (WA) for Sprints/Hurdles, Suzy Cole W40 (Tas) Middle distances/Steeple, Lavinia Petrie W65 (Vic) Distance, Marie Kay W50 (Qld) Jumps, Lyn Ventris W50 (WA) Walks, Val Worrell W75 (Vic) Throws, Marge Allison W65 (Qld) Multis/ Relays, Keith Bateman M55 (NSW) Most Outstanding Male Athlete, Heather Carr W60 (Vic) Most Outstanding Female Athlete, Peter Crombie M65 (NSW) Most Outstanding Individual Performance and Ernie Leseberg (NSW) Administrator/ Official of the Year.

## How Did The Kiwis Perform?

M50 Gary Rawson was perhaps the most successful New Zealand competitor winning gold in the 60m and long and triple jumps as well as doing well in the 100m and 200m and some throws. Steven Hargreaves also enjoyed his time in Brisbane winning gold in the M40 400m and triple jump. He also medalled in the 100m and long jump and participated in the javelin.

Kiwi throwers performed well throughout the championships. Richard Dawson won medals in all the M60 throwing events. W40 Althea Mackie won gold in both hammer and weight and a silver in the javelin. Chris McCahill had a similar high quality carnival participating in all W45 throws, winning gold in the heavy weight and hammer. Rene Otto won the M40 hammer and silver in the shot. M60 Jos Pols did all the throws and won bronze in the hammer. Michael Scholten also participated in all throws and won the M30 hammer and silver in discus and javelin.

M70 Roy Skuse was kept occupied promoting the next World Championships whenever he was not participating in an M70 throwing competition. A couple of other M70s, Peter Handon and Bill Kenny, did well in the 2000m steeplechase.

Jump specialists such as M50 Warren Edlin, M70 Ron Johnson, M45 Mark Macfarlane and W55 Birgit Steltner enjoyed success. Ron also did the shot and the 1500W and Mark ran the sprints. M70 Bruce McPhail and M50 Peter Murray featured in the sprints while M50 Ian Calder ran an excellent 1500m in 4:31.68 (91.06%) to win the silver medal.

**Future**

Next year the 40th AMA championships will be in Melbourne and already the Victorians are anticipating a record number of entries. For more information refer to the AMA website [www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au) or the Victoria site [www.vicmastersaths.org.au](http://www.vicmastersaths.org.au)

The Perth bid for the 2015 WMA Championships will be decided at the WMA General Assembly in Sacramento. For more information refer to their excellent website [www.perth2015.com](http://www.perth2015.com)



# Oceania Masters Track & Field Champs

Tauranga NZ : 5 - 12 February 2012



**Australian Packages**

Airfares ex Brisbane & Melbourne to Auckland or Sydney to Rotorua  
Including 9 nights hotel accommodation and transfer to Tauranga : A\$1195  
Ex Perth A\$1795 per person share twin.  
Hotel is 200m from the track.  
Tea & coffee making facilities and refrigerator.  
Close to restaurants and the city centre.  
Day trips to Rotorua & Waitomo Caves being organized. Your stay in NZ can be extended.

**Deposit \$200 per person**

Australia: ANZ Bank Knox St. Double Bay Sydney  
A/C Name: Roy A Skuse  
Account number: 012-281 482069165

**New Zealand Packages**

Nine nights hotel accommodation.  
\$650 per person share twin.  
Shorter stays arranged.  
Hotel is 200m from the track.  
Tea & coffee making facilities and refrigerator.  
Close to restaurants and the city centre.  
Day trips to Rotorua & Waitomo Caves being organized.

**Deposit \$200 per person**

Cheques made out to: Online Sports Tours  
or direct credit to:  
Westpac Bank 101 Gladstone Rd Gisborne NZ  
Account: Gisborne Holiday Shoppe  
Account number: 03-0638-0269850-84

Contact:  
Roy Skuse

**ONLINE SPORTS TOURS**  
PO Box 57  
Gisborne, New Zealand

Ph: +64-6-868 7700  
Fax: +64-6-867 8366  
email: [roy@netfares.co.nz](mailto:roy@netfares.co.nz)  
[www.onlinesportstours.co.nz](http://www.onlinesportstours.co.nz)

# HAWKES BAY MARATHON

SATURDAY 3 SEPTEMBER 2011

The event will be staged over a new out & back course but still including outstanding views of Te Mata Peak and the Tukituki River

There will also be two fun run/walk options of 10km and a half marathon

All events will start and finish at Guthrie Park, Brookvale Road, Havelock North

**Further information:**

Web [runwalkhb.org.nz](http://runwalkhb.org.nz)  
Email [marathon@runwalkhb.org.nz](mailto:marathon@runwalkhb.org.nz)

**ORGANISED BY**



**Run Walk Hawkes Bay**

Box 537 Napier  
Or contact Joff Hulbert (06) 844 9472 or 021 065 6181

*Course is measured to Athletics NZ standards. ANZ sanctioned event HBG 02/2011.*

**Order photos at [www.nesport.co.nz](http://www.nesport.co.nz)**

We photograph: Sports Events Teams Portraits Weddings Editorial & more

Nesport Ltd  
PO Box 83074  
Johnsonville  
Wellington 6440  
Phone (04) 4616635  
Mobile 021 837021  
Email [gary@nesport.co.nz](mailto:gary@nesport.co.nz)

**Photos available from various events including:**  
2011 NZMA National Track & Field Champs

# Noel Burr - Profile

by | DAVE KENNEDY

With a name like Noel I assumed that he had been born on Christmas day. Not so. His birthday is in March – not a good time for a masters athlete as it’s almost always just after the nationals (sometimes however, the planners get it right with the date, and then he gets really excited). When Noel was born it was a time when there were tax breaks for the breadwinner for each child you had and it applied for the whole year no matter when the child was born. As his Dad said “It was like Christmas” – and so the lad was named Noel.

He was born in Gisborne. Four years later the family moved to Levin. Over the next few years Noel’s Dad chased promotions and the family moved regularly. Next stop after Levin was Waverley and then came Wanganui, and finally the Hutt Valley where Noel attended Taita College.

We all know Noel as a runner but in those days he was a high jumper, a pretty good high jumper at that, and could clear 5’ 11” with a scissors jump into a dirt pit. He was the U18 WCNI champion. “No fancy stuff such as a straddle or western roll” he comments. (note to the reader – remember that).

On leaving school he initially trained as a photogrammetrist (another note to reader -that’s the guy who makes the original drawings from stereo photos before the cartographer lays his hands on it) with the Lands & Survey Dept. Three years later he noticed an internal advert for trainee Air Traffic Controllers. After a rigorous selection process he was accepted. For Noel it was “the perfect job” and he loved every minute of it. Training was in Christchurch before he transferred to the air force base at Wigram. His supervisor there, although a smoker, was a keen long distance runner, and he soon had Noel running each day at lunchtime and doing two hour runs on their Wednesday afternoon sports time.

At that stage Noel was a member of the Technical Athletic Club. It was there that he met Joanna Beckett, a talented 400m runner, and they both trained under Waldy Bredis. Noel was by now just an average 800m/1500m runner with a 2:00 800m to his credit. Noel and Joanna married and a year later they both retired from athletics. Over the years they had two children, Melanie and Hayley. The marriage survived 12 years. Happily however, after the usual ritual of separation and divorce he had the good fortune to meet and court Clare, a fellow air traffic controller, and they married in 1991.

Noel recalls that when he was 40 the girls were into netball, and they all joined the St Martins Athletic Club at the same time as a way of keeping fit. This was the start of Noel’s master’s athletic career. With a tall, lean build and long levers, Noel has the ideal build for 800m/1500m and it is over these distances that he has excelled as a masters runner. When he winds up down the back straight on the last lap his running action reminds me of an ostrich in a hurry.

The world masters in Brisbane, 2001, was an opportunity to test himself in international competition. He entered two events. Fellow athlete, Simon Crosby provided coaching, wise counsel and encouragement. While Noel says that he arrived at Brisbane feeling fit and well, he was a little disappointed with his 800m and 1500m efforts where he felt others got the jump on him in the final sprint (19th overall in the 1500m and 21st overall in the 800m)

More recently, in 2009, Noel went to the World Masters Games in Sydney. This time he entered four events and came home with a bronze in the 800m. The other events included the 1500m (4th), the 400m hurdles (4th) and the high jump (4th)! He was still using the scissors technique and struggling to top 1.50m. Clare laughs when she remembers watching with some embarrassment as Noel used the scissors and everyone else used the Fosbury Flop - the two top competitors went all the way to attempting world record jumps at 1.85m. Noel says that one bronze wasn’t good enough though, so I guess that’s a goal he’ll be aiming to improve on, like a lot of us!

I asked him about his best race ever. It was a race I’d watched unfold. In 2006 the Oceania championships were held in Christchurch. Terry Hicks (Aus) won the M50, 800m. Noel was second. In the 1500m Noel sat back and let Hicks lead. Lap one feeling good, lap two and lap three still feeling good. With 300m to go he unleashed the “Bannister Special” and quickly opened up a gap on the rest of the field. Round the bend they were closing, in the home straight he went again and headed off Hicks to win in 4:29. A very satisfying victory that he says laid a few ghosts to rest.

To be such a good athlete he must be fit and well and in good health. Well that’s what I thought. I think, however, that Noel would actually qualify for the IPC games. I remember when I first met him and he told me that he had only a small intestine plus lots of staples holding the rest of his digestive tract together – the result of ulcerative colitis.

But worse was to come and he has been most fortunate to have survived two major accidents. In 2002 while en route to work, he punctured a tyre which resulted with a crash into a power pole. His skull was smashed and he suffered major brain trauma. The surgeon told him later “Another 5km/h faster and the skull fragments would have pierced your brain”. Clare was there, holding his hand for the days and weeks of recovery, which she tells me is still going on.

While Noel was desperate to return to the job he loved, Clare suggested an early retirement and a new life at Westport. Happily, they had bought a house and land there, on the banks of the Orowaiti River, as a holiday home just prior to the property boom. And when they moved there permanently in 2004 things began to fall into place. Over the years they have made many

improvements to the house, planted trees, and landscaped the grounds. Clare has five horses and they have four dogs who think that they own the place. As Noel says “every day we awake to this million dollar view of the Orowaiti River and bush clad west coast mountains beyond”. It is indeed an idyllic lifestyle.

However even in paradise things happen and when you least expect them. In 2007 Noel and a friend were riding in a horse drawn gig along the road towards their home, while Clare was riding her horse behind. Something startled the horse – it bolted – took a corner too fast – the gig hit a tree – Noel was slammed headlong onto the road. His friend was bruised but OK. Noel on the other hand, broke his skull again and suffered further brain trauma. It was a major setback and requires more years of rehab for Noel, and more mothering by Clare.

Noel says that he is fortunate indeed to have Clare share his life. He also values the friends that he has – a lot of them are runners. While he has continued his links with the Port Hills Athletic Club in Christchurch, he says the Westport running club has been a real saviour over the last few years – the running and the friends have been a continuing therapy. However, as Noel has discovered, in Westport they don’t care much for world masters medals or national track titles.

You’re not a real runner until you’ve run the Buller Marathon. This year Noel ran the Buller marathon and wrote an article for “Cantalong”, the Canterbury masters newsletter. There was plenty to write about. This is Noel’s insight into the life of a marathon runner.

PHOTO | JIM TOBIN



Christopher Bowman (HBG) won the M45 10km road walk at Hastings

## Coaching Corner

by | MIKE WEDDELL

Over the last few years I have been plagued by Achilles tendon problems. I have had other injuries of course but the Achilles has been ongoing. Now I seem to have found a cure (cure number 423) or at least something that makes running pain free possible. I bought, or rather my son bought for me a pair of what used to be called sand shoes or pumps.

They have very flat soles with virtually no heel lift which is contrary to the modern theory of training shoes which suggests that raising the heel takes the pressure off the Achilles. My son’s theory is that if you walk around in bare feet or low heeled shoes the Achilles adapts by lengthening, whereas walking around in training shoes with built up heels shortens the Achilles. If the Achilles is short putting on spikes that have little or no heel the Achilles is working hard beyond its normal length and is stressed increasing the chance of injury.

For several years my right Achilles has been about twice the thickness of my left Achilles but after a few months of wearing the low heeled shoes it has returned to normal size and does not hurt when squeezed between finger and thumb. I have recently started training regularly including hills and steps and have had no Achilles pain at all. It might be too much to think that I have found a permanent cure for my Achilles tendon problems but it is looking good.

I have tried to run in these shoes but find it difficult to jog but sprinting feels fine. I suppose running for years with built up heels has conditioned me to feeling an early heel strike whereas with the low heels the strike is late and I have not adapted to it yet. However I have renewed optimism for the next track season unless some new injury crops up.

There is another advantage to this strategy. Sand shoes cost between \$20 and \$30 a pair!

# Another One Off The Bucket List *The Buller Gorge Marathon*

by | NOEL BURR

I guess that it's only as you get older and wiser that you start to realise some things are best left off the list of things you want to do before you get called 'home' - the Bucket List. Most of the things that I want to do before I go involve lots of planning and lots of dreaming, but not a hell of a lot of hard work. Having now run the Buller Marathon, and being able to tick it off my list, the hard work involved is probably why I have no intention of ever running another one!

Don't get me wrong, the run itself was almost pleasant - the scenery delightful, the camaraderie excellent and the organisational effort superb. In addition the wonderfully good advice that I gleaned from running icons like Dave Kennedy and Andrew Stark kept the worry hounds at bay and my training on schedule. But that's where the fun stopped and the hard work began. While the marathon itself has only just been run, the training started nearly a year ago and in the rain and cold of winter (and spring) it was really hard work.

At this point I should add, I do actually enjoy running and I love the competitive fun of racing on a nice red track with white stripes on it. As an 800m and 1500m runner I even enjoy the limited training I do and the happy variation in the training cycle between summer and winter. I also need to add that I have a huge number of other interesting things that keep popping into my life. Despite my love of the sport, running is definitely not my whole life!

Over the winter I normally run 60km a week. That sort of mileage means I can pick rainy days as 'off days', and if I have to I just add a few extra km to the runs I do manage in order to bring my weekly total up to scratch. I like that old saying, 'over the age of 50, rest is a weapon'. It's good to always have a couple of those 'no run rest days' tossed into the week. However, when you are looking at achieving a 'bucket list dream', in this case running a marathon before you die, doesn't take long before you realise that if it's going to be the only one you ever run, it better be a good one. If it's going to be a good one then you had better put your head down and do the hard yards, whether you like it or not.

I sought out some decent advice about how to go and do this thing properly. It was reassuring, but the package that came along with the advice was a training schedule, the 20 week Alison Rowe 10km Training Programme. A little reading showed my 60km weeks were not even good enough for week one. I was aghast! Two weeks later I had managed to juggle Alison's programme into something I could handle, at a pinch. Another two weeks into the training proper and I did some more juggling. This 'adjustment' of the system was to continue for

the whole 20 week programme. I alternated between feeling good enough to think that I could actually 'do' it and feeling hopelessly pathetic, a bumbling jogger.

Initially my dream was a marathon in three hours. I've got to be honest here and say it really didn't take me too long before I realised why only 10% of all marathoners make three hours or better and why I wasn't going to be one, especially on the 'adjusted' training programme that I was willing to cope with. As I began grinding out the miles, Rod Dixon's comment about it 'not being the actual marathon, but the training that would stuff you' often sprang to mind. I adjusted my goal - 3:30 looked a lot more realistic and for the next 10 months or so that goal stayed enshrined somewhere in my memory hard drive.

My wife, Clare, adjusted our daily living pattern to cope with my long runs. Over time we didn't go out a lot and dinner was often late to fit in with those runs, but Clare didn't complain once. Her part of the arrangement was that so long as I was ever going to run one of these races, things would settle back to normal soon enough. I stuck to my constantly adjusted training schedule, wore out four pairs of running shoes, ran 12 whole weeks of 100 kilometres or more a week, coped with some miserable weather and bothered my very experienced marathon running mates for more advice and reassurance, especially Dave Kennedy in Christchurch and my local Westport running mate, Kerry Devescovi (who also put in an awful lot of training miles with me).

As time went by however, despite the numerous little niggles and grumbles, I actually began to enjoy the long runs around Cape Foulwind. I even began to feel a little proud of the fact that I could cope with distances I would have turned my back on this time last year. Ten weeks to go and I was running 28km laps around the Cape, together with a 23km hill run on Denniston with Kerry every week. On top of that I had two 16km loops between home and Sergeants Hill, and a couple of faster runs each week of between 8km and 12km. To tidy the week's training programme up I also made sure I had one day off.

The days and weeks of training gradually got me through the winter, into spring, past Christmas and at last into February. Race Day was just about upon us, Dave and Anne Kennedy came over to stay, the weather forecast was for near perfect conditions (cloud when we wanted it and no rain) and I was as ready as I reckon I ever would be.

On race day Saturday 12 February, Dave had me up, breakfasted and out of the house by 6:30am! We were both nervously

geared up and set for starters orders, Dave mainly because of my constant bantering. Despite having driven the course many times before on my way to and from Christchurch, the bus ride up the Gorge certainly brought things home to me. It was a very long way back to town! We disembarked, caught up with Kerry Devescovi and old Port Hills running mates Mike Smith and Peter Watts (nice bike, Pete), assembled at the start line, wished each other luck and were off!

"Don't go too fast for the first 16 km Noel, there'll be lots who will and they'll pay for it later", were the last words I heard from Dave as he settled down in the mob behind me. I followed Mike and did my best to look relaxed (I wasn't). We rattled along at 4:30 pace and chatted about old times. The first few kilometres disappeared as did the leading pack of four, who were clearly in a different race from us. By the turning point past Berlins Hotel they were already half a kilometre in front of the main pack and expanding the gap with every stride. As I turned and headed for Westport I checked the faces of those coming up behind me. Dave was there and already looking like he was enjoying this more than I was. Maybe I should have been more careful at the start???

Through the first 10km in 46 minutes felt okay though and I think I'd found my place in the race. I wasn't passing too many, but no-one was coming past me either. Moments after that thought crossed my mind there was a quick pattering of feet behind me and a woosh as the first of the 10km relay runners went past. He was being chased by an absolute gaggle of other runners and my solitude was erased for pretty well the rest of the race. The second 10km came and went in another 46 minutes. I felt pretty good, even picked up the pace a little and went through the half marathon start point in 1:36:25. My immediate thoughts were 'maybe I can manage a 3:15 from here'? Within seven or eight kilometres however, I was wondering whether I would even be able to finish the race! My legs were tightening up and I was slowing down. The marathon novice in me had thoughts of cramp and a long walk home. Pete Watts and racing bike materialised beside me.

"You been drinking enough, Noel?" he asked. I didn't know. "Make sure that you knock back a bottle of Powerade at the next drink station and carry some with you. You've got a few km to go yet."

He did a slow pedal beside me for another km, while we talked about the 'olden days' before his hip operation. Then he was gone again, back up the Gorge to check on other Port Hills runners. He was right about the fluids though. I really hadn't been drinking enough and as soon as the Powerade had gone down things began to improve. I didn't stop, I ran a bit more carefully, I drank more than my fair share at the next few drink stations and I managed to make the third 10km in 48:30.

Coming up to Buller's famed '20 mile wall', the hill climb at the Buller Adventure Tours car park. I felt that I was going to make it. My race goals began to re-assemble themselves. I felt that I was going to finish (goal number one), I reckoned that I'd get home in under 3:30 (goal number two) and I felt good enough to be able to get past goal number three, which was to not be on my hands and knees as I went down Palmerston Street to the finish.

At the top of the hill and with Westport almost in sight, I tried to accelerate back to a good race pace. My GPS said 5:15/km and I found it really hard work getting things down to under five minutes per kilometre pace. Yes, this was definitely a marathon.

I scooted over the Buller Bridge, negotiated a mass of slowly racing walkers, and headed down Palmerston Street to the finish in Victoria Square. Later, a few friends said they'd called out my name, but I was oblivious. I was in my own little world, happily counting off the moments until I could put a tick in the box beside 'Do a marathon before I die'. The rude awakening came about with 600 metres to go when a blood blister on one of my toes popped. Agony! I limped, almost came to a walk, then thought "No, you're nearly there, you can't walk now, just pick it up and keep going." Ouch. I did, around the Post Office into Brougham Street, just 291 metres to go. A quick wave to Clare, who was waiting right there for me and then I was into the line and collecting a spot prize ticket. Absolutely stuffed, but ecstatic to have made it home in my first and last marathon in 3:25:42.

One footnote you might like to think about is for those of you who are thinking of retirement sometime, why don't you come to Westport? I was amazed to find that I finished as First Local home and the prize was wonderful, a trophy you get to keep forever, \$150 cash, a \$50 meal voucher at one of the best Westport Hotels, the Star Tavern and a very nice bottle of bubbly.

Yes, it's worth moving out here just for that!

**Article courtesy Cantalong (Canterbury Masters newsletter)**



Noel enters Victoria Square for the finish

PHOTO | JIM TOBIN

# Sally Gibbs Interview

by | GARY NISBET

**Courtesy - Athletics New Zealand 'Athletics in Action' April 2011**

Tauranga's Sally Gibbs set a record at the recent Masters Track and Field Champs in Hastings over 5000m. In the following interview she gives us a rundown of her races at the championships and explains how she got into competing in athletics...

**Tell me about the record that you set at the recent Masters Track & Field Championships?**

I set a New Zealand Masters W45 record in 5000m, 17:09.95 and was very pleased with that because I ran the race solo. I broke my own record, 17:15:46, from December 2010. The previous record, 17:32.13, was set by Bernie Portenski in 1998.

**What were the other events that you competed in?**

800m (2:22.48), 1500m (4:42.89) and 10,000m (36:43.55). All of the times were championship records and the placings first overall for women. However I was disappointed with the 10,000m (despite it being another solo run in rain and wind) because it was almost a minute slower than my PB from January.

**What do you put your recent success down to?**

Being a late starter in running at age 45 so I'm still improving - combined with committed training and a lot of support from other people. Joining Tauranga Ramblers two years ago has been a huge help, as has coaching from Barry Ellis since last September.

**What does a week's training normally consist of for you?**

Running seven days, typically including two easy days and a mix of fartlek, tempos, hill reps, long runs, and track sessions in summer - total about 80 to 95km per week.

**What about other sports?**

I swim when I can fit it in. Swimming gave me a wonderful introduction to masters' competition, after I grew up thinking that I was basically hopeless at sport. Ironically I used to throw 'sickies' to avoid school cross country runs!

**What originally got you into athletics?**

The newspaper that I have worked for over the past seven years sponsors an annual 10km beach fun run and I thought that rather than just report on it again, I would write from a fresh perspective by entering. I didn't train at all (thought general fitness would be enough!) and afterwards had sore legs for more than a week. But I finished in the first ten women, and a few months later when I was competing in masters' games swimming, clubmates encouraged me to have a go at the sprint triathlon and a run. That's when I began to realise that I had more talent for running than swimming.

PHOTO | NESPORT



Sally set a national record of 17:09.95 for the W45 5000m at Hastings

**Out of all the races that you have run which is the most memorable?**

Probably the Athletics NZ 10,000m championships in January this year, because I improved my time by about 90 seconds to 35:49 - far more than I thought would be possible. It was great to be on my home track and have so much encouragement during the race. It was also memorable to have the new experience of drug testing afterwards!

Another special event was the 2009 Sydney World Masters Games - it was such a buzz to hear shouts of "Go Kiwi!" from people on the trackside I didn't even know.

**Do you run road and cross country as well as track?**

Yes, I love the variety.

**Which do you prefer and why?**

Track for the faster times, but road racing is more interesting. I enjoy road and off-road training, and incorporate riverbank, beach, or trail into many runs.

**Which is your best racing distance?**

I'm still not sure - 800m to marathon, I like them all. I want to get more experience in the longer races.

**What are your long term goals for athletics?**

Running well at the World Masters championships in July is my main goal at present. I hope to have the chance to compete in more international events. For the future, my ultimate goal would be breaking a masters' world record.

**Are there any sportspeople who have influenced you?**

Other athletes who have shown me that age is just a number.

**What sort of work are you involved with?**

I'm a newspaper reporter/photographer who has just been made redundant. So I'm not sure yet what's around the corner...



PHOTO | JIM TOBIN



Lynn Schickert (AUS) was second in the W65 10km road walk at Hastings

# Age Is No Barrier

by | LYNNE SCHICKERT

## AGE IS NO BARRIER' is a history of masters/veterans athletics in Australia

**How Masters/Veterans began - read our history**

ONCE upon a time, old people over 35 had no running clubs. An elite few still mixed it in open athletics, but most ordinary mortals were on their own - until in the early 1970s when a few top men in Australia began building a competition system for seniors. We write 'men' without bias - women didn't - couldn't - join in for a few years. Pioneers such as Jack Pennington, Wal Sheppard, Cliff Bould, John Gilmour and Clem Green of New Zealand got it all going.

**AMA's history is now in a book - Age is no Barrier**

On behalf of AMA, ACT member Bryan Thomas has dedicated over two years to the task of producing a stimulating history of masters/veterans athletics throughout Australia. This History is a testament to the vision of the many athletes and administrators involved in the founding of master/veterans athletics in Australia. Their passion and determination to continue athletics throughout their lives demonstrates that age is no barrier in the pursuit of excellence, good sportsmanship and lasting friendships.

The 164-page book, with many photographs and a 16-page colour picture section is available for sale at a cost of \$25 AUD plus postage. For Oceania members, email enquiries should be directed to AMA Board Director, Lynne Schickert - lynne.4@bigpond.com



Bob Schickert (AUS) heads Michael Bond (CAN) in the M65 steeplechase at Hastings

PHOTO | JIM TOBIN

# Britain

by | BRIDGET CUSHEN

Olympic fever is gaining momentum with 75% of the buildings now completed and within the £9.3bn budget. Security cost of the Games however is now estimated at £1bn. Application for tickets closed on 26 April with such a last minute rush that the system got overloaded and the deadline had to be extended, but rumour has it that some sports such as football, being held in the Millennium Stadium in Cardiff and in Glasgow, hockey and beach volleyball in Horse Guards Parade, Whitehall, are unlikely to reach sell-out. Applicants will not know until the end of May whether or not they have got tickets in the lottery.

British entries for Sacramento will struggle to reach 200 but we had a big entry for both the European Indoor in Belgium and the Non Stadia in France in May.

## Indoor

With the European Indoor championships scheduled for mid-March, the masters took full advantage of all open indoor meets and records soon began to fall. Caroline Powell added the W55 400m world record to her now impressive repertoire at the Welsh championships in Cardiff on 12 March storming round in 63.39 seconds. An M35 4 x 200m team made up of the European individual gold medalist, M40 Mark Dunwell, Jim Tipper, Bernard Ward and anchored by world record holder and double European outdoor champion, Darren Scott who is now also in the M40 category, stormed to a new WR in 1:29.95 in Birmingham on 6 February.

560 competitors entered the BMAF indoor and outdoor throws held at Lee Valley, North London, in February as a final workout before the Europeans. Yorkshire Doctor, Averill McClelland, had a clean sweep in the W50 60m (8.45), 200m (27.61) and 400 (64.23) and there was some excellent sprinting in the younger age groups. Mark Collins did the M35 60/200m double in 7.31 and 23.73 and there was a superb M40 60m final that saw Anthony Noel narrowly defeat the defending Rohan Samuel, 7.29 to 7.31seconds. A and B finals were necessary in the 200/400m.

New on the scene M35, Baba Tindogo, looks immensely promising as he took the 400 in 50.31 and 800 in 2:00.10. Several British records were established during the two day event, mainly in the older age groups and led by W75 ex-Commonwealth Games discus champion, Rosemary Chrimes in the shot, high jump and 60m. The amazing Angela Copson, who switched from horse riding to running, continues to re-write every W60 British and many world records over all distances. Making her indoor depute, she outran the field to win the 3000m in 11:29.52, a new world record. She has yet to compete overseas and will not be in Sacramento. Another late comer W75 Norfolk sheep farmer, Anne Martin, was also in WR breaking form clocking 15:43.40 and there was a British record for the much in-form W55 Gail Duckworth in 11:04.85. The full results are available on bmaf.org.uk.

## Cross-country

Birmingham was the venue for the BMAF cross-country championships on 12 March attracting some of the country's top runners. A spell of dry weather and a flat course adjacent to the Alexander Stadium combined to ensure some fast and furious racing over the 4 x 2km course. The M35-64 combined field of approximately 200 was soon spread-eagled by Salford H. Martin Cox, Mark Dalkins and his Telford team mate, Paul Ward and Gordon Lee. They were to finish in that order followed by M45 Ben Reynolds. The first M35, Alan Murchison from Winchester, finished ninth and Andy Wetherill took the M50 title. The women's and M65-plus 6km race was just as exciting as the former British international, Lucy Elliott, was challenged right to the finish by two 35-year olds Clare Martin and Amy Chalk. Elliott, who has competed in a few IAAF World Championships and turned 45 a few days earlier, held on by just three seconds from Martin with Chalk just one second behind.

## Track & Field

At the Cambridge Throws Fest on 2 April, David Burrell notched up a discus/hammer double with 33.61/42.05 throws as did the local W35 Ann Jenkins 39.95/45.28m. Glasgow police woman, Clare Cameron sent the W50 discus spinning out to 32.17m in far from ideal weather conditions and in Hull M50 Nigel Winchcombe recorded a 50.96m hammer throw and M60 Barry Hawkesworth, 49.10m.

In Peterborough, M55 Malcolm Fenton produced a 52.45m hammer throw and M65 David Kuster got a hammer (33.52m), shot (10.44) and javelin 36.23m triple. M60 Derek Wardle ran 400m at Watford in 62.64 and there was an early season 4.40.95sec 1500m mark from M50 R. Holland. M45 Mike Trees clocked 9.22.2sec for the 3000m.

## Road

Prize money always ensures a big entry in the hilly Hastings Half Marathon, won again this year by a Kenyan in 68 minutes, but coming in sixth was British Masters cross-country champion, Martin Cox in 70:33 after a strong early challenge for the masters title from Ben Reynolds eighth in 70:46. The distaff side was just as competitive as the Bristol runner Amy Chalk, just into the master's category having turned 35 in February and with a sub 74 minutes clocking to her name, got away from prolific W45 racer, Clare Elms, to take the masters prize and fourth overall behind R. Koech of Kenya in 77:35 to Elms 79:44.

A short distance away on the same day in Reading many of the top London marathon entrants were testing their readiness in a race again totally dominated by the Kenyans. New Zealand senior P Martelletti was 15th in 67:14 as M40 Richard Brooking got the masters race in 75:03 and evergreen Zina Marchant won the W60 race in 92:48. Sally Musson tops the W55 half marathon ranking in 89:51. M60 Terry Eakin won his age

group in the Omagh half marathon in Northern Ireland on 3 April in 85:04 and Alex Rowe won the M45 title in the Lochaber marathon in Scotland in 2:57:40.

Area 12-stage road relays were once a showpiece of a club's strength and were a key date in their calendar with only the top few going on to compete in the national road relays. Not anymore. The Southern version held at Milton Keynes on struggled to exceed 30 teams. Missing from the line up were luminaries such as Blackheath, Portsmouth and Brighton & Hove.

The Northern version was staged at Catterick Garrison on 20 March. Leeds City Harrier, Darren Bilston who is now into the M45 category is still a major lynch-pin in his team advancing them by five seconds on the ninth short stage to close down slightly on Morpeth H. He ran the glory leg at the nationals on 9 April in Birmingham where the team were seventh.

Down in Sussex a 6 and 12 hour race was held on the attractive Crawley track. Virtually all the entrants were masters and fortunately good weather prevailed for this most masochistic of races! Local man M55 Walter Hill covered 69.846km in six hours and first women, W50 Sally Hayes, and seventh overall travelled down from the North to chalk up 53.380km. After a 7.00am start M40 Stephen Pope notched up 137.890km in 12-hours.

## South Island Masters Games

### Nelson 2011

15-23 October



**Programme includes:**

<i>15 October</i>	Track & field
<i>16 October</i>	10km run/walk
<i>20 October</i>	5km run/walk
<i>22 October</i>	Run/walk to Centre of NZ

- Lots of other events covering 50 sports
- Full programme of social & arts events
- Online registration at [www.simasters.co.nz](http://www.simasters.co.nz)
- Entry booklet now available
- For further information &/or copy of entry booklet, contact Derek Shaw, PO Box 602, Nelson. Ph 03 5487537, [nikau@ts.co.nz](mailto:nikau@ts.co.nz)

# Northland

by | COLLEEN BRUNKER

## NZMA Championships

We had a team of 12 who travelled to Hastings for the national T&F championships. They did well in the medal tallies and full results are listed elsewhere in this issue.

## Coming Events

We have our mid winter throws pentathlon on Sunday 31 July at Kensington Park. This will be followed by our AGM. On Sunday 4 September we have a new event. This will be the Onerahi foreshore fun road/walk. Prizes will be given on an estimated times format.

## Aussie Championships

Ian Calder crossed the Tasman to compete in the Aussie championships at Brisbane. He did a fine performance in the M50 1500m coming second in 4:31.68.



Val Babe (NTH) was third in the W70 weight throw

PHOTO | NESPORT

# Auckland

by | JOHN CAMPBELL

## Top Team Competition

Our last competition for the season was held at Mt Smart under warm, sunny skies and for some, it was the last opportunity to challenge for a trophy title. At the end of the day, after all the dust had cleared, several winners emerged for our Top Team trophies. North Shore Bays took out the Top Team title for what I believe is the third year in a row, while Pakuranga backed up last year's performance in taking out the Ron Johnson cup.

On an individual level, Chris Waring took home the award for the highest age graded percentage of the season with a 92.77% performance. Chris also received the Fred Tapling trophy, narrowly beating Ho Young Do.

Backing up his winning performances at our NZMA national championships, Anthony Wall proceeded to improve on his NZ M40 100m record with a blisteringly fast 11.29 seconds. Conditions were perfect for a record that day, with no or little wind to contend with. Yours truly (still injured), decided to try out an 'easy' 800m for the first time to the amazement of the onlookers. I don't know if it's quite my cup of tea, but it certainly was good to get out on the track and at least have a run again.

Afterwards we had our AGM, which I must say was very poorly attended. The same officers were elected; John Campbell (President), Althea Mackie (Secretary) and Tui Ashe (Treasurer). For a centre the size of Auckland, we should have plenty of volunteers and helpers, however it now appears to be a case of 'too many indians and not enough chiefs'. If this is an ongoing trend in masters athletics, then we are heading for big trouble. Without people to run events, our sport will start to wither and die.

## Auckland Senior Championships

Five of our members took part in the Auckland championships, competing in the senior grades. It is good to see that some of our athletes can still compete against the seniors and not be out of their depth. Anne Goulter, Althea Mackie, Mark Cumming, Murray Free & Scott Dorset did themselves proud and not only took part, but some even took away medals against their younger counterparts. Althea took a bronze medal for her 7.32m hammer throw and Mark Cumming took silver with a 49.35 hammer throw. Well done you 'guys' for representing Auckland Masters.

## Australian Masters Athletics Championships

Four Auckland athletes; Ron Johnson, Steve Hargreaves, Althea Mackie & Scott Dorset put themselves in the medals at the Australian Champions held in Brisbane. Both Althea and Scott were nursing injuries, yet still managed to take home medals. Althea with two golds in the hammer and weight throws, a silver in the javelin and Scott with two bronze medals from the 60m and 200m.

Not to be outdone, Steve Hargreaves grabbed two golds in the 400m and triple jump, plus a silver in the javelin to go along with his two bronze medals in the long jump and 100m. His 400m was particularly impressive with a 53.66 performance. Ron Johnson was perhaps a little subdued compared to his normal workload and did very well for a tally of one gold and two bronze medals in the pole vault, long jump and triple jump (respectively).

## Sacramento

All of the performances mentioned above, bode well for our small group of about a dozen Auckland athletes that are taking the plunge and immersing themselves in the white-hot competition at the world championships. We wish them all the best and may our world beating run continue for some of our members. For a few of our athletes, this will be their first taste of the most intense event of their masters careers. Good luck to not only our Auckland members, but to all the New Zealand athletes that are travelling to Sacramento to take part.

## 2012 NZMA National T&F Championships

As you are all probably aware, Auckland will be hosting the next championships. A quick glance at the calendar and you will realise that this upcoming season will possibly be one of the busiest in recent years (especially for Aucklanders). We have both the Oceania and our national championships only a few weeks apart, plus the Auckland senior championships, the NZ senior championships all to be held in February and March. Add to the mix, the Australian national championships and you can see that the first few months of 2012 will be very busy.

Of course we will be endeavouring to make our national championships extremely successful, but it will need the involvement of you (the athlete) to make it a success. We encourage everyone to make the effort to come to Auckland and support us for what we hope will be a glorious summer of athletics.



Men's 100m at Mt Smart track

PHOTO | JOHN CAMPBELL

# Southland

by | EVAN MACINTOSH

## Mike's Last Marathon

Mike Piper (M65) is a marathon running legend down here in the South. He has run over 100 marathons and because of a major knee problem he has to pull the pin on running any more marathons. He has just completed his final and favourite Boston Marathon. Mike comments as follows:

"I have just completed three events in seven days. Firstly, the BAA 5km event in Boston last Sunday. This was followed the next day by my final marathon, the Boston Marathon. Yesterday, Easter Saturday, I ran in the Crescent City 10km event in New Orleans.

All events went well, for a broken down pensioner, with a unique 'runogging' style. I guess I now am basically a race walker with the odd breakout in style. Probably it's the running version of the triple jump. I aimed to break six hours in the marathon, but came home in 5:22. The 5km was timed at 36:40, and the 10km in 1:18:34. I have now completed 16 Boston Marathons and 106 marathons.

The intention is not to run any more marathons. This trip has been as good as any other, and having run races in the 1990's in New Orleans, it was good to renew acquaintances there again."

Well done Mike, you have had momentous running career and you have nothing more to prove as far as marathon running is concerned. We salute you.

## Lance Smith Team Manager

Our Athletics Southland manager Lance Smith's countless hours/years as a coach and mentor has been recognised. He has been selected as Team Manager at the Commonwealth Youth Games to be held on the Isle of Man. Lance's commitment and dedication to athletics in the south is second to none. He has coached and mentored many top athletes over many years. His selection is well-deserved and we are sure that the team will be in good hands and will acquit themselves well.

## St Paul's off-road half marathon

Ricky Gutsell was awarded first place despite taking a wrong turning during the event which takes in four wheel drive tracks, beach running, and bush. Ricky (M45) had a good lead when he went AWOL and so was awarded first place with a time of 1:25. Next master's runner was Glenn MacIntosh (M35) who had a good battle with Dennis Fahey both of who ran 1:29, closely followed by Tyrone Lake in 1:30 and Grant Adamson 1:31. Linda Te Au (W50) ran her normal steady race in a time of 2:10.

## Motatapu off-road marathon

The Motatapu event is run over a very hilly and testing course which starts from Wanaka (at Glendhu Bay near Wanaka to be precise) then goes overland and finishes at Arrowtown. Such courses generally take much longer to complete than an on-road marathon and this was reflected in the times of the competitors.

Of the two course records set at the weekend's Motatapu off road marathon from Wanaka to Arrowtown, one went to Debbie Telfer. Debbie ran 4:04:21 for the 42km course, taking almost two minutes off the previous record to win her masters female (over 50) grade by 16 minutes. She was second last year but thought that she hadn't run it properly so used the lessons learnt to good effect this time around. Strangely enough Debbie has never run an on-road marathon. If she ever does she will find it considerably easier. Debbie got an early taster by running and winning her masters section of the 15.5km Papatowai Challenge a week prior to the Motatapu event.

## Athletics Southland Grand Prix

The Athletics Southland Grand Prix is age-graded and the aggregate of eight track and field events during the course of the season. Masters athletes to show out were: Glenn MacIntosh first on 640 points, Bruce Thomson 611 was second and Evan MacIntosh third on 599 points.



Gary Nesbit - ace photographer

PHOTO | JIM TOBIN

# Waikato Bay of Plenty

by | CHRISTINE MCCA HILL

Trophy Day is always our last meet of the season. This is held at Porritt Stadium in Hamilton and attracts a good group of athletes to contest a wide range of trophies. Absolutely brilliant weather greeted 40 athletes on a wonderful Waikato day. This meet always draws the multi eventers out of the woodwork, especially a group of keen Aucklanders.

Athletes need to compete in four events to be eligible for the overall trophies. These events must be a mixture of track and field events. The 100m set the high standard of the meet, with various heats producing some very close battles. Scott Dorset M40 was the fastest over the 100m with a time of 11.7, Paul Daborn, Shane Harris, Alastair Graham M45, Stephen Burden M50, and Trevor Watson M55 all ran brilliant races, with the women's fastest time going to Susan Rothkopf with a time of 14.00.

Seventeen men contested the 200m with very strong runs coming from Tony Deleiros, Trevor Watson, John Lester and Shane Harris. Anne Deleiros contested the high jump, breaking the national W60 record by one centimetre with a jump of 1.19m. While field events competitor numbers were unusually light this year, Chris McCahill had a good series in the hammer and weight throw with throws of 40.95m and 14.05m.

Althea Mackie and Anne Goulter also threw consistently in the hammer. Bruce Clarke M70 and Ray Laurie M75 pushed each other in the hammer throw, with Bruce just edging out Ray with a throw of 27.60m. Thirty eight performances during the meet were over the 80% mark. Top age % performance on the track was Chris Waring with 93.80, in the jumps it was Anne Deleiros with 83.8% and in the throws Chris McCahill with 94.70%

Trophy winners for 2011 were:

George de Bell Trophy  
Cuthbertson Memorial Trophy  
Kathleen Woodhead Trophy 400m  
Allen Woodhead Trophy Triple Jump  
Waikato Women's Field Trophy  
Waikato Men's Field Trophy  
Gower Trophy Men's 800m  
Gower Trophy Women's 800m  
Ted Hamilton Trophy  
Mary Hamilton Trophy

Trevor Watson  
Marcia Petley  
Tui Ashe  
Stephen Burden  
Chris McCahill  
Ray Laurie  
Barry Jones  
Tui Ashe  
Tony Deleiros  
Tui Ashe



Ian Clarke (WBP) second in M40 javelin at Hastings

PHOTO | JIM TOBIN



Marcia Petley (WBP) was third in the W80 weight throw at Hastings

PHOTO | NESPORT



Brendan Magill (WBP) was second in the M45 javelin at Hastings

PHOTO | JIM TOBIN



Paul Daborn (WBP) won the M45 110m hurdles at Hastings

PHOTO | JIM TOBIN

# Canterbury

by | ANDREW STARK

## CMA Championships at QEII

Throughout the 2010 / 2011 season, 26 female and 65 male competitors entered our various championship events. All long distance and throws champions had been decided on prior to our final day of competition that occurred on Sunday 20 February. About 80 competing members gathered at QEII on a warm and sunny day.

This year we were trialling a new, rearranged programme starting at 11:00am, incorporating the pentathlon events in the correct order and ending at 5:00pm with a social gathering in the form of a BBQ. Almost all competitors and several officials stayed to the end and the overall impression was that it was a very successful day. A list of results can be viewed on our new website, [www.canterburymastersathletics.org.nz](http://www.canterburymastersathletics.org.nz).

However, following such a successful day, we were all brought back to reality by the severe earthquake that struck Christchurch on Tuesday 22 February. In a matter of 40 seconds we went from being a centre with a world-class track & field facility to a centre with nothing. As you will have seen on television various parts of Christchurch, including QEII, are 'munted' to say the least. (See photos of QEII)

We did try to maintain some sense of 'normality' by continuing to run our usual CMA meeting on the grass tracks available, to offer competition for those going to the NZMA championships in Hastings. However, due to the destruction and distress on that day, several of our members opted out of going as their minds and bodies had enough stress to deal with and competing no longer seemed that important. On behalf of all CMA members, to all fellow athletes from other centres who have asked after our well being or offered support in any way during these difficult times, thank you.

Throughout the season 33 members broke 60 records. These performances were either CMA, South Island or NZMA records. Due to the change to the age factors (1st May 2010), there is also a possible further 29 records that were broken but which are yet to be confirmed.



QEII damage by the 200m start area



Aerial photo of damage

One of our members deserves special acknowledgement. Not only was Iris Bishop our most prolific record breaker this season, she is also the only athlete who has attended all NZMA championship meetings since they first started 35 years ago. Well done Iris, you are an inspiration and that may just be one record that is impossible to break.

## The Link Handicap Relay – Saturday 26 March

This is a CMA organised event, open to all registered and non-registered runners or walkers. This year the venue was changed from Hagley Park to Halswell Quarry due to the earthquake, so it became a cross-country handicap relay rather than a road relay. There were 22 children's teams and 36 open teams and all proceeds from the event were donated to the Red Cross Earthquake Fund.

## Annual CMA Presentations Night – Sunday 3 April

This year we decided to have a dinner at the Cashmere Club prior to the presentation of our trophies. The event was well attended, as it was the first time after the February earthquake that many of our members had seen each other. Judging by the noise level within the room, there was plenty of catching up going on and this was great to see.

## The Future of Track & Field in Canterbury?

CMA will continue to run its normal track & field meetings, but not at QEII. No final decision has been made about the fate of QEII, as to whether it can be repaired. We do know that the CCC did not have replacement insurance and the insurance they do have may only just cover the repairs. However, engineers have yet to determine if the land is suitable for such a complex and this decision is unlikely to be made for some time.

At present the Athletics Canterbury Centre, along with CMA input, is in the process of working out where to run a track & field season without QEII. They are looking around Christchurch for alternative grass tracks to use, with semi-regular meetings at Timaru also being an option. A group called Sport Canterbury has been set up to look at the sporting needs of all sports in Christchurch, given the state of many of their facilities. So the short answer is, we just don't know. Watch this space.

PHOTOS | ANDREW STARK

# Taranaki

by | KAREN GILLUM-GREEN

## TET Athletics Taranaki Sports Awards

This annual event took place at the TET Centre, Inglewood, on 14 April. It was rewarding to see that both recipients of the master's category were registered with NZ Masters Athletics. Congratulations to Vicky Adams and Des Phillips on their achievements. Well done, also to Karen Gillum-Green who won Coach of the Year.

## Athletics Taranaki Track & Field, Inglewood, 11/03/11

<b>100m</b>					
W40	Sandra Moratti	18.64	<b>Long Jump</b>	W55	Lynne Mackay 2.64
<b>200m</b>			M60	Des Phillips	3.85
W40	Sandra Moratti	39.10	<b>High Jump</b>	M60	Des Phillips 1.30
W55	Lynne Mackay	37.33	<b>Triple Jump</b>	M60	Des Phillips 8.27
M60	Des Phillips	33.69	<b>Shot</b>	W40	Sandra Moratti 6.92
M65	Alan Jones	36.87	W65	Sue Park	5.32
<b>400m</b>			M70	Kelvin Wackrow	8.92
W55	Vicky Adams	80.61	Trevor Gillum	6.53	
M60	Des Phillips	69.24	<b>Discus</b>	W65	Sue Park 11.38
Brian Warren	69.53	M70	Kelvin Wackrow	20.88	
Alan Jones	1 28.37	Trevor Gillum	15.72		
<b>800m</b>			<b>Javelin</b>	W40	Sandra Moratti 12.07
W40	Sandra Moratti	3 19.38	W65	Sue Park	8.19
W55	Vicky Adams	3 01.22	M70	Kelvin Wackrow	22.32
Lynne Mackay	3 39.35	Trevor Gillum	12.89		
M60	Brian Warren	2 39.95	<b>Hammer</b>	W40	Sandra Moratti 16.05
Des Phillips	2 43.61	M70	Kelvin Wackrow	21.67	
Alan Jones	3 10.70	Trevor Gillum	9.44		
<b>1500m</b>			<b>Weight</b>	W40	Sandra Moratti 5.65
W55	Vicky Adams	6 29.23	M70	Kelvin Wackrow	12.38
M60	Brian Warren	5 27.11	Trevor Gillum	9.44	
M65	Alan Jones	6 58.31	<b>300m Hurdles</b>	M60	Des Phillips 59.21
<b>3000m</b>			<b>3km walk</b>	W40	Sandra Moratti 17 04.92
W55	Vicky Adams	13 19.63	W45	Serena Coombes	19 32.01
Joy Baker	14 16.76	W50	Helen Baverstock	22 37.61	
M40	Mike Morresey	10 38.06	W60	Marlene White	18 15.61
M50	Robin Grant	9 32.56	<b>5km Walk</b>	W40	Sandra Moratti 29 41.24
M55	Murray Laird	10 53.69	W45	Katie Tahere	33 18.64
M60	Brian Warren	11 43.55	W45	Vanessa Lowl	29 23.79
Des Phillips	12 36.68	W45	Serena Coombes	33 38.71	
M65	Alan Jones	13 11.11	W50	Helen Baverstock	36 58.28
<b>5000m</b>			W60	Marlene White	31 27.67
W55	Vicky Adams	23 19.27	M55	Eric Kemsley	29 27.40
Joy Baker	24 30.41	W50	Tony Burrell	31 26.46	
M40	Mike Morresey	19 05.26	M60	Des Phillips	34 49.69
M50	Robin Grant	16 34.93			
M55	Murray Laird	19 26.21			
M60	Des Phillips	22 09.36			
M65	Alan Jones	24 36.90			
<b>10,000m</b>					
W55	Joy Baker	51 58.10			
M40	Mike Morresey	42 12.06			
M60	Des Phillips	47 08.18			
<b>2km Steeplechase</b>					
W55	Vicky Adams	9 41.62			
M60	Des Phillips	8 46.37			

## Dr Davie Cross Country, New Plymouth

A cool, wet day greeted athletes on 16 April for the first inter-club for the winter season held over the grounds of Devon Intermediate and St Joseph Primary schools.

### 4km

W50	Karen Gillum-Green	18 57
W55	Vicky Adams	18 52
M40	Mike Morresey	15 22
M45	Rodney Gillum	19 33
M50	Robin Grant	14 08
M55	Murray Laird	15 20
M60	Des Phillips	18 00
M65	Alan Jones	18 55

### 4km Walk

W40	Katie Tahere	32 16
W65	Sue Park	32 46
M60	Des Phillips	25 48



Robyn Grant in action

PHOTO | KAREN GILLUM-GREEN

# Tasman

by | DEREK SHAW

Pleasant conditions greeted the runners and walkers in the annual Nelson Shoe Clinic half and quarter marathon on the walkways/cycleways around Stoke. The first two runners across the line in the half marathon were Nelson College masters Phil Costley and Simon Mardon (both teachers and master's athletes). Costley, now 41 and resident in Nelson, recorded his second win in the event in a time of 1:08:20 and set a new record for the M40 grade. Mardon (39), the defending champion, finished in 1:12:43 to take the senior men's title. Third overall and second M40 was Graeme Taylor in 1:14:24, followed by Kim Hogarth in 1:15:49. Thomas Pettersson was third M40 in 1:15:56, closely followed by Cliff Bowman fourth M40 1:16:07 and sixth place overall.

Paula Canning (38) was again the winner of women's half in new record time and personal best of 1:24:50 – making it her sixth straight win in the event. The second women to finish were Colette Read in 1:32:00 and also second W35. Third equal across the line were Karen Goodyear (first SW) and Jenny Forbes (third W35) in 1:38:25. Gillian Thornton won the W45 grade in 1:45:39.

West Coaster Kevin Rodden was first in the M50 grade in 1:21:22 in eighth place overall, with Murray Hart second in 1:25:06 (who holds the M50 record with 1:20:06). Third M50 was Bruce Patrick in 1:29:41, followed by Andrew Barker (1:32:00), Wayne Lloyd (1:36:43), John Shaw (1:37:13) and Graeme Sellars (1:38:02). First overall in the M60+ grade was Ian Morrison in 1:29:38 just nine seconds off his record set last year. Second and third places went to Lindsay Vaughan (1:39:41) and Hugh Neill (1:44:48) respectively.

The third new record went to Nyle Sunderland in winning the quarter marathon walk in 59:52, just over five minutes ahead of the Ross Mitchell. Such form bodes well for her races in Sacramento at the world championships in July.

The half marathon walk was won by Bevan Cook (66) in 2:17:29, nearly four minutes ahead of Todd McCashin. In the quarter marathon run Tasman masters members Tim Cross (43:24) and David Holloway (45:07) were fifth and ninth respectively in their comebacks after serious Achilles injuries. Others times by Tasman masters in the half marathon were Yvonne Shaw 2:00:54 and Lynette Chambers 2:09:46 and third in W55+ grade.

### South Island Masters Games

As indicated in the last issue, the South Island Masters Games in Nelson offer a lot of running, walking and track and field events plus nearly 50 other sporting activities for masters in October this year. Preparations are now well underway. On-line entries are now open and the entry booklet is also available. Great opportunity to have a fun sporting break in Nelson, take advantage of the Nelson Arts Festival and catch the RWC semi's and final at Fanzones. Check out [www.simasters.co.nz](http://www.simasters.co.nz) for further details and online entries or contact Derek Shaw, PO Box 602, Nelson, ph 03 5487537, fax 03 5487535, [nikau@ts.co.nz](mailto:nikau@ts.co.nz).

### Tasman Masters at NZMA Championships

Three Tasman masters athletes took part in the 37th annual NZ Masters Athletics Track and Field Championships in Hastings over 4-6 March. In the competitive M50-54 age group, sprinter Steve Low in his second championships had a successful meet. In a personal best effort, he took second place in the 400m with a time of 61.05 seconds. Another strong run in the 200m resulted in third place in a time of 28.2 seconds, while in the 100m he claimed fourth place with another personal best of 13.54 seconds. Adverse weather disrupted the air travel of David Dixon and he missed his 5000m race. However a strong run saw him take second place in the M45 1500m in 4:56. In the M55 age group, Derek Shaw won the 5000m and was second in the 1500m, 3000m steeplechase and 10,000m.



Start of the 3000m walk at Hastings

PHOTO | NESPORT

# Otago

by | JOHN STINSON

Congratulations to Myrtle Rough on being declared NZMA Athlete of the Year at the NZMA championships held in Hastings in March. Myrtle's achievements over the past season were outlined in the March edition however readers can be reminded that as at February Myrtle was the holder of five New Zealand W70 records ranging from 800 to 5000 metres. Well done Myrtle on your richly deserved award. Congratulations also to Claire Giles on her achievement awards for W50 Javelin of 21.02 and 5000 metres 22:06.66. Claire is an athlete who gives 100% in competition and is always striving for improvement in every event. Claire is a great example of gaining maximum reward and enjoyment for consistent effort.

Trophy Steward Dalise Sanderson has recently finalised the list of trophy winners for the 2010-11 track season. The trophies will be presented at the Athletics Otago awards night held at the Carisbrook Lounge on Tuesday 3 May. Competition was again intense including three trophies shared. Results were Sanderson Trophy-means sprints - Ian Craven Sanderson Trophy women's sprints - Liz Wilson/Claire Giles Otago Masters Women's six Race Trophy - Dalise Sanderson - Otago Masters Athlete of the year Shield - Myrtle Rough Otago athletics field events Trophy - Fiona Harvey/Winifred Harding Joe Cowie Memorial Trophy-Phil Napper/Mike Wilson.

With a congested Otago Centre Schedule it has proved a difficult exercise organising the Otago Masters programme for the winter months. At the suggestion of Bill Kenny a cross country relay will be held for both runners and walkers through the Ross Creek Reservoir bush tracks. Already christened "Kenny's Canter" the relay will be held on 31 July and will be followed by a mid winter lunch at a venue yet to be confirmed. Bill will not be present as he is spending the winter overseas. He will initially be in Australia prior to heading to his native Scotland staying with his sister at her home in Ayrshire. Bill will be competing in a number of master's events including the Scottish Masters Games while away. Unfortunately his schedule does not allow him to compete at the world at Sacramento.



Alastair Graham (WBP) was second in the M45 shot put at Hastings

PHOTO | JIM TOBIN



Mike Weddell presented Myrtle Rough with an array of awards

PHOTO | JOHN STINSON



Ian Craven and Claire Giles shared the Sanderson Trophy

PHOTO | JOHN STINSON



Christine McCahill (WBP) won the W45 discus at Hastings

Photo | NESPORT



### JUNE 2011

22 Winter Solstice - 5:18am

### JULY 2011

7-17 WMA Stadia Championships SACRAMENTO . USA

23 NZ Cross Country Championships CHRISTCHURCH

### AUGUST 2011

20 NZ Road Championships WELLINGTON

### SEPTEMBER 2011

3 Hawkes Bay Marathon HAVELOCK NORTH

### OCTOBER 2011

15-23 South Island Masters Games NELSON

### NOVEMBER 2011

25-27 NZMA North Island Stadia Championships WELLINGTON

### DECEMBER 2011

2-4 NZMA South Island Stadia Championships TIMARU

### 2012

5-12 FEB Oceania Stadia Championships TAURANGA

2-5 MAR NZMA Stadia Championships AUCKLAND

3-8 APR WMA Indoor Championships JYVASKYLA . FINLAND

6-9 APR AMA Stadia Championships MELBOURNE

21 JUN Winter Solstice - 11.28pm

21 JUN Partial eclipse of the moon - 11.38pm

### 2013

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

### 2014

5-11 JAN Oceania Championships BENDIGO, AUSTRALIA

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



6028