

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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- > NZ Road Champs
- > Nth Island Cross Country Champs





The start of the men's masters road race in Tauranga

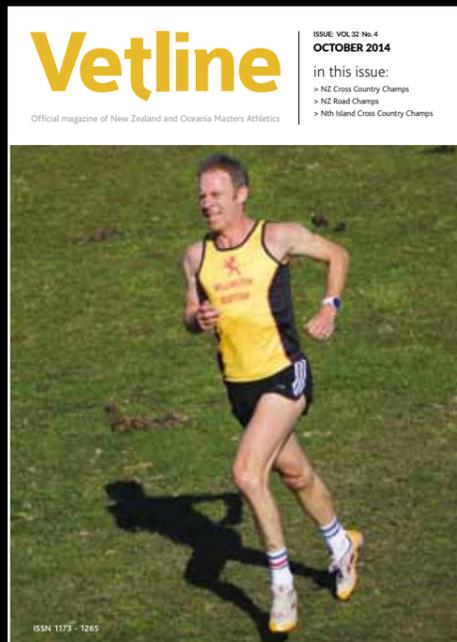
PHOTO: Sharon Wray



The start of the men's masters race at the North Island cross country championships in Taupo

PHOTO: Sharon Wray

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



Cover Photo

Grant McLean was 1st in the M40 grade at the Wellington Cross Country championships

Photo - Sharon Wray

Inside Back Cover

Sally Gibbs (WBP) 1st W50-54 and overall winner in a time of 23:11.21 at the National Cross Country championships

Photo - Sharon Wray

Back Cover

Barbara Patrick (OTG) 1st W65-69 grade at the National Cross Country championships in Christchurch

Photo - Sharon Wray



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President's Report



In athletics we are lucky that we can pursue our sport in its different forms throughout the year and here we are changing from winter mode to summer mode yet again. Winter competition and training contributes to summer performance and summer competition and training contributes to winter performance a win-win for all. Traditionally it has been that distance runners on the track and harriers in the winter span the year but there are indoor events in the winter for sprinters and throws meet in the winter to so that we are an all year round sport whatever your event.

With WMA championships mostly being held in the northern hemisphere there is something to train for in the winter and our local championships in the summer. An upcoming competition is a great motivator; equally setting performance goals gives purpose to training. As masters we are not so much improving our performance as reducing the rate of deterioration and anything that can help that must be a good thing. Good luck in achieving your goals this summer.

by **MIKE WEDDELL - NZMA President**

Another Mighty Oak Has Fallen

by **Audrey Williams**

On August 7th David Scratton passed away peacefully, aged 94yrs. Dave had been the backbone of the throwing group in Northland for many years.

Born in England he trained at Loughborough College and represented his ship at Boxing during his time in the Navy in the 2nd World War. Later he taught at Nyenrode in the Netherlands before coming to New Zealand in 1952.

He spent 6 years in Wanganui and then came to Whangarei Boys High School where he was housemaster at Carruth while training the boys in all aspects of physical education.

At his funeral he was well remembered by former pupils of the school. And a gymnasium was named after him when he retired.

Dave joined Masters Athletics just before the World Games in Christchurch in 1981. Although he occasionally took part in other events, his main interest was always throwing.

Christchurch was his first major competition and he went on to compete in 'Worlds' in Rome, Melbourne and Brisbane.

The Oceania Games were some of his favourite competitions winning Gold in Shot and Discus in 1990 and again in 1996 and adding the Javelin, Hammer and Weight Pentathlon in 1998.

Dave held most of the throwing records in Northland going on to gain each new age group as he grew older.

In 2010 he gained Javelin; Discus and Weight Throw and then the Weight Pentathlon with 3274pts. In 2011 he broke the Shot Record for 90 yr olds. He still holds NZ records in the 75yrs, 85yrs and 90 yrs and his 4074 pts in the 85yr group Throws Pentathlon will be hard to beat.

Dave was Patron of Northland Masters for many years and his advice on throwing events will be sadly missed by us all.



Vetline

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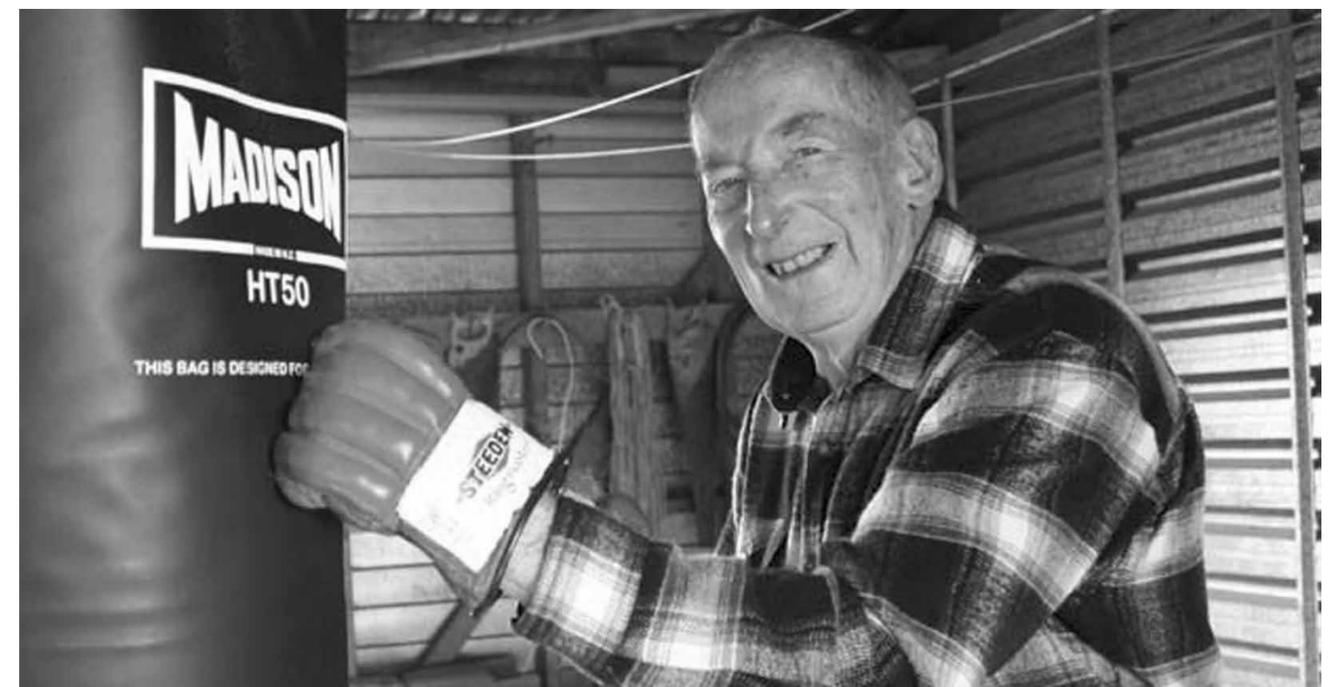


PHOTO : courtesy of stuff.co.nz

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NZ Cross Country Championships

by Michael Wray

The National Cross Country championships returned to Christchurch for the first time since 2011. The last time we were here, the ground was firm – not a spot of mud and no water in the drainage ditches. While this year's course followed the same path, the terrain was quite different. The first half of each 2km lap contained lots of mud. The marshals did their best to provide grip by regularly throwing wood chips over the worst sections and even moved the course five yards to the side for the senior races to get away from the areas cut-up by the masters.

The second half of each lap had drained well, but this just meant the drainage ditches had done their job; they required careful negotiation to avoid going ankle deep into muddy water. More than one master found themselves caught out and at one stage in the race I had to take evasive action to avoid trampling an M70 runner who I lapped as he climbed back to his feet after slipping through a ninety degree turn.

The masters men ran first, with both the M35-49 and the M50+ races going together. Both fields had four laps to complete for 8km of total distance.

The Canterbury runners were out in force, fielding by far the strongest team of all the centres. M35 Mark Bailey took the lead straight from the gun. A chasing pack of Kerry Faas (Canterbury M45), Graeme Taylor (Tasman M45) and David Fitch (Canterbury M35) were closely followed by Wellingtonian Grant McLean (M45), and Otago runners Kerrin Williams (M40) and Andrew Lonie (M40).

By the middle of the second lap, Mark Bailey's lead was up to 10 seconds, while the chasing group had dropped to two, Taylor and Faas having lost Fitch. Fitch was now a further 10 seconds back and running alongside Canterbury's Chris Mardon (M40). Kerrin Williams was now in no-man's land running solo a little behind, no doubt contemplating the choice between surging up to the chasers or dropping back five seconds to join a loose six-strong pack. The six were Dave Parsons (Wellington M35), McLean, Lonie, Darren Hoolahan (Canterbury M45), Chris Robb (Auckland M40) and Otago's Alan Funnell (M45).

Bailey held the gap going through lap three. Taylor and Faas stayed together in the effort to keep Bailey close and Chris Mardon was now alone in trying to at least hold the near-20 second gap they had. The remaining runners had picked up Fitch and began to string out as they competed to keep tabs on Mardon, losing Hoolahan (who proceeded to move further and further back as the race continued) and Funnell.

Having led from start to finish, Bailey stayed strong to secure the M35-40 title. Taylor and Faas duelled throughout, with Taylor working hard in the finishing straight to claim the overall silver medal and M45 gold a somewhat flattering 8 seconds ahead of Faas. The more exciting finish came from the five runners chasing Mardon, who stayed together until the final 200m before a sprint-off for their various age-grade medals ensued.

The M35-49 teams race was dominated by the Canterbury centre, who placed all four counting team members (Bailey, Faas, Mardon and Fitch) in the top six spots. Wellington secured the silver teams medal as Parsons and McLean were joined by Michael Wray and Mat Rogers in the top 16. Otago held off Auckland for third (Williams, Lonie, Funnell and Danny Baillie).

The early M50+ leaders had three runners sitting back a couple of packs from their younger competitors. Tasman, Southland and Waikato BOP all featured through Cliff Bowman, Ricky Gutsell and John Crane. Canterbury's Don Greig and Tasman's Robbie Barnes were the staggered chasers. After easing his way into the first lap, Crane moved on ahead during lap two, with Bowman holding on and Gutsell falling back some five seconds. Greig continued to chase from a small distance, having been joined by Wellington's Peter Stevens and Canterbury's Richard Seigne.

John Crane continued to run strongly, stretching his lead from Bowman to 10 seconds by half way. Gutsell battled with Seigne to hold on to third place. Greig and Stevens were no longer in contention for the overall top spots, with Greig now focused on battling Ken Walker for the M55-59 prize.

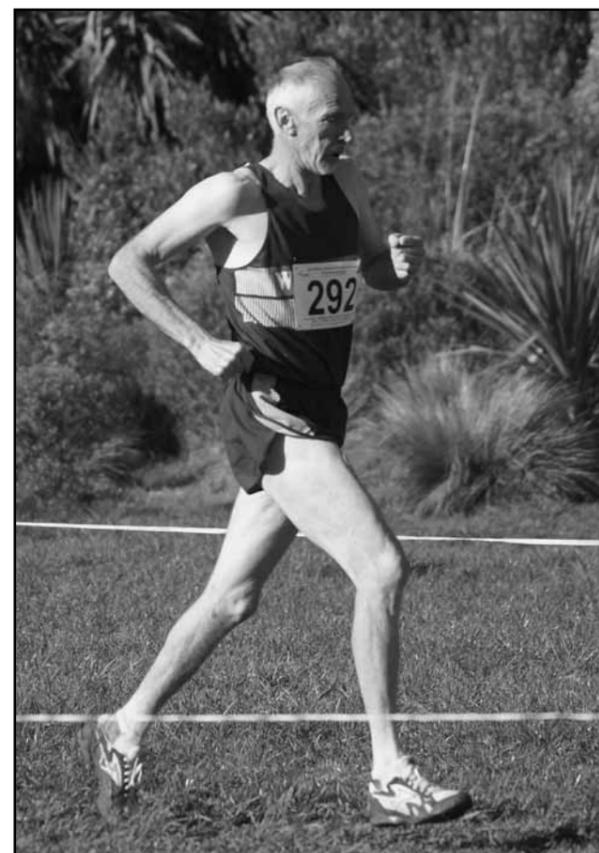
PHOTOS: Sharon Wray



Mark Bailey (CAN) 1st M35-39 and overall winner in 27:15.23



Sally Gibbs (WBP) 1st W50-54 and overall winner in 23:11.21



Dave Mason was 1st in the M65-69 grade in 35:26.57



Melissa Norris (AKL) 3rd W45-49 in 25:40.20

While Crane went on to complete his final lap and claim gold without any wobbles, the effort of trying to stay with him cost Bowman. Over the final few hundred metres, Gutsell surged to close the gap and made the eventual pass in the finishing straight itself. Seigne challenged too, but Bowman had built up enough of a buffer to defend and claimed bronze by just one second.

Despite not placing any runners in the top four, Auckland's consistency in spreading themselves in spots five through twelve gave them gold in the M50+ teams race with the team of Walker, Alastair Prangnell, David Lear and Tony Warren. Tasman narrowly edged out the race to silver, through Bowman, Ian Courtenay, Barnes and Neil Whittaker. Wellington lost out to Canterbury, who secured bronze (Seigne, Greig, Tony McManus and Ronnie Thomas).

Forty-five minutes after the men, the masters women started their 6km race. There were still a handful of the older masters men completing their fourth lap. The oldest competitor of the day, M85 Ian Brownie, had yet to start his bell lap and showed patience in completing his solo run behind the last of the masters women.

Waikato runner Sally Gibbs (W50) immediately charged to the front. Less than 90 seconds after the start, Sally was already five seconds ahead. By the time the first lap was completed, the lead had risen to around 25 seconds.

Four runners headed the fight for second: Otago's Louisa Andrew (W40), Wellington's Gabby O'Rourke (W45), Auckland's Rachel Penney (W40) and Tasman's Paula Canning (W40). The remainder of the field had been split apart, a long line of staggered runners.



John Gordon was 2nd in the M70-74 grade

By 3.5km the picture had changed. Sally was still comfortably ahead, but the gap back had settled to around 20 seconds and there were no long four runners working together. Gabby and Louisa had lost their companions. Paula Canning had dropped 25 seconds back, while Rachel was now under pressure from Canterbury's Karen Muller (W45).

During the third and final lap, the contest between Gabby and Louisa was the competitive spectacle. Sally cruised to the win by 15 seconds. Louisa moved ahead of Gabby, claiming the overall silver by an eventual gap of almost 10 seconds. Rachel held off Karen, but Paula fell further back and slipped out of the age-grade placings altogether.

As the lone MW from the Waikato, Sally had no say in the teams placings. Otago kept Canterbury off the podium. Although Otago were the only centre to feature more than five masters women, it was not a simple force of numbers. Otago's extra runners did not contribute to the team score. Their first two of Louisa Andrew and Mel Aitken, were given solid backing from Maria Sleeman and Sue Cuthbert. Wellington (Gabby O'Rourke, Victoria Humphries, Renae Cresar, Lindsay Barwick) came second while the team gold went to Auckland (Rachel Penney, Michelle Hopkins, Melissa Norris, Katrin Gottschalk).

As in previous years, Sally Gibbs and Gabby O'Rourke went on to contest the senior women. Sally finished fifth. Gabby finished seventh and formed part of the Wellington team that took the SW gold.



David Fitch (CAN) 2nd M35-39, Grant McLean (WGN), Dave Parsons (WGN) and Chris Robb (obscured) from Auckland

Combined ANZ & NZMA Cross-Country Championship - Halswell Quarry, Christchurch

M35-39 Results 8000m Run

Mark Bailey	Canterbury	27:16
David Fitch	Canterbury	28:34
Dave Parsons	Wellington	28:35
Mathew Rogers	Wellington	29:57
Paul Barwick	Wellington	30:20
Andrew Mai	Auckland	31:09
Corey Mennell	Southland	32:28
Michael Laird	Sumner	35:31

M40-44 Results 8000m Run

Chris Mardon	Canterbury	28:18
Kerrin Williams	Otago	28:32
Chris Robb	Auckland	28:37
Andrew Lonie	Otago	29:02
Jason Baillie	Canterbury	29:43
Brian Kemp	Tasman	31:00
Darren Gordon	Wellington	31:18

M45-49 Results 8000m Run

Graeme Taylor	Tasman	27:49
Kerry Faass	Canterbury	27:57
Grant McLean	Wellington	28:36
Kent Hodgson	Waikato Bay	29:02
Alan Funnell	Otago	29:21
Darren Hoolahan	Canterbury	29:51
Michael Wray	Wellington	29:56
Ian Purvis	Canterbury	30:01
Ian Thomas	Tasman	30:03
Malcolm Cornelius	Canterbury	30:10
Richard Conyngham	Auckland	30:25
Kevin Muir	Christchurch Avon	30:42
Danny Baillie	Otago	31:35
William Twiss	Wellington Scottish	31:41
Gavin Butler	Auckland	31:57
Brian Law	North Canterbury	34:10

M50-54 Results 8000m Run

John Crane	Waikato Bay	29:06
Ricky Gutsell	Southland	29:58
Cliff Bowman	Tasman	30:03
Richard Seigne	Canterbury	30:04
Ken Walker	Auckland	30:12
Peter Stevens	Wellington	30:27
Ian Courtenay	Tasman	30:27
Tony Warren	Auckland	31:00
Robbie Barnes	Tasman	31:07
Andrew Wheatley	Wellington	31:13
Ronnie Thomas	Canterbury	31:39
Neil Whittaker	Tasman	31:45
Tim Graham	Canterbury	32:01
Dave Collie	Canterbury	32:15
Anthony Rogal	Canterbury	32:18
James Turner	Wellington	32:23
Tony King	Auckland	32:24
Guy Dryden	Christchurch Avon	32:26
Richard Merrett	Christchurch Avon	32:43
Philip Wallace	Wellington	32:49
Robert Holland	Christchurch Avon	33:12
Richard Hendry	Otago	33:56
Gary Jones	North Canterbury	34:08
Mervyn Potter	Southland	34:09
Robert Homan	Otago	34:39
Murray Green	Waikato Bay	35:29
Wayne Campbell	Canterbury Tri Club	36:41
David Cross	Otago	36:57

M55-59 Results 8000m Run

Geoff Anderson	Otago	30:15
Alastair Prangnell	Auckland	30:25
David Lear	Auckland	30:34
Don Greig	Canterbury	30:38
Tony Price	Wellington	31:02
Patrick Meffan	Tasman	32:02
John Gamblin	Canterbury	32:52
Mark Handley	Wellington	33:01
Paul Forster	Wellington	34:03

M60-64 Results 8000m Run

Tony McManus	Canterbury	31:29
Graeme Lear	Wellington	32:14
David Gardner	NZMA	33:20
Daniel Reese	Uni of Canterbury	34:32
Gene Sanderson	Otago	34:55
Rodger Ward	Christchurch Avon	35:02
Ron McTaggart	New Brighton	35:36
Iain Chinnery	Christchurch Avon	36:28
Grant Jeffreys	Canterbury	39:29
Eric Verstappen	Tasman	

M65-69 Results 8000m Run

Dave Mason	Wellington Harriers	35:27
Murray Clarkson	Waikato Bay	36:54
Graham Batchelor	Sumner	37:21
Tony Dawbin	Wellington Harriers	40:30
Rupert Watson	Wellington Scottish	40:55
Ross Allen	Port Hills	43:48
John Mulvaney	New Brighton	48:08

M70-74 Results 8000m Run

1 Michael Bond	Uni of Canterbury	38:37
2 John Gordon	Port Hills	44:54

M75-79 Results 8000m Run

Walter Hume	Timaru Harrier Club	42:58
Eric Saxby	Port Hills	46:12
John Caughley	Port Hills	50:07

M80-84 Results 8000m Run

Len Wilson	Auckland	47:52
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M85+ Results 8000m Run

Ian Brownie	NZMA	1:25:01
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W35-39 Results 6000m Run

Mel Aitken	Otago	24:48
Katrin Gottschalk	Auckland	25:44
Renae Creser	Wellington	26:02
Ruth Love-Smith	Canterbury	27:28
Jude Patterson	Otago	29:04

W40-44 Results 6000m Run

Louisa Andrew	Otago	23:28
Rachel Penney	Auckland	24:22
Michelle Hopkins	Auckland	24:29
Paula Canning	Tasman	24:38
Lindsay Barwick	Wellington	26:05
Michelle Van Looy	Wellington	26:41
Kathrine Hilton	Canterbury	33:22

W45-49 Results 6000m Run

Gabrielle O'Rourke	Wellington	23:37
Karen Muller	Canterbury	24:32
Melissa Norris	Auckland	25:41
Fiona Gilroy	Canterbury	27:11
Sue Cuthbert	Otago	27:51
Sue Parcell	Auckland	28:50

W50-54 Results 6000m Run

Sally Gibbs	Waikato BOP	23:12
Victoria Humphries	Wellington	25:21
Maria Sleeman	Otago	27:18
Robyn Daly	Port Hills	28:45

W55-59 Results 6000m Run

Debbie Telfer	Southland	27:10
Maree Greig	Canterbury	27:47
Bernadette Jago	Canterbury	28:00
Dalise Sanderson	Otago	30:57

W60-64 Results 6000m Run

Maria Hillier	Tasman	28:28
Jenny Mason	Wellington Scottish	30:54
Lyndsay Gough	Canterbury	32:56
Sandie Gamperle	Christchurch Avon	34:03

W65-69 Results 6000m Run

Barbara Patrick	Otago	30:52
Shirley Rolston	Port Hills	38:01



Start of the men's masters race

2014 British Masters Track and Field Championships

by Kevin Bradley

The 2014 British Champs were held at Alexander Stadium, Birmingham on 9-10 August. This is apparently the preferred venue in the UK for major championships now as it can hold long throws both inside and outside the main stadium and there is also an adjacent indoor stadium with a synthetic floor, throwing net, and long/triple jump pit that is used for warming up and competition. Due to the inclement weather on the Sunday, some of the High and Long Jump events were held indoors.

Competitors numbered around 660 I was told, and the programme generally ran to time. The officials who I came across were helpful and friendly, and there was the usual camaraderie amongst competitors that typifies Masters competition. However, there were some noticeable differences when comparing the event with our own championships. For a start there was no programme booklet available. If you hadn't downloaded the programme and competitors' information from the website you had to refer to a noticeboard that listed the events and fields for that particular day. There was also no merchandise of any kind on sale, such as T-shirts,

and there were no medal ceremonies. I think we do better in those areas.

Six UK records were set by women and three by men. Seven of these were on the track where noteworthy performances came from Caroline Powell W60 200m 28.82; Clare Elms W50 1500m 4.45.92; Jane Pidgeon W50 2K Steeplechase 8.09.22; and Alan Mellett M80 200m 33.25. The oldest competitor was Charles Eugster at 95, who ran the 100m and 200m. There were a handful of competitors from continental Europe and Ireland, and just two Antipodeans as far as I could make out - Hazel McDonnell (Aust) 2nd in the W65 100m and 200m, and myself, 1st in the M70 Hammer and Weight Throw.

Coming out of a southern winter these championships might be useful preparation for next year's World Champs for those wanting additional competition. The BMAF are hopeful of getting Alexander Stadium prior to Lyon, but they say they are at the bottom of the pecking order when it comes to booking stadia, so this has yet to be confirmed.

PHOTOS: Sharon Wray



Graeme Taylor (319) 1st M45-49 leads Kerry Faass who was 2nd in the M45-49 grade



Walter Hume (280), Graeme Lear (288), Dave Collie (254)



Paula Canning (339), Rachel Penney (363), Karen Muller (357) and Louisa Andrew (337)



Alexander Stadium, Birmingham

“Sports Crazy” - Roy Williams Autobiography

Roy Williams is the first, and still the only New Zealander, to win a Commonwealth Games gold medal in the athletics demanding decathlon event.

His gold medal triumph came in the steamy heat of Kingston, Jamaica, in 1966.

Now Roy has written his autobiography “Sports Crazy – a Lifetime in Kiwi Sport”

In his book he relates how his own successful sporting career was inspired by his sister Yvette, the first New Zealand woman to win an Olympic Games gold medal.

Yvette had a phenomenal sporting career which is detailed from its very beginnings when, at age 17, she only took up athletics to keep fit over the summer months for her favourite sport netball – then called outdoor basketball.

In addition to winning the Olympic long jump gold medal with an Olympic Games record in Helsinki, Finland, in 1952, Yvette won four Commonwealth Games gold medals – two in the long jump and one each in the shot and discus, all with Games records.

In February, 1954, Yvette broke the 12 year old world long jump which had been held by the great Fanny Blankers-Koen of Holland, winner of four gold medals at the 1948 London Olympic Games.

Yvette was twice unanimously voted New Zealand Sportsperson of the Year (now the Supreme Halberg Award), in 1950 and 1952 and is an Honoured Member of New Zealand’s Sports Hall of Fame.

In 2000 Yvette was named Otago Sportsperson of the Century and New Zealand’s Greatest Sportsperson of the Decade – 1950 to 1960.

“I was 18 when Yvette won her Olympic gold medal,” Roy relates in his book.

“I had only just started training seriously for athletics after playing rugby and cricket throughout my school years. I was a late developer without an over-abundance of natural sporting ability.”

“Yvette was headline news throughout New Zealand at the time and I didn’t want to spend the rest of my life being known only as “Yvette’s Little Brother.”

“That’s what drove me to train as hard as I did”.

Roy trained six days a week, 50 weeks a year for 14 years from age 18 to age 32 – an estimated 13,000 hours - before winning the Commonwealth Games decathlon gold medal in 1966.

Yvette trained equally hard for her successes.

In her build up to the Helsinki Olympic Games and the 1954 British Empire and Commonwealth Games in Vancouver, Canada, where she won three of her four Commonwealth Games gold medals, Yvette trained three times a day while still working a 40 hour week.

These stories are truly inspirational and should be compulsive reading for any young New Zealand sportsmen or sports women with aspirations of representing their country in Commonwealth or Olympic Games and World Championships.

After his International career ended in 1970, Roy competed in Veterans (Masters) athletics for more than a decade.

“In the mid-1970’s I began coaching a group of teenage athletes in West Auckland,” Roy explains. “I was still pretty fit and, rather than stand on the sideline giving instructions, I did all their training with them.

So I decided to compete in veterans’ meetings to see how I would go.

I won the 100m and 200m, long jump, high jump, discus and shot in the 40 to 44 age division at the first New Zealand vets’ champs in Christchurch so that was encouraging.

I continued competing until 1986 when my body began telling me that it had had enough.

In 1981 I was talked into competing in the World Vets’ champs in Christchurch by Colleen Mills, wife of my great friend Les Mills.”

At those fourth World Veterans’ Championships Roy won the pentathlon in his age 45 to 49 age division with a world record 4038 points score. He also finished second in the long jump (6.28 metres) and discus (41.10 metres).

During his 11 year vets career, Roy won 15 New Zealand titles in a wide range of events – 100m, 200m, 80m hurdles, 400m hurdles, long jump, high jump, discus, shot, javelin and pentathlon.

He still holds seven New Zealand records - two in the long jump, two in the discus, two in the pentathlon, and one in the 80m hurdles.

In addition to his sporting successes - Commonwealth decathlon recordholder for 10 years, New Zealand recordholder for 27 years and a record 11 times New Zealand decathlon champion, Roy was one of New Zealand’s most respected sports journalists.

For 20 years he toured the world covering four Olympic Games - Mexico City in 1968, Munich in 1972, Montreal in 1976, and Los Angeles in 1984 - five Commonwealth Games, in 1974, 1982, 1986, 1990, and 2002 – and All Black rugby tours to England, Wales, Scotland, Ireland, France and Italy, plus the 1987 Rugby World Cup.

Among the more memorable sporting moments Roy describes in his autobiography are his first hand account of Israeli massacre by the Black September P.L.O. terrorists at the 1972 Munich Olympics, John Walker’s 1500 metres gold medal triumph win at the 1976 Montreal Olympics and Dick Tayler’s stunning 10,000m win at the 1974 Christchurch Commonwealth Games.

There is one especially interesting chapter headed “A History of Sports Funding in New Zealand.”

In it Roy relates the part he played in initiating the move to form New Zealand’s first Ministry of Sport and the substantial Government funding that New Zealand Sport and Recreation now enjoys.

All Roy’s sporting experiences are covered in great detail and in a highly entertaining manner in his book.

Les Mills, a four-time New Zealand Olympian and fellow Commonwealth Games gold medallist writes in the book’s foreword: “Roy’s journey takes us through sport’s strictly amateur times to the fully fledged professional era and details the part he played in the development of sport in New Zealand.

“This book will form part of our sporting folklore – of a lifestyle that has largely disappeared and an era that will never be replicated.

“It is a great read, a MUST for sports fans and aficionados alike.

Like his “big sister” Yvette, Roy is an Honoured Member of New Zealand Sports Hall of Fame, and was named New Zealand Sportsman of the Year in 1966. He is also a life member of the New Zealand Sports Journalists Association.

His autobiography “Sports Crazy - a Lifetime in Kiwi Sport” is now on sale at all major New Zealand book stores including Whitcoulls, Paper Plus and The Warehouse.



A ‘who’s who’ of New Zealand athletics...with Roy Williams (top right)

New Zealand Road Championships

by Michael Wray

In a relatively new development, south west of Tauranga City, the Tauriko Business Estate hosted the 2014 New Zealand Road Championships.

Numbers in the masters grades were significantly higher than for 2013's outing in Dunedin, but remained a lot lower than either of the two previous years from Wellington.

It was a new course for athletics, one tested a few weeks previously at the Waikato/Bay of Plenty Centre Road Champs. After a few years of 2km loops, an irregular sized course felt like an oddity. The main loop, known as the long lap, measured 2.1396km, while a short lap was 1.225km. These were combined with a 191m finishing straight and different starting positions per race set around the course to ensure each race made the correct distance.

In practice, it was all much simpler than it probably sounds. The masters women, running 5km, started from near the finish line, had to run 2 short laps and 1 long before turning down the finishing straight. The masters men ran from a point near the start of the finishing straight needed to run 1 short lap and 4 long laps before turning off down the straight.

Once again, I have to remark that it is very odd for the masters women to be running a distance half that of the masters men, particularly when there is no such separation in the walkers. It is an inconsistency more visible to Wellington runners, where the centre champs are 10km for both masters men and masters women.

We don't ask the women's competitors in the NZ marathon champs to stop after 21.1km or in the half marathon to stop at 10km, so why the different treatment for road champs? It is surely a hangover from latter day attitudes towards women in sport, when an unenlightened society deemed women incapable or unsuitable for distance running. The Olympics 'allowed' women to run 10000m from 1988 - although even then the 3000m and 5000m were only available to you if you were of the 'right' gender and full parity wasn't introduced until 1996. And I know that in the UK, for example, the genders are not given different distances - there are actually separate 5km and 10km road champs, held six weeks or so apart, and both masters men and masters women compete in both.

Perhaps it is a decision dictated less by perceived gender differences and more by age and economics,

with 30 masters women entered as compared to 13 senior women (who run 10km). Although the masters men, as always, remains the largest field and the senior fields tend not to include club athletes, being comprised almost entirely of those selected by their centres.

The masters women ran alongside the U18 and U20 women, which is normal for the NZ Road Champs. Unlike previous years, however, a staggered start was used with the younger women given a 60 second head start. As the course narrowed fairly soon after each start, this precaution saved the competitors from the risk of collisions and tumbles. None of the masters competitors suffered from such a fate, but one of the leading contenders in the senior men did trip after being clipped and was forced to retire after hitting his head in the process.

Otago's W40 Louisa Andrew eased into a small lead during the first lap, with Auckland team mates and W40 age-grade rivals, Michelle Hopkins and Rachel Penney running together just a few seconds behind. Chasing them was Wellington's Gabby O'Rourke (W45) and Vicki Humphries (W50).

Half way through the second lap, the last of the short laps, Louisa had started to pass the back of the U20 field and she'd opened up the lead to around 50 metres. Michelle had moved away from Rachel by a few seconds, who had fallen back to pair up with Gabby instead. Meanwhile, Vicki found herself running a solo race, some way ahead of the next runner of any age group, let alone another W50.

A little shy of 3.5km, the women's course turned up the more significant of the two undulations. Louisa started the slope 15 seconds ahead of Michelle. Twenty metres back, Gabby was now in third place overall with a small lead over Rachel.

Louisa did not falter in her drive to the finish, ultimately claiming the victory 22 seconds ahead of Michelle. After being passed by Gabby earlier, Rachel rallied with a fast finish to secure the overall third place. Gabby had to settle for fourth, but with the first three finishers all being W40s, she at least enjoyed being first W45. Next came Vicki for first W50.

Otago only had three MW running, so fell short of an eligible team. Given their second runner was 15th and their third was 17th, the best they could have hoped from a fourth member was to challenge for

PHOTOS: Sharon Wray



Judith Bradshaw (425), Liz Hardley (422), Terri Jones (obscured)



Melissa Norris (AKL) 2nd W45-49 and Lindsay Barwick (WGN)

the team bronze. Instead, the host centre took the third team place (Katy Dawson, Bridget Deverell, Maureen Leonard, Karyn McCready). Wellington finished with the silver medal (Gabrielle O'Rourke, Victoria Humphries, Lindsay Barwick, Georgina Cox), while Auckland having half the top eight earned them team gold (Michelle Hopkins, Rachel Penney, Katrin Gottschalk, Melissa Norris).

It was a crowded start area for the masters men. The largest field of the day went from taking up a start line the whole width of the road to a running lane a third of that size. It took approximately a kilometre for the jostling, none of it intentional, to settle down. Scottish club athlete Bill Twiss (M45) found himself at the front of the crowded field for the whole of the first lap. No leading pack emerged, as almost half the field were closely packed together.

Around the completion of the second kilometre, a pack had formed but it was still a large one: Dave Parsons (M35) Greg Darbyshire (M35), Michael Pugh (M40), Sasha Daniels (M40), Ricky Gutsell (M50), David Fitch (M35), Johan Vanhoovels (M35), Simon Yarrow (M40), John Crane (M50), Chris Mardon (M40), Grant McLean (M45), Andrew Wharton (M35), Michael Wray (M45), Mat Rogers (M35), Tony Broadhead (M45), Ken Walker (M50), Mark Scott (M45), Mark Crowther (M50), Adrian Lysaght (M35), Paul Barwick (M35).

As the second lap was completed, some stragglers started to fall back from this pack. Scott and Crowther were the first to falter and were soon left behind. Then Walker and Barwick. Lysaght found himself back next with Gutsell. Then Wray and Rogers trying to keep tabs on Broadhead. The remaining 11 runners all remained in the lead group with Parsons and Darbyshire setting the pace.

Through the third lap to the halfway point, the lead group had evolved further, shrinking to eight. Darbyshire and Parsons were still setting the pace, with Pugh, Yarrow, McLean, Fitch, Wharton and Mardon holding on.

M50 leader John Crane had fallen back and paired up with M45 centre team member Tony Broadhead. Vanhoovels had fallen back to a solo spot, with Daniels even further stranded behind him. Wray and Rogers had coalesced into a single group with some of the others from the original pack - Lysaght, Barwick and Walker (the second M50). Gutsell followed on 10 seconds behind in third place of the M50 race.

In the fourth lap, Chris Mardon was the next to fall away from the lead pack. Wharton and Fitch were slipping slightly, a likely sign that they would be next. Lysaght surged from his previous pack to pass Daniels and start a charge towards Vanhoovels. The remaining chasers remained unchanged. Crane's 35 to 40 second lead in the M50 race looked solid, while Walker was using the race between Wray, Barwick and Rogers for the fourth and final Wellington team spot as a pace-group to keep ahead of Gutsell. Gutsell's position in third place of the M50 race was starting to look threatened as three M50+ runners (Chris Rae, Alistair Prangnell, Robbie Barnes) worked together to be within seconds of him.

This brought us to the final lap of an exciting race. That lead group had shrunk to three for the final kilometre. Aucklanders Greg Darbyshire and Simon Yarrow were setting the pace with Wellington's M45 Grant McLean, while Dave Parsons gave desperate chase. With about a kilometre to go, McLean made an aggressive move. The Aucklanders were either too slow to respond or found the pace too hot this far from the finish.



Grant McLean (WGN) 1st M45-49 and overall winner in 33:37

McLean, who described his approach to the finish as “running scared”, had judged his race tactics perfectly. The move worked and he held on to cross the line four seconds ahead of Darbyshire, with Yarrow the same margin further back. As well as being the first three overall, these runners were also the first in each of their age-grades (M45, M35, M40).

As other runners came in to fill the M35-49 age-grade minor podium spots, John Crane remained at the head of the M50+ race and comfortably held to the finish. Ken Walker fell off his de-facto pacing group as that split into three separate fast-finishers and ceased to be a pack, but his buffer ahead of any chasing M50+ runners meant he secured silver without coming under any pressure.

The race for third place in the M50+ race gained real excitement in the last lap, as four runners had to compete for the final podium spot. Chris Rae worked himself into a 9 second margin of victory over Ricky Gutsell who, after being in a podium spot for almost all of the race, only avoided fifth by one second.

In the M60s, Graeme Lear, Gavin Smith and Trevor Ogilvie all produced stand-out performances.



Sasha Daniels (AKL) 3rd M40-44 in a time of 33:45

The M35 team bronze went to Waikato/Bay of Plenty (Tony Broadhead, Adrian Lysaght, Marc Scott, Michael Pugh). Special mention should go to Pugh. After contesting the lead group for nearly 9km, a calf injury reduced him to walking to the finish (and a corresponding 41:15 finish). As the runner with the greatest pedigree, this must have been difficult for him but had he failed to finish, the Waikato centre would have had no team, let alone team bronze.

Auckland and Wellington were in close contention for the team gold. Auckland runners (Greg Darbyshire, Simon Yarrow, Johan Vanhoovels, Sasha Daniels) finished second, third, tenth and eleventh and this was only enough for silver. Wellington won the team gold through Grant McLean, Dave Parsons, Andrew Wharton and Michael Wray.

In the M50+ teams, Wellington’s solid, yet unspectacular, performance earned them third place (Paul Hewitson, Tony Price, James Turner, Graeme Lear). Waikato/Bay of Plenty secured second (John Crane, Mark Crowther, Kevin Knowles, Ross Butler). Auckland were the top M50+ team thanks to placing three runners in the top seven and another fifteenth (Ken Walker, Alastair Prangnell, David Lear, Mark Trotman).

PHOTOS: Sharon Wray



Michael Wray (322), Adrian Lysaght (308), Mathew Rogers (301) & Paul Barwick (obscured)



Chris Mardon (CAN) 2nd in the M40-44 grade



M80-84 winners: Sid Pavett (2nd - 57:56), Len Wilson (1st - 57:17), Brian Smith (3rd - 1:14:04)



Michael Wray (322), Paul Barwick (306), Mathew Rogers(301) (obscured), Ken Walker (707) and Adrian Lysaght (308)



Trevor Ogilvie (727), Graeme Lear (722), Kevin Knowles (716)



M55-59 winners (from L to R): David Lear (2nd - 36:24), Alastair Pragnell (1st - 36:08), Tony Price (3rd - 37:30)



Greg Darbyshire (302) leads Grant McLean (318), Michael Pugh (310) and Dave Parsons (304)



Michael Wray (322), Paul Barwick (306), Ken Walker (707)



Tony Broadhead (320) & John Crane (701)



Louisa Andrew (OTG) 1st W40-44 in a time of 17:52



Start of the masters men's 10km race

South Island TRACK & FIELD CHAMPIONSHIPS

Caledonian Ground, Dunedin | 28 - 30 November 2014



Surname	First Name	
<input type="text"/>	<input type="text"/>	
Postal Address	Telephone No.	Male/Female
<input type="text"/>	<input type="text"/>	<input type="text"/>
	Date of Birth	Age Grade
	<input type="text"/>	<input type="text"/>
	Centre	NZMA No. 2014/15
	<input type="text"/>	<input type="text"/>
Email	Signed	Date
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I declare that I am a financial member of NZMA for the 2014/2015 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	
60m	Long Jump
100m	Triple Jump
200m	High Jump
400m	Pole Vault
800m	Shot Put
1500m	Discus
3000m	Javelin
5000m	Hammer
80m Hurdles	Weight Throw
100m Hurdles	Pentathlon
110m Hurdles	Throws Pentathlon
2000m Steeplechase	3000m Track Walk
3000m Steeplechase	5000m Track Walk

ENTRIES CLOSE - 18th November 2014

CHEQUES PAYABLE TO
Otago Masters Athletics

Or direct credit
Otago Masters Athletics
ANZ 06-0911-0019204-00
(please include your name and NZMA number)

ENTRIES AND ENQUIRIES TO
Fiona Harvey
PO Box 5228
Dunedin 9058

Telephone: 03 455 3028
Email: nona.harvey@xtra.co.nz

Online Entries will be available at:
www.athleticsotago.co.nz

ENTRY FEES

NZMA and first event fee	\$ 20.00
Each additional event _____ x \$5.00	\$
Multi Events @ \$10.00 each	\$
Trackside BBQ Saturday _____ x \$ 20.00	\$
Late entry fee - Add \$10.00	\$
Total Enclosed	\$

OFFICE USE ONLY

Entry Acknowledged	
Race No.	

OFFICIALS REGISTRATION

Name
Address
Phone No
Email
Officials Grade
Preferred Event(s)
2nd Choice
3rd Choice

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.

COMPETITION PROGRAMME

The following is the anticipated timing of the Programme.
Event times subject to change depending on entries.
Centres will be notified of any alteration after the close of entries

Friday 28th November 2014

5.45 pm	3000m	M & W	Hammer	W	4.30 pm
			Javelin	M	4.30 pm
6.30 pm	60m	M & W	Javelin	W	6.15 pm
			Hammer	M	6.15 pm

Saturday 29th November 2014

10.30 am	400m	M & W	Shot Put	W	9.00 am
			Shot Put	M	10.00 am
11.50 am	100m	M & W			
12.00 pm	Lunch break - AGM (upstairs room overlooking track)				
1.00 pm	100m - Pentathlon	W	Pole Vault	M & W	12.45 pm
1.20 pm	3000m Race Walk		Long Jump - Pentathlon	M	1.00 pm
			Discus	M	1.15 pm
1.50 pm	Short Hurdles	M & W	Triple Jump	M & W	1.30 pm
			Shot Put - Pentathlon	W	1.35 pm
2.05 pm	1500m	M & W	Javelin - Pentathlon	M	1.45 pm
			Long Jump - Pentathlon	W	2.15 pm
2.30 pm	200m (includes Pentathlon)	M	Long Jump	M & W	2.30 pm
	200m	W	Discus	W	2.30 pm
2.50 pm	Steeplechase	M & W	Javelin - Pentathlon	W	3.00 pm
			Discus - Pentathlon	M	3.00 pm
4.00 pm	800m (includes Pentathlon)	M & W	High Jump	M & W	3.45 pm
4.15 pm	1500m - Pentathlon	M	Weight Throw	M & W	3.45 pm
5.00 pm	BBQ - Function Room at top of Stadium				

Sunday 30th November 2014

10.15 am	5000m	M & W	Throws Pentathlon	W	9.00 am
	5000m Track Walk	M & W	Throws Pentathlon	M	9.30 am

North Island Cross Country Champs

Michael Wray

Over 150 masters runners made the annual pilgrimage to Taupo for the North Island Cross Country Championships in early July. Despite the threat of rain, the weather behaved itself and produced the exact same weather as it had four the previous four years I've run this event: sunny, cool and dry. The only difference this year was the addition of a stiff breeze that felt particularly biting on the more exposed parts of the course.

The course itself was more or less the same, requiring a twisted circuit around Spa Park. There seemed to be a few minor tweaks but essentially we followed the same route as always. Some of adjacent forest areas around the back of the course had been thinned out quite severely, which made the warm-up lap feel a tad confusing but during the race itself, with race-brain engaged, none of that was noticeable.

The older masters men are the first adult runners to use the course. They run two full laps for a total of 6km. Hutt Valley's M50 Bill Trompetter probably surprised a few of his rivals when he took the early lead and held it for half a kilometre, stringing out a thin line of chasing runners behind him.

By the time they emerged from the series of small jumps to head for the more testing fence at the bottom of the deep, the picture had changed. Hamilton Hawks' newly "graduated" fifty year old, John Crane, had moved to the lead. Following loosely behind were three M50 runners from different regions: Tauranga's Mark Crowther, Wellington's Peter Stevens and Wanganui's Neil Mayo. Struggling to stay in this pack, but somewhat ahead of any chasers, was Tony Price, looking to secure first place in the M55 grade. Bill was only a couple of places behind Tony, now running without company.

After that, the runners came through in great numbers. M60 Graeme Lear was running well, a little head of age-grade rival Gavin Smith, who was sat just behind M65 Trevor Ogilvie. All three were well in the mix with the M50s and M55s, under no threat from their own aged rivals beyond each other.

Half way through lap one, John Crane had made good use of the hilly section to open a 20 second gap on Mark Crowther. Peter Stevens was working hard to keep tabs on Crowther, while Mayo had slipped back to run as part of a group with Tony Price and unattached M50 Graeme Pearson. Graeme Lear was clear, while Gavin Smith stayed with Trevor Ogilvie and some younger company.

Crane's lead looked secure by 4km, but Stevens had now caught and passed Crowther. Mayo and Price continued together, having moved some 50m ahead of Pearson.

Crane continued to stretch out his lead all the way to the finish to secure a 40 second victory. Peter Stevens used his strength down hills to raise the cadence and move a long way clear of Crowther. Mark looked to be in more danger from the chasing Tony Price and

Neil Mayo than of catching Stevens. And so it proved. They gradually wound him in over the final kilometre, where Mayo surged to claim the third M50 spot. Price didn't quite catch Crowther, but didn't care too much about catching the younger man as he finished first in age and over a minute ahead of the next M55.

Graeme Lear held his momentum to secure first spot for the M60s. Gavin Smith lost sight of Trevor Ogilvie, but Gavin's second place M60 behind Graeme Lear put him almost three minutes ahead of the next M60 runner, while Trevor enjoyed an even bigger margin as he won the M65s.

The next race was for the masters women, who get to take a "short cut" in one of their laps as they complete 5km. True to form, Sally Gibbs (W50) took an early lead. Pakuranga's Rachel Penney (W40) followed, about 10m back after the first kilometre. Further back, Wellington runner Gabby O'Rourke (W45) tried to keep the front two visible. Jackie Mexted (Wellington W35) was the next runner to come through. After that, the masses emerged with Hutt Valley's Gail Kincaid heading the bunch.

For the remainder of the entire race, the front four stayed the same. The gaps between them stretched out gradually, but the race order had been determined in the first kilometre. Sally Gibbs finished first overall by 30 seconds, but had over three minutes on the next W50. Rachel Penney secured second place, but won the W40s by over two minutes. Gabby O'Rourke finished third overall, but won the W45s by more than three minutes. Similarly, Jackie Mexted won the W35s by more than two minutes.

Fifth place overall finished over a minute behind Jackie, but the battle within that chasing pack was the more entertaining spectacle for head-to-head racing. Judith May (Tauranga W40) supplanted Kincaid before the second kilometre, only to have fellow W40s Michelle Van Looy and Lindsay Barwick, along with W50 Maureen Leonard, running closely behind.

Judith held on to second W40, while Lindsay kicked with 800m to go and held that lead ahead of Michelle to the finish for bronze. Maureen held her gap just behind this group to secure second W50.

Meanwhile, Wellington W35 Renae Cresar, who had started late due to some mishap, at least took comfort in roaring her way through the backmarkers in an effort to get back into contention. Renae ultimately secured third W35, to show the virtue in not giving up.

The final masters race had the M35-49 grades, running the same 6km distance as the older men.

This race settled into two distinct groups after just 400m, one small and one large. The small group featured three runners: M40 Paul MacDermid and two M35s, Mat Rogers and Steve Rees-Jones. The larger group rotated two M40s at the front, John Caie and Michael Wray.

After the first kilometre, the gap between the two was 25 seconds. The front three remained on each other's shoulders. The second group had shrunk down to six runners. John Caie had fallen back a little, but Michael Wray remained at the head. Behind Michael were Paul Barwick (M35), Kent Hodgson (M40), Butch Borlase (M40), Kevin Pugh (M40) and Allen Brears (M35).

Over the hilly second kilometre, Rees-Jones started to pull away from the other two at the front. Kent Hodgson had made a move to the front of the chasing group, stretching them out into single file, with Michael Wray, Paul Barwick, Butch Borlase and Allen Brears staying in touch. Butch made an aggressive move away from the pack, splintering it apart as Kent and Michael followed; the rest fell away.

The front pack had also splintered apart. Steve Rees-Jones entered the final two kilometres almost 30 seconds ahead of Paul MacDermid and Mat Rogers followed on another 40m behind. Steve carried on strongly all the way to the finish, to win overall. Paul lost momentum, coming in 52 seconds later, but came under no pressure in the race for the M40 honours. Mat significantly slowed, allowing the chasing group to come within 30 seconds, but collected second M35 by little under a minute.

Despite his aggressive move, Butch was unable to maintain his pace. With a kilometre to go, Kent passed. M40 Russell Lake emerged with a late surge to draw level with Michael Wray. Both Russell and Michael passed Butch about 600m from the finish, then raised their speed to try and catch Kent, before settling on a finishing straight sprint between themselves. Kent secured the M45 win, two seconds ahead of Michael, while Russell finished second M40 two seconds behind Michael. A spent Butch came over the line next, seven seconds after Russell, to claim third in the M40s.



Trevor Ogilvie was 1st in the M65-69 grade in a time of 24:21



Neil Mayo (234) 3rd M50-54 in 23:05 and Tony Price (211) 1st 55-59 in a time of 23:14

PHOTOS: Sharon Wray



Judith May was 2nd in the W40-44 grade



Peter Stevens - 2nd M50-54 in 22:47



Terry Furmage (225) and Graeme Lear (249) 1st M60-64



David Hamilton (789) 2nd M70-74, Peter Vyver (827) 1st M70-74



John Caie (306) leads the bunch up the hill, with Michael Wray (341), Mike Anthony (301), Paul Barwick (339) and Butch Borlase (324)



Jackie Mexted (WGN) 1st W35-39 in 20:39



Jackie Mexted 1st W35-39 in 20:39



Graeme Pearson (798), John Crane (232), Neil Mayo (234), Tony Price (211)



Kent Hodgson was 1st in the M45-49 grade in a time of 21:58



John Crane - 1st M50-54 in 22:07



Rachel Penney (AKL) 1st in the W40-44 grade in a time of 19:38



Gabrielle O'Rourke (WGN) 1st in the W45-49 grade

Do My Thighs Look Big in These?

by George White

In recent times the fitness industry has adopted compression gear as the best thing since sliced bread, to improve physical performance and muscle recovery.

Compression clothing has been used in the medical field for more than 50 years. It applies mechanical pressure to the body, compressing and helping support the underlying tissue. This increase in pressure can help improve circulation in patients with low blood pressure, treat varicose veins, prevent leg and ankle swelling, and even **support wound healing**. In these areas, research suggests compression gear is very effective. Compression garments are especially useful for people who have to stand for long periods, or people with **poor circulation** and worn on the legs can help prevent **deep vein thrombosis** and reduce swelling, especially while traveling.

Compression clothing is now very popular with runners (does anyone wear a jock-strap anymore?) though unfortunately there is limited scientific data to support its use.

Will compression tights make me a better runner/walker? Like many of you I have struggled to pull on a pair of compression tights. Certainly they transform my somewhat slack legs to something firm, sleek and aerodynamic. You could bounce a snooker ball off my thighs! And that's exactly what the manufacturers want you to feel. We are all looking for the magic bullet to enhance both performance and recovery. With many of us being senior citizens and possibly benefiting from the medical benefits of compression garments it seems natural to also gain athletic benefits.

Whatever the compression did for my self-image, though, it hasn't made me run faster.

Manufacturers claim compression clothing increases muscle power and stamina, improves coordination, and speeds recovery and overall suggested benefits include:

- enhanced blood circulation to the peripheries
- reduced blood lactate concentration during maximal exercise bouts
- enhanced warm-up via increases in skin temperature
- decreased muscular fatigue
- improved vertical height and repetitive jump power
- enhanced recovery following strenuous exercise by aiding in the removal of blood lactate and improving subsequent exercise performance

- reduced effects of delayed onset muscle soreness in the days following strenuous exercise
- increased feelings of positive leg sensations both during and following strenuous exercise
- reduced torque generated about joints, improving performance and reducing the risk of injury
- improved athletic performance in general

Manufacturers claimed advantages are thought to be achieved via a number of mechanisms, which include increases in muscle oxygenation resulting from improved blood flow to the muscle and reductions in muscle oscillation thought to reduce the severity of fatigue.

Although there is a growing bank of research on the influence of compression garments on athletic performance, it appears that the only significant evidence is that there are no negative effects on exercise performance or perceptions of pain. In fact studies haven't found any noticeable improvement in speed or endurance when it is worn. Studies also do not support the idea that it will prevent injury.

Generally it appears that runners wearing compression gear did not boost performance but they did report less perceived exertion, increased blood lactate clearance and improved recovery time. Therefore the most beneficial use of compression garments, with research to support it, appears to be during recovery following high intensity exercise by enhancing overall circulation and they may also help in the reduction in symptoms associated with delayed onset muscle soreness.

No matter what our fitness level we all know we are prone to injury at some stage and it is possible that the sensation of compression gear around the joints increases our awareness of movement and may subconsciously make us more stable. So while not preventing injury per se, by default they may help us in this area.

It would appear from those areas of research with any rigour, that improved speed in shorter races and improved endurance in longer races is only wishful thinking. However while the research generally doesn't support improved performance, it may not take into account the placebo effect. In some studies, athletes noted a significantly reduced perceived exertion and wearing them could create an important long term motivation toward training.



Helen Willis (Wellington Scottish) competing in the Bays Relay, Wellington

Intense exercise will in the short term lead to fatigue and soreness. Quickly recovering from these effects enables an athlete to train harder and more frequently and will allow better sustained competition performance during tournaments. This is the area where research supports the use of compression garments. Exercise induced muscle damage hurts us all, the symptoms of which include a reduced ability to train without discomfort, a decreased range of motion, inflammation and pain. Compression garments may well attenuate these negative symptoms by providing mechanical support to the injured tissue and a reduction in motion of the limb. Further the most commonly known cause of muscular fatigue is the build-up of lactic acid. Lactic acid needs to be removed by the liver and muscles. This process of transporting lactic acid to the liver is passive meaning that the blood stream relies on compression from surrounding muscles and other sources to facilitate this process. Compression garments can be one of these sources!

A study in New Zealand using cyclists doing time trials over two days, found that those wearing compression tights for the **24 hours between** rides managed a 1.2% increase in speed over just wearing spandex (as measured against rides a week apart). In August this year I did a 20km walk having done nothing longer than 10km since January. Immediately after finishing I donned my compression tights and wore them for 24 hours (including in bed), Normally even when reasonably well prepared, I take two to three days off after a 20km because I am too sore, but this time I was back after only one day off - feeling pretty good.

This is important, because training isn't just about a single run, it is about constant effort. To log enough kilometres we have to train again before the body has necessarily fully recovered. By using compression garments we may just have the ability to bounce back a little quicker.

PHOTO: Sharon Wray

41st NZMA TRACK & FIELD CHAMPIONSHIPS

Tauranga Domain, Tauranga | 27 Feb - 1 March 2015



Surname	First Name	
<input type="text"/>	<input type="text"/>	
Postal Address	Telephone No.	Male/Female
<input type="text"/>	<input type="text"/>	<input type="text"/>
	Date of Birth	Age Grade
	<input type="text"/>	<input type="text"/>
	Centre	NZMA No. 2014/15
	<input type="text"/>	<input type="text"/>
Email	Signed	Date
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I declare that I am a financial member of NZMA for the 2014/15 year. Neither the organisers, the sponsors, nor other parties associated with the events shall have any responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

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

ENTRIES CLOSE - 23rd January 2015

NO LATE ENTRIES

CHEQUES PAYABLE TO
Bay of Plenty Masters Athletics Inc
 or Direct Credit WBOP Masters Athletics,
 Westpac Bank, Bayfair
 03 1547 0143122 00 (please include your NZMA number/name)

ENTRIES AND ENQUIRIES TO
 Fay Riley
 37 Pillans Road Tauranga 3110
 Phone 07 576 9575
 or Murray Clarkson
 Mobile 027 275 1655
 Email: WBOPMasters@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 and first event fee	\$ 40.00
Each additional event @ \$8.00	\$
Multi Events @ \$10.00 each	\$
Awards/Social Dinner @ \$40.00 (limited to 180)	\$
Polo Shirts @ \$40.00	\$
10 12 14 S M L XL 2XL 3XL 4XL 5XL (circle)	\$
Total Enclosed	\$

NB: Lunches will be available for purchase at the ground.

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

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.

COMPETITION PROGRAMME

Friday 27th February

Track			Field	
			4:00 pm	Pole Vault MW30+
4:00pm	400m heats if required		4:00 pm	Hammer M30-64
			4:00 pm	Shot Put M65+
			4:30 pm	Javelin W65+
			4:30 pm	Weight W30-64
4:45 pm	3000m Track Walk	M30+ / W30+	5:15 pm	Shot Put M30-49
5:15 pm	400m Finals	M30+ / W30+	5:30 pm	Hammer M65+
6:00 pm	5000m	Mixed	6:00 pm	Weight W65+
	these may be separated depending on entries		6:00 pm	Javelin W30-64
			6:00 pm	Shot Put M50-64

Saturday 28th February

Track			Field	
9:30am	60m & 100m heats if req'd		9:30 am	High Jump M30-64
			9:30 am	Long Jump W65+
9:45am	2000m Steeplechase	M60+ / W30+	9:30 am	Discus M50-64
			9:30 am	Javelin M65+
10:30am	3000m Steeplechase	M30-59	10:45 am	Shot Put W30-64
			10:45 am	Weight M65+
	Short Hurdles	M30+/W30+	10:45 am	High Jump W30+
11:30 am	60m Finals	M30+ / W30+	11:00 am	Discus M30-49
			11:30 am	Javelin M50-64
			12:00 pm	Triple Jump M65+
			12:00 pm	Hammer W30-64
			12:00 pm	Discus W65+
			12:00 pm	High Jump M65+
LUNCH				
2:00 pm	100m Finals	M30+ / W30+	2:00 pm	Shot Put W65+
			2:00 pm	Discus M65+
			2:00 pm	Triple Jump W30+
			2:00 pm	Weight M30-64
2:45pm	1500m	M30+ / W30+	2:45 pm	Long Jump M65+
			3:15 pm	Discus W30-64
3:15 pm	100m Handicap Races	Mixed	3:15 pm	Hammer W65+
			3:30 pm	Javelin M30-49
			3:30 pm	Triple Jump M30-64

COMPETITION PROGRAMME

Sunday 1st March

Track and Field			Throws Pentathlon			
7:30 am	10km Road Walk	Mixed				
9:00 am	200m Heats if required		9:00 am	Throws Pentathlon	M30+	
9:00 am	Long Jump	M30-64 / *MTP1				
9:15 am	100m	*WTP1				
9:45 am	Shot Put	WTP2				
9:30 am	10000m	Mixed				
10:00 am	Javelin	MTP2	10:00 am	Throws Pentathlon	W30+	
10:30 am	Long Jump	W30-64 / WTP3	3 attempts per discipline Order of events: Hammer Shot Put Discus Javelin Weight Throw			
11:30 am	200m Finals	M30+ / W30+ / *MTP3				
12:00 pm	Discus	MTP4	Women's Pentathlon		Men's Pentathlon	
12:00 pm	Javelin	WTP4	9.15am	100m	9.00am	Long Jump
12:30 pm	800m	M30+ / W30+ / *WTP5	9.45am	Shot Put	10.00am	Javelin
1:10 pm	1500m	MTP5	10.30am	Long Jump	11.30am	200m
1:20 pm	Long Hurdles	M30+ / W30+	12.00pm	Javelin	12.00pm	Discus
1:30 pm	4 x 100m Relays	M/W or mixed	1.00pm	800m	1.10pm	1500m

ATHLETES INFORMATION

RACE PACKS:

Can be collected from the Tauranga Sports Rugby Clubrooms, Tauranga Domain, from 3pm on Friday 27th February and thereafter during competition hours.

PROPOSED PROGRAMME:

The above programme is a guide only and subject to the number of entries in each event. The final timed programme will be published in the meeting booklet.

NZMA AGM:

This will be held in the Tauranga Sports Rugby Clubrooms, Tauranga Domain on Friday 27th February at 12 noon.

EQUIPMENT:

Competitors may use their own equipment. All items of personal equipment MUST be presented for checking on Friday 27th February between 3pm and 4pm.

ACCOMMODATION/FUNCTION INFORMATION

Social Function/Awards Dinner

This will be held at Hotel Armitage, Willow St Tauranga on Saturday 28th February 2015.

Mix and mingle from 6 – 7 pm.

Buffet meal at 7.00 pm.

Awards presentation following dinner.

Cost \$40 per person

Tickets limited to 180 people

Accommodation

The following accommodation is available close to the venue.

Durham Motor Inn, Harington St. (07) 577 9691

Roselands Motel, Brown St. (07) 578 2294

Cobblestone Court Motel, Chapel St. 0800 506 306

Please note: Early booking of accommodation is recommended as this is a particularly busy time of year in Tauranga.

Waikato/Bay of Plenty Masters Athletics recognises the valuable support and financial assistance from our Sponsors/Funders.

Auckland

by Chris Thompson

It is hoped we are about to leave a very wet winter and early spring behind here in Auckland with daylight saving about to kick in and the start of our new 2014/15 season. We have a full programme of events lined up between early October and late March. The programme is well laid out on our website and further information sits on our Facebook site.

Membership has already reached 50 with several new members or former members returning to the fold. On this topic we recently set up a Sub committee with the aim of doubling our membership out to the World Masters Games in April 2017 and beyond. Part of the early strategy was to enter the Facebook 'world' with a short questionnaire which drew about 78 responses. From that response we set up two days for 'newbees' to come along and have a go at what we do. Our first day was at the AUT Millennium in late September which drew a small group of new people on a very wet day. It went well and was received by those that attended. They had plenty of support from AMA members with throws, and middle distance outdoors and in the indoor arena, jumps and sprints were demonstrated and participated in.

A second 'Newbees' day is planned for early October back at Mount Smart. There have been some recent structural changes at Mount Smart, with a new grass upper field of international size laid out and recently sown. This replaced what we used to call the No 3 field which was also a throws training area and a warm up league arena.

The former storage shed was demolished to make way for this new field. The gymnasium next door has been extended at the rear with the front of the former gym now becoming the storage area for Auckland Athletics and Auckland Masters. There has also been some new re-configuration around the gates and entrance down to the stadium proper.

Those attending the North Island Championships in late November 2015 at Mount Smart will see the changes. On that topic we have started some early planning and have booked this venue with Auckland Athletics.

Officials or the lack of them is a major concern for us with a number of retirements last year. To that end we are pushing hard, for our members to attend current theory and exam nights to increase our small band of graded officials. Courses have been set up at different locations around Auckland which might make it easier for people to attend.

We are pleased to support former AMA member and well known former New Zealand athlete Roy Williams with his new book and have advertised same on our website with further commentary in this edition of Vetline. Roy has recently turned 80 and some of his records at Auckland and New Zealand will probably never be beaten. He was probably the unluckiest New Zealand athlete never to attend an Olympic games, perhaps the politics at the time was against him.



Michelle Hopkins & Rachel Penney (AKL) competing in the W40-44 grade at the National Road Championships



Barry Jones at the National Road Championships

PHOTOS: Sharon Wray

Wellington

by Michael Wray

The NZ Half Marathon Champs were also the Wellington Half Marathon Champs in June. Grant McLean (Scottish) secured the masters men title, comfortably ahead of club mate Peter Stevens and Olympic's Butch Borlase. The top two masters women contested the senior women's title instead, where Katie Kemp (Scottish) and Gabby O'Rourke (WHAC) were the top two. This left the masters women medals open. Victoria Humphries (WHAC) took MW gold, Lindsay Barwick (Scottish) silver, Michele Allison (Scottish) bronze.

A month later Waikanae hosted the Wellington Cross Country Champs. It was business as usual for Grant McLean as he secured the M40 title. Scottish club mate Michael Wray threw off constant pressure from Francis Evett (Hutt Valley) and Butch Borlase to claim silver, with Francis holding on to complete the podium. The M50 title had less action, with the spots determined early on and maintained to the finish. Peter Stevens, Graeme Butcher (Masterton) and Andrew Wheatley (WHAC) providing the podium. For the M60s, visiting Auckland Uni runner was a clear first but ineligible for the title. Dave Mason (WHAC) took gold, two minutes ahead of silver winner Jonathon Harper (Scottish). Masterton's Lloyd Millar followed to pick bronze.



Jonathan Harper - 3rd M60+ grade at the Wellington Road Champs

The first two masters women came from different age-grades. WHAC's Victoria Humphries showed her class, only losing to a W35, as she won W50 gold. Claire Gold from Kapiti followed over two minutes behind to claim silver, with Scottish's Michele Allison third. The first three W35s all came from different clubs: Jackie Mexted (Scottish), Gabby O'Rourke (WHAC), Renae Cresar (Kapiti) in that order. Of course Gabby had already run in the SW race before the MW! And finished third.

Scottish took the teams titles in W35, W50, M40 and M60. WHAC interrupted the monopoly to claim the M50s.

The Centre's attention then turned to road racing. It's a shame we only get two road races (not counting half or full marathon); perhaps we're just spoilt to have five cross country races, as well as a mountain race, in the first half of the season.

The Bays Relays were the first road race. This is a 22km race from Island Bay to the wind needle in Kilbirnie, divided into five legs that range from 3.9km to 4.8km. The wind needle itself was looking distinctly worse for wear; less a needle and more a charcoaled stump after being struck by lightning during a storm the day before!



Michael Wray in the Bays Relay

PHOTOS: Sharon Wray



Michele Alison competing in the Bays Relay

Six masters women teams competed, representing four clubs. Jackie Mexted gave Scottish a formidable lead on the first leg, two minutes ahead of Wainui. Lindsay Barwick extended the lead as Penny Collier moved Olympic into second. While Nikki Braniff-Jones restored Wainui's second spot, Katie Kemp set a new MW lap record on leg three to all but guarantee the win to Scottish. Michele Allison and Rachael Cunningham duly finished the job for the win, but on leg four Marie Pugh put Olympic back into the finishing place of second.

The M40 grade had ten teams from five different clubs. Grant McLean ran first for Scottish, handing over an 80 second lead. Butch Borlase had Olympic in second, while Bill Twiss ran strongly to give a Scottish B team third. After leg two Dave Carrigan had moved WHAC ahead of Olympic but leg three saw Francis Evett continue the musical chairs as Hutt Valley moved into second. After leg four, Mark Anderson had put Olympic back into second, but the shuffling hadn't finished as WHAC only passed Hutt Valley for third. The constant was Scottish in first, with Vaile Mexted, Michael Wray, Brendon Thompson and Gerard Gordon building on Grant's start.

Six teams lined up in the M50+ grade. Scottish runner Peter Stevens must have had the defending WHAC team worried when he set a new M50 record on leg one, with Andrew Wheatley 44 seconds down. Paul Sharp responded for WHAC with a new leg two record and put WHAC in the lead. From this point, the running



Jackie Mexted - 1st in the W35 grade at the Wellington XC champs

order stayed as WHAC secured the win through Dave Creamer, Liam Healey and Paul Hewitson finished. Scottish and Hutt Valley stayed in second and third.

Our final road race was the Wellington Road Champs. After several years of perfect weather, we got our second consecutive year of cold, wet and windy. It didn't deter Victoria Humphries, who secured victory in the W50s by nearly two minutes, ahead of Michele Allison and Helen Willis. Katie Kemp had a similar experience winning the W35s, with Jackie Mexted and Lindsay Barwick completing the podium.

For the M40s, Grant McLean continued his domination with Michael Wray in the position he's occupied in each Wellington Championship race this season, second to Grant. Butch Borlase never threatened second, but enjoyed a great duel with club-mate Kevin Pugh before coming from behind to claim the bronze.

Peter Stevens added the M50 Road Champs title to his Cross Country victory, while Tony Price took revenge on club mate Graeme Butcher from June's Dorne Cup - the two of them finishing second and third, respectively. In the M60s, Dave Mason and Brian Hayes had a superb race for gold. Dave clinched it by four seconds and Jonathon Harper took the bronze a couple of minutes behind.

The W35, W50 and M40 teams races were won by Scottish, while the M50 and M60s both went to WHAC.

Waikato/Bay of Plenty

by Ray Laurie

With the exception of our road and cross country runners the winter season is a period of reduced activity for many of our members. One long-standing event of considerable importance to the region is the Rotorua Marathon and the achievements of two of our members featured prominently in the local daily newspaper.

The first to gain attention was Sally Gibbs from Katikati, whose win in the women's section brought special mention in the Bay of Plenty Times. Not only was this the 50th anniversary of the event, it was won in style by a woman who had turned 50 in June last year. Her time of 2:45:58 was 3 minutes ahead of the 2nd place getter in the women's section and only 18 minutes behind the winner of the men's event.

The following day the paper featured eighty year old Sid Pavett from Bethlehem whose remarkable run of 4:40:51 broke the previous New Zealand marathon record for his age group by 22 minutes.

Communications

A perennial problem for any organisation which has members in semi-recess for part of the year, is to maintain their interest as a cohesive group.

We are fortunate in the Waikato/Bay of Plenty to having in addition to Vetline, a regular newsletter compiled by Bryan Mayall to remind members we still exist. Appropriately named "Up Front", this was started as long ago as 1994 with June Jacobs as the first editor. Judy Chandler was also involved in those early years and still assists Bryan who has been the editor since 2003. It is partly financed by recruiting advertisers, and the use of email, where acceptable, helps keep the cost of distribution to a minimum.

Recently another idea was put forward by Fay Riley and Murray Clarkson. They proposed having a monthly fun run or walk at scenic locations around the member districts, where the scenery and social contact could be enjoyed while still exercising. Entry required only a "plate". For those who even have difficulty walking or running any distance e.g. some of the throwers, just being there for the social occasion is an opportunity to maintain the friendships developed during the track and field season. To date, an increasing number of members have visited McLaren Falls Park in Tauranga, the hill track heading out of Whakatane towards Ohope, the Lake walk in Hamilton, and most recently the Redwood Forest Park in Rotorua. This has been a brilliant idea, and has been an introduction to scenic areas that many members did not know existed.

Incidentally the Rotorua Forest was the venue for the Red Stag Redwood Relay at which in 2014 the Hamilton Hawks teams dominated both the Men's and Women's events.

AGM

In view of the wide area covered by our Association, it was very pleasing to have 22 members attend the Annual General Meeting in Cambridge on the 24th of August. The current officers, Murray Clarkson (President), Bruce Solomon (Vice President) and Fay Riley (Treasurer) were re-elected, while Bruce Solomon continued acting as Secretary.

Awards for 2013/2014

The Athlete of the Year, presented to Sally Gibbs was no surprise in view of her three gold medals at the World Masters Championships in Brazil and to her consistency in women's distance running events. However in the absence of such outstanding results, the other finalists consisting of Kimberly Wells, Beverly Savage, Bruce Solomon and Stewart Foster could well have been worthy winners.

The Committee Award, in recognition of the outstanding contribution made by a member during the track season, was won by Brendan Magill.



Sally Gibbs (WBP) 1st W50 in a time of 19:08 and 1st woman overall at the North Island Cross Country Championships

Canterbury

by Andrew Stark

The summer season is almost upon us and what does that mean for Canterbury athletes? We are continuing with the combined CMA & Saturday Interclub meetings as introduced last season, plus we will hold more throws pentathlon events during these meetings. However, we still have no new all-weather track to replace QEII, which means runners will have to travel south to a Timaru inter-club meeting if they want to race on an all-weather track - if they don't go the SI, NI or NZMA Championships.

It's coming up four years since QEII was damaged beyond repair. Where are we with a replacement facility? Having been on the Athletics Canterbury Track & Field Committee for the past four years and now the new Chairman, I have been keep informed about what has been going on. Below is a summary of the progress made so far as outlined to me in a recent e-mail from John McBrearty who is one of three dealing with the Christchurch City Council.

'Three members of this committee (Trevor Spittle, Alan Tucker and I) recently met with various City Council staff and representatives of hockey and tennis. This meeting was a 'follow on' from the City Council's decision made on 31 July 2014 to consult with the community on the establishment of a recreation and sporting hub at Nga Puna Wai (NPW). This consultation, termed a Special Consultative Procedure (SCP), will give everyone who wishes the opportunity to have their say on the siting a sports hub at NPW.

The SCP is designed to condense timelines and cover off all the legislative requirements.

The first step in the process is for the City Council to approve a 'Statement of Proposal' and it is planned this will be presented at a Council meeting on 11 September, behind closed doors so we will not necessarily know the outcome straight away.

If approved there will be a two months engagement period (25 September to 25 November) where the Council will advertise the proposed NPW sports hub widely on radio and in the printed media, as well as produce a printed pamphlet that will include a page where comments, positive and negative, can be made. The preferred method of supplying feedback however is on-line through the City Council website.

The City Council will also carry out a letter drop in a 2km radius around NPW, hold meetings in the south west area of Christchurch where members of the public will be able to talk to the City Council Project Team.

It is proposed that the Project Team will also attend sporting events (presumably hockey, tennis & athletics) where they will talk to members of the public. We believe we are fortunate that there will be a number of opportunities at Rawhiti Domain from the time our summer season opens in October until 25 November for this to be done. It was made very clear to Trevor, Alan and John that the City Council staff we are dealing with are very keen to give us as much help as possible to ensure that we get the required result.

There will also be opportunities for members of the athletics fraternity to sign a submission of support for NPW - something like a 'petition', but that's not a word we want to use. We have clarified that anyone of any age will be able to sign our submission of support.

Once the two months engagement window closes in late November, the Council staff will prepare a comprehensive report for the City Council that will include all the comments submitted. The City Council will then decide whether or not to proceed with the NPW sports hub or hold a hearing.

While this consultation is being carried out, work will continue in the background in respect of the capital and operational costs associated with NPW and the management of the site, but this needs to be done carefully so as not to pre-judge the SCP process and put the whole exercise in jeopardy.

Regardless of the outcome of the SCP there will be an expectation that the athletics community will be pursuing all possible funding opportunities so that it can 'bring to the table' as much as possible. This will necessitate bringing on board other people in the athletics community tasked with identifying and following up on possible avenues for financial support."

As yet I have not heard how the September 11th Council meeting went, so we wait...unfortunately many of our members will not get to use the new facility and in the meantime CMA membership continues to drop. I'm not sure if it will ever recover...only time will tell.

The artwork attached has been copied from Christchurch City Council website. For more information visit www.ccc.govt.nz/NgaPunaWai.

Otago

by John Stinson

At the Annual General Meeting of Otago Masters Athletics held on August 27th at the Athletics Otago Rooms Logan Park Drive Claire Giles was elected President for a second term. As OMA President Claire has impressed with her energetic approach particularly in keeping members fully updated on upcoming events by weekly emails along with her efficiency in dealing with the administrative side As a top ranking New Zealand Masters Competitor Claire is also fully in tune with the needs of Athletes and what can be done to increase their enjoyment of Masters Athletics. We wish you well over what promises to be a busy and exciting year Claire. Also at the AGM Fiona Harvey was re-elected Treasurer along with Diane Sommerville as Secretary. Fiona is also undertaking the role as Coordinator for the upcoming South Island Masters Games no easy task for anyone.

The Summer Track and Field Programme for Otago Masters will commence on Wednesday October 8 with 1000m and 100m track events followed by Shot Put competition. The Bill Kenny Memorial Relay will be held on Wednesday November 19. Teams will comprise 2 Runners and 1 Walker with one Steeple to negotiate

during a 400m lap. Each participant will complete two non-consecutive laps. The Relay was held for the first time last year and proved highly successful. The Steeple Chase was always a favoured track event for the late Bill Kenny a legendary figure in Otago Masters Athletics. On December 17th the Geoff Capon Memorial 5K Beach Run will be held starting and finishing on St.Clair Beach followed by a Christmas Tea at the nearby Forbury Park Function Centre. The Annual Peggy Calder Interclub Meeting will be held at Memorial Park Mosgiel on Sunday January 18th 2015.

The 2014 NZMA South Island Masters Championships run in conjunction with the Otago Centre will be held at the Caledonian Ground Dunedin from Friday November 28 until Sunday November 30th. The entry form will be available from the Athletics Otago Website and will also be included in the October Edition of Vetline.

Fiona Harvey reports that all preparations are going well with events sponsorship a major priority to finalise. The OMA are hoping for a good representation of South Island Athletes at the Championships and are confident of providing an enjoyable and successful three days of competition for all participants.



Louisa Andrew (OTG) 1st W40-44 in a time of 23:27.12, leads Rachel Penney (AKL), Gabrielle O'Rourke (WGN), Paula Canning (TAS) and Karen Muller (CAN) at the National Cross Country champs in Christchurch

PHOTO: Sharon Wray

Tasman

by Derek Shaw

Tasman Cross Country Championships

There was a good turnout of masters for these champs on a new course on the Waahi Takaaro Golf Course in the Maitai Valley on 26 July 2014. The Masters men did four laps of the 2km course. First overall was Graeme Taylor (M40) in 28:25 with a comfortable margin of 1:12 over Brian Kemp (M40), who had a close race with his workmate and first M50 Cliff Bowman to edge him out by 2s. Ian Thomas (30:15) was 3rd placed M40, while Robbie Barnes (30:32) and Ian Courtenay (31:27) were the 2nd and 3rd in the M50 division, followed by Bill Revell (33:23) and Kevin Ellis (33:32). Barry Dewar (34:01) had a good run to take out the M60 title, followed by Ian Carter (34:45), Ian Morrison (35:45) and Herman van Gessel (37:43). Phil Costley (M40) elected to run the 10km senior men's event which he easily won in 33:55 as part of his preparation for the SM grade at the NZ Cross Country champs. Similarly, Paula Canning (W40) ran in the 8km SW grade - easily winning in 32:21 which placed her 8th in the Masters men's event. Maria Hillier (W60) comfortably won the Masters women's event in 27:25, followed by Fran Kerse (30:08) and Yvonne Shaw (30:48). Peter Hague (26:00) and Roger Denton (30:28) took out the first two places in the 4km walk.

Tasman Road Championships

A clash of events locally reduced the fields in the 2014 champs held on the Hope School circuit after a break of many years on 23 August. Phil Costley (M40) was first overall in the 10km race in 34:04, followed by Brian Kemp (M40) in 35:31. Simon Mardon (36:40) was 3rd in the M40 grade. Neil Whittaker (38:28) was first in the M50 grade, 3s ahead of the first women Paula Canning (M40). Barry Dewar (M60) elected to run the 10km and recorded a creditable time of 40:34. The other M60s ran in the 8km race with Ian Carter taking line honours with a fine run in 31:41, followed by Derek Shaw (32:03), Ian Morrison (33:46) and Herman van Gessel (34:18). Roger Denton (32:35) and Lyn Smith (33:46) were the first two walkers in the 5km walk.

NZ Cross Country Championships

Masters from Tasman had considerable success at these champs in Christchurch on 9 August 2014. Graeme Taylor (27:49) was second overall in the Masters men 8km event and winner of the M45 age group, with Ian Thomas (30:03) 9th in M45 field. In the M50 field, Cliff Bowman was seeking to make it 3 national titles in a row. Unfortunately for him John Crane was in good form and took the title in 29:06. Southland's Ricky Gutsell (29:58) edged out Cliff for the silver by 5s. Tasman won the silver medal in the four person M50+ team event, with Ian Courtenay (30:27) 7th, Robbie Barnes (31:07) 9th and Neil Whittaker (31:45) 12th. Patrick Meffan (32:02) was 6th in the M55 age group. In the Masters women 6km race, Maria Hillier (28:28) ran well to win the W60 grade by 2:26 and Paula Canning (24:38) was 4th in the W40 grade.

NZ Road Championships

Two Tasman Masters contested the 2014 champs in Tauranga on 6 September over 10km. In the M50 grade Robbie Barnes was again up against the first two place getters in the NZ cross country champs - John Crane and Ricky Gutsell, with the latter also being the defending road champion. Crane (34:45) was again the clear winner, with Ken Walker and Chris Rae taking the other



Robbie Barnes in action at NZ Road champs

medals. In the contest for 4th, Ricky lead Robbie for much of the race, with Robbie passing him on the final lap only to be outsprinted by Ricky in the finishing chute to end up 1s behind in 36:01 - nearly a minute quicker than his time at the 2013 champs in Dunedin.

With both Graeme Lear and Gavin Smith in good form, any rather fanciful notions I had of repeating my win in the M60 grade quickly evaporated as they both surged off into the distance soon after the start. Graeme led initially but was overtaken by Gavin just over half way through, however on the last lap Graeme regained the lead on the uphill section to win in 38:34 with Gavin a further 19s back. I managed to hold third place and finished in 41:20, 43s ahead of Daniel Reese.

World Masters Mountain Running Championships

Intensive hill training helped Paula Canning win the bronze medal in the W40 age group of 32 athletes at these world champs in Austria on 6 September 2014, with a time of 46:34, 46s behind the German winner on the 7.2km course. Patrick Meffan (45:59), who managed the NZ team for the senior champs, was 10th in the field of 81 finishers in the M55 grade. In the W50 grade, Sally Gibbs (46:37) won the silver medal and Susan Stokes (1:02:26) from Nelson was 24th.

PHOTO: Jamie Shaw

Southland

by Evan MacIntosh

Southland Cross Country Champs

The Gore club again did a great job of hosting the Southland XC champs at the testing course at Waimumu. The course includes boggy areas, creek crossings, and testing hilly parts through a forest area. Debbie Telfer showed she will go well at the forthcoming national XC champs by heading off younger masters women. Similarly, Ricky Gutsell also beat younger masters despite battling a cold on the day.

Masters Women 6km

Debbie Telfer	W50	29:24
Marie Muhl	W35-49	31:14
Rose Heyrick	W50	37:12
Alison Neilson	W35-49	47:57

Masters Men 9km

Ricky Gutsell	M50	36:50
Nigel Marsh	M35-49	37:30
Bevan Pearce	M35-49	41:04
Glen McLeay	M35-49	42:01
Quentin Miller	M35-39	42:49
Mervyn Potter	M50	43:00
Graham Neilson	M50	43:20
Steve Gemmell	M35-49	43:42
Garth Fairbairn	M60	48:49
Bill McKay	M50	50:55
Gary Kirkman	M60	51:43
Ian Baird	M60	54:32
Alistair Hatton	M35-49	56:49
Barrie Sheehy	M60	66:42

NZ Cross Country Champs

Both Debbie Telfer and Ricky Gutsell went on to better things at the Athletics NZ National Cross Country champs at Halswell Quarry Christchurch. The course is quite deceptive and much harder than it looks. Debbie won her W55 grade with a time of 27:10 for the 6km, and Ricky was second in the M50 grade in a time of 29:58 for the 8km. Corey Mennell had to back off with an injury during the race but still managed a time of 32:28 for 7th place in his M35 grade. Mervyn Potter had a time of 34:09 in the M50 grade. Ricky Gutsell also went on to run 4th at the NZ Road champs in Tauranga.

The Great Naseby Water Race/s

These endurance events are held where the old water races were used to sluice gold in the old gold mining era. Some Southland results from this year's events include:

160km (100 miles)

Croydon Paton	24:21	12th
Matt Hamblett	31:10	21st

100km

Glenn MacIntosh	11:18	4th
80km		

Martin Knowler	9:20	5th
Ruud Verplancke	11:30	9th

50km

Dwight Grieve	4:23	3rd
Tanya Dromgool	4:38	1st Woman
Lee Grieve	8:57	12th
Jan Taylor	9:14	13th

60km Teams (30km each)

Grant Baker & Glen McLeay	4:56	3rd
Gary Kirkman & Nigel Gilkison	5:53	6th



Debbie Telfer (STH) and Fiona Gilroy (CAN) at the National Cross Country Champs in Christchurch

PHOTO: Sharon Wray



Ten hardy endurance runners who competed in the Great Naseby Water Race events

PHOTO: Evan MacIntosh

Coaching Corner

by Mike Weddell



Have you ever wondered what the job description of a coach should look like? There would be as many versions as there are coaches but there are several things that would be considered to be fundamental to the coaching process by those with more than a passing interest in the subject. The first of these is that the athlete is the most important person involved, not the coach, not the physio, not a manager or agent if the athlete has one and not the NSO of the particular sport in which the athlete is engaged.

Things get a bit distorted with professional support especially if there are shareholders expecting a return on investment but that is beyond the scope of this discussion.

There should be an overarching aim of the coaching process to help an athlete to reach their potential in their chosen sport. Not to win tomorrow, next week or next year although this has a good chance of happening

at some stage if long term athlete development is the chosen path. This includes things such as avoiding overtraining, not pressuring athletes to compete when injured or sick or imposing unattainable expectations on athletes dooming them to failure.

In athletics we have seen young athletes with amazing ability never even make it to the senior ranks never mind achieving anything when they get there. This applies to masters athletics too. As many athletes fail to achieve through over or inappropriate training as fail through not doing enough.

A good coach tries to find the right balance producing a training programme that walks the fine line between too much and too little appropriate training. Coaches who coach the way they were coached without adjustment for the individual, forcing the athlete into the wrong mould are doing their athlete a disservice.

The men's masters race at the national cross country championships.
 From L to R: Malcolm Cornelius (CAN), Michael Wray (WGN), John Crane (WBP),
 Ricky Gutsell (STH), Cliff Bowman (TAS).

PHOTO: Sharon Wray



COMING EVENTS

2014

28 - 30 NOV	North Island T&F Championships	HASTINGS
28 - 30 NOV	South Island T&F Championships	DUNEDIN

2015

27 FEB - 1 MAR	NZMA 41st T&F Championships	TAURANGA
4 - 16 AUG	WMA Stadia Championships	LYON, FRANCE
5 - 9 OCT	OMA Stadia Championships	RAROTONGA
10 OCT	OMA Stadia Championships (Half Marathon)	RAROTONGA

2016

26 OCT - 6 NOV	WMA Stadia Championships	PERTH, AUSTRALIA
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2017

21 - 30 APR	World Masters Games	AUCKLAND
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2018

20 - 27 JAN	OMA Stadia Championships	DUNEDIN
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Thank you to Roy Skuse for his generous support in supplying the NZMA membership cards for 2014/15

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