

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 39 No. 1
JANUARY 2021

in this issue:

- > South Island Masters T&F Champs
- > New Zealand Road Champs
- > Agency Group 10000m Festival





Nick Moore (4503) 1st M45, Greg Darbyshire (4004) 2nd M40, Simon Mace (white glasses) 4th M40, Brian Garmonsway (4005) 5th M40, Sjors Corporal and Dwight Grieve (obscured) and Geoff Ferry (3501) 1st M35 at the NZ Road Champs **PHOTO: Sharon Wray**



Start of the the masters men's race at the NZ 10km road champs **PHOTO: Sharon Wray**

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

Cover Photo

Ingrid Cree 1st W35 in The Agency Group 10,000m Festival
Photo - Sharon Wray

Inside Back Cover

Christine Adamson 2nd W60 at the NZ Road Champs
Photo - Sharon Wray

Back Cover

Peter Richards (6005) 2nd M60 and Phil Sadgrove (6002) 1st M60 set in battle at the NZ Road Champs
Photo - Sharon Wray



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Anna McRae (1st W45), Carolyn Smith (1st W60) and Michelle Van Looy (2nd W45) at the NZ Road Champs

PHOTO: Sharon Wray

President's Report

by ANDREW STARK - NZMA President



Welcome to the New Year. Unlike the rest of the world, life has pretty much returned to normal for us here in New Zealand. The South Island Masters Track & Field Championships were held in Dunedin. Unfortunately, we were unable to encourage a North Island Masters Centre to host their championships. Consequently, thirteen of the 77 entrants came from the North Island. The Master's events were spread throughout a local interclub meeting / SI combined events meeting. Some changes to the programme were forced upon Masters and it was disappointing that occurred as there was no need to change. Dunedin is the venue for next season, so I will be requesting that the generic programme be followed.

We are currently working on creating a roster for our championships going forward. This is proving a challenge as the general trend across the country is that fewer master's athletes are competing locally. This results in fewer people being available or willing to commit to being on the various Master's committees. Even the regional Athletics NZ Centre's are struggling to attract administrators and officials! I don't have the answer as to how we can improve this situation.

The NZMA T&F Championships are being organised by Taranaki Masters, with the help of the regional Athletics NZ Centre, with the venue being in Inglewood. It will be a busy season for the Taranaki Centre as the North Island Colgate Games are being held there again this season.

The draft programme for the NZMA champs is on the NZMA website and all entries will be taken online, as has become the norm these days. So far as at 8 January 2021, there are only 23 confirmed entries. If you are planning on competing, please enter ASAP.

During the past year, the NZMA Board has continued working on improving how we do things. As a result of the Covid-19 lockdown,

we introduced NZMA Board meetings via Zoom. We have held three Zoom meetings so far and they are proving to be an efficient way to meet. We end up having shorter meetings, with no cost to NZMA. Apart from one face to face Board meeting held during the NZMA Championships weekend, we see Zoom meetings as the way forward.

At the last AGM we changed the method of electing NZMA Board members. At this year's AGM, you will vote people onto the Board and the Board will allocate key roles. Stewart Foster is stepping down, so I would like to take this opportunity to thank him for his many years of service to NZMA.

With overseas events impossible, the Oceania Masters Athletics AGM is being held via Zoom at the end of January. I am not sure what the future is for this organization as it could be some time before it is safe to travel freely anywhere? I will report on the outcome of this meeting at the NZMA AGM.

Good luck to those competing. See you in Inglewood.

Vetline

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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 advertising and letters to be sent to the Editor and all articles, photos and other material to be sent to the Assistant Editor.

DISCLAIMER

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

NZMA e-mail Database

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

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

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ADVERTISING RATES

INSIDE FRONT COVER	Single Issue Only - \$497
INSIDE BACK COVER	Single Issue Only - \$497
SINGLE PAGE INSIDE	Single Issue Only - \$320
HALF PAGE INSIDE	Single Issue Only - \$200
QUARTER PAGE INSIDE	Single Issue Only - \$135
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 preceding month. Terms of payment: 20th of the month following invoice date.

Contact: admin@nzmastersathletics.org.nz



South Island Masters T&F Championships

by Derek Shaw

With the resumption of the rotation roster agreed a few years ago by South Island masters centres of each centre hosting the championships for two consecutive years, it was the turn of the Otago Masters Athletics (OMA) to deliver the 2020 SI Masters T&F Champs. Following the approach adopted in Canterbury, they were held in conjunction with the SI Combined Events Championships and a local interclub meet and were co-hosted by OMA and Otago Athletics at the Caledonian Ground over the weekend 13-15 November 2020. The track's picturesque setting in the north-east corner of the Logan Park complex was enhanced by the generally pleasant warm conditions which when there was a lack of cloud cover became decidedly hot.

Given the ongoing uncertainty arising from the Covid-19 pandemic and the relatively late call on whether the champs would go ahead, the LOC can be well pleased with the 77 entries received, although as usual there were a few no-shows for various reasons. Although, this was down on the 2019 entries (90+), it was still better than two years ago and similar to earlier years.

There were 13 visiting North Island masters seemingly eager for some competition outside their own centre in the absence of any NI centre being prepared to host the NI Champs which no doubt boosted the entry numbers, including 5 from Auckland and 3 from Wellington. Predictably the host Otago centre had the largest team of athletes with 32, followed by Canterbury with 16, Tasman 8 and Southland 7.

Some 5-year age groups, such as the M65 with 5 entrants in the 3000m, were higher than often encountered at the NZMA champs. However, other groups often only had one entrant or none. Competition for many entrants came from those in other age groups and/or genders as many races had mixed genders, chiefly to fill up the lanes but also in the case of the 3000m and 5000m to reduce the number of events. In several instances, there was the rather strange and unnecessary splitting of the entrants in the same age group across two races, such as the M65 400m and the M60 and W40 60m.

The moving of the 400m from the Friday session to Saturday morning was frustrating for those who made special travel arrangements, including additional time off work, to get to Dunedin well in advance of usual time on Friday only to discover the change. For some sprinters this resulted in a busy schedule on the Saturday with less recovery time between their events. With the 6pm and 7pm starts for the field athletes on the Friday night it was a pretty late finish for the women's hammer throw and the men's high jump. Hopefully these aspects will be rectified for the next SI champs later this year.

The favourable conditions and fitness of many athletes resulted in an impressive tally of 6 NZ records and 47 SI Championship

records being broken or in thirteen cases filled in gaps in the existing SI championship records. This compared with 2 NZ records and 19 SI Championship records in the windy Christchurch conditions last year.

All the NZ records were by women with three women in the W80 grade leading the charge. Canterbury's Glen Watts had an outstanding weekend with NZ records in the shot put (6.33m), to go with her W75 record, and the discus (15.70m). Glen also broke six W80 SI Championship records. In addition to the shot put and discus records she also achieved records in the javelin with 9.47m exceeding the previous mark by 1.66m, the hammer throw (23.52m, exceeding the previous record by 7.71m), weight throw (8.49m, exceeding the previous record by 1.58m). A week after the SI Champs she claimed the NZ W80 hammer throw record with a throw of 24.50m to go with her W75 record.

Otago's Myrtle Rough (W80) broke two NZ records and also filled in a couple of gaps in the SI Championship records with great efforts in both her 800m of 3.35.65 and 7:35.93 in the 1500m. She now has the NZ records in W70, W75 and W80 for both these distances as well as the W75 NZ records for 3000m and 5000m. The third remarkable W80 record breaker was Manawatu - Whanganui master Frances Bayler with a NZ record of 5.71m in the triple jump. The fourth NZ record breaker was Tasman's Joeline Jones (W35) who improved her pentathlon points to 2280 from 2135, which also improved her SI Championship record.

Leading the tally for individual SI Championship records with six each were Glen Watts and Jim Blair, the latter now residing in Dunedin. Jim broke the M85 SI champ records in long jump (1.85), javelin (19.79), discus (17.58), equalled the shot put record (6.72) and claimed empty slots in both the high jump (0.91) and throws pentathlon (2618 points).

Four more athletes came away with three SI Championship records each. Otago's Alison Newall (W60) showed her versatility and good form in breaking the fellow Otago master Claire Giles's 60m record with a time of 9.77, setting a new record of 7.32m for the triple jump and claiming the empty W60 slot for the pole vault with 1.7m. Tasman's Joeline Jones also displayed good early season form in lowering by a second the W35 record for 200m (27.19) that had stood for 34 years. She broke her own records in both the 400m (62.26) and pentathlon. Otago's Barry Baxter (M75) with a fine display of sprinting broke the existing records in his three events - 60m (9.45), 100m (15.07) and 200m (31.05). John Campbell (M55) also displayed very impressive form in his three races to set new records of 7.77 for the 60m, 12.28 for 100m and 24.96 for 200m which lowered the 200m record by over 2s. John's sister



Mark Flaus (STH) in the M60 hammer throw

Janis Russell also claimed a SI Championship record in the W60 200m with 33.67, after trailing Alison Newall in the earlier 60m and 100m races.

Three Otago athletes set two SI Championships records each on the track. Jody Robinson lowered the W40 60m record to 9.15 and claimed the 400m hurdles record with a time of 1:35.74. Vincent Paddam broke the M70 records for 100m (14.83) and 200m (31.21) and Gordon Wong (M55) claimed two vacant hurdle records - the 100m hurdles (25.08) and the 400m hurdles (1:28.63). Canterbury's Nick Bolton also claimed a vacant record in the M45 110m hurdles with a time of 16.50.

Lois Anderson (Can) claimed the W70 60m record slot setting a bench mark of 11.62 which compensated for losing her W60 triple jump record to Alison Newall and thus maintained her total of 13 SI championship records over sprints, 80m hurdles, high jump, triple jump, javelin and the pentathlon.

Canterbury's Anna Lynch broke the W30 hammer throw SI record with a best throw of 41.28m while her team mates Kelley Charles extended her W35 Throws Pentathlon record by one point to 2075 and Toni Oudemans extended her W40 Throw Pentathlon record by 126 points to 2266. In the Pentathlon Tasman's Carey Dickason extended her W65 SI record by 124 points to 1886. Southland's Evan MacIntosh claimed the M75 Pentathlon SI record with 915 points.

In the 3000m on the Friday evening, Otago's Ben Pigou broke the M30 SI record by just under 2 minutes with his time of 10:00.13. However line honours in this mixed age race went to Southland's Craig Iverson with an impressive run of 9:51.91 to break the M45 SI record by over 15s. In the 5000m on the Sunday morning there was a close race for line honours by three Otago masters with Tim Bolter (M45) prevailing with a time of 17:38.28, 7s ahead of Nathan Shanks and only half a



Noni Callendar (OTG) in the W70 discus throw

second back to Danny Baillie (M50). Nathan Shanks claimed the vacant M30 SI record with a time of 17:45.33. In the solo 2000m steeplechase Tasman's Tim Cross lowered his SI record set the previous year by 8s. Otago's Tom Cockerill claimed the vacant M75 5km track walk with a time of 41:31.63 to go with his M70 SI record. Fellow Otago masters Paul Davies broke the 25-year-old M55 pole vault SI record, held by Brian Senior, when he cleared 2.80m and Fiona Harvey broke the 12-year-old W60 javelin SI record by nearly a metre with a best effort of 20.00m.

NI athletes added considerable interest and competition to a number of events particularly in several of the throws. Auckland's Tuariki Delamere provided some stern competition for Southland's Lester Laughton in the M65 age group with close wins in the shot put, hammer and high jump while Lester claimed the honours in the discus and weight throw. In the M65 javelin they were both comfortably beaten by Southland's Warren Green with his best effort of 30.35m. Auckland's James Thomas was a strong performer in all his throws. If Frances Bayler (80) was a SI resident she would have ended up with SI Championship records in all her four events - 60m, 100m, triple jump and long jump. Similarly, Wellington's Gary Rawson (M60) would have been eligible for SI Championship records in the long jump, 60m and 100m.

Many thanks to Claire Giles and the Otago Masters LOC for the well organised championships and the enjoyable BBQ that followed Saturday's events. Thanks are also extended to all the Otago and visiting officials and all the helpers who assisted with ensuring the success of the weekend.

Full results are available on the NZMA website at: <https://nzmastersathletics.org.nz/results>



From L to R: David Riddell (TAS), Derek Shaw (TAS) and Phil Napper (OTG) battling in the 3000m



Gary Rawson (WGN) won the M60 long jump



Paul Davies (OTG) in the M55 discus throw



Mark Macfarlane (WGN) won the M55 400m, from Bruce Solomon (WBP) and Bruce Thompson (STH) was 1st in the M60 grade



Glen Watts (CAN) throwing the discus



Jody Robinson (OTG) competing in the W40 long jump



Bernadette Jago (CAN) with Philip Morris (OTG) heading into the home straight



Peter Hanson (WGN) competing in the M80 3000m



Carey Dickason (TAS) in the W65 3000m



Jody Robinson W40 (OTG) leading Claire Giles W60 (OTG) in the short hurdles



Lois Anderson (CAN) leaping to victory in the W70 long jump



James Thomas (AKL) M60 throwing the discus



Evan MacIntosh (STH) in the 1500m



Carey Dickason in the 1500m



Philip Morris (OTG) in the M65 1500m



Richard Davison (CAN) winding up in the hammer throw



Phil Napper (OTG) in the 1500m



Tapendra Singh Sokhi (AKL) in the M65 hammer throw



Myrtle Rough (OTG) broke NZ records in the W80 800m and 1500m



Dalise Sanderson (OTG) in the 1500m



Barbara Patrick (OTG) in the 1500m



Fiona Harvey (OTG) in the W60 discus



NZ Masters Athletics 2021

Track & Field Championships

26-28 February - Jubilee Park, Inglewood

Friday	Track	Grade
4.00pm	400m heats if required	
4.45pm	3000m Track Walk	M30+ W30+
5.30pm	400m Finals	M30+ W30+
6.00pm	3000m	W30+ or mixed
6.20pm	3000m	M30+ or mixed

Saturday		
9.30am	60m 100m Heats (if required)	
9.45am	2000m Steeplechase	M60+ W30+
10.15am	3000m Steeplechase	M30-59
10.45am	Sprint Hurdles	M30+ W30+
11.15am	60m Finals	M30+ W30+
2.00pm	100m Finals	M30+ W30+
2.40pm	1500m	M30+ W30+
3.15pm	Handicap 100m	M W or mixed

Sunday		
8.30am	5000m TW	M30+ W30+
9.00am	Long Jump	♣ MTP1
9.15am	100m	♣ WTP1
9.20am	200m Heats (if required)	
9.30am	5000m	M30+ W30+
9.45am	Shot Put	WTP2
10.00am	Javelin	MTP2
10.30am	Long Jump	WTP3
11.30am	200m	MTP3
11.35am	200m	M30+ W30+
12.00pm	Discus	MTP4
12.00pm	Javelin	MTP4
12.30pm	800m	M30+ W30+
1.00pm	800m	WTP5
1.10pm	1500m	MTP5
1.30pm	Long Hurdles	M30+ W30+
1.45pm	4 x 100m Relays	M W or mixed

Friday	Field	Grade
4.00pm	Long Jump	M30-60
4.00pm	Hammer	M30-69
4.00pm	Shot Put	M70+
4.30pm	Javelin	W65+
4.30pm	Weight	W30-64
5.15pm	Shot Put	M30-54
5.30pm	Hammer	M70+
6.00am	Weight	W65+
6.00pm	Javelin	W30-64
6.00pm	Shot Put	M55-69
6.00pm	Triple Jump	M70+

Saturday		
9.30am	High Jump	M30-64
9.30am	Long Jump	W65+ M70+
9.30am	Discus	M55-69
9.30am	Javelin	M70+
10.45am	Shot put	W30-64
10.45am	Weigh	M70+
10.45am	High Jump	W30+
11.00am	Discus	M30-54
11.30am	Javelin	M55-69
12.00pm	Discus	W65+
12.00pm	High Jump	M65+
12.00pm	Long Jump	W30-64
12.15pm	Hammer	W30-64
12.30pm	Polevault	M30+ W30+
2.00pm	Hammer	W65+
2.00pm	Discus	M70+
2.00pm	Triple Jump	M30-69
2.15pm	Weight	M30-69
3.00pm	Triple Jump	W30+
3.15pm	Discus	W30-64
3.15pm	Shot Put	W65+
3.15pm	Javelin	M30-54

Sunday		
8.30pm	Throws Pentathlon	■ M30+
9.30pm	Throws Pentathlon	■ W30+

Organised by
TET Athletics Taranaki



ENTER ONLINE via the NZMA website
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Lynne - 027 226 7463

♣ WTP and *MTP refers to Track Pentathlon events
■ The smaller group of throwers will start first, i.e. this order could be reversed once entries are finalised.

NOTE: The final timing of events will be confirmed once entries have closed

NZ Road Championships

by Michael Wray



Greg Darbyshire (4004) 2nd M40 takes the crown with Dwight Grieve (4008) 3rd M40, Sjors Corporaal (4007) 1st M40 goes wide, Paul Crowhurst (4003) tucks in behind

The 2020 NZ Road Championships were a little late this year, eventually taking place on 7 November, a time of the year more traditionally associated with the track season. Auckland gave us a warm, muggy day with brisk winds and a course round Bruce Pulman Park that was only slightly tweaked from last year's event.

Given the year's events, it will come as no surprise to learn that numbers were very low. It's been a common theme since we came out of lockdown that people aren't travelling to events in their usual numbers. We can only look forward to 2021 and hope that things pick-up.

The Race Walk Championships took place first. Two of the three senior men contestants were masters. Lyndon Hohaia fell foul of the judges but M45 Sean Lake was second SM, completing the 20km course in 2:19. In the master's grades, M65 Gareth Jess was the sole male competitor, so his DQ meant no medals were awarded. For the master's women, Karen Davison suffered the same fate but W40 Heather McLean completed her 10km in 1:18.

In the run, most of the masters women who started knew they merely needed to finish to leave with a medal but that didn't stop them racing hard between themselves.

W55 Sally Gibbs (WBP) set the early pace in the masters, reaching the one km mark three or four seconds ahead of W35 Bridie Hart (AKL). W45 Katie Jenkins (WLG) was third, around 10s behind Bridie, closely followed by W40 Vanessa Lord (CAN), W55 Victoria Humphries (WLG), W45 Anna McRae



Victoria Humphries 2nd W55 leads Anna McRae (1st W45) and Carolyn Smith (1st W60)

(AKL), W60 Carolyn Smith (AKL) and W45 Michelle Van Looy (WLG). In the W70s, Loris Reed (WBP) had worked to a 5s lead over Margaret Flanagan (CAN).

At the bell, 3km, Sally Gibbs' lead over Bridie Hart had grown to around 20s. Anna McRae had moved to the head of the W45 race, running with Katie Jenkins just behind and Michelle Van Looy 14s behind in third place. Margaret Flanagan had pounced in the W70s, passing Loris and commanding a 12s advantage.

Sally Gibbs didn't falter as she secured the ultimate masters win by an eventual 39s over second placed, but W35 winner, Bridie Hart. Vanessa Lord had an untroubled run to win the W40 grade ahead of Heidi-Jane Humphries (WLG) and Lee Grieve (STH).

The real excitement in the final lap came from the W45 grade, where Katie Jenkins faltered. Anna McRae took full advantage to secure the W45 gold, while Michelle Van Looy came past Katie for silver. Spare a thought for W45 Nicola Collinge (AKL) as the only MW not to medal.

W60 Carolyn Smith claimed an impressive scalp by taking gold to deny team mate Christine Adamson the top spot on the podium. Margaret Flanagan successfully defended her W70 lead, adding an additional 19s in the final lap to keep Loris in second place.

There were no W35 teams and only the one W50+ team, from Auckland (Carolyn Smith, Christine Adamson, Julie Mercer, Liz Hardley).

PHOTOS: Sharon Wray

The master's men grades offered some good contests, particularly in the M40 grade where the top five finishers were separated by just 45s.

M35 Iain MacDonald (WBP) and M40 Matthew Parsonage (WBP) were the early leaders through the first few kilometres, closely followed by a large group of M40s and M45 Nick Moore (AKL). At the back of the group sat M35 Geoff Ferry (WLG) and M45 Keith Burrows (AKL). As the race continued, M40 Brian Garmonsway (WLG), M40 Greg Darbyshire (AKL) and Nick Moore took turns at the front of the pack but the group remained a large one that only started to lose members in the second half. At the start of the final lap, the lead pack had shrunk but still consisted of seven members. With no chasers within 30s, M35 Geoff Ferry and M45 Nick Moore knew that it would take a disaster to stop them winning their age groups. The five M40s were still in a hot race: Greg Darbyshire, Sjors Corporaal (WBP), Dwight Grieve (STH), Simon Mace (AKL) and Brian Garmonsway. In the final lap drag-race, Sjors moved first to win by 14s over Greg. Simon seemed to have secured the third spot but a big finishing sprint from Dwight took the bronze medal and Simon was even outkicked by M45 Nick at the line.

In the over 50s, M55 Peter Stevens (WLG), M50 Wim Luijpers (AKL) and M50 Grant McLean (WLG) were running together with a tail of younger masters drafting. Peter won the M55 race without coming under any pressure from another M55 but Wim and Grant fought a fascinating duel. Wim commanded the

lead but remained under pressure until the last lap when Grant surged to the front in a bid for the win. Wim unleashed that famous kick of his to sweep back to the front and take gold by an eventual 16s.

A similarly close contest was taking place in the M60s between Peter Richards (CAN), Gavin Stevens (AKL) and Phil Sadgrove (WLG). Gavin fell off the pace during the second lap, leaving Peter and Phil running as a pair. Phil let Peter front-run and break the wind until the final few hundred metres, then he roared past Peter and opened up a 5s gap to win. John Gamblin, who spent the first half of the race sitting deep was rewarded for his patience as Gavin's fade continued and John came past Todd Kriebel to win the bronze medal.

Tasman's Graeme Lear had the M65 race in the bag early, despite the efforts of Gavin Smith (WBP) to keep him in sight. Ron McTaggart (CAN) was similarly chasing Gavin in vain. It was a similar story for the M70s. Barry Dewar (TAS) went to the front and while Graeme Adams (WBP) is known for coming through late in races, Barry had created far too big a lead to be caught. M75 Alan Jones (TAR) successfully applied the same tactic to win over John Shivas (WBP).

Auckland (Greg Darbyshire, Nick Moore, Simon Mace, Paul Crowhurst) won the M35 teams race, ahead of Waikato-Bay of Plenty and Wellington. The M50+ team went to Wellington (Grant McLean, Peter Stevens, Paul Hewitson, Michael Wray), with Auckland and Canterbury in second and third.



Vanessa Lord 1st W40



John Shivas 2nd M75

PHOTOS: Sharon Wray

PHOTOS: Sharon Wray



Sjors Corporaal 1st M40 making it look easy



Peter Stevens 1st M55 leads Wim Luijpers (5001) 1st M50, Grant Mclean (5006) 2nd M50



Ron McTaggart 3rd M65 followed by Barry Dewar 1st M70



Sasha Daniels (4506) and Paul Hewitson (5503) find time for a laugh. Mathew Rogers M40 tucks in for the ride.

PHOTOS: Sharon Wray



Nick Moore (4503) 1st M45 and Dwight Grieve (4008) was 3rd in the M40 grade



Grant Mclean and Wim Luijpers battle it out, Keith Burrows (4501) 2nd M45 tags along

NZ Road Championships - Masters Age Group Medallists

Men 10k

M35			
1	Geoff Ferry	33:57	
2	Iain Macdonald	35:05	
3	Michael Wanden	36:25	
M40			
1	Sjors Corporaal	33:20	
2	Greg Darbyshire	33:34	
3	Dwight Grieve	33:36	
M45			
1	Nick Moore	33:38	
2	Keith Burrows	35:12	
3	Dean Chiplin	35:51	
M50			
1	Wim Luijpers	34:53	
2	Grant McLean	35:09	
3	Mark Reid	36:55	
M55			
1	Peter Stevens	36:15	
2	Paul Hewitson	37:05	
3	Ken Walker	39:48	
M60			
1	Phil Sadgrove	39:03	
2	Peter Richards	39:08	
3	John Gamblin	40:35	
M65			
1	Graeme Lear	43:42	
2	Gavin Smith	46:30	
3	Ron McTaggart	47:26	
M70			
1	Barry Dewar	48:52	
2	Graeme Adams	50:08	
3	Andy Harper	53:34	

M75			
1	Alan Jones	1:00:58	
2	John Shivas	1:01:46	
3	David Trow	1:04:11	
M80			
1	Garth Barfoot	1:35:12	

Women 5k

W35			
1	Bridie Hart	20:34	
W40			
1	Vanessa Lord	20:36	
2	Heidi-Jane Humphries	22:49	
3	Lee Grieve	30:26	
W45			
1	Anna McRae	20:05	
2	Michelle Van Looy	20:40	
3	Katie Jenkins	21:32	
W50			
1	Julie Mercer	25:42	
W55			
1	Sally Gibbs	19:45	
2	Victoria Humphries	20:53	
W60			
1	Carolyn Smith	21:24	
2	Christine Adamson	22:09	
3	Judith Uhlenberg	28:23	
W65			
1	Liz Hardley	26:35	
W70			
1	Margaret Flanagan	24:36	
2	Loris Reed	25:07	



Lee Greive 3rd W40



Heide-Jane Humphries 2nd W40



Loris Reed 2nd W70

Running in Thailand

by Brian Hayes



I believe it's always a nice bonus for us 'Vet' runners and walkers when we unintentionally meet a fellow vet when visiting another part of New Zealand. Recently on a short trip to Nelson I bumped into Derek Shaw at a "second hand book festival". We started talking about our favourite hobby - running. I introduced him to my wife, Leang, who came from Thailand to work in New Zealand over 30 years ago. I mentioned to Derek that I had run five marathons in Thailand. There are a reasonable number of marathons staged in Thailand each year, plus a great number of half marathons, 10km and 5km races

My own long distance running really started with competitive marathon races in Wellington around 2002. However when I travelled to Thailand on my bi-yearly visits I was always reluctant to run longer distance because of the hot and humid conditions.

There are quite firm strategies used to manage hot temperatures for race day. Without exception a marathon in Thailand usually commences around 4.00 a.m. Several runners tell me that their training schedules are always early in the morning. They run for an hour or two in a cool 14 -19 degree temperature. A shorter distance concludes a session as it is then that the temperature rises. So it is always part of their training runs.

Marathon races in Thailand attract hundreds of local entrants as well as overseas runners. The half marathon and 10km events attract thousands of runners and walkers. On my yearly visit to Chiang Mai which is in Northern Thailand, I would always run an hour or so before the sun rises. Dogs can be a concern though, as they love to chase anything that moves. Fair enough. However I have only had a couple of light incidents. Perhaps they can see the short piece of bamboo in my hand - although, I would never use it.

The bonus training is the daytime sessions on a bike through the rice paddy field areas. Usually it is a very flat and even course, which is ideal cross-training to keep up one's fitness. The breeze

generated can be quite cooling especially if you keep your speed up. If you cycle close to the small rivers and lakes there will be, for sure, some very welcome cool breezes.

January 2009: The city of Khon Kaen in Central Thailand. It was marathon number fourteen for me, but my first marathon in Thailand. I arrived Saturday evening in Khon Kaen, approximately 2-3 hours north of Bangkok.

Early next morning I jogged from the hotel to the venue. A farmers truck stopped, there were a dozen runners on the back. I was asked to join them to travel to the start line. With their gesture of the "wai" - (hands joined, heads bowed) they welcomed me with the words Sar Wat Dee - hello/welcome.

It was 3.45 a.m. and I was excited and nervous while pinning on my race number. The full marathon listed 600 runners. About 40 overseas runners, who 'in the majority' were from Kenya, Ethiopia and the Republic of South Africa, were warming up near the start line and taking interviews from the media. There were a few other overseas runners, as well as several ex-pat New Zealanders who were employed as tutors at the nearby very large university. The half marathon attracted a further 700. A much large number, almost 8000, mainly university students and college pupils ran (or walked) an 11.5 km event. So all in all it was a big and busy day with nearly 10,000 entrants.

It wasn't too long before the starting siren blared and with the usual cheerful crowds roaring, plus the runners themselves, the race started. A group of 20 seemed to sprint the first 500 metres, down the straight and around a hairpin bend which took their route parallel to those behind them for a short few seconds. That was exciting. So around the hairpin we all went and then out towards the country side which was still very dark. It was very encouraging though to see the 20 elite fast leaders. I am sure that would have spurred many entrants to go a little faster at the beginning than they had planned.

Out into the darkness on the tarmac highway in 15 degree temperature, a bunch of ten of us, well back from the leaders, ran with little talking. Every 5km there was a drink station, plus watermelon or bananas. The course was still quite dark but we managed well enough. Dogs barked suddenly, but thankfully only briefly. We went around a large temple and then through its generous courtyards. Some monks were watching and sprinkling blessed water on to the competitors. The Thai runners would all "wai" to the monks.

I ran steadily with this group and although we did spread out a bit, I noted that there were five of us going through the half way point (near the start line) at 1 hour 34 minutes. From there on we passed onto a second lap of the course. This city is notable for the fact that dinosaur bones were discovered 50+ years ago and there are many proud references to this find. Museums are well stocked and even children's playgrounds are themed with

dinosaurs. We also saw a large "topiary" display of mammoths, dinosaurs and the like fossil near what looked to be a botanical garden.

Now nearing the finish line, we met up with the thousands of runners who were on the shorter distances. What a picture. Most of the runners wore yellow which is the national colour of their Kingdom. As the runners sped through a special outside lane to the finish tape we were cheered by those we were passing in the half and 10 km finishing chute. Big groups of university students had entered and at this stage of the race they were walking quickly. But, an unusual sight for Westerners perhaps - many of the students were holding hands, embracing, chatting and waving to the spectators and the runners. This is Thailand.

I was inspired by the efforts that others were making and I dug deep to sprint to the finish in 3:10:56. It was an agonising last kilometre for sure. Then when I recovered a little, I jogged back down the course to encourage Leang who was doing the half marathon. She arrived after a hard walking effort on the tarmac surfaces. Then we spoilt ourselves with a 10 minute leg massage provided for free to every entrant, followed by different plates of Thai food and Thai delicacies.

Feeling very proud I lined up on the stage later to receive a nice trophy for first in the M60 age group. My age adjusted time would have been 2:34:11. After the presentation, I had many questions to answer from other contestants about New Zealand. A very memorable day that very much "wetted my appetite" and I ran four more marathons in Thailand in the following 6 years.

Overuse Injuries

by Margaret Saunders

An overuse injury occurs as a result of repeated actions rather than a single action and is a very common source of injuries in master's athletes. The injury occurs when the repeated loading is above the level that the body can withstand. The actions of running, jumping or twisting may all contribute to overuse loads. Repetitive movements may cause injury to bones, tendons, muscles and ligaments.

Overuse injuries may be a consequence of many reasons. Some of these are:

- rapid increase in training volume or intensity;
- biomechanically incorrect technique;
- returning to training too quickly after injury or illness;
- muscle imbalance;
- poor strength;
- not enough recovery after competition or hard session;
- too many hard sessions;
- footwear which is ill fitting or requires updating; and
- increased risk in older athletes.

Overuse injuries can result from a small injury such as a minor muscle tear. If the muscle tear is undiagnosed or does not recover fully before training commences, then this area may become injured again as further stressors are applied. Thus, an overuse injury follows and more lasting issues may develop. These overuse injuries then take longer to heal.

Tendons attach the skeletal muscles to bones. These muscles may be very large or very small. The tendon bands of connective tissue made of strong fibrous collagen are much

less elastic than the muscles. However, they store energy when stretched, which is returned by springing back.

There are two general types of tendon overuse injuries. One is tendonitis which is inflammation of the tendon. Tendonopathy, or tendinosis, relates to the breakdown of collagen within the tendon.

Tendonitis symptoms generally occur where the tendon attaches to the bone and is associated with a dull ache, mild swelling and tenderness.

Tendonopathy will affect the range of flexibility and range of motion. Recent research has shown that tendonitis may be the result of tendonopathy. This new understanding has also changed the manner in which tendonopathy is treated. Anti-inflammatories, which relieve inflammation, were considered standard treatment but now it is believed that this treatment may slow down the healing.

Rest is important initially, but active recovery is important. Optimal loading allows the body to adapt and then heal, whereas rest does not allow this adaptation. Frequently the pain will resume when the training recommences if rehabilitation has not been undertaken.

No two athletes will respond in exactly the same way to the same training loads of a session. Perhaps because they have not recovered from a previous session, are undertaking a rehabilitation program or may be due to the age of athlete.

Early recognition of the signs of overuse is important to reduce the time lost from training and prevent the injury from becoming chronic. Determine the cause, set up a rehabilitation program and gradually increase the intensity and duration.

Agency Group 10000m Festival

by Michael Wray



Victoria Humphries leads Colin Price (69) and Willie Gunn (68) - Matyas James (72) follows



Sierra Ryland (centre) 2nd W35 leads Michele Allison 1st W65

PHOTOS: Sharon Wray

The Agency Group 10000m Festival held its third official event this year. Technically it's the fourth year as we started in 2017 without the branding and as a trial local event - a year notable in the memories of Wellington participants for the sprinkler system activating even though it was already raining, so we got wet from all directions.

Since "going national" in 2018, the event has created a reputation for being the biggest and fastest 10000m race in the country. In 2018 Nick Horspool break 30 minutes for a new M35 NZ record and also secured selection to the IAAF World Cross Country Championships. In 2019 Sally Gibbs set a new W55 World record. For 2020, the Agency Group hosted the 2020/21 NZMA 10000m Championships.

The NZMA 10000m Championships used to be held as part of the NZMA Track & Field Championships weekend, but not since in 2017 in Nelson. Holding the 10000m as part of the NZMA T&F Champs weekend was proving problematic, with numbers reducing - in part because it is a difficult event to double-up with others - and it taking a considerable chunk of available track time. These reasons, incidentally, were the same that caused World Masters Athletics to drop the 10000m from their programme after 2016.

For the first three years, NZMA tried partnering with Athletics NZ and holding masters grades within the overall race. This was an attractive experiment for ANZ; seniors weren't turning out in numbers for their champs either and perhaps we'd reach a critical mass together. Inglewood and Auckland both played host during these years and neither venue was able to bring in a significant improvement in numbers. Each time we had just three to six masters runners.

This year, we had 53 masters enter. With seven DNS, 46 started the race to make this our largest 10000m Champs for

many years - possibly our largest field ever. We didn't have as many entrants travel to Wellington from other regions as we would have liked. This has been a common theme in 2020, for obvious reasons. We were glad to welcome visitors from Waikato-Bay of Plenty, Taranaki and Manawatu-Whanganui but our Auckland, Canterbury and Otago runners were all in the senior grade. And if we're to be hard-nosed about it, hardly any local masters came out when the races were held in their own province 2018-2020 so if Wellington runners are the only ones willing to support the event then they deserve to dominate the medals.

With the seniors, the total number of entrants was 110. Hence, three races were held, with entrants assigned to their race by their seeded time. The three heats were dubbed the Elite, A and B races. The overall results are achieved by aggregating the three heats, just as World Masters Athletics did before they dropped the event from their Championships.

While the event has now reached championship status, it remains committed to maintaining its core ethos. Entry is free of charge and all speeds are welcome. Our slowest competitor this year took 73 minutes and was applauded to the finish.

Wellington has a reputation for throwing challenging conditions at its runners. This year we're still waiting for summer to arrive and December has thus far been a little cold, wet and windy. There was a brisk wind, particularly in the first race, but it gradually settled down as the early evening drew in. The first race competitors also had a short shower to endure for a couple of laps. The advantage, however, of being in the first race is you get to exploit the licensed bar and take your drinks onto the specially set-up area in lane four of the home straight to watch the later races.

Overall honours in the M35 race were decided in the Elite race, where Nick Horspool stayed close to Hiro Tanimoto until

about three laps to go, when the roles were reversed and Nick raised the tempo for a 10s win in 31:37. As an overseas visitor here on a work visa, Hiro was racing for a guest medal. Geoff Ferry claimed the national silver medal, from within the A race, where his 33:01 produced a 60s buffer on third (Alasdair Saunders).

In the M40s, Dan Clendon ran 33:03 to take gold by four minutes on James Waite. The race for the third M40 actually took place in the B heat. Bill Wang held the position for the first half but faded a lot over the final 10 to 12 laps, allowing Adrian Macquet to claim bronze by a little over 30s in 41:35.

Stephen Day cleaned up in the M45s but came close to failing to finish as he pushed himself to the limit in an attempt to take the Wellington age group record. His legs were gone in the final 100m but he made it to the line before going to ground. We had medical support on hand, who looked after him and facilitated his recovery. Stephen's 33:11 was 28s short of the record and most of those seconds were lost in the final lap. Simon Keller was second and Paul Barwick third.

Grant McLean was dominant in the M50s, lapping second place Michael Wray en-route to a new M50 Agency record of 34:13. Jim Jones was third and despite failing in a late bid to take silver from Michael, fourth place Bill Twiss never worried Jim.

Peter Stevens added the M55 Wellington record to his collection, having bettered the M55 1500m record a couple of weeks previously. Paul Hewitson claimed second place. Bruce Atmore was running a little slower than usual, as his return from injury was only completed in recent weeks, but did enough to hold off Glen Wallis for bronze.

Dave Holland dominated the M60s, lapping Ian Morton several times. It's worth noting that the Wellington 10000m Track Walk Champs concluded just before the 10000m Champs began and Ian was one of three walkers doubling-up. While Ian was the only walker to complete his run, the effort of completing 25 laps twice in quick succession took its toll and Ian had to focus on earning his silver medal instead of challenging Dave.

Masters Age Group Medallists

M35			
1	Nick Horspool	31:37.32	
2	Geoff Ferry	33:01.29	
3	Alasdair Saunders	34:02.26	
M40			
1	Daniel Clendon	33:03.70	
2	James Waite	37:05.62	
3	Adrian Macquet	41:35.56	
M45			
1	Stephen Day	33:11.65	
2	Simon Keller	36:05.88	
3	Paul Barwick	37:28.64	
M50			
1	Grant McLean	34:13.90	
2	Michael Wray	37:15.24	
3	Jim Jones	37:23.24	
M55			
1	Peter Stevens	34:49.58	
2	Paul Hewitson	40:00.67	
3	Bruce Atmore	45:06.17	
M60			
1	Dave Holland	42:16.18	
2	Ian Morton	63:03.68	
M65			
1	Gavin Smith	46:40.62	
M70			
1	Graeme Adams	46:28.80	
2	Brian Hayes	46:30.01	
M75			
1	Alan Jones	56:41.48	
W35			
1	Ingrid Cree	37:44.56	
2	Sierra Ryland	44:41.16	
W40			
1	Marketa Langova	52:35.14	
W55			
1	Victoria Humphries	42:10.27	
W60			
1	Betty Harp	45:38.50	
W65			
1	Michele Allison	44:41.87	

Gavin Smith had an uncontested run at the M65 gold when Richard Owen had to withdraw shortly before the start. Similarly, Alan Jones had a solo run in the M75s. Nevertheless, we had a good contest in the M70s between Brian Hayes and Graeme Adams. Brian set the early pace, while Graeme kept his rival in sight never letting the gap grow to more than 50m. Inside the final kilometre, Graeme made a move to the front. Brian gave chase and tried to set-up a finishing straight sprint to win, where Graeme - who I'm not sure knew Brian was back just behind - got to the line in 46:28.80, just 1.21s ahead of Brian.

The fields were a lot thinner in the masters women grades. Ingrid Cree was first MW overall on her way to winning the W35 grade, some way ahead of second W35 Sierra Ryland. Mel Stevens was the firm favourite in the W40s but her DNF handed Marketa Langova the win. Similarly, Betty Harp was the sole finisher in the W60 grade when Terri Grimmett stopped half way in, though Betty was some way ahead by the time Terri withdrew.

Victoria Humphries impressed in her winning W55 performance, knocking 26s from the Championship Record.

The run from Michele Allison was the centre of attention in the B race, with Michele having declared her intention to go for the NZ W65 record. In the preceding month, Michele had secured the 2000m Steeplechase, 3000m and 5000m NZ records. Michele ran very even splits until flirting with danger by stopping a lap early. Her lap scorer and the onlookers, aware of the need to run a final lap, yelled excitedly, sending Michele off on another lap. Michele finished with 44:41.87 to take the record by nearly two minutes. Post-race, Michele said if she'd been looking at the clock when she'd miscounted the laps she'd have known there was one to go. As it happens, she ran her final lap with such a panic-fuelled burst of pace it probably made up for the few seconds where she'd stopped prematurely.

Next year, we plan to partner the NZMA 10000m Championships with The Agency Group 10000m Festival again so make sure you come to Wellington. Whether you run or choose to spectate, it's a great event.



Michele Allison coming into the finish line to be told she has one lap to go and still goes on to break the NZ W65 record



Ingrid Cree 1st W35 leads Matthew Berg (DNF)



Betty Harp 1st W60



Brian Hayes 2nd M70



Simon Keller 2nd M45



Geoff Ferry comes in to the finish line 2nd M35



David Holland 1st M60



Ian Morton 2nd M60 10,000m after already completing the 10,000m walk



David Holland 1st M60



Nick Horspool 1st M35 crossing the finish line



Adrian Macquet 4th M40 strides out to the finish line



Nick Horspool 1st M35



Adrian Macquet 4th M40 followed by Terri Grimmet who DNF after completing the 10,000m walk earlier



Alisdair Saunders 4th M35



Grant McLean 1st M50



Bill Wang 3rd M40



Peter Stevens 1st M55 and a new Wellington record



Alan Jones 1st M75 (with shoes on)



Podium M35 10,000m left to right Hiro Tanimoto (2nd overseas guest) Nick Horspool 1st and Geoff Ferry 3rd (2nd national title)



Bruce Atmore 3rd M55

PHOTOS: Sharon Wray



Simon Keller 2nd M45 leads James Waite 2nd M40



Marketa Langova 1st W40



Dan Clendon 1st M40



Marketa Langova 1st W40 and Don Stevens (DNF)

PHOTOS: Sharon Wray



Bill Twiss 4th M50



Still together through the first few laps - from R to L: Bruce Atmore, Michele Allison, Sierra Ryland, Adrian Macquet, Betty Harp, Darcy Mellsop and Gavin Smith



James Waite 2nd M40



Adrian Macquet 4th M40



Bill Wang 3rd M40



Hiro Tanimoto 2nd M35 (overseas guest)



Peter Stephens 1st M55 and a new Wellington record

Reminder: Regarding Health & Safety

A recent H&S incident at a masters 'Have a Go Day' is a timely reminder of the need for H&S plans at all track and field meets to help ensure everybody remains safe. H&S briefings of athletes and officials before the commencement are essential. There are lots of potential risks and dangers associated with throwing events so it is vital that there are mitigations such as putting out warning signs and taping off the areas. It is crucial that everybody takes health and safety seriously so that they return home safely after meets so please be vigilant and careful.

Are We Smart Or What?

by George White

As masters athletes we are biased of course, but now there is science to back the thought that running (and race walking) makes you smarter. Even the Greeks and Romans believed that there was a strong link between exercise and intelligence. In recent decades, neuroscience has caught up, indicating that a sound mind flourishes in a healthy body, and of course we all know a good run is a boost for the body, spirit and mind.

The health benefits are well-established - running is an excellent cardiovascular workout that burns excess fat, improves circulation and helps regulate blood glucose levels. Running's positive impact on mental health has received a good deal of confirmation too with studies suggesting that vigorous exercise keeps the brain bathed in endorphins, which counteract depression and help maintain a positive frame of mind (including the "runners high"). It also reduces levels of the stress hormone cortisol which can have many deleterious effects on the body. Further, mental capacity depends on glycogen to keep it operating and studies show regular runners have higher levels of glycogen in reserve and this is associated with cognitive sharpness and mental resilience.

Research suggests that running can boost brainpower through a process called neurogenesis - the process of creating new neurons in the brain. It has been recognised that a varied and stimulating environment is associated with intelligence. As an example, laboratory animals exposed to colourful and diverse toys show more neuronal growth than those in less stimulating environments. But animals also given running wheels even if they don't also have the other stimulating factors appear to have the richest neural networks of all i.e. while mental stimulation is important for brain health; physical stimulation is even more powerful. However while running will create new brain cells it doesn't necessarily make you smarter, it just creates a new framework on which you can build knowledge.

It appears that to really reap the benefit, the exercise has to be aerobic and sustained. High intensity interval training had minimal effect and weight lifting, none.

Scientists at the US National Institute of Health (the largest biomedical research agency in the world) have identified a protein - cathepsin B, which they believe may be the key to enhanced neurogenesis. Runners have elevated levels of the protein in their bloodstreams (it is instrumental in helping tired and sore muscles recover) and higher levels are correlated with improved scores on memory tests and other measures of mental function. In particular, in controlled studies, those whose fitness had increased the most - not only had the highest levels of cathepsin B in their blood but also the most-improved test scores.

But why does the body reward us with greater brain power because we run? It probably all boils down to natural selection. Evolution doesn't require us to be healthy or to have pleasant

experiences - it is only really interested in us staying alive long enough to reproduce - it is not interested in our well-being! One explanation (as a masters athlete here is that bias again), that fits the facts is that the hunter-gatherers of prehistory had to have the ability to outrun their prey or attackers. The many evolutionary tweaks that make it possible to run for 10km or more on a hot day mean that even though we are slow in a sprint, we can chase down almost any animal on the planet to the point of exhaustion over longer distances. This was a risky activity because it required hunters to leave behind the places they knew in the pursuit. The navigational skills of the brain had to step up and do all the work. So those who adapted this brain cell growth response to distance running were more likely to find their way back to their tribe, and consequently, to survive. The growth of new brain cells and the enhancement of spatial memory that comes from endurance running is basically an evolutionary safety net.

In practical terms what does exercise enhanced neurogenesis provide?

1. Sharper focus. It appears that a person's focus improves for 2-3 hours after exercise. If you're having a hard time concentrating at work, try to run for at least 30 minutes before going to the office.
2. Greater retention. At the University of Illinois 21 students were asked to memorise a string of letters and then were subsequently required to pick these letters from a list shown to them. After this, they were required to do one of the following: sit quietly, lift weights or run on a treadmill. They then re-took the test with the students who ran on a treadmill being quicker and more accurate when compared to those who just sat or lifted weights.
3. Creative thinking. Studies show that moderate aerobic exercise enhances creative potential with the greatest effect on creativity 2 hours after exercise.
4. Productivity. The International Journal of Workplace Health Management did a study on the effect of exercise on productivity and it was found that those who did aerobic exercises were on average, 23% more productive at work.
5. Efficiency. Being able to run on a regular basis requires planning. When you have a busy schedule it's not easy setting aside hours each week for running. Running improves the functions of that part of the brain that is responsible for planning, organizing and multi-tasking.

And of course by preserving neurogenesis - running helps prevent dementia.

We run out of ideas, jog our memories and race to conclusions. So one of the best ways to kick-start your creativity may be to step out the door! Running won't make you as smart as Einstein but it's good to know it is one of the best ways to improve your emotional well-being, and your physical and mental health.

To Go Faster You Don't Need More Speed

by Lance Smith

A hypothetical conversation but it does happen..

"In one sentence, what is the purpose of your training? Why are you training?"

"To get faster"

"But you are fast enough already".

"So, why aren't I winning races?"

A good question. The answer to our hypothetical athlete is simply he is fast enough but he isn't strong enough. He has enough speed to run a sub 4-minute mile, a M60 sprinter has enough speed to run a 52" 400, a W40 the speed to run a 1.52 800. So why can't they? Most athletes can run a 15" 100m, the speed you need for 4-minute mile, A masters sprinter who can run 13" for a hundred has the speed for a 52" 400m. A 1.52 800 is 14" per hundred and a 40 year old masters woman can manage that. What they can't do is put 16 x 100's or 4 x 100's or 8 x 100's together at the required speed without any breaks.

The purpose of training therefore is not to get faster, but to delay slowing down. Speed, however, comes into the equation as cruise speed and race speed is a percentage

The Sprint Dip

by Lance Smith

You practise block starts, but what about the other end?

There is no doubt a well-timed and executed dip on the line has won many a sprint race. It is a skill that must be developed and perfected. BUT be careful. A mistimed or badly executed dip can also lose races.

Masters athletes should be discouraged from dipping unless they are experienced sprinters and the dip is a practised art of their repertoire. Instead, imagine the finish line is actually 5 metres beyond the real line and you must drive hard for it.

This puts you at your fastest as you cross the line with sound biomechanics for effective running.

Consider the possibilities:

- Athlete dips too early and camera times the hips crossing the line* - and hips are being pushed back so are slowed in comparison to CoM

of your top speed. Increase top speed and the percentage goes up too.

But the important factor is, whatever the percentage of your top speed, if you select the right pace and delay the point of having to slow down you'll go faster in a race - not by improving speed but by improving strength (In this case strength = endurance = fitness).

The principle applies to mid distance, marathons and sprinters too - even Usain Bolt slows down in the latter part of a 100m.

But there is one golden rule that must be remembered - use it or lose it. The speed aspect must always be practised so when needed it's there.

A personal consideration - I like athletes to practise relaxed faster running (i.e. 4 or 5 x 100m of stride outs) at the end of an endurance run, be it an easy aerobic run, steady tempo run or fartlek session on fast twitch muscles (the speed ones) are called on towards the end of a race, when you're tired. So, I like these muscles and the associated neural system to experience the same sensation - of having to work a bit when they least want to.

- Bending forward tends to force butt back, reducing stride length.

- Butt pushed back can lead to pelvic tilt that can reduce knee lift and therefore reduce force into the ground (less force - less push - reduced speed)

- Bending at waist loses extension and 'running tall'. (High CoM of hips, a must of all running).

Sure, the action is bending forward with top half of body. But with young and masters athletes it can end up bending back the middle half of body.

Treat the finish the same way you treat the start - practise it. You practise block starts often enough. Do likewise for the other end.

*** Editor's Note:** The photo finish camera operator selects the front part of the upper torso for timing purposes (not the hips).

Thrower Profile: Rene Otto

by Laina Inivale

Parting is such sweet sorrow. As your eyes grace these pages, Rene and family are making the most of their new life in Queensland. Teaching at Yeppoon High State School, Rene has registered at the Central Queensland University Athletics Club, home to well known fellow Masters thrower, Tim Lowrey (*Vetline* Centrefold Oct 2019).

There will always be a bed for you in Rockhampton. Rene Otto, forever adopted son of NZ.

As a teenager, Rene represented the Natal Province at the School Regionals for shot put and discus. Athletics then took a back seat to life and rugby. He turned out in the first Super 12 season in 1996, for the Lions training squad reserve lock/flanker. The year after he emigrated to Whakatane to teach, his children (Anette & Etienne) were born.

Because we have no relatives in NZ, but we have athletics in common, you are our family. Rene Otto, Masters thrower, fierce competitor with bigger heart.

In the early days of joining the Whakatane Athletic and Harrier Club, Rene's modest aims were to just compete at the club, but talent and drive can only be contained for so long. He sort of added the hammer and weight throw to his throwing repertoire in 2000. Not knowing where to source these implements, he made his own (as you do) hammer and weight throws by melting 7.26kg and 16kg of lead into tin containers, using number 8 wire for handles, wire and substitute chain. He competed using 'real approved' hammer and weight throws for the first time at the 2003 NZMA North Island Track & Field Champs in Hastings. To the comical dismay and disbelief of his peers, Rene unleashed his unorthodox heretofore previously unknown throwing technique 'over the head flick', upon the throwing world.

The World Masters Games (WMG) have been the vehicle of pivotal moments thanks to Rene's number one supporter 'Rene whisperer', wife

Annerise Otto.

The 2009 WMG in Sydney provided the impetus to start getting serious about Masters athletics, with Rene winning bronze medals in the heavy weight and shot put. It was also the catalyst for his biggest disappointment/highlights to date. Inconceivably during the throws pentathlon, Rene fouled all three hammer throw attempts, so scoring 0 points. Distraught, despondent and wanting to give up, Annerise encouraged Rene instead, to just go out and enjoy himself for the rest of the pentathlon, as there was no longer any pressure on him. Persevering, against the odds, Rene finished in 5th place. The very nervous bronze place-getter survived Rene's late charge, to score only 200 points more.

The 2017 WMG in Auckland dawned with Rene not having done any training due to the heavy coaching and organisation workload of his students. Rene was wondering whether to attend at all ... cue the steady voice of Annerise, who said to just go out and enjoy himself. The rewards, despite tough large competitive fields, were three bronze medals in the hammer, discus (PB over 40m) and throws pentathlon. You couldn't wipe the smile off his face. Grant Chapman (former NZ Senior Decathlon Champ) wrote about the tense M50 discus event in a NZ Herald piece that can still be googled, called "Masters Games: They don't drug-test losers".

You may think I'm fanatical about athletics well I am. Rene Otto philosophising with Annerise.

Remaining a Waikato/BOP Masters member, I understand Rene will continue to represent NZ in international competition (no pressure Rene). Rene credits the following throwers for inspiration, the late Laurie Devlin, Kevin Bradley, Mark Flaus, Lester Laughton, Rick Davison and Christine McCahill.

I have felt the sharp pangs of defeat by Rene at the 2012 NZMA Track & Field Champs in Auckland. M45 Rene was the first master's shot putter to

defeat me, with an intimidating 12m on his first throw. He emphatically passed all subsequent rounds and after 6 rounds, I could only limply reply with a 10.83m put. I have been wary and respectful of my friend ever since.

Rene Otto has been an awesome coach to me for the past 5 years. The great thing about him is that he knows what it's like to face challenges at trainings and competitions and helps us to overcome them. He puts in the effort to get to know his athletes at a personal level so he can do the very best to help them and open up new opportunities. He is truly an amazing person and I'm glad I have been able to get to know him and his family. Mykahla Watson Year 13 student and hammer thrower.

In his other life, coaching has also consumed his energies, singlehandedly using throwing to breathe life into the local community. Being the Deputy Principal of Decile 3 school Edgumbe College with a student roll of circa 300 students drawn from the Edgumbe community (population 1,600 souls), Rene organised a hammer cage, shot put circle and shipping container (housing the throwing implements and BBQ). Disproportionately, three of his students made the NZ Athletics Team as hammers throwers in the Oceania Area Athletics Champs in Fiji and Cairns. Gold and bronze medals were achieved by Caleb Moore and Rebecca Muggeridge. All events and trips for the students athletes were fully fundraised by student BBQ sausage sizzles (courtesy of Bunnings Whakatane) and marshalling road races to the tune of \$25k per year. The local newspaper 'The Beacon' and radio station supported these endeavours with wide coverage of their exploits.

I actually found you a bit of a pain, because we had a really good situation going on at Waikato/Bay of Plenty Secondary Schools Athletic Champs. 3 or 4 hammer throwers would come along each year for maybe 30 odd years and there was never a problem. Then I heard from the Chairman, there's this guy Rene Otto he wants to bring thirty hammer throwers and we can't fit them in! But we did fit them in unfortunately he has caused me a problem ever since, right through the Secondary School Athletics Champs... John Tylden, NZ Secondary Schools Athletics Association (NZSSAA) Executive/Life Member.

Not content to be world famous in Edgumbe, Rene dreamed a crazy vision for the Guinness Book of World Records, to recognise the first athletics competition in the world on the 1st January each year. The logistics and cost for Guinness certification proved prohibitive, but he ran the first inaugural athletics meet anyway in the world for the year 2017, from the purported throwing capital of NZ, Edgumbe College. Subsequent years have been well patronised by many NZ throwing luminaries such as Anthony Nobilo, Mark Cumming and Bev Savage etc. The memory of my wife winning her first throwing medal there is priceless.

... He has dedicated thousands of hours to our students, helping them achieve brilliant results and many many medals. Thank you for such a positive contribution to our school culture, Mr Otto, we really appreciate you! Edgumbe College Board Of Trustees, 2020.

2020 brings a fitting close to 24 years of Rene's athletics body of work in NZ.

- Many Waikato/BOP Master Athletics throwing records.
- He has held NZMA TP record, Oceania TP & WT records, and has loved mixing it up with the best throwers from Australia such as Todd Davey and Stuart Gyngell.
- 52+ NZMA National titles.
- Team Manager, 2020 NZ Secondary Schools Athletics Team to Australia (trip canceled due to COVID-19),
- Edgumbe College Athletics Team, 2020 Sports Team of the Year (I wonder at what other NZ colleges this would be possible).
- Son Etienne Otto, 2020 Sportsman of the Year, Edgumbe College.
- Rene Otto, 2020 Service Award by John Tylden, NZSSAA Executive.

Kia hora te marino, kia whakapapa pounamu te moana, kia tere te karohirohi i mua i to huarahi. May peace be widespread, may the sea glisten like greenstone, and may the shimmer of light guide you on your way.

Taranaki

by Vicky Jones



Alan Jones 1st M75 (without shoes on) in The Agency Group 10,000m Festival

With the rollercoaster ride that has been 2020 meaning the reduction in competitions to prepare for, conditioning I feel has been the name of the game. We would normally be having the North Island Masters Track and Field Champs, but rue the misfortune that there has been no takers to make it happen. We appreciated the invitation to attend the South Island Masters competition, but I haven't heard of any of us in the 'Naki taking part. Thus there is little to report on this front.

There has been one event during this period that has been of import - the NZ Road Champs which were held in Auckland on November 7, with a handful of masters teaming up with some young guns to represent the centre. Mike O'Sullivan finished 8th in the M40 grade for the 10km in 36.49 while Alan Jones fended off his competition in the M75 grade, claiming gold in a time of 1.00.58 for the 10km.

In the meantime, we have been enjoying being able to run our regular club track nights and embrace the track season. We are gradually getting the word out amongst local masters to get involved when the NZ Masters Athletics Track and Field

Champs roll up at the end of February. Early signs in terms of numbers participating on club nights and performances bode well for strong local support of the champs.

Of more immediate interest is the initiative by Oceania Masters Athletics to run a virtual competition over the course of January to fill the void left by the postponement of active competition in Norfolk Island.

Probably the most important news of this last quarter has been the election of Karen Gillum-Green as ANZ Vice President. This has come after her stepping down as President of Athletics Taranaki and passing on the reins to Jason Cressingham. Words cannot sufficiently express our delight in this honour and how overwhelmingly proud we in Taranaki are of her and all she has done and achieved for athletics in Taranaki in all areas. She was rightfully acknowledged publicly at the Tikorangi leg of the Nexans fun run/walk series which is open to all comers.

So it is with relief we bid farewell to 2020 and the highs and lows it has wrought us, and look forward in hope and anticipation to 2021. Until then, the main thing we can all do is keep on running (and walking!).

PHOTO: Sharon Wray

Northland

by Judith Stewart

Northland Masters have been busy competing on the roads, with our local champs being held at the end of August in warm weather. Ian Calder was overall winner of the men's race, with John Kent being the first M70. Judith Bradshaw was the first in the W65 age group, while Judith Stewart took the honours in the W70 grade. Margaret Crooke was the first walker.

The local half marathon was held in atrocious conditions with Ian Calder the first male home. The numbers participating were down due to those living south of Te Hana not being able to travel to the race. In contrast the Kerikeri half marathon had big numbers and a glorious day. Judith Bradshaw and John Kent once again won their age groups. Ian Calder also competed and won his age group but ... the 2020 race started half an hour earlier which was well advertised and the start area was the same as usual. Ian was having his toast at home

at 5am, approximately an hour drive away from the start. Not sure whether wife Heather is to blame or cool calm Ian but he arrived at the start just as the runners took off. Now Ian has only competed five times previously in this event ... we will be checking future events waiting for Ian.

While the Kerikeri half was happening we had Clasina Van Der veeken in Queenstown walking the half marathon. Congratulations to all on your performances.

Garry Little, who lives in the Kaitata area, has offered to do some race walking coaching so we will see if we have any interest. We hope to have a night of miles on 15 December so hope to get good numbers along.

Best wishes to all for the festive season and be safe.



Peter Richards (6005) 2nd M60, Gavin Stevens (6007), and Phil Sadgrove (6002) 1st M60 at the first turn early in the race

PHOTO: Sharon Wray

Waikato/Bay of Plenty

by Murray Clarkson



Gavin Smith 1st M65 in The Agency Group 10,000m Festival

With covid restrictions now at bay, we have managed to hold two successful "Have-a-go" days and a Christmas meeting. These events are in addition to the Centre meetings for those who either belong to NZMA & ANZ and those ANZ age group athletes who opt not to join us. Several took the advantage of being able to join us and enjoyed the experience. There are a number of potential new members looking for the opportunity to participate without the pressure of belonging to an athletics club. The results of these events are on our website.

Tauranga hosted the NZ Secondary Schools Championships on 11 - 13 December 2020. This involved 1260 athletes and a raft of supporters. It was a successful meeting with some notable performances.

Our twilight meeting on 1st January saw a feature 1500m open race with our top athletes. Despite a strong wind, a fantastic time of 3.36.66 was recorded by Sam Tanner with the next 3 runners (Hamish Carson, Julian Oakley and James Preston) under the 3.50 mark. The Waikato/Bay of Plenty 3000 champs



Sally Gibbs 1st W55 in the NZ Road Champs

were held in conjunction with this event, with Hayden Wilde comfortably winning the open men's race in 8:23.62 and Anneke Grogan the women's in 9:59.55. Masters athletes who took titles included: Gavin Smith (M65 12:57.78), Graeme Adams (M70 13:48.85), John Shivas (M75 17:13.98), Charlotte Bartram (W35 12:55.65).

We now enter 2021 with interest as our WBOP Masters Track Champs are being held on 24th January. If present indications are anything to go by we will have a good range of members and new visitors taking part. Our traditional Trophy Day takes place on 14 February.

On a personal note, Fay & I will be fully involved with School athletics over the month of February plus squeezing in the NZMA Nationals and ANZ Nationals within this time.

We hope that our other Centres are still able to conduct meetings independently of the ANZ centres as the athletes in our region really appreciate the low key atmosphere.

PHOTOS: Sharon Wray

Manawatu/Whanganui

by Jen Fee

Well, 2020 has been pushed aside with a sigh of relief and although I think we have a way to go before things are back to the way it was – we have learnt a new vocabulary in this new norm ...

In the meantime, I am sitting inside hiding from the heat, wondering how I am going to survive competing in events on days like today! Am I the only one that thinks the humidity levels are higher than usual? I never have liked it overly hot ... and yet I chose athletics ... Mmm, just as well I love the sport I suppose!

Back to the regional update! Here in our region, we have managed to hold 4 mini events – a casual collection of meets with hand timing, flexible event lists, good company and sometimes with amazing results!

In our most recent event Francie Bayler managed to break her new NZ triple Jump record not once but twice! Finishing

with 5.80m, but due to the lack of a wind gauge we can't send it through as official...we might just have to get more technical for our wee meets as I can see her doing this again!

We have welcomed a new member to the club, and he is training hard, keeping up with his twin 15-year-old daughters! We look forward to his times dropping in the near future!

The results of all the Spring Meets are below.

We now turn our focus to the Colleen Blair Memorial Challenge Meet on 30th January here in Palmerston North. This is our annual event competing for the Shield against our near masters centre's of Hawkes Bay/Gisborne, Taranaki and Wellington.

Then the NZMG athletics meet in Whanganui the following weekend. A great time catching up with casual competitors that come out of the woodwork every 2 years here and trying to encourage them that we can help if they want more!

MWMA Spring Meets Results 2020		60m	100m	300m	400m	Shot Put	Hammer	Javelin	Discus	Weight	HJ	LJ	TJ
Francie Bayler	W80	11.9s	20.6s			5.04m	13.71m	8.85m	10.34m	5.64m	DNS	2.52m	5.80m
Jill Evans	W70	14.2s	25.6s			7.21m	21.60m	13.35m	16.91m		DNS	DNS	
Jen Fee	W55	10.6s	17.5s			7.70m	26.91m		22.95m	9.69m	DNS	DNS	
Raewyn Grigg	W50	10.1s	17.2s	69.7s	01:48.0	8.60m	23.87m	20.28m	21.34m		1.20m	3.47m	7.26m
Dale McMillan	W50	9.2s	15.5s	58.9s	01:20.0	8.37m	DNS	20.54m	15.26m	7.00m	1.00m	3.39m	
Laurie Malcolmson	M70	9.5s	15.7s			8.02m	28.11m	26.08m	26.93m	13.76m	DNS	DNS	7.46m
Brian Curry	M55	8.9s	14.5s	53.7s		8.74m	23.37m		29.00m	10.30m	1.40m	4.13m	7.26m
Adrian Stockill	M50	10.9s	17.3s			10.39m			39.78m			3.26m	
Mike Shepherd	M75	15.2s				7.52m		11.49m	23.75m			2.23m	5.67m
Mark McFarlane	M55	8.4s	13.7s	44.9s	01:12.0	7.45m		21.57m	22.16m			4.61m	9.45m
Gary Rawson	M60	8.2s	13.8s									4.25m	
Vern Collett	M45	8.2s		45.6s					20.81m				
Jim Blair	M85					6.76m			16.31m	8.12m			
Peter Hansen	M80	12.7s	22.1s		02:05.0	8.07m							
Vanessa Pendergrast	W40					7.65m							
Beryl McMillan	W70					6.53m							

Wellington

by Michael Wray

PHOTOS: Sharon Wray



Peter Stevens takes a Wellington M55 record in the 1500m at the regional track meet in Masterton

The Wellington Marathon and Half Marathon Championships were both held on the same day as part of the Wairarapa Country Marathon. Ordinarily we wouldn't have both events running simultaneously but the cancellation of both the Pelorus and Wellington Marathon events earlier in the year left us with no choice. Hence, our endurance runners had to choose which championship to contest.

Geoff Ferry (Scottish) won the masters men in the marathon in 2:44, over an hour ahead of Masterton's Graeme Tindall. Ingrid Cree from Olympic won the masters women; her time of 2:55:04 set a new Wellington W35 record. Annie Jerling (Masterton) claimed silver. We didn't have any M50+ contestants and only one W50+, in which Rebecca Edgecombe claimed the gold.

The half marathon gold went to Brian Garmonsway from Trentham, who ran 1:14. Alasdair Saunders (Scottish) finished in 1:15, 23s ahead of clubmate Paul Barwick. In the master's women, Mel Aitken was less than a minute ahead of Mel Stevens. Lindsay Barwick took the bronze to make it an all-



Michele Allison takes a National Steeplechase W65 record in Masterton at the regional track meet

Scottish podium. Paul Hewitson (WHAC) ran to a comfortable win in the M50+ grade, just as Graeme Butcher (WHAC) had a good buffer over third placed David Hood (Trentham).

The traditional season closer is the Bernie Portenski Memorial handicap race, around Titahi Bay. This year the winner was Annie van Herck, who ran hard to exploit a generous handicap and make the most of the opportunity.

Track and Field has now started and Wellington has started up a twilight track series, which Scottish host at Newtown Park on a fortnightly basis. Between that, the Regional League meets and the Agency Group 10000m Festival, we've seen some fine performances.

Peter Stevens has set new Wellington M55 records in the 1500m and 10000m, while Michele Allison has been collecting NZ W65 records in the 3000m, 5000m, 10000m and Steeplechase. As I write, the Whanganui Marathon results are coming in and while it is yet to be confirmed, the word is that Michele has just run a NZ W65 Half Marathon record.



W50+ podium - left to right Michele Allison 2nd, Victoria Humphries 1st and Betty Harp 3rd - 10,000m



Podium M50 10,000m left to right Michael Wray 2nd, Grant McLean 1st and Jim Jones 3rd

PHOTOS: Sharon Wray

Canterbury

by Andrew Stark



Bernadette Jago battling the head wind in the 1500m

The Opening Day of the new season at Nga Puna Wai was held on 17th October 2020. As per last season, fewer athletes of all ages are attending with only 9 masters participating. The largest group in Canterbury are the under 16 & 18 athletes, making up over two thirds of the competitors each week. Currently, NZMA / CMA stand alone members are about 20, with the bulk of our members being Athletics NZ club athletes.

As a few of our 'more mature throwers' become even more mature, the challenge for some to compete within the interclub programme has proven too difficult. Fortunately, the venue at Nga Puna Wai allows us to hold our own competition on the outer second track area. With the help of Anne & Rick Davison, this group have started running their own competition. The benefit is that they can offer three events each week rather than two and there is less time spent waiting between throws. Our sprinters and distance athletes are still happy to compete within a normal interclub programme.

Athletics Canterbury introduced a series of five twilight meeting during November and early December. These were held on a Thursday night and while aimed at community runners, local club athletes were also able to compete. Average attendance was about 80 competitors per meeting and from these meetings we gained two new CMA members. Athletics Canterbury has a General Manager (Ian Thomas) and he also



Victor Lusi in the 400m sprint at Nga Puna Wai

took advantage of competing in the 60m at one of these meetings.

On 20th December, the Jack King Memorial Throws Pentathlon was held at Rawhiti Domain. While only eight throwers took part, Brian Senior (M80) produced a world class performance scoring 4187 points which was a NZMA & CMA record. In the process he also broke the NZMA / CMA hammer & weight throw records and set CMA records in discus & javelin.

Another stand out performer so far this season has been John Campbell (M55). Previously from Auckland, and having lived in the USA for several years, John has settled in Christchurch this season. He regularly competes in the seeded sprint events and has broken CMA records in the 60m (7.73) and 300m (40.22). In the 200m (24.83), he broke the long standing NZMA & CMA record held by Bruce McPhail which dated back to the early 1990s. A full list of record breakers for the season can be viewed on the CMA website.

In February we will have our CMA championships combined within the Athletics Canterbury Championships to be held on a Friday night & Saturday afternoon. We trailed the combined meeting last season, and this seems the most efficient way to hold our event. Given the facilities we have, there is plenty of space to hold throwing events for all age groups.

PHOTOS: John Campbell

Tasman

by Derek Shaw

SI Masters T&F Championships - Dunedin 13-15 November 2020

The team of eight Tasman masters had considerable successes in Dunedin at the SI T&F Champs. Three athletes managed to break SI records over the weekend in what was pretty good conditions. The star performer was Joeline Jones (W35) who had great early season form and kicked off her busy two days by lowering her own SI 400m record from 63.07 to 62.26s. She followed this with strong runs in both the 60m (8.32s) and 100m races (13.22s). On the Sunday morning she took part in the pentathlon and improved on her SI and NZ records with a total of 2288 points, an increase of 153. This was followed by a fine run in the 200m of 27.19s to break the old SI record by over a second to round off a very successful champs.

The other SI record breakers were Tim Cross (M60) who in a solo effort lowered his own 2000m steeplechase record by nearly 6s to 8:28.80 and Carey Dickason (W65) who improved her pentathlon record by an additional 124 points to 1886. Tim also had solid runs in his 1500m (5:46.84) and 5000m (20:52.53). Carey also had a busy schedule and won her 3000m (15:20.26), triple jump (5.72m) and hammer throw (18.44m) and was second in her 1500m (7:21.55) and long jump (2.30m).

Dave Riddell (M65) was also busy completing six events on the track and displayed good form in winning his 100m (14.68), 200m (29.98) and 400m (66.01). In his 400m he displayed a clean pair of heels to head off Otago's Phil Napper, who won his other three races, and fellow Tasman master Ian Carter. In his 800m he was third in 2:35.76 to Phil and Ian in a close race where just over 2s separated the three of them. In the 1500m he was a close second to Phil with a time of 5:45.28 with fellow Tasman master Derek Shaw in third place a further 6.5s back. In the 3000m M65 field of 5 (the largest age group of the champs) Derek was second to Phil in 12:18.92 and Dave third in 12:30.04. Fellow Tasman master John Dickason was 5th in 16:46.86.

After the other two scratched Derek was the only M65 in the 5000m on Sunday. After another close race with Bernadette Jago he just managed to out sprint her and get under 22 minutes by half a second. Despite limited preparation Claire McKenzie (W60) just managed to get passed the other women Heather McLean in the final 40m to win the 3000m track walk in a time of 21:35.42.

Nelson Festival of Running

After considerable uncertainty due to possible Covid-19 restrictions, this annual festival organised by Athletics Nelson went ahead on Sunday 1 November at Saxton Field. It

encompassed a half marathon and 10km event utilising roads and shared pathways around the Saxton Field complex and shared pathways around the margins of the Waimea Inlet. There were also 2.5km and 5km options using shared pathways within Saxton Field which attracted many younger runners and walkers and their parents making it a great family occasion.

First across the line in the half marathon was 44-year-old Glenn Lilley in 1:19:34, 24s ahead of 39-year-old Michael Anderson, with Dan Busch (M41) in 3rd place in 1:21:38. The first three in the M50 grade were Edward Hohepa (1:23:16) in 5th place overall, David Francis (1:28:54) and 11th overall and Leon Moriceau (1:31:01) 15th overall. The first three in the M60 grade were John Rudge (1:31:08) 16th overall, Andrew Watt (1:41:18) 41st overall and Dave Riddell (1:45:53) 52nd overall. Only 4s separated the first two women with 30-year-old Natalie Price (1:30:36) just edging out local stalwart Paula Canning (W48) to take 13th and 14th places overall. Laura Smidt (W32) was 3rd women and 20th overall in 1:34:07 and was followed by 49-year-old Colette Read (1:38:50) in 32nd place overall. First in the M70 grade was Barry Dewar (1:57:20) who ran in his light-weight suit giving out Sal's Pizza discount vouchers and was 41s ahead of Margaret Hazelwood who was 1st in the W70 grade.

In the 10k race, the first master was Kathy Dunbar (W39) and 3rd overall in 39:55, while Angela Leck (W43) was 2nd and 7th overall in 42:32 and Sara Bonoma (W38) 3rd and 10th overall in 44:02. First in the M40 grade was Dominic Cain-Town (42:00) in 6th place overall, followed by Simon Connor in 43:39 and 8th overall. Nick Lovell (43:27) took the honours in the M50 grade in 8th place overall nearly 3 minutes ahead of Alby Mokomoko who ran with his 17-year old Luke Mokomoko. Derek Shaw (44:30 12th overall) was first in the M60 grade thanks to Graeme Lear taking it easy for the first 5km until his groin strain came right and by the end only trailed by 19s. Rick Miller was third (45:53) while the first M70 honours went to Chris Bolter (46:21) in 20th place overall.

NZ Road Champs

Two Tasman masters running in Athletics Nelson colours contested the NZ Road Champ in Auckland on 7 November. Graeme Lear was hoping to continue his M65 titles and Barry Dewar having recently entered the M70 grade was keen to test himself in his new grade. The windy conditions didn't make for fast times but Graeme continued his good form from the Cross Country Challenge to establish a comfortable margin over Gavin Smith of nearly 3 minutes to take the gold in 43:42. Barry had a closer race but managed to hold his lead over closest challenger Graeme Adams to also claim gold in 48:52, 1.16 ahead of Graeme.

Otago

by John Stinson

Otago Masters Athletes enjoyed a most successful 2020 SI Masters T&F Championships held over the weekend of 13-15 November setting many new Otago, South Island and NZ records during the competition. Thirty three athletes represented Otago making up nearly half of the entrants.

It was pleasing to have keen competition from the rest of the South Island centres and to also have representation from the North Island including some making the journey from Northland. The fine sunny weather was much appreciated by competitors. It was amazing to be starting our throwing events on Friday at 7pm in bright warm sunshine.

Plenty of efficient and friendly officials easily identified by their bright orange shirts ran the program extremely well. We appreciated their co-operation in understanding that masters competitors enter several events leading to timing clashes assisting us to compete in both events. Athletics Otago and the Local Organising Committee must also be thanked for their efficient organization and for the delicious barbecue enjoyed by everyone following the Saturday competition. This is always a happy time for catching up with athlete friends from other centres.

Among the pleasing number of records set at these championships our wonderful 80-year-old Myrtle Rough set New Zealand and South Island Championship records in the 800m (3.55.65) and the 1500 (7.35.93).

Other South Island Championship records set by Otago masters included:

- Jim Blair (M85) high jump (0.91), long jump (1.85), discus (17.58), javelin (19.79), shot put (6.72) and throws pentathlon (2618);
- Barry Baxter (M75) 60m (9.45), 100m (15.07) and 200m (31.05);
- Vincent Paddam (M70) 100m (14.83) and 200m (31.21);
- Tom Cockerill (M75) 5000m track walk (41:31.63);
- Alison Newall (W60) 60m (9.77), triple jump (7.32) and pole vault (1.70);
- Gordon Wong (M55) short hurdles (25.08) and long hurdles (1:28.63);
- Fiona Harvey (W60) javelin (20.00);
- Paul Davies (M55) pole vault (2.80);
- Jody Robinson (W40) 60m (9.15) and long hurdles (1:35.74);
- Ben Pigou (M30) 3000m (10:00.13).



PHOTO: John Campbell

Robert Homan (OTG) finishing strongly in the 400m

A further NZ Masters Athletics record was set at the Caledonian Ground by Alison Newall on 7 November competing in the W50+ division pole vault. Alison recorded a vault of 2m, a great effort in an event she has only been competing in for a short period of time. On the same day Alison recorded an Otago W60 record in the triple jump of 7.39m.

Masters athletes, as in other years, are out in force at the weekly Athletics Otago meets held at the Caledonian Ground. Their competitive attitude and sheer enjoyment of the competition on offer sets a great example to all other age groups.

The Bill Kenny Memorial Steeplechase Relay (Kenny's Canter) originally set down for 18 November unfortunately had to be postponed due to inclement weather on the night. This popular event will now be held on Sunday 24 January 2021 in association with the Peggy Calder Memorial Inter Club Competition.

On Wednesday 9 December the annual Geoff Capon Memorial Beach Run will be held starting and finishing at the St. Clair Beach Esplanade. The distance covered will be approximately 5k with both runners and walkers participating. A number of spot prizes will be distributed at the finish.

Following the Beach outing the Otago Masters Christmas Function will be held at the Rope and Twine Restaurant in South Dunedin. Special thanks to Christine Montgomery for her work in organizing the function.

Otago Masters Athletics wishes everyone a Merry Christmas and best wishes for a happy Covid19 free 2021.

Southland

by Dwight Grieve

Hi all, still tough times out there and it's times like this we appreciate the positive people, athletes, and the athletics family we surround ourselves with. As we battle the ups and downs of Covid it is ever important we embrace the fun and enjoyment we find in simply being out there enjoying life. That is one of the reasons I am loving being able to get out and still compete in a safe environment. Southland has continued to hold some great events and track and field looms ahead. But first ...

2020 Southland Road Champs

Te Anau and the Fiordland club hosted the road champs again on their majestic 2km lakefront loop, with views that look straight out into the heart of Fiordland across lake Te Anau. After what had been a successful year to date sadly numbers were down a bit for the race. Not sure why but the competition for the medals was generally hot with some great battles, particularly in the men's races. A strong head wind on the long back straight put paid to any PB thoughts, but tactics were now a focus.

Dwight Grieve decided to run as a senior which left the masters race wide open. It became even more open when injury forced masters cross country champ Kelvin Meade to withdraw. This left a great race between Scott Underhay and Craig Iverson. The pair have been close for the last couple of years and this year racing was closer than ever. After an even first couple of laps, Scott Underhay managed to create a gap which he stretched by the finish line. His endurance and hill running strength being aided by the tough headwind - a strong finish but the grimace over the last 200m spoke volumes about the effort put in. Craig Iverson claimed a well-deserved silver. The bronze going to long term harrier runner and supporter Grant Baker who is making a comeback to racing after being the go-to organiser for the last few years.

Sadly only 2 over 60 men lined up but a very snappy 27.51 over the 6km course gave Gary Kirkman the gold over the ever-consistent Evan MacIntosh.

The master's women raced the 6km course with both age groups finishing just 2 minutes apart. After deciding to actually train this year Lee Grieve showed some great improvements and finished first master's women home with less than 30s ahead of Gores Fiona Turnbull. Meanwhile the over 60 race had Linda Te Au first with a less than 2-minute win over Dorothy Horrell.

Also as a win for the masters, Dwight Grieve had a great fight in the senior race against up-and-comer Benny Britton to show that experience can still take youth, again the wind a help but still a masters runner taking the Southland senior title.

Gary Kirkman who is now well over 60 finished his race before continuing on to help get a Fiordland team home to take the

Southland team title, not many out there can claim a senior title at his age.

NZ Road Champs

The big smoke of Auckland hosted the Road Champs again, unlike the Cross Country champs the whole country could compete with Covid playing the game. Dreams of another teams medal crumbled with Kelvin Meade getting an injury, but being the good bugger he is he turned up as chief cheerleader. That left Scott Underhay and Dwight Grieve for the master men and Lee Grieve for the ladies.

The course was very flat but with plenty of corners to navigate, a brisk breeze was present which left the PB's an outside chance, but some very interesting tactical racing lay ahead. I must say the Southland team were a bit concerned with the heat and humidity, Southland had a cool spring and the over 20 degrees temperature was not something we were adjusted to. I can only say if it wasn't for the cloud cover we would have been in real trouble, however it was nice to enjoy the warmth after the race though.

Lee raced first and had no real expectations apart from have some fun, she overheated a bit which wrecked her PB goals but it did mean she enjoyed the post run beers much more. In what is a great bonus she still managed to repeat her cross-country rewards with the W40 age group bronze. Her running bling now catching up with her throwing medals.

After winning the Cross Country "Challenge" Dwight Grieve was looking forward to taking on the Auckland runners as well as the rest of the country, quietly happy to have the pre-race picks ignoring his earlier win and hoping to fly under the radar of the very competitive field. Scott Underhay had been training very well and in definite PB form.

The start line had most of the country's top master's runners there with only 2 or 3 names missing. This was proven as the first lap unfolded with a large pack of 9 forging ahead, the Auckland blue, Wellington yellow and Waikato black dominating with the Southland maroon of Dwight.

The pack continued on its way with numbers slowing dropping off the back as the laps unfolded and the pace continued to be pushed. The wind definitely slowed the times and caused some tactics to be employed. It was also becoming apparent that Dwight's M40 age group was the wrong group to be in, as the group dominating the pack numbers towards the end with Sjors Corporaal and Matthew Parsonage from Waikato, Greg Darbyshire and Simon Mace from Auckland and Dwight fighting for age group honours. M35 runner Geoff Ferry (Wellington) and M50 runner Nick Moore (Auckland) were also in the pack for overall race contention.

Going into the last 2km lap the remaining pack started to splinter as the pressure was turned on. The three Aucklanders and Corporaal creating a gap around the first half of the lap, this is where Corporaal created a lead with only Darbyshire able to try and hang on. Corporaal held it for the overall win in 33.20 and a 14s gap back to a tiring Darbyshire. But back in 5th Dwight sucked up the head wind, took a teaspoon of cement and decided to turn on a painful, lung bursting, leg wrecking sprint from about 400m out, dragging in firstly Simon Mace, then Nick Moore and nearly catching Darbyshire, but missing silver by 2s, with the same gap back to Moore and a further second to Mace. A very exciting race and finish, with six runners going under 34 minutes. Nick maybe regretting helping team Southland in the build up with information on the city and race course as it likely gave Dwight that 2 seconds but seriously, a big thanks to Nick for the assistance.

Very proud to back up the NZ Cross Country result with a medal against the toughest masters champs field I can remember, and extra proud to do it in a Southland singlet.

Meanwhile, Scott Underhay simply had a bad day. A new job had created training and fatigue issues, despite previously being in sub 35-minute form he couldn't get things to work on the day. He still earned the gold for most beers by the end of the night though, not a man to pace a box of beer with

We all enjoyed the Auckland atmosphere and support. The transport and roads still suck but the people were great. The only criticism was the bar at the track not being opened post-race as promised!

In a year where holding any racing at all was very difficult, the organisers, Athletics NZ and NZ Masters Athletics need to be thanked and congratulated, everybody has an opinion and whatever you do you, can't please them all. I personally think both the cross country challenge and road champs were amazingly run and in the safest possible way, not only protecting us personally but the sport as well. Also, a thanks to all of you out there at the events, the positivity, laughs and supports gives everyone a lift and makes you go home feeling so much better about the world.

Southland Festival of Running

So again some big Covid changes had to be implemented but again any negative can be a positive. The oldest marathon in NZ changed courses, the Riverton to Invercargill course was simply too hard to put together, at the same time the Southland Half marathon champs had not gone ahead due to lock down, so it was decided that a new exciting course would be used and to put the half and full marathon champs on at the same time and runners simply decide which one to race.

The new course had previously been trialled by the harriers and the Invercargill estuary trail is a stunning course that is gravel but wide and flat, making as good and fast trail as you could find. It wanders around and over the estuary towards Bluff and has great views.

The marathon race was won by female runner and very classy athlete Hannah Oldroyd in 2:52. A great effort as she backed

up many other recent marathon victories around NZ in the last couple of years. Craig Iverson and Jerome Lagumbay were 2nd and 3rd home. For Southland club medals Craig Iverson also took home the club title with Jason Russell 2nd and Andrew Horton 3rd - all three from the Invercargill club.

In the half marathon, the pace at the front was hot with Adam Clayton home in 1:15 and Thjs Hubber 5 minutes behind him - regretting missing the start by a couple of minutes. For club honours with the pending NZ road champs Scott Underhay and Dwight Grieve treated it as a fast training run but still managed to take the medals - Dwight with gold and Scott silver. The women club title was won by Kimberly Iverson in 1:33, followed by Virginia Pile.

With approval and funding set aside, the trail is soon to be completed all the way to Bluff and next year the course may be even better with a likely Bluff to Invercargill Marathon on the cards. A top effort for the harrier group to get the race going. It has been a very tough season for organisers and Linda Te Au as Southland harrier president has done a stirring job, it has been very obvious she has spent many hours making things happen.

SI Masters Track and Field Champs – Dunedin Reports by Craig Iverson (runners) & Lester Laughton (throwers)

It was a fairly small contingent of Southland Masters athletes who travelled to Dunedin to compete in the SI Masters Track & Field Champs this year. From the track side of things, Bruce Thomson, Warren Green, Evan MacIntosh & Craig Iversen went to the Caledonian to give it their best. The weather was very warm on the first two days, so overall Dunedin laid on some fine conditions to compete. Although some from the South were coming back from injuries and niggles, particularly Evan MacIntosh who was far from fully recovered at all, but bravely soldiered on. Nevertheless, there were some good performances considering.

Warren Green had a fast 60 & 100m, then showed his versatility in the outdoor pentathlon collecting a solid points haul. Evan wisely protected his injury recovery by staying clear of the jolting starts of his usual strong sprints and ran individually in the 400m & 1,500m, also competing in the pentathlon and collected his best points and including a very well run 1,500m also.

Unfortunately for Bruce Thomson, his string of sprint events hit a bump after a typically strong 400m and an unfortunate niggle came about in the 60m to deny him his upcoming 100m, 200m & 800m races. Craig Iversen came to run in the 3,000m and then the 1,500m the next day. After managing a SI M45 record in the 3,000m on the Friday, Craig perhaps understood Bruce Thomson's situation himself, as he became unwell overnight and was unable to compete in the 1,500m the following day. All in all though, some good performances and a great time in Dunedin!

A small group of mainland male throwers, as many were from "overseas" ie North Island. We had a very pleasant weekend and I must thank Laini for his expert photography, which makes many of our throws look much better than reality. Ladies? Yes there was a good group of ladies who did seem to enjoy themselves too. Not sure about any SI records?

A group of enthusiasts are getting themselves organised for the 2021 Manapouri Classic throwing weekend to be held this year 8 - 10 January. Contact Lester at 021 288 145, lesterandmelva@gmail.com.

Looking Ahead

Apart from a Covid vaccine, plans ahead for a fun track and field season, team Southland has plans for an epic weekend in Inglewood for the NZ Champs, a large house is booked and flights secured. Look out, here we come

In the meantime, a few having a crack at the yearly Kepler Challenge, not only the pinnacle of trial running in NZ but a rite of passage for southern distance runners as down here people don't ask for your 10km PB, they ask your Kepler PB.

Otherwise be safe, look after each other and see you at the NZ champs.

Coaching Corner

by Mike Weddell



Here is a guide that I give to the athletes in my training group. The athletes range in age from 13 to 60+ and this guide is probably more important for the older ones as they probably have less variety in their daily activity.

SUPER S's

Speed

Your speed is how fast you can go when running flat out. It also relates to how fast you are off the mark either at the start of a race or in the final kick. You get faster by becoming stronger and by doing 20-30m sprints with long recovery.

Strength

Strength is how strong your muscles are and how much weight they can move either in weight training or body weight exercises. Strength is best gained with a low number of reps with a relatively heavy weight.

Stamina

Also called endurance, it is the ability to keep going a long time. It is best gained by longer steadier runs or long reps at a faster pace such as 1km reps.

These three are the building blocks of running. None of them is any good by themselves if you are a middle or long- distance runner. The shorter your racing distance the more you need speed. The longer the distance the more you need endurance. Both can be combined with strength to give you your best results

There are other factors that need to be added to help reach your potential at any distance.

Sleep

Sleep is vitally important. Most recovery from the day's exertions occurs during sleep. Do not use screens less than an hour before going to bed as it will affect the quality of your sleep. Go to bed at a regular time and get up at a regular time

Suppleness

Suppleness or flexibility contributes to efficient running and helps prevent injury. Running is done most efficiently in the mid-range of motion so the greater your flexibility the greater the range of efficient motion. Hip and ankle flexibility are important for a runner but, spine flexibility helps too.

Stability

Stability covers two areas, balance and core strength. Balance is important for preventing injury through stumbling or rolling an ankle and core strength gives a stable base from which to apply power to the ground and move efficiently.

Sustenance

Sustenance includes diet and hydration. Food is necessary for tissue repair and energy, eating a wide range of foods is very important with the emphasis on fruit and vegetables with a regular intake of protein such as fish, eggs and meat. Eat regularly throughout the day. You should eat up to about an hour before training but not too much. Eat a good breakfast, a good lunch and a good meal after training but not close to going to sleep.

The best fluid for hydration is water but it is best to drink it while eating something or it goes straight through you. If your urine is dark you are dehydrated and need to drink immediately.

Psychology

Psychology is preparing yourself for competing and training, avoiding fear and panic but emphasising determination and control.

Recovery

Recovery is controlled by a combination of sleep, rest and sustenance and ultimately is determined by doing the right amount of training at your particular level of development. Training like an international while at school will almost guarantee that you will never be an international.

And remember sport is supposed to be fun.



Mark Macfarlane (WGN) won the M55 long jump at the South Island Champs in Dunedin

PHOTO: John Campbell



COMING EVENTS

With the recent advent of the COVID-19 virus, these events may be subject to change, postponement or even cancellation. Please check with the event organisers directly, as we have no control over the decisions made by the individual event organisers.

2021

26-28 February	NZMA T&F Championships	INGLEWOOD
2 May	ANZ Marathon Championships	ROTORUA
1 August	ANZ Cross Country Championships	DUNEDIN
13 September	ANZ Road Championships	AUCKLAND
3 October	ANZ Road Relay Championships	FEILDING
18 October	NZ Trail Running Championships	CHRISTCHURCH

2022

17 - 23 JANUARY	Oceania Masters Athletics Championships	NORFOLK ISLAND
6-12 APRIL	WMA Indoor Championships	EDMONTON, CANADA

2023

16-28 AUGUST	WMA Stadia Championships	GOTHENBURG, SWEDEN
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