

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 39 No. 2

APRIL 2021

in this issue:

- > NZMA Track & Field Champs
- > 2020 NZMA Awards
- > Barkley Marathon





L to R: M45 Andrew Sexton (AKL), M45 Hayden Robinson (MWA), M45 Iain Rattray (WBP) & M45 Jamie Halla (AKL) PHOTO: Derek Shaw



L to R: W35 Joeline Jones (TAS), W40 Ai Osugi (AKL), M60 Ian Calder (NTH) & M60 Bruce Thomson (STH) PHOTO: Derek Shaw

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



Cover Photo

Barry Jones (AKL) starts out strongly in the 400m at the NZMA T&F Champs in Inglewood
Photo - John Campbell

Inside Back Cover

Dalise Sanderson (OTG) was 2nd in the W65 400m at the NZMA T&F Champs in Inglewood
Photo - John Campbell

Back Cover

Karen Hulena (AKL) was 2nd in the W55 400m at the NZMA T&F Champs in Inglewood
Photo - John Campbell



REGULARS

President's Report	3
Committees / Contacts	4
Calendar	48

NEWS

Hawke's Bay/Gisborne	Maurice Callaghan	30
Northland	Judith Stewart and Margaret Crooke	31
Auckland	Phillipa Green	32
Taranaki	Vicky Jones	34
Waikato/BOP	Murray Clarkson	36
Manawatu/Wanganui	Jen Fee	36
Canterbury	Andrew Stark	37
Wellington	Michael Wray	38
Tasman	Derek Shaw	39
Otago	Noni Callender	40
Southland	Dwight Grieve	42

ARTICLES

47th NZ Masters Track & Field Championships	Michael Wray	6
NZMA T&F Championships Results	Derek Shaw	12
NZMA 2020 Athlete of the Year Awards	Derek Shaw	17
The Race That Eats Its Young (Barkley Marathon)	George White	20
Julie Brims - Chat with a Champion	Janet Naylor	22
New Zealand Masters Championships 2021 Report	Kirsten Hellier	25
Roy Bennett - A Lifelong Passion for Athletics	Roy Bennett and Audrey Muscat	26
2022 OMA Championships - Cancelled	Tim Rogers	28
Shin Soreness	Margaret Saunders	29
Virtual Marathon Opportunity		30



60m (L to R) Warren Green (STH 2nd M65), Dennis O'Leary (HBG 1st M65), Alan Dougall (AKL 2nd M70), Vincent Paddam (OTG 3rd M70), Laurie Malcolmson (MWA 1st M70)

PHOTO: Derek Shaw

President's Report

by ANDREW STARK - NZMA President



The 2021 NZMA Track and Field Championships held in Inglewood was a very successful event with just over 220 competitors. Coming from Christchurch where the new Nga Puna Wai venue is getting known as a 'windy' venue, I particularly enjoyed the weather conditions.

Upon leaving the NZMA Awards Dinner at 10:00 p.m. on the Saturday night, I became aware of the Covid-19 Lockdown Level 2 conditions that were being imposed upon the region at 6:00 a.m. Sunday morning. This resulted in some lengthy discussions within the Board and with the LOC late into the night. At 8:00 a.m. Sunday morning, based on the separation plans the LOC had come up, we made the decision to continue on with our championships. We followed the guidelines, being mindful to keep groups below 100 people and within separate areas of the venue.

I would like to acknowledge and commend the LOC for the work that went into preparing for these championships and their willingness to adapt responsibly regarding the Covid-19 level 2 conditions we were required to follow. Well done team.

NZMA Board: This year no Board elections were required as we had fewer people standing than places available, however we do have the option to co-op people onto the Board. Those nominated were duly appointed on mass, with positions within the Board allocated by the Board. Somehow, I managed to retain the President's role. John Campbell and Stewart Foster did not seek re-election. John had been on the Board since about 2009 and has been responsible for designing and formatting Vetline, a role he will continue to do. Stewart has been the secretary / treasurer for more years than I can remember and will continue to offer assistance until the end of our financial year in August. I sincerely thank them both for their contributions and support of the

organization. Over the next year or so, we do need some new Board members. If you are interested, please let me know.

Vetline's future: As the number of NZMA (non-club) members continues to drop and very few Athletics NZ club members purchase a Vetline subscription, the future of the printed version of Vetline comes into question. As the costs of production and postage have increased, we have not increased the cost to members for several years, consequently we are currently subsidizing the costs of the magazine out of our reserves. We are considering going to an online format, but no decision has been made yet. If you have any bright ideas about how we can reinvigorate Vetline, I would be interested in your feedback.

The winter season is about to start. All of the Masters' non-stadia NZ championship events are organised by Athletics NZ. Only financial members of clubs affiliated to Athletics NZ can compete. I wish you well for the winter season ahead.

Vetline

EDITOR & ADVERTISING

John Campbell
john39296@gmail.com

ASSISTANT EDITOR

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

GRAPHIC DESIGN

John Campbell
john39296@gmail.com

REGULAR CONTRIBUTORS

Noni Callender
Ilan Carter
Maurice Callaghan
George White
Andrew Stark
Michael Wray
Vicky Jones
Judith Stewart
Janet Naylon
Mike Weddell
Phillipa Green
Derek Shaw
Dwight Grieve
Laini Inivale
Jen Fee
Margaret Saunders
Murray Clarkson

REGULAR PHOTOGRAPHERS

Sharon Wray
Derek Shaw

MAILING LIST

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

PUBLISHER

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

PRINTERS



NEW ZEALAND VETLINE

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

DISCLAIMER

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

NZMA is a member of
World Masters Athletics (WMA)
Oceania Association of Masters Athletics (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

Centre Committees

Northland

Judith Stewart **President**
9 Karanui Road
R D 1 Kamo
Whangarei
021 215 1508
judithstewart@gmail.com

Lucy Andrews **Treasurer**
027 397 639
lucyvandrews@xtra.co.nz

Auckland

Phillipa Green **Vice President**
phillipa@breascancer.org.nz

Trevor Wilson **Secretary**
twilson37@gmail.com

Anne Goulter **Treasurer**
a.goulter@orewacollege.nz

Waikato/Bay of Plenty

Dave Couper **President**
dab.couper@gmail.com

Murray Clarkson **Vice President**
37 Pillans Road
Otumoetai Tauranga 3110
07 576 9575
wbopmasters@xtra.co.nz

Fay Riley **Treasurer**
37 Pillans Road
Otumoetai Tauranga 3110
07 576 9575
wbopmasters@xtra.co.nz

Hawkes Bay/Gisborne

Dennis O'Leary **President**
8 Tollemache Road East, Hastings
06 876 1134
027 497 7081
djjaoleary@gmail.com

Murray Andersen **Treasurer**
64 Endsleigh Drive
Havelock North
06 877 7460 ph/fax
021 773 480
murray@timeit.net.nz

Mike O'Leary **Secretary**
miker.oleary@xtra.co.nz

Taranaki

Vicky Adams **President**
20A Waiwera Place
New Plymouth 4312
06 758 9326

Lynne Mackay **Secretary**
6A Mallinder Place
Oakura 4314
06 763 8658 bus
06 752 7782 hm
lynmackay@xtra.co.nz

Manawatu/Wanganui

Francie Bayler **President**
PO Box 5369
Terrace End
Palmerston North 4441
mwmasters@gmail.com

Matt Hillas **Treasurer**

Jen Fee **Secretary**
PO Box 5369
Terrace End
Palmerston North 4441
027 478 7235
mwmasters@gmail.com

Centre Committees

Wellington

Michael Wray **President**
7 Navigation Drive, Whitby
04 234 7972
michaelwray@xtra.co.nz

Albert Van Veen **Secretary**
95 Kamahi Street
Stokes Valley
Lower Hutt 5019
04 563 8450
albertv@gmail.com

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

Tasman

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

Ian Carter **Secretary**
PO Box 602
Nelson 7040
03 574 1184
hicarter.nz@gmail.com

Canterbury

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

Anne Davison **Secretary**
27 Ormand Road
Lincoln 7608
email: hawrut@gmail.com

Anna McNab **Treasurer**
PO Box 31251 Ilam
Christchurch 8444
03 366 0169 (wk) or 027 469 3276 (a/h)
anna@hmconsultants.co.nz

Otago

Robert Homan **President**

Claire Giles **Secretary**

Fiona Harvey **Treasurer**
03 455 3028
nona.harvey@xtra.co.nz

Southland

Dwight Grieve **President**
21 Gunn Street
Te Anau 9600
03 249 4357
dwightandlee@gmail.com

Lee Grieve **Secretary/Treasurer**
21 Gunn Street
Te Anau 9600
03 249 4357
dwightandlee@gmail.com

District Contacts

Northland

Len Field
5 Johnson Road
Christchurch 8025
03 338 0516
aws.resources@xtra.co.nz

Margaret Crooke
1236 State Highway 10
RD3 Kerikeri 0293
09 407 7551

Waikato/Bay of Plenty

Trevor Ogilvie
10A Otonga Road
Rotorua 3015
07 347 8181

Heather O'Hagan
PO Box 106
Paeroa 3640
07 862 7163 ph/fax
ohagan@visique.co.nz

Rene Otto
5 Eleanor Place
Whakatane 3120
07 308 0674

Hawkes Bay/Gisborne

Mike O'Leary **Secretary**
miker.oleary@xtra.co.nz

Taranaki

Alan Jones
26 Kowhai Street
PO Box 107 Inglewood 4347
06 756 7051
alan_j666@hotmail.com

Eric Kemsley
5 Kenmore Street
New Plymouth 4310
06 753 4674
ekemsley@xtra.co.nz

Manawatu/Wanganui

Jen Fee
216 Kahuterawa Rd
RD2
Palmerston North 4472
06 3537739
0274 787 235

Francie Bayler
141 Mt View Road
Bastia Hill
Wanganui
06 343 1124
francieb@slingshot.co.nz

Tasman

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

Ian Carter
257 Moetapu Bay Rd
RD 2 Picton 7282
ph 03 574 1184
hicarter.nz@gmail.com

Canterbury

Lorraine Menzies
54 Joyce Crescent
Greymouth 7805
03 768 4871

Brian Senior
PO Box 15
Methven 7745
03 302 9629

NZMA Board

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

Michael Wray **Vice President**
7 Navigation Drive, Whitby
04 234 7972
michaelwray@xtra.co.nz

Secretary/Treasurer
tba

Ian Carter
257 Moetapu Bay Rd
RD 2 Picton 7282
ph 03 574 1184
hicarter.nz@gmail.com

Claire Giles
cmgiles37@gmail.com
021 062 5489

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

New Zealand Masters (NZMA)

Jim Blair MNZM **Patron and Life Member**

Rob McGregor **Life Member / Reviewer**
5 Panorama Grove
Lower Hutt 5010
04 569 6316
shirley1947@ihug.co.nz

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

Oceania Masters Athletics (OMA)

Jim Blair MNZM **Patron**
4/39 Kiln Street
Silverstream
Upper Hutt 5019
+64 4 528 2992

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

Titaua Juventin **Vice President**
Tahiti
titauamaurin@yahoo.fr

Hazel McDonnell **Secretary**
Australia
hazelmcd@bigpond.com

Stewart Foster **Treasurer**
New Zealand
nzmathletics@xtra.co.nz

Council

Joan Merrilees
269 Dukes Road South RD2
Mosgiel 9092
+64 3 484 7030 (h)
+64 27 222 0317 (M)
alexandjoan@xnet.co.nz

Tim Rogers
26 Captain Cook Rd Anson Bay
Norfolk Island 2899
+6723 54369
trogers@nine.net.nf

George White **Statistician**
12A Gulfview Road
Blackwood 5051
Australia
+61 8 8178 0639
gwhite@adam.com.au

Nemani Tukunia
Fiji
Nemani.Tukunia@paradisebeverages.com.fj

WMA Committees

Competition
Lynne Schickert (Secretary) Australia
Bob Schickert Australia

Women's
Wilma Perkins (Chair) Australia
Heather Carr Australia

Records
George White Australia

Organisational Advisory
Lynne Schickert (Chair) Australia

Law and Legislation
Bob Schickert Australia

Anti Doping and Medical
Roger Parrish Australia

Race Walk Panel
Marion Buchanan Australia

World Masters Athletics (WMA)

Margit Jungmann **President**
Germany
margit-jungmann@kreis-saar-louis.de

Lynn Schickert **Executive Vice President**
Australia
lynn.4@bigpond.com

Brian Keaveney **Vice President Competition**
Canada
masters@sympatico.ca

María Alfaro **Secretary**
Mexico
wmasec16@gmail.com

The information provided here, is correct at the time of printing. Please check the official websites for further information or updates.



KEEP UP WITH THE LATEST NEWS!
Australian Masters Athletics
Quarterly E-Newsletter
<http://www.australianmastersathletics.org.au/e-newsletters/>

What better way to advertise.

Distributed to master's athletes nationwide.

January | April | July | October

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



47th NZ Masters Track & Field Championships

26-28 February 2021

by Michael Wray

We certainly had an interesting weekend in Inglewood with world records and then the Sunday creating quite a challenge for us. The first two days went to plan, well apart from the timing system crashing for two of the 100m heats. Late Saturday evening the Government announced, with just a few hours of notice, an increase in the pandemic alert levels.

Our numbers for the Sunday would clearly exceed in total the allowed gathering limit so our first reaction was to consider a cancellation of the final day of competition. We had a late Saturday evening call with one of our competitors who has relevant expertise and experience in this area and we soon determined a way in which we could continue. It would require maintaining segregated bubbles between the events and asking those people who had entered everything (there were a few) to drop any events that would cause bubble-merging. Karen Gillum-Green and her team worked out how to make this work and so on the Sunday our new modus operandi was put into action.

Given this was day three of our championships, any COVID-carrying person attending would have already turned us into a cluster while we were at level one. In practical terms, therefore, you could argue that us employing level two protocols was futile. Regardless, the rules had changed and we had to abide in order to both protect our reputation and comply with the law.

Most athletes and their supporters were understanding of our legal obligations and we were very grateful for their understanding. We still faced a few complaints and I won't pretend we got everything right. With so little notice, it was inevitable we'd have a few hiccups; in particular, I'm not sure how successful we were in keeping the pentathlons completely segregated.

The one issue that probably caused the most frustration to arriving attendees was the policy on spectators. Our initial planning was to have no spectators permitted in order to eliminate cross-bubble contamination and to stay within bubble sizing limits.

We started the day with two entry gates open. One gate had worked out a "spectator allowance" based on how close the officials and athletes count was to 100 and what spectator areas could be segregated. The other gate, however, was still using the initial planning policy. Once we realised this was the case, we closed one of the gates so we could have a single point of control and count to know when a bubble needed to be closed to any new entrants. By then a couple of spectators who could otherwise have been accommodated had already been turned away, for which we can only apologise. In such testing circumstances, I would like to think we can be extended forgiveness for the odd slip.

The weekend started with the older men's shot put and younger men competing in the long jump and hammer throw. Stephen Burden was the pick of the long jumpers. His third attempt, while being 2cm short of his own national record, bettered the M60 championship record that had stood since 1992. In the hammer, Arno van der Westhuizen had the best performance, the 51.51m falling a little shy of his own M40 championship record but pretty much served notice that he's coming for the M45 record next year when he enters the new age group.

Meanwhile, the older women started their weekend with the javelin. For the most part, each thrower's first attempt set their final finishing position. The W65s were the exception where Winifred Harding led until the third attempt, when Joy Baker moved into first place. Joy extended her lead on attempt four, but Winifred's fifth throw gave her an 8cm lead that became the final result. W70 Gillian Evans claimed the championship record from Barbara Austin with her first throw. Being just 2cm shy of the national record and with five throws remaining, one assumes Gillian was now thinking about claiming that NZ record but she was unable to better that first attempt.

In the W70 weight throw, the lead changed hands several times. Shirley Rolston was in first place after the first round, only to slip to fourth place – her final position – after the second round, in which Gillian Evans went to the front. One round later and it was Noni Callander in the lead. It took Gillian until the fifth round to reclaim the lead. With her final throw, Gillian went even better and improved the championship record by one centimetre.

The first track action was the 3000m track walk. Wellington's Jackie Wilson had alerted the LOC that she was having a realistic attempt on the W75 world record so Jackie's performance was the focus of attention. The existing record was 19:23.50 by Japan's Hatue Matumoto, set in 2017; Jackie finished in 19:18.90 to claim the record by nearly 5s.

In the M35 400m, Brayden Grant ran 50.16 to shave a few fractions of a second from the NZ record. As a result, he reset one of the longer standing championship records, set by A Tucker in 1980. Ian Carter also took the M70 championship record.

The 3000m has only been a championship distance for the men since 2018, while the women had run it since 1976. This means that some of the championship records remain a little soft in comparison to other events, not having had the same level of "race hardening" that can only come from a few decades of competition.



L to R: 60m - 1st W55 Jill Hayman (AKL), 1st W60 Janis Russell (CAN) and 2nd W60 Alison Newall (OTG)

Some of the age groups became a lot harder after the Friday evening. Matthew Parsonage improved the M40 record to 9:13.14, in the process of out-sprinting Wim Luijpers, whose 9:16.02 took 35s from the previous M50 championship record. Peter Stevens improved the M55 record by 21s, running 9:50.85, while Peter Richards with 10:50.68 lowered the M60 championship record for a third consecutive year after an exciting finish in which he had to hold off Robin Grant for the M60 gold.

Saturday morning kicked off with high jump, long jump, javelin and discus. In the men's high jump, Brian Curry was defending a four year winning streak and trying to sign off from his final year in the M55s with another win. David Blackford had other ideas and not only ended Brian's winning streak, he took away Brian's championship record in the process. Still, Brian can take solace in knowing that if he can jump the same height next year, it would be an M60 record. For this year however, we had a tie for first M60 as Gary Rawson and Seelan Ramiah were both perfect in reaching 1.36m before being unable to clear the next level. The women's high jump held later in the day produced some interest. In the W70 grade, it came down to a tie-break for Nancy Bowmar when she and Gillian Evans both stalled at 0.99m. Nancy had been perfect to that point while Gillian had required two attempts at the previous height. The W55 featured our import from Korea, Hee Sun Kim. Hee Sun still holds the Korean national high jump record and is a former Olympian and since becoming a Kiwi, she has added a NZ masters record to her collection. I think she was still passing on the lower heights after the other competitors in all age groups had been eliminated, so became the sole competitor as she successfully improved the NZ W55 record further.

David Anstiss has been enjoying setting records in the jumps since turning 75. He came close to adding the M75 long jump championship record when his second attempt was just 2cm shy but that was as close as he came.



M55 Rodney Gillum (TAR) and W75 3000mW and 5000mW World Record breaker Jacqueline Wilson (WEL)

He had a more successful outcome in the afternoon - improving the NZ M75 high jump record to 1.31m and also claiming the pole vault record. Given he had taken the triple jump championship record the day before, David was having a good time jumping.

The pole vault was proving quite a fruitful competition. Mark Letts' scratching with a broken shoulder a couple of weeks out, meant we only had four competitors but three of those (Delwyn Smith, Alison Newall and the previously mentioned David Anstiss) finished with new championship records.

In the shot put, both Kristen Smith and Heidi-Jane Humphries throw 8.30m in the W40s. Tania Hodges with 10.10m secured the W55 championship record that had just eluded her last year. W75 Bev Savage and W80 Glen Watts were in record setting mood, with both of them taking the discus, shot put and hammer championship records. Glen's discus and shot put were also NZ records.

The steeplechase races were meant to be run in the morning, which would have been nice given the weather was still cool at that time. Unfortunately, after filling the water pit first thing, the plug malfunctioned so the water pit was only half full when the race was to start. The officials put in a help request to the fire service, who despatched a truck to refill the water. Unfortunately for us, the truck had to be diverted to a real emergency call-out so we needed to wait a little longer.

The sprint hurdle events got to take place during the delay, in which David Anstiss picked up the M75 80mH national record. Eventually the 2000m Steeplechase started, immediately followed by the 3000m Steeplechase. M40 Mat Rogers unfortunately withdrew after a couple of laps with an injury but, to be honest, other than a diverse display of differing hurdling skill levels, nothing particularly noteworthy happened for the 60m runners to feel it was worth the delay to their start!

PHOTOS: Derek Shaw



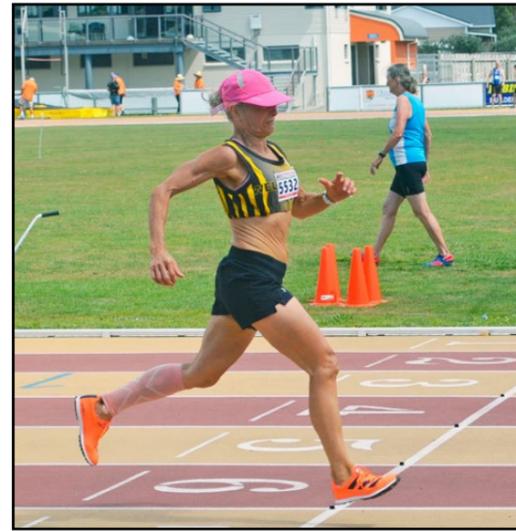
Sheryl Gower (WBP) won the W70 400m



Joeline Jones (TAS) in the 400m sprint



Shirley Rolston (CAN) in the 400m sprint



W55 Liz Bentley (WEL) in the 60m sprint



W65 Joy Baker (TAR) in the 2000m steeplechase



Bruce Cortesi (WBP)



Andrew Sexton (AKL)



Des Phillips (TAR)



Pole Vault - 1st W60 Alison Newall (OTG)



L to R: M40 Michael O'Sullivan (TAR) & M45 Alan Staite (CAN)



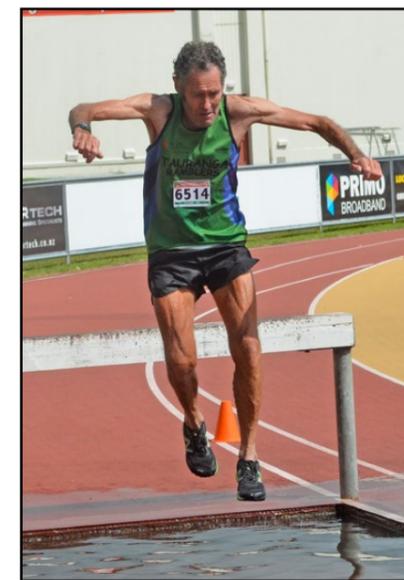
M75 Michael Bond (CAN) had a real dunking in the water jump



M55 100m (From L to R): 3rd Stephen Te Whaiti (WBP) & 1st John Campbell (CAN)



W40 Vicky Jones (TAR)



M65 Gavin Smith (WBP) in the 2000m steeplechase



Marlene White (TAR)

We had a rare set of 60m races. The 60m was added to the championships in 2011 and every year since has seen at least one age group record a championship record. 2021 is the first year in which no-one achieved that feat. The headwinds, which ranged from 0.9 to 3.1m/s in strength, probably didn't help. Some of the age groups were still hotly contested, particularly the M55s (John Campbell beat Tony Tan by 0.06s), M60s (Stephen Burden ahead of Gary Rawson by, again, 0.06s) and M70s (Laurie Malcolmson out-sprinting Alan Dougall by 0.08s).

The timing system then suffered a couple of crashes after lunch, so unfortunately we didn't get times for the M50 or M60 100m races to know exactly how close these races finished, though they looked close to the naked eye. The battle for M70 gold was the closest and produced a repeat of the 60m as Laurie Malcolmson beat Alan Dougall by 0.08s. Again.

Ian Carter added the M70 1500m championship record of 5:20.44 in a solo run at the front of his race, in which only M65 David Riddell was able to keep Ian close. David won the M65s in 5:30.25. The closest of the men's 1500m races was in the M45 race. Andrew Sexton ran tactically and was perfectly poised to unleash his famous finishing kick on Allan Staite but just as Andrew went to move, with around 200m to go, his hamstring seized (Andrew has been struggling with a hamstring niggle this season). Allan won by 3s and post-race described his confusion at Andrew not flashing past in the finishing straight. We had a similar upset in the W55 1500m for similar reasons, when Sally Gibbs – running 62s slower than last year – lost to Cheryl Leuthart by 8s.

So, as described in the opening paragraphs, we started Sunday with a very different feel to the event. Probably the most relieved set of competitors on our decision to go ahead under level two were the walkers, especially Jackie Wilson. After beating the W75 3000mW world record, Jackie was out to chase the 5000mW world record too. On paper this was a far more challenging record. Whereas the 3000mW world record was four years old, the 5000mW dated back to 1993, when Swede Britta Tibbling – also the world record holder for the W70 5000mW and W80 5000mW – walked 32:44.76. While Jackie “only” took the 3000mW world record by less than 5s, she claimed her second world record of the weekend by 46s with a performance of 31:58.65. Amazing! Unfortunately the level two restrictions meant the walkers couldn't celebrate within the track properly, as they had to leave more or less as soon as they'd finished. I know they're a close-knit group and I hope they got to mark the achievement appropriately somewhere afterwards.

The 5000m runners were allowed to move from their designated assembly area to the track once the walks had been completed. In part due to the level two conditions, several entrants scratched – an understandable precaution for those in a designated “at risk” group. The M40 duel seemed to be the most compelling viewing, though I could only see around 150m of each lap from my position on the entry gate. WBOP's Matthew Parsonage managed to hold off Southland's Dwight Grieve as they finished in 16:05 and 16:08, respectively. The M50s put on a good race, where the first three all broke 17 minutes for the first time since 2010.

Some of the 200m runners were a bit upset that the sound system for the starting gun was a bit faulty. I didn't quite follow the full story but I understand it meant a slow reaction to the gun so they couldn't get as fast a time as they felt was otherwise achievable. At least it was the same for all. This notwithstanding, we also had another problem where the timing system crashed for the W65+ but the timing booth was able to get hand-times. Once again the wind wasn't favourable to fast times with the kindest wind speed being a 1.5 headwind. The winners were generally clear cut but several races produced a close battle between second and third, particularly in the M50 grade where Mark Ford came in only 0.16s ahead of Gary Nairn.

Of the 800m races the best was the M50. Wim Luijpers was tested by Mark Cornaga. We had the unusual situation “sit and kick” specialist Wim looking like he was in trouble as he waded to the finish line through “thick treacle” under severe pressure, but he managed to hold on by 0.18s. In the other age groups, Ian Carter claimed his third M70 championship record of the weekend.

The last track event was the long hurdles, in which we suffered our third timing system crash. It denied Des Phillips an attempt at the M70 300mH championship record so he elected to run again once the system had been re-booted. Unfortunately for our local hero, it was a case of one hurdle too many as a calf strain prevented him from completing the second attempt.

The events remaining were the throws pentathlon and the track pentathlon. James Thomas had entered both. I want to extend a personal thanks to James for agreeing to choose just one of those when we weren't certain exactly how our bubble boundaries were being drawn; James was the model of versatility and understanding at a time when we were feeling a little bit of stress – thank you James!

We had, because of our levels, more DNS athletes than normal, which is understandable. I think we preserved our throws pentathlon heat divisions but merged our track pentathlon divisions into one per gender. Four of our throws pentathletes earned their way into the record books: M40 Arno van der Westhuizen, W35 Anna Lynch, W60 Alison Newall and W80 Glen Watts, of which only Alison's wasn't also a NZ record. The W70 throws pentathlon was the most interesting, where Annette Parlane was dominant for the hammer and discus but the remaining implements saw Gillian Evans come through to complete what was, ultimately, a comfortable win.

Being on the gate on Sunday, as I was for the whole day, I have to say one of the highlights was the M45 track pentathlon competition between Jamie Halla and Allan Staite. Each are middle/distance track athletes with whom I'm more used to running. This day, it was Jamie coming up, striking a “he-man” pose and joyously describing how he'd stolen the points in the clutch with his last jump or throw versus Allan coming and telling me how Jamie had done something fluky with his last jump or throw. Most entertaining!

One last footnote to add was the Manawatu-Whanganui 4x100m relay team. The relay is not a championship event, so we often have mixed-centre teams – and I sometimes wonder whether the event will continue to be offered. The MWA team of Brayden Grant, Andrew Matsuoka-Webber, Hayden Robinson and Kevin Fee ran 49.15s, which is a new 4x100m M35 NZ record.



Pole Vault 1st M75 David Anstiss (AKL)



60m M45 (L to R): Mark Lambert (AKL 1st) & Nick Bolton (CAN 2nd)



M60 60m sprint (L to R): Stephen Burden (WBP) 1st, Seelan Ramiah (AKL) 4th, Gary Rawson (WEL) 2nd, John Rawcliffe (TAS) 3rd



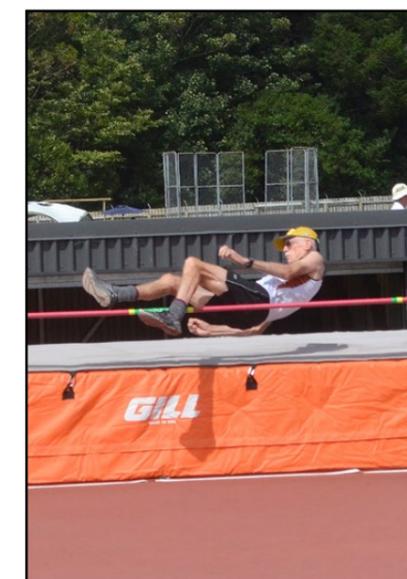
1st M50 Scott Dorset (AKL) in the 60m



M75 Mike Shepherd (MWA) 2nd in the High Jump



W40 Keryn Morgan (WEL) makes a splash



M70 Barry Dewar (TAS) 2nd in the High Jump

NZMA T&F Championships Results

Abbreviations: NT = (No Time) • NWI = No Wind Information • HT = Hand Time

Women – 60m

W35					
1	Joeline Jones	TAS	8.43	-2.2	
2	Honey Hireme-Smiler	WBP	8.79	-2.2	
W40					
1	Lee Grieve	STH	10.58	-2.2	
W50					
1	Phillipa Green	AKL	8.82	-2.2	
2	Lucy Andrews	NTH	10.42	-2.2	
3	Dale McMillan	MWA	10.53	-2.2	
4	Theresa Bartlett	WEL	11.07	-2.2	
W55					
1	Jill Hayman	AKL	9.72	-2.4	
2	Liz Bentley	WEL	11.0	-2.4	
W60					
1	Janis Russell	CAN	9.80	-2.4	
2	Alison Newall	OTG	9.94	-2.4	
3	Claire Giles	OTG	10.49	-2.4	
W65					
1	Jenny Mason	WEL	10.64	-2.6	
2	Joy Baker	TAR	11.15	-2.6	
3	Lynne Mackay	TAR	11.77	-2.6	
W70					
1	Sheryl Gower	AKL	10.24	-2.6	
2	Nancy Bowman	NTH	11.92	-2.6	
3	Margaret Crooke	NTH	12.40	-2.6	
4	Beryl Rogers	WEL	13.08	-2.6	
5	Gail Dryland	WBP	14.03	-2.6	
W75					
1	Chris Waring	AKL	11.07	-1.9	
2	Sue Su	WBP	12.43	-1.9	
3	Joan Mayall	WBP	12.82	-1.9	
4	Carol Conte	AKL	12.88	-1.9	
W80					
1	Jill Sherburn	WBP	13.70	-1.9	

Men – 60m

M30					
1	CJ Stowers	MWA	7.52	-1.4	
2	Remy Le Brun	TAS	7.74	-1.4	
3	Gulab Singh	AKL	7.94	-1.4	
4	Luke Crombie	CAN	8.09	-1.4	
5	Reece Little	HBG	8.91	-1.4	
M35					
1	Brayden Grant	MWA	7.61	-1.4	
2	Andrew Weeks	AKL	7.91	-1.4	
3	Simon Xu	WBP	8.17	-1.4	
M40					
1	Wayne Holroyd	AKL	7.80	-1.2	
2	Bruce Alexander	WBP	7.90	-1.2	
3	Shaun Broughton	WEL	8.11	-1.2	
M45					
1	Mark Lambert	AKL	7.60	-1.2	
2	Nick Bolton	CAN	7.84	-1.2	
3	Hayden Robinson	MWA	8.09	-1.2	
4	Craig Seymour	AKL	9.14	-1.2	
M50					
1	Scott Dorset	AKL	8.03	-2.1	
2	Trevor Wilson	AKL	8.18	-2.1	
3	Gary Nairn	HBG	8.72	-2.1	
4	Mark Ford	WEL	8.90	-2.1	
5	James Stowers	AKL	9.05	-2.1	
M55					
1	John Campbell	CAN	7.88	-0.9	
2	Tony Tan	OTG	7.94	-0.9	
3	Stephen Te Whaiti	WBP	8.35	-0.9	
4	Duane Duggan	AKL	8.40	-0.9	
5	Chris Roberts	WEL	8.65	-0.9	
6	Mark Macfarlane	WEL	8.79	-0.9	
M60					
1	Stephen Burden	WBP	8.50	-2.2	
2	Gary Rawson	WEL	8.56	-2.2	
3	John Rawcliffe	TAS	9.30	-2.2	
4	Seelan Ramiah	AKL	9.50	-2.2	
M65					
1	Dennis O'Leary	HBG	9.03	-2.0	
2	Warren Green	STH	9.72	-2.0	
3	Barry Smith	STH	10.32	-2.0	
4	Malcolm Chamberlin	AKL	11.62	-2.0	
M70					
1	Laurie Malcolmson	MWA	8.88	-2.0	
2	Alan Dougal	AKL	9.06	-2.0	

3	Vincent Paddam	OTG	9.32	-2.0	
M75					
1	Wolfgang Schenk	AKL	10.41	-3.1	
2	Peter Crawford	WBP	11.00	-3.1	
3	Martin Bryant	HBG	13.65	-3.1	
M80					
1	Peter Hanson	WEL	16.23	-3.1	
M85					
1	Jim Jones	WBP	13.51	-3.1	

Women – 100m

W35					
1	Joeline Jones	TAS	13.70	-3.8	
2	Honey Hireme-Smiler	WBP	14.32	-3.8	
W40					
1	Ai Osugi	AKL	15.00	-3.8	
2	Lee Grieve	STH	17.32	-3.8	
W50					
1	Phillipa Green	AKL	14.57	-3.8	
W55					
1	Jill Hayman	AKL	16.16	-3.8	
2	Liz Bentley	WEL	17.60	-3.8	
W60					
1	Janis Russell	CAN	15.40	-0.3	
2	Alison Newall	OTG	16.35	-0.3	
W65					
1	Jenny Mason	WEL	17.10	-0.3	
2	Joy Baker	TAR	18.45	-0.3	
3	Lynne Mackay	TAR	19.18	-0.3	
W70					
1	Sheryl Gower	WBP	16.57	-2.2	
2	Nancy Bowman	NTH	19.99	-2.2	
3	Margaret Crooke	NTH	20.51	-2.2	
4	Beryl Rogers	WEL	21.53	-2.2	
W75					
1	Chris Waring	AKL	17.49	-2.2	
2	Sue Su	WBP	20.42	-2.2	
3	Joan Mayall	WBP	21.47	-2.2	

Men – 100m

M30					
1	CJ Stowers	MWA	11.74	-0.6	
2	Remy Le Brun	TAS	12.07	-0.6	
3	Gulab Singh	AKL	12.36	-0.6	
M35					
1	Brayden Grant	MWA	11.75	-0.8	
2	Andrew Matsuoka-Webber	MWA	12.22	-0.8	
3	Andrew Weekes	AKL	12.29	-0.8	
4	Aaron Jefferson	AKL	12.66	-0.8	
5	Lionel Haldane	TAR	12.92	-0.8	
6	Simon Xu	WBP	13.22	-0.8	
M40					
1	Wayne Holroyd	AKL	12.27	-2.7	
2	Bruce Alexander	WBP	12.49	-2.7	
M45					
1	Mark Lambert	AKL	11.82	-2.7	
2	Nick Bolton	CAN	12.47	-2.7	
3	Hayden Robinson	MWA	12.76	-2.7	
M50					
1	Scott Dorset	AKL	NT		
2	Trevor Wilson	AKL	NT		
3	Mark Ford	WEL	NT		
4	Gary Nairn	HBG	NT		
5	James Stowers	AKL	NT		
M55					
1	John Campbell	CAN	12.37	-0.6	
2	Tony Tan	OTG	12.70	-0.6	
3	Stephen Te Whaiti	WBP	12.92	-0.6	
4	Duane Duggan	AKL	13.49	-0.6	
5	Craig Taylor	TAR	13.50	-0.6	
6	Chris Roberts	WEL	13.74	-0.6	
7	Grant Hodges	AKL	13.96	-0.6	
8	Bruce Cortesi	WBP	14.00	-0.6	
M60					
1	Stephen Burden	WBP	NT (no time)		
2	Gary Rawson	WEL	NT		
3	John Rawcliffe	TAS	NT		
4	James Thomas	AKL	NT		
M65					
1	Dennis O'Leary	HBG	14.44	-0.9	
2	David Riddell	TAS	15.27	-0.9	
3	Warren Green	STH	16.02	-0.9	

4	Barry Smith	STH	16.94	-0.9	
M70					
1	Laurie Malcolmson	MWA	14.27	-0.9	
2	Alan Dougal	AKL	14.35	-0.9	
3	Vincent Paddam	OTG	14.85	-0.9	
M75					
1	Wolfgang Schenk	AKL	16.88	-1.7	
2	Peter Crawford	WBP	17.69	-1.7	
3	Martin Bryant	HBG	22.37	-1.7	
M80					
1	Peter Hanson	WEL	23.60	-1.7	
2	Noel Jones	WBP	24.68	-1.7	
M85					
1	Jim Jones	WBP	22.11	-1.7	

Women – 200m

W35					
1	Joeline Jones	TAS	27.90	-1.5	
2	Honey Hireme-Smiler	WBP	29.47	-1.5	
W40					
1	Ai Osugi	AKL	29.73	-1.5	
W50					
1	Phillipa Green	AKL	29.56	-1.5	
W55					
1	Jill Hayman	AKL	33.43	-1.5	
W60					
1	Janis Russell	CAN	31.99	-1.5	
2	Claire Giles	OTG	37.07	-1.5	
W65					
1	Joy Baker	TAR	38.6	HT -2.3	
W70					
1	Sheryl Gower	WBP	34.2	HT -2.3	
2	Margaret Crooke	NTH	44.8	HT -2.3	
3	Shirley Rolston	CAN	53.8	HT -2.3	
W75					
1	Chris Waring	AKL	36.6	HT -2.3	
2	Joan Mayall	WBP	47.3	HT -2.3	

Men – 200m

M30					
1	Gulab Singh	AKL	25.57	-2.5	
M35					
1	Brayden Grant	MWA	23.53	-2.5	
2	Andrew Matsuoka-Webber	MWA	25.39	-2.5	
3	Aaron Jefferson	AKL	25.77	-2.5	
4	Andrew Weeks	AKL	26.46	-2.5	
5	Lionel Haldane	TAR	26.61	-2.5	
M40					
1	Wayne Holroyd	AKL	24.98	-1.8	
2	Bruce Alexander	WBP	25.79	-1.8	
M45					
1	Mark Lambert	AKL	23.92	-1.8	
2	Nick Bolton	CAN	25.18	-1.8	
3	Hayden Robinson	MWA	25.42	-1.8	
4	Craig Seymour	AKL	30.66	-1.8	
M50					
1	Scott Dorset	AKL	26.85	-2.0	
2	Mark Ford	WEL	28.53	-2.0	
3	Gary Nairn	HBG	28.69	-2.0	
M55					
1	John Campbell	CAN	25.18	-2.2	
2	Tony Tan	OTG	26.23	-2.2	
3	Stephen Te Whaiti	WBP	27.42	-2.2	
4	David Blackford	AKL	27.60	-2.2	
5	Craig Taylor	TAR	28.12	-2.2	
6	Chris Roberts	WEL	28.94	-2.0	
7	Bruce Cortesi	WBP	29.29	-2.2	
8	Brian Curry	MWA	30.27	-2.2	
9	Donald Bate	OTG	32.35	-2.2	
10	Grant Hodges	AKL	57.89	-2.2	
M60					
1	Bruce Thomson	STH	28.89	-3.0	
M65					
1	Dennis O'Leary	HBG	29.56	-3.0	
2	David Riddell	TAS	31.82	-3.0	
3	Barry Smith	STH	34.04	-3.0	
4	Malcolm Chamberlin	AKL	35.29	-3.0	
M70					
1	Alan Dougal	AKL	29.78	-2.0	
2	Vincent Paddam	OTG	31.22	-2.0	
3	Des Phillips	TAR	36.76	-2.0	
M75					
1	Wolfgang Schenk	AKL	35.40	-1.5	
2	Martin Bryant	HBG	49.90	-1.5	

M80					
1	Peter Hanson	WEL	54.68	-1.5	
M85					
1	Jim Jones	WBP	47.07	-1.5	

Women – 400m

W35					
1	Joeline Jones	TAS	1:02.43		
W40					
1	Ai Osugi	AKL	1:06.65		
W50					
1	Andrea Harris	WEL	1:09.45		
W55					
1	Liz Bentley	WEL	1:16.29		
2	Karen Hulena	AKL	1:20.42		
W65					
1	Joy Baker	TAR	1:28.23		
2	Dalise Sanderson	OTG	1:31.94		
W70					
1	Sheryl Gower	WBP	1:22.74		
2	Shirley Rolston	CAN	2:03.38		
W75					
1	Chris Waring	AKL	1:32.74		
2	Joan Mayall	WBP	1:51.22		

Men – 400m

M35					
1	Brayden Grant	MWA	50.16		
2	Andrew Matsuoka-Webber	MWA	55.69		

Mixed – 4x100m Relay

M35			
1 Mixed	MWA	49.15	

Women – 80m Hurdles

W40			
1 Ai Osugi	AKL	16.66	-1.9
W60			
1 Claire Giles	OTG	19.80	-1.9

Men – 80m Hurdles

M70			
1 Des Phillips	TAR	20.58	-1.4
M75			
1 David Anstiss	AKL	17.99	-1.4

Men – 100m Hurdles

M55			
1 Stephen Te Whaiti	WBP	18.64	-1.7

Men – 110 Hurdles

M45			
1 Nick Bolton	CAN	16.31	-1.7

Men – 400m Hurdles

M50			
1 Mark Cornaga	WBP	1:09.92	

Women – 2000m steeplechase

W40			
1 Keryn Morgan	WEL	11:51.74	
W65			
1 Joy Baker	TAR	12:04.07	
W70			
1 Gail Dryland	WBP	17:00.94	

Men – 2000m steeplechase

M60			
1 Tim Cross	TAS	8:28.96	
M65			
1 Gavin Smith	WBP	9:14.64	
2 Malcolm Chamberlin	AKL	10:26.23	
M70			
1 Graeme Adams	WBP	10:01.56	
2 Des Phillips	TAR	10:23.65	
M75			
1 Michael Bond	CAN	11:51.98	

Men – 3000m steeplechase

M45			
1 Jamie Halla	AKL	13:15.63	
M50			
1 Michael Wray	WEL	13:42.59	
M55			
1 Rob Kear	WBP	15:16.32	

Women - 3000m Race Walk

W40			
1 Vicky Jones	TAR	22:10.83	
W55			
1 Serena Coombes	TAR	18:30.67	
W60			
1 Julie Edwards	WEL	21:26.02	
2 Terri Grimmett	WEL	DQ	
W70			
1 Shirley Rolston	CAN	22:51.41	
2 Marlene White	TAR	23:00.30	
W75			
1 Jacqueline Wilson	WEL	19:18.90	
2 Daphne Jones	WEL	22:01.00	
3 Sue Park	TAR	26:56.29	

Men – 3000m Race Walk

M55			
1 Rodney Gillum	TAR	19:11.59	
M70			
1 Clive McGovern	WEL	17:47.57	

Women – 5000m Walk

W40			
1 Vicky Jones	TAR	37:15.00	
W55			
1 Serena Coombes	TAR	31:08.22	
W60			
1 Terri Grimmett	WEL	34:32.05	
2 Julie Edwards	WEL	35:22.48	
W70			
1 Shirley Rolston	CAN	39:03.53	
2 Marlene White	TAR	39:41.54	

W75			
1 Jacqueline Wilson	WEL	31:58.65	
2 Daphne Jones	WEL	37:11.33	

Men – 5000m Walk

M45			
1 Sean Lake	WEL	31:09.38	
M55			
1 Rodney Gillum	TAR	32:06.76	
M70			
1 Clive McGovern	WEL	30:00.65	

Women – Long Jump

W40			
1 Ai Osugi	AKL	4.03	1.9
W50			
1 Raewyn Grigg	TAR	3.19	1.8
W55			
1 Karen Hulena	AKL	3.55	1.6
W60			
1 Alison Newall	OTG	3.42	1.8
2 Claire Giles	OTG	2.95	1.8
W65			
1 Joy Baker	TAR	2.52	0.8
W70			
1 Margaret Crooke	NTH	2.62	1.2
2 Nancy Bowman	NTH	2.53	1.4
3 Carey Dickason	TAS	2.15	0.9
4 Gail Dryland	WBP	2.07	1.7

W75			
1 Carol Conte	AKL	1.85	0.8
W80			
1 Jill Sherburn	WBP	2.11	0.9

Men – Long Jump

M30			
1 Reece Little	HBG	4.46	2.1
M35			
1 Lionel Haldane	TAR	4.76	3.2
M40			
1 Bruce Alexander	WBP	5.24	0.4
M45			
1 Iain Rattray	WBP	4.69	NWI
M50			
1 James Stowers	AKL	3.91	NWI
M55			
1 Stephen Te Whaiti	WBP	4.94	4.2
2 Mark Macfarlane	WEL	4.50	2.2
M60			
1 Stephen Burden	WBP	4.90	1.8
2 Gary Rawson	WEL	4.55	NWI
3 Seelan Ramiah	AKL	4.32	3.2
4 James Thomas	AKL	3.77	3.2
M65			
1 Dennis O'Leary	HBG	3.73	2.5
2 Barry Smith	STH	3.36	0.5
M70			
1 Des Phillips	TAR	3.37	2.1
M75			
1 David Anstiss	AKL	3.55	0.8
2 Wolfgang Schenk	AKL	3.22	1.9
3 Mike Shepherd	MWA	2.10	0.7
M85			
1 Jim Jones	WBP	1.96	0.8

Women – Triple Jump

W50			
1 Theresa Bartlett	WEL	6.50	-1.2
W60			
1 Alison Newall	OTG	7.45	3.3
W65			
1 Joy Baker	TAR	5.72	-1.2
W70			
1 Margaret Crooke	NTH	6.14	2.9
2 Carey Dickason	TAS	5.86	3.3
3 Nancy Bowman	NTH	5.75	1.3
4 Gail Dryland	WBP	4.34	2.3
W80			
1 Jill Sherburn	WBP	4.53	1.2

Men – Triple Jump

M30			
1 Reece Little	HBG	9.16	0.8
M35			
1 Lionel Haldane	TAR	9.42	3.9
M40			
1 Bruce Alexander	WBP	10.53	1.4
M45			
1 Iain Rattray	WBP	9.59	0.8
M50			
1 James Stowers	AKL	8.27	0.6

M55			
1 Mark Macfarlane	WEL	9.58	2.2
M60			
1 Stephen Burden	WBP	10.74	1.5
2 Seelan Ramiah	AKL	9.85	2.2
M65			
1 Dennis O'Leary	HBG	8.35	2.5
2 Barry Smith	STH	8.28	2.0
M70			
1 Des Phillips	TAR	7.11	0.4
2 Barry Dewar	TAS	5.79	0.7
M75			
1 David Anstiss	AKL	8.47	0.8
2 Mike Shepherd	MWA	5.43	0.8

Women – High Jump

W35			
1 Honey Hireme-Smiler	WBP	1.34	
W50			
1 Phillipa Green	AKL	1.29	
2 Raewyn Grigg	TAR	1.24	
W55			
1 Hee Sun Kim	AKL	1.47	
2 Karen Hulena	AKL	1.19	
W70			
1 Nancy Bowman	NTH	0.99	
2 Gillian Evans	MWA	0.99	

Men – High Jump

M45			
1 Iain Rattray	WBP	1.46	
2 David Sexton	HBG	1.36	
3 Jamie Halla	AKL	1.31	
M55			
1 David Blackford	AKL	1.67	
2 Brian Curry	MWA	1.56	
3 Stephen Te Whaiti	WBP	1.41	
4 Mark Macfarlane	WEL	1.36	
M60			
1 Gary Rawson	WEL	1.36	
2 Seelan Ramiah	AKL	1.36	

Women – Pole Vault

W55			
1 Delwyn Smith	NTH	2.35	
W60			
1 Alison Newall	OTG	1.75	

Men – Pole Vault

M55			
1 Brian Curry	MWA	2.65	
M75			
1 David Anstiss	AKL	2.41	

Women – Shot Put

W35 (4kg)			
1 Honey Hireme-Smiler	WBP	10.08	
2 Anna Lynch	CAN	9.75	
3 Rochelle Hireme-Smiler	WBP	7.57	
W40 (4kg)			
1 Kristen Smith	WBP	8.30	
2 Heidi-Jane Humphries	WEL	8.30	
3 Lee Grieve	STH	5.91	
W45 (4kg)			
1 Tracy Morgan	NTH	9.84	
2 Fiona Black	TAR	7.98	
3 Florence Alesana	AKL	7.78	
W50 (3kg)			
1 Brenda Davies	WBP	9.38	
2 Michelle Scriven	WEL	9.21	
3 Theresa Bartlett	WEL	9.17	
4 Raewyn Grigg	TAR	8.74	
5 Dale McMillan	MWA	8.60	
W55 (3kg)			
1 Tania Hodges	WBP	10.10	
2 Tina Ryan	TAR	8.54	
3 Jen Fee	MWA	7.77	
W60 (3kg)			
1 Claire Giles	OTG	7.15	
2 Michelle Anthony	WBP	6.56	
W65 (3kg)			
1 Winifred Harding	OTG	7.76	
2 Vicky Adams	TAR	5.60	
W70 (3kg)			
1 Gillian Evans	MWA	7.86	
2 Noni Callander	OTG	6.52	
3 Annette Parlane	WBP	6.43	
4 Nancy Bowman	NTH	6.31	
5 Shirley Rolston	CAN	5.49	
6 Beryl Rogers	WEL	5.17	

W75 (2kg)			
1 Bev Savage	WBP	8.26	
2 Barbara Austin	NTH	7.51	
3 Justine Whitaker	CAN	6.68	
4 Betty Clarke	WBP	4.93	
W80 (2kg)			
1 Glen Watts	CAN	6.88	
2 Jill Sherburn	WBP	5.98	

Men – Shot Put

M30 (7.26kg)			
1 Luke Crombie	CAN	8.35	
2 Reece Little	HBG	8.06	
M40 (7.26kg)			
1 Arno Van Der Westhuizen	AKL	12.41	
2 Bruce Alexander	WBP	9.25	
M45 (7.26kg)			
1 Jamie Halla	AKL	8.45	
2 David Sexton	HBG	8.27	
M50 (6kg)			
1 Laini Inivale	AKL	13.98	
2 Adrian Stockill	AKL	11.96	
3 Craig Marriot	TAR	10.74	
4 James Stowers	AKL	9.41	
5 Jared Letica	AKL	8.92	
M55 (6kg)			
1 Duane Duggan	AKL	9.67	
2 Brian Curry	MWA	9.24	
3 Neil Tait	WBP	7.97	
M60 (5kg)			
1 Michael O'Leary	HBG	10.90	
2 James Thomas	AKL	10.84	
3 Seelan Ramiah	AKL	10.34	
4 Merv Dudley	TAR	9.74	
M65 (5kg)			
1 Tuariki Delamere	AKL	9.58	
2 Lester Laughton	STH	8.33	
3 Liam Killalea	WBP	6.46	
M70 (4kg)			
1 Richard Davidson	CAN	9.63	
2 Grant Pegler	AKL	8.72	
3 Kennedy Garland	NTH	8.67	
4 Mark Powell	AKL	7.74	
M75 (4kg)			
1 Peter Crawford	WBP	10.32	
2 Mike Shepherd	MWA	8.04	
M80 (3kg)			
1 Peter Hanson	WEL	8.66	
2 Noel Jones	WBP	6.25	
M85 (3kg)			
1 Jim Blair	OTG	7.18	
2 Barry Krebs	MWA	6.32	

Women – Javelin

W35 (600g)			
1 Anna Lynch	CAN	21.96	
2 Rochelle Hireme-Smiler	WBP	14.89	
W40 (600g)			
1 Kristen Smith	WBP	28.74	
2 Lee Grieve	STH	10.98	
W45 (600g)			
1 Melissa Brearley-Tipene	AKL	33.18	
2 Tracy Morgan	NTH	18.46	
3 Michelle Bitcheno	WBP	13.99	
4 Fiona Black	TAR	13.30	
5 Florence Alesana	AKL	12.95	
W50 (500g)			
1 Theresa Bartlett	WEL	23.87	
2 Dale McMillan	MWA	23.28	
3 Brenda Davis	WBP	21.02	
4 Raewyn Grigg	TAR	19.71	
5 Michelle Scriven	WEL	19.26	
W55 (500g)			
1 Tania Hodges	WBP	19.49	
2 Tina Ryan	TAR	13.43	
W60 (500g)			
1 Alison Newall	OTG	17.44	
2 Michelle Anthony	WBP	10.47	
W65 (500g)			
1 Winifred Harding	OTG	13.14	
2 Joy Baker	TAR	13.06	
W70 (500g)			
1 Gillian Evans	MWA	17.71	
2 Annette Parlane	WBP	13.49	
3 Noni Callander	OTG	11.45	
4 Beryl Rogers	WEL	10.72	
5 Shirley Rolston	CAN	10.01	
W75 (400g)			
1 Barbara Austin	NTH	13.67	
2 Justine Whitaker	CAN	11.61	
W80 (400g)			
1 Jill Sherburn	WBP	14.43	
2 Glen Watts	CAN	11.20	



1500m 1st W70 Carey Dickason (TAS)



Pole Vault 1st M55 Brian Curry (MWA)

PHOTOS: Derek Shaw

NZMA Athlete of the Year Awards

The Process

- The results from all centre interclub and track meets together with NZ and Island championships were reviewed.
- From over 210 sets of event results, 365 athletes were identified for the long list.
- Nominations were also invited to try and ensure any notable performances weren't missed.
- The Panel weighed up a combination of championship placings, NZ records and age group percentage achievements from which the shortlist of finalists and winners were selected by a simple majority of votes.

Sprints (50m Indoor, 60m, 100m, 200m, 400m)



Men - John Campbell (M55 - Canterbury)

NZ Record: 200m

Age group performances of 95% (60m), 92% (100m), 93% (200m)

Three SI titles: 60m, 100m, 200m.

Other finalists were:

- Mark Lambert (M45 - Auckland)
- Stephen Te Whaiti (M55 - Waikato-Bay of Plenty)
- Steven Hargreaves (M50 - Auckland)



Women- Chris Waring (W75 - Auckland)

Four NZMA Gold Medals in 60m, 100m, 200m, 400m

Age group performances of 95% (60m), 88% (100m & 200m), 84% (400m)

Other finalists were:

- Phillipa Green (W50 - Auckland)
- Sheryl Gower (W70 - Waikato-Bay of Plenty)
- Veronica Gould (W70 - Wellington)

Men - Hammer (continued)

M65 (5kg)			
1 Lester Laughton	STH	30.40	
2 Tuariki Delamere	AKL	25.36	
3 Liam Killalea	WBP	17.08	
M70 (4kg)			
1 Richard Davidson	CAN	35.10	
2 Mark Powell	AKL	25.86	
3 Kennedy Garland	NTH	25.07	
4 Laurie Malcolmsen	MWA	25.03	
M85 (3kg)			
1 Jim Blair	OTG	18.83	
2 Barry Krebs	MWA	16.47	

Men - Weight Throw

M40 (15.88kg)			
1 Arno Van Der Westhuizen	AKL	14.75	
M45 (15.88kg)			
1 David Sexton	HBG	9.70	
M50 (11.34kg)			
1 Adrian Stockill	WEL	12.38	
M55 (11.34kg)			
1 Neil Tait	WBP	10.25	
M60 (9.08kg)			
1 James Thomas	AKL	14.64	
M65 (9.08kg)			
1 Lester Laughton	STH	11.95	
2 Tuariki Delamere	AKL	9.50	
3 Liam Killalea	WBP	7.58	
M70 (7.26kg)			
1 Richard Davison	CAN	13.49	
2 Laurie Malcolmsen	MWA	11.76	
3 Kennedy Garland	NTH	11.15	
4 Mark Powell	AKL	10.19	
M75 (7.26kg)			
1 Mike Shepherd	MWA	8.10	
M85 (5.45kg)			
1 Jim Blair	OTG	8.54	
2 Barry Krebs	MWA	8.46	

Women - Throws Pentathlon

W35			
1 Anna Lynch	CAN	3062	
2 Rochelle Hireme-Smiler	WBP	1941	
W40			
1 Kristen Smith	WBP	2389	
2 Lee Grieve	STH	1512	
W45			
1 Tracy Morgan	NTH	2378	
2 Michelle Bitcheno	WBP	2180	
3 Florence Alesana	AKL	1854	
W50			
1 Brenda Davis	WBP	3417	
2 Raewyn Grigg	TAR	2616	
3 Theresa Bartlett	AKL	2577	
W55			
1 Tania Hodges	WBP	2953	
2 Jen Fee	MWA	2569	
3 Tina Ryan	TAR	2503	
W60			
1 Alison Newall	OTG	2607	
2 Michelle Anthony	WBP	2310	
W65			
1 Winifred Harding	OTG	2937	
W70			
1 Gillian Evans	MWA	3240	
2 Annette Parlane	WBP	3030	
3 Noni Callander	OTG	2904	
4 Beryl Rogers	WEL	2352	
W75			
1 Bev Savage	WBP	3770	
2 Barbara Austin	NTH	3363	
3 Justine Whitaker	CAN	2681	
W80			
1 Glen Watts	CAN	3767	

Women - Weight Throw

W35 (9.08kg)			
1 Anna Lynch	CAN	12.44	
2 Rochelle Hireme-Smiler	WBP	8.83	
W40 (9.08kg)			
1 Kristen Smith	WBP	9.49	
2 Lee Grieve	STH	6.15	
W45 (9.08kg)			
1 Tracy Morgan	NTH	9.49	
2 Michelle Bitcheno	WBP	9.34	
3 Florence Alesana	AKL	9.16	
4 Fiona Black	TAR	7.29	
W50 (7.26kg)			
1 Brenda Davis	WBP	12.75	
2 Michelle Scriven	WEL	10.86	
3 Raewyn Grigg	TAR	9.91	
4 Theresa Bartlett	WEL	8.92	
W55 (7.26kg)			
1 Tania Hodges	WBP	11.30	
2 Tina Ryan	TAR	9.14	
3 Jen Fee	MWA	8.72	
W60 (5.45kg)			
1 Alison Newall	OTG	10.26	
2 Michelle Anthony	WBP	8.48	
W65 (5.45kg)			
1 Winifred Harding	OTG	9.86	
2 Vicky Adams	TAR	8.11	
3 Joy Baker	TAR	7.25	
W70 (5.45kg)			
1 Gillian Evans	MWA	11.03	
2 Noni Callander	OTG	8.97	
3 Annette Parlane	WBP	8.80	
4 Shirley Rolston	CAN	7.69	
5 Gail Dryland	WBP	7.54	
6 Beryl Rogers	WEL	7.27	
W75 (4kg)			
1 Bev Savage	WBP	11.17	
2 Barbara Austin	NTH	10.12	
3 Justine Whitaker	CAN	8.29	
4 Betty Clarke	WBP	5.53	
W80 (4kg)			
1 Glen Watts	CAN	8.74	
2 Jill Sherburn	WBP	6.71	

Women - Pentathlon Points

W35			
1 Joeline Jones	TAS	2255	
W40			
1 Ai Osugi	AKL	2104	
2 Heidi-Jane Humphries	WEL	1538	
W55			
1 Karen Hulena	AKL	2380	
W70			
1 Carey Dickason	TAS	2086	
2 Gail Dryland	WBP	1129	
W80			
1 Jill Sherburn	WBP	2253	

Men - Pentathlon Points

M45			
1 Jamie Halla	AKL	1928	
2 Allan Staite	CAN	1581	
M50			
1 Trevor Wilson	AKL	2826	
2 Hamish Wright	WBP	1759	
M55			
1 Stephen Te Whaiti	WBP	2895	
M60			
1 John Rawcliffe	TAS	2564	
2 James Thomas	AKL	1497	
M65			
1 Dennis O'Leary	HBG	2264	
2 Warren Green	STH	1779	
M75			
1 Wolfgang Schenk	AKL	2311	

Men - Throws Pentathlon

M40			
1 Arno Van Der Westhuizen	AKL	3418	
M45			
1 David Sexton	HBG	1834	
M55			
1 Neil Tait	WBP	1912	
M60			
1 Merv Dudley	TAR	2407	
M65			
1 Tuariki Delamere	AKL	2558	
2 Lester Laughton	STH	2484	
3 Liam Killalea	WBP	1394	
M70			
1 Richard Davison	CAN	3256	
2 Kennedy Garland	NTH	2346	
3 Mark Powell	AKL	2159	
M85			
1 Jim Blair	OTG	2634	
2 Barry Krebs	MWA	2403	

Middle Distance (800m, 1500m, Mile, 3000m)



Men - Nicholas Willis (M35 - Wellington)

NZ Gold Medal in Senior 1500m

Age group performances of 83% (1500m), 91% (800m)

Other finalists were:

- Ian Calder (M60 - Northland)
- Peter Stevens (M55 - Wellington)
- Wim Luijpers (M45-50 - Auckland)



Women - Myrtle Rough (W80 - Otago)

NZ Records: 800m & 1500m

Two SI titles: 800m & 1500m

Age group performances of 98% (1500m), 92% (800m)

Other finalists were:

- Christine Adamson (W60 - Auckland)
- Michele Allison (W60-65 - Wellington)
- Sally Gibbs (W55 - Waikato-Bay of Plenty)

Long Distance (5000m, 10000m, Road, Cross Country, Mountain, Trail)



Men - Peter Stevens (M55 - Wellington)

Three National titles: NZ Road Champs, NZMA 5000m, NZMA 10000m

Age group performances of 90% (10000m), 88% (10km), 84% (5000m)

Other finalists were:

- Grant McLean (M50 - Wellington)
- Stephen Day (M45 - Wellington)
- Wim Luijpers (M45-50 - Auckland)



Women - Sally Gibbs (W55 - Waikato/Bay of Plenty)

Two National titles: NZ Road Champs, NZMA 5000m

Age group performances of 96% (5000m), 92% (5km)

Other finalists were:

- Carolyn Smith (W55-60 - Auckland)
- Margaret Flanagan (W65 - Canterbury)
- Michele Allison (W60-65 - Wellington)

Throws (Shot Put, Discus, Hammer, Javelin, Weight, Throws Pentathlon)**Men - Brian Senior (M75-80 - Canterbury)**

Three NZ Records: Hammer, Weight, Throws Pentathlon
Three NZMA Gold Medals in Hammer, Weight, Throws Pentathlon

Age group percentages of 81% (Hammer), 75% (Weight)

One SI title: Hammer

Other finalists were:

- Arno van der Westhuizen (M40 - Auckland)
- James Thomas (M60 - Auckland)
- Laini Inivale (M50 - Auckland)

**Women - Glen Watts (W75-80 - Canterbury)**

Three NZ Records: Hammer, Discus, Shot Put
Two NZMA Gold Medals in Hammer & Throws Pentathlon

Age group performances of 70% (Hammer), 60% (Shot), 3574 pts (Throws Pent)

Five SI titles: Shot, Hammer, Weight, Discus, Throws Pentathlon

Other finalists were:

- Brenda Davis (W50 - Waikato-Bay of Plenty)
- Tania Hodges (W50 - Waikato-Bay of Plenty)
- Valerie Adams (W35 - Auckland)

Jumps (Long, Triple, High, Pole Vault)**Men - David Anstiss (M70-75 - Auckland)**

Two NZ Records: High Jump, Triple Jump

Two NZMA Gold Medals in Triple Jump and Long Jump

Age group performances of 81% (High Jump, Triple Jump), 75% (Long Jump)

Other finalists were:

- Gary Rawson (M60 - Wellington)
- Murray Anderson (M70 - Hawkes Bay-Gisborne)
- Stephen Burden (M60 - Waikato-Bay of Plenty)

**Women - Frances Bayler (W80 - Manawatu-Whanganui)**

NZ Record in Triple Jump

Age group percentages of 81% (Triple Jump), 66% (Long Jump)

Two SI (guest) titles: Triple Jump, Long Jump

Other finalists were:

- Hee Sun Kim (W55 - Auckland)
- Helena Dinnissen (W35 - Canterbury)
- Sarah Cowley-Ross (W35 - Waikato-Bay of Plenty)

Walks (Track Walks, Road Walks)**Men - Quentin Rew (M35 - Wellington)**

Three NZ Records: 3000mW, 10000mW, 20kmRW

Age group performances of 93% (10000mW), 90% (3000mW), 87% (20kmRW)

One Oceania title: Senior 20kmRW

Other finalists were:

- Clive McGovern (M65 - Wellington)
- Eric Kemsley (M65 - Taranaki)
- Peter Fox (M65 - Taranaki)

**Women - Jacqueline Wilson (W70 - Wellington)**

Age group performances of 86% (10000mW), 85% (10kmRW), 84% (5000mW), 82% (3000mW), 84% (Mile Walk), 83% (1500mW)

Other finalists were:

- Daphne Jones (W75 - Wellington)
- Julie Edwards (W55-60 - Wellington)
- Terri Grimmett (W60 - Wellington)

Combined Events (Pentathlon, Decathlon, Heptathlon)**Men - David Hansen (M40 - Tasman)**

NZ Gold Medal in Decathlon

5965 Points in Decathlon

Other finalists were:

- Mark Lett (M55 - Northland)
- Michael O'Leary (M60 - Hawkes Bay-Gisborne)
- Stephen Te Whaiti (M55 - Waikato-Bay of Plenty)

**Women - Faith Firestone (W40 - Auckland)**

NZ Record in Pentathlon

NZ Gold in Pentathlon

Other finalists were:

- Dale McMillan (W50 - Manawatu-Whanganui)
- Joeline Jones (W35 - Tasman)
- Karen Hulena (W55 - Auckland)

Hurdles (80mH, 100mH, 110mH, 200mH, 300mH, 400mH, 2kSC, 3kSC)**Men - Alan Dougall (M70 - Auckland)**

NZ Record: 89mH

Age group performances of 87% (80mH),

One NZMA medal (Bronze 80mH)

Other finalists were:

- Laurie Malcolmson (M70 - Manawatu-Whanganui)
- Nick Bolton (M45 - Canterbury)
- Peter Stevens (M55 - Wellington)

**Women - Michele Allison (W60-65 - Wellington)**

NZ Record: 2000mSC

Age group performance of 95% (2000mSC)

Other finalists were:

- Faith Firestone (W40 - Auckland)
- Helena Dinnissen (W35 - Canterbury)
- Loris Reed (W70 - Waikato-Bay of Plenty)

NZMA Colours

NZMA Colour Awards are awarded to athletes who:

- Set a world masters record
- Win a world masters title
- Achieve a performance of 95% or better on the WMA percentage tables using a Group percentage.

Chris Waring (W75 - Auckland)

- 60m performance of 95.60% (October 2020)

Myrtle Rough (W80 - Otago)

- 1500m performance of 98.06% (November 2020)

John Campbell (M55 - Auckland)

- 60m performance of 95.07% (November 2020)

Sally Gibbs (W55 - Waikato/Bay of Plenty)

- 5000m performance of 96.47% (February 2020)

Michele Allison (W65 - Wellington)

- 2000mSC performance of 95.78% (November 2020)

- 10000m performance of 95.34% (December 2020)

Veronica Gould (W70 - Wellington)

- 60m performance of 95.41% (February 2020)

The Race That Eats Its Young

by George White



PHOTO: Michael Hodge

And they're off! The start of the Barkley Marathon

The title of this article is that of a 2015 documentary. Last year in an article, Peter Sandery asked "Which is the hardest race". In the race that the documentary highlights I think I may have found a contender! It is the Barkley Marathons, held late March/early April in the Frozen Head State Park in Tennessee.

If you are not quite up to the full run you could do the 60 mile (97km) "fun run", but if you are serious you need to do the full course of 100 mile (160km).

First run in 1986, it was the inspiration of Gary "Lazarus Lake" (Laz) Cantrell, after hearing of the escape of James Earl Ray who assassinated Martin Luther King. In 1977, Ray escaped from the Brushy Mountain State Penitentiary and covered some 8 miles in 55 hours in the Frozen Head Park. Laz reasoned he could have done at least 100 miles and so the race was born with Laz naming it after long-time neighbour and running mate Barry Barkley.

It is not an easy race to join, with no details advertised publicly and no official race website. With a limit of 40 runners it has acquired cult status. If you want to enter, you have to acquire a little-known email address, work out when entries will be accepted and then you are required to submit an essay on "Why I should be allowed to run in the Barkley" and amongst other things pay a \$1.60 entry fee. Entries are normally oversubscribed within 5 minutes of opening.

Acceptance into the race is acknowledged by a "letter of condolence" which warns would-be entrants to prepare for "failure and humiliation", to expect an "extended period of

unspeakable suffering" and to hope you "escape without incurring permanent physical damage and psychological scarring". That psychological scarring, it warns, "will torment you for the remainder of your life". If you are a first time runner (known as a virgin) another part of the entrance fee is a license plate from your state or country. Entrants who have competed before but not finished complete their registration fee with things like a white shirt, socks, or a flannel shirt (based on the current needs of Laz at the time). Those that have finished the race before must bring a pack of Camel cigarettes. Only after they have completed the entry forms are runners given the date of the race.

While it is a race, it is more of an orienteering exercise. The course is completely unmarked with about 50% of it off trails and competitors must use a map and compass to find control points on each lap (pacers or GPS are not allowed - instead participants are handed \$11 Walmart watches). Competitors must find between 9 and 14 books along the course (the number varies each year) at the control points and tear out the page corresponding to the runner's race number from each book as proof of completion. Competitors get a new race number, and thus a new page requirement, at the start of each lap. If you get race number 1 - please don't celebrate - it is given to the runner deemed to be the least likely to complete even one lap of the race.

To say the course is brutal is an understatement! It has punishing climbs and wicked descents and much of the course is through thick brush including vicious saw briars.



Licence plates (entrance fees) from entrants in the Barkley Marathon

Some of the names given to landmarks on the course include Testicle Spectacle, Rat Jaw, Son of a Bitch Ditch and Big Hell. During any run the weather can change from blistering hot to freezing, with fog, heavy rain or snow. The course currently consists of a 20-mile (32 km) unmarked loop with no aid stations except water at two points along the route. The loop begins and ends where the runners' and supporters' cars are parked at a yellow gate (which competitors must touch as they start and finish a loop). Runners in the 100-mile version run this loop five times. Complete one lap in under 12 hours, and you're allowed to head out on your second lap, and then your third, fourth and fifth, if you're still within the time limits and willing to continue. Maximum time is 60 hours.

The distances are nominal. The 20 mile loop only covers the horizontal distance; the actual length of the loop varies due to changes in the elevation. Elevation change during the race is equivalent to climbing up and down Mt Everest - twice! Some say the loop is as long as 26 miles giving 130 miles for the whole race. Competitors run clockwise for the first 2 laps and counter clockwise for the next two, followed by each runner alternating direction on loop five, after the first-placed runner's choice. Depending on the start time of the first loop, either the second and fourth loops or the first, third, and fifth loops are run at night. The race starts any time from midnight to noon at the whim of Laz, with one hour till race start signalled by his blowing of a conch. The race officially begins when he lights a cigarette.

Who wins the Barkley? Well most years the Barkley does. Since its inception over 56% of the races have had no finishers and in fact over 33 years and over a 1000 entrants, the race has only been completed 18 times by 15 different runners. In 2006, nobody even finished the 60-mile "fun run" in under its 40 hour cut-off. More than 30 competitors have failed to reach the first book - only two miles out.

The course record is held by Brett Maune at 57:13:33 and in 2016 Jared Campbell won the race for the third time. Gary Robbins has tried 3 times, coming close in 2017 when he went wrong on the last lap clipping a couple of miles off the course and finishing in 60:00:06. He was to try again this year but COVID_19 cancelled the race. No woman has yet to finish. When a runner drops out of the race, Laz plays "Taps" (badly) upon their return.

It begs the question ... why do it? - when the only prize is that after 100 miles, you get to stop! Laz has established the bronze "Barkley 100" belt buckle to be awarded to the first runner who finishes the race under 24 hours - I think he will hang on to it for a long time.

The last word from Laz. "For some people, to finish the fun run is the accomplishment of a lifetime. And for some of them to finish one loop is the achievement of a lifetime. And for some people, just to get back to camp alive is all they want in the world."

Julie Brims - Chat with a Champion

by Janet Naylor

In February 2021, I had the opportunity to speak with multiple world champion and now world record holder, Julie Brims of Queensland, Australia. Julie is a world champion 55-year-old sprinter who has broken the world age records for the 100m, 200m and 400m over the last four weeks. Not only has she done that, she has subsequently lowered her own mark in the 100m and qualified for the Australian Open National Championships in both the 100m and 200m.

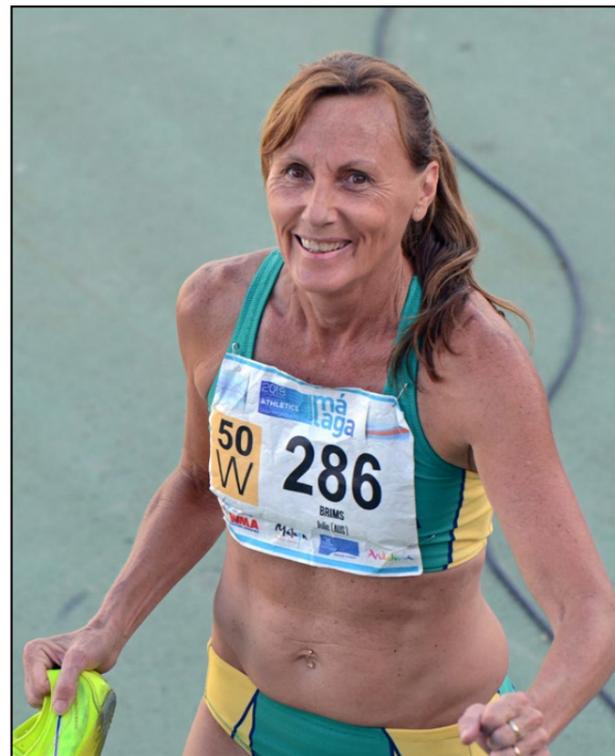
Just after turning 55 in January 2021, Julie recorded two wind assisted 100m times under the world record of 12.80s held by Nicole Alexis, France. It was then to be the 400m in which Julie set her first individual world record running a very impressive 59.36s for one lap of the track at a Queensland Athletics competition on 23 January to break the record of 60.56s held by Marie Mathieu of Puerto Rico.

The following week Julie had ideal conditions at the Queensland Masters meet to run the 100m in 12.34s into a slight headwind (-0.7) and then the 200m in 25.18s (0.0).

Not stopping there, Julie took full advantage of her good form and some flight credits (from a cancelled event) to head south to Australia's capital for the ACT State Championships from 12-14 February. Held on the traditionally fast track at the Australian Institute of Sport, the championships boasted record entries in the sprint events. Unfortunately, athletes competing in the first session were greeted with rain and wind. However, on day two the conditions were much better and Julie stormed home in her 100m heat to lower her world record to 12.24s with a legal tailwind (1.5) and qualify for the semi-finals where she recorded 12.44s (1.0).

At the same championships and still competing in the open age group with women less than half her age, Julie proceeded to put together a brilliant series of 200m races running 25.54s (-1.9) in the heats, 25.36s (0.3) in the semi-finals and 25.59s (-0.9) in the final - all times were under the previous world record of 26.36s held by Nicole Alexis.

So to the back story as no one comes from nowhere! While some people are asking who is this Julie Brims and why haven't we heard of her before, Julie has put together an impressive masters resume starting in around 2002 while living in Muswellbrook, New South Wales. This is when I first met Julie as we were in the same age group at a competition in Sydney. Julie had started in masters athletics to keep fit for basketball refereeing where she was on the panel for the Australian Basketball League having previously played at this level. She contested her first masters nationals in Brisbane 2005 aged 39 and won an incredible 11 medals, including 9 gold, in events ranging from the 100m to high jump to 400m hurdles but it was the sprints she loved and went on to pursue.



Julie after winning the 200m in Malaga 2018

Two years later in 2007 at her first World Masters Athletics Championships in Riccione, Italy, Julie won her first world gold medal in the W40 200m. She also won bronze in the 100m, long jump and triple jump and rounded out the competition with team silver in the 4x100m relay and gold in the 4x400m relay.

The previous year at the Australian Masters National Championships 2008, Julie had recorded her first world record in the W35-39 years 4x100m relay. A feat she repeated in 2011 at the National Champs in both the 45-49 years 4x100m and 4x400m.

Julie has since taken out the 100m & 200m sprint double at the World Masters Champs in Lahti, Finland 2009; Perth, Australia 2016; and Malaga, Spain 2018. Along the way she has also collected assorted medals in the 400m, 4x100m and 4x400m relays including a world record 48.01s in the W40 4x100m in Lahti, which still stands today.

In 2011 at the World Champs in Sacramento, Julie had unknowingly competed with a sesamoid stress fracture in her foot. Despite this, she won bronze medals in the W45 100m and 200m, and silver in the 400m along with leading her team to gold in the 4x400m. In attempting another world record in the 4x100m, the team was disqualified for changing outside

PHOTO: Stuart Paterson



Julie leading the 100m final in Malaga 2018

one of the zones. By this time, Julie already held four world relay records with Australian teams.

With the onset of Trigeminal neuralgia, Julie stepped away from the track. Trigeminal neuralgia is a very painful and chronic condition where the trigeminal nerve, which carries sensation from the face to the brain, is trapped at its root usually by blood vessels. After lots of painkillers and some four surgeries, three of which didn't go to plan, Julie eventually recovered and slowly returned to athletics.

It was a long process to regain fitness and it wasn't until 2016, with a home world champs in Perth, and now in the W50 age group that Julie returned to the winner's podium taking out the 100m-200m sprint double. With the onset of headaches and nausea, fears around the return of the neuralgia saw Julie withdraw from the remainder of the competition after qualifying fastest for the 400m final.

The next year Julie headed to Daegu, South Korea for the 2017 World Masters Indoor Champs. She had previously competed indoors on the flat track at Kamloops in 2010 coming home with silver and bronze medals in the sprints and relay. This time she had her sights set on defeating French athlete and indoor specialist, Maryvonne Icarre who had beaten Julie in Canada.

And she did just that winning the 60m and 200m. Julie then lead the Australian team to gold in the 4x200m relay.

Over the years Julie has approached various coaches for assistance however on finding out her age, they declined to have her join their group. As a result she has primarily coached herself, gleaned information from various people along the way and doing what she thought she needed to do on the strength front in her home gym. As a result, Julie says that she regularly over-trained and would go to the track every day.

Fast-forward to 2019 and this all changed. Julie teamed up with her current coaches and a group of young adult athletes. Initially she was the workhorse for some of the group however her punctuality and attitude has changed the vibe in the squad and the younger athletes have all stepped up a notch. Julie has benefitted from improvements to her technique and a gym program specifically for sprinting, creating a win-win environment where she completes four track sessions and two gym sessions each week.

Julie said, "it has been a two year plan - I had to re-learn to run and change my technique. At my age, the brain takes a bit longer to re-wire itself. I'm excited to see where this takes me. Every rep at training is hand-timed and recorded so I have a graph showing my improvement over the last two years".

PHOTO: Graeme Dahl

In 2020, with no overseas competitions to prepare for or any competition until now, Julie, along with many other Australian athletes, has been able to complete some really solid blocks of training and we are now seeing some outstanding results. For Julie, this extended to one-to-one training with the coach and lots of individual feedback. As Julie said, "that has really helped with correcting my technique".

Just prior to her 55th birthday, Julie ran a staggering 24.87s (2.0) for 200m ranking her number 2 on the all-time list behind Slovenia's Jamaican sprinter Merlene Ottey, who holds the world 100m and 200m records for all age groups from 35 to 50 years.

Julie wrapped up our conversation with, "I knew the world records were going to happen it was just a matter of making sure I got everything right and had good conditions".

Away from the track Julie and husband Ross will be celebrating their 30th wedding anniversary this year. They have two daughters, their youngest lives in Brisbane and their eldest Kodey lives in Madrid, Spain and as a singer/song writer has released a new single, *Got Me Running*. Julie is a twin and one of five girls, and her older sister has travelled to recent world championships. Between events, Julie does enjoy shopping and we share a liking for clothes from Desigual.

Progression

100m National Championships

2019	13.17 (3.3)	Melbourne
2018	12.63 (2.0)	Perth
2017	12.98 (0.0)	Darwin
2016	13.50 (-3.7)	Adelaide
2015	13.30 (-1.3)	Sydney
2011	12.55 (1.2)	Brisbane
2009	12.65 (2.4)	Adelaide
2008	12.59 (-0.2)	Sydney
2007	12.54 (0.6)	Hobart
2006	12.66 (3.3)	Canberra
2005	12.78 (1.1)	Brisbane

World Championships

2019	12.96 (-0.6)	Malaga
2017	12.39 (1.7)	Perth
2015	12.37 (-0.5)	Sacramento
2009	12.44 (0.9)	Lahti
2008	12.37 (0.2)	Riccione

400m National Championships

2018	62.31	Malaga
2016	62.79	Adelaide
2015	60.84	Sydney
2011	59.66	Brisbane
2009	59.34	Adelaide
2007	1:00.95	Hobart
2005	59.92	Brisbane

World Championships

2018	65.39	Perth
2015	58.83	Sacramento
2009	59.75	Lahti

200m National Championships

2019	27.28 (nwi)	Melbourne
2018	27.22 (-2.6)	Perth
2017	26.32 (-0.6)	Darwin
2016	26.09 (0.0)	Adelaide
2015	26.85 (-2.2)	Sydney
2011	25.21 (0.8)	Brisbane
2009	26.12 (-1.3)	Adelaide
2008	25.14 (1.2)	Sydney
2007	25.35 (2.0)	Hobart
2006	26.59 (-0.6)	Canberra
2005	25.79 (-1.4)	Brisbane

World Championships

2019	26.74 (-0.2)	Malaga
2017	25.84 (1.6)	Perth
2015	25.65 (0.0)	Sacramento
2009	25.41 (0.8)	Lahti
2008	25.13 (1.0)	Riccione

Indoors

2017	60m	8.08	Daegu
2010	60m	8.05	Kamloops
2017	200m	26.11	Daegu
2010	200m	26.83	Kamloops
2010	400m	62.54	Kamloops

World Records - Julie Brims

2021	W55 100m	12.24*	(1.5)	Canberra
2021	W55 100m	12.34*	(-0.7)	Brisbane
2021	W55 200m	25.18*	(0.0)	Brisbane
2021	W55 400m	59.36*		Brisbane
2011	W45 4x100m	48.92		Brisbane (Giola Motti, Julie Brims, Julie Forster, Gianna Mogentale)
2011	W45 4x400m	4:01.22		Brisbane (Julie Forster, Giola Motti, Gianna Mogentale, Julie Brims)
2009	W40 4x100m	48.01		Lahti (Gianna Mogentale, Julie Brims, Jackie Bezuidenhout, Kylie Strong)
2008	W35 4x100m	47.74		Sydney (Ranell Hobson, Julie Brims, Kylie Strong, Gianna Mogentale)

* Awaiting ratification

Footnote.

Since this interview Julie has lowered the W55 200m record to 25.07s (1.5m/s) and run 7.95s (1.1m/s) in the 60m - that's five consecutive 5 year age groups under 8.0 seconds. As her husband Ross says "WOW!"



Australian Indoor 4x200m team in Kamloops 2010 (Donna Hiscox, Janet Naylon, Julie Brims and Marie Kay)

PHOTO: Stuart Paterson

New Zealand Masters Championships 2021 Report

by Kirsten Hellier

I had the pleasure of attending the New Zealand Masters Championships held 26-28 February in Inglewood (Taranaki). Having been warned by several locals to prepare for cooler temperatures, the weather was on its best behaviour with very favourable competition conditions. National and World records tumbled but what stood out for me outside of the exceptional individual performances was the comradery and obvious community spirit ... the friendly competitive banter was an added bonus.

A kind invitation to attend the annual awards dinner where the "best of the best" were acknowledged only reinforced the impressive level of our masters' athletes. Unfortunately, as the evening's festivities ended, so too did the freedoms of COVID level 1. How quickly (albeit a long night for some) and efficiently the protocols for COVID level 2 restrictions were activated for the last day of competition, was a testament to all involved.

Many of our masters' athletes fulfil other roles in our sport from officiating and coaching to administrative roles at club and regional levels, how they manage to fit the time in to train as athletes is beyond comprehension. In a recent article by Tasman coach Ian Carter in Vetline, Ian posed the question of whether being an athlete made him a better coach. While most of our coaches' transition from an athlete experience in either our sport or another, it is not a prerequisite for coaches to be successful. The journey to become a coach is very individual and wherever learning can be experienced it should be encouraged.

"Coaching makes me practice what I preach in my own training. I make myself have rest days and even now that I have the time, I don't do "junk miles". I try to remember that the goals are not just the absolute performances". Ian Carter

Along with Ian, Brenda Davis is another action learner. Brenda is a throws athlete and coach based in Whakatane, Bay of Plenty. In addition to the time, she spends on her own development she coaches 2-3 times a week. When not competing, Brenda will be one of the tireless officials we see out in the centre field providing the platform for fellow athletes to perform.

The answer to the question that Ian poses may not have the consensus of all, but from my perspective it certainly looks like added value. Watching Ian, Brenda and the many other masters in action was both exciting and inspiring. The fact that many within this community are also guiding and inspiring our next generation of athletes earns our gratitude.

For those of you eligible to be a master athlete and considering dipping your toes back or into the water, the process is not complicated. You can join as a master either with your local club or through NZ Masters Athletics (NZMA).

For those masters wishing to dip their toes into the coaching space visit <https://athletics.org.nz/get-involved/coach/coach-membership/> or contact either myself or Mariah Ririnui directly.

Kirsten Hellier - Coach Development Leader

Reproduced with permission from the Athletics NZ "Coaches Korero" 22 March 2021

Roy Bennett - A Lifelong Passion for Athletics

by Roy Bennett and Audrey Muscat



The Athletes Feat shop in Auckland

Early Years

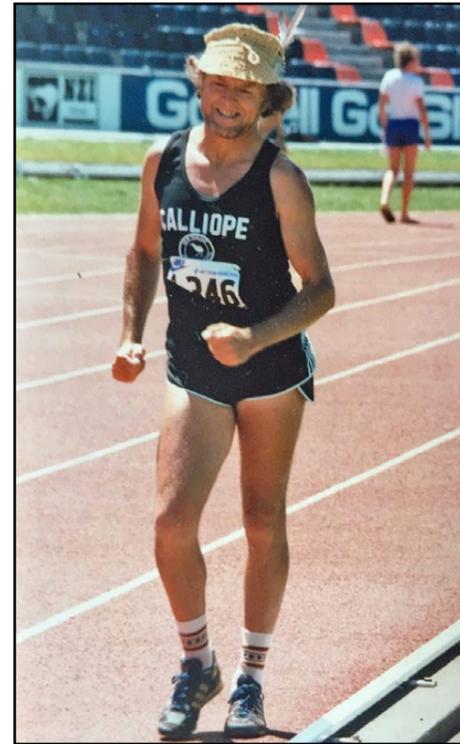
Roy was born 7 September 1931 in Levin, and the family moved to Palmerston North about 1940. From an athletic family, the genes were there from the start. His early talent emerged in secondary school, doing well at sprints and 'hop step and jump'; winning a school competition in 1949 with a jump of 40ft 5.5in (12.3m). Pretty good!

In 1950 Roy worked in Wanganui as a draftsman at the Public Works and joined the local athletics club competing in sprints, long and triple jump and the 220yd hurdles at the famous Cooks Gardens Stadium. He was ultimately selected for the Provincial Junior Championships. Roy recalls "after watching 'Chariots of Fire' I remembered that we too had trowels to dig toe-holes for starts!"

A keen follower of athletics, Roy travelled to be a spectator at NZ National Championships and the Centennial Games in Christchurch where the likes of the great distance runner Roger Bannister and Arthur Wint competed, as well as Victor Saneyev, the Russian triple jumper.

Roy married in 1954 and built a house in Wanganui. Moving to Auckland in 1955, he attended University to study architecture, completing his studies in 1959. Setting off by ship from NZ to England and then driving a campervan from London, Roy and his wife travelled to watch the 1960 Olympics Games in Rome. He was there to see Murray Halberg (NZ) win the 5000m and Peter Snell (NZ) snatch 1st place in the 800m in his last strides. Two NZ Olympic golds in one day! En-route back to NZ he worked for the Hong Kong Mandarin Hotel and helped officiate for the HK Athletic Club who held events at the famous Happy Valley Racecourse on the in-field. What an adventure.

A few years on Roy, his wife and two kids settled happily in Auckland. Looking to get back into shape, he entered a local fundraiser for a new all-weather track for Mt Smart stadium. It was a one-mile run. Starting well, he caught up with an "old guy-plodder", and slowed out of sympathy, but both completed the race non-stop. A demo in pacing! Inspired, he joined the local "Calliope" Harrier Club participating in Sunday recovery road runs. He improved his conditioning and was encouraged to join their Athletics Section. Finding he still had speed from his younger years, he took up sprints and jumps again (long and triple) and even started dabbling in some throws events (discus & javelin).



Roy walking the 3km track walk at the 4th World Masters Champs in 1981 in Christchurch

In the 1970s Roy opened his own athletics shop in Auckland "Athletes Feat". It was indeed a very small shop approximately 3m from the window to the back wall! He was keen to read up on his events (as were others) and soon realised nothing was available in the bookstores. He ordered event specific British Amateur Athletic Board (BAAB) coaching booklets and "Runners World" magazine and the like. The store was "hugely popular" as this was early in the "running boom". Roy managed the store but it was staffed by various athletes as he was also working as an architect at the time. He would often sell books at Mt Smart Stadium and the city YMCA before marathon runners set off for pacing training. He joined in one day and before he knew it had completed his first marathon training run.

Marathons

Calliope Harriers Club was established ~1937 (one of the oldest in NZ) by locals who met in Calliope Street. On the walls of the club rooms was the list of members best marathon times. Roy strongly believed his name



belonged on that wall and set about a strict training regime over a one year period to accomplish his goal. Then, on the relatively flat Hamilton Marathon course, Roy completed the race non-stop, comfortably pacing each 10km to times written on his arm, in just under 4 hours. He finally got his name on the club list on the walls of the Calliope Harriers Club!

Roy continued to run marathons organised by the Calliope Harriers Club, and from 1975 these were nominated as the Auckland Marathon Championships. In 1979, when he was 47 years old, Roy competed in the last 'Club' marathon, also the Auckland Marathon that year. The course was slightly undulating around the Whenuapai Airfield on the North Shore. He maintained focus throughout the race and finished within his target (3hr 31min) - he still considers this his "sub 3hr 30min"!

Veteran Athletics – Career Highlights

From 1970s (M45-49yrs) to 1988 (M55-59yrs) Roy competed in most Auckland and New Zealand Veterans/Masters Championships. His events were: sprints - 100m, 200m and 400m; jumps - long and triple; and throws - discus and javelin.

He then started competing in the T&F Pentathlon, with "all those years of road running and cross country helping him cope with the 1500m"! In Roy's own words, "I have won many medals, some 'golds' I've lost track of all the details".

Roy has participated in many International Masters Athletics Championships. He recounts some of the more memorable events:

- World Veterans Athletics Championships 1981 in Christchurch. (M45-49) - LJ 15th, Pentathlon 20th, and 19th in the 3km track walk;
- 1st Oceania Veterans Championships 1982 in Suva Fiji. (M50-54) - 3km track walk 2nd, and 3rd in 100m, LJ and TJ. His wife Fay joined the Calliope Wives Group and placed 3rd in the discus;
- 2nd Oceania Masters Athletics Championships 1984 in Canberra. (M50-54) - Pentathlon 10th, LJ and TJ performed poorly
- USA Masters Track & Field Championships 1984 Eugene, Oregon. (M50-54) - TJ 2nd (9.63m) - "a thrill to see 'me' on the electronic scoreboard";
- World Masters Championships 1987 Melbourne (M55-59) - Pentathlon 10th, LJ and TJ performed poorly;

Roy moved to Sydney, Australia for work in the late 1980s, continuing his athletics with Randwick Botany and participating in Sunday sprint training in Centennial Park under Coach Harry Stanley. He recalls many competitions being held at ES Marks Athletics Field. Competing in NSW Masters State Championships over the years he found most success in the sprints, long and triple jump, discus, javelin and of course the pentathlon. He smiles as fond memories come to mind "I have a bowl full of all colours of medals, but they are a bit of a mystery as most are not engraved".

He has always enjoyed the experience of competing at the various tracks: Campbelltown, The Crest Bankstown, Blacktown and of course SOPAC for NSWMA State Championships, fighting it out against fellow athletes in his age group as he 'got older' like John Sturzaker and James Soutar. A more recent highlight being the AMA Championships in Sydney 1994 (M60-64) where he came 5th in the pentathlon, 5th in the triple jump and 3rd in the 300m hurdles - "maybe leaping fences in Auckland cross country's gave me some muscle memory!".

In the 1990s Roy joined one of the Hash House Harrier clubs and ran year round as it was great conditioning. In his early days he was so fit he would run with up to three HHH clubs each week. Road running in urban areas - streets, alleys, parks, stairs, beaches, a mystery course different every week with the trail temporarily marked by a 'hare'. Once the run is over, members socialise over a meal and beer at the pub/restaurant. Roy still enjoys the HHH events but now he joins the walking group, finding it a "great way to stay healthy and social".



Roy in the 400m at Mt Smart Stadium

Motivation/Inspiration

It all began when Roy watched the Leni Riefenstahl documentary of the 1936 Berlin Olympics when he was a kid. Appreciating excellence, dedication and talent in athletics track and field was always exciting and appealing. Every opportunity he had work, time, money and family permitting,

he would enthusiastically make the trip across the globe to witness the worlds' best compete at the Olympics: Rome 1960, Montreal 1976, Los Angeles 1984; the European Athletics Championships 1986 in Stuttgart; and World Athletics Championships: Athens 1997, Seville 1999, Paris 2003, Osaka 2007, Berlin 2009, Daegu 2011 and Moscow 2013. Watching world class athletes compete at their best inspires Roy to continue competing at his best.

Future

All that running has kept Roy quite healthy, though he "doesn't know where the ability to run has gone". Since lifting his knees to run doesn't work so well anymore, in an effort to remain competitive even as a 'slower' M85+, he's working on a 'foot-flick' action he saw some 90+ sprinters utilising. Who knows what sort of PBs we will see from him in the seasons to come.

It was an absolute delight to see Roy competing at NSWMA State Championships this year and find out more about his life. He has such a contagious passion for athletics. His well lived-in face and crystal clear eyes light up when you get him talking about anything track & field, and boy does he have some stories to tell. What a wonderful example Roy is of adding life to years and years to life.

*Words by Roy Bennett, Edited by Audrey Muscat.
Photos supplied. As published in 'The Waratah, March 2019,
The Official Newsletter of NSW Masters Athletics'*

OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS NORFOLK ISLAND JAN 2022 (postponed from 2021)

After many meetings and constant Covid related updates regarding border closures and international travel into Norfolk Island, the Local Organising Committee has made the heartbreaking decision to cancel the conduct of the OMA Championships in Norfolk Island in January 2022.

The reality is that the current situation relating to inbound travel into Norfolk Island is not improving to the degree that we had hoped by now, and this is not expected to improve for the remainder of 2021. The Covid vaccine rollout is not accelerating border openings with the speed we had anticipated and international travel is highly unlikely for the remainder of this year.

The LOC has worked through the challenges of the original postponement and continued to operate collaboratively in trying times over an extended period. I'll be forever grateful for the enthusiasm and professionalism this LOC has brought to their work over this prolonged period. As Chair, the reality that the work and commitment shown by each member of the LOC, is now unable to be showcased for all to see compounds the sadness of this recent decision.

When we return to some sense of normality around travel and physical competition that can ensure that the entire OMA family are able to gather freely then Norfolk Island will again be better positioned to host an OMA Championship for the third time and will look forward to bidding for the hosting rights accordingly.

*Tim Rogers
Chair - Local Organising Committee
Oceania Athletics Championships Norfolk Island 2022*

Shin Soreness

by Margaret Saunders

Shin soreness is a common concern with many athletes, particularly if jumping or running. Pain is felt in the front or side of the shin bone, and often after walking, running, jumping or any exercise which puts stress on the shin. Symptoms may be mild swelling in the affected leg, pain, tenderness or soreness in the area. There are many possible diagnoses for this general pain, the most common being medial tibial stress syndrome which is commonly known as shin splints. If the pain becomes chronic, or localises, then it may be indicative of a stress fracture or compartment syndrome.

The symptoms of medial tibial stress syndrome (MTSS) generally start with generalised pain on the inside of the lower shin. Athletes frequently ignore this pain as it is not severe; often is worse until the athlete warms up and becomes less sore during the training session. Pain will return the day after training and the inside of the shin will be tender. Continuing to train will cause the symptoms to be more acute and pain will be felt during the entire training session. The pain may then extend further along the shin. If the pain localises, with the possibility of a tibial stress fracture, a correct diagnosis is important so the rehabilitation is correct for the injury.

MTSS may be caused by overload or biomechanical issues. Overloading the body is increasing the training intensity or volume too quickly, hence not allowing the body to adapt. Recovery training sessions must be planned and these may be a light session, rest day or going for a walk. At the beginning of a

new season or a change in training program, is a common time for this injury to occur.

Sprint training or specific jumps training may cause extra stress on the lower leg as the biomechanics are different from long runs, easy runs or general fitness training. Changing from training on grass to an artificial surface is another common occasion when athletes are more prone to suffering from MTSS. Athletes who overpronate or have high and rigid arches may have a greater chance of suffering greater shin pain. Recent research shows that a cadence rate of less than 170 steps per minute may be a factor in this injury.

Treating the issue will involve reducing the inflammation and pain, determining the cause of the injury and then correcting the biomechanical issues or training overload. Depending on how quickly the athlete is aware of the pain and how quickly they take preventative action, generally determines how long rehabilitation will occur. The RICE principle should be applied. Rest, ice the affected area about 3 times a day for about 48 hours, compression support and elevating the leg can help alleviate the symptoms.

Rehabilitation will often consist of strengthening the calf muscles and other muscle groups, possibly hips, glutes, feet or core. Return to running or jumping when the pain has diminished, but with a reduced training load, will allow the body to adapt. This process may take several weeks.



L to R: M65 Malcolm Chamberlin (AKL), M70 Ian Carter (TAS) & M70 Des Phillips (TAR) in the 400m sprint

PHOTO: Derek Shaw

Hawke's Bay/Gisborne

by Maurice Callaghan

After a relatively quiet run up to Christmas competition wise, by comparison, post-Christmas has been absolutely frenetic. With a number of permit and other meets being staged, it provided an opportunity for our athletes, who were aiming to compete in the NZ Masters champs in Inglewood, to gauge where they were at.

The Colleena Blair Memorial meet staged in Palmerston North on 31st January, was one such meet. This enjoyable and well run meeting welcomed competitors from Wellington, Whanganui / Manawatu, Taranaki and Hawkes Bay / Gisborne. Points are gained by entering events and additional points are allocated according to placings. This ensured sizable fields in most events as regions strived for as many points as possible. An example was the javelin which was contested by over 20 athletes covering a wide range of ages and abilities.

However, the sheer exertion of competing in so many disciplines told at the end of the day and the fields were noticeably diminished in the later sprint and jump events; or was it the amount of sumptuous food served up by the wonderful host centre, Whanganui / Manawatu? Special tribute must be made to the two female Taranaki athletes who gave it their all in as many events as they could fit in, and they performed more than creditably in most of them.

It is encouraging to see that many centres hosting athletic meets included one or two events for masters in their programmes and this has helped our athletes hone their skills for the NZ Masters Athletics T&F Championships. Although Hawkes Bay / Gisborne only fielded a small contingent of seven athletes at this year's champs, the centre performed extremely creditably taking home a good tally of medals.

Special mention must be made of Dennis O'Leary's efforts. In the M65 category he won seven golds (60m, 100m, 200m, 400m, long jump, triple jump and pentathlon) and two bronze medals (discus and javelin). Dennis's younger brother, Mike, kept the family name to the fore with gold in M60 shot put (with a PB), silver in javelin and bronze in discus.

David Seaton excelled in M45 field events with golds in the hammer, weight throw, discus, javelin and throws pentathlon, plus silver in both the shot put and high jump. In the M75 division Martin Bryant won silver in the 200m and bronze in both the 60m and 100m.

M30 Luke Crombie won gold in his shot put and javelin, and silver in the discus. Fellow M30 Reece Little won gold in both the long and triple jumps, and the discus, plus silver in the shot put and javelin. Gary Nairn M50 took home bronze medals for his efforts in the 60m and 200m. Thus every competing athlete in the team won multiple medals. Well done.

Now the focus is on attracting more female members to compete and see if they can emulate the men's performances.

It is with pleasure that we record the awarding of the 20 years NZMA Service and Merit award to Warren Edlin. Many will know Warren and admire him for his tenacity on the track, even when battling the most adverse conditions. The fact that Warren has to travel from Gisborne to be part of our proceedings makes his efforts all the more meritorious, a dedication he has carried on for over 30years.

As the summer season winds down, we look forward to the Harrier season for those inclined, or more sessions in the gym, to keep the body fine-tuned for the next track season.

Stay healthy, fit and well over the winter.

Northland

by Margaret Crooke & Judith Stewart

Covid is still raising its head and causing disruption to events. Northland tends to become an island when Auckland sneezes, as those attending the NZMA champs in Inglewood, would've discovered on travelling back home.

I would like to thank Judith and Nigel Stewart for running the track and field nights in Whangarei. Numbers have been low but those who attend appreciate the chance to have competition. There was a good turnout for the night of miles just before the Christmas break. The longer events tend to draw in the harrier runners, there was also the opportunity to run 200m and compete in long jump, with only a few athletes competing.

I thought this year I would walk the Milford Track before attending the NZMA champs in Inglewood. Getting fit for two different events was a challenge; one thing I learnt was you do the walk after competition. Milford Track was a wonderful experience. Many of you have probably walked it as freedom walkers staying in DOC huts. I admire you for carrying all your gear, but at 70+ my husband and I opted for the luxury way, staying in lodges and having meals prepared. We carried a light pack weighting approximately 7kg, with change of clothes etc. The first two days of walking are relatively easy through bush, and at lunch stops we were able to have a hot drink that the lead guide had gone ahead and prepared. The third days' walking is the hardest as we head up and over Mackinnon Pass,

and for us it had rained overnight and was still raining when we set out. An advantage of the rain was that we got to see all the stunning waterfalls. Being one of the tail end charlies, it had cleared enough to get a view down the valley, which the majority of group missed seeing. Due to the amount of rain we had to take the emergency route down which does not have as many steps, but it is steeper and more mentally challenging. The lodge was a welcome sight at the end of the hard day's walk. The final day is the longest in distance but relatively easy to Sandfly Point, compared to the previous day. I can recommend this Great Walk, if you are thinking of doing one whilst there are no international tourists. Does this prepare you for track and field competition? Personally as a sprinter and jumper it didn't, so do it after a major event. Perhaps, if I was doing the longer distances it would have been useful?

On 14th February, the Northland Athletics Champs were held, incorporating masters, but as I was down south and have not heard from anybody who took part, I have no results to report.

In January, Delwyn Smith set a new NZ W55 pole vault record with a jump of 2.46m. Congratulations Delwyn. Delwyn and Mark travel to Auckland for training and competition, as there is no proper pole vault equipment in Whangarei.

Virtual Marathon Opportunity

The annual Daegu International Marathon will take place this year as a virtual race. In an effort to promote athletics amid the prolonged COVID 19 crisis, there is the opportunity to participate in the 2021 Daegu International Marathon – Virtual race for free of charge to WMA members.

How to participate in the Daegu International Marathon – Virtual Race

- (1) Sign up for Daegu International Marathon on the official website after creating your ID.
- (2) Download the Daegu International Marathon App on the GooglePlay or App Store. (Login and get a bib number.) The official app is available to download starting on Monday, 22 March 2021 (Notification will pop up on the website.)
- (3) Click "Race" to start your race → Community Review Posted → Mobile Recorded

More details here – <https://marathon.daegusports.or.kr/home/main.ubs>



Women's 60m from L to R: 4th W70 Beryl Rogers (WEL), 3rd W65 Lynne Mackay (TAR), 3rd W70 Margaret Crooke (NTH) & 2nd W70 Nancy Bowmar (NTH)

PHOTO: Derek Shaw

Auckland

by Philipa Green

Despite the Auckland region having two lockdowns so far this year in 2021, we have been very fortunate to have plenty of athletic meets to choose from to compete in, thanks to the merger with Auckland Athletics providing more events and strong competition to push more records.

The 2020 - 21 season has been a record-breaking one for eleven Auckland masters athletes. Six athletes have broken 14 NZMA records and a further five have broken 11 Auckland provincial records.

At national level M75 Dave Anstiss was up to his usual tricks with records in all four jumping disciplines and for a bit of variety jumped over some hurdles in breaking the 80m sprint hurdles record. Arno van de Westhuizen broke the M40 hammer record twice with a best of 53.06 and claimed the throws pentathlon with 3451 points. M30 Matthew Wyatt triple jump, M60 Ho Young Do high jump, and W75 Carol Conte picked up the long jump record and broke the hammer record on two occasions. Plus more below.

Auckland 5000m Championships – Mt Smart - 16 January 2021

The first Athletics Auckland Centre meeting of 2021 was the McKinnon Shield #6 which included the Auckland 5000m Championships for U20's, including master's men and woman.

A total of 18 athletes lined up including 14 NZ/AMA master's men and woman in 10 different age groups. The fastest master was Nick Moore (M45 Owairaka) with 15:40.90 and only 9s behind the fastest senior male. The master's woman's race was won by Michelle Allison (W65 Wellington Scottish) with a close race for second place between Auckland athletes Claire Kenyon (Owairaka) 21:50.20 and Deborah Plummer (North Harbour Bays) in her first race on a track 21:50.55.

Athletics NZ Combined Events Championships – Nga Puna Wai – 6-7 February 2021

With the Auckland Track & Field Championship over the same weekend as the ANZ Combined Events Championships, two Auckland athletes decided to make the trip to Christchurch to take part. Day 1 was cold and windy with the wind increasing on Day 2 which affected some of the athlete's performances. Andy Richardson (M55 NHB) won the M50-59 age group title with 6671 points from Wayne Doyle (South Canterbury) 6499 points and Stephen Te Whaiti (Waikato Bay of Plenty) 5951 points. Along the way Andy set six NHB club records and two AMA records, and the total may have been higher but for a slight hamstring issue when warming up on Day 2 for the hurdles.

David Anstiss (M75 NHB) seems to enjoy these type of events as when he was in the M70 age group he took part in a Icosathlon (double decathlon) over 2 days, with 10 events per day, which included events such as 200mH and 400mH; steeplechase; 3000m/5000m and the last event on day 2 is the 10000m, so the decathlon is a breeze for David, with a total of 5858 points, David set seven club records and some NZMA records.

Auckland Masters Track & Field Championship - Mt Smart – 6-7 February 2021

For the second year, AMA held their Championships in conjunction with the Athletics Auckland T&F Championships at Mt Smart. Forty six Auckland masters took part plus two from Northland. It was encouraging to see some new ladies' names in the results. The busiest masters athletes over the two days were: Ai Osugi (W40 NHB) with 8 events; Wolfgang Schenk (M75 Pakuranga) 7 events; Jamie Halla (M45 ACA) and James Thomas (M60 NHB) 6 events each.

North Harbour Bays were dominant in both the men's and woman's sprints with Mark Lambert (M45) winning all the short sprints in extremely fast times, including breaking the 100m record at the Porritt Classic Open meet which had been held for 39 years! Wayne Holroyd (M40) won the short sprints and the 400m. In the ladies' sprints Ai Osugi, Phillipa Green (W50), Christine Adamson (W60) and Chrissie Waring (W75) all won the 60, 100 & 200m in their age groups.

In the middle distance events, Wim Luijper (M50 NHB) won his 800m 2:08.94 and 1500m 4:30.59, carrying on where he left off after winning his age group in the Auckland cross country and road champs and the NZ road champs. Christine Adamson won the 400m and 800m to add to her sprint titles.

Arno van der Westhuizen (M40 NHB) won the hammer with 51.10m just short of his NZ record and 17.89m in the weight throw. Another two who had two good days in the throws winning all the five events were James Thomas (M60 NHB) and Mark Powell (M70 Pakuranga).

In the ladies throwing events new masters taking part were Melissa Free (W35 Takapuna), Florence Alesana (W45 Glen Eden) and Melissa Brearley-Tipene (W45 Papakura). Hee Sun Kim (W55 NHB) set a new NZMA age group high jump record of 1.46m. Since the NZMA Champs in New Plymouth she has moved the record up to 1.47m.

The unluckiest athlete was Mark Lett (M55) down from Whangarei for the meeting winning both the long jump and pole vault but in the 100m dipped for the line and fell over and dislocated his shoulder. AMA wishes Mark a speedy and full recovery.

NZMA Track & Field Championships - 26-28 February

Held in Inglewood, New Plymouth, this was a visit to the region for the first time for many Aucklanders, with some choosing to fly and others drove (perhaps with regret after sitting for an additional 7 hours at the border on the way home!). The city was packed with car enthusiasts visiting the Classic Car Americana Festival, showcasing American muscle cars down the main drag and surrounding streets. It felt like a Trump campaign!

The weather was spectacular for the weekend until Saturday night at 9pm when the Prime Minister announced another lockdown which dampened the spirits. Could we compete on the Sunday? Thanks to the Local Organising Committee and officials they pulled it off by keeping spectators out and keeping athletes in bubbles for each event which prevented some from being able to cross over between events.

A total of 47 athletes from Auckland out of 223 took part in 189 events, more than double from any other region.

Considering the COVID environment we have lived in for the past 12 months, the 2020 NZMA Championships in Hastings had 51 athletes from Auckland, so great to see only a small drop off this year.

The annual NZMA Athlete of the Year Awards Dinner was held on the Saturday night, with our fellow Aucklanders receiving the following awards:

Women: Chris Waring – Sprints
Faith Firestone – Combined Events

Men: Alan Dougall – Hurdles
David Anstiss – Jumps

Congratulations to all our winners and to the other Auckland finalists.

To end the season, we have two more main events: McKinnon Shield #9 on 13 March, and on 20 March McKinnon Shield #10, with no doubt a few more record attempts.



Auckland representation at NZ Masters Track & Field Championships, Inglewood 2021. (minus a few)



Wim Luijper M50



Arno van der Westhuizen M40



Anne Goulter - Auckland Champs



James Thomas M60

Taranaki

by Vicky Jones

Well Covid continues to keep us on our toes. We have been extremely fortunate to be able to carry on competing and thankful that the season has progressed without too many hiccups. The weather for the second half of the season has finally played ball here in the Taranaki region and happy to have it behave itself for the NZMA Track and Field Champs, the culmination of the track and field season. With other events on hold, it was a delight to host the champs and welcome you all.

TET Athletics Taranaki T & F Champs - 19/02/21 - Inglewood

A clear, calm evening set the scene for the annual Centre championships. Numbers unfortunately appeared to be down, but competition was still hot – so hot that it pushed some of our members over the edge into injury and niggles – oh dear! There was an issue with the 3000m walk which kicked off proceedings on the track as per usual, and it appears that it will need to be redone at some other stage.

100m	800m	Shot Put (continued)
W45 Rachel Gilberd 18.19 (1)	W45 Rachel Gilberd 3:36.55 (1)	W65 Vicky Adams 5.87m (1)
W60 Karen Gillum-Green 16.59 (1)	W65 Joy Baker 3:33.80 (1)	Joy Baker 5.18m (2)
W65 Joy Baker 18.17 (1)	M55 Mark Stott 2:55.44 (1)	M50 Craig Marriott 10.64m (1)
Lynne Mackay 19.47 (2)	M70 Brian Warren 3:24.80 (1)	Discus
M35 Lionel Haldane 12.73 (1)	M75 Alan Jones 3:25.21 (1)	W45 Fiona Black 20.69m (1)
M55 Mark Stott 14.51 (1)	Joy Baker 13.36m (2)	Rachel Gilberd 16.28m (2)
M75 Alan Jones 21.77 (1)	1500m	W50 Raewyn Grigg 21.27m (1)
200m	M70 Brian Warren 6:55.97 (1)	Sandra Moratti 10.64m (2)
W45 Rachel Gilberd 41.58 (1)	W65 Joy Baker 7:35.45 (1)	W65 Vicky Adams 13.70m (1)
W65 Joy Baker 38.74 (1)	80m Hurdles	M50 Craig Marriott 31.24m (1)
M70 Des Phillips 41.75 (1)	M70 Des Phillips 19.16 (1)	Javelin
W70 Lynne Mackay 43.80 (2)	Long Jump	W45 Rachel Gilberd 13.20m (1)
400m	W65 Joy Baker 2.99m (1)	Fiona Black 12.41m (2)
W60 Karen Gillum-Green 1:21.65 (1)	M35 Lionel Haldane 4.67m (1)	W50 Raewyn Grigg 20.04m (1)
W65 Joy Baker 1:35.06 (1)	M55 Mark Stott 4.16m (1)	Sandra Moratti 13.41m (2)
M35 Lionel Haldane 59.85 (1)	M70 Des Phillips 3.12m (1)	W65 Joy Baker 12.34m (1)
M55 Mark Stott 1:08.63 (1)	Shot Put	Vicky Adams 11.93m (2)
High Jump	W45 Fiona Black 7.58m (1)	Lynne Mackay 9.77m (3)
M70 Des Phillips 1.20m (1)	Rachel Gilberd 5.80m (2)	M50 Craig Marriott 31.18m (1)
Triple Jump	W50 Raewyn Grigg 8.83m (1)	
W65 Joy Baker 5.70m (1)	Sandra Moratti 6.35m (2)	
M70 Des Phillips 6.14m (1)		

Other championship events held on Egmont and Inglewood Athletic Club nights.

10,000m (22/12/20)	3000m (23/02/21)	5000m Walk (continued)
W65 Joy Baker 56.04.26 (1)	W65 Joy Baker 15.47.53 (1)	M55 Rodney Gillum 33.19.63 (1)
M35 J P Heather 36.13.22 (1)	M40 Mike O'Sullivan 10.34.15 (1)	M65 Peter Fox 30.56.05 (1)
M40 Mike O'Sullivan 37.44.04 (1)	M75 Alan Jones 14.51.82 (1)(r)	Tony Burrell 43.18.83 (2)
M70 Des Phillips 55.32.01 (1)	300m Hurdles (15/12/20)	B Grade Walk
M75 Alan Jones 59.29.62 (1)	M70 Des Phillips 62.67 (1) (r)	W65 Joy Baker 40.00.80 (1)
5000m (09/02/21)	5000m Walk (02/02/21)	W75 Sue Park 45.24.67 (1) (r)
W65 Joy Baker 27.24.18 (1)	W40 Vicky Jones 36.51.77 (1)	M65 Albie Jane 33.59.80 (1)
M35 J P Heather 17.45.39 (1)	W45 Rachel Gilberd 32.09.82 (1)	M70 Des Phillips 34.29.49 (1)
M65 Albie Jane 28.56.71 (1)	W50 Sandra Morratti 41.40.01 (1)	Dave Barrett 39.16.88 (2)
	W55 Serena Coombes 31.07.86 (1) (r)	M75 Alan Jones 36.52.81 (1)
	W70 Marlene White 39.24.67 (1) (r)	

NZMA T & F Champs - 26/02/21-28/02/21 - Inglewood

The weather for these national champs was wonderfully hot, sunny and calm. It was so wonderful to play host this year, although a lot of hard work as we all know! We were stoked at the final number of 223 entries, with each region strongly represented. Taranaki had its biggest "team" in quite some time – though some members took some considerable coaxing! It was pleasing to have rookies Lionel and Tracey Haldane and Mike O'Sullivan participating in what I believe is their first master's competition. Hopefully it won't be the last! It was also pleasing to have certain members making their return/comeback in the guises of Sue Park, Marlene White and Rodney Gillum.

We had an extremely strong throws contingent in the form of Raewyn Grigg, Fiona Black and Tina Ryan of the Inglewood Athletic Club, and we had super competitors in Des Phillips and Joy Baker having a big weekend of competition. There were a couple of notable absentees who had entered but didn't start. One being Karen Gillum-Green who had entered the 200m and 400m but had to scratch due to an injury sustained in the Centre Champs the weekend before. She was nonetheless extremely busy as Meeting Manager. Peter Fox was set to make an appearance but an unfortunate run in with a skillsaw put paid to that, severely injuring one of his hands. Just the thought of such an injury makes one wince! We wish him a swift recovery.

Here are the Taranaki highlights by person due to the large number of local competitors:

Lionel Haldane (M35)	Rodney Gillum (M55)	Vicky Adams (W65)
Long Jump 4.76m (1)	3000m Walk 19.11.69 (1)	Weight Throw 8.11m (2)
Triple Jump 9.42m (1)	5000m Walk 32.08.76 (1)	Discus 13.40m (2)
100m 12.02 (5)	Joy Baker (W65)	Cheryl Leuthart (W55)
200m 26.61 (5)	Javelin 13.06m (2)	3000m 12.56.89 (2)
Vicky Jones (W40)	400m 1.28.23 (1)	1500m 5.59.55 (1)
3000m Walk 22.10.83 (1)	Weight Throw 7.25m (3)	Fiona Black (W45)
5000m Walk 37.15.00 (1)	3000m 16.03.88 (1)	Weight Throw 7.29m (4)
Serena Coombes (W55)	Long Jump 2.52m (1)	Javelin 13.30m (4)
3000m Walk 18.30.67 (1)	2000m Steeplechase 12.04.07 (1)	Shot Put 7.98m (2)
5000m Walk 31.08.22 (1)	60m 11.15 (2)	Hammer 24.10m (3)
Merv Dudley (M60)	100m 18.45 (2)	Discus 21.67m (2)
Weight Throw 26.60m	Triple Jump 5.72m (1)	Raewyn Grigg (W50)
Shot Put 9.74m (4)	1500m 7.32.56 (2)	Weight Throw 9.91m (3)
Throws Pentathlon 2407 points (1)	200m 38.60 (1)	Javelin 19.71m (4)
- Hammer 27.18m (1)	800m 3.45.41 (2)	Shot Put 8.74m (4)
- Discus 21.01 (1)	Alan Jones (M75)	High Jump 1.24m (2)
- Javelin 20.27m (1)	800m 3.30.28 (2)	Hammer 26.35m (4)
- Weight Throw 11.58m (1)	1500m 6.55.96 (2)	Long Jump 3.19m (1)
- Shot Put 9.48m (1)	3000m 15.39.53 (1)	Discus 20.77m (4)
Lynne Mackay (W65)	Mike O'Sullivan (M40)	Throws Pentathlon 2616 points (2)
60m 11.77 (3)	3000m 10.07.84 (3)	- Shot Put 8.76m (2)
100m 19.18 (3)	5000m 17.36.00 (3)	- Discus 22.981m (1)
Marlene White (W70)	Robin Grant (M60)	- Javelin 18.18.04m (4)
3000m Walk 23.00.30 (2)	1500m 5.12.66 (4)	- Hammer 26.49m (2)
5000m Walk 39.41.54 (2)	3000m 10.52.43 (2)	- Weight Throw 9.91m (2)
Des Phillips (M70)	Allan Thomas (M65)	Tina Ryan (W55)
400m 1.17.20 (2)	1500m 5.53.95 (4)	Javelin 13.43m (2)
Triple Jump 7.11m (1)	800m 2.50.56 (3)	Weight Throw 9.14m (2)
Long Jump 3.37m (1)	Craig Marriott (M50)	Shot Put 8.54m (2)
2000m Steeplechase 10.23.65 (2)	Shot Put 10.74m (3)	Hammer 24.16m (3)
80m Hurdles 20.58 (1)	Discus 30.17m (2)	Throws Pentathlon 2503 points (3)
High Jump 1.21m (1)	Javelin 33.62m (2)	- Hammer 25.92m (1)
200m 36.76 (3)	Craig Taylor (M55)	- Discus 17.05m (3)
800m 3.05.19 (4)	100m 13.50 (5)	- Shot Put 8.05m (2)
Brian Warren (M70)	200m 28.12 (5)	- Javelin 15.51m (2)
1500m 6.11.49 (2)	Javelin 13.43m (2)	- Weight Throw 8.87m (2)
800m 3.02.75 (3)	Sue Park (W75)	Tracey Haldane (W35)
	3000m Walk 26.56.29 (3)	1500m 6.49.86 (2)

On the Saturday night we played host to the annual NZMA awards which was well attended, an enjoyable evening and satisfyingly sustained by excellent catering.

A couple of hours later everything was turned upon its head when the Government put in force a 7-day level 3 lockdown for Auckland, and the rest of the country pushed into level 2. This put the completion of the event under serious threat. Our LOC along with Andrew Stark and Michael Wray and others of the NZMA Board held a 'war conference' to decide on the fate of the final day. A decision was reached to continue with competition but with limitations – creating bubbles for events and warm up areas, with a local committee member on the gate checking people in and ensuring the use of the Tracer app. The basic principle was: check in, sanitise, do your thing, then get out (after collecting your medal, of course!).

This meant the successful conclusion of a successful meet – though I suspect some of the scratchings were done with the restrictions in mind. It cannot be underestimated how fortunate we were to be able to conclude the championships and, I think, we all felt for the Auckland competitors who had to return to another round of severe restrictions.

As we wind up the track and field season, we tentatively move ahead with planning the cross country and road programme and being able to implement it – not forgetting the wild weather that accompanies it!

From us in Taranaki, train hard and stay safe.

Waikato/Bay of Plenty

by Murray Clarkson

Thank goodness we are back out of those restrictions. Necessary, there is no doubt, but it is difficult to accept for the longer period. Let's hope they do not dally too much on the vaccine issue. This appears to be having an effect in other countries.

The NZMA Championships from an Official's viewpoint was run smoothly. A point for Centres to be wary of is the ageing of the photo finish hardware. This is often over-looked and equipment borrowed for major events, delaying up-grading where it is necessary.

I extend a big "thank-you" to all our WBOP members for supporting this event. We had 38 registered which was only nine behind Auckland and topped the list for the number of events

entered. I have not looked at results but these will be equally impressive. Our new members did us proud and also those who sported our distinctive uniform. We look forward to seeing these new members improving and reaching their personal goals in masters athletics in the seasons to follow.

Since our last report we have had three events which have all been well supported by our members. A contingent from Pakuranga in Auckland are very interested in attending our events as there is no longer any masters only events in their Centre. They are impressed with the standard of the events.

We will be continuing our winter cross country event this year which was unable to be held last year due to lockdown.



L to R: M50 Tim Morrison (AKL) & M50 Mark Cornaga (WBP)



M55 Rob Kear (WBP)

PHOTOS: Derek Shaw

Manawatu/Whanganui

by Jen Fee

2020-21 has so far been a successful season, where we managed to hold four events prior to Christmas and the Colleena Blair Memorial Challenge event in January. We also continue to hold a weekly Club night where entry level coaching is offered and at times higher level coaches are invited to hold clinics. Club nights have had to become a Coaching/Competition night where we train and work on our set events or roster events and measure our best performance at the end of it. This casual response to our low membership numbers means we can still maintain our presence in the national arena.

Membership has increased this year with twelve Competitive NZMA Members, two Social NZMA members, one of which is

an official and an ANZ member paying Vetline and Club fees for voting rights. Of these members, three are new to master's athletics and aged 31, 49 and 86, and one is a transfer from Wellington. We also have two associate Club Members with voting rights. On top of this there are five ANZ members competing at Nationals this year that do not pay club fees. Two of these new members are a direct link to the NZ Masters Games in Whanganui where we handed out flyers.

Even with our small numbers the club remains in a good financial position and we plan to purchase new equipment and train members on using wind gauges and electronic timing so our meet results are eligible for records in the near future.

Canterbury

by Andrew Stark



Jennifer Zhou



Malcolm Cornelius



Peter Richards

PHOTOS: John Campbell

Last year I commented on how windy the season had been. True to form, the same happened this season and Nga Puna Wai is getting a reputation as a windy venue. Given we had no choice of venue for the new facility, we just have to accept it and it is still much better than competing at Rawhiti Domain. There are plans to plant trees, but I am not sure if that will even be enough protection from the wind. However, looking on the positive side, we can run sprint events down the back straight. I do sympathise with sprinters trying to break records, given the wind was often above 2 metres per second.

This season we had fewer masters attending interclub with an average of 10 men and 5 women regularly competing. However, there were some exceptional performances. Twenty-three CMA members broke a total of 104 records throughout the season (12x NZMA, 11x SIMC, 81x CMA records).

Our most notable record breakers were as follow, in order of age:

Nick Ash (M35): Nick competed in the 400m in Hastings (ANZ Championships), he made the final and came seventh in a time of 50.61, breaking a CMA record set in 1980 (Alan Tucker, 50.86). He also set a new CMA 200m record (23.20), breaking the 1979 record set by Robert Auimatagi (23.26).

Anna Lynch (W30 & W35): As has been the trend in recent years, our throwers continue to break records. Anna broke the CMA W30 hammer record (41.587m) three times and weight throw once. Once she went up an age group, she also broke the CMA W35 hammer (42.20m) and weight throw (12.53m) records three times each, plus set a new CMA W35 Throws Pentathlon record (3062pts).

John Campbell (M55): As mentioned, the Nga Puna Wai venue is windy and legal wind conditions are rare. However, John was able to break the CMA 60m record twice (7.73), SIMC 100m (12.28) and set a CMA 300m record (40.22). He also broke the long standing NZMA / CMA 200m record (24.32) twice, a record held by Bruce McPhail set in 1992.

Glen Watts (W80): Glen moved up an age group this year and set about rewriting the record books. She set a total of 8x NZMA, 6x SIMC and 17x CMA records. Her best performances which are both NZMA & CMA records were in the hammer (25.61m), discus (18.55m) and throws pentathlon (3836pts). This was a fantastic effort, so well done to Glen.

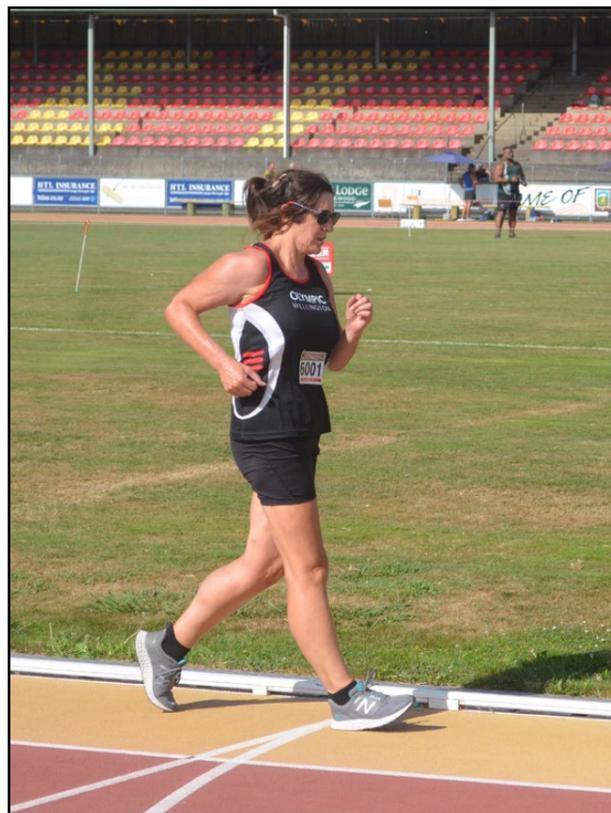
Brian Senior (M80): Like Glen, Brian moved into a new age group and was breaking records regularly, until an injury ended his season in mid-February. While he did not set as many records as Glen, his throws pentathlon score of 4323pts is truly world class, breaking the old record of 3532pts (Ron Johnson). During the season Brian broke the hammer, discus, javelin, shot, weight throw and the throws pentathlon records, a total of 11 records.

I would like to acknowledge Anne & Rick Davison who together organised throwing events for our CMA members and helped officiate at Athletics Canterbury interclub meetings. At a throwing event in mid-December, they were assisted by Patricia Leech (aged 90 & wife of the late Dave Leech) who recorded the results. Sadly, she passed away in late March and will be missed by the many who knew her. She is one of our life members and I thank you for the contribution to our sport. Rest in peace Pat.

Wellington

by Michael Wray

PHOTOS: Derek Shaw



W60 Julie Edwards

Our last track race of 2020 was the Scottish Night of Miles, held in brisk northerlies. For the master's women, Emily Solsberg finished first in 5:55.38, with Fiona Hayvice second. W65 Michele Allison was third masters woman overall and set a new W65 NZ record for the mile with 6:46.87. Dan Clendon took the honours for the master's men in 4:46.92, narrowly beating Rowan Hooper by 0.3s. Stephen Day was third master only another second behind. For the M50s, Michael Wray was first and Jim Jones second, while Todd Kriebel finished at the front of the M60s.

Our track meets into 2021 were split between midweek twilight meets at Newtown Park hosted by Wellington Scottish, Kiwi Throwers meets hosted by Kiwi Athletic and some Masterton twilight meets. The Masterton twilight meets haven't been well supported, unfortunately, despite containing races designated as Centre Champs. I think we have learned that the trip over the Remutakas is less enticing to central Wellington athletes when moved to twilight.

The 3000mW champs saw Jackie Wilson, in her last race as a W70, finish first MW, a little ahead of Terri Grimmer (W60) and Daphne Jones (W75). Sean Lake (M45) won the MM



M70 Clive McGovern

division, with Clive McGovern (M70) 52s behind. Mat Rogers (M40) won the 800m; the only other MM was M55 Peter Stevens who set a new Wellington M55 record.

The 1500m champs had just three runners across all male grades and consisted of one M40 (Andrew Kerr), one M45 (Darren Gordon) and one M50 (Michael Wray). There were no senior women, but a good field of junior women lined up to provide our sole masters women (W40 Heidi-Jane Humphries) some company. For the 5000mW, Jackie Wilson (W75) was first MW, followed by Terri Grimmer (W60) and W75 Daphne Jones. M70 Clive McGovern was fastest man, with M45 Sean Lake in close attention and M55 Brent McLean third.

The first Kiwi Throwers meet featured the four main implements being contested in quick succession. M50 Adrian Stockill emerged as the dominant master's man, throwing 10.30m for the shot, 41.45m discus, 33.06m hammer and 33.23m in the javelin. In the second Kiwi Throwers meet, M75 Graham Cook (18.48m hammer, 14.55m javelin) and W70 Beryl Rogers (18.26m hammer, 10.58m javelin) were the pick of the masters.

Tasman

by Derek Shaw

PHOTO: Derek Shaw



M60 Tim Cross negotiating the water jump

The Tasman team of 10 who ventured north to the NZMA T&F Champs in Inglewood enjoyed considerable success, winning a total of 35 medals with 17 golds, 10 silver and 8 bronzes. Half the team had a pretty full schedule of either five or six events, which in three instances included the pentathlon with its five disciplines.

One of the team's four star performers was Joeline Jones who was in the form of her life, having broken the NZ W35 60m record six weeks earlier with 8.19. She won gold in all her 5 events: 60m (8.43); 100m (13.70); 200m (27.90); 400m (62.43); and pentathlon (2555 pts - 100m 13.55, 800m 2:42.94, LJ 4.28m, SP 7.22, Jav 15.06m). In the pentathlon, she improved her NZ record and NZ Championship records from 2169 achieved at the 2020 champs.

Carey Dickason having moved into the W70 age group made the most of new opportunities and medalled in five of her six events, winning gold in the 1500m (7:39.97), 3000m (15:46.58) and pentathlon (2080 pts - 100m 21.28, 800m 3:53.14, LJ 2.43m, SP 5.64m, Jav 8.02m), silver in the triple jump (5.86m) and bronze in the long jump (2.15m) and was also 5th in the hammer throw.

Another star performer was Ian Carter, who in his first championships in the M70 grade, not only had big winning margins in his three race but also set three new M70 NZ Championship records in the 400m (1:08.33), 800m (2:34.60) and 1500m (5:20.44). He lowered the 400m record by a second, the 800m record by 1.3s and the 1500m record by nearly 4s. He is clearly a world class athlete and is no doubt frustrated that he cannot currently test himself against others around the world due to the pandemic.

The fourth star performer was Dave Riddell (M65) who also had a busy schedule of six events but missed his first event, the 400m on the Friday, when his flight was cancelled. He had good wins in his 800m (2:41.06), 1500m (with a PB of 5:30.25) and the 5000m (21:55.41), and claimed silver medals in the 100m (15.27) and 200m (31.82). In the 1500m, he lead all the way to retain his title with a comfortable lead of 14.5s over Canterbury's Rodger Ward who was also runner-up in 2020. Fellow Tasman master Derek Shaw (M65) managed to improve one place from 2020 to claim the bronze (5:52.20) after passing three others in the last 500m.

Dave adopted a similar fast start approach in the 5000m and had a lead of some 130m by half way. During the second half the chasing group of Tauranga's Gavin Smith, Derek Shaw and fellow Tasman runner Barry Dewar (M70) gradually reduced the gap down to about 60m when with 450m to go Derek gave chase. The gap steadily reduced and they crossed the finish line together with nobody knowing who had won. Dave indicated that he had not heard the bell and was not expecting the race to finish and that if he had heard the bell he would have lifted his pace to ensure he stayed in front which was highly likely given his superior sprinting ability. The photo finish indicated Dave had won with a narrow margin of 0.21s with Barry a further 5.5s back to claim the M70 title.

Barry had a very close finish in his 3000m when he was just piped for the gold by Graeme Adams (WBoP) finishing in 13:15.81 only 0.03s behind Graeme. He completed his suite of medals in the track races with a third placing in the 1500m (6:11.49). He also tackled three field events and claimed silver medals in the triple jump (5.79m) and high jump (1.08m) and was 5th in the discus against seasoned throwers with 18.37m.

John Rawcliffe (M60) had a successful championship despite a recent injury with medals in all four of his events. He won his pentathlon with a total of 2566 points, winning four of the five components - 200m (29.79), 1500m (6:47.20), LJ (3.97m), Jav (31.87m) and second in Dis (29.79). His 2566 points were just shy of his NZ and NZ Championship records of 2677 set in 2019. He was third in both in 60m (9.30) and 100m, and claimed the silver in the M60 discus with 31.57m. Fellow M60 Tim Cross won the gold in the 2k steeplechase with very creditable time of 8:28.96, bronze in the 5000m (20:24.65) and was 5th in the 1500m (5:45.06).

John Dickason (M70) took home a bronze medal for his effort in the 3000m (16:30.46). Derek Shaw (M65) was also third in his 3000m (12:57.80). The youngest Tasman master was Remy Le Brun (M30), in his debut at the championships, sprinted very well to win silver in both the 60m (7.74) and 100m (12.07). Nelson athlete Don Bate (M55) who was running in a Leith singlet (since he had been working in Dunedin prior to the champs) won gold in the 5000m (22:12.31) and was 6th in the 400m (1:10.10) and 9th in the 200m (32:36).

Congratulations to the Taranaki Masters LOC and all the officials and helpers for a very successful championships, including working with NZMA President and Vice President to sort out a way to handle the Sunday events that complied with the sudden level 2 Covid-19 restrictions.

Otago

by Noni Callander

Record Breaking Season

Otago Masters athletes, though small in numbers, were very active and made an exceptional number of records during this 2020-2021 summer season. Altogether six NZMA National records, two NZMA Championship records, 25 South Island and 58 Otago records were made this season.

Myrtle Rough (W80) lead the charge with two New Zealand and Otago records and then improving on these during the South Island T&F Champs - the 800m in 3:55.65 and the 1500m in 7:75.93. These records enabled Myrtle to win the Middle Distance Female Athlete of the Year and to be a National Colour Recipient at the recent NZMA Award ceremonies. Congrats Myrtle!

Alison Newell (W60) also made a NZ record this season in the pole vault at 2.00m and at the NZMA Champs made NZMA Championship records in the pole vault of 1.75m and the throws pentathlon with 2607 points.

Otago Masters athletes have competed regularly every Saturday along with the senior and under age athletes, often making up more than half the fields. This regular competition, the movement of athletes to new age groups and the excellent programmes run by Otago Athletics, have resulted in the amazing total of 58 new Otago records.

Some athletes have improved their Otago records several times, such as Jim Blair, moving south for the summer, made 24 new M85 records for his six throwing and high jump events. Alison Newall made six Otago records in her W60 triple jump, high jump and pole vault. Tony Tan (M55) made seven Otago records in the 60, 100, 200 and 400m races. Winifred Harvey (W65) claimed four new Otago records in throws pentathlon, weight and hammer throws. Vincent Paddam (M70) made 2 Otago records in 60m and 200m.

Jody Robinson (W40) made two Otago records in 60m and outdoor pentathlon and Nathan Shanks (M30) two records in the 5000m. Paul Davies (M55) also made two records in the pole vault. Barry Baxter (M75) claimed a new record in the 200m and Noeline Burdon (W65) a new high jump record. Noni Callander (W70) established a new weight throw record and Phil Napper (M65) a new Otago 10,000m record. This has certainly been a record breaking summer for Otago Masters athletes.

NZMA T&F Champs

Only 10 athletes took part in the NZMA Champs in Inglewood, but again Otago athletes performed very well, with all

managing to win at least one medal. Overall 46 medals were won, including 26 gold, 13 silver and 7 bronze. Most of us won at least one gold medal. However, Jim Blair (M85) won 7 golds, while both Alison Newell (W60) and Winifred Harding (W65) won 6 golds each. Claire Giles (W60) won 3 golds and Dalise Sanderson (W65) 2 golds. Don Bate (M55) and Tony Tan (M55) both claimed 1 gold each. It was wonderful to see athletes perform better than they expected to, eg watching Winifred win a gold medal and throw a PB in the javelin, her least favourite throwing event. Those little running steps you made during the run up made all the difference Winifred!

We all enjoyed the warmth at Inglewood - of the sun, the officials, the organisers and the other competitors. Many thanks to Taranaki Masters for putting on such an enjoyable Championships and for managing to organize the final day of competition despite the changes to alert levels. Well done everyone!

Other summer fun events held for OMA only included

The Peggy Calder Meeting - 24 January 2021

Caversham Cub retained the trophy yet again, despite all the other clubs combining this time in an attempt to change history. Athletes competed in 800m, long jump, 100m, shot put and 400m, javelin, 200m, discus and 60m, with many athletes doing ALL the events ... but Caversham still came out as clear winners with 284 points to Combined Clubs 176.

Following on from this on the same morning the Kenny's Canter was held. Five teams of three runners completed the 400m track (including a steeple). Techniques for jumping/ climbing the steeple were varied! The finish was very close ... the winners were John, Noeline and Ben.

The 5k Self Handicap - 27 January 2021

Two trophies were awarded for those runners with the closest estimations to their actual running times. These were won by Dalise Sanderson (0.04 difference) and Marc Boule (0.12 difference). Amazingly close estimations.

This has been an exciting season with much for us all to participate in and enjoy. It has been good to see everyone do so well and to watch others trying some new events eg Gordon Wong trying the steeple, 10,000m, 5000m and the 400m hurdles.

On a sad note we have lost Professor Jim Flynn, a long time, and recently still competitive, sprinting member of Otago Masters.

PHOTO: Phil Coakes



Philip Morris with Myrtle Rough - NZ record breaker



L to R: M55 Don Bate (OTG), M55 Grant Hodges (AKL), M55 Tony Tan (OTG), M55 Mark McFarlane (WEL) and M55 Stephen Te Whaiti (WBP)

PHOTO: Derek Shaw



800m runners taking off during Peggy Calder meeting

PHOTO: Phil Coakes



Happy participants ...after the Peggy Calder meeting January 2021

PHOTO: Phil Coakes

Southland

by Dwight Grieve

Where to start this time? I have had my second coffee so all go. We still keep battling through Covid issues but it is great to see positive attitudes. Life can get us down but we still need to remember to simply keep going and living life to the fullest. I'm still out there seeing so many people running and throwing and more importantly laughing and smiling while we do it. I personally missed the track season last year to take part in a work team event, I so missed it and this year loved the hard fast speed work on the track. It hurts so much but the feeling when you peak is awesome and makes running feel effortless, and also carries your speed into harrier season. The other fun part is the gathering each week at the local track for training and yarning, sometimes the yarning is taking longer than the training...

Kepler Challenge 2020

The original NZ Trail Ultra based in Te Anau was yet again a sell out in 5 minutes, with the entry often harder than the race itself. Not sure if it's climate change or just bad luck but for the second year in a row and only forth time ever, the weather caused a change to an alternative route, meaning no trip across the Luxmore tops. It was a good call with solid rain falling causing streams down the track and even some thunder in the air.

For the masters the Kepler legend that is Vajin Armstrong finally made it to 40 and the masters division. In yet another great run he was first master and 4th overall. Followed by Eliot Drake (9th overall) and Granantan Boyle (12th overall). For the ladies, Kris Jarvis (12th overall women) snuck in only a minute ahead of Kelly McFadzien with Tania Miller 3rd.

For the local bragging rights, it was always going to be an intriguing battle with Scott Underhay taking on Kelvin Meade. Kelvin had a stunning year with some great results, but he was backing up off an injury to take on Scott who loves his distance running. In the end they ended up 6th and 7th masters respectively with Scott taking the honours in 30th overall. The 3rd local was the local doctor James McMillian-Armstrong.

In the shorter sister race, the overall race was dominated by Jono Jackson who has a great pedigree in the NZ athletics ranks over the last few years. Masters wise Dwight Grieve was first over 40 in 2nd overall after a fun (translate to "painful") fight with Coast-to-Coast podium athlete Sam Manson. Second master was Grant Guise (15th overall) who is also new to the 40+ age bracket - congratulations Grant on getting officially old. He is a Southland born lad who is a great promoter of running, plus a nice guy (even if he is a sponsor of Sam and egged him on to hurt me on race day), Third home was Butch Borlase (23rd overall). The master's women in the field did amazingly well, 5th to 7th master's overall! Local lady Sally McMillian-Armstrong beating home Rachael Tucker and Annabel Jeaffreson.

Special mention for Southland masters Nicole Jackson who smashed out a sub 3-hour effort and Carolyn Fox in a sub 3.30. Carolyn owns the amazing Sandfly Café and coffee cart at the start/finish line and I swear she often enters the Grunt to get out of work.

Next year let's hope the weather finally plays the game and PB efforts are back on the board. I personally am going to try and improve my Grunt time; I may have to encourage Jono Jackson to try the full Kepler!

Manapouri Classic Throws Pentathlon & Fiordland Athletics Meet

Southland Masters President Lester Laughton lives in a wee town called Manapouri that is just south of Te Anau, and with some diligent work he has managed to create a throwing area in one of the local parks, which has now culminated in the great Manapouri Classic Throws Pentathlon. This coincides with a fun Track and Field day in Te Anau with the Fiordland Athletics Club. Many Fiordland locals join in the local training sessions but do not compete normally so the idea was to hold some events and have some fun, which meant some locals got a taste of competing while others got some early season competition.

Friday night was the great Pentathlon with a few multi sporters jumping in for one or two events, in true country event style it sounds like the laughs won on the day while others actually earned some respectable throw distances. The scones and other associated baking also were a hit. Next day was the track and field event at the local college with stunning weather and the general relaxed fun continuing. It was very refreshing to have a weekend like this that just wasn't about the sport, yes you could try as hard as you wished for good results but it was more about being together having some fun. There are early talks about being much more organised and making this a true event and to advertise it for early next year.

Southland 3000m Champs – Gore

The 3000m champs are a part of the Gore hosted inter club Presidents Shield competition. A grass track that can be a tad soft means slower times but the 3000m is normally one of the yearly track races with the largest fields. This year had 14 entrants in what turned into a competitive race. The 3000m champs also having the "Lance Smith" Trophy for first master home. From the gun U20 runner Benny Britton was chased hard by masters runners Dwight Grieve and Craig Iverson as they extended a gap on the field after lap one. The pace remained fairly sedate until after halfway and Dwight picked up the lap times, Craig dropped off but Benny hung in until the final bend where a bit of a tangle up with slower runners allowed him to sneak inside Dwight and win a great sprint home for a 9:36 finish time. Dwight taking home the Lance

Where to start this time? I have had my second coffee so all go. We still keep battling through Covid issues but it is great to see positive attitudes. Life can get us down but we still need to remember to simply keep going and living life to the fullest. I'm still out there seeing so many people running and throwing and more importantly laughing and smiling while we do it. I personally missed the track season last year to take part in a work team event, I so missed it and this year loved the hard fast speed work on the track. It hurts so much but the feeling when you peak is awesome and makes running feel effortless, and also carries your speed into harrier season. The other fun part is the gathering each week at the local track for training and yarning, sometimes the yarning is taking longer than the training...

Kepler Challenge 2020

The original NZ Trail Ultra based in Te Anau was yet again a sell out in 5 minutes, with the entry often harder than the race itself. Not sure if it's climate change or just bad luck but for the second year in a row and only forth time ever, the weather caused a change to an alternative route, meaning no trip across the Luxmore tops. It was a good call with solid rain falling causing streams down the track and even some thunder in the air.

For the masters the Kepler legend that is Vajin Armstrong finally made it to 40 and the masters division. In yet another great run he was first master and 4th overall. Followed by Eliot Drake (9th overall) and Granantan Boyle (12th overall). For the ladies, Kris Jarvis (12th overall women) snuck in only a minute ahead of Kelly McFadzien with Tania Miller 3rd.

For the local bragging rights, it was always going to be an intriguing battle with Scott Underhay taking on Kelvin Meade. Kelvin had a stunning year with some great results, but he was backing up off an injury to take on Scott who loves his distance running. In the end they ended up 6th and 7th masters respectively with Scott taking the honours in 30th overall. The 3rd local was the local doctor James McMillian-Armstrong.

In the shorter sister race, the overall race was dominated by Jono Jackson who has a great pedigree in the NZ athletics ranks over the last few years. Masters wise Dwight Grieve was first over 40 in 2nd overall after a fun (translate to "painful") fight with Coast-to-Coast podium athlete Sam Manson. Second master was Grant Guise (15th overall) who is also new to the 40+ age bracket - congratulations Grant on getting officially old. He is a Southland born lad who is a great promoter of running, plus a nice guy (even if he is a sponsor of Sam and egged him on to hurt me on race day), Third home was Butch Borlase (23rd overall). The master's women in the field did amazingly well, 5th to 7th master's overall! Local lady Sally McMillian-Armstrong beating home Rachael Tucker and Annabel Jeaffreson.

Special mention for Southland masters Nicole Jackson who smashed out a sub 3-hour effort and Carolyn Fox in a sub 3.30. Carolyn owns the amazing Sandfly Café and coffee cart at the start/finish line and I swear she often enters the Grunt to get out of work.

Next year let's hope the weather finally plays the game and PB efforts are back on the board. I personally am going to try and improve my Grunt time; I may have to encourage Jono Jackson to try the full Kepler!

Manapouri Classic Throws Pentathlon & Fiordland Athletics Meet

Southland Masters President Lester Laughton lives in a wee town called Manapouri that is just south of Te Anau, and with some diligent work he has managed to create a throwing area in one of the local parks, which has now culminated in the great Manapouri Classic Throws Pentathlon. This coincides with a fun Track and Field day in Te Anau with the Fiordland Athletics Club. Many Fiordland locals join in the local training sessions but do not compete normally so the idea was to hold some events and have some fun, which meant some locals got a taste of competing while others got some early season competition.

Friday night was the great Pentathlon with a few multi sporters jumping in for one or two events, in true country event style it sounds like the laughs won on the day while others actually earned some respectable throw distances. The scones and other associated baking also were a hit. Next day was the track and field event at the local college with stunning weather and the general relaxed fun continuing. It was very refreshing to have a weekend like this that just wasn't about the sport, yes you could try as hard as you wished for good results but it was more about being together having some fun. There are early talks about being much more organised and making this a true event and to advertise it for early next year.

Southland 3000m Champs – Gore

The 3000m champs are a part of the Gore hosted inter club Presidents Shield competition. A grass track that can be a tad soft means slower times but the 3000m is normally one of the yearly track races with the largest fields. This year had 14 entrants in what turned into a competitive race. The 3000m champs also having the "Lance Smith" Trophy for first master home. From the gun U20 runner Benny Britton was chased hard by masters runners Dwight Grieve and Craig Iverson as they extended a gap on the field after lap one. The pace remained fairly sedate until after halfway and Dwight picked up the lap times, Craig dropped off but Benny hung in until the final bend where a bit of a tangle up with slower runners allowed him to sneak inside Dwight and win a great sprint home for a 9:36 finish time. Dwight taking home the Lance Smith Trophy again, continuing to share it with Craig since it was created in 2017. Stephen Gemmel was third male master, while in the master ladies local Gore runner Kylie Davidson was first followed by Lee Grieve.

Southland Track & Field Champs

It was disappointing to see the turn out for the Southland champs in the senior ranks. Numbers were very low but despite this those wanting a good hit out and results got it. A clash with the Otago champs did not help but still sad to see a general lack of competition as a heap of volunteer's efforts goes into organising them and being there on the day. A personal thanks to those who do the work, it is appreciated.

On a positive note there were some good efforts for those there, and a great hit out 2 weeks before NZMA champs.

Bruce Thomson in the M60 age group is a good example of positive health. He trains and races regularly in Invercargill against the younger athletes and it has positive spin offs for both. Bruce raced in all the distances from 100m to 800m with notable times of 14.11s in the 100m and a 60.4s in the 400m. Last year he took the national title in the 400m and was looking good for repeating it this year.

Barry Smith is a bit of a jumping specialist in the M65 age group and against the young ones posted a 3.27m in the long jump and 7.19m in the triple jump. Another on target for Inglewood.

For the distance runners Craig Iverson (M45) is another training and competing regularly with the younger athletes and it is showing on ever improving results, with a very good 1500m 3rd overall result of 4:27, which must be close to a PB. I have no doubt it will continue to be lowered. A wee congratulations at this point as well for Craig as he recently took the Invercargill Park Run record, so the pressure is on. It is a fun bit of competition for all age groups to take it off him.

It was only Craig and Dwight Grieve (M40) in the 5000m on the Sunday in extremely hot conditions. I know, hard to believe in Invercargill, but the sun hit hard with only a gentle breeze to accompany it. Regardless of only the pair of them running, both emptied their tanks, as Craig stuck with Dwight until the halfway mark before a gap was opened which slowly stretched until the finish. Both were very happy with their PB's, Dwight in 16.03 and Craig in 16.32.

I started out running long distances and then onto ultras before becoming wise and finding a coach. All distance runners that wish to run faster over longer distances must do some speed work, as it simply teaches your body how to run "correctly" with good form. The track season is a perfect opportunity to tune your body into this and it will give you amazing gains into harriers, marathons and ultras. In saying that I am more relaxed at the start of an ultra than a 5000m, I often catch myself thinking at the start of a 5000m "this is so long", then I remember I have run over 15 ultras! The mental battle in a 5000m is epic as you try and stay consistent and relaxed, and again this really does carry over into all other running.

I can but hope in the future we get more people out there and supporting the volunteers and creating a positive culture for our Southland track and field community.

NZMA Track & Field Champs – Inglewood

Team Southland was greeted to warm calm conditions upon arriving in the "other" island and it lasted the whole weekend, making for great conditions to compete in.

Some flew in direct while others took the opportunity to fly into Wellington and drive up exploring the west coast. Being a good Southern hill climbing bush adventuring type guy there was a compulsory stop at the Swazi shop in Levin for some new hunting gear.



Southland Crew at the Inglewood track

Friday was the normal catch up with the master's family. One of the highlights is meeting up with those we have competed against in the past and made friendships with. It is also the start of the catch up on who has what injuries, which we laugh about every time because as we hit masters there seem to be the normal injuries we all strike. The positive being we all meet someone else that has had it and can offer advice on how to fix it.

It was also very exciting to see some very competitive fields over many age groups. I know personally the distance races were stacked with some high quality runners.

Saturday night we were all thrown a curve ball with the COVID-19 breakout in Auckland and level 2 instigated overnight. It was very much appreciated that NZ Masters and the local organising committee didn't take the easy option and managed to put procedures in place so the event could be completed on Sunday safely and within the rules. I know many were involved but I would also like to note the effort of Michael Wray who sacrificed his day to sit at the front gate of the stadium and explain the rules to all arriving, not an easy job in trying conditions.

So to the Southland highlights. On the track Bruce Thomson was very fast, his two events for gold were in very impressive times, it was a culmination of specific event peaking and targeting. Lee Grieve entered lots, from 60m sprint to 3000m and most throwing events with heavy looking stuff, taking home 9 medals in all.

Other highlights included listening to the constant laughing from the gaggle of throwing ladies that never stopped and the quality competition. In the distance running events the race times would have been some of the fastest for many years, and not just by one or two runners, as there was fierce competition and very exciting racing.

We also were surprised by the amount of sandflies in Taranaki, but as we come from Fiordland they were very cute as they were about ¼ the size of our ones.

It was also nice to explore the area, when we travel I normally drive and my wife Lee is navigator, this always leads us to visiting some lovely and unexpected areas... We are thinking of making up signs saying "Sorry, we are from Southland" for all those exciting driving adventures with busy city roads.

Most of Team Southland bunked together in a large house and it was a blast, so many laughs had and it helped make the weekend so much more fun. Plans in place already for 2022 and Wellington, we will look for a nice big house or group type accommodation again if we can.

Team Southland medal haul:

Lee Grieve (W40) – 2 golds, 5 silvers and 2 bronzes

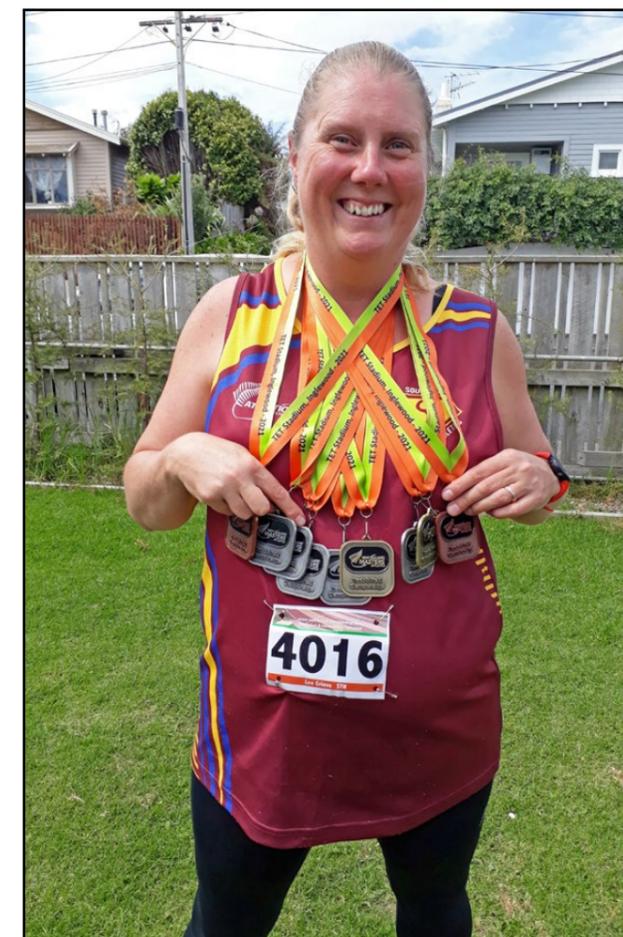
Warren Green (M65) – 1 gold, 2 silvers, 1 bronze

Bruce Thomson (M60) – 2 golds

Barry Smith (M65) – 2 silvers and 2 bronzes

Dwight Grieve (M40) – 2 silvers

Lester Laughton (M65) – 3 golds and 3 silvers



Lee Grieve with her rewards for a busy weekend at NZ Masters Champs

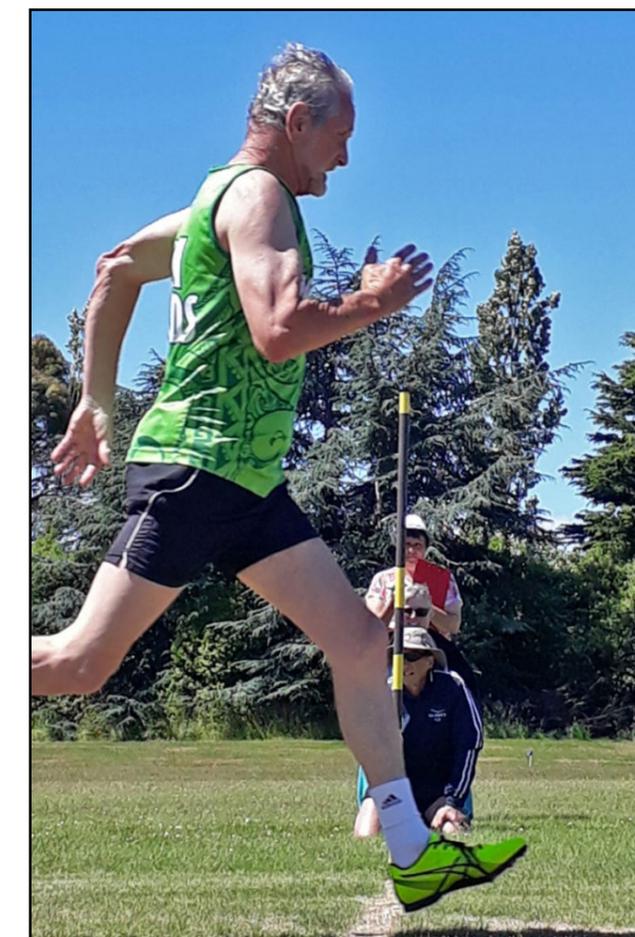
Looking ahead

Track season done and dusted down here so one eye towards harriers season. First up though are the NZ Mountain Running Champs being hosted on Queenstown's Coronet Peak ski field mid-April. The body is in shock from the flat fast track training to hills - had my first real hill session last night and "shattering" is the word I am after.

Harrier season has the NZ Cross Country Champs in Dunedin so again hopefully Team Southland can get a good team through to have a go.

While at Inglewood we managed to create a Facebook "Southland Masters Athletics" group for all to post what they are up to and results, a great way to keep in touch and let all know what is happening so we can all join in. If interested search for "Southland Masters Athletics" in Facebook and ask to join the group.

Also get out the diary and pencil for early January 2022, the Southland Masters and Fiordland Athletics Club will plan for the Great Manapouri Throw Pentathlon and the Fiordland fun Track and Field event, which is likely to include morning tea, BBQ and a likely lazy long run on the Sunday on one of the stunning tracks down this way.



Warren Green crossing the finish line



Scott Underhay - 1st Southlander home Kepler Challenge



Luxmore Grunt start



Spirit of the Kepler - Locals working together to make it happen including organisers, sponsors like Fresh Choice Te Anau and runners



Manapouri throwing team



Rewards of a fun weekend at NZ Champs - L to R - Barry Smith - Warren Green - Lee Grieve - Dwight Grieve - Bruce Thomson



From L to R: Peter Hanson (WEL), Noel Jones (WBP) and Jim Jones (WBP) in the M80-85 400m sprint at the NZMA T&F Champs at Inglewood

PHOTO: John Campbell



COMING EVENTS

2021

7 May	Masters Marathon Championships	ROTORUA
7 August	NZ Cross Country Championships	CHISOLM LINKS, DUNEDIN
5 September	NZ Road Championships	HAMILTON
2 October	NZ Road Relay Championships	CHRISTCHURCH
17 October	NZ Trail Running Championships	CHRISTCHURCH
13 Nov	NZMA 10000m Champs (Agency Group 10000m Festival)	WELLINGTON
Nov-Dec (tbc)	Noth Island Masters T&F Championships	AUCKLAND
19-21 Nov	South Island Masters T&F Championships	DUNEDIN

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.

2022

19 February	WMA Cross Country Championship Relay	BATHURST, AUSTRALIA
20 February	WMA Short Course Cross Country Championship	BATHURST, AUSTRALIA
3-5 September	WMA Mountain Championships	TELFES, AUSTRIA
29 June - 10 July	WMA Stadia Championships	TAMPERE, FINLAND

2023

27 Mar - 3 April	WMA Indoor Championships	EDMONTON, CANADA
------------------	--------------------------	------------------

2024

August (tba)	WMA Stadia Championships	GOTHENBURG, SWEDEN
--------------	--------------------------	--------------------

Storage
GN // BRANDING
age.co.nz

Attraction
SIGN AND DESIGN

8

HART

AMA
5514

