

# Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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in this issue:

- > NZ Marathon Champs
- > NZ Mountain Running Champs
- > High Jumping Through The Years



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Malcolm McDonald leads Graeme Moss up the hill in the Vosseler Shield race in Wellington

PHOTO: Sharon Wray



Dan Clendon (W8) leading the bunch through the water, during the Shaw Baton relay in Wellington

PHOTO: Sharon Wray

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



Cover Photo

Fiona Morrison (foreground) narrowly ahead of Helena Dinnessen (273) in the 100m hurdles at Nga Puna Wai, Christchurch  
Photo - Dennis Gin

Inside Back Cover

Sue Bankier 2nd W60 in the Dorne Cup, Wellington  
Photo - Sharon Wray

Back Cover

David Hansen (Tasman) throwing the discus at Nga Puna Wai, Christchurch  
Photo - Dennis Gin



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Athletics Masterton runners for the Vosseler Shield race

PHOTO: Sharon Wray

# President's Report

by ANDREW STARK - NZMA President

This time last year, the season was disrupted by Covid-19 with restrictions on what events could be held. Let's all hope that we remain 'open for business' and are not forced back into a lockdown, as is currently happening in parts of Australia.

Since the end of the track season, we have reviewed the previous season, focusing on ways we can improve how we operate and what we offer Centres, particularly those hosting our championship events. We have continued with holding our meetings via ZOOM which is proving an effective way to communicate.

Over the years we have seen a drop in NZMA only membership numbers and I know this creates challenges for all Centres. The younger Athletics NZ 30+ club athletes tend to just 'do their own thing', rather than get involved in running a Master's Centre. It is fantastic that they attend our championships events, but we need to encourage them to get more involved in running the sport. With that in mind, we would like to introduce a ZOOM meeting, inviting a representative from each Centre to participate. We are interested in knowing how each Centre is getting on and what we can do to help. The ZOOM meeting is planned to occur during August on a Sunday afternoon, and I will send out more information closer to the time.

Vetline is currently only sent to about 125 members and the debate about its future is on-going. The current formatting, printing and postage charges simply mean we make a loss every issue we produce. We made a decision to produce a printed version up until January 2022. As from April next year the magazine will be an online PDF version only that will be sent to all masters within the NZMA and Athletics NZ database. Unless you have any bright ideas or a sponsor that will cover the cost of production, I do not see any other workable solution.

While there are no overseas events we can plan for, there are still local & national events coming up as follows;

- Athletics NZ Cross Country Championships – Saturday 7th August 2021 @ Chisholm Park, Dunedin.
- NZMA Indoor Track & Field Championships – Sunday 29th August 2021 @ AUT Millennium Institute of Sport, Auckland.
- Athletics NZ Road Championships – Sunday 5th September 2021 @ Mystery Creek, Hamilton.
- Athletics NZ Half Marathon Championships – Sunday 19th September 2021 @ Cambridge.
- Athletics NZ Road Relay Championships – Saturday 2nd October 2021 @ Christchurch.
- Athletics NZ Trail Running Championships – Sunday 17th October 2021 @ Christchurch.
- South Island Masters Track & Field Championships Saturday 21st / Sunday 22nd November @ Dunedin
- NZMA 10000m Championships – Saturday 13th November @ Wellington
- North Island Masters Track & Field Championships – Saturday 27th / Sunday 28th November @ Auckland

For those competing in any of these events, I trust your training goes well and I look forward to seeing you there.



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### DISCLAIMER

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NZMA is a member of  
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Council of Athletics New Zealand (ANZ)

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

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



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# The Coastal Ultra - The Catlins

by Graeme Lear

Various thoughts go through your head during a 10 hour run, and this time I was wondering whether there was a competition amongst the organisers of ultramarathons to design the most gruelling course... This one held on 10 April 2021 was organised by Fusion Events, with a route largely on private farmland which is usually inaccessible to the public.

Chris had never been to the Catlins and my only trip was around 30 years ago, so we were keen to take the opportunity to explore the far south. I was a little apprehensive about the time of year, but then the weather in Southland is unpredictable at the best of times. We decided to join the hordes of tourists hiring campervans and drove down from Dunedin to the camp site at Curio Bay, which served as the race base and finish line. The day prior to the race was relatively warm and sunny, giving us the chance to have a look around the area, including the southernmost point of mainland NZ, which is interesting, but not somewhere to visit on anything but a warm sunny day.

Staying in the campsite was convenient as buses to the 71km start left from there at 6am the following morning. Chris opted for the 27km race which gave her an extra couple of hours in bed. The long race was due to start at 7am, but after a forty-five minute bus journey, 15 minutes wasn't enough time to get more than 80 competitors through the toilet and down a kilometre or so of bush track to the beach at Cathedral Caves.

The first 3km was a pleasant warm up along the beach, followed by a couple of river crossings to wet the feet. From the beach of course, there was only the upwards direction, and this was the first of countless climbs. There were a few farm tracks here and there, but mostly it was paddock and hill country underfoot. When there was a hill to climb, the flags generally followed a line straight up and down, giving the course profile the look of a shark's dentition.

In the early part of the race it was easy to run with a group moving at a comfortable pace, and time passes quickly as people exchange life stories. Although most of the time we were in the wilderness with only occasional farm animals for company, we passed near a couple of homesteads, where the local families welcomed us to their farms and cheered us on. From the tops, the coastal scenery was spectacular, with blue sky and blue sea, at least early on in the day.

After about 5 hours of toil, from the North Head of Waikawa harbour we could look south across the sea to the finish at Curio Bay in the distance. Any feeling of achievement was tempered by the observation that we were only at the half way point. By this stage competitors were becoming separated by increasing distances as fatigue started to encroach on the day's enjoyment.

After another few kilometres of pulling myself up fencelines and picking my way down slippery grassy slopes that felt as steep as cliffs, the aid station appeared that marked the start of the 27km race - 44km done then. As I stopped for a feed I couldn't help but think that Chris had made a wise decision as she'd be finished by now, and I still had her race to go! Just to rub it in, the weather turned nasty. There's nothing between the top of the hill and Antarctica to the south, and a southerly change came through with wind and torrential rain that continued for the next couple of hours. There was a quick scramble in the back pack for the jacket and gloves, but basically you just have to carry on up and down the seemingly endless hills, with the difference that it was now very slippery underfoot. Finally the weather cleared and there was even a little sun. Off with the jacket and onwards. Keep putting one foot in front of the other, and eventually the end will be in sight. The hills seemed to be getting steeper - it was certainly taking me longer to cover each kilometre. If you slow down by a minute a km, you lose 20 minutes over the last 20km, which is exactly what happened to me as vet runner Roland Meyer from Queenstown ran away into the distance.

One of the female runners caught me on the way up an excruciatingly long and steep climb at around 60km, which provided some company for the next hour until I found myself on my own again with no-one else in sight. I was spending a lot more time looking at my shoes than at the view. To break the monotony there were a couple of electric fences crossed by climbing up and over step ladders, which were manned by jovial marshals with encouraging words. That sort of manoeuvre after 65k induces cramp in muscles you didn't know you had!

The last aid station was a landmark - only 5km to go! And what's more almost all flat to downhill, with the last 3km along the beach to the campsite. However, someone thought it would be a good idea to include a 50m stretch of downhill track consisting of thick sticky gelatinous mud. Not knowing it was coming was tricky, as the forward propulsion with feet suddenly stuck up to mid-calf meant it was very easy to end up face down in it. I was relatively lucky in just getting dirty hands and more cramp. Once back on the beach it was just a matter of jogging in to the finish. It was certainly nice to stop and even nicer to get into a hot shower!

I was out there for 10hr 9min. Chris took 3hr 13min for the 27km. It was interesting that the prize giving was held at 3pm, which meant that only a handful of ultra runners had finished by then - I wasn't back until about 5.30pm, when half the field was still out on the course! The winning times for the 71km were 7hr 33min (1st male) and 8hr 46min (1st female), and for the 27km were 2hr 33min (1st male) and 3hr exactly (1st female).



The end in sight - maybe quicker to swim



Always time for a photo



Dropping down to a private sandy beach

Overall, this was a well organised race with good trail marking and plenty of marshals at the critical points. Views are panoramic from the 71km course, but not so much from the shorter course, which is mainly inland. This is not a technical course, but is arduous because of the distance and the frequent climbs (I had 2700m of climbing on my watch). There are easier and quicker ultra races, but if you want something a bit different off road, this is worth a go. For 2022 there is a 50k

option, which may be a better bet for those wanting a shorter day's sightseeing.

Note from assistant editor: Graeme was too modest to mention that he was first in Male Classic grade, 32nd overall and 25th amongst the males in the 71km event. Christine Lear was second Female Master, 29th overall and 4th female overall the 27km event. Great efforts from both of them.



# NZ Masters Marathon Championships

by Derek Shaw

This year the NZ Marathon Championships were split by Athletics NZ with the senior championships being held in conjunction with the Christchurch Marathon on 11 April, while the masters championships were contested in conjunction with the 57th Rotorua Marathon on 8 May 2021.

Greg Darbyshire (M40) ran a PB of 3:34:19 to finish second overall to Rotorua's 24 year old Michael Voss who won by nearly 5 minutes. Third and fourth overall were Ewen Sinclair (M40) and Nicholas Browne (M40) who claimed the silver and bronze medals in the M40 age group. The winner of the M35 age group Zebedee Stone also ran a PB of 2:36:09 and finished 5th overall. The M50 winner Troy Harold was another who had a good run to finish 7th overall in a time of 2:42:33. Ingrid Cree (W35) was the first women in 15th place overall in 2:54:11, which followed her 3rd place in SW at the Christchurch Marathon in April where she ran 2:53:28.

## Age Group medallists

Women		Men	
W35		M35	
1 Ingrid Cree	2:54:11	1 Zebedee Stone	2:36:09
2 Kovo MacDonald	3:12:08	2 Brent Godfrey	2:47:45
3 Katherine Morgan	3:20:42	3 Ewen Campbell	2:54:02
W40		M40	
1 Rachelle Green	3:44:31	1 Greg Darbyshire	2:34:19
2 Rebecca Bailey	3:52:26	2 Ewen Sinclair	2:34:36
3 Ivy Lu	4:24:02	3 Nicholas Browne	2:35:27

W45		M45	
1 Anna McRae	3:28:11	1 Keith Burrows	2:43:25
2 Jennie Nicholson	3:32:59	2 Dion Blundell	3:04:28
3 Sarah Sinclair	3:39:09	3 Gene Rand	3:15:19
W50		M50	
1 Sandie Johansen	4:10:28	1 Troy Harold	2:43:33
2 Nichola McMahon	4:24:07	2 Simon Aspden	3:05:36
3 Rebecca Edgecombe	5:18:32	3 Jonathan Drake	3:14:15
W55		M55	
1 Tania Lavington	3:47:38	1 Bruce Edwards	3:06:39
2 uanna George	4:30:54	2 Tony Warren	3:15:20
3 Louisa Rickard	6:44:25	3 Shaun Cooper	3:23:47
W60		M60	
1 Betty Harp	3:49:26	1 Geoff Anderson	3:24:27
2 Patricia Stitchbury	4:29:23	2 Kevin Knowles	3:26:43
3 Terri Jones	5:05:29	3 Michael Cummins	3:30:09
W65		M65	
1 Michelle Allison	3:47:05	1 Phillip Curtis	3:48:37
2 Mignon Stevenson	4:32:43	2 Malcolm Chamberlin	4:10:13
		3 David Green	4:25:46
W70		M70	
1 Christine Munro	4:50:34	1 Andy Harper	3:44:12
2 Shirley Rolston	5:40:01	2 Richard Bright	4:12:49
3 Linda Montgomery	7:31:13	3 Brian Barach	4:19:10
W75		M75	
1 Colleen Falloon	5:43:50	1 Max Bragg	6:01:36
2 Mary Kururangi	6:56:33		
3 Sarah Wiwarena	8:50:00		
W80		M80	
1 Eileen Rodgers	6:50:21	1 Dave Eastmond	5:55:05
		2 Garth Barfoot	8:53:11

# NZ Mountain Running Championships

by Derek Shaw

The 2021 NZ Mountain Running Championships were held on 17 April 2021 at the Coronet Peak Ski Resort. The championships were held in conjunction with the inaugural Queenstown Alpine Grind organised by Active QT. The M35-49 age groups completed 3 laps of 4.43km for a total of 13.29km with a total ascent of 1,122m and descent of 1,089m, while the M50+ and MW completed 2 laps for a total of 8.86m with a total ascent of 748m and descent of 726m. The entry numbers for the masters age groups were unfortunately pretty light. In the 3 lap race Dwight Grieve (M40) from Te Anau was the first master and was placed 7th overall. In the 2 lap event Auckland's David Clark (M50) was first masters men and Dunedin's Jennifer Walker (W35) was the clear winner in the masters women. Forty-three year old Sjors Corporal elected to contest the 3 lap senior grade and claimed the bronze medal in a time of 1:17:29 just 12s behind the silver medallist Andy Good. Jono Jackson claimed the senior mens title in a time of 1:15:46 and Nancy Jiang the senior womens title with 1:28:13.

## Age Group medallists

Men		Women	
M35		W35	
1 Lewis Latham	1:29:50	1 Jennifer Walker	1:09:58
M40		W65	
1 Dwight Grieve	1:26:30	1 Loretta Desourdy	1:53:35
2 Jeremy Marks	1:51:47		
M50			
1 David Clark	1:06:24		
M60			
1 Todd Kriable	1:08:35		
2 Brett Laurent	1:11:45		
M65			
1 Malcolm Chamberlin	1:20:59		
M70			
1 Barry Dewar	1:16:29		

# Peter Tearle

by Alan Stevens



PHOTO: Sharon Wray

Peter passed away in Masterton on 20 May 2021, aged 95 – our oldest competitive member.

Peter and his wife Sheila, after migrating from the UK, resided in Masterton where they joined the Masterton Harrier Club. Moving to Wellington in the 1960s where they became resident Custodians/Manager of the Wellington Chamber of Commerce headquarters (where NZAAA/ Athletics NZ held their AGMs). They joined Scottish Harriers, in particular the very active veterans group led by Clem Green, briefly as runners, but then as enthusiastic race walkers.

In his quiet, unassuming way, Peter became involved in many administrative aspects of both Scottish and the Wellington Centre. He was the resident Delegate for Masterton attending Centre meetings for many years. But he took on the role for both Scottish and Centre in looking after and setting up the start and finish area for our cross-country and road races – especially the pens for the funnel finish system used then.

They both travelled regularly with our members to veterans events and also donated the Tearle Trophy, still competed for by the walkers. During the summer at Newtown Park he and Murray Gowans for many seasons ran the pole vault – one of the most demanding events to officiate. Their expertise was recognised by appointment at the Commonwealth Games in Auckland in 1990. He was made a Scottish Life member in 1991. After moving back to Masterton, Peter retained his association with us and travelled over the hill most Saturdays to compete and especially set up harrier and pole vault requirements. Sadly, Sheila passed away in 2012.

Peter became even more active in veterans competitions, initially in walks, then “graduated” to field events which enabled him to participate into his early 90s!! Often with Murray Gowans and Johnny Hines they toured to these events. For his outstanding contribution both summer and winter, he was rewarded with an Athletics Wellington Life Membership.

Farewell Peter.

Alan Stevens - Patron, Wellington Scottish Athletics Club

Kindly reproduced from the Wellington Scottish Athletics website.

# Coaching Corner

by Mike Weddell



Winter is upon us and it is sometimes difficult to summon the enthusiasm to get out and train in the cold weather. The sensible way to get round this is to wear warm clothing so it is not such a shock to the system when you step outside. One thing that I notice is that many runners put on warm clothing or rather some warm clothing. The items that are usually missed are track suit bottoms or tights so lots of bare skin on the legs is exposed through which a lot of heat is lost. Some say they do not feel comfortable running in longs but you soon get used to it.

Wearing warm clothing has an effect other than making you feel comfortable. The overall limiting factor in distance running is the body's ability to lose heat. When we run our muscles produce heat as a consequence of producing the energy to move us along. The body's built in safety mechanism kicks in when its temperature gets to a certain level to stop damage to nerves and major organs. This diverts blood away from the

muscles to the skin so that it will dissipate into the air. When we are running in a steady state, we lose heat at the same rate that it is being generated so the quicker we can lose heat the higher the running rate we can maintain.

If we wear warm gear, we get up to steady state more quickly and actually have a training effect that we would get by running faster without warm gear. The big advantage is that we lower the mechanical stress on the body while still having the physiological stimulus for the body to adapt to losing heat more efficiently. The physiological adaptation is the increase of subcutaneous blood vessels which allows more blood to carry blood to the skin so that it can be lost into the air.

There is also the added advantage when racing you feel so much freer and hopefully faster than in training. The only downside is more sweaty gear to wash.

# Turia Pitt

by George White

Feeling a bit jaded? Need inspiration? Worried about your current athletics injury? A calf strain or your hamstring is playing up again. Think you have problems – I will never complain again after reading the details of Turia Pitt's ordeal.

Drawing on a few degrees of freedom – I can identify with Turia Pitt. Her father told her she would be able to do more good for the environment by working for a mining company than being on the outside protesting (which is what I hope I achieved at work). She also worked for a time at Hail Creek – a mine that the company I worked for owned.

Born in Tahiti, she moved to Australia when she was a three-year-old. She attended the University of New South Wales, completed a Bachelor of Engineering and landed her dream job in the Kimberly's of WA. She was also building a career in modelling, as well as being a marathon runner. She had what she describes as an amazing boyfriend - Michael Hoskin. They were teenage sweethearts in high school and in 2009 they officially became a couple.

In September 2011 at the age of 24 everything changed.

She entered a "Racing The Planet" ultra-marathon in the Kimberly's. Her problems arose as she entered Tier Gorge over 20 kilometres into the race. She and 5 others were well into the gorge when they encountered the wind funnelling a fire into the gorge towards them. The only option they thought they had was to go up a steep grass covered slope towards a rocky outcrop that might provide cover – it didn't! Turia recalls "When the fire finally caught me I remember looking down at my hands and arms and they were both ablaze".

Other competitors saw what happened and went to get help. Turia and Kate Anderson of the group were in the worst shape. Initially, rather than move Turia they built a shelter over her, but she had fallen on an ants nest so that soon changed.

The first doctor on the scene was able to get a drip into Kate but not Turia as she had swelled so much. When the rescue helicopter got there it had to do a risky one skid landing on the outcrop. Four hours after the fire – the rescue helicopter landed opposite the Kununurra Hospital.

Turia's body suffered full thickness burns to 65% of her body but was "lucky" she "only" suffered 2nd degree burns to her face. In surgery 60% of her body surface was removed and covered with temporary artificial skin. She would have disfigured ears and would need a new nose. Taking skin for grafts meant almost 100% of her body was covered in wounds. She lost all fingers on her right hand and two on the left. In total, she had over 200 medical procedures with skin grafts from 16 donors and spent two years in recovery, during which time, she was required to wear a full-body compression suit and mask. She started physiotherapy, occupational therapy, and speech therapy – having to learn to learn to walk and talk again. She has spent more than \$3 million having her face, hands and body reconstructed.

Thirty-five-year-old Kate Sanderson had to have her left foot amputated; lost part of her earlobes and part of her right index finger and the incident also left two men, aged 56 and 44, with major burns.

While Turia was still recovering in the ICU, her partner Michael did two amazing things for her. He quit his job to be there to support her constantly and he slipped out one day to buy an engagement ring! Even after hospital, Michael was by her side round the clock to dress her wounds and change her bandages. And when the time was right, he would propose – in 2015! They were married in 2016.

Since her ordeal she has/was:

- Completed a Masters of Business Administration;
- Competed in Iron-man events, including the gruelling Hawaii Ironman;
- Walked the Great Wall of China Track, The Inca Track and the Kokoda Track;
- Authored 3 best-selling books including: "Everything to live for" and "Unmasked";
- Become a sought-after and acclaimed speaker, headlining the National Achievers Conference in Brisbane 2018;
- A finalist for Young Australian of the Year;
- Shortlisted for Australian of the Year;
- A NSW finalist for Telstra Business Woman of the Year;
- Won Westpac Woman of the Year 2013;
- Founded the School of Champions to show others how to achieve their goals;
- Mentored over 40,000 people in her digital courses;
- Sailed a boat around French Polynesia;
- Raised more than \$1 million for Interplast (A not-for-profit group that helps people with in particular – facial deformities.); and
- Become a mother to two boys.

Kate Sanderson has also bounced back phenomenally having competed in a 250km trek across the Sahara desert – with a prosthetic foot.

Obviously, Turia's life will never be the same. To say that she'd suffered a setback would be an understatement. But she did not let the events of September 2011 define her. She is a survivor and was - and is now again a phenomenal athlete and motivational speaker. She is a living example of how willpower, optimism and determination can make a life destined for darkness, into a shining life of hope and inspiration. With what she has achieved and the manner in which she has done it - it is no surprise that she told Women's Weekly that she was "... the luckiest girl in the world".

# Ron Cain

by Murray McKinnon (reproduced courtesy of Athletics NZ Weekly Round Up)

PHOTO: Courtesy - Caversham Harrier and Athletic Club



Well known and well-liked Ron Cain QSM of Dunedin, a successful competitor, administrator, manager and official, died on Monday 7 June 2021 aged 89.

Ron was a past President of the Caversham Harriers Club, Athletics Otago and Athletics New Zealand. He was made a Life Member of all three.

He was an elite runner in the 1950s and was a member of five Otago cross country teams that won the national senior team's title. His best individual performance was to finish runner-up to Kerry Williams in 1955.

He was a New Zealand cross country selector from 1977 to 1992 and chairman of the committee for 11 years. He managed three New Zealand teams to international events, the highlight being the World Cross Country Championships in Spain in 1981. He had been Meeting Manager at the Caledonian Ground since 1980 and this included three New Zealand championships.

Ron joined the Caversham Harriers Club in 1945 and held most positions in the club including Club Captain and President. In 1964 he was made a Life Member and his name features on most of the club's silverware. From 1949 until 1960, the club won the Otago cross country team's event and the Edmond Cup Steeplechase on 10 occasions, helped by Ron's high placing in every event. Stamina was the key to his success, for he maintained a consistently high position throughout every race. Ron was one of the main supporters when raising the money to build the new clubrooms in Corstorphine and was Chairman/Treasurer of the very successful 100-year jubilee of the club, having also served on the committees for the 50th and 75th jubilees. In 2014, he was elected Patron of the Club.

Ron was a member of the Junior Otago team which won the National Team's Race in 1950; a member of the Senior Otago team which won the National Team's Race in 1951 and 1958; and captained the team which won the title in 1954-56. These achievements gave Ron his six team medals, a feat which has not been surpassed by any other athlete since. From 1950 to 1964, Ron represented Otago at the national cross country races, only missing the 1959 event when his first child was being born. In 1965 he ceased running at national events but continued on in masters' events.

Ron spent 25 years as the Caversham delegate to the Otago Centre, 28 years on the Harriers Committee (six years as the Chairman), 15 years as a Track and Field Committee Member, 30 years as a Track and Field judge, 20 years as Manager of all Track and Field Meetings (including National Youth and National Secondary School events), 20 years on the Finance Committee and 15 years as Otago delegate to the NZAAA. From 1975 to 1977, he was the Otago President - he was elected Life Member in 1989 and Patron in 2015.

Ron spent 15 years on the National Cross Country Selection Panel, being convenor for 11 of those years. In 1980 he managed a team to Australia, and in 1981 he managed the New Zealand team to the World Cross Country Championships in Madrid, Spain. He convened an Oceania Team to Japan and managed a small team to the Japanese Championships. In 1988 Ron was awarded one of the first NZAAA Merit Awards; was President from 1992-1993 and elected Life Member in 2010. In 2013 the IAAF sent him a Certificate of Recognition for Services to Athletics.

While all this was going on, Ron pursued a successful business career in the motor trade, which began when he was employed as a spare parts boy by City Motors in 1947. Two years later he was invited to join the General Accessory Company as a spare parts wholesaler, and ultimately became branch and area manager. He retained managerial positions during the subsequent three take overs of the firms he worked for and retired from Repco in 1988.

He was born and lived in South Dunedin's Wynyard Street for 29 years. He then married Betty and they lived in Fairfield for 58 years, and in 2018 they shifted to Chatswood Retirement Village in Mosgiel where they celebrated their diamond wedding recently.

In the 2013 Queen's Birthday Honours, Ron received the Queen's Service Medal for services to athletics and last year was inducted into the King's High School Wall of Fame. "I don't look for accolades but if they come, it's lovely," he said after receiving the QSM. "I just do my job as I've always done. "It's the people in the Caversham Harriers and Athletics Otago over the years who have helped me do what I wanted to do."

He had a simple but positive philosophy for life. "Life is fun. Put a smile on your face and enjoy everything you do."



# High Jumping Over The Years

by Jim Blair (MNZM) – NZMA Patron

Photo taken at Wellington Secondary Schools



I was very interested in the article in the last issue of *Vetline* by Roy Bennett. Firstly, because I remember competing against him in Veteran Pentathlon events many years ago and secondly because of his reference to Leni Riefenstahl and her documentary on the 1936 Berlin Olympics. I was particularly intrigued by his comments on this documentary because it also had a profound influence on my athletic career. The film was not released until after the end of the Second World War in 1946 or 1947. I went to watch the film at the Palace Theatre in Petone.

At that time I was a 15 or 16-year-old budding athlete and had just started to compete in high jump events at the local Petone Amateur Athletic and Cycling club. I initially started athletics mainly competing in 440 and 880 yard races. As I was also a keen and committed cricket player I then started to throw the javelin. I was also just starting to learn to do the scissor jump in the high jump.

The documentary covered all the aspects of the Olympic Games and because of Leni Riefenstahl's German nationality the film also included many shots of Adolph Hitler with a strong propaganda focus throughout. However, her film and

photographic work was exceptional and was regarded as one of the greatest black and white sporting films ever produced.

Naturally I was particularly interested in the high jump section of the film, I remember visiting the Palace Theatre at least 7 or 8 times to specifically look at the high jump final. There were four different high jump styles used at that time - the scissors, the eastern cut off, the western roll and the straddle.

There were two outstanding American jumpers in the final, Cornelius Johnson, a western roller, and David Allbritton, a straddle jumper. After watching the film so many times I was able to teach myself both the eastern roll and the straddle. My new heights were a great improvement from my previous achievements using the scissors.

In March 1949, I competed at the Wellington Secondary Schools Athletic Championships at Athletic Park, Wellington. I finished third in the long jump with 20ft 2" (6.14m) and I won the high jump clearing 5ft 7 5/8" (1.71m). This broke the existing record and stood as the record for 32 years until it was broken by a jumper using the Fosbury flop.

The introduction of the Fosbury flop technique has completely changed high jumping - the heights achieved since its introduction are really amazing. I would like to clarify the origin of this new style of high jumping. When Dick Fosbury competed at the Olympic Games in Mexico City in 1968 he not only won the gold medal but also set a new world record. Naturally there was great publicity about his achievement using this new style of jumping which was immediately called the Fosbury flop. In actual fact this style of jumping had been used some 4 or 5 months earlier by a Canadian woman Debbie Brill. Her technique had been called the Brill bend, however because of the international publicity following Dick Fosbury's Olympic win and record his name became permanently attached to this style of high jumping.

When I was Vice President of WAVA (World Association of Veteran Athletics) I was responsible for the oversight of WAVA Championships. At the 1995 championships in Buffalo, I had the opportunity to meet and talk to Debbie Brill as she was competing in the women's high jump. She confirmed that she did introduce her new style of jumping some 4 or 5 months before Dick Fosbury and also that they had met and discussed her new style of jumping.

#### Editor's Note:

*While it's accepted that Brill and Fosbury were both using similar techniques predating the 1968 Olympics, Dick Fosbury actually developed his technique in 1963 as a high school sophomore. In 1964 (some four years before the Mexico Olympics), a photo of Dick Fosbury's backward-style high jumping was published around the world. The Medford Mail Tribune, captioned the photo of him as "Fosbury Flops Over the Bar".*



Debbie Brill

In December 1949, I competed in the senior grade high jumping at the Wellington Track and Field Championships even though I was still a junior athlete at that time. These were being held earlier than usual in order to enable athletes to produce performances that would be considered by selectors for the New Zealand team competing in the Empire Games in Auckland late January 1950. I finished second in the high jump and was selected for the Wellington team to compete at the New Zealand Championships in Napier late December - the final chance for athletes to be selected for the New Zealand Empire Games team.

The men's high jump had 10 competitors. I finished 5th with a jump of 5ft 10" (1.78m) the highest jump I had made that season. Normally countries could enter three competitors in each event but as there were only a limited number of entries from other countries New Zealand could enter four high jumpers. The fourth jumper had cleared 5ft 11" (1.80m) so I missed selection by only one inch (2.5 cm).

From 1950 to 1959 I continued to compete in club athletics at the Petone recreation ground. I was also playing senior grade club cricket every Saturday so I was unable to compete at interclub athletic events that were also held on Saturday's. I did manage to compete at some Wellington Centre Championships winning the high jump and gaining second or third place in the hurdles and javelin. However, when the Wellington teams were announced to compete at the New Zealand Championships I was not selected and was told "that was because I did not compete regularly at Saturday interclub events".

I moved to a new work place in Greymouth in 1959, staying there until 1965. Although I did compete regularly on club nights at the Greymouth Athletic Club I was playing cricket regularly each weekend. My athletics became more focused

on coaching than competing. In 1965, I moved to the position of House Master at the Boy's Training Centre (under the Social Welfare Department) in Levin. I was solely involved as a coach in the Levin Athletic Club during my nine years there.

In 1974, I moved to Christchurch as Principal of the Girls' Home. My weekend sporting activities were with cricket and soccer. I did join the Christchurch Technical Athletic Club where again I was mainly involved in a coaching role.

During one of my Saturday cricket games I met up with Arthur Greyburn, who I had competed against during the annual Wellington vs Canterbury athletic competitions. Arthur told me about the weekly Veteran athletic events held on Sunday's and invited me to one being held the next day! I was able to compete in the high jump where I met up with an English competitor who had jumped in the 1950 Empire Games in Auckland. He returned to England after the Games, but returned to New Zealand to live and to marry a lady he had met at the Empire Games.

*continued overleaf*



Jim measuring the bar at the 2015 NZMA Championships

PHOTO: John Campbell



As a result of this contact with Arthur my late wife Colleena and I joined the local Christchurch Veteran Athletics group and competed with them locally as well as at the North Island, South Island and New Zealand Veteran's Championships.

In 1979 I was promoted to the Head Office of the Department of Social Welfare in Wellington. Naturally I looked for some form of athletics to become involved with. There were no Veteran athletics so I joined the Kiwi Athletic Club. There I linked up with Vic Marks, a former athlete I knew in the 1950s. Colleena, Vic and I established the Wellington Veteran Athletic Association.

This group organized events for local Masters at Newtown Park on Sundays. Colleena and I also competed on Saturdays with the open grade athletes. We continued to compete as Veterans at the Inter Island, New Zealand and also at the first Oceania Championships in Fiji in 1982. In 1981, I was elected as the Oceania Regional representative on the WAVA body. As I was then an official at all World WAVA Championships I was unable to compete.

On 23 December 1988, I retired from working with Social Welfare. I trained with Penny Hunt and then became responsible for training coaches, initially in Wellington, then throughout NZ, in the Athletics New Zealand "Run Jump Throw" programme for developing athletic skills amongst youngsters.

### Photos of the heights jumped by Jim



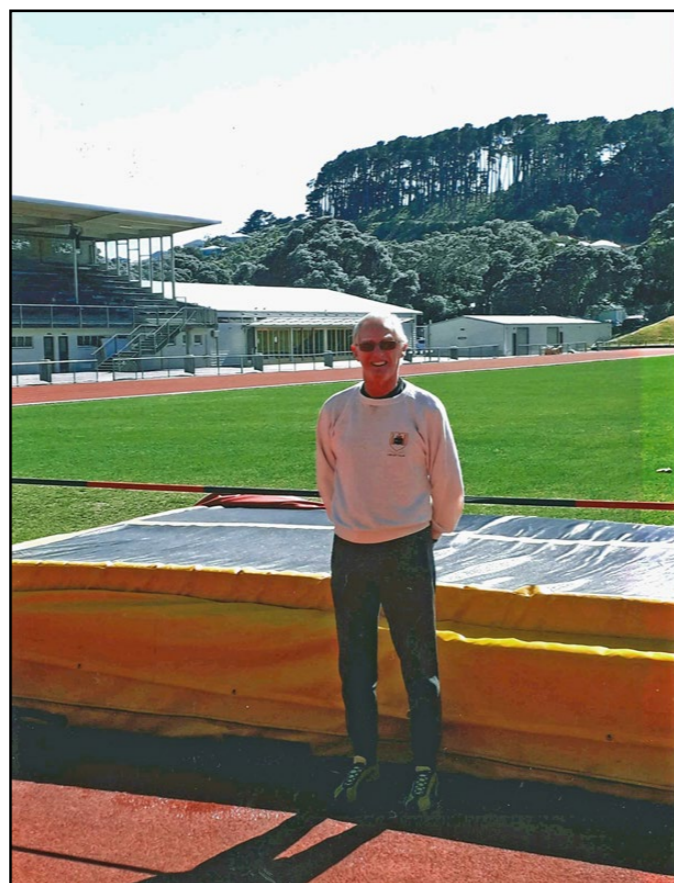
Then

Colleena and I continued to compete, with the name changing from Veteran athletics to Masters athletics. By 2010, I was no longer on the WAVA Council and was again able to compete at WAVA World Championships and enjoyed all of them.

The following is a summary of my performances:

- 2008 Clermont-Ferrand, France** - bronze in high jump
- 2012 Jyvaskyla, Finland** - gold in hurdles, silver in high jump
- 2017 Daegu, South Korea** - gold in high jump, triple jump and javelin; silver in hurdles, shot put and hammer; and bronze in weight throw.
- 2019 Torun, Poland** - silver in javelin, weight throw and hammer; bronze in high jump, long jump and discus.

I would like to make a final comment about high jumping. As an open grade athlete it was usual when talking about your high jumping to gauge your quality of performance on how you were able to jump by saying "how high you were able to jump above your head". Unfortunately at my age this is more like "low flying" than high jumping, so modifications need to be made during discussions to be more like ... "how high you are able to jump above your waist?!"



Now

# Lies, Damned Lies And Statistics

by George White

I am an average Australian which means I am 76% European, have an IQ of 98, have 1.87 limbs, 1.9 children and am 37 years old! Lies, damned lies and statistics. Proof that I do not align with the first few may be debatable but I am sure the candles on my birthday cake and my birth certificate say I am not 37 years old. But hold on I don't feel like I am the age on my birth certificate anyway (okay some days I feel considerably older!).

Why not? Like a lot of fit people you are probably a bit addicted to numbers and probably know your resting heart rate, BMI and I'm sure your PB's for every distance known to man. But what about your Fitness Age? The concept is based on cardiorespiratory fitness (CRF) i.e. the ability to supply oxygen to skeletal muscles during physical activity. The American Heart Association describes it as a "potentially stronger predictor of mortality than established risk factors, such as smoking, hypertension, high cholesterol and type2 diabetes". Unfortunately, CRF is not easy to measure. The primary measure of CRF is VO<sub>2</sub> max - the maximum amount of oxygen your body can use during maximum physical effort.

If your VO<sub>2</sub> max is below average for your age group, your fitness age is older than your actual age and vice versa. If you have good aerobic endurance, you might be relatively much younger than your driver's license says. A person's VO<sub>2</sub> max typically declines with age. Usually the peak is around your 20s and sometime in your 30s it starts to decline, approximately by 10% per decade. However, unlike your actual age it is possible to boost your VO<sub>2</sub> max, lower your fitness age and partially turn back the clock. The recipe is simple: high intensity exercise improves VO<sub>2</sub> max, whereas a sedentary lifestyle leads to low cardiorespiratory fitness.

VO<sub>2</sub> max is usually measured in millilitres of oxygen per kilogram of body weight per minute (ml/kg/min). For example, if a woman's VO<sub>2</sub> max is 35 ml/kg/min, her Fitness Age is 43 years, (this is the average for all 43 year old women). This is independent of actual age. Since the concept was established in 1923, the only reliable way to measure VO<sub>2</sub> max has been with an exercise test, which requires subjects to push their bodies to exhaustion on a treadmill or a stationary bike while breathing into an ergospirometry system.

However Professor Ulrik Wisløff of the Norwegian University of Science and Technology set out to find a way to easily and accurately calculate VO<sub>2</sub> max. Based on a study of cardiorespiratory fitness and other health indicators in over 4000 people, he devised a formula that assigns a fitness age. When Wisløff began measuring the fitness ages of his test subjects, he encountered many people who looked fit and worked out but had practically geriatric fitness ages. This is because working out, running and doing weights doesn't necessarily translate into a great CRF. It is achieved through high intensity exercise! It would appear that the point at which fitness age significantly drops is when you are able to exercise at 12 METs or more (MET - metabolic equivalents of tasks - a

measure of exercise intensity). For runners this means interval training and in particular HIIT.

To calculate your fitness age, visit <https://www.worldfitnesslevel.org> and fill out Wisløff's online questionnaire. Some people might still die significantly earlier (or later) than their fitness age would suggest because of factors unrelated to fitness - but this is relatively rare. The calculator does not ask if you smoke because, while smoking does reduce life expectancy, it's thought the influence is relatively small compared to fitness (but this is currently being tested). The effects of things like stress and social isolation are also real but much further down the impact scale. And what about time spent sitting? For a while this was the new "Smoking" in terms of health villains but recent studies suggest this is not so bad after all if you regularly exercise.

Assuming you are not suicidal after determining your fitness age what can you do to improve it? When Wisløff began designing training programs that could boost VO<sub>2</sub> max and reduce fitness age, he considered one fundamental question: what limits the body's ability to consume oxygen? He knew skeletal muscles weren't the principal problem - they can handle more blood than they can possibly get. He also knew that the lungs, while crucial, couldn't be dramatically altered with training. But the heart is highly trainable, and increasing the amount of blood it can pump in a given amount of time directly increases the body's ability to take in and distribute oxygen. In other words, a more efficient, more powerful heart leads directly to a higher VO<sub>2</sub> max.

Two factors govern pumping capacity: maximal heart rate and stroke volume. Your maximal heart rate is largely inborn (one common formula is 211 minus your age multiplied by 0.64.) No matter how hard you train, that number will tick down throughout your life. But you can do a lot to increase the stroke volume of your heart. The heart is like any other muscle - it can be trained and the only healthy way to challenge the heart's pumping capacity is to fill it with maximal amounts of blood for long periods of time. The heart achieves maximum stroke volume when it's pumping at 85-95% of its maximum beats per minute. So if you want to boost your VO<sub>2</sub> max, work out within that range of cardiorespiratory intensity for as long as you possibly can. The key to sustaining that kind of workload is to use interval training. While marathon runners and triathletes at elite level probably do have great VO<sub>2</sub> max levels it's often not the case for weekend-warrior endurance athletes, and the reason is simple. Running, cycling and swimming for long distances won't push your heart to its maximal stroke volume, so they won't do a lot to improve VO<sub>2</sub> max.

What about other factors - diet, altitude training? Wisløff believes there is no substitute for interval training. So - back to statistics - I can take comfort in the fact that I am only 0.12% pregnant and that my athletics has allowed me to defy the aging odds by some years (even decades).



# Wrap-up on Masters at the Australian Track and Field Championships

by Janet Naylor

Where does one start with so many highlights at the 2021 Australian Track and Field Championships held from 12-19 April at the Sydney Olympic Park Athletic Centre? As the selection trials for the Australian teams for the Tokyo Olympic and Paralympic Games and Under 20 World Championships, competition was intense and spectators witnessed many fabulous performances. One couldn't help but get caught up in the excitement.

For the Tokyo Olympic Games athletes needed to reach the qualifying standard (either before or at the championship) and win the national title to automatically book themselves a spot in the team; 15 athletes did just that and were presented with their "boarding pass". My highlights included:

- Seeing history with **Nicola McDermott** becoming the first Australian woman to clear 2 metres in the high jump. McDermott came into the competition at 1.86m as her nearest rival finished. She had first time clearances at 1.86m, 1.90m, 1.94m and 1.97m and then cleared 2m on her second attempt. The crowd roared as one.
- From the gun, the anticipation was goose bump material, as **Stewart McSweyn** and **Jye Edwards** immediately broke clear from the rest of the field in the 1500m. Would they run a Tokyo qualifier and who would win? Edwards was able to hang onto the pace and eventually beat McSweyn in a sprint finish. Both men ran under the Tokyo qualifying time, Edwards recorded 3mins 33.99 and McSweyn 3mins 34.55. McSweyn already had the qualifying time having set the national record at 3mins 30.51 in Doha last September and he had also already secured his place in the team having qualified in the 5000m.
- On a personal level I have followed **Liz Clay** in the 100m hurdles since she was a teenager and member of the Ron Bendall squad where I have trained for many years. She has worked hard for her dream of making it to the Olympic Games including a move inter-state to join forces with coach Sharon Hanman who coached Sally Pearson to Olympic success. To see Liz run several Tokyo qualifiers earlier in the season, win all races on the summer circuit and take out the national championship was sensational and emotional. She has a personal best of 12.72s and is number 2 on the Australian all-time list behind Sally Pearson.

From the outset I have been writing about older athletes and these championships included twelve athletes of masters age, which according to World Athletics is 35 years and over.

Proving that age is just a number there were two podium finishes and six masters in finals:

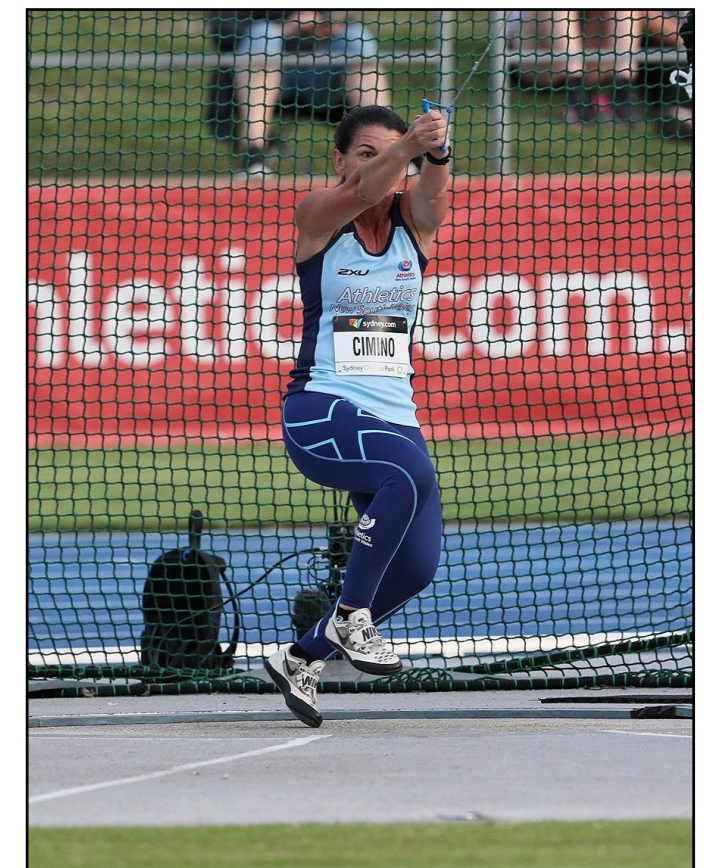
- **Kathryn Mitchell** (VIC, W35) – won her third national javelin title with a best throw of 63.34m, just 66cm short of the Tokyo qualifying standard. With the qualification period soon ending, the national record holder and W35 world record holder has the chance to get on the team for her third Olympic Games.
- **Odette Palma** (NSW, W35) – placed 3rd in the hammer preliminaries with a throw of 53.85m. She maintained her position in the field and won a bronze medal in the final with a best throw of 54.75m. Odette holds the Australian W35 record at 56.35m
- **Lauren Reid** (NSW, W35) – set the pace in the first of two heats of the 1500m and was leading until just after the bell. She finished third in 4mins 14.57s and qualified for the final where she placed sixth in 4mins 17.05s. It was lovely to hear a little voice in the crowd yelling, "go Mummy"! Her time in the heats was just shy of the W35 Australian all-time best of 4mins 14.22s set by 3-time Olympian Judy Pollock in 1976 at the Montreal Olympics.
- **Victoria Mitchell** (NSW, W35) – placed 7th in the 3000m steeplechase in a time of 10mins 10.70s. The dual Olympian (2008, 2016) described this as her worst result ever at the national championships and put this down to limited preparation.
- **Benjamin Baker** (NSW, M35) – secured a place in the men's javelin final and placed 8th with a best throw of 63.31m. Also in the men's javelin was **Andrew Fraser** (SA, M35) who placed 13th with a best throw of 57.92m and in 14th place, **Adrian Keen** (QLD, M50) with a best of 37.47m.
- **Cassie Dege** (ACT, W35) – improved her season best in the 3000m steeplechase running 11mins 46.91s to place 15th in the final.
- **Melissa Foster** (WA, W40) – competed in the second of two triple Jump qualifying pools of 18 women and after two fouls, jumped 11.80m to place 7th in her group. She was 14th overall and 9cm short of her W40 National record.
- **Maria Cimino** (NSW, W45) – finished the hammer preliminaries in 21st position with a best throw of 40.12m. She spoke about being really nervous for the first throw and then settled into the competition, enjoying the atmosphere of her first national championships.

- **Lauren Johnson** (NSW, W35) – placed 7th in heat 2 of five heats of the women's 100m. She ran 12.57s to rank 31st overall.
- **Julie Brims** (QLD, W55) – was the only masters athlete to contest two events and also the oldest athlete competing in the championships. With 41 entrants in the 100m there were five heats and Julie placed 8th in heat 1 with 12.77s for an overall ranking of 37th. While in the 200m, the 30 women were spread across four heats and Julie ran 25.58s for 7th in her heat and 27th overall.

Julie said she is normally very nervous before her races, especially the 100m, which she had previously contested at the National Championships. The W55 100m and 200m world record holder said this year was different and she enjoyed the atmosphere while mentioning a quad strain that had hampered her training over the last few weeks. She went on to say that she didn't want to be that athlete who withdrew and for people to interpret that as "oh she has decided not to run because..."

Colleague and fellow athlete Caroline Layt is making a documentary about masters athletes so look out for that in due course. You may even see a cameo from this author asking a few questions.

**Footnote:** At the time of going to print we learned that Kathryn Mitchell was confirmed in the Australian team for her third Olympic Games. The women's javelin is scheduled to take place on Tuesday 3 August.



Maria Cimino competing in the hammer throw



Masters athletes Renee Nelson-Briffa, Donna Hiscox, Janet Naylor and Julie Brims enjoying the national championship action



# Taranaki

by Vicky Jones

With the track season done and dusted, the time has come to get down and dirty with the cross country season, and what an action packed start it has been – from the annual Peter Cattley Memorial to the Trail Running Champs and the Hughes Memorial. Not to mention the combined Dr Davie/ Brenda Ballinger Memorial and to cap it off, honouring those who have done amazingly well in the past 12 months with the TET Athletics Taranaki Awards.

## Peter Cattley Memorial - 09/05/2021 Fitzroy Golf Course - New Plymouth

This year the Peter Cattley took place on a Sunday instead of the usual Saturday, with the change of venue to Egmont Athletics' new winter base at the Fitzroy Golf Course, bordering the Coastal Walkway. This makes for a great course of constant undulating hills – good cross country conditions, with the weather to match. With intermittent showers and wind blowing from the Tasman, it was a pleasingly large bunch of hardy souls who fronted up.

There was a change in programme with the women going first, followed by the men and then the walkers. Estimated times made for interesting results with none of those first over the line proclaimed winner as they all were wildly out from the 4% tolerance of their estimated times. The walkers created the most interesting results with some truly wild estimates – as much as 30 minutes!

In all cases it appears all the honours went to Masters athletes, with Sandra Heal claiming the walk trophy, Stella Bond claiming the women's and Mike Erb the men's. Peter's widow Karen Eliason made her usual positive speech thanking everyone for attending, and Peter for the weather. She and daughter Kate with husband Peter Blackbourne competed in the walk together in Peter Cattley's honour, which was only fitting. Rodney Gillum earned fastest time in 27.41, the only masters to achieve the feat. In the following results, the actual time is first, then the estimated time/time on the clock.

### 4km Walk

#### Combined

DQ	Judith Duffey	42.32	47.32
1	Sandra Heal	53.08	53.08
2	Karen Eliason	38.17	54.17
3	Peter Blackbourne	38.18	54.18
5	Vicky Adams	36.35	55.05
6	Sue Park	38.12	55.27
7	Vicky Jones	31.01	55.36
8	Rodney Gillum	27.41	57.11

### 4km Run

#### Women

DQ	Tracy O'Sullivan	28.02	28.02
1	Stella Bond	26.03	28.33
6	Tracey Haldane	23.28	29.58
7	Joy Baker	24.34	30.04
11	Karen Gillum-Green	23.28	30.28
13	Lynne Mackay	28.10	31.50

#### Men

1	Mike Erb	15.22	24.22
2	Robbie Rawles	15.06	24.41
6	Nathan Foley	14.11	25.01
8	Des Phillips	22.16	25.06
9	Alan Jones	22.47	25.07
10	JP Heather	15.21	25.21
11	Dave Hadley	19.31	25.26
12	Mike O'Sullivan	16.23	25.33
17	Richard Brewer	17.45	26.45

## TET Athletics Taranaki Mountain Championships - 22/05/2021 Lake Mangamahoe - New Plymouth

Thankfully the rain held off for the running of the Mountain Trail Champs, which was renamed the Mountain Champs given the nature of the course – hilly and muddy, making a great challenge for all competitors. It is an event that doesn't draw large fields due to the nature of the event, but it doesn't lose its validity competition wise.

### 4km Run

W40	Rebecca Hutchison	26.04 (1)
W45	Nic Carver	27.27 (1)
	Suzie Price	29.05 (2)
W50	Raewyn Grigg	38.09 (1)
W55	Stella Bond	36.36 (1)
W60	Karen Gillum-Green	29.17 (1)
W65	Joy Baker	36.24 (1)
M65	Allan Thomas	27.12 (1)
M70	Des Phillips	28.26 (1)
M75	Alan Jones	29.29 (1)

### 4km Walk

W65	Vicky Adams	46.31 (1)
M55	Rodney Gillum	33.34 (1)

### 8km Run

M35	Mike Erb	38.02 (1)
M40	Oli Vincent	41.38 (1)
M50	Ash McDonald	47.16 (1)
	John Nolly	49.11 (2)
	Peter Carver	55.35 (3)
	Dave Hadley	58.15 (4)
M55	Greg Chapman	1.08.19 (1)
M60	Trevor Hepburn	1.02.14 (1)

## Hughes Memorial - 05/06/2021 A&P Showgrounds - Hawera

An excellent crowd of enthusiastic participants from around the central districts converged on the Hawera A&P Showgrounds for the annual Hughes Memorial after a 1 year hiatus due to you-know-what. Competition was hot counteracting the cool, overcast conditions, and excellent cross country conditions underfoot. Hawera Harriers put on their usual excellent spread with hearty hot soup to warm the cockles.

This year the M65+ and MW lined up next to each other to take on the 4km course. Our Taranaki members acquitted themselves well, with Des Phillips taking out the M70 and Alan Jones dominating over Roger Woodruffe in the M75. Mike Winsborough put in a good effort in the M65 age bracket but couldn't match Allan Thomas who fell short after a strong a tussle with his Feilding Moa opponent in the same grade. The younger MM had to summon up their powers of their endurance to run the 4km loop twice. It was pleasing to see Robbie Rawles, JP Heather and Nathan Foley line up and have solid performances.

As for the MW, Nicola Carver was the first MW home, and there was only about 3 and a half minutes between Nicola and Joy Baker who were 6th and 17th equal respectively – excellent effort ladies! In the walk, it appears that there was no hooded rooster for those who competed, so they were able to walk to their best. Rodney Gillum achieved fastest time, following on from his success at the Peter Cattley Memorial in a heartily large field.

### 4000m Walk

#### Women - Combined

4	Kathy Pranker	34:45
5	Margaret Stratford	38:30
6	Catherine Uhlenberg	38:33
8	Judith Duffey	48:10

#### Men - Combined

1	Rodney Gillum	28:03
2	Des Hussey	30:02
6	Chris Pranker	31:27
9=	Dennis Kowalewski	36:56
	Martin Schrider	36:56
11	Barry Hoskin	38:47

### 4000m Run

#### Masters Women

8	Nicola Carver	W45	21:10
9	Rebecca Hutchinson	W40	21:30
12	Karen Gillum-Green	W60	21:54
16	Suzie Price	W45	23:19
17=	Joy Baker	W70	24:24
22	Tracy O'Sullivan	W35	29:05

#### Masters Men 65+

!1	Allan Thomas	M65	21:02
12	Des Phillips	M70	22:04
13	Alan Jones	M75	23:06
14	Mike Winsborough	M65	23:55

### 8000m Run

#### Masters Men 35-64

4	Jon-Paul Heather	M35	29:36
6	Robbie Rawles	M35	29:51
7	Nathan Foley	M35	30:37
8	Michael O'Sullivan	M40	31:01
15	John Nolly	M50	35:25
22	Peter Carver	M50	38:07

## TET Athletics Taranaki Sportsperson of the Year - 19/05/2021 TET Stadium – Inglewood

With 2020 bringing slim pickings in terms of events held, it was still heartening to be able to celebrate what we have been able to do and achieve. Attendee numbers were less than anticipated, as were the number of nominations, but this does not lessen the value of the achievements of those who were nominated.

Those who did attend were treated to a superb presentation from guest speaker (currently Wellington based) Shaka Solo, Samoan representative in throws, particularly discus and shot put. His presence filled the room with his enthusiasm and personality, and was wonderfully entertaining. He talked about his origins from Samoa to settling in New Zealand then eventually finding his way into the world of athletics which created a whole world of possibilities for him, which I think was one of the takeaways from his presentation. He regaled us of his adventures in getting to the World Champs in Poland in 2005 – how he missed his specialty events and just to save money entering in the javelin in which he followed the world champion, having an Eddie the Eagle moment in which the whole crowd of 60,000 was behind him, cheering him on to do his best and making him a media darling for 2 hours! After his presentation we could mingle over supper and have selfies with the man. Like all guest speakers he left us all – and particularly the kids – with a positive message, Shaka's to get out of your comfort zone and try something different. It may just help with your own growth and journey.

Vicky Jones and Joy Baker were the only nominees in the Masters Sportswomen category, with Joy the winner. Alan Jones's impressive CV made him the winner in the Master Sportsman category over Des Phillips and other nominees. Karen Gillum-Green was shocked to find she'd been nominated let alone winning the Coach of the Year award (and deservedly so!). Congratulations to you and keep up the awesome effort!

All in all it's been a promising start to the winter programme, with everything still to play for (so to speak), and we masters will be in the thick of it!



# Auckland

by Philipa Green

A quieter few months off the track over the winter season, but still plenty of choice to compete in marathons, cross country and the Winter throw series in Auckland.

For the Auckland Masters Centre it has been a busy time planning for two big events this year in the region:

- **NZMA Indoor Championships**  
Sunday 29 August at AUT Millennium
- **NZMA North Island T&F Championships**  
Sat/Sun 28 & 29 November at Mt Smart

Draft programmes for both events are currently being developed and will be shared via the NZMA and AMA websites in the coming weeks. Please note there are no events on the Friday night of the North Island Championships weekend.

AMA also held their AGM on Sunday 9 May (due to an insufficient quorum on the 31 March). The following annual prize winners were awarded for the 2020/21 season:

**Gideon Tait Trophy:**

Annie Goulter 78.20%

**10k Road Champions:**

Nick Moore 34.08

**T&F Pentathlon Champions:**

Karen Hulena 2357 Pts

David Anstiss 2798 Pts

**Throws Pentathlon Champions:**

Annie Goulter 3131 Pts

Arno van der Westhuizen 3502 Pts

**Highest age graded percentage performance:**

Chris Waring 98.75% 60m

**Ron Johnson Trophy for Most improved newcomer:**

Hee Sun Kim HJ 1.47m 93.63%

**Ernie Haskell Trophy:**

Wim Luijpers 3000m



Carolyn Smith - Three Peaks Mountain Race Dunedin March 2021

**Three Peaks Mountain Race, Dunedin March 2021 – Carolyn Smith**

After not being able to compete at the national cross-country champs last August due to Auckland being in lockdown, I decided to put my flights to Dunedin to good use and compete in the Three Peaks Mountain Race. Superbly organized by Leith Harrier and Athletic Club, it was established in 1984 is now one of the longest running trail events in New Zealand. Plus, Hubby was happy to have a break out of Auckland too!

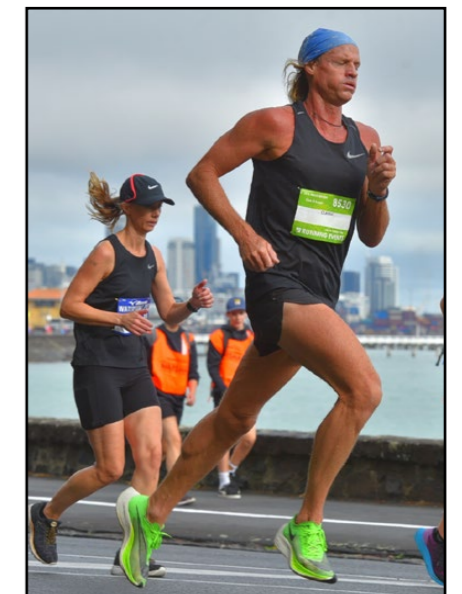
The event is named after the three peaks of Flagstaff (668m), Swampy (739m) and Mt Cargill (676m), and it takes the runners and walkers up and along some of Dunedin's most beautiful trails through lush native bush and forestry roads while being rewarded with some magical views over Dunedin! And I must say there were some great views! I had time to look!

I decided the 26km was the right distance for me to tackle having used the Tarawera 22km in February as a buildup race which went well. I finished that in just under 2 hours feeling like I had more in the tank, so went in reasonably confident things would go well! My good friends who know the trails well as its their local training ground, had told me to be prepared to be on my feet for as long as a marathon, and they were so right! I had trained over Tawharanui regional park hills, where there are some good up and downs, and used as many hills as I could round the North Shore and Auckland, including everyone's favorite Mt Eden reps.

March in Dunedin is very pleasant and race day was perfect, partly cloudy and warm, and got up to 19deg I think. We started at 9am and the first part of the race takes you into Ross Creek reserve which was lovely and was followed by some steep bits. Then onto Pineapple track where some of the hills went on and on, but I found myself just running in a good rhythm and got into the pace I wanted to run. Lots of people started to walk in parts but I found it better to run as much as I could as I knew that on the downhill, I would get people passing me and I made better time doing this! Flagstaff summit was reached and we doubled back onto Swampy Ridge track which had lots of ups and downs over tussock, some rocks here and there so was carefully watching where my feet landed. I had planned to take 3 gels over time during the race and found this was all I needed. The views were awesome and I found lots of people around me to run with and encourage.

After the Swampy Summit aid station came the hardest part for me. The downhill here was muddy and technical so I tried not to fall over or into a tree but did hang on to a few. My quads certainly felt this!! Didn't want to roll any of my dodgy ankles! Thankfully once at the bottom of this there was another climb up Leith Valley Road round 2km to the aid station, then more beautiful tracks and 4WD roads and on up to our last summit Mt Cargill. Next was the last long downhill where you could stride out quite well, but hard on the quads, and then onto the flat and along to the finish back to Chingford Park. I was stoked as I felt strong the whole race and ended up breaking the W60 record by 35mins with my time of 3 hours 23mins!

The atmosphere at the finish was great - music, food trucks, and a can of beer. Everyone made you feel welcome and such a lovely place to have a finish area. A big thank you to the organisers. I will certainly be back to do it again! Have to conquer those downhills! They have recently introduced a 55km race and also have a relay as part of the 26km as well as a 11km run up to one of the summits, so lots of options for people. Anyone who is looking for a challenge and loves hills, I highly recommend you do this race!



Wim Luijpers breaking the NZ Road 10KM record M50



Auckland Masters prize-winners of 2020/21 trophy season



## Auckland Masters throwers at the Winter Throws session 1 at AUT Millennium



Anne Goulter



Arno van der Westhuizen



Carol Conte



# Waikato/Bay of Plenty

by Murray Clarkson

This period has been a quiet time for our Centre and we can now report on the Winter events most of which incorporate Athletics NZ events. Changes in our Constitution need to have some further modifications, which will be discussed, and if necessary, amended at our next Annual General Meeting.

### Rotorua Marathon

This was a successful event again this year with large numbers of athletes taking part in the 10k and Half Marathon events. Most of these were not registered with Athletics NZ and a large proportion of the Masters athletes would not meet our membership requirements. It remains to be seen whether championship titles were given only to our members. There was no indication in the results as to which Centre the athlete belonged. We congratulate our members who did well.

### Tauranga Open Cross Country

Tauranga hosted this Centre registered event which concentrated on a local schools competition. This boosted numbers and provided some close competition. Twenty-five masters men and three masters women competed. There were no athletes from outside our region. The day was inclement

and the usual course was altered because of this. It still provided a challenge to those who had not prepared.

### WBOP Masters Cross Country Day

This annual event was held on 13 June. Last year's event had to be cancelled so we were hoping for a good turn-out. This did not turn out to be the case as the advertising of the event was not pursued early enough. The small group enjoyed the day including the afternoon tea. The age-grading of the event evened out the placings. Spot and merit prizes were presented.

### Obituary

We have to report the passing of Ron Jones, one of the Jones Clan from Whakatane. Ron was a top-ranked distance athlete and valued member of the Whakatane Club. An Obituary to Ron is being compiled.

We now look to those events run in conjunction with Athletics NZ. There is also a Throws series for master's athletes being run by the Pakuranga Club over the winter months to which our enthusiastic throwers will venture. We look to see what influence this has on their performances next summer.

# Tasman

by Derek Shaw

### Trying something a bit different

For the last three years Nelson athlete Murray Hart, a professional and volunteer fireman, has participated in the annual Firefighters Sky Tower Stair Challenge. This challenge involves climbing 1103 stairs in the Sky Tower in full fire fighting kit including oxygen cylinder weighing up to 25kg. Three years ago he finished second in the Supreme Masters 60+ age category. With the goal of winning his age group he increased his training for last year's challenge. His training sessions included repeated climbs carrying an oxygen cylinder on his back up the Tamaki Steps, now two at a time, on Nelson's Port Hills. However last year, despite the additional training, he again was the second fastest in his age group rather frustratingly only 1 second behind the winner.

With additional training behind him, this year he was back at the 2021 challenge on 22 May in his third attempt to achieve his goal of finishing top of the podium in his category. This year there were over 950 participants, who have raised over \$1.375 million for the charity Leukaemia and Blood Cancer NZ. Murray finished in 76th place overall. His time of 14 minutes and 9 seconds (only 2 seconds slower than in 2020) finally achieved the win over last year's winner Geoff Brown by 17 seconds with the 2019 winner Allan Bennett a further 30 seconds back. These three have made up the top three in the Supreme Masters 60+ category for the last three years. Well done Murray – your hard work paid off and demonstrates that if you don't succeed first time, then try again ... and again ... if need be.



Murray Hart in firefighter's kit

### New event in Nelson

One of the new running events this year was the Brook Sanctuary Trail Run on 11 April 2021. It was part of the activities associated with an open day at the Brook Waimarama Sanctuary in the Upper Brook Valley. This 700ha sanctuary has a pest proof fence around its 14km boundary constructed by the Brook Waimarama Sanctuary Trust and occupies a former Nelson City Council waterworks reserve. It has been cleared of all animal pests, except mice, within the fence to enable native birds to thrive in the absence of introduced predators and recently forty endangered SI saddleback / tieke were reintroduced from an island in the Marlborough Sounds.

The 10.5km trail run began in front of the visitor centre and climbed up the steep eastern side of the valley beside the fence until it met the Dun Mountain Walkway / Trail and headed down on the former mountain railway line back to Brook Valley and on up the valley to finish near the start. Fifty runners took part and covered a wide range of ages, including many masters. The first three overall Brian Kemp, Edward Hohepa and Curtis Moore were all prominent masters runners and were only separated by 7s. Brian's winning time of 48:52 will be the target for those in next year's run. The first female was Zoe King (59:04) with a further 20s back to Robyn Deane the first MW in 10th and 11th place overall respectively. Andrew Barker was the first M60 with a good run to finish 9th place overall in 58:44, and nearly 3mins ahead of second M60 Derek Shaw 13th overall (a founding trustee of the Brook Waimarama Sanctuary Trust). Barry Dewar in 16th place overall was the first M70 in 1:05:50. It was good preparation for Barry as he run in the NZ Mountain Running Champs in Queenstown the following weekend where he took out the M70 title.



Carey Dickason (TAS) 1st W70 in the 1500m at the NZMA Championships in Inglewood

PHOTO: Derek Shaw



# Northland

by Judith Stewart and Mark Lett

## Update

Masters in Northland are active in the harrier season with lots of variety from local parks to farm land tracks and so far no mud. Talks with council are continuing on the Whangarei track replacement and we have a small team working together for funding.

Ian Babe is acting as mentor for coaching and helpful with advice as we are trying to get a youth program going. We have several members keen to do officials and training courses so we hope this will happen soon.

At present we have two members who have health issues and our thoughts and best wishes are with them as they undergo treatment. Remember to be safe if training in the dark

## Journey of a Pole Vaulter - Mark Lett

There is a book written by David Butler called "The Pole Vault: A Violent Ballet" which I think is an apt description of an event I have become passionate about.

Unlike most vaulters who take up this sport in their younger years, at the ripe old age of 53 I decided it was time to enter the realms of decathlons which brought me face to face with pole vault; and from there a new chapter began .

The challenge: run fast with a long stick and propel yourself over a bar with some finesse. Needless to say early attempts using just pure speed and grit were met with a few tumbles. The vaulting wasn't pretty, but finally a clearance higher than a high jumper was attained and the possibilities of greater heights came into view.



John Gardiner in the Shaw baton relay in Wellington

This would involve PV-specific training and conditioning, as there was only so much that could be gleaned from YouTube. As luck would have it, a few other masters athletes close by had also developed a fondness for the vault and from there a small group was formed, a coach was found and filled our minds with tips and suggestions, removing bad habits and enabling us all to aim for and achieve goals.

For myself this has been and is a continuing journey of highs and lows. The highs: meeting other vaulters with the same passion to push the limits and jump to failure, and the rush of a new PB.

The lows: the crashes, and there have been a few! Don't get me wrong, it's a fantastic event, but when something goes wrong sometimes it can go terribly wrong, from bruised ribs to a broken ankle.

Lately my biggest problem has been staying injury free before a competition. Currently I am recovering from a ruptured shoulder joint, an injury not caused by vaulting but by running in a 100m race. All I can say is that dipping on the finish line is overrated!!

I try not to let these little hiccups slow me down, I'll commit to the rehab, work hard for a full recovery and hopefully those aspirations/goals I have set still have the possibility of being achieved.

So, look out world, I will be back! With the aim of taking my version of "A Violent Ballet" to new heights.



Emily Solsberg in the Shaw baton relay in Wellington

PHOTOS: Sharon Wray

# Canterbury

by Andrew Stark

Like many Master's Centre throughout New Zealand, we have two distinct groups of members. The NZMA only members mostly go into hibernation during the winter months as their focus is track & field. In Canterbury we are fortunate to have Anne and Rick Davison who organise a series of monthly throws pentathlon events to encourage this group to maintain their training throughout the winter. This also offers them an opportunity to socialize and have lunch at a local eatery.

Our second group of members belong to the various clubs and they compete throughout the year. The cross-country season in is full swing. By far the most popular events are relays, as this promotes the team side of the sport. Athletics Canterbury has been very proactive in recent years, creating opportunities for community (non-club) runners to attend their events.

One such event held during Queen's Birthday weekend offered a 5km and a 2.5km cross country race. The event was called 'The Royal Derby @ Ascot', suitably named as it was run on the old Ascot Golf course that was destroyed and never repaired following the earthquake. Participants were encouraged to dress up for the occasion and despite a rather cool and damp

day, there were over 60 late entries. Of the 200 entries, 30 were community runners.

Later this season, the New Zealand Road Relay Championships are being held on the Takahe to Akaroa course. As well as the usual eight person team which is the Championship event, they also offer two and four person team options covering the full distance. Within this relay, there is also the six person Allandale to Cooptown relay for the 60+ runners (and junior men and women). Last year there were 60 teams and half the teams were made up of community runners. Given it is a National event this year, we are hoping for close to 200 teams across all grades. More information about this event can be found on the website ([www.takahe2akaroa.nz](http://www.takahe2akaroa.nz)).

Last season, with the Covid 19 restrictions in place, we did not hold our end of season awards dinner. The trouble with awarding our trophies is that several are very specific as to who can win them. With fewer members, often several trophies cannot be given out. Due to smaller membership numbers, this season we are looking at holding a joint AGM / Awards function, followed by a social gathering.



The 'King and Queen' at the Royal Derby at Ascot 5km cross country race. Robyn Perkins (dressed as the Queen) and John Gamblin (wearing King's crown).



PHOTOS: Andrew Stark



# Wellington

by Michael Wray

## Shaw Baton Relays

After becoming our first Covid-casualty in 2020, the Shaw Baton Relays – a 4x2km Cross Country Relay race - resumed its traditional role of season opener. The course tends to vary only a little each year, following the same route since 2016, but this year it featured additional jumps with four in the final 400m.

In the masters women, Scottish led from start to finish. Mel Stevens ran the fastest MW time of the day on lap one, handing over a 29s advantage. Emily Solsberg, Carla Denny and Lindsay Barwick each added to the lead on the subsequent laps, winning by over three minutes. The second and third teams were similarly locked in, as Kapiti and Olympic stayed in that order throughout. In the W50 grade, Anna Guy took first lap and passed over an 11s lead for Scottish. Scottish stretched that lead out to almost two minutes when Heather Walker ran fastest W50 time. Blind runner Maria Williams, with Melissa Moon as her guide runner, went next for Scottish – a big ask given the technical nature of the course – allowing Olympic's Michelle Van Looy to pass in the final few metres. Olympic secured the win when Jan Sheppard outran Helen Bradford for final lap. Scottish B finished third, where Anne Hare's time was notable; had she been in the A team, rather than Maria, Scottish would have won by 15s! Olympic were the sole team in the new W60 grade, which was a shame as Scottish at least had enough W60s in their W50 B and C teams.

WHAC won the masters men for the first time since 2009 after their first two runners, Dan Clendon and Dan Nixon, ran the fastest two times in the grade. Kapiti were second after the first lap but they slipped down to seventh by the finish. Scottish had two teams on the podium, with the A team leading the B team until the final straight sprint between Rowan Hooper and Paul Barwick enabled the former to put the B team ahead of the As. For the M50s, WHAC finished the first lap with their A team first and their B team second, with Scottish third. Gerard Gordon moved Scottish into second place on the third lap and Todd Stevens secured the win for Scottish. Had Terry Fraser been in the A team, his time suggests WHAC would have won by several seconds. WHAC won the M60 grade, in which the other clubs were absent for some reason this year.

## University Relays

The University relays (4x4km cross country) featured a course where the second half was completely new this year. Karis Rae opened up with a 17s lead over Olympic on lap one. In the second lap, Melissa Crompton put Olympic up by 2s. Kristina Cameron restored Kapiti's lead on the third lap, followed by Anna Douglas securing Kapiti's win. Lindsay Barwick ran

the fastest MW time; it was enough for Scottish to oust Olympic for second. The W50 grade was far less dramatic, where Olympic, Scottish and Scottish B stayed in that order throughout.

For the masters men, Dougal Thorburn ran fastest lap to give Scottish the early lead, 8s over WHAC. Dan Nixon brought WHAC into the lead on lap two, only for James Richardson to restore Scottish at the front, where they stayed. WHAC stayed second, with Kapiti claiming third with a last lap surge from Alvirg Busa. In the M50 grade, WHAC won by a comfortable margin over Scottish, despite surrendering the lead temporarily in the second lap. The race for third was entertaining with WHAC B and Olympic swapping positions until Bruce Atmore gave Olympic third by 2s. WHAC romped home in the 60s grade, over two minutes ahead of Olympic despite finishing lap one 69s down on them. Scottish settled into third spot, minutes behind second and minutes ahead of fourth, in what became a lonely run for their runners after lap one.

## Vosseler Shield

Good conditions for the Vosseler weren't able to make up for the cross-town attraction of the Phoenix playing their only actual home game of the season on the same afternoon, so numbers were down. Mel Stevens (Scottish) ran a fairly comfortable victory over Nat Hardaker (WHAC) in the masters women. In the W50s, Olympic's Angela Clark came in 30s ahead of Victoria Humphries (WHAC). Masterton's Sue Bankier won the W60s by 17s over Betty Harp (Scottish) and Pam Graham (Scottish) won the W70s. For the masters men it was WHAC one-two, with Dan Nixon beating Dan Clendon by 14s. Grant McLean and Dave Kettles went one-two in the M50s for Scottish, by a closer margin of 10s. Dave Holland had an 80s win over fellow WHAC member Todd Kriebel in the M60s, while Brian Hayes (WHAC) made it four wins in a row in the M70s.

## Masters Classic Relay

The Masters Classic Cross Country 4x4km Relay took place the day after Vosseler, which tends to hurt numbers, so it was pleasing to see 23 teams turn out. Despite a wind that had a chilly bite and a couple of light showers, we had an enjoyable day. Scottish won the masters women and the masters men. Hutt Valley won the mixed and 200+ grade. Olympic won the W240+ grade. For the walkers, Scottish won the masters and Trentham the 150+ grade. The fastest male runner was Anthony Jackson from Hutt Valley with 14:34 and fastest female was Scottish's Heather Walker in 17:02. Fastest walkers were Jon Roskvist (26:28) and Belinda Walker (29:13) from Trentham.

## Dorne Cup

The last race for the quarter was another one that fell victim to Covid in 2020, the Dorne Cup. The course was drier than it has been for years, with only one muddy patch. The stream, which has to be crossed and then re-crossed every lap, was much shallower than usual. It's the first year I can recall in which no-one fell while navigating the water, much to the chagrin of the photographers who always assemble at what is traditionally the deepest section. Mel Stevens won the masters women by nearly two minutes over Lindsay Barwick. Heather Walker was similarly dominant over second place Victoria Humphries in the W50s, just as Michele Allison dominated the W60s by a similar margin.

Daniel Clendon won the masters men under pressure from Vic Uni's Simon Wills, winning by just 5s. Grant McLean won the M50s by 11s, a race that required a photo finish adjudication to separate second placed Steve Gawn and Paul Hewitson. Todd Kriebel and Brian Hayes (both WHAC) won the M60 and M70 grades, respectively, with large leads.

Unfortunately, the Wellington Half Marathon Championships on 27 June were postponed due to the alert levels in Wellington being set to level two until at least the day after the race.

# Manawatu/Whanganui

by Jen Fee

This report covers the previous 3 months as well as the current winter news. We have been lucky within the international pandemic to get our National Champs completed even if some people didn't turn up once the levels were raised. I want to thank the Taranaki Local Organising Committee for having their plan in place and sticking to it. I think the luck came in being a small country where numbers mean it was possible!

For our wee club we initially had our highest number of entries for many years, with 15 athletes having paid entry, plus Dawn Melrose going as an official – in the end we had our club stalwart Francie Bayler take the brave decision to only go as an official rather than test her health and compete. She makes herself known even being such a compact unit and some competitors heard her lay down the law when things got a bit messy.

Francie has always been an inspiration to the rest of us in our region. The hours she puts in training for her own events as well as helping both in Whanganui and Manawatu and elsewhere in the the country in general officiating in open meets as well as master's means she is a busy lady. We are enormously proud of her being named Jumper of the Year at the Awards dinner, thoroughly deserved. We look forward to many more achievements from her. As well as Francie, we also had Dale McMillan as a finalist in the Women's Combined-events section and Laurie Malcolmson a finalist in the Men's Hurdler of the Year section.

So our team came back with 2 new records and a total of 49 medals - 19 gold, 23 silver and 7 bronze. Jill Evans and Brayden Grant earning 5 golds apiece, with Jill also

picking up 2 silvers. However, it was the sprinting team that challenged for the M35 4x100m record successfully that was the highlight for the region. Brayden Grant and Andrew Matsuoka-Webber were joined by M45 Hayden Robinson and M55 Kevin Fee to complete the relay in 49.15s. Congratulations "boys" on a job well done.

Now we look toward injury repairs and a few end of season events to keep our hands in. Good luck to all of the athletes competing in the Athletics NZ Nationals new program.

Now to our winter news. It is nice to see our athletes broadening their base skills over the winter to include the weekly Park Runs – a 5km timed event on a Saturday morning. Bayden Grant showing good form as is Dale McMillan. This year Kevin Fee managed an 82.4% result with 19.08mins, but is now coaching a small group of men on Saturday morning to get a strength and conditioning/ endurance base for future events. Anyone interested get in touch.

Congratulations to Laurie Malcolmson on reaching the finals again in the Tararua Sports Person of the Year. Unfortunately, Tararua doesn't have a master's category, so Laurie is always up against Olympic athletes. Age grading does not come into their judging or didn't when I queried a year ago.

Early Winter events have not eventuated on our calendar mainly due to me having family issues that took priority, but we hope to hold a few soon so that some of our stalwarts can go for new records in their new age groups! Keep an eye out on our Facebook page.



# Otago

by Christine Montgomery

The summer season has ended and now the fun begins again with the start of the winter season. The year is flying so we hope everyone is enjoying their running. Get out there and enjoy the roads, tracks, trails that we have in New Zealand.

While its sometimes harder to get out of bed on these cold mornings and nights, running in a group or on a club run gives you that extra boost and as they say laughter is the best medicine so have some fun as you run along.

Dunedin has six running clubs in the city. The clubs are: Ariki Harrier & Athletics; Caversham Harrier & Athletics; Civil Service Harrier & Athletics; Hill City University Harrier & Athletics; Leith Harrier & Athletics; and Taieri Harrier & Athletics.

## Lovelock Relays

In early May the Otago Winter harrier season kicks off with the Lovelock Relays. They are held at the University Oval and are organized by the Hill City University Club. This year they were held on 1 May 2021 in perfect weather conditions for barefoot and will be the 85th time the event has been run where we celebrate the successes of Jack Lovelock. Lovelock not only won in 4:07.6 (= 1500 3:50) but also created a new world record. This was the real starting point of Lovelock's road to Olympic gold glory in 1936 Berlin Olympics.

I think it is always a great spectacle watching people of all ages from 2-70+ run around and around the fields with their club members cheering them on. This is what makes a running club so special - the comradery and support for each other is very evident.

### Results:

#### Masters Women

1	Hill City University #1	23.32
2	Leith Harrier & Athletic Club	25.32
3	Ariki MW #1	26.24

#### Masters Men

1	Leith Harrier & Athletic Club # 1	19.50
2	Ariki MM #1	20.45
3	Hill City University MM #1	21.21

## Leith Cross Country Relays

The next event on the calendar was the Leith Cross Country Relays held on 15 May 2021 at the Pony Club at Three Mile Hill. This 4 person in a team event is run by Leith Harrier and Athletic Club and is a 2km circuit made up of jumps, hills, long grass and mud which challenges all abilities. The senior men

and women run 4km each (2 laps) while the other grades run once (2km). You can always expect two seasons in one day up on the hills and on occasions it's been snowing while the senior men and women are racing. This year was held in amazing weather. A great cross country event for all ages.

### Results:

#### Masters Women (W35-65) (2km each)

1	Caversham Harrier & Athletic Club - MW 35-49	38.51
2	Leith Harrier & Athletic Club - MW35-55	41.59
3	Ariki MW #1 - MW35-65	44.45

#### Masters Men 60 (2km each)

1	Leith Harrier & Athletic Club	45.54
2	Caversham Harrier & Athletic Club	46.54

#### Masters Men 50 (2km each)

1	Ariki MM #1	37.24
2	Leith Harrier & Athletic Club	38.16
3	Caversham Harrier & Athletic Club	39.29

#### Masters Men (4km each)

1	Leith Harrier & Athletic Club # 1	1.00
2	Hill City University MM #1	1.06
3	Leith Harrier & Athletic Club # 2	1.07

## Otago Masters Athletics Mid Winter Run and Lunch

This year Otago Masters Athletics are having a mid winter run and walk from Ross Creek and then lunch at Cableways tavern in Kaikorai on Sunday 27 June 2021 at 12pm. Please email Christine on cbm@xtra.co.nz if you are keen to come to the lunch/run.

## Athletic Otago Awards 2020/2021

The Athletic Otago Awards were held on Friday 7 May at 6.30pm in the Manaaki Restaurant Otago Polytechnic, 51 Harbour Tce (next to Hockey Turf). A great night was enjoyed by all who attended. Our list of prize winners is below.

We congratulate all our winners of the trophies and who all participated in the Winter and Summer seasons for their respective club and we hope you all achieved your goals for the year, whatever they may be.

A huge thank you to our trophy steward Dalise Sanderson, who has performed this role for many years and has done a fantastic job. She is great supporter of masters running and is herself an excellent athlete.

## Otago Masters Winter and Summer Trophy winners for 2020-2021

Womens Aggregate Trophy winter season - Shireen Crumpton  
Olsen Memorial Aggregate winter season - Phil Napper /Phil Morris

Joe Cowie Memorial Trophy aggregate points 6 race track champs - Tim Bolter

Otago Masters Women aggregate points 6 race track champs - Georgy Pakeho / Dalise Sanderson

Sanderson Trophy Masters Womens Sprints - Jody Robinson

Sanderson Trophy Masters Mens Sprints - Tony Tan

Geoff Capon Memorial Beach Race Trophy - Georgy Pakeho/ Brent Halley

Otago Masters Field Events Trophy - Jody Robinson

Womens 5km Self Handicap Trophy - Dalise Sanderson

Mens 5km Self Handicap Trophy - Marc Boule

Peggy Calder Memorial Trophy - Caversham

Rhonda Gough Trophy most points Weight Pentathlon - Winifred Harding

Otago Masters Men Summer Athlete of the Year - Tony Tan/ Jim Blair

Merrilees Womens Summer Athlete of the Year - Myrtle Rough

Otago Masters Women Winter Athlete of the Year - Shireen Crumpton

Otago Masters Men Winter Athlete of the Year - Phil Napper

Otago Masters Athlete of the Year Shield - Myrtle Rough

## Thank You

Like all sporting organizations we rely on volunteers to run the Otago Masters Athletics meetings and events, all our hard working committee have busy lives of their own. A big thank you to our **President: Rob Homan; Secretary: Claire Giles; Treasurer: Fiona Harvey; and Committee Members: Alison Newall, Winifred Harding, Jo Hurring, Noni Callendar, Dalise Sanderson, Christine Montgomery, and Website developer Paula Cotter** and others who organize and help run events in Dunedin for both throwers and runners to keep our Masters profile alive.

## 5km Handicap Run for all clubs 22 May 2021

This 5km handicap race that was held for all Dunedin clubs was run at the Forbury Park Trotting Club and involved 5 laps around the race course. The clubs run for trophies within their own club. As this is a handicap race the slowest runners start first and fastest last. Athletics Otago use these times for any events that need handicapping during the season.

First held in 1925 and hosted by the Caversham club, the race has been held at Forbury Park nearly every year since its inception. However, it was confirmed in February that the track is to be sold and the club is going through changes.

If the estimated 5km times are correct, everyone should be on the last lap at the same time and it is free. The course is flat, fast, with sandy small pebbles. Spikes/shoes and barefoot is possible (if you have tough feet).

## The Incredible Glenn Sutton

A Dunedin man has done the unthinkable, running an incredible 600 kilometres nonstop for four days in an effort to raise money for charity. Glenn Sutton completed the incredible

feat of running for 101 hours straight on Sunday afternoon, having traversed through the rugged, mountainous country between Milford Sound and Mount Cook. The journey included three mountain passes - first the climb out of Milford Sound, followed by the Crown Range and Lindis Pass - as well as cold and wet weather.

The ultra-runner had just three 20-minute power naps between departing Milford Sound on Thursday morning last week and the dark, frosty Sunday morning just outside Twizel. It was there Sutton's body shut down, almost collapsing from sheer exhaustion. For some, that would be enough to call it a day, but not Sutton, who was back on his feet and on the move again just an hour later, eventually arriving at Mount Cook at 2pm Sunday.

Support crew member Bruce Adams was with Sutton every step of the way, describing the feat as "just nuts". "It was just like the Forrest Gump run really". Sutton has also raised over \$18,000 on his Givealittle page for the Otago Community Hospice, which lost significant revenue earlier this year after having to cancel its annual street appeal due to the district going into Alert Level 2.

## Chris Bisley

Another Dunedin Ultra runner ran an amazing run in April 2021. Chris Bisley claimed victory in one of New Zealand's most gruelling races. He ran for more than 31 hours clocking 254.98km to win the last-man-standing Riverhead Backyard Ultra race in Auckland. Bisley found himself in a tussle with Sam Harvey for 37 laps, before Harvey dropped off for Bisley to run his solo victory lap and set a race record.

## Final Note

I am not sure about everyone but I really enjoy receiving my Vetline magazine. Whether it is in the mail or when / if it goes online, it is nice to read about the other regions around New Zealand and seeing all the results. Thank you to all who contribute each time. I especially enjoy Mike Weddell's coaching report, I hope he is enjoying retirement and having time to fish.



Caversham's John Stinson and Wendy Shanks racing each other at Forbury. John has always been a vital part of our Otago Masters Athletics team and was our Vetline writer for many years



# Southland

by Dwight Grieve

Winter is upon us and the lack of Vitamin D is depressing, the throwers go into hibernation building strength for spring when it is sprung, meanwhile the runners pile on the layers and persevere. It is a quieter time of year - track and field done and the harrier season in build up mode as the regional and national champs are almost here.

Here in Fiordland we still look for ways to make our own fun, as often travel to the harrier club organised runs are prohibitive so we get inventive. Today we had a blast as the masters crew turned their Sunday gathering into a handicap race on the Kepler track, with very good handicapping as a close finish by the end.

Meanwhile, the Southland harrier crew have been holding weekly events with a popular handicap series being heavily contested over various terrains and locations, with the outcome always coming down to the wire.

## Southland Half Marathon Champs

Early in the harrier season the Southland half champs were held on the fast and flat Invercargill estuary trail. Sadly low numbers on the day but full kudos to the winner Craig Iverson, a master in the 45-49 age group, as he took out the senior title in a time of 1.18.20. A very comfortable win with no competition to push him along, but a solid effort to back up a stunning massive PB in the half at the Christchurch marathon in a time of 1.15. Linda Te Au took out the women's title. She has been thrust into the lead role for Southland harrier events and took time out of her busy organising schedule to run the half for the trophy. Age grade wins also for Jason Russell, John Wallace and Graham Neilson.

## Winter Wonderland Waffle

As the shortest day hits and temperatures in Fiordland hit peaks of 5 degrees, I thought I would provide some musings and thoughts to help encourage others to get into it. I do some of my bigger training weeks in the winter. I also do horrible shift work so training is not able to be done in the middle of the day in the perfect conditions, therefore I simply find solutions and find ways to make the experience special.

Firstly gear, yes running bling, and a chance to find an excuse to buy some more stuff. Starting at the top, merino is AMAZING. For the really cold days you can't beat a merino beanie that keeps you warm but also breaths. For mere chilly days a Buff/Thir, you know those neck thingies you can also wear on your head as a hat. I personally wear it as a hat, then as I warm up pull it down around my neck, then if warmer still, double it over a slip over your wrist as it means you don't have to stop running to take it off.

The core of your body is the heat sump, it must be warm. When we run the moving air is the issue, when cold it drags

the heat out, so apart from a good thermal top I swear by wind proof vests, like the cyclists use. They are very worthwhile, and also like the cyclists, seeing it is dark early buy a florescent one with reflectors so cars and cyclists will see you.

I have experimented with different thermal tops over the years and mix it up depending on how cold it is. Compression tops are good for not too bad a days, but again merino is a go to as it holds the warmth, breaths, doesn't smell and is soft. Being soft means no rubbing when sweat/moisture builds, think of nipple burn/rub. Polyprop is also good, but just isn't as soft as merino. A very good product are the Christchurch company Thermatech's tops which are a polyprop type product but are really nice and soft.

Waterproof and wind proof jackets are also a must, particularly for the wet days. You could use one instead of the wind breaker vest but jackets tend to sweat and many of you will know that yucky feeling of sweat building up in your jacket sleeves and pouring out the end when you put your arm down. So vest to stop the yuck but jacket when it gets wetter than the sweat inside it. The type of jackets out there these days are great and in short the more you pay the better you get. I have found a great light weight jacket that is softer and quiet, as I often find it annoying when a jacket goes "swish swish" for ages. However, the "swish swish" ones are the most water proof.

On the bottom half I am a compression fan, but come winter I will often pop a pair of running shorts over top as this reduces that wind issue. Now for a sad wee fetish I have developed ... gloves. I never used to wear running gloves but wow they are a saviour in winter. I now have about 10 pairs (don't judge me), with different thicknesses so I can use them in different conditions. I have some very light weight ones that are good for not too cold days - they simply stop that wind heat loss. I also love a pair of fingerless merinos for the not too bad runs. Then some nice medium weight gloves for the cold nights. Last Christmas my wife bought me the brightest floro pink gloves you could ever find. I have taken up the challenge and told her I am man enough to wear them, and I do, causing many great fun conversations with others out on the trails.

Now for the hard core cold advice, this is for the real frost or when you climb a mountain. I learnt this on an amazing adventure when I run up Mount Luxmore one midwinter night hitting the top at midnight surrounded by snow and a solid wind. Wet gloves are useless as the passing wind then sucks out the heat, so put a second layer over top. Two options, firstly rubber gloves are perfect, light weight to carry and stop the wind, just be prepared for sweat build up. Option two is mittens, yes mittens, they do not have gaps between fingers so the air doesn't get dragged away from between them - trust me it really works.

Headlamps are something I have experimented with. I have bought cheap online, expensive from shops and come back to one brand every time which is also mid price - LED Led lensor - bright, light, comfy and simply keeps going and going, plus hard to break.

For winter runs, particularly if you go solo take care. I'm often out by myself for up to 3 hours runs and often at 0 degrees, so my philosophy is to think "would I survive if I broke my ankle right now". So, plan ahead, I have little cell coverage here so need to be prepared. Running packs are a must to carry the spare gear and I have several different brands. Simply find what is comfy for you. I have differing sizes as smaller is more comfy but limits your gear. Here is my list I carry in my pack for the hard-core adventure above and beyond what I am wearing on my body: Waterproof/windproof jacket and over trousers, spare long thermal top, merino beanie, warm gloves, mittens, survival blanket, phone and Emergency locator beacon. In short, if I break my ankle I can get all the gear on, hit the locator beacon/phone (if I have coverage) and survive until help arrives. I simply leave stuff out as the potential risk diminishes. Also a couple of things to remember; in a frost the bottom of the valley is the coldest, bush or in trees is warmer and also cuts the wind, however after snow and rain the bush is wet and keeps dripping.

So there you go, some unless information, or simply information from someone useless? I will let you decide. But do not let the cold beat you and stop you getting out there.

I have now written a heap but here are a couple of ideas that make winter running epic. Try a night run and escape the town, go high or simply to a clear spot, then turn off the head lamp and look around, it is amazing for the soul to stare at the amazing night sky away from light pollution. Another wee bonus I struck just today resulted from the fact less people are out there to scare off the wildlife. I spent about 5 minutes about 20 metres away from a magnificent red deer stag - it was a real buzz to watch him.

## Looking ahead

I have bored you all enough so better keep this short. Regional and NZ champs are just around the corner and I look forward to catching up with the master's family. Also a wee bit of fingers crossed, as I have been nominated for Southland masters achievement and my coach Shaun Cantwell for Coach of the Year at the Southland Sports Awards, so let's hope athletics takes the double. Better go. I might love my winter running but it is that cold tonight I am off to curl up with the family in front of the fire with a cider.



Dwight Grieve on a run near Luxmore hut in a solid frost with the air temp at 0°C





Maria Williams guided by Anne Hare in the University Relays in Wellington

PHOTO: Sharon Wray



## COMING EVENTS

### 2021

7 August	NZ Cross Country Championships	CHISOLM LINKS, DUNEDIN
5 September	NZ Road Championships	HAMILTON
19 September	NZ Half Marathon Championships	CAMBRIDGE
2 October	NZ Road Relay Championships	CHRISTCHURCH
17 October	NZ Trail Running Championships	CHRISTCHURCH
13 November	NZMA 10000m Champs (Agency Group 10000m Festival)	WELLINGTON
27-28 November	Noth Island Masters T&F Championships	AUCKLAND
19-21 November	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	BATHHURST, AUSTRALIA
20 February	WMA Short Course Cross Country Championship	BATHHURST, AUSTRALIA
11-13 March	NZMA T&F Championships	WELLINGTON
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
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### 2024

August (tba)	WMA Stadia Championships	GOTHENBURG, SWEDEN
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ATHLETICS

2019 NEW ZEALAND  
COMMONWEALTH GAMES CHAMPIONSHIPS  
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