

# Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 40 No. 1

**JANUARY 2022**

in this issue:

- > South Island Masters T&F Champs
- > Agency Group 10000m
- > Obituaries: Trevor Guphill & Peter Frylink



ISSN 1173-1265 (Print)  
ISSN 2744-6751 (Online)



Start of the 10000m "C" race at the Agency Group 10000m

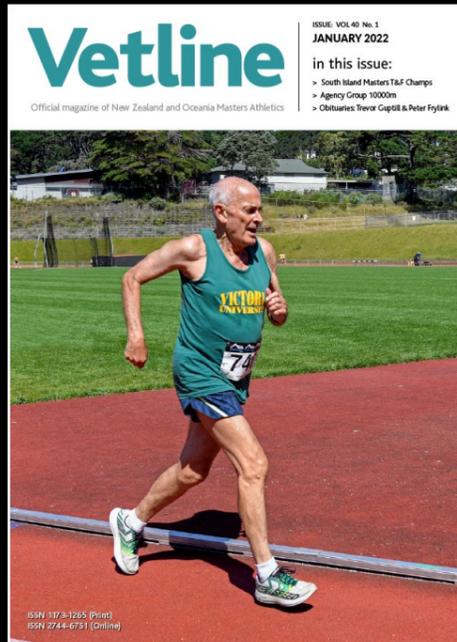
PHOTO: Sharon Wray



Start of the 10000m "B" race at the Agency Group 10000m

PHOTO: Sharon Wray

Official Magazine of New Zealand and Oceania Masters Athletics  
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Cover Photo

Roger Robinson broke the M80 National and Wellington Masters Mile record in 8:22.38 at Newtown Park, Wellington

Photo - Sharon Wray

Inside Back Cover

Paul Hewitson (1st M55) in the Agency Group 10000m, Wellington

Photo - Sharon Wray

Back Cover

Emily Solsberg (2nd W40) in the mile race at Newtown Park, Wellington

Photo - Sharon Wray

Vetline



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Nick Perry leads Darren Gordon, Mark Anderson (2nd M50), Phil Sadgrove (2nd M60) and Willie Gunn (3rd M50) in the mile race at the Agency Group 10000m

PHOTO: Sharon Wray

# President's Report

by ANDREW STARK - NZMA President

Welcome to the New Year. As I write this report in mid December, most of the country is in Covid traffic light orange level. Provided you have a vaccine pass, it's life pretty much back to normal. Almost all sporting events are requiring participants and those attending to have a vaccine pass. It will be no different for the NZMA Track & Field Championships being held in Wellington (10 -12 March 2022).

During the past year we have continued with zoom NZMA Board meetings. This has proven to be an effective way to communicate and there is no reason why this method should not continue. We have invited Brayden Grant to join the Board and he attended the last zoom meeting. As part of our succession planning, we need more people to step forward. Being on the Board is not meant to be a 'life sentence', although at times it feels like it. Please contact me if you are up for the challenge.

With the cancellation of the NI Track & Field Championships in Auckland, we are currently revising the roster for hosting future events. It is complicated as it becomes increasingly more difficult for smaller masters centres to host these events. By the AGM in March, we hope to have this organised and up for discussion.

In late January, several of the NZMA members will attend the Oceania Masters Council AGM via zoom. It has been a challenging time for this group as it is now made up of affiliates spread throughout the Pacific region, many of whom who have little or no experience with Masters Athletics. OMA have been having discussions with Oceania Athletics as to how we host joint events and create an MOU, but as yet no firm decisions have been made. With currently limited overseas travel, it is impossible to plan with certainty any overseas event. Currently we have Stewart Foster (OMA Treasurer) and Joan Merrliees (OMA Council) on this committee. I will report back about this meeting at our AGM.

The NZMA T&F Championships are being organised by Wellington Masters, with the help of the local Athletics NZ Centre, with the venue being in Newtown Park. It will be a busy season for the Wellington Centre as the North Island Colgate Games are being held there in January.

The draft programme for NZMA champs is on the NZMA website. All entries will be taken online, as has become the norm these days. A reminder that only those with a vaccine pass can enter or attend this event.

During the past year we have had lengthy Board discussions as to the future of the printed version of Vetline. The reality is that the cost of per issue has increased to about \$13.00 each, including postage. This loss is not sustainable in the long term. In the October issue, I requested feedback from members. I received only four replies, encouraging us to continue with the printed version. Given the lack of responses, we have decided to go digital as from this issue - January 2022.

From now on all masters athletes in our database will be sent a link to the PDF downloadable version of Vetline (on our website). We are also considering changing the format, possibly producing smaller, more regular 'newsletter' style reports. The feedback we have received is that results are not needed in this publication as they are available immediately after our events. If you have an interest in contributing to Vetline or a newer newsletter style of publication, please let us know.

If you have been a long standing member of NZMA and would prefer to receive a printed version of Vetline, we are happy to offer that service to you. You need to contact me directly if that is your preferred option.

With the country 'opened' up since late December, it will be interesting to see if Covid infections spread throughout the country. All going well ... I will see many of you in Wellington in March.



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www.nzmastersathletics.org.nz

### NEW ZEALAND VETLINE

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

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### NZMA is a member of

World Masters Athletics (WMA)  
Oceania Association of Masters Athletics (OMA)  
Council of Athletics New Zealand (ANZ)

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

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INSIDE FRONT COVER	Single Issue Only - \$497
INSIDE BACK COVER	Single Issue Only - \$497
SINGLE PAGE INSIDE	Single Issue Only - \$320
HALF PAGE INSIDE	Single Issue Only - \$200
QUARTER PAGE INSIDE	Single Issue Only - \$135
SMALLER ADVERTISEMENTS	85mm wide - \$12.00 per column cm 175mm wide - \$20.00 per column cm (full page width)

These rates are for Black & White advertisements. Colour material can be accepted by negotiation. Contributions and advertising to the editor by the first day of the preceding month. Terms of payment: 20th of the month following invoice date.

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# South Island Masters Track & Field Championships

by Derek Shaw

PHOTOS: Phil Coakes



Paula Cotter competing in the javelin throw

After considerable uncertainty resulting from the possible southward spread of the Covid virus the 2021 SI Masters T&F Champs proceeded in Dunedin hosted by the Otago Masters and Otago Athletics over 19-21 November 2021. Over the Saturday and Sunday there was a programme of events for Otago junior and senior athletes with some impressive talented athletes in action which provided added interest for those present, including the masters athletes.

Special measures and protocols were put in place and observed to reduce the risk of Covid spreading, such as scanning in, wearing of masks, sanitising hands and social distancing. Athletes were also informed to bring their food and water / drinks as none was provided at the venue and unfortunately the social BBQ on Saturday was cancelled.

The provision of sufficient and appropriately qualified officials was a challenge but with careful management of officials, and assistance from athletes and spouses, and flexibility with regards to official's duties enabled these challenges to be overcome.

The LOC was pleased with the final tally of 75 entries, only 2 less than at the 2020 champs that they had also hosted. Five people later withdrew after entries closed, mostly due to injuries. Earlier indications that the numbers may be light were boosted by the many entries that came in close to the deadline when it looked more likely that they would be able to proceed.



6507 Derek Shaw and 7019 Gary Kirkman leading the bunch

Participation from eight North Island masters, perhaps disappointed that the NI champs in Auckland were forced to be cancelled by Covid restrictions, helped to boost the numbers. Predictably the host Otago centre had the largest team of athletes with 36 (4 more than in 2020), followed by Canterbury with 15, Southland 12 (5 more than in 2020) and Tasman 4 (down 4).

The NZMA generic programme of events was used and after entries closed a few tweaks were made, such as moving the long hurdles to the Saturday morning which was well received. The 2000m steeplechase was withdrawn as there was only one entry.

The weather gods were again smiling on Dunedin and the pleasant conditions no doubt contributed to the 5 NZ records and 40 SI Championship records that were broken and vacant records filled by 20 different athletes.

Topping the list of record breakers was the NZMA Patron Jim Blair who made the most of now being in the M90 age group with two NZ and six SI Championship records. Jim didn't just add a few centimetres to the field event records but impressive multi metres such as over 10m in the javelin. His records were in the: SP with 6.27m (old record 4.31m); hammer 17.57m (old record 11.09m); javelin 17.68m (old record 7.55m) plus also NZ record; discus 16.34m (old record 8.72m); weight throw 7.65m (previously vacant) also a NZ record; and the throws pentathlon

2955 points (previously vacant). At the 2020 SI champs, Jim also broke or claimed vacant slots in six SI championship records while in his last year in the M85 age group.

The next two biggest record breakers were Joeline Jones (W40) and Glen Watts (W80) with one NZ and five SI championship records each. Joeline achieved SI records in 60m (8.32), 100m (13.35), 200m (27.23), 400m (62.52) and pentathlon (2629) - with the latter also being a NZ record. The amazing Glen managed to achieve the distinction of improving on five of her SI records set in 2020 - shot put (6.94), hammer (24.57), javelin (11.42), discus (17.68) and throws pentathlon (3645). Her best shot put also broke the NZ record. She had close contests with fellow Canterbury thrower Justine Whitaker who managed to beat Glen in the weight throw with her best performance of 9.45 and break Glen's 2020 SI record of 8.45. Glen's 8.66 in this event also beat her own previous record.

Otago's Debbie McCaw claimed three SI Championship records in her W40 age group in the hammer (40.64), weight throw (11.93), and the throws pentathlon (2770). Five athletes managed two SI champs records each:

- Raylene Bates (W55) shot put (6.94), also a NZ record, and hammer (36.71);
- Alison Newall (W60) 400m (1:19.69) and pole vault (1.80);
- Winifred Harding (W65) weight throw (10.80) and throws pentathlon (3096);
- Lois Anderson (W75) 60m (11.65) and TJ (5.10);
- Bruce Thomson (M60) 60m (8.73) and 300mH (51.81);
- Georg Ludwig (M65) 100mH (24.74) and high jump (1.33)



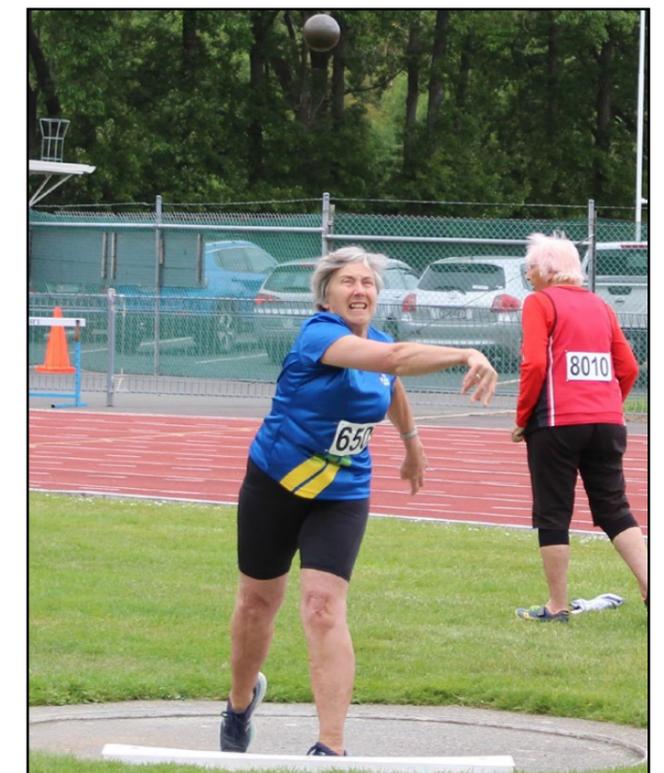
M60 Gary Rawson in the triple jump

Another eight athletes each broke one SI Championship record or claimed a vacant record:

- Liz Mitchell (W55) 60m (9.07);
- Gail Kirkman (W65) 200m (34.69);
- Justine Whitaker (W80) weight throw (9.45);
- Anna Lynch (W35) throws pentathlon (2692 pts);
- Mike Scholten (M40) throws pentathlon (2415 pts);
- Simon Maole (M45) throws pentathlon (2701 pts);
- Paul Davies (M55) equalled record PV (1.80);
- Gary Kirkman (M70) pentathlon (2336 pts);
- Evan MacIntosh (M75) pentathlon (1555 pts).

The distinction of achieving the highest age graded percentage of the championships went to Wellington's Gary Rawson (M60) in the 60m with a time of 8.28s and 91.79%. Fellow M60 athlete Bruce Thomson (Southland) had the next highest with 90.29% in the 300mH achieved in 51.81s. The third highest went to Otago's Liz Mitchell (W55) in the 60m with her time of 9.07s and 89.97%.

Many thanks to Rob Homan (Chairperson) and the rest of the Otago Masters LOC for another well organised and conducted SI Championships and also thanks to all the Otago and visiting officials and helpers who assisted with ensuring a friendly, enjoyable and successful weekend.



Noeline Burden

PHOTOS: Phil Coakes

# SI Masters T&F Championships Results

## 60m

Wind	W35	W40	W55	W60	W65	W75	M40	M45	M55	M60	M65	M70	M80																																																															
-0.4	Jennifer Hodgson Sophanna Blakie	9.05 9.85	-0.4	77.35% 71.07%	W40	Joeline Jones	TAS	8.32	-0.4	87.26%	W55	Liz Mitchell	OTA	9.07	-0.4	89.97%	W60	Alison Newall	OTA	10.22	-0.4	83.27%	W65	Noeline Burden	OTA	11.78	-0.4	75.55%	W75	Lois Anderson	CAN	11.65	-0.4	85.58%	M40	Ian Densie	STH	8.26	0.2	80.87%	M45	Jonny Baird	CAN	8.30	0.2	83.01%	M55	Paul Davies Adrian Stockill	OTA WLG	8.84 9.29	0.2 0.2	83.14% 79.12%	M60	Gary Rawson Bruce Thomson	WLG STH	8.28 8.73	0.2 0.2	91.79% 87.06%	M65	Barry Smith	STH	10.02	0.3	78.74%	M70	Vincent Paddam	OTG	9.37	0.3	87.73%	M80	Peter Hanson Alan Hunter	WLG CAN	12.45 19.18	0.3 0.3	73.73% 47.86%

## 100m

Wind	W35	W40	W55	W60	W65	W75	M35	M40	M45	M55	M60	M65	M70	M80																																																																				
2.4	Jennifer Hodgson Sophanna Blakie	14.60 16.10	2.4	72.60% 65.84%	W40	Joeline Jones	TAS	13.14	2.4	83.64%	W55	Liz Mitchell	OTG	14.36	2.4	86.00%	W60	Alison Newall	OTG	16.71	2.4	77.14%	W65	Noeline Burden	OTG	19.80	2.4	68.03%	W75	Lois Anderson	CAN	19.41	2.4	77.74%	M35	Mandeep Singh	OTG	12.21	1.8	81.24%	M40	Ian Densie	STH	13.01	1.8	78.55%	M45	Jonny Baird	CAN	13.39	1.8	78.72%	M55	Paul Davies	OTG	14.85	1.8	75.76%	M60	Gary Rawson Bruce Thomson	WLG STH	13.35 14.16	1.8 1.8	87.19% 82.20%	M65	Warren Green Barry Smith	STH STH	15.34 16.44	1.6 1.6	78.68% 73.42%	M70	Vincent Paddam	OTG	14.85	1.6	84.71%	M80	Peter Hanson Alan Hunter	WLG CAN	21.18 34.22	1.6 1.6	66.34% 41.06%

## 200m

Wind	W35	W40	W55	W60	W65	M35	M40	M60	M65	M70																																																
-2.1	Sophanna Blakie	33.16	-2.1	66.34%	W40	Joeline Jones	TAS	27.23	-2.1	83.88%	W55	Liz Mitchell	OTG	29.85	-2.1	86.53%	W60	Alison Newall	OTG	35.26	-2.1	76.60%	W65	Gail Kirkman	STH	34.69	-2.1	81.55%	M35	Mandeep Singh	OTG	25.33	-0.6	77.54%	M40	Ian Densie	STH	26.93	-0.6	75.23%	M60	Gary Rawson	WLG	28.30	-0.6	81.94%	M65	Barry Smith	STH	35.62	-0.6	67.74%	M70	Vincent Paddam	OTG	32.32	-0.6	78.22%

## 400m

Wind	W40	W60	W65
81.08%	Joeline Jones	TAS	1:02.52
77.43%	Alison Newall	OTG	1:19.69
86.08%	Gail Kirkman	STH	1:16.81
70.82%	Dalise Sanderson	OTG	1:33.34

Wind	W70	M40	M55	M60	M65	M80
57.46%	Shirley Rolston	CAN	2:05.47			
76.55%	Ian Densie	STH	1:00.30			
85.02%	Tony Tan	OTG	1:00.08			
66.45%	Robert Homan	OTG	1:16.87			
80.73%	Bruce Thomson	STH	1:05.60			
78.89%	Phil Napper	OTG	1:09.84			
64.89%	Philip Morris	OTG	1:24.91			
60.84%	Peter Hanson	WLG	1:51.54			

## 800m

Wind	W35	W65	W70	M55	M60	M65	M80
61.91%	Michelle Watt	OTG	3:03.87				
73.53%	Dalise Sanderson	OTG	3:29.82				
76.16%	Barbara Patrick	OTG	3:40.28				
82.32%	Malcolm Cornelius	CAN	2:24.67				
79.97%	Tony Tan	OTG	2:28.92				
69.64%	Robert Homan	OTG	2:51.00				
76.92%	Andrew McCaig	OTG	2:41.63				
81.98%	Phil Napper	OTG	2:38.61				
62.69%	Philip Morris	OTG	3:27.41				
55.86%	Peter Hanson	WLG	4:48.17				

## 1500m

Wind	W35	W60	W65	W70	M35	M50	M55	M60	M65	M70
61.79%	Michelle Watt	OTG	6:21.08							
81.36%	Deborah Telfer	STH	6:08.24							
75.31%	Dalise Sanderson	OTG	7:06.21							
79.96%	Barbara Patrick	OTG	7:18.19							
79.45%	Carey Dickason	TAS	7:20.98							
65.98%	Shirley Rolston	CAN	8:51.01							
72.30%	Glen Chisholm	OTG	4:47.42							
81.98%	Danny Baillie	OTG	4:47.80							
84.16%	Malcolm Cornelius	CAN	4:53.61							
69.55%	Robert Homan	OTG	5:55.27							
77.48%	Andrew McCaig	OTG	5:34.89							
82.26%	Phil Napper	OTG	5:32.60							
73.39%	Derek Shaw	TAS	6:12.80							
69.09%	Philip Morris	OTG	6:36.03							
76.97%	Gary Kirkman	STH	6:18.07							
65.59%	Bruce Woods	WBP	7:23.66							

## 3000m

Wind	W60	W70	M50	M55	M65	M70
87.95%	Deborah Telfer	STH	12:46.31			
83.53%	Barbara Patrick	OTG	15:45.01			
67.68%	Carey Dickason	TAS	19:26.41			
78.84%	Danny Baillie	OTG	10:23.18			
79.14%	Malcolm Cornelius	CAN	10:45.84			
69.87%	Philip Morris	OTG	13:17.32			
68.81%	Derek Shaw	TAS	13:29.63			
73.84%	Gary Kirkman	STH	13:15.89			

## 5000m

Wind	W70	M35	M45	M65
81.27%	Barbara Patrick	OTG	26:05.39	
71.19%	Glen Chisholm	OTG	17:43.41	
79.28%	Simon Rhodes	OTG	17:06.48	
70.70%	Derek Shaw	TAS	22:36.68	
68.44%	Philip Morris	OTG	23:21.47	

## 3000m Steeplechase

Wind	M55		
63.18%	Gordon Wong	OTG	15:34.18

## 100m Hurdles

Wind	M65		
60.43%	Georg Ludwig	CAN	24.74

## 300m Long Hurdles

Wind	W65	M60	
81.40%	Gail Kirkman	STH	1:04.30
90.29%	Bruce Thomson	STH	51.81

## 5000m Race Walk

Wind	M70	M75	
62.85%	Peter Hague	TAS	39:51.41
66.80%	Geoff Iremonger	WLG	40:01.30

## 3000m Race Walk

Wind	W70	M70	M75
71.73%	Shirley Rolston	CAN	22:41.14
75.71%	Peter Hague	TAS	19:26.38
68.85%	Geoff Iremonger	WLG	22:48.03

## Shot Put

Wind	W35	W40	W45	W55	W60	W65	W70	W75	W80	M45	M55	M60	M65	M70	M80	M90
39.17%	Anna Lynch	CAN	8.55m													
31.39%	Paula Cotter	OTG	6.40m													
49.71%	Toni Oudemans	CAN	9.42m													
65.29%	Raylene Bates	OTG	10.78m													
46.18%	Fiona Harvey	OTG	6.96m													
54.66%	Winifred Harding	OTG	7.45m													
47.76%	Claire Giles	OTG	6.51m													
45.34%	Gail Kirkman	STH	6.18m													
44.68%	Noeline Burden	OTG	6.09m													
50.62%	Noni Callander	OTG	6.17m													
40.85%	Shirley Rolston	CAN	4.98m													
61.21%	Lois Anderson	CAN	7.56m													
63.61%	Glen Watts	CAN	6.94m													
60.04%	Justine Whitaker	CAN	6.55m													
61.36%	Simon Maole	OTG	11.80m													
54.78%	Adrian Stockill	WLG	9.97m													
66.31%	Mark Flaus	STH	12.28m													
55.62%	Tuariki Delamere	AKL	9.45m													
51.97%	Lester Laughton	STH	9.38m													
50.03%	Richard Davison	CAN	9.03m													
53.39%	Peter Hanson	WLG	8.20m													
30.79%	Alan Hunter	CAN	4.73m													
52.96%	Jim Blair	OTG	6.27m													

## Hammer

Wind	W35	W40	W45	W55	W60	W65	W70	W75	W80	M40	M45
57.99%	Anna Lynch	CAN	40.81m								
62.08%	Debbie McCaw	OTG	40.64m								
27.16%	Paula Cotter	OTG	17.78m								
44.08%	Toni Oudemans	CAN	26.69m								
66.67%	Raylene Bates	OTG	36.71m								
48.61%	Fiona Harvey	OTG	24.38m								
61.54%	Winifred Harding	OTG	27.81m								
40.76%	Claire Giles	OTG	18.42m								
44.21%	Carey Dickason	TAS	17.77m								
41.15%	Shirley Rolston	CAN	16.54m								
40.88%	Noni Callander	OTG	16.43m								
49.48%	Lois Anderson	CAN	20.14m								
69.02%	Glen Watts	CAN	24.57m								
57.50%	Justine Whitaker	CAN	20.47m								
48.39%	Mike Scholten	OTG	37.30m								
38.09%	Simon Maole	OTG	26.65m								

Wind	M55	M60	M65	M70	M80	M90
50.67%	Adrian Stockill	WLG	33.44m			
56.67%	Mark Flaus	STH	37.57m			
47.04%	Tuariki Delamere	AKL	27.84m			
58.36%	Richard Davison	CAN	34.85m			
56.10%	Lester Laughton	STH	33.50m			
27.66%	Alan Hunter	CAN	12.86m			
55.94%	Jim Blair	OTG	17.57m			

## Javelin

Wind	W35	W40	W45	W60	W65	W70	W80	M45	M55	M60	M65	M70	M80	M90
28.90%	Anna Lynch	CAN	19.86m											
16.93%	Paula Cotter	OTG	10.77m											
48.07%	Toni Oudemans	CAN	28.12m											
41.49%	Fiona Harvey	OTG	18.79m											
37.62%	Alison Newall	OTG	17.04m											
31.42%	Claire Giles	OTG	12.62m											
28.25%	Winifred Harding	OTG	11.35m											
30.45%	Noni Callander	OTG	10.59m											
27.95%	Shirley Rolston	CAN	9.72m											
42.44%	Glen Watts	CAN	11.42m											
41.21%	Justine Whitaker	CAN	11.09m											
36.08%	Jonny Baird	CAN	30.33m											
34.59%	Simon Maole	OTG	29.08m											
41.88%	Adrian Stockill	WLG	30.82m											
41.41%	Mark Flaus	STH	28.84m											
35.06%	Gary Rawson	WLG	24.42m											
42.97%	Tuariki Delamere	AKL	27.09m											
39.70%	George Ludwig	CAN	25.03m											
43.67%	Richard Davison	CAN	25.60m											
37.05%	Lester Laughton	STH	21.72m											
14.69%	Phil Coakes	OTG	8.61m											
21.62%	Alan Hunter	CAN	10.16m											
52.31%	Jim Blair	OTG	17.68m											

## Discus

Wind	W35	W40	W45	W55	W60	W65	W70	W75	W80	M45	M55	M60	M65	M70	M80	M90
41.07%	Anna Lynch	CAN	30.42m													
37.59%	Debbie McCaw	OTG	25.89m													
27.71%	Paula Cotter	OTG	19.09m													
34.17%	Toni Oudemans	CAN	21.76m													
45.85%	Raylene Bates	OTG	24.44m													
45.41%	Fiona Harvey	OTG	21.85m													
42.09%	Winifred Harding	OTG	18.03m													
35.76%	Claire Giles	OTG	15.32m													
43.43%	Noni Callander	OTG	16.24m													
40.22%	Shirley Rolston	CAN	15.04m													
44.89%	Lois Anderson	CAN	16.00m													

PHOTOS: Phil Coakes



Men's 1500m

**Weight Throw**

W35				
1	Anna Lynch	CAN	11.33m	52.43%
W40				
1	Debbie McCaw	OTG	11.93m	59.92%
2	Paula Cotter	OTG	5.50m	27.62%
W45				
1	Toni Oudemans	CAN	8.25m	45.28%
W60				
1	Alison Newall	OTG	11.05m	56.70%
2	Fiona Harvey	OTG	10.36m	53.16%
W65				
1	Winifred Harding	OTG	10.80m	60.67%
2	Claire Giles	OTG	6.50m	36.52%
W70				
1	Noni Callander	OTG	8.14m	50.59%
2	Shirley Rolston	CAN	7.46m	46.36%
W75				
1	Lois Anderson	CAN	10.14m	59.96%
W80				
1	Justine Whitaker	CAN	9.45m	61.76%
2	Glen Watts	CAN	8.66m	56.60%
M45				
1	Simon Maole	OTG	10.75m	48.62%
M55				
1	Adrian Stockill	WLG	10.80m	46.88%
M60				
1	Mark Flaus	STH	14.70m	59.25%
2	Laurence Voight	OTG	12.28m	49.50%
M65				
1	Tuariki Delamere	AKL	10.44m	45.02%
M70				
1	Lester Laughton	STH	13.53m	59.68%
2	Richard Davison	CAN	13.42m	59.20%
M80				
1	Alan Hunter	CAN	6.19m	31.22%
M90				
1	Jim Blair	OTG	7.65m	49.45%

**Long Jump**

W35					
1	Sophanna Blakie	OTG	3.99m	0.9	55.73%
W60					
1	Alion Newall	OTG	3.22m	0.2	61.69%
W70					
1	Carey Dickason	TAS	2.56m	0.4	57.66%
M60					
1	Gary Rawson	WLG	4.44m	0.1	69.81%
M65					
1	Barry Smith	STH	3.42m	0.3	58.06%
M80					
1	Alan Hunter	CAN	1.33m	0.2	29.56%

**Wind**

**Triple Jump**

W35					
1	Sophanna Blakie	OTG	8.45m	0.4	55.52%
W40					
1	Joeline Jones	TAS	9.04m	1.6	62.87%
W60					
1	Alison Newall	OTG	7.04m	2.4	63.88%
W70					
1	Carey Dickason	TAS	5.80m	2.5	62.77%
W75					
1	Lois Anderson	CAN	5.10m	0.3	63.04%
M60					
1	Gary Rawson	WLG	9.03m	3.2	67.74%
M65					
1	Barry Smith	STH	7.64m	1.9	61.81%



Adrian Stockill (WGN) in the hammer throw

**High Jump**

W65				
1	Gail Kirkman	STH	1.15m	80.99%
M60				
1	Gary Rawson	WLG	1.35m	71.81%
M65				
1	Georg Ludwig	CAN	1.33m	75.14%

**Pole Vault**

W60				
1	Alison Newall	OTG	1.80m	52.17%
M55				
1	Paul Davies	OTG	2.80m	60.09%

**Throws Pentathlon**

W35				
1	Anna Lynch	CAN		2692 points
W40				
1	Debbie McCaw	OTG		2770 points
2	Paula Cotter	OTG		1359 points
W45				
1	Toni Oudemans	CAN		2655 points
W55				
1	Raylene Bates	OTG		3000 points
W60				
1	Fiona Harvey	OTG		2920 points
W65				
1	Winifred Harding	OTG		3096 points
W70				
1	Noni Callander	OTG		2537 points
2	Shirley Rolston	CAN		2326 points
W75				
1	Lois Anderson	CAN		3001 points
W80				
1	Glen Watts	CAN		3645 points
2	Justine Whitaker	CAN		3397 points
M40				
1	Mike Scholten	OTG		2415 points
M45				
1	Simon Maole	OTG		2701 points
M60				
1	Mark Flaus	STH		2840 points
M65				
1	Tuariki Delamere	AKL		2704 points
M70				
1	Richard Davison	CAN		3096 points
2	Lester Laughton	STH		2932 points
M80				
1	Alan Hunter	CAN		1219 points
M90				
1	Jim Blair	OTG		2955 points

**Outdoor Pentathlon**

W35				
1	Jennifer Hodgson	OTG		2117 points
W40				
1	Joeline Jones	TAS		2629 points
W70				
1	Carey Dickason	TAS		2140 points
M45				
1	Jonny Baird	CAN		1751 points
M60				
1	Gary Rawson	WLG		2240 points
M65				
1	Warren Green	STH		2236 points
2	Les Scown	STH		1922 points
M70				
1	Gary Kirkman	STH		2336 points
M75				
1	Evan MacIntosh	STH		1555 points



6520 Dalise Sanderson and 7006 Barbara Patrick in the 1500m



6018 Deborah Telfer leads around the bend in the 1500m



Sophanna Blakie - Long Jump



Lester Laughton - Shot Put



M45 Jonny Baird in the javelin throw



7018 Peter Hague, 7007 Shirley Rolston & 7502 Geoff Iremonger in the 5000m Race Walk



M40 Mike Scholten in the hammer throw

PHOTOS: Phil Coakes



Richard Brent (National M70 mile record 6:43.83) leads Brian Hayes (2nd M70)



Lois Anderson - 100m at the SI Masters T&F Champs in Dunedin



Peter Hanson finishing the 400m at the SI Masters T&F Champs in Dunedin



Jackie Wilson 1st W75 mile walk



Sean Lake in the mile walk



Helen Willis leads Daphne Jones and Brent McLean in the mile walk

# 2022 New Zealand Masters Track & Field Championships

11 - 13 March 2022 at Newtown Park, Wellington



The programme and the age-grouping will be finalised when we have final entries. No event will change days, but field events may shift slightly.

## Provisional Event Programme

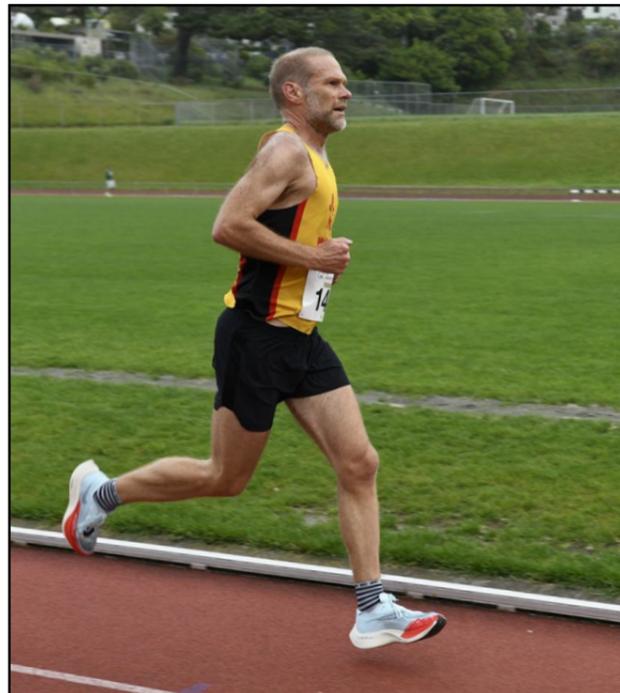
Friday	Track	Grade	Friday	Field	Grade
4:00pm	400m heats if required		4:00pm	Javelin	W65+
			4:00pm	Hammer	W30-69
4:45pm	3000m Track Walk	M30+ / W30+	4:00pm	Shot Put	M70+
			4:45pm	Long Jump	M30-69
			4:45pm	Weight	W30-64
5:30pm	400m Finals	M30+ / W30+	4:45pm	Shot Put	M30-54
			5:30pm	Javelin	W30-64
6:00pm	3000m	W30+ / M65+	5:30pm	Weight	W65+
6:30pm	3000m	M30-64	5:30pm	Triple Jump	M70+ / W65+
			6:15pm	Hammer	M70+
			6:15pm	Shot Put	M55-69
Saturday	Track	Grade	Saturday	Field	Grade
9:30am	60m/100m Heats if required		9:30am	Discus	M55-69
9:15am	Long Hurdles	M30+ / W30+	9:30am	Shot Put	W30-34
			9:30am	Javelin	M70+
9:45am	2000m Steeplechase	M60+ / W30+	9:30am	Long Jump	M70+ / W65+
10:15am	3000m Steeplechase	M30-59	10:30am	Discus	M30-54
			10:30am	Hammer	W65+
10:45am	Sprint Hurdles	M30+ / W30+	10:30am	High Jump	M30-39
			10:30am	Discus	W65+
			11:15am	Weight	M55-69
11:30am	60m Finals	M30+ / W30+	11:15am	Long Jump	W30-64
			12:00pm	Javelin	M30-54
			12:00pm	Weight	M70+
2:00pm	100m Finals	M30+ / W30+	1:00pm	Pole Vault	M30+ / W30+
			1:00pm	High Jump	W30+
			1:00pm	Hammer	W30-64
2:45pm	1500m	M30+ / W30+	1:00pm	Shot Put	W65+
3:15pm	1500m Track Walk	M30+ / W30+	1:00pm	Discus	W30-64
			2:00pm	Weight	M30-54
			2:00pm	High Jump	M70+
			2:00pm	Triple Jump	M30-69
			3:00pm	Discus	M70+
			3:00pm	Javelin	M55-69
			3:00pm	Triple Jump	W30-64
Sunday	Track	Grade	Sunday	Field	Grade
8.30am	5000m Track Walk	M30+ / W30+	8.30am	Throws Pent 1: Hammer	*M30+
9:15am	Pentathlon: 100m	*WTP1	9:15am	Pentathlon: Long Jump	*MTP1
9:20am	200m heats if required		9:15am	Throws Pent 2: Shot	*M30+
9:30am	5000m	M30+ / W30+	9:45am	Throws Pent 1: Hammer	*W30+
			10:00am	Pentathlon: Shot Put	*WTP2
			10:00am	Pentathlon: Javelin	*MTP2
			10:30am	Throws Pent 3: Discus	*M30+
			10:45am	Pentathlon: Long Jump	*WTP3
			10:45am	Throws Pent 2: Shot	*W30+
11:25am	Pentathlon: 200m	*MTP3	11:15am	Throws Pent 4: Javelin	*M30+
11:30am	200m Finals	M30+ / W30+	11:30am	Throws Pent 3: Discus	*W30+
			12:00pm	Throws Pent 5: Weight	*M30+
12:30pm	800m	M30+ / W30+	12:15pm	Pentathlon: Javelin	*WTP4
1:00pm	Pentathlon: 800m	*WTP5	12:45pm	Throws Pent 4: Javelin	*W30+
1:15pm	Pentathlon: 1500m	*MTP5	12:45pm	Pentathlon: Discus	*MTP4
1:45pm	4 x 100m Relays	M/W or mixed	1:30pm	Throws Pent 5: Weight	*W30+

**WTP & MTP refers to Track Pentathlon events**

Throws Pentathlon - order between men and women could be reversed once entries received. Generally the smaller group will start first. For all pentathlons, timing of events are indicative only. Times will depend on speed of progression and venue rules on concurrent events.

# 2021 Agency Group 10000m

by Michael Wray



Andrew Kerr 10000m 3rd M45



Sally Gibbs 10000m 1st W55

PHOTOS: Sharon Wray

The 2021 Agency Group 10000m in Wellington was meant to be the NZ Masters 10000m Championship for the second year and, for the first time, the Athletics NZ 10000m Championships. Unfortunately we had three regions in lockdown, so Waikato, Auckland and Northland would be unable to compete. Consequently, both NZMA and ANZ had to downgrade the event from NZ Championship status to Challenge status.

Despite the regions being unable to participate, we had the biggest entries for the event to date with 132 total entries. Instead of staging the event with three heats, as we have in previous years, we needed to go to four. Discounting unaffiliated runners, we had 57 masters enter.

The weather did not cooperate this year. The rain helped by clearing before the first race but the winds got stronger with each race.

There was a 10000m walk event that preceded the running races, with 12 entrants. We had one DNS, two DNFs and a couple of DQs, as they endured heavy rain. Daphne Jones took away the W80 NZ record finishing in 1:23:48.04.

With four running races, the approach to the results was as per World Masters' treatment of their 10000m Champs, where each is treated as a timed final and results are consolidated at the conclusion of the final event.

Almost all the master's women ran in the first running race, the C race. Hinano Andrews won the W35s by 14s ahead of Emma Basset. Susan O'Brien was third W35 but as an unaffiliated entrant, the bronze medal instead went to Lindsay Young. Nic Hankinson placed third overall in the C race, with only a SM and M45 ahead of her, as she won the W40 grade, while Sarah Bakker won the W45 grade. In the W55s, Victoria Humphries finished a few seconds ahead of Tricia Sloan, trailed by first W50 Michelle Van Looy. Victoria then had to wait for the B race to see where W55 Sally Gibbs would finish. Sally came through several minutes quicker to secure W55 gold, meaning Victoria and Tricia were silver and bronze, respectively. In the older age groups, Michele Alison won W65 and Beverley Hodge the W60. Joy Baker won the W70 grade, beating several younger contestants.

Evan MacIntosh (M75) and Roger Robinson (M80) were the sole contestants in their respective age groups, similarly Ian Morton in the M65s. Last year Ian contested both the walk event and the run but this year he withdrew from the walk before the start to be able to concentrate on the run. We also had only one finisher in the M60 (Peter Richards) and M55 (Paul Hewitson).

For the younger master's men, full fields took to the track. In the B race, Russell Lake was the fastest M50, closely followed by Michael Waterman and Willie Gunn. None of these three

had cause for optimism as they watched three M50s in the A race who were expected to take the podium spots. However, Grant McLean – running with a hamstring niggle – was soon forced to withdraw. This meant Russell would claim a medal but what colour? Brendon Thompson and Steve Gawn began to struggle a little too, finding themselves contesting the last two places in the A race, becoming isolated in a wind that punished anyone unable to stay within a pack. Both Steve and Brendon ran far slower times than they would usually run, but Brendon came in eight seconds ahead of Steve, quick enough to keep Russell back in bronze.

The M45 race was split across heats too, this time involving three (C, B and A). The C race M45s would have known their chance of medaling was remote and Darcy Mellsop was first in the initial batch. However, the B race M45s were all quicker, placing James Waite in pole position. James suffered the same fate as Darcy when the A race played out, with Paul Barwick, Stephen Day and Andrew Kerr emerging as the podium spots.



Joy Baker 10000m

Curiously, only one M40 started the A race, Alasdair Saunders, who was easily faster than anyone in the B and C races. James Richardson was the fastest M40 in the B race and Michael O'Sullivan in the C race.

The M35 race was unique in having competitors in the Elite race, as well as the A, B and C races. The fastest four M35s in the C race were all unaffiliated runners, ineligible for medals, while the B race had only two M35s. We had two M35s in the A race and two in the Elite race, so fastest M35 after the B race (Jamie White) had no medal expectations. We had one DNF in the A race and David Lovelock was in first place at the start of the Elite race. Hiro Tanimoto's DNF in the Elites meant David was guaranteed silver and that Jamie White would be claiming an unexpected bronze. Anthony Jackson was third to last in the Elites but his time bettered David's to give him gold.

I expect the Agency Group will offer to host NZMA Champs again next year. Let's hope we will be in a position to maintain the championship status and welcome entrants from all regions.



Evan MacIntosh leads Roger Robinson in the 10000m

PHOTOS: Sharon Wray



Brendon Thompson 10000m 1st M50



Daniel Clendon takes the Wellington Mile M45 record 4:45.0

# Be Grateful For Exercise

by George White

It helped us through the COVID-19 pandemic!

The availability of vaccines has brought hope for the end of this pandemic. Yet the most likely scenario for the next few years is that COVID-19 will be like other infectious diseases, such as flu, and we will need to continuously manage and protect ourselves. One of the best ways to do that is by remaining physically active.

A 2008 study found that physical inactivity is responsible for more than five million premature deaths every year. In a more recent study of over 48000 COVID-19 patients, researchers found that people who were consistently inactive had a significantly higher risk of hospitalization, ICU admission and death, than those who were active for at least 150 minutes per week. Given that severe infections are more likely in individuals with poorer cardiovascular and metabolic health and who might have pre-existing chronic conditions, it is not surprising that research is starting to show that a physical exercise program may be a useful complementary tool for protection against COVID-19, and also enhance recovery, improve quality of life, and enhance immune protection against Corona and other viruses in the long term.

Daily exercise may help combat COVID-19 by boosting our immune systems and counteracting some of the comorbidities like obesity, diabetes, hypertension and serious heart conditions that make us more susceptible to severe COVID-19. Physically active people are likely to be more resilient to infection and research suggests that higher levels of physical fitness, lowers chronic low-grade inflammation and improves various immune markers in several conditions including cancer, acquired immunodeficiency syndrome, cardio-vascular diseases, diabetes, cognitive impairments and, of course, obesity. The degree of benefit appears to be dependent upon the intensity and duration of exercise sessions.

Studies of over half a million people, show that regular moderate to vigorous physical activity is associated with about a 30% risk reduction in community-acquired infectious disease and a 37% risk reduction in mortality. This is partly because moderate to vigorous physical activity is associated with the increased strength of the various mucous barriers in the body and with higher concentrations of immune cells. Each bout of aerobic exercise instantaneously mobilizes millions of immune cells. These cells first enter the blood from the spleen and the bone marrow before traveling into the lungs where increased immune defence may be required. The number of circulating immune cells can increase by 50% to 400%, depending on the exercise intensity and duration. However, exercise-induced increase in immune cells is transient, as the immune system returns to pre-exercise

levels within about three hours. Therefore, regular, sustained exercise is central to improving the immune system's response to pathogens and reducing the risk of infection long-term.

It is starting to appear that vaccines are more effective if they are administered after a programme of physical activity. A person who is active is 50% more likely to have a higher antibody count after the vaccine than somebody who is not active i.e. acquired immunity could be greater in a physically active population. Physical activity also reduces stress and chronic inflammation, in turn reducing the likelihood of adverse and fatal infections. For the older population, physical activity is even more essential, as we generally have greater comorbidities and in relation to COVID-19, are more vulnerable to contracting the disease.

Despite the lack of accurate data on how physical activity improves the immune response against the new coronavirus, there is evidence of lower rates of acute respiratory infection, duration and intensity of symptoms and risk of mortality in individuals who exercise at high levels. Unfortunately worldwide because of lockdowns, there appears to have been a decrease in physical activity levels. This is a dangerous trend that could make the population more vulnerable to infectious diseases in the short term.

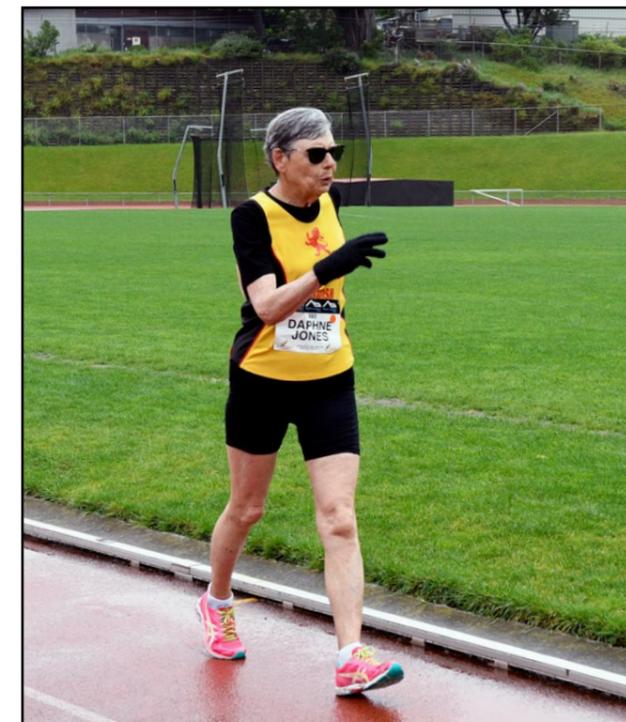
If you have been unfortunate enough to have contracted COVID-19 or do so in the future, there is growing evidence that caution is required when re-starting training. Recovery can be different for different individuals, with some recovering quickly and others taking months even if they only had mild symptoms. We've been conditioned to think of Covid-19 as a respiratory disease. But it's not just about the lungs. The medical profession has determined that the infection could ravage other parts of the body, including the brain, blood vessels and heart.

Data from outbreaks in China and the USA suggest that 20-30% of patients hospitalized with Covid-19 showed signs of cardiac injury even in people who've had mild symptoms or none at all, especially if those people exercise while they're infected. Viruses jolt the body's immune system into attack mode, leading to inflammation. If a person rests while they are ill and during recovery, most of the time the inflammation recedes and the heart muscle heals on its own. But strenuous activity while the heart is weakened can cause side effects and, in serious cases, irregular heartbeat, cardiac arrest and sudden death.

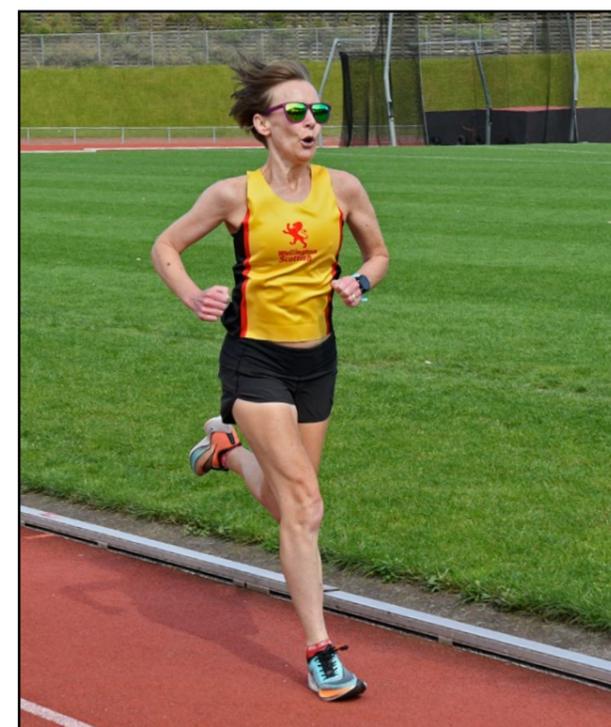
To avoid putting stress on the heart before its ready, runners shouldn't plan to pick up where they left off in their training. A slow return to activity is advocated and evaluation by a medical professional if symptoms are moderate or lingering.



Sean Lake set a new Wellington 10000m walk record of 1:06:43.05



Daphne Jones - new W80 National record 1:23:48.04 in the 10000m walk



Lindsay Barwick 1st W40 Mile



Alasdair Saunders 1st M40 Mile

Runners should pay attention if cardiac symptoms arise when they return to running after COVID-19, such as new chest tightness, excessive shortness of breath, feeling winded during a workout that is normally easy, feeling lightheaded, or passing out. These are all indications that it is too soon to be running again.

However, in general be grateful that we are an active bunch and that we should stay ahead of the pack in any pandemic. Consistent physical activity helps protect you if you do get COVID-19. Of course, getting vaccinated offers much greater protection!

PHOTOS: Sharon Wray

# Trevor Guptill

by Tony Deleiros



WMA Indoors - Daegu 2017 - NZ 4 x 200m relay team

Auckland Masters Athletics were saddened to learn that Trevor Guptill passed away peacefully at home on 29 November 2021, aged 75. Trevor was a loyal long-time member of the Waitakere Athletic Club and was a past committee member of Auckland Masters. Our thoughts are with Lylah, family and friends. A Memorial service for Trevor was held on 17 December 2021.

Trevor was a worldwide noted sprinter with a remarkable record of success in the sprint events at both World Masters Championships and New Zealand Masters meetings winning numerous medals and titles.

In the book "A History of New Zealand Veteran Athletics 1962 - 1999" it has a photo of Trevor winning the M45 200m in 25.9 in 1991 and in the same book a list of Veterans T&F Championship winners, Trevor in the M45 age group won the 100m and 200m in 1992 and the 100m in 1993.

Currently Trevor holds the NZ records in the M65 200m, M70 100m and 200m; Indoor NZ records in M65 60m and 200m, and M70 200m. Trevor also holds Auckland Masters records in the M65 60m, 100m, 200m; M70 60m, 100m, 200m and 400m (set at the 2019 Oceania Masters Championships in Mackay, Queensland).



Wanna buy a watch? Trevor's day off!

At the NZ Masters Annual Awards Trevor was the Best Male Sprinter on several occasions.

As a youngster Trevor played a lot of rugby but had to give up as he suffered from asthma quite badly. Another of Trevor's passion was his love of horses which led him to taking out a training licence despite no background in racing, later he went onto breeding and racing trotters.

On a personal note. Being in the same age group as Trevor and also from Auckland, we had many hard-fought races in the short sprints over the past 12 years, with Trevor getting the better on most occasions. Trevor and his wife Lylah as part of the NZ Masters T&F team travelled to World Masters Athletics Championships all over the world and enjoyed meeting athletes from other countries. At the WMA Championships held in Perth the 4 x100m NZ relay team of Trevor/ Ian Carter/Alan Dougall and myself won the bronze medal and the same team at WMA Indoor Championships in Daegu also won the bronze in the 4x200m relay beaten by the USA team with Italy taking the silver.

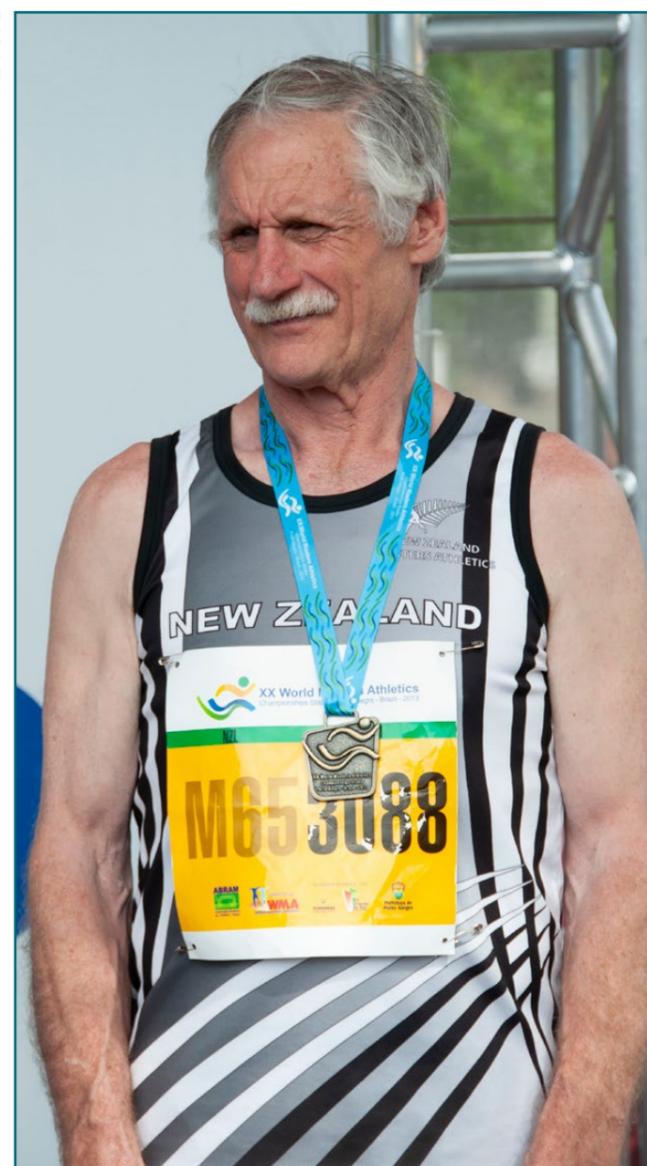
Both Trevor and myself were looking forward to moving into the 75 age group this season, alas it will be strange lining-up without Trevor to chase!

PHOTO: Courtesy of "A History of New Zealand Veteran Athletics 1962 - 1999"



Trevor winning the M45 200m in 25.9 from R. McBeth in 1991

PHOTO: John Campbell



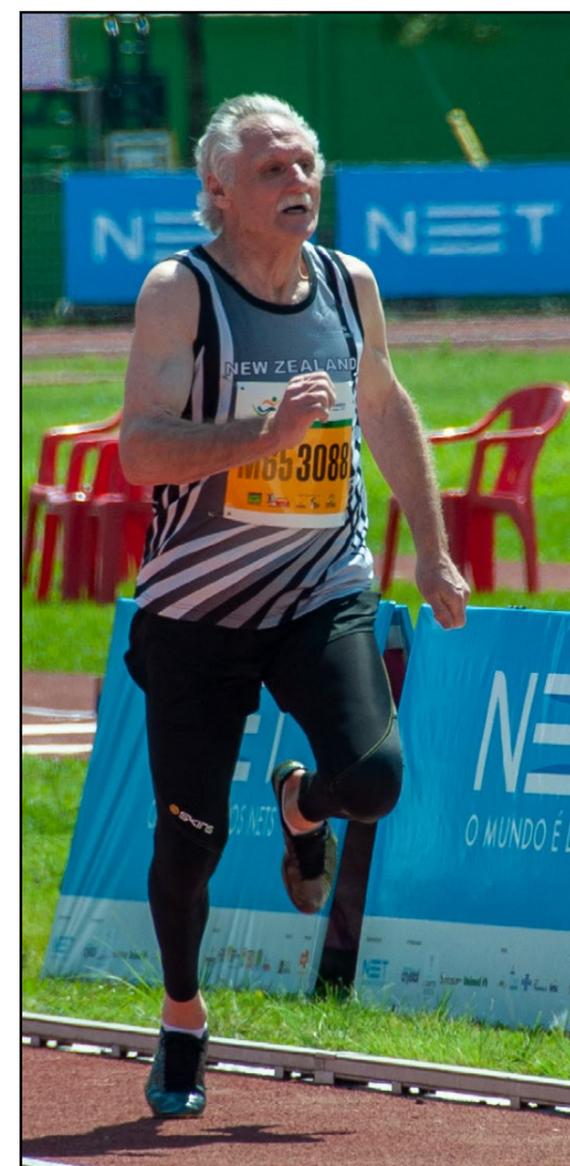
Trevor with his 200m bronze medal at the 2013 WMA T&F champs in Brazil

PHOTO: courtesy of Doug "Shaggy" Smith



Trevor on his way to the bronze medal in the 200m at the 2013 WMA T&F champs in Brazil

PHOTO: John Campbell



Trevor finishing strongly in the 100m at the 2013 WMA champs in Brazil

# Australian Masters Athletics Championships - 1-4 April 2022



Brisbane continues to prepare for the AMA Championships, the first to be held since Melbourne in 2019. The LOC are optimistic that the high take up of double vaccinations and for some booster shots will keep the championships on track.

Entries should be open from 4 January with an early bird closing on 22 February and a final closing date on 8 March. There is a financial benefit to athletes in having entries in by the 22 February and an organisational benefit for the LOC. The administration fee is \$60 until the 22nd February and then will rise to \$110 for the final two weeks entries are open. There is also a \$20 fee per event entered. These fees are in Australian dollars.

Further details are on the championship website <http://www.brisbane2022nationals.com.au>  
Alternatively visit: <http://www.australianmastersathletics.org.au>

Unlike past championships the non stadia events will be held on the second and third day of competition and not on the fourth day as has occurred previously. The cross country will be held on the Saturday morning and the road walk will be conducted on the morning of the third day (Sunday).

One other change is that the 400m will be conducted as timed finals so there will be no heats for this event.

*Come and join us in Brisbane. We look forward to having your company.*

## Track and Field Programme

Thursday 31 March	Sunday 3 April	Saturday 2 April
Registration Afternoon	10km Road Walk	Cross Country
Coaching Forum - Relays	1500m	5000m Walk
	400m Finals	Long Hurdles
Friday 1 April	Sprint Hurdles M30+	Champion of Champions Sprint
5000m	Pentathlon W30+	200m Heats and Finals
60m Heats and Finals	Throws Pentathlon M30+	Steeplechase
800m	4 x 100m (State Teams)	Hammer W30+, M75+
100m Heats and Finals	4 x 100m, 4 x 400m, 4 x 800m	Javelin W30+, M75+
1500m Walk	(Athlete Organised Teams)	High Jump W30+, M75+
Hammer M30-74	Pole Vault M30+, W30+	Shot Put M30-74
Javelin M30-74	Triple Jump M30+	Discus M30-74
High Jump M30-74	Weight Throw W30+	Long Jump M30-74
Shot Put W30+, M75+	Champion of Champions Women's Discus	Athlete Forum
Discus W30+, M75+	Function and Awards Presentation	
Long Jump W30+, M75+		Monday 4 April
Coaching Forum - Relays		10000m
		Sprint Hurdles W30+
		Pentathlon M30+
		Throws Pentathlon W30+
		Weight Throw M30+
		Triple Jump W30+
		Champion of Champions Men's Discus

# Extracorporeal Shockwave Therapy

by Margaret Saunders

Extracorporeal shockwave therapy is a form of treatment that is becoming more common in the treatment of musculoskeletal injuries. Since 2000 this form of treatment has been used for a wide variety of soft tissue and bone injuries. The treatment appears to minimize the pain of these injuries or eliminate it completely.

The treatment has shown to be successful for the following:

- plantar fasciitis
- tendinopathy
- bone spurs
- shin splints
- shoulder pain

The medical practitioner or physiotherapist will conduct an assessment of the injury before undergoing any treatment. The recommendation is that anti-inflammatory drugs are not taken in the two weeks leading up to the treatment. Mild pain killers such as paracetamol may be taken just before the treatment.

For conditions such as plantar fasciitis the treatment appears to work well when the tendinopathy has become chronic (has persisted for more than six weeks) and the condition has not responded to other types of treatment.

Extracorporeal shockwave therapy is a non-invasive technique where ultrasound gel is applied on the affected area and then low frequency acoustic shock waves are generated by a hand-held device.

The treatment has some discomfort and takes little time. The shock waves stimulate a response in the body where the scar tissue is broken down. This helps the body increase the blood flow to the area and this will increase the healing. Pain messages may be blocked when the analgesic reaction is induced in the area.

Do not take any anti-inflammatory medication after the treatment as the shockwave treatment promotes an inflammatory response within the body, which is the body healing itself. Taking the anti-inflammatories would slow the healing process. Rest after the treatment to allow the body to heal. Ice therapy should not be used immediately after the treatment.

There are very few side effects to this treatment. However, you may experience some redness, bruising, swelling or numbness in the area. The healing effect may take several days to be felt, but the treatment might continue for several months.

This type of therapy should not, or may not, be used in the following conditions:

- an infection in the area
- if you have a cardiac device
- if steroid injections have been given in that area in the last 12 weeks
- if athletes have circulation or nerve disorders
- bone cancer patients
- pregnant women

## Coaching Corner

by Mike Weddell



At the World Masters Championships in San Sebastian in 2005, I was chatting to Eric De Latour one day and asked him about his training. What he told me was very interesting. He was a farmer and worked on well past retiring age and was breaking New Zealand distance running records as he moved through the age groups. When he eventually retired, he found that his athletics performances were dropping off. He realised that stopping his farm work was causing a drop off in strength and he was also less agile. He decided to do something about it and joined a gym and started to work out regularly. He noticed a rapid improvement in his performances and was soon back to his old self on the track setting records and winning gold medals.

Eric was 90 in 2005 and was beating athletes 2 age groups below him in San Sebastian where he won 1 silver and three gold medals.

What this shows is what every exercise physiologist knows, when we stop training in whatever form it takes, we lose that fitness. What Eric had lost was his physical strength, not endurance which is what most distance runners erroneously call strength. To gain strength we need to move weights either in the gym or using body weight. It is never too late to increase strength even if you haven't done so before. In fact, those that have not done them before can make great gains in athletic performance. If you are a distance runner your greatest gains will be made from increasing strength and agility not running more miles.

# Run Like A Baywatch Lifeguard

by George White

We may not be there yet but the weather is warming up, so time for a change? Changing running surface can bring excitement and most of us love the beach, so what could be better than the melodic sound of the waves and a sea breeze to help keep you cool on a beach run? It can be a beautiful, peaceful place and can also make you a stronger runner.

Running on sand is an entirely different sensation. It is soft and gives way when you push off. This means that some of the elastic energy that is usually transferred to the next step is lost. Surprisingly in order to run strongly on sand, your body will generally develop a smooth and efficient running technique with a mid-foot strike and a stable push-off.

Running on sand, especially dry loose sand, is tougher than running on bitumen or concrete - you'll definitely work harder at the beach but it strengthens your arches, ankles and other below-the-knee muscles. And while it may be tougher, it will likely lower your odds of impact-associated overuse injuries as sand is shock absorptive.

Running on the beach could also be a good choice for people already suffering from impact-related injuries such as IT band syndrome, shin splints, knee pain and hip bursitis. While running on the beach is much harder than on concrete or bitumen, it is more effective. Feet and leg muscles have to work much harder than usual. Plus, it is necessary to engage the stabilising muscles of your core to compensate for the uneven surface. This helps the body develop a natural and very efficient running form while working the core.

Often the common weakest links for runners are the glutes, hamstrings, hips, and ankles. By running on sand and challenging stability, you'll start to build strength in these areas, which can carry over to performance benefits on the road or track. Soft sand is an unstable surface requiring the generation of more force and a higher degree of ankle flexing and overall a fuller range of motion from your ankles to your hip flexors. Running on it is a great way to work less-used muscles like the smaller ones in the ankles and feet used for stability. Again, this translates to being a stronger runner when you return to the road/track.

The extra effort required to run on sand means that it burns around 30 percent more calories than road running - great if weight loss is on the agenda. The best thing about this is that your muscles also require more energy post-run in

order to recover properly, meaning that post-workout, more calories than usual are burned.

Start beach running on flat and wet sand where it is more stable and even - to reduce the risk of tendon strains or ligament injuries. Stay close to the edge of the water without getting your feet wet. If you are new to the beach - take it slow and shorten a normal run to give your body the time to get used to it. Even running on firm wet sand, the feet sink in and will result in a slower pace. While running on sand reduces the risk of impact-related injury, people with weak ankles, knees or suffering from ankle injuries shouldn't run on sand because it can result in twisted ankles, ankle sprains, and Achilles injuries and can aggravate the plantar fascia. Beaches often have slanted surfaces and running on only one slant can put more pressure on the ankles, knees and hips and cause injuries. Lessen the problem by running out-and-back on the sand to prevent unevenness from affecting only one side of your body.

Shoes with closed mesh are better than open ones to keep the bulk of the sand out of your shoes. However it's impossible to keep all the sand out, so wear socks that prevent blisters or use vaseline. On this surface, you can also run barefoot. This requires you to grip on the sand with your toes, which enhances both feet muscles and calves. As barefoot runners more naturally land with mid-foot or forefoot strikes instead of heel strike, this reduces stress and the chance of getting injured. Ease into barefoot running, because as we're used to wearing shoes all the time, our feet are not nearly as strong as they could be. It may feel strange at first, but it does encourage a better running stride. Running without shoes can be especially helpful for heel runners who want to improve technique. When you don't have your shoes supporting you, your natural sense of balance improves and you build leg muscles. It also helps posture, which assists in preventing back pain. Over time the soles of your feet will develop calluses for protection, but always look out for glass or other hazards that could cause injuries.

Running on sand is also a good way to relax, thanks to wonderful scenery and fresh air on the beaches. A soak in the sea doesn't provide you with the same recovery benefits as an ice bath, but it will sooth your hard-worked muscles while making you feel refreshed. Opting for a soft surface like sand is a smart way to add diversity to your regular training routine and you can benefit mentally by avoiding the concrete jungle for at least some of your training.

# Peter Frylink

by Bryan Thomas

Peter Frylink was one of the "Originals" of our ACT Veteran Athletics Club (now ACT Masters Athletics) in that he was there at its very birth in May 1979. He died in Brisbane, 26 November 2021 at the age of 88 and was at the time one of four who had maintained continuous membership; the others being - John Bakker, Ken Daniels and Terry Munro.

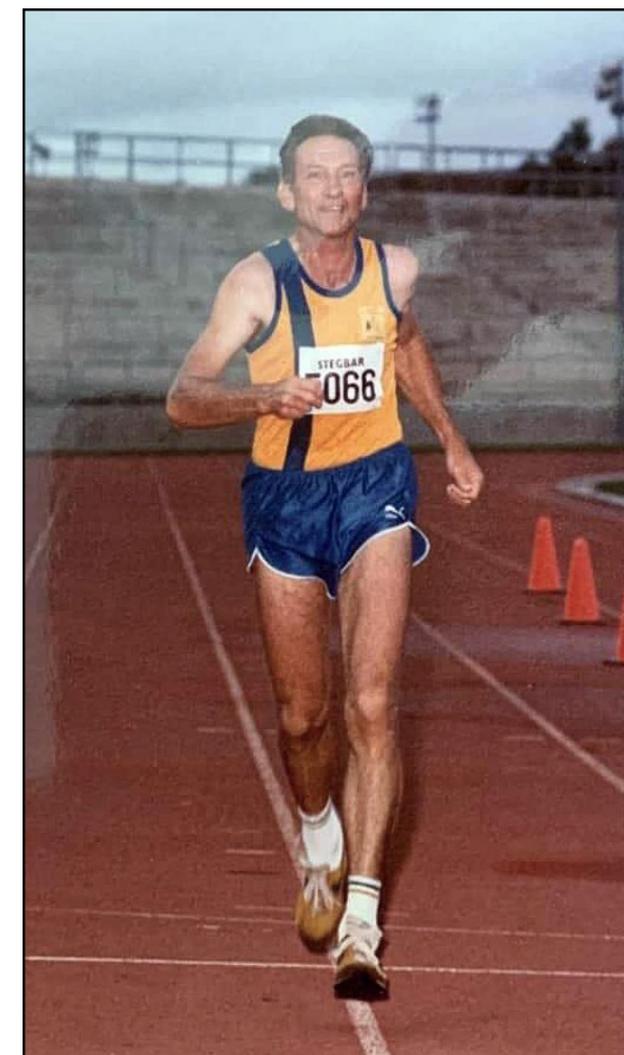
Peter was our inaugural president, a position he held for our first six formative years from 1979 to 1985. As president he was an excellent role model for the time by encouraging apprehensive newcomers to "have a go" and spreading the good word about this new and exciting concept of competitive sport for mature-aged people. Although he appreciated and encouraged high standards of athletic performance he came to the conclusion that our club was better off staying outside of mainstream athletics.

Apart from being president Peter performed many other tasks. He was editor of *Vetrunner* from 1979 to 1981 and co-editor in 1985 and 1986. For many years he was also responsible for printing the magazine on a cantankerous old spirit duplicator in his garage; a messy job often helped along by a flagon of cheap wine. He was race director of our annual fun run in the early years and was leader of the LOC for the 1984 Oceania and Australian Veterans' Championships. The task of organizing these championships was particularly stressful because of the small size and inexperience of our fledging club and also because we were having difficulty obtaining sponsorship but even more so because Peter's wife Willie was battling breast cancer.

As it was then customary for the president of the club organising the next Australian Championships to accept the national presidency Peter became the 1984 AAVAC President. During his term in office he lobbied for this arrangement to change to an elected president who would have more time and authority to lead the national association.

In November 1985 his contribution to the development of the ACTVAC, along with Ken Daniels and Terry Munro, was recognized by being awarded Life Membership.

Peter was a social jogger rather than a serious competitive runner thus he would plod along at the back of the field happily enjoying the fun run, cross-country or track race he happened to be in. If by chance he was running alongside someone of his own gentle pace, usually older men or women, he would engage them in friendly chatter. In such fashion he was a regular participant in distance races throughout Canberra and further afield, including several national championships and even an Oceania Championships in Samoa so it is not surprising that he rarely came home with a trophy. However, he must have hoodwinked the club handicapper because he won our very first monthly handicap in July 1979.



However, in 1982 he surprised his friends by returning from the Australian Championships in Perth with a silver medal for M45 shot put.

Peter's enjoyment and promotion of gentle social jogging as the most desirable form of running was recognized when the short course event in our monthly running handicap program was named the Frylink Series.

During the running boom of the 1970s and 80s Stromlo Forest became the mecca for long distance runners to do their training runs. Seizing an opportunity Peter, who was a builder, won a government contract to build a "state-of-the-art-eco-friendly" toilet block at Deek Drive that soon became widely known as "Deek's Dunny".

In 1999, Peter moved to Umina on the NSW central coast and ten years later to Brisbane where he maintained an interest in club activities until his death in November 2021.

# Auckland

by Phillipa Green and Tony Deleiros



Daniel Clendon winning the mile race at Newtown Park, Wellington

Due to the Auckland region has been in lockdown since the 17th of August, no official events have been able to take place for three months, however Auckland Athletics have produced timed 'training sessions' across Auckland at three locations to enable a maximum of 100 athletes at each venue to compete without records or published results.

## Athletics Auckland McKinnon Shield meetings

At long last with some of Auckland's restriction being lifted in November, Athletics Auckland were finally able to hold track and field meetings at alert level 3 step 2. Two low key meetings were organised towards the end of November. Normally all events are held at Mt Smart Stadium but with restrictions in place as to the number of athletes, spectators and coaches who could gather it was decided that three venues would be used - Mt Smart, Pakuranga, and the AUT Millennium. The first two meetings were classed as training and coach's meetings and no records were able to be claimed.

In December, New Zealand and Auckland went into the Traffic Light System under Covid-19 guidelines with athletes, spectators and coaches having to provide their Vaccine Pass when entering each venue, and numbers were restricted to a maximum of one hundred at each venue. Competitions started on Saturday 4 December for three Saturdays. These meetings included the Murray McKinnon Shield, a competition which



James Waite in the 10000m

runs over the track and field season where athletes can gain club points to establish the Auckland club champions.

At each of the five meetings masters were out in good numbers at each venue enjoying the chance to see how their training was progressing in the early part of the season. After the last meeting it became known that at the last three meetings records could be set, but athletes were unaware of this and as a consequence no masters records were claimed.

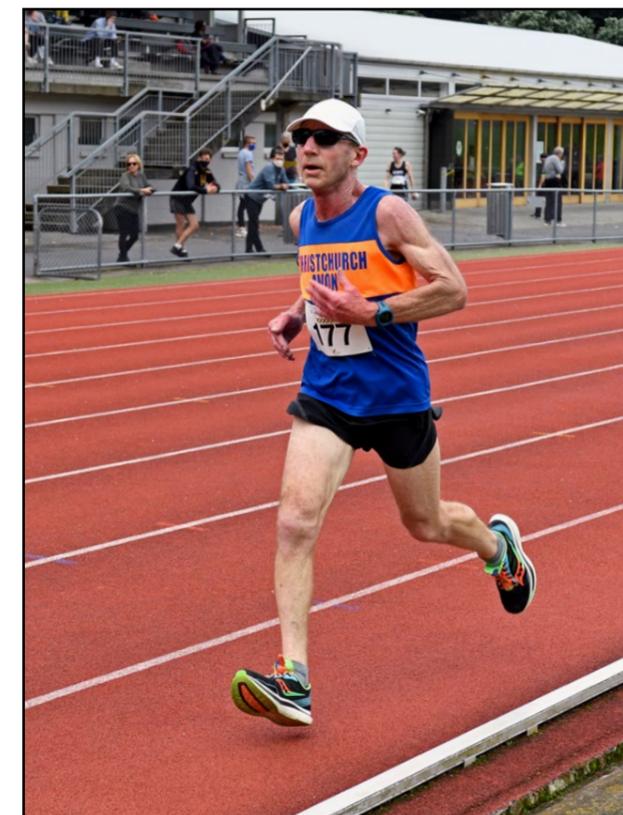
Grateful thanks must go to all the Auckland officials who managed to run the meetings with diligence and care for everyone who attend these meetings.

## Trevor Norman Guptill Memorial Service

On 17 December, a Farewell Memorial Service was held at Morrisons Funeral Chapel, Henderson, Auckland for Trevor. Officiated by Heather Guptill, the service was well attended by family and friends paying tributes to a dedicated husband, father, and grandfather. Harness Racing trainer and long-time friend Tim Hall spoke about Trevor's love of owning and training horses. Christine Waring (AMA) talked about Trevor and Lylah's love of travels to overseas athletics meetings and enjoying racing alongside other athletes from diverse backgrounds. After the service, the family invited those attending for light refreshments in the adjacent lounge.

# Northland

by Judith Williams & Oringa Barach



Peter Richards 1st M60 in the 10000m

## Opening Event

Morning dawned and it was pouring! Set off with the wipers flat out then rain stopped and it turned into an ideal cloudy day. Phone call when we got to Portland - cancelled? No Just Piripi checking it was on! We arrived a bit early so were treated to a cuppa and bikkie courtesy of Nigel and Judith in their van.

A group of 19 athletes set off for the first Northland masters event of the season - a mix of runners, joggers and walkers. Nancy had set a lovely course up the Surf Beach. Brian, Nancy and Antoinette were the only ones to take on the sand dune challenge! Tony and Pam disappeared into the distant yonder. Mark and Delwyn were enjoying a day keeping their feet on terra firma. The back markers put the world right - well? Gill and Judy braved the surf.

This was all followed up by brunch at the Museum Cafe with a big bunch making a busy morning for the staff! The chatter and banter around the table was just great to see, as we caught up with those we hadn't seen for a while. The scones were really good and Bob's bacon and egg dish looked interesting!

Thanks to Nancy and Willie for organising the day and to the irrepressible Judith for getting the first masters event of the season up and running. Great day enjoyed by all.

## Results:

A 3.2km loop (complete with head wind!) along the surf beach, with options to do laps and be back in time for brunch!

Faster group: Pirip Mihaka, Brian Barach, Willie Bowmar, Nancy Bowmar, Jenna Smith, Judith Stewart, Kiatha Pattu, Mark Lett, Delwyn Smith, and Gill Michel.

More sedate group: Max Smith, Antoinette Smith, Oringa Barach, Margaret Croke, Sien Van der Veeken, Jennie Hastie, Tony Langton, Pam Langton, and Bob Croke.

Thanks to Nigel for the photography - some of us look absolutely stunning and some slightly less moronic than others!

## Combined Track and Field Meet

Northland Master's together with Athletics Whangarei hosted a Saturday meeting on the 27 November, which was a first Saturday meet for many years available for club members. The plans changed from what was originally to be for all age groups as we had restrictions under Covid which limited entries to older juniors.

Our master's members performed well with Delwyn Smith picking up a Northland record in the 2000m steeplechase. Other notable performances included:

**Ian Calder 3km, 1500m, 400m**

**John Kent 3km, 1500m**

**Max Smith 3km, high jump**

**Judith Bradshaw 3km**

**Polly Barach 3km, 2000m steeplechase, 200m, 400m**

**Gill Michel 3km, 2000m steeplechase**

**Antoinette Smith 3km walk**

**Sein Van Der Veeken 3km walk, 60m, hammer,**

**Oringa Barach 3k walk, javelin, shot put**

**Mark Lett pole vault, 1500m, javelin,**

**Colin McLeod 1500m**

**Clare Furlong 1500m, 60m, 200m, 100m**

**Delwyn Smith pole vault, 2000m steeplechase**

**Barbara Austin shot put, javelin,**

**Margaret Croke shot put, long jump, 100m, 60m**

**Brian Barach 2000m steeplechase**

Our thanks to all those who made the day successful - mostly Nigel Stewart and the many unnamed officials

## Christmas Meet

We are having a Xmas meeting for members on the 12 December with the 5 & 10k being the main events, field and sprint events will be available as well.

It is good to see members that have been battling health issues - Margaret, Oringa, Clappy and patron Val out competing and officiating.

Best wishes to all for a happy festive season

# Taranaki

by Vicky Jones

Well, the track and field season is well underway, and it's a hot one. There hasn't been a lot to write about in terms of competition, but club nights are providing us with the preparation needed for the next meeting we can hold.

As we know a certain virus is still wreaking havoc on our plans, but we in Taranaki have made it work within the constraints of the guidelines. Happily, this season should provide us with a bit more freedom with the availability of a vaccine – which I know has been controversial (particularly the passes). Anyway, back to the track season.

The main competition our members have made use of has been the Central League meetings, this year hosted by

Masterton, Palmerston North and here in Inglewood. Turn out has been fantastic as there is the attitude that we should do what we can do while we can when things are out of our control. It's been great to have new members of masters age making their presence known, particularly Katherine Uhlenburg (apologies if I've misspelt your name!) and Craig Rawlinson.

As competition has been light on the ground, we are particularly looking forward to March 2022 when Wellington hosts the NZ Masters Athletics Track and Field Championships.

In the meantime, train hard, and here's to a brighter 2022!



Joy Baker



Rowan Hooper paces Michael O'Sullivan (3rd M40) in the Agency Group 10000m



Clive McGovern 10000m walk at the Agency Group 10000m



Brent McLean 10000m walk at the Agency Group 10000m

PHOTOS: Sharon Wray

# Hawke's Bay/Gisborne

by Maurice Callaghan



Training up the future Masters with Santa



Anthony Jackson 1st M35 Mile at the Agency Group 10000m

PHOTOS: Sharon Wray

Greetings from sunny Hawkes Bay

The athletic season is well underway but meetings are being run in a very different way because of the effects of Covid. Our local Vets like to take advantage of participating at League meetings to get an idea on their seasons progress, but with Covid limitations on numbers allowed on the grounds, the first couple of meetings have meant a case of turning up, competing and leaving to enable athletes doing other disciplines an opportunity to compete.

At the Palmerston North League meet all track events were over by about 2pm and it was an eerie feeling watching field events without the excitement of athletes racing around the track. Hopefully meetings run under the traffic light system will see some sort of normality return.

Another noticeable feature of these meets is the age of the officials running them. Most are at least middle aged and many looked as if they had been receiving the pension for a very long time! Indeed a good proportion of the helpers are athletes who compete at Masters level. This begs the question as to how do we attract more younger people into the sport and into helping officiate?

Athletics NZ has been staging refresher courses in officiating to attract more officials and it was encouraging to see a few younger people attending the course held on 27 November at Hastings. The course covered the rules on run, jump and throw, and also clarified the new rules that had come into effect from 1 October 2021. Participants who are not graded were invited to fill in a questionnaire sheet to evaluate their suitability to officiate.

Because of the cancellation of the North Island Masters champs for the 2nd year running, concentration will be on other meets to get some competition in preparation for the NZ Masters Champs. Two meets that will provide opportunities will be League 3 in Masterton on 4 December and a proposed combined meeting at Hastings on 18 December. This latter meeting has been arranged to replace the cancelled North Island Secondary School sports meeting and the intention is to stage a full program covering students, seniors and up to masters.

The Potts Classic is scheduled to be held at the Regional Track on 22 January 2022 and this is always a well run and popular meeting, and worth targeting for pre NZ Masters Athletics Champs competition.

If visiting for this meet, be sure to have a look around the huge improvements made to the indoor track next to the park. These facilities now have a 60m indoor track and an indoor jump pit. This sits alongside a brand new Olympic size swimming pool which is well on the way to completion.

There are two more Classic events scheduled after the Potts - Cooks Classic at Whanganui on 29 January 2022 and the Capitol Classic in Wellington on 4 February 2022 so there is plenty of opportunities in the North Island for competition. The NZMA Track and Field Champs are scheduled for 11-13 March 2022 in Wellington. There is still time to train up for these champs.

Wishing all fellow athletes and officials a very Happy Christmas and a successful training and competing season. Stay safe.

# Canterbury

by Andrew Stark

Over the past few seasons, I have watched the slow decline in the number of masters athletes competing at track & field events. There is no obvious reason for it. Perhaps the masters that are there come from the era when athletics was at its peak, back in the late 1970s and through the 1980s. There are many other sporting choices these days that are easier on the body, such as cycling, and this may be one reason.

So far this season we have averaged about 15 masters competing at our senior interclub each week.

Admittedly there are another five to 10 masters who normally would have been there, however they have opted to organise their own mid-week or Sunday throwing events. As mentioned in the last Vetline report, these gatherings are organised by Anne Davison. I know they are very much appreciated by those who attend.

At the recent Jack King Memorial Throws Pentathlon, five competed with their results listed in the following table. It was a perfect day, overcast with very little wind. Following the event, the group headed off to a café for an end of year gathering.

Name	HT	SP	DT	JT	WT	Points	
Rick Davison	M70	34.34	9.10	31.75	24.16	13.40	
		674	585	676	451	751	3137
Anna Lynch	W35	36.26	8.53	31.43	21.68	11.70	
		704	454	511	345	663	2677
Glen Watts	W80	21.71	6.60	17.09	10.03	8.43	
		865	773	715	424	677	3454
Alison Wright	W70	17.78	5.55	12.78	9.61	7.70	
		572	540	416	324	538	2390
Lois Anderson	W75	19.88	7.13	13.77	12.26	9.75	
		658	731	456	438	714	2997



Peter Richards (133) has been a regular attendee at interclub, competing in the events ranging from 800m to 5000m. Michael Anderson (1592), Guy Dryden (330) and Matt Cunningham (184) have yet to make an appearance this season.



The hammer throwers at the South Island Masters T&F Championships in Dunedin

Like many masters centres in New Zealand, we face the challenge of not enough officials. This means we are not able to offer more than two field events at the same time and often competitors only get three attempts. Not ideal and perhaps this is another reason why our throwers prefer to organise their own events.

I note that within Canterbury clubs we have about 220 masters aged registered athletes, many of whom run in cross-country & road races.

However, when this group was invited to join the CMA 5000m Championships, only nine turned up.

When asked why they do not run track, often the answer is ... "we are just not interested in running in circles!" I wonder how other centres are dealing with this issue? Are track races seen as too competitive?

It's been a challenging season to organise. Personally, I am looking forward to having a break.

PHOTO: Phil Coakes

# Wellington

by Michael Wray

PHOTOS: Sharon Wray



Michele Alison leads the 10000m at the Agency Group 10000m

Track and field season is underway in Wellington, as it will be in the rest of the country. Our main facility, Newtown Park, is owned by Wellington City Council. The council have announced the track is a mandatory Covid passport facility. All users of the track must now have a valid vaccine pass to be allowed to enter the facility, whether spectating, officiating or competing, regardless of the number in attendance. This applies to training sessions and events.

While there will always be a minority who oppose such rules, the reality is this makes things easier for us. We have certainty on what rules to apply for all activities and there is a uniformity of approach, rather than having to determine whether an activity needs to be managed within gathering limits or not.

Our track events have been of a mixed style, with Regional League meets (an inter-centre competition for the lower North Island), the inter-club meets and the smaller mid-week meets.

One highlight has been the return to track competition of renowned and former World Champion masters athlete, Roger Robinson. Roger is now an M80 and has claimed a number of track records. He broke the Wellington M80 5000m record, previously held by Clem Green, improving the mark by 75 seconds to 26:45.15. A couple of weeks later, Roger claimed Michael Browne's 3000m record, bringing the time down to 16:03.45. The Scottish Night of Miles, Roger not only claimed the previously vacant Wellington Mile record but he added the NZ record too. At the Agency Group 10000m, we watched on wondering whether Clem's

10000m record would fall but in a difficult wind, Roger was a little short. However on the upside, it means there is still something left for Roger to aim at.

## The Night of Miles

The Night of Miles saw several Wellington records fall. Dan Clendon ran 4:38.47 to knock a few seconds from Michael Wray's old M45 record. Todd Kriebel flirted with the M60 record but finished three seconds shy, taking comfort in the fact that he already holds that record so only missed out to his own previous performance.

The best race was the M70 duel between Richard Brent and Brian Hayes. The Wellington M70 record was vacant, so whoever won the M70 race would claim centre honours. Third placed M70 John Skinnon was left trailing within the first lap, as Richard set the pace and Brian doggedly followed. With Richard having broken the Wellington M70 400m record only a few weeks previously, Brian must have known he needed to get ahead of his rival before the bell but Richard did not surrender the lead and it came down to a finishing straight sprint. Brian did everything he could to get past Richard, but the 400m man had the legs and Richard's 6:43.83 gave him the win by 0.28s. A tremendous race by both of them. Neither had been thinking in terms of the NZ record, only the Wellington record, but the NZ record fell by a couple of seconds, meaning both had run faster than the old mark.



Victoria Humphries leads (2nd W50), Tricia Sloan (3rd W50) and Michele Governale 10000m

# Manawatu/Whanganui

by Jen Fee

My how the year has flown and we are, as I write, planning for 2022. As we read this it has already begun - may it be a calmer year with many more competitions!

Manawatu-Wanganui has managed to hold a couple of mini-events in the last quarter and again we are lucky to have the support of a couple of loyal Wellington competitors coming to join us.

The Laurie Devlin Shield Challenge was again won by Jill Evans, with a score of 3241 points. However this year her challenger was not Jim Blair, who of course now competes for Otago but is our Club Patron and couldn't be there, nor Adrian Stockill of Wellington, but our very own Laurie Malcolmson (2937) who has decided to add a few more strings to his bow! I can only imagine what his points would be if he could fully bend and/or straighten his elbow to get full leverage! His improvements in his hammer and weight throws have been amazing to see at Club nights, so watch this space! In the month following he improved his already impressive weight throw but his hammer of 27.64m on 7 November has now been extended to over 35m in training - now to see it in competition!

Results for the Laurie Devlin Shield were:

**1st Jill Evans - 3241 with a best score of 793 in the hammer.**

**2nd Laurie Malcolmson - 2937 with a best score of 800 in the weight.**

**3rd Brian Curry - 2629 with a best score of 616 in the weight.**

Our Spring Pentathlon held at the end of November saw a small group of seven athletes compete on a fair day when all around the country the weather was playing havoc. The forecast rain held off and we managed 6 of the 8 planned events before we decided no one wanted high jump and the 800m on that particular day! Best results of the day included Mark McFarlane M55 (Wellington) running an 8.4s in 60m for 706 points with Dale McMillan W50 running 9.6s (645points) but again the best points on the day for an individual was Jill Evans W70 earning 739points for her shot put of 7.1m

We now look to the amended programme for the Colleena Blair Memorial Challenge to be held on 23 January.

Again this year we are struggling with membership - with many of us fighting injuries and having to decide if we can even train let alone compete. This has reminded me of the importance of biomechanics as we age - with a change in our centre of gravity as our posture alters when our skeletons change shape. Making sure we keep our cores as strong as possible to help prevent the curvature of our spines that often come as part of the aging process, and sometimes as part of our lack of confidence causing our eyes to be downcast instead of meeting the world with our heads held high! But that is for another day - maybe an article in its own right.

Nga mihi o te tau hou, Happy New Year from us all here in the Manawatu-Wanganui.



Bill Twiss 1st M50 Mile



David Lovelock (2nd M35) 10000m

PHOTOS: Sharon Wray

# Otago

by Noni Callander

PHOTOS: Phil Coakes



Anna Lynch in the Shot Put



Raylene Bates (NZ record holder) and winner of W55 shot put at South Island Champs

## 2021 Track and Field Season

The season opened with a pre-season meet for throwers on the 26 September. The results were forwarded to the Oceania Virtual Throws competition and to the World Masters Virtual Challenge. We were a little rusty after a few months off, but really enjoyed the occasion welcoming our fellow throwers Lester from Manapouri and Toni from Waimate. Laurence also threw well after several years away from masters throwing. Some good close competitions were enjoyed by all. The results were:

- Toni Oudemans W40 2136 points**
- Alison Newall W60 2540 points**
- Fiona Harvey W60 2819 points**
- Winifred Harvey W60 2949 points**
- Noni Callander W70 2692 points**
- Laurence Voight M60 2263 points**
- Laster Laughton M65 2432 points**
- Jim Blair M90 3279 points**

## Saturday Weekly Competitions

Athletics Otago runs a very good weekly competition for athletes of all ages including our masters athletes. It is pleasing to see many masters competing regularly. Some are trying new events for the first time, while some are returning after a break and many are there doing their best every week. The excellent rotating programme includes several events for runners, throwers and jumpers every week.

This regular competition has resulted in the setting of many new Otago masters records already. These include: Kieran Fowler, a new M30, who sets a new shot put record nearly every time he throws, as does Raylene Bates W55 in the shot and hammer.

Simeon Maole, a new M45 athlete, is enjoying making records in the discus and weight throw before he moves into his new M50 age group next season. Nathan Shanks set a new 3000m record. Jim Blair set new Otago records in all his six M90 throws and continued to break some of these most weeks.

New Zealand masters records have also been set at the Caledonian grounds by Kieran Fowler (M30) in the shot put 13.91; Raylene Bates (W55) in the shot put 10.78; Myrtle Rough (W80) in the 3000m 17.00.94; and Jim Blair (M90) in the shot put, hammer, discus, javelin, weight throw and throws pentathlon.

## South Island Masters T&F Championships

Otago athletes performed well at these championships held at our local grounds, and they looked great too in our freshly designed new blue and gold Otago Masters tops. Well done team!

Hopefully individual results are printed in this copy of Vetline. Congratulations to all place getters and to all who took part. The meeting went very well thanks to our efficient, friendly organisers and officials. The fine weather also helped us all enjoy the weekend.



Mike Scholten



Claire Giles -Shot Put



Gordon Wong - 3000m Steeplechase



Sophanna Blackie W35 and Alison Newall W60 starting 200m at SI Champs...showing off new Otago uniforms in style!

New South Island championship records were established by:

- Liz Mitchell (W55) 60m**
- Jen Hodgson (W35) pentathlon**
- Raylene Bates (W55) hammer, shot put**
- Debbie McCaw (W40) weight throw, throws pentathlon, hammer**
- Mike Scholten (M40) throws pentathlon**
- Simon Maole (M45) throws pentathlon**
- Alison Newall (W60) 400m, pole vault**
- Winifred Harding (W65) weight throw, throws pentathlon**
- Jim Blair (M90) hammer, shot put, discus, weight throw, javelin, throws pentathlon**

It was very pleasing to see Otago athletes at this meet competing in their first area competition, with Simon and Jen even making records! Also great to see the successful return of Debbie, cheered on to notable successes by her young daughter. Masters athletics needs more young and enthusiastic performers like these.

## Capon Memorial 5km

The 2021 season wound up with our annual 5km Xmas beach run/walk commemorating Geoff Capon, followed by a tasty meal at the Spirit House on the Esplanade.

- Place getters included:
- Georgy Pakeho 20.42.9
  - Rob Homan 23.39.7
  - Barbara Patrick 24.21.1

PHOTOS: Phil Coakes



PHOTOS: Phil Coakes

'Ladies in Waiting' at the South Island Masters Champs



Rob Homan and Tony Tan in the 400m

# Waikato/Bay of Plenty

by Murray Clarkson

At last we have been able to hold a Masters meeting in our Centre. With Waikato being on alert level 3 our members in that province were unable to escape over the hill and the track at Porritt Stadium was locked up. So Sunday 12 December signalled our first event and included the Oceania Throws Pentathlon.

After 5 weeks of very little rain, the man upstairs decided he would treat us to some precipitation. Fortunately it was minor at first and held off till after the last event. We had 30 participants in the various events with several new-comers who were impressed with the friendly atmosphere and signed up as members. We know they will support us if they can at the other meetings we will be having in the New Year. We thank all those who assisted with the running of the event.

School athletics, which we support, were badly affected by Covid restrictions and we are hoping that the secondary schools athletics days will be free of restrictions. These are held in February - March.

The results of the Christmas meeting are listed below.

Two of our members have had medical events which were life-threatening. John Shivas has had a remarkable recovery and is looking to returning to running shortly. David Couper is more serious but determined to make meaningful steps to recovery. He has a long road to travel.

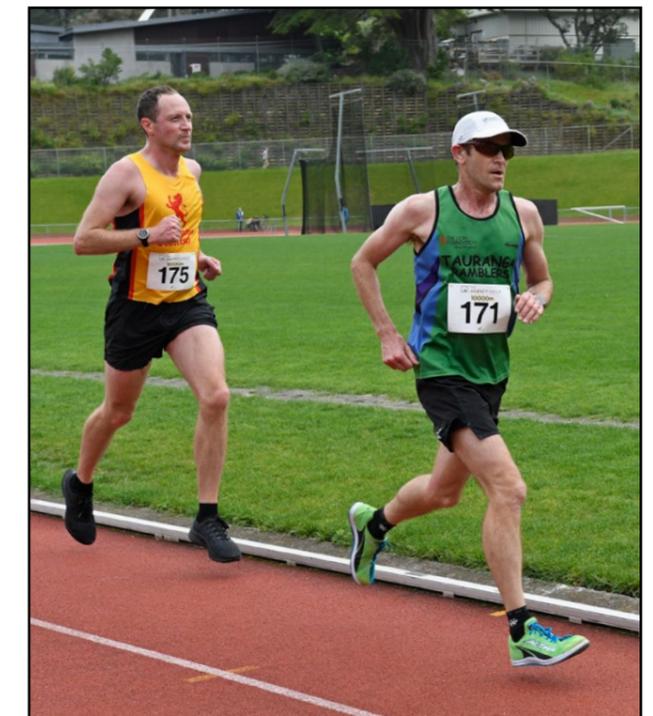
Sheryl Miratana and Theresa Large were jointly presented with our Committee award which is given to the non-committee member/s who have contributed to masters athletics in the Centre. They were not present at our AGM and our next opportunity was at the Christmas meeting. Congratulations to both Sheryl and Theresa.

We wish all masters athletes and their families a happy festive season and good competition in 2022.

**Christmas meeting results:**

60m	Bruce Alexander	7.63	
	Simon Xu	8.02	
	Charlotte Drabble	8.35	
	Sheryl Gower	11.45	
	Jim Jones	13.22	
100m	Bruce Alexander	12.08	
	Simon Xu	12.75	
	Sheryl Gower	19.02	
200m	Jim Jones	21.56	
	Sheryl Gower	40.15	
	Bruce Woods	41.72	
600m	Jim Jones	49.12	
	Iain Rattray	1:33.8	
1500m	Adam Hazlett	4:55.7	
	Andrew Vane	5:08.4	
	Sally Gibbs	5:18.1	
	Veronica Maree	5:42.6	
	Charlotte Bartrum	5:46.8	
	Gavin Smith	6:06.7	
	Loris Reed	7:14.9	
	Bruce Woods	7:26.0	
	Richard Sweetman	7:38.1	
	3000m	Adam Hazlett	10:23.0
		Andrew Vane	10:48.9
		Veronica Maree	12:16.3
		Dee Atkinson	13:13.2
		Gavin Smith	13:32.7
	5000m	Rachel Wright	16:28.4
Matthew Parsonage		17:18.3	
Sally Gibbs		19:13.5	
Trevor Ashe		23:14.7	
Richard Sweetman		27:42.0	

Field Events	Dis	Ham	SP	Jav	WT
Brenda Davis	25.29	36.45	9.16	23.53	12.06
Bev Savage	19.16	30.56	7.93	12.88	11.73
Denise Fellows	14.93	21.16	6.14	11.7	7.88
Loris Reed	13.5	17.68	5.71	10.81	
Grant Peglar	24.99		8.47	19.64	
Tui Ashe	16.02		5.90	14.55	



Russell Lake (3rd M50) leads Jamie White (3rd M35) in the Agency Group 10000m

PHOTO: Sharon Wray

# Southland

by Dwight Grieve

Ok I'm over this Covid thing, my training is all over the place, I get into big base training and then changes have to be made to events, argghh! But at least some things still go ahead and, more importantly, we are still all healthy and safe with our families. I am a bit rushed this time as since the Kepler has been postponed, I am using my training to go hit the hills and mountains for a few days with my mates and the rifle.

After writing in the last Vetline about Evan MacIntosh winning a lot of medals, I received a photo from him of his pile of NZ championship medals, he certainly has a very impressive. Haul. Long may it continue.

## Southland Road Champs

Te Anau hosted the Covid affected event again, with the event going ahead with under 100 people entered, a mini prize giving, and supporters directed to head out round the course instead of at the finish line.

It turned into one of the best champs for a while. A solid bunch at the front really making it an intense race - senior runners Dylan Forde and Benny Britton were kept company by masters Dwight Grieve and Craig Iverson along with two younger guys that were not doing the full 5 lap, 10km event. By the 6km mark the two young guys were finished and Benny picked up the pace and was matched by Dwight. By 7km Craig and Dylan had started to drop back a little.

Benny had beaten Dwight at the cross-country champs, but this time around the fight was epic as neither would give in. The pace turned nasty as the race went on with Dwight taking the win in 33:29 by a narrow margin with the pair doing a 30 second negative split in the back half of the race. Craig Iverson held on strong for 3rd overall, 2nd master, and a PB in 34.15. Third master home was Jason Russell. The masters men 50+ division was taken out by Grant Baker.



Gail Kirkman in the 300m hurdles

For the women it was yet another stunning win in 50+ grade by Debbie Telfer, running the 6km distance in 26.28, with over a minute and a half lead on the second master Dorothy Horrell. In the 35-49 grade the gold was claimed by Lisa Simpson with an amazing 1s sprint victory over Carolyn Fox, and the bronze to Lee Grieve.

While the numbers were down, the competition very much up.

## Southland Marathon Champs

Numbers again hit the event in the full marathon distance but a few turned up and enjoyed the lesser distances. For the marathon though it was a one-horse race as master runner Craig Iverson continued his ongoing improvement and smashed out the win in a big PB, 2 hours 53 minutes, his first sub 3. Second home was senior runner Jerome Lagumbay, who has won the race more than once. It was also great to see third overall was M50+ John Wallace who also has shown some great improvements in the last 12 months.

## Clyde to Alexandra 10km

A classic 10km road race held in Central Otago that always draws out top fields from across Otago and Southland. Sadly well under on numbers but very lucky to go ahead at all with the organisers going to extreme efforts to make it happen in waves of 100. Bit disappointing to not being able to race the young ones, but when the top two go sub 30 minutes they can have the win!

For the Southland masters, Debbie Telfer was again a stand out with a 45 minute 10km - amazing effort. Debbie also beat a running legend in Val Muskett for the win.



Craig Iverson and Dwight Grieve at the start of the 'Clyde to Alex' 10km master's race

The masters men's race was a Southland ding dong battle. From the gun Craig Iverson and Dwight Grieve renewed their Southland champs fight and left the field behind, by the time they crossed the Clyde dam at the start there was a 100m gap. The pair fought tooth and nail at a consistent pace for the first half before the squeeze was put on by Dwight and at the 7km mark a small gap appeared. Dwight had to go deep and suffered as he very slowly widened the gap from Craig who refused to surrender. Dwight suffering all the way to the finish and a small 19s win in 33.34, Craig yet again setting a solid PB and his first sub 34. Craig is now in the mix for national medals in the M45+ age group.

A super fun race and a big thanks to those that made it happen.

## South Island T&F Champs

Barry Smith got the ball rolling and help get a good Southland team along to the Dunedin based champs this year, 12 of us southerners into the fun. Mark Flaus, Gary and Gail Kirkman, Debbie Telfer, Bruce Thomson, Warren Green, Les Scown, Evan MacIntosh and Barry Smith joined by new comers Ian Densie and Marty Scherp.

Some stand out results have filtered through to me, included in this was Garry Kirkman competing in his first ever pentathlon, and scoring well and claiming the SI Championship record. Ian Densie has been training for the first time ever for sprints after a distinguished cycling career and a dabble in distance running, under the guidance of Scott Belesky.



Les Scown in the Pentathlon Long Jump



Debbie Telfer in the 1500m



Warren Green in the Pentathlon Long Jump

He has hit the ground running, and at an impressive speed! Ian has taken a 10km time of 40.18 and turned it into a first up 400m race time of 1 minute flat. I can run a 33 minute 10km and 16 minute 5km but struggle to go much faster than Ian over 400m. I can only see more speed ahead.

Bruce Thomson had a stunning season in 2020 and 2021 is looking no different, his first crack at the 300m hurdles gave him a 90.29% result in 51.81 to claim the vacant M60 SI championship record. In the same event, Gail Kirkman had a solid 81.4% in 1.04, an early season result that she will destroy as the season progresses.

**Looking ahead**

I'm too scared to predict much ahead as Covid starts its spread around NZ. Regardless of events, I simply hope all of you stay safe, look after each other and enjoy what we do get to do sport wise. I am really excitedly looking forward to the NZMA champs to be held in Wellington in March.



Evan MacIntosh's medals



Gary Kirkman in the 1500m



Evan MacIntosh and Roger Robinson competing in Wellington



L to R: Ian Densie (4008), Paul Davies (5502), Jonny Baird (4510), Bruce Thomson (6004), Gary Rawson (6003) at the South Island Masters Champs in Dunedin

# Tasman

by Derek Shaw



Peter Hanson (8005) and Phil Napper (6505) at start of 400m



Tony Tan (5507) and Ian Densie (4008) finishing the 400m

**SI Masters T&F Championships**

Joeline Jones was the star performer in the small team of Tasman Masters who ventured south to the SI champs in Dunedin 19-21 November 2021. Now in the W40-44 age group she broke five SI Championship records and one NZ record. She broke SI Championship records in the:

- 60m - 8.32 (old record 9.15)
- 100m - 13.35 (old record 13.80)
- 200m - 27.23 (old record 28.4)
- 400m - 62.52 (old record 64.69)
- Pentathlon - 2629 points (old record 2169 pts)

Joeline continued her very good earlier season form from the Saxton Field track. Her 400m on the Friday evening was a sizzling 62.52s to break the previous SI champs record by over 2s. On the Saturday in her 100m race she ran a PB time of 13.14 only to learn later that there was an illegal wind of 2.4m/s. However her 100m time of 13.35 in the pentathlon was enough to give her the record. Her 200m record was achieved in to 2.1m/s head wind. The previous W40 records for 100m and 200m were held by Helen Clent (now Helen Morris) from Otago and set in 1987 and 1986 respectively, who was present at the track when they were broken and was amongst the first people to congratulate Joeline on breaking her records. Joeline's PB performance in the pentathlon (100m, shot put, long jump, javelin and 800m) also broke the previous W40 NZ Masters record of 2208 points. Her javelin effort was also a PB. She also competed in the triple jump which is the only event that she didn't achieve a SI championship record, missing by 25cm with her best effort of 9.04m.

PHOTO: Derek Shaw

Athletics Nelson life member Peter Hague (M70), now resident in Canterbury but still a regular visitor to Nelson, was the overall winner of both the 3000m (19:26.38) and 5000m (39:51.41) track walks after close races with Wellington's Geoff Iremonger.

Carey Dickason (W70), like Joeline, had a busy schedule. She was second in both her 1500m (7:20.98) and 3000m (19:26.41) to Otago's Barbara Patrick. She won her hammer throw with 17.77m, long jump (2.56m), triple jump (5.80m) and also her pentathlon with 2140 points.

Derek Shaw, after a busy time shifting house and consequently limited training, managed to win the M65 5000m (22:36.68) and was second in both his 1500m (6:12.80) and 3000m (13:29.63).

**Nelson Festival of Running**

This annual festival of running organised by Athletics Nelson is usually held in November but with the uncertainties of Covid 19 it was decided to postpone it to Sunday 3 April 2022. It is based at Saxton Field and has something for everyone in terms of distances on the flat smooth courses - half marathon, 10km, 5km and 2.5km. The two longer races utilise the roads and shared pathways within the Saxton Field complex and the shared pathways around the margins of the Waimea Inlet. The two shorter races use internal roads and shared pathways and particularly attract younger runners and walkers and their parents, making it a great family occasion. Visitors very welcome. Further details at [www.thenelsonhalfmarathon.com](http://www.thenelsonhalfmarathon.com).

PHOTOS: Derek Shaw



The field in the 10000m "A" race during the Agency Group 10000m, in Wellington

PHOTO: Sharon Wray



## COMING EVENTS

### 2022

19 February	WMA Cross Country Championship Relay	BATHURST, AUSTRALIA
20 February	WMA Short Course Cross Country Championship	BATHURST, AUSTRALIA
4-6 March	ANZ T&F Championships	HASTINGS
11-13 March	NZMA T&F Championships	WELLINGTON
1-4 April	Australian Masters T&F Championships	BRISBANE, AUSTRALIA
10 April	NZ Marathon Championships (SM & SW)	CHRISTCHURCH
23 April	NZ Mountain Running Championships	DEER PARK HTS, QUEENSTOWN
7 May	Rotorua Marathon (incl NZ Masters Championships)	ROTORUA
29 June - 10 July	WMA Stadia Championships	TAMPERE, FINLAND
2 July	North Island Cross Country Championships	TAUPO
15-24 July	World Athletics Championships	OREGON, USA
28-31 July	USATF Masters T&F Outdoor Championships	KENTUCKY, USA

### 2022 continued

30 July	NZ Cross Country Championships	SPA PARK, TAUPO
3-5 September	WMA Mountain Championships	TELFES, AUSTRIA
4 September	NZ Road Championships	UPPER HUTT
18 September	NZ Half Marathon Championships	CAMBRIDGE
1 October	NZ Road Relay Championships	CHRISTCHURCH
16 October	NZ Trail Run Championships	CHRISTCHURCH

### 2023

18 February	World Masters Cross Country Relay	BATHURST, AUSTRALIA
19 February	World Masters Short Course Cross Country Relay	BATHURST, AUSTRALIA
27 Mar - 3 April	WMA Indoor Championships	EDMONTON, CANADA

### 2024

August (tba)	WMA Stadia Championships	GOTHENBURG, SWEDEN
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SCOTTISH



HARRIERS

Team Ledger Team Ledger Team Ledger  
679  
EMILY SOLSBERG  
ATHLETICS WELLINGTON  
WELLINGTON MARATHON