

Vetline

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in this issue:

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- > South Island Masters T&F Programme
- > The Future of Vetline



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Nigel Kirk and Nat Hardaker at the Wellington Road Champs

PHOTO: Sharon Wray



Darren Gordon and Trent Corbet (both M35) leading Jed McDermott (SM) at the Wellington Road Champs

PHOTO: Sharon Wray

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



Cover Photo

James Sutton competing at the Wellington Road Championships
Photo - Sharon Wray

Inside Back Cover

Denise Pilcher smiling on her way to 2nd place in the W60 grade during the Johnsonville 8km road race, Wellington
Photo - Sharon Wray

Back Cover

Nina Preston seems to be enjoying the scenic view at the Wellington Road Championships
Photo - Sharon Wray



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Lindsay Barwick (W35) leads Lucy Fauth (SW) at the Wellington Road Championships

PHOTO: Sharon Wray

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President's Report

by ANDREW STARK - NZMA President

This time last year we were in a Level 2 lockdown situation, but unlike last year, the lockdown did not go on for so long. We were lucky to have the NZ Cross Country Championships in Dunedin, but once again the NZ Road Championships have been affected and moved to November.

The NZ Road Relay Championships has been a highlight for many master's athletes over the years, but unfortunately under Covid 19 Level 2 restrictions of gathering up to 100, it has been cancelled. Much to the disappointment of many and I suspect it has come at a cost for some athletes / clubs who had already prebooked flights and accommodation. The event is still going ahead as a local event, using Level 2 protocols approved by the Christchurch City Council. The work to ensure that can happen was immense and a credit to the Athletics Canterbury Cross Country & Road Committee.

Recently NZMA have been in discussions with Auckland Masters about being able to successfully host the North Island T&F Championships in late November, given the current lockdown situation in Auckland. Will Auckland be at an appropriate Covid 19 Level to be able to host the event? Will athletes and officials be willing to travel to Auckland? Auckland Masters believe it is possible to host it under Level 2 restrictions, but that would limit the total number of competitors who could take part.

By the time you read this, I will have sent an e-mail to all masters who have recently attended our events to seek their feedback. If the overwhelming opinion is that it is too risky to attend the Auckland event, then the event will not be held. This will be advertised on the

website and via Facebook. At this late stage it is unlikely that another Centre will be able to conduct the event.

Planning for the South Island T&F Championship to be held in Dunedin is in full swing and I understand the event will occur even if still in Level 2 lockdown. If the situation changes, we will add a post to our website and via Facebook. So watch this space!

The future of Vetline has yet to be fully debate. I have prepared some information about the cost of production (see page 35 for details) and it is clear that it runs at a loss. However, we are committed to producing the January 2022 issue and possibly April and July 2022. The NZMA Board is keen to hear your feedback as to what format this magazine should take going forward.

Being involved in an organisation and planning events is a challenge, given the uncertain times we live in. The bigger challenge for us all is staying sane! I hope you all keep well, speak up if you are feeling down and surround yourselves with like-minded, supportive people.

NZMA e-mail Database

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

If you have **not** supplied your centre secretary with your e-mail address

or if it has changed,

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Contact: admin@nzmastersathletics.org.nz



NZ Cross Country Championships - 7 August 2021

by Michael Wray



236 Steve Stewart (M55) and 211 Phillip Harrison (M55)

The NZ Cross Country Championships took place this year, after suffering to Covid last year when the mix of alert levels across the country caused Athletics NZ to downgrade the event. The decision to downgrade, coupled with ANZ being slow to provide information on what that meant, caused a mass of withdrawals from the event, particularly amongst the North Island entrants for whom a trip to Dunedin involves a not insignificant financial cost. This year's event being run with full status saw it being rewarded with a good turnout with around 350 contestants taking part.

The weather was somewhat fickle. The master's women and men 65+ started with good weather but endured nasty mid-race rain showers before Dunedin switched back to a pleasant winter sun. The seniors encountered the worst of the conditions when the rain returned and strong winds took out the team tents.

Live streaming of the event enabled those not able to make the trip to watch, with Hayden Shearman and Jason Cameron providing great commentary. At times, the fickleness of the weather saw many spectators take breaks in the clubrooms to watch via their smart phones when it got particularly wet, windy and cold.

The course was a circuit of the Chisholm Links golf course, in an inflated U shape. None of the little hills were particularly demanding but they certainly took their toll on any attempt to run with rhythm. The terrain was mostly reliable, with no mud to



Alan Jones (260) 1st M75 and David Stott (M70)

speak of, just a few pot-holes to avoid and the greatest danger to staying upright was more likely catching your spikes on some of the more uneven sections. Whether that was the cause or not, Canterbury M60 Peter Richards took an impressive dive half way through the second or third lap; one minute he was running along nicely and the next, with no warning, he was lying on his front!

In the first race, Auckland W35 Lisa Cross, who has been continuing to race in the seniors in recent years, led the masters women in, building up a winning margin of around 90s on the next MW (Sally Gibbs) and almost two minutes over the next W35 (Kristy Eyles). Only four of the seventeen W20s who ran in the same race managed to finish ahead of Lisa, with just a matter of seconds for most of them.

Heather Walker was dominant in the W50s, keeping company with second W35 Kristy Eyles, to win W50 gold by almost a minute and be third MW overall. Heather's daughter, W20 Amy, was in the same race and while Amy had to settle for ninth in her race she at least claimed the household bragging rights by finishing some 45s before mum.

The biggest winning margins were in the W65s (Margie Peat, seven minutes ahead of second) and W70s (Barbara Patrick by nine minutes). Otago legend Myrtle Rough won the W80 grade unchallenged but despite being the oldest competitor in the field by nine years, she was nearly four minutes ahead of a W70 and only 25s behind a W65.

PHOTOS: Phil Coakes

The W35 team's race was close at the front. Auckland with 45 points were well clear of fourth placed Southland on 66 points, but first and second were only two points apart. You could possibly point at the Kristy Eyles vs Tina Cox race as the deciding factor where the two points were set, though this would ignore the countback then favouring Otago. Ultimately, Otago (Kristy Eyles, Claire Anderton, Kara Bryant, Leia Silby) took the team gold ahead of Canterbury by 25 to 27 points.

For the W50 teams, it was pleasing to see a full podium for the first time since the grade was introduced; not only that, we had four teams so the podium places were only available to successful racers. Wellington (Heather Walker, Victoria Humphries, Angela Clark, Michelle Van Looy) won with 22 points. Canterbury were a long way back in fourth with 57 points. Auckland with 42 points eked out a three point advantage on Otago for silver and bronze, with each of their paired runners being within two points of each other.

The older master's men also ran with the masters women. It will be nice to see them given their own team's race, even with three men teams, but as things stood this year they only have individual races open to them. Athletics NZ have taken guidance from NZMA and will be introducing a M65+ team competition for next season.

We had three separate age groups turnout for the older men: Graeme Lear from Nelson, formerly of Hawkes Bay-Gisborne



and before for that from Wellington, ran at the front with Steve Fairley from Auckland chasing but unable to close the 20-odd second gap.

The younger masters men (35-64) ran in a separate race with the M20s (mostly running all by themselves a wee way ahead of the MM) also on the same start line. Auckland M35 Rodwyn Isaacs came under more pressure from the lead M45 (Auckland teammate Nick Moore) than from the other M35s, winning his age group 30s ahead of Iain Macdonald. For the over 50s, Chris Mardon was the only runner to finish in under 30 minutes, beating second placed Robbie Johnston by nearly 40s.

In the M35 teams, Auckland were runaway winners with 16 points when their first three (Rodwyn Isaacs, Nick Moore and Simon Mace) were in the top four. Even their final counting member, Tim Hitchcock, placed ninth overall. Canterbury were second on 38 points, comfortably ahead of Otago with 60 points. Wellington were a long way back in fourth on 81 points. It was the first time since 2009 the Wellington masters men team failed to finish on the podium.

For the M50 teams, Canterbury broke Wellington's winning streak to win team gold for the first time since 2015 thanks to having all four runners (Chris Mardon, Richard Bennett, Jason Baillie, Kevin Muir) finish in the top 10 and scored 21 points. Wellington were second on 31 points and Otago third with 42.



PHOTOS: Phil Coakes

NZ Cross Country Champs Results

Women (6km)

W35-39		
1 Lisa Cross	23:34	AKL
2 Kristy Eyles	25:27	OTG
3 Hinano Andrews	28:03	WLG
4 Orlaith Heron	28:32	OTG
5 Claire Kenyon	29:52	AKL
W40-44		
1 Tina Cox	26:10	CAN
2 Nicola Handley	26:50	CAN
3 Claire Anderton	27:32	OTG
4 Kara Bryant	27:42	OTG
5 Nicole Jackson	28:11	STH
6 Leia Silby	28:23	OTG
7 Rachelle Green	29:56	AKL
8 Mandy Donald	32:04	AKL
9 Carolyn Fox	34:47	STH
10 Teresa Maloney	39:42	STH
11 Lee Grieve	40:09	STH
W45-49		
1 Lisa Brignull	27:22	CAN
2 Georgina Pakeho	29:24	OTG
3 Katherine Fitch	32:00	CAN
4 Paula Conder	32:02	MWA
5 Jackie Blay	32:09	STH
W50-54		
1 Heather Walker	25:26	WLG
2 Shireen Crumpton	26:18	OTG
3 Angela Clark	29:00	WLG
4 Christine Montgomery	29:09	OTG
5 Michelle Van Looy	29:31	WLG
6 Jan Sheppard	30:14	WLG
7 Sue Hendry	30:33	OTG
8 Donna Tumaru	34:10	OTG
9 Sue Kim	35:54	OTG
W55-59		
1 Sally Gibbs	24:59	WBP
2 Victoria Humphries	26:48	WLG
3 Mary-Clare Delahunty	29:39	CAN
4 Sian Dawson	30:01	AKL
5 Robyn Perkins	31:31	CAN
6 Robyn Daly	31:43	CAN
7 Christine Lear	32:23	TAS
W60-64		
1 Carolyn Smith	28:16	AKL
2 Debra Lautenslager	31:37	WBP
3 Annette Campbell	31:44	CAN
4 Karen Gillum-Green	32:27	TAR
5 Karen Crossan	33:09	AKL
6 Gail Sharp	33:33	OTG
7 Terri Jones	34:04	AKL
W65-69		
1 Margie Peat	28:40	AKL
2 Dalise Sanderson	36:00	OTG
3 Liz Hardley	37:16	AKL
4 Linda Te Au	39:51	STH

W70-74		
1 Barbara Patrick	34:48	OTG
2 Shirley Rolston	44:00	CAN
W80-84		
1 Myrtle Rough	40:16	OTG
Men (8km)		
M35-39		
1 Rodwyn Issacs	27:34	AKL
2 Iain MacDonald	28:03	WBP
3 Dave King	28:46	CAN
4 Tim Hitchcock	29:15	AKL
5 James Parrott	29:17	CAN
6 Nic Bathgate	29:41	OTG
7 Simon Kerr	29:46	CAN
8 Ben Wreford	29:55	CAN
9 Geoff Ferry	31:42	WLG
10 Aniel Smith	32:04	AKL
11 Aaron Eyles	32:30	OTG
12 Simon Wooding	33:18	CAN
M40-44		
1 Simon Mace	28:07	AKL
2 Dwight Grieve	28:39	STH
3 Vajin Armstrong	28:56	CAN
4 Xaviour Walker	29:42	OTG
5 Dayle Mclauchlan	29:52	CAN
6 Nathan Jones	30:16	CAN
7 Daniel Clendon	31:13	CAN
8 Neale McLanachan	31:22	OTG
9 Trent Corbett	31:31	WLG
M45-49		
1 Nick Moore	27:47	AKL
2 Daniel Clendon	28:34	WLG
3 Dean Chiplin	29:54	WBP
4 Blair Martin	30:01	OTG
5 David Fitch	30:04	CAN
6 Andrew Lonie	30:28	OTG
7 Tim Bolter	30:38	OTG
8 Craig Iverson	31:32	STH
9 Simon Rhodes	31:33	OTG
10 Darren Gordan	31:39	WLG
M50-54		
1 Chris Mardon	29:33	CAN
2 Robbie Johnston	30:11	OTG
3 Brendon Thompson	31:14	WLG
4 Danny Baillie	31:20	OTG
5 Jason Baillie	31:56	CAN
6 Kevin Muir	31:57	CAN
7 Philip McKay	32:23	HBG
8 Michael Wray	33:43	WLG
9 Glen Mcskimming	33:51	OTG
10 Robin Miller	34:16	AKL
11 David Hadley	35:13	TAR
12 Philip Keelan	35:15	CAN
13 Adrian Earl	36:16	NTH
M55-59		
1 Richard Bennett	30:54	CAN
2 Peter Stevens	31:45	WLG
3 Paul Hewitson	31:51	WLG

4 Ricky Gutsell	32:56	STH
5 Keith Wright	33:20	CAN
6 Tony Warren	33:29	AKL
7 Dave Sharp	35:24	OTG
8 Brent Halley	35:53	OTG
9 Richard Fogarty	36:51	OTG
10 Neville Britton	36:55	OTG
11 Donald Bate	37:17	OTG
12 Gordon Wong	37:51	OTG
13 Robert Homan	41:50	OTG
14 Steve Stewart	44:09	OTG
15 Phillip Harrison	45:15	AKL
M60-64		
1 Peter Richards	33:57	CAN
2 John Gamblin	34:24	CAN
3 Phil Sadgrove	34:41	WLG
4 Stephen Bloomfield	34:48	OTG
5 John Wallace	36:27	STH
6 Dave Tyrrell	40:52	CAN
7 Neville Shanks	48:28	OTG
Men (6km)		
M65-69		
1 Graeme Lear	26:58	TAS
2 Steve Fairley	27:16	AKL
3 Phil Napper	27:41	OTG
4 Stephan Lindsay	28:31	HBG
5 Rodger Ward	29:29	CAN
6 Philip Morris	30:50	OTG
7 John Palmer	32:21	CAN
8 David Green	34:20	AKL
M70-74		
1 John Thomson	29:45	OTG
2 Ian Morrison	30:47	TAS
3 Ken Fahey	33:50	OTG
4 Tony Dawbin	34:27	WLG
Team Results		
W35-49		Points
1 Otago		25
2 Canterbury		27
3 Auckland		45
4 Southland		66
W50+		
1 Wellington		22
2 Auckland		42
3 Otago		45
4 Canterbury		57
M35-49		
1 Auckland		16
2 Canterbury		38
3 Otago		60
4 Wellington		81
M50-64		
1 Canterbury		21
2 Wellington		31
3 Otago		42

Why The Decline In Performance As We Age?

by Margaret Saunders



W60 Bev Hodge at the Wellington Road Championships

Speaking to some athletes has encouraged me to research and discuss in more detail, the reasons for the age related decline in performances in all events. Unfortunately I can find no research as to the very sudden deterioration which occurs. However, I can show some reasons for the drop or stagnation in performance levels as we age.

VO2 max, also known as maximal oxygen uptake, is the measurement of the maximum amount of oxygen a person can utilize during intense exercise. The maximal amount of oxygen (O2) is measured in millilitres an athlete can use in one minute per kg of their body weight. Generally the higher the VO2 max the faster an athlete can complete an endurance event. Usually the VO2 max of a male is superior to that of a female. An athlete's VO2 max will begin to decline from the maximum reached in late 20s or early 30s and this decline is considered to be about 5% each ten years after the age of 50, whilst the VO2 max of a sedentary person may decline up to 10% per year.

Heart rate is the number of beats per minute based on the number of contractions of the ventricles (lower chambers of the heart). It is possible to have a very fast or very slow heart rate. The maximal heart rate is the greatest number of beats in one minute one can achieve whilst undertaking intense endurance exercise. The theoretical individual maximal heart rate is 220 minus your age. Therefore at 20 years of age in theory it should be 200, whilst at 60 it would be 160. If an athlete over the age of 60 is working at a heart rate of 140, then the effort is probably greater than a younger athlete working at a rate of 155. Physical activity has a positive effect and based on research it appears that



M35 Iain Shaw at the Wellington Road Championships

masters athletes may be able to achieve higher maximal heart rates than theory suggests.

One reason for the VO2 max decline with age is due to this reduction in maximal heart rates. There is also a reduction in the heart's stroke volume – which is the amount of blood pumped each heart beat. This, combined with the lower maximal heart rate, leads to less blood available to the muscles and hence less oxygen and nutrients available to use and less blood to take away the waste products, such as carbon dioxide.

Strength events where athletes rely on fast twitch muscles will notice a drop in performance. Maximal muscle strength is achieved by the age of 35 and then there is a steady decline. This decline is more marked in men than women. A decrease occurs in the muscle mass whilst muscle fibres decline with age and do not function as efficiently.

Sprinters appear to maintain their frequency of stride but the stride length is reduced with age. This may be due to the reduction in efficiency of the fast twitch muscles of the lower leg. A slower rate of force development is caused by the reduced maximum strength and the reduced muscle mass. There also may be a slowing of reaction time and a reduction in flexibility which will affect the performance level.

Therefore it is important to be aware of the limitations on performance as we age. However as we grow older, we do have the power of experience to know the limitations of our body.

PHOTOS: Sharon Wray

More Running in Thailand...

by Brian Hayes

Who would have thought of going to the province of Pattaya in central Thailand in the middle of summer to run a marathon. It was certainly never on my “list of things to do”. However it was soon to be my next marathon in Thailand.

In January 2021 I wrote a story about running the Khon Kaen marathon in north east Thailand in January 2009. That story focused on how I needed to prepare in a special way for running in the very hot temperatures of the tropics. Five years later, quite unplanned, I ran another marathon in Thailand.

Buoyed by a very satisfying run in the Wellington Marathon on 23 June 2013 in 3:13:43, I was easily attracted to running another marathon just 4 weeks later when making an unplanned visit to the city of Pattaya.

How did this come about? The reason is probably bizarre but understandable to marathon runners and their suffering families. Two weeks after the Wellington marathon I went to Thailand with my wife, Leang, to be with her family in the northern city of Chiang Mai. During our visit we were invited to visit her friend who lived 600km to the south in Bangkok. Leang and her friend suggested we leave Bangkok for a couple of days and go to a beach area and they chose Pattaya City. As I had never been to Pattaya or south of Bangkok I was keen to go.

I browsed brochures and maps of “places to visit and see” in Pattaya and noticed that there was to be an international marathon during our two day visit. I did not need any persuasion to enter and give it a go. I am fortunate that Leang was very supportive, as she has always been with my running exploits.

A few days later we travelled by bus on the two and a half hour trip to Pattaya. July is one of the very hottest months in Thailand. In hindsight my quick decision was probably swayed by my recent Wellington marathon success and I put the thought of the heat behind me.

So what should have been a dream was not about to happen.

On arrival at Pattaya we went straight from the bus terminal to the race venue to pick up packs and race number. There were hundreds of runners entered from all over Thailand and many and other Asian countries as well as the African continent. After registration we went to our hotel some 4km away by taxi. It was early to bed that night.

As I needed to be at the start line before 4.00am, I checked with the hotel reception that there would not be any barriers for me leaving the hotel at 3.00am. They said “No Problem” and that there was all-night receptionist on duty. But ... when I tried to get to the reception area at 3.15am, I found everything locked. I quietly went to an outer area and hoisted myself up a concrete fence around 2-2.5m high and slithered over before jumping down onto an outside road.

I jogged steadily through silent streets, apart from occasional wandering dogs, in the direction of where I guessed the start area was. I passed many shops close to the city and noted a great number had Thai script signage and also Russian script for tourists who favoured the area. This little snippet surprised me and stays in my mind. I arrived at the start line 10 minutes early and all warmed up for a long run.

Thai marathons have a very formal start process, with instructions by megaphone, the playing of the Kong’s songs and national anthem. This took place very quickly and suddenly the gun went off and to the cheer of many noisy spectators hundreds of runners were on their way. The leaders raced away from the rest of the field quite quickly and they were led by Police and TV film crews on motor cycles.

I ran quite steadily on the long flat and straight road on the west side of the city. A description of this would be like running from Wellington to Lower Hutt on the one whole side of the motorway, which was given over to the marathon event.

The other side of the road was open for traffic and used as two “one way lanes” for the traffic going in opposing directions. I thought this was a very sensible idea as it meant that the race had a very safe and wide road. For the very few vehicles at 4.00am it was sufficient for the 20km to the halfway turn point.

I experienced “hitting the wall” with 6-7km to go and after we turned off the highway with 3km to go I stopped for another long, long drink. Scores of college students were encouraging us to keep going. I staggered slowly onwards, watching the clock heading towards the four hour mark.

It seemed like a bad dream when finally I was on the beach front road and pushing myself to the finish line. With one km to go I recognised Leang who had walked on the pavement down towards the finishing runners as she was worried since she thought I would have finished much earlier. The finish line never looked so good. I crossed in 3:54:38 and walked under hoses sprouting water over all the finishers. The temperature signs were showing 28 degree. At least I had finished! At age 66 I had come 7th in the M60 age group.

Our entry fee included a cooked breakfast which went down very well. The international menu suited everyone. We got to speak to many runners and then watched hundreds of other runners finishing. It was an exciting and wonderful event which we enjoyed so much.

Also present was a student named Jhea who stayed with us as a homestay student for two years. He ran with the Wellington Marathon Clinic occasionally but his first love was football. Jhea drove us back to Bangkok and we stayed there for a couple more days before heading back up to Chiang Mai.

It’s Time For Some Changes To Our Sport

by Wilma Perkins

Over the years World Masters Athletics has made changes to better cater for masters athletes. Usually the pressure for these changes came from its members (affiliates). For example, older athletes will recall the introduction of the steeplechase, pole vault, triple jump and hammer for women and the introduction of the weight throw and the throws pentathlon. Throwers have experienced a number of changes including the introduction of the 700g, 500g and 400g javelins. More recent changes have seen the introduction of lighter weights for older athletes.

However, there are still changes needed that can improve events for athletes, such as the following.

Steeplechase

Until last year there were only two steeplechase heights. Open men and M30-59 with a barrier height of 0.914m and open women, M60+ and W30+ with a height of 0.762m. But now a third height of 0.838m has been introduced by World Athletics for under 18 years men.

Surely this is a much better barrier height for M30-59. Until now the reason against a lower height for masters was that the steeples only catered for the two original heights. But now there is an opportunity for affiliates to pressure WMA to introduce this lower height. Perhaps in time the older women may also have the opportunity for a lower barrier height rather than spending their entire life having to use the same barrier height.

200m Hurdles

The 200m hurdles were a great introduction for W70+ and M80+. However, there is one catch. Although the number of athletes competing in this event at WMA Championships has increased there are still few within an affiliate competing in this event and often an athlete has to run alone. That is not a problem until an athlete breaks a world record. The WMA rules say that a world record cannot be claimed unless there are at least two athletes in the event. This situation occurred earlier this year at the Queensland State Championships when a W70 athlete broke the world record. There were no other W70+ or M80+ entered so the athlete ran alone and her world record claim was dismissed by WMA. On checking Australian Championship results there has often been only one participant in the 200m hurdles. Surely this is the one event when the ‘must be at least two’ in the event should not apply.

Hurdle Height

According to WMA specifications hurdlers have a height reduction at the age of 60 years. However, men receive further height reductions at 70 year and again at 80 years. Yet women have been expected to maintain their 60 years hurdle height regardless of whether they are 70, 80 or even older. Men and women both lose speed and jumping height ability with age so it is logical that older women should also have a hurdle height reduction.



Wilma Perkins in the Heptathlon at the 2013 WMA Champs in Brazil

Fortunately, there are hurdles on the market that would cater for this change. For younger athletes a force of 3.6kg is the standard for a hurdle to tip. This requirement is not necessary for older athletes as they no longer generate such acceleration between hurdles and to maintain the 3.6kg force can actually create a safety issue for the athlete. Many of the training hurdles on the market would be able to cater for a height reduction and be safer for the hurdlers. A lower hurdle height for W75+ or at least the W80+ would be most appropriate.

As an aside it is worth noting that the only male age groups who go over the same hurdle height for both the short and long hurdles are the M80+ yet women are required to do this from the age of 60+.

Sprint Hurdle Spacing

At the age of 50 years hurdlers have a reduction in the spacing in the short hurdles. This spacing is expected to be maintained by women whether they are 50, 60, 70, 80 or older. Men, by comparison have a spacing reduction not only at 50 years but again at 60 and 70 years. Why would this be necessary for men but not women? Surely it would be appropriate for a reduction in spacings from 7.00m to 6.50m and then 6.00m to occur for W70+ and W80+ and even consider reducing the sprint hurdles for these older age groups to 60m to better accommodate the 6.50m and 6.00m spacings and distance to the first hurdle and run out to the finish line.

Pentathlon and Heptathlon

If the WMA Competition Committee do not consider providing more appropriate hurdle specifications for the older female hurdlers then perhaps it is time to replace the pentathlon and heptathlon hurdles with a sprint event.

Speaking Up

Most changes in the past occurred when someone has spoken up. Until administrators and other athletes are made aware of an issue then nothing can change. Perhaps there are other possible issues that need to be looked at. Are the track relay bands at Oceania appropriate? Are the teams events still appropriate? Should virtual events be further encouraged?

PHOTO: John Campbell

Like To See Where You Are Going Or Where You Have Been?

by George White

Backwards could be the way forward! Sounds pretty silly doesn't it, but there may be something in it. In recent years, running backwards, reverse running or retro running (or retro-locomotion to include walkers) has grown in popularity, but is not new.

It first emerged to any significant degree in the 70s, when sports doctors began recommending it to injured athletes and footballers. Since then, it has become an essential part of training in many sports, particularly boxing, gridiron, basketball and hockey. Now athletes in many sports such as football, tennis and athletics use retro running as part of their training regime. Many physiotherapists recommend it for rehabilitation of knee and back problems.

Many experts believe it is a fast-forward route to fitness. Retro-runners need to move at only 80 per cent of the speed of forward runners to gain the same physiological and fitness benefits.

And of course there are World Championships for the sport held every 2 years (not sure what the field events look like!). World records show times that I would be proud of as a normal runner!

Retro-Running World Records		
Distance	Men	Women
100m	13.6	16.8
200m	30.33	37.94
400m	68.34	89.0
800m	2:31.3	3:13.86
1500m	5:01.0	-
3000m	11:00.9	13:19.4
5000m	19:07.13	24:11.6
10000m	38:50.01	51:53.2
Half Marathon	1:35:49	1:57:08
Marathon	3:38:27	4:26:06

So, what are the supposed benefits of retro-running?

Burns more calories than running forwards

By using more muscles, retro running burns 20% more calories than forward running, ergo it is better for weight loss and the same benefits can be achieved in less time.

Cardiovascular fitness

For years retro-running has been a favourite training exercise of boxers. One reason for this is because retro running really gives the cardiovascular system a workout; and this is exactly what a boxer wants if he's to develop the necessary stamina to last 10 or 15 tough rounds. South Africa's Stellenbosch University showed that the technique improved cardiovascular fitness and when compared to normal runners, the retro-runners were found to have significant decreases in oxygen consumption, meaning they had become aerobically fitter and had lost an average of 2.5% of body fat.

Improves muscular balance

Forward running mainly uses the hamstrings and knees. Retro-running uses the quadriceps, calves and shins. By using opposing muscles to those used in forward running, retro-running balances muscular strength. In general, a normal condition exists when the legs possess a 60-40 quadriceps/hamstring strength ratio. However, in long distance runners especially, the ratio is 50-50, 40-60, or worse. Retro-running also develops and strengthens the muscles along the sides of the knees. So, for a person who has bad knees, retro-running is an excellent strengthening exercise. Further - running forwards, the lower back takes a great deal of the load whereas retro-running engages the abs more.

Reduces the risk of running-related injuries

For most people, forward running is naturally associated with a heel-to-toe strike. This puts a lot of stress on the shins and knees and often causes shin splints, stress fractures and knee problems. Retro-running encourages toe-to-heel strike which reduces trauma to the Achilles, shins and knees. Because landing and push-off is from the toes, they are strengthened, which aids good posture.

Improves leg speed and performance during forward running

Retro-running shortens the stride and increases leg speed, often resulting in faster forward sprinting speed.

Rehabilitates knees

As retro-running works the muscles around the knee it can be used to strengthen the knee to prevent further injury. Because of its low impact on the knee, retro-running can be used during rehabilitation.

Improves posture

Forward runners often lean forward from the waist which over time can contribute to poor running style along with injury and pain. During retro-running, the back is kept straight and the shoulders are held back. Running in this posture works the abdominal muscles more than during forward running and so is better for building abdominal strength.

Improves senses

Because runners are blind to the direction of travel, other senses to navigate and stay upright come in to play and improved hearing and peripheral vision following retro-running is often reported.

It's fun

A drawback of running, and especially endurance running, is that it can be tedious. Incorporating retro-running into the training session provides variety (it is the spice of life!).

But wait do I hear a set of steak knives on offer? Some say retro-running leads the athlete to greater beauty, balance, creativity and finally to greater harmony in life.

The obvious negative of retro running is the increased risk of falling and possible injury. The risk can be minimised by developing the right technique to avoid injury or accident.

- Choose a flat, wide running surface that is free of potholes and obstacles. The best places to practice are in the park, on the beach, or on a track.
- Identify a distance of 50 to 100 metres and walk it to check for any dips or rocks.

- Run with a partner who will act as your "eyes". As one person runs backwards, the other runs forwards. This is the surest way to eliminate worries about tripping and falling down.
- Use a treadmill. Start at a slow speed and only as you become more proficient, increase the speed and incline. Wear the safety stop cord.
- Lean back slightly as you run, pushing off from your forefoot to drive backwards. Let the ball of the foot contact first, and then allow the heel to touch just briefly.
- Try not to look behind too often. Take a glance every six to eight paces to start.
- Begin by incorporating some retro running into your warm-up. Gradually increase the time and distance

Other drawbacks to retro running include the fact that people will look at you as if you are mad - particularly if you wear hats with built-in mirrors! The body is designed to move more efficiently forward than backward and in Australia our 2 National symbols – the kangaroo and emu are included in our coat of arms to symbolise the fact that Australia will never move backwards (they cannot walk backwards). They must know something!

So retro-running may have advantages as a useful variant to training and to assist when knee and back problems arise, but remember it doesn't really train you for normal running. Retro-running uses opposing muscles and requires different posture and technique, so for competitive runners it should only be used to supplement normal training and not replace it.



Sue Dumble - Obituary

by Murray McKinnon

Long standing official and masters athlete Sue Dumble formerly of Auckland and lately Tauranga died on Saturday 4 September 2021, aged 83.

Sue competed for the Massey Club and was champion athlete in her age groups at the New Zealand masters championships in the 1980s and 1990s, all in field events.

Here first title came in 1981 in the W40 javelin throw followed in 1984 with the W40 high jump, in 1987 the W45 triple jump, 1988 the W50 hammer throw, long and triple jumps.

Sue competed at the second world veteran track and field championships in Gothenburg Sweden in 1977 in the W35 javelin throw and cross country.

She was an official at the 1990 Auckland Commonwealth Games officiating at the hammer throw. Sue was secretary of Oceania Masters 1988-1990 and chairperson of the organising committee of the successful fifth Oceania Veteran Games in Auckland in November 1990. She was a life member of Auckland Masters Athletics.

(Reproduced courtesy of Athletics NZ Weekly Roundup)

Ronald (Ron) William Jones

06 Sept 1934 – 24 May 2021

by Murray Clarkson

It is with great sorrow we acknowledge the passing of Ron Jones surrounded by his family. Ron was a young 87.

It is not until the events of his life are researched that the enormity of his contributions to athletics, his family and the community are revealed. Suffice to say that Ron was a legend as a quiet achiever with a smile for all he met. The Whakatane Athletic and Harrier Club claims him as an integral member for many years and awarded him a Life Membership in 1972.

Being a milkman and one of the fittest around he was generally tied to his home base and thus was not able to contest races overseas very often. Local road races, the Rotorua Marathon, the Triple Ironman, Tois Challenge and numerous off-road events have his name etched in their trophies. He was the Whakatane club cross country champion for 20 years from

1955 to 1977, plus the road champion 16 times and served as club president for 8 years. He was heavily involved with organising both the Triple Ironman & Tois Challenge events.

As well as athletics, he was, along with his wife Ann, a key volunteer in establishing the Bird Walk Track - installing stairs, retaining walls, and conquering scrub and gorse. This is now a Kiwi sanctuary thanks to their efforts. Tributes from the likes of Phil Clode & Haydn Wilde attribute to Ron's influence in their early development as athletes. Many more have also benefitted from his advice.

A genuine friend of many, he will be missed from our presence. We extend our condolences to Ann and the wider Jones family in Whakatane.

Ronald (Ron) John Price

06 May 1943 – 04 August 2021

by Whakatane Athletics

It is with sadness that we farewell Ron from our masters family. Ron was a valued Life Member of the Whakatane Athletic and Harrier Club. He was a respected, reliable, always available person who was not shy of making witty comments. The much loved husband of Bev and loved by all his mokopuna.

He began life in an orphanage in England, before making his way to New Zealand as a child. He joined the Whakatane club in the 1980s and became very involved in the committee, including being President for many years.

He was also a member of the Triathlon Club and actively involved with the committee and recruitment of new members. He was a regular competitor in the Port of Tauranga Half-Marathon and competed at World champs in several age groups. He also completed the gruelling Iron Man event, a major achievement.

Ron liked to travel and attended many World Masters Athletics Championships overseas more for the chance to see places with friends than chase the medals. Having said his, he would always compete to his best.

Cycling became another activity that he enjoyed. (There was always a comment available and you knew who was under the helmet.) An e-bike came to take occupancy of his shed and was used to great effect.

In later years, he joined the Night Owls. There was no doubt that he could cope with late night activity. This was re-named "Community Patrol". He was well known and very influential in the Whakatane community being "Mr Fix It", a graffiti buster, a people's person and a lot more.

Ron has run his final race and has crossed the finish line with distinction. He will be remembered for his whistling, his unorthodox running and cycling styles, his happy demeanour, willingness to listen, while his wisdom and loyalty are but some of the accolades he deserves.

He had a signature way of saying hello - "heelloooo" and everyone was "Hey buddy". He will be sadly missed by us all. Rest in peace Ron John Price aka "Pricey".



2022 Australian Masters Athletics Championships

The 2022 AMA Championships are scheduled for 1st to 4th April 2022. These were the Championships that Brisbane had planned to have in 2020 before Covid caused their cancellation and consequently changed our carefree lifestyle. Australia also had to cancel the 2021 AMA Championships.

The Local Organising Committee (LOC) extend an invitation to all New Zealand and Pacific masters athletes to join us in Brisbane for the championships.

At this stage the LOC have a draft program with events spread over the usual four days so that the pentathlon and throws pentathlon can be included. There are some differences to the program compared to past years.

The non stadia events will be conducted on the Saturday and Sunday (previously these two events were held on the Monday). At this stage the cross country event has not been included as the intention is for this event to be conducted with Athletics Australia's cross country championships. However, if these do not go ahead the cross country will be included in the Brisbane program on the Saturday morning.

The 400m will be timed finals to eliminate the need for heats. Heats will be held for the 60m, 100m and 200m with finals on the same day.

A coaching forum and an athletes forum will be held on the first two days. A social function will be held after events conclude on the Sunday.

Draft program for 1 - 4 April 2022

Friday:

5000m, 60m, 100m, 800m, 1500m walk, hammer, javelin and high jump for M30-74, shot, discus and long jump for W30+ and M75+

Saturday:

5000m walk, long hurdles, 200m, steeplechase, hammer, javelin and high jump for W30+ and M75+, shot, discus and long jump for M30-74

Sunday:

10km road walk, 1500m, 400m, pentathlon for W30+, sprint hurdles for M30+, pentathlon for W30+, relays, pole vault, triple jump for M30+, weight for W30+, throws pentathlon for M30+

Monday:

10000m, sprint hurdles for W30+, pentathlon for M30+, relays, triple jump for W30+, weight for M30+, throws pentathlon for W30+

Looking forward to having your company in Brisbane

Wilma Perkins - Brisbane LOC Member

An all-round achiever

For the second time in just over a decade, Mike O'Leary has become the recipient of an inaugural police-related honour.

The 61-year-old inspector from Hastings has been named as the first recipient of the Police Sport Lifetime Achievement Award for his participation, commitment and service to Police Sport over several decades.

Mike was also the first Police member to receive the Police Association's Bravery Award, introduced in 2010, after the courageous off-duty rescue of two children

from a crashed and burning van. He later received a NZ Bravery Decoration for the same incident.

In a life full of sporting and career highlights, these awards stand out for Mike, who says he is immensely proud to have been recognised by his peers.

"I'm a very proud police officer. We all are, and we try to do our best in the communities in which we live and work," says Mike. "I have had the privilege of working and playing beside a whole lot of role models, and I'm honoured to have been considered for a lifetime achievement award."

Though he points out that it's not quite a lifetime yet. He's still working fulltime as the professional conduct manager for Eastern District, still blazes his way around the PCT, and he's always up for whatever sporting challenges he can find.

Frustratingly, he's been having to take it easy after shoulder surgery in April for an old sporting injury. Even with the injury, he managed to collect four gold and five silver athletics medals at the Whanganui Masters Games in February. Three weeks later, at the 2021 NZ Masters Athletics National Championships, Mike restricted himself to just three events, winning gold in the shot put, silver in the javelin and bronze in the discus. His injury meant he was unable to defend the national pentathlon title he won in 2020.

At the 2020 Dunedin Masters, he won gold in all seven events he entered (100m, 200m, long jump, triple jump, discus, shot put and javelin), and at the NZ Masters Athletics National Championships in Hastings in late February 2020, he brought home one gold, three silvers and a bronze. He's confident that his shoulder will be right soon, and he will be good to go for Masters later this year and for the 2022 Australasian



Mike on the cover of Police News in 2010 after receiving the inaugural Police Association Bravery Award.

Police & Emergency (AP&ES) Games in Rotorua in March next year.

The last time the games were held in New Zealand, in Lower Hutt in 2012, they marked the start of a decade-long AP&ES medal-winning streak for Mike. That year he threw his hat in the ring for the first time, and, with no training, entered eight track and field events, reaping seven golds and a bronze. "From that, a passion and a focus developed for the games. I had previously focused on rugby sevens where our team had done well."

In fact, the roots of that passion stretch back to his schooldays in Hastings when he just loved anything to do with sport – rugby, cricket, volleyball, basketball and swimming – but with a special affinity for track and field events.

He went to Otago University to study PE, and play rugby, with the idea of becoming a teacher, or, if that didn't work out, a police officer. "As it played out, I got the best of both worlds," he says.

He joined Police in 1983 and, after frontline work in Lower Hutt, was seconded to the Police College in 1986 as a physical training instructor (PTI). Around the same time, district civilian physical education officers were hired to implement the new physical competency test (PCT) that was being introduced.

His own competency on the sports field fitted neatly with his ethos on policing. "It's about being fit for the job, yes, but it's also about being 'fit for life'. It's about making

sure your body is prepared for adversity that may come your way. We spend a lot of time studying and training our brains to pass exams. You've got to want to do that for your body too."

Mike says there is no doubt that the PCT has lifted the health, fitness and wellbeing of police in New Zealand. "Some people might think it's past its use-by-date, but show me something better? The test has been validated and reviewed by overseas universities and experts and has retained its value while being refined over the years."

He left the PTI gym-based role in 1990 to become a recruit instructor in law and practice and then, in 1992, when the Ministry of Transport merged with Police, he taught cross-training policing to the former MOT staff.

Among the thousands of recruits and senior course members that he trained were a future assistant commissioner, Tusha Penny (Wing 130), and his current district commander, Superintendent Jeanette Park (Wing 123).

In 1993 he took a sergeant's job in his home town of Hastings, raising a family of three with his wife, Deb. He was promoted to senior sergeant in 1998 and inspector in 2006.

In 1998, Mike founded, co-planned and hosted the North Island Police Touch Tournament that was held in Hastings for eight years.

He also set up what became, literally, a legendary sevens rugby team. Mike knew a lot of police in Hastings had played senior rugby, so he organised a team of over-35s

"I have had the privilege of working and playing beside a whole lot of role models, and I'm honoured to have been considered for a lifetime achievement award."

to enter the NZ National Rugby Sevens tournament held in Palmerston North. Mike's team beat the national champs, 40-nil. He later drew in other players from Napier and Gisborne and those teams won national titles consecutively up to 2002. He then took the team to compete in the AP&ES Games in Australia and New Zealand till 2014. They hold multiple national and Australasian titles.

"We became 'The Legends' and they call me 'Legend' for setting it up, being the planner and keeping us all in contact. It's very nice of the team and we appreciate

the camaraderie, the fun and laughter... but when we competed, we didn't play to come second." The list of Mike's sporting and sport administration and organisational achievements is long, ranging

from being secretary of the Hawke's Bay-Gisborne Masters Athletics Association (responsible for coordinating the NZ Master Track and Field Champs in Hastings in 2020) to being a multiple medal winner in track and field events locally, nationally and internationally.

He was the Police Association Police Sport Administrator of the Year in 2016 and the Sport Hawke's Bay Masters Sportsperson of the Year in 2020.

He credits his sporting success to "being very competitive and having good genes". "I've never pressed weights. I jog when I feel like it. If I think I'm putting on weight, I'll do something about it. But, really, I enjoy the competitions



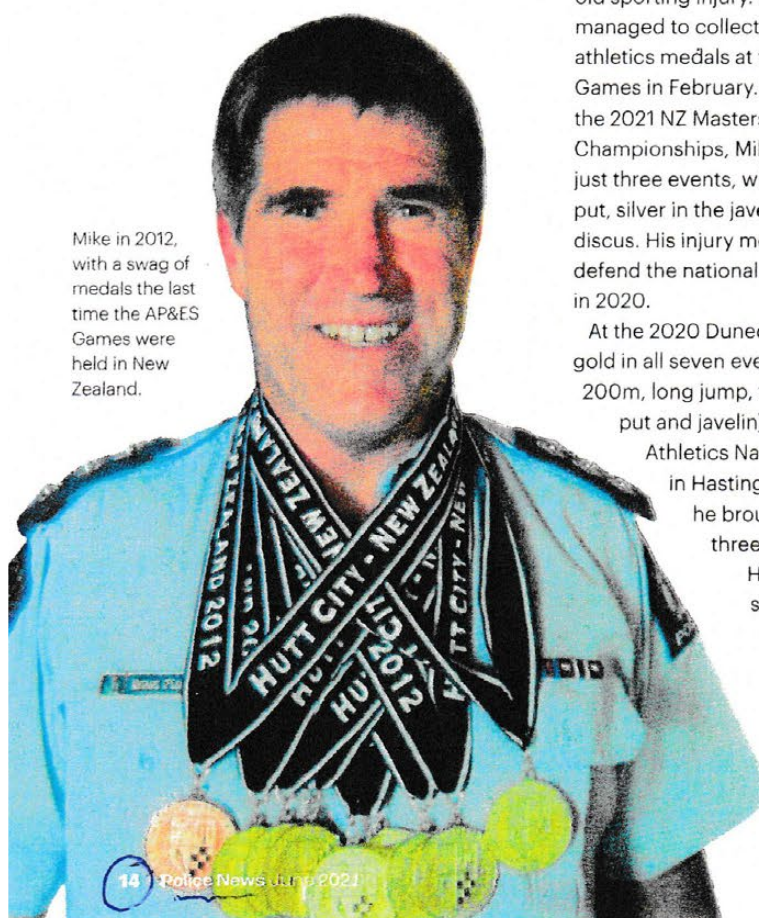
Above, Mike at the top of the podium for his discus personal best of 33.2 metres at the New Zealand Masters in Whanganui in February this year. Below, in action at the 2016 AP&ES Games on the Sunshine Coast in Australia, right, and the 2018 games in Mandurah, left.

and having fun doing what I like. Sport is a passion and I have played with and against some awesome people. I'm just trying to follow my 'bliss', doing what I enjoy."

He'll keep on track – pardon the pun – as long as he can. "I see people in their 90s still competing. It's inspirational. I'd like to be one of them. It gives them a focus, keeps them fit and gives them a goal."

He's ready to register for the 2021 NZMA North Island Champs this November, the February 2022 Dunedin NZ Masters Games, the AP&ES Games, and then the NZMA National Champs to have a shot at getting that pentathlon title back.

Mike will be presented with his Police Sport Lifetime Achievement Award at a dinner at the Police College on June 10.



Mike in 2012, with a swag of medals the last time the AP&ES Games were held in New Zealand.



Police News June 2021

Got The Munchies?

by George White

Nutrition and exercise are two of the most important factors for our overall health. We are all pretty good at exercise but what about nutrition. We are not Olympic athletes so it is unlikely that we have a captive nutritionist to solve all our problems. It is obviously a complex subject and very specific to an individual but there are some basics that we should aim to get right.

Generally our body's response to exercise differs based on whether or not we eat before or after exercise and this may be particularly relevant if you exercise first thing in the morning. While there are generalisations on the pros and cons of eating before or after exercise it is very much an individual thing and it is important to try out what is best for you.

Eating before exercising can be important for both preparation and recovery from exercise. Food contains fuel that helps muscles contract during exercise, especially exercise for longer than 60 minutes. But many people do not eat before exercise because they are concerned it will make them feel sluggish, or cause cramps, or an upset stomach. This is a common misconception. The fact is, most nutritional guidelines recommend eating some form of food in the hours before exercise, especially carbohydrate which can be broken down quickly to provide energy that will keep muscles functioning.

Overall there are a number of things to consider when thinking about food and exercise, including the type of food, how much, what type of exercise is being performed (and for how long), as well as your health or sporting objectives. In order to make use of food as fuel, it must be broken down, absorbed and moved to the muscles by the blood i.e. the food you eat before exercise is only useful once it's been digested and absorbed. The time needed for this depends on the type and quantity of what you eat.

Fatty food, protein, and fibre tend to take longer to digest than carbohydrates and high fat or fibre foods may increase the risk of stomach discomfort during exercise because it remains longer in the stomach. Bigger portions of food will also obviously take longer to digest than smaller quantities. So if you're going to eat immediately before exercise, it's best to go for a small amount of carbohydrate foods. Generally, food eaten before exercise is better tolerated before an easier work out.

Clearly the reason to eat before exercise is to provide fuel for the muscles. But the body already has stored fuel sources (muscle glycogen and fat) that can be used in short-term, hard activities. So it's not necessarily essential to eat something prior to a short, hard workout. Indeed, it's probably better to eat after such exercise to recover from it.

Your body's primary sources of fuel are body fat and carbohydrates. Fat burning is higher during fasted exercise, while glycogen use is higher during non-fasted exercise. This trade-off between carbohydrate and fat metabolism is part of the body's natural ability to function with or without a recent meal.

Given that the body burns more fat for energy when it is fasted, it's tempting to think that this will lead to greater fat loss over time. Unfortunately there is no strong evidence that fasted exercise leads to greater weight or fat loss.

The majority of research showed no difference in performance between those who ate before aerobic exercise lasting less than an hour or HIIT, and those who did not. One reason why clear benefits of eating before short-duration exercise were not seen could be due to the body's own stores of energy (glycogen and fat). All that stored energy allows exercise even without eating for hours. However some recent research has demonstrated that training in a fasted state – for example, first thing in the morning before breakfast – can actually lead to positive adaptations linked with efficient fuel use and fat burning.

Studies of exercise lasting longer than 60 minutes generally reported better performance when food was consumed before, especially for a meal composed primarily of carbohydrates. Overall, there is stronger evidence in support of the benefits of eating before longer-duration exercise, compared to shorter-duration exercise.

If you choose to exercise fasted, the body will fuel the workout using its own energy stores - in which case, it is particularly important that you eat something relatively soon after exercise. While the importance of eating before a workout may be in question, most scientists agree that it's beneficial to eat after exercise. Research shows that some nutrients, particularly protein and carbohydrates, can help the body recover and adapt after exercise. Another important nutritional strategy after working out is fluid replacement. Drink water, juice, or carbohydrate-rich sports drinks to replace fluid lost during exercise through sweat. A large part of training is how we recover from and adapt to it. There are benefits to eating carbohydrates after exercise to restore muscle glycogen. Studies have also demonstrated that eating soon after finishing exercise can help recovery, particularly when eating protein to maximise muscle repair.

Bottom line - maintaining a normal diet is probably all that's required to prepare yourself for between 30 and 60 minutes of exercise. It's only when longer, more demanding exercise is involved that you should pay much closer attention to your nutrition. In those instances, eating simple carbohydrates one or two hours beforehand is recommended, together with carbohydrates and protein soon after completion. However personal preference about when you eat relative to exercise should play the biggest role in your decision.

Wellington Road Race 2021



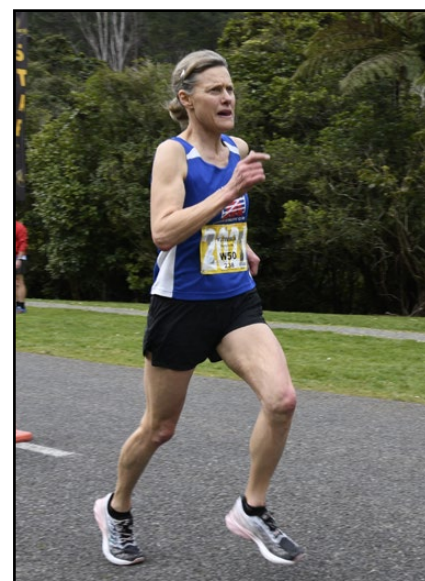
Mel Stevens 1st W35 10km



Shar McDonald W35 10km



Brian Garmonsway 1st M35 10km



Victoria Humphries 2nd W50 5km



Loretta DeSourdy M60 5km



Jeff Bannister 10km



Todd Krieble 1st M60 5km



Michelle van Looy 4th W50 5km



Michele Allison 1st W60 5km

PHOTOS: Sharon Wray

SOUTH ISLAND TRACK & FIELD CHAMPIONSHIPS

Caledonian Ground, Dunedin | 19-21 November 2021

Friday 19 th November – 4.00pm Start			
4.00pm	400m heats if required	4.00pm	Long Jump M30-69
4.45pm	3000m Track Walk M & W	4.00pm	Hammer M30+
5.30pm	400m Finals M & W	4.00pm	Weight Throw W30+
6.00pm	3000m W30+	6.00pm	Shot Put M30+
6.15pm	3000m M30+	6.00pm	Javelin W30+
		6.00pm	Triple Jump M70+
Saturday 20 th November – 9.00am Start			
9.30am	60m/100m Heats if required	9.30am	High Jump M30-69
9.45am	2000m Steeplechase	9.30am	Long Jump M70+/W65+
10.15am	3000m Steeplechase	9.30am	Discus M55-69
10.45am	Sprint Hurdles	9.30am	Javelin M70+
11.15am	60m Finals	10.45am	Shot Put W30-64
		10.45am	Weight Throw M70+
		10.45am	High Jump W30+
		11.00am	Discus M30-54
		11.30am	Javelin M55-69
		12.00pm	Discus W65+
		12.00pm	High Jump M70+
		12.00pm	Long Jump W30-64
		12.15pm	Hammer W30-64
		12.30pm	Pole Vault M30+/W30+
2.00pm		2.00pm	
2.40pm	100m Finals	2.00pm	Shot Put W65+
3.10pm	1500m	2.00pm	Discus M70+
	Handicap 100m	2.15pm	Triple Jump M30-69
		3.00pm	Weight Throw M30-69
		3.15pm	Triple Jump W30+
		3.15pm	Discus W30-64
		3.15pm	Hammer W65+
			Javelin M30-54
Sunday 21 st November – 8.30am Start			
8.30am	5000m Track Walk	8.30am	Throws Pentathlon
	Pentathlon		
	5000m		
	200m		
	800m		
	Long Hurdles		
	4 x 100m Relays		

This is the anticipated timing of the programme – final programme depends on entries

Online entries at NZ Masters Athletics website: www.nzmastersathletics.org.nz
Entries close: 9th November 2021

There will be a complimentary BBQ at the end of competition – Saturday evening. Please indicate whether you will be attending when you collect your registration pack.

OFFICIALS: If you are available to help at any time during the Championships please email Claire Giles (cmgiles37@gmail.com)

Auckland

by Philipa Green



Carol Conte at the Winter Throws competition - AUT Millenium

NZMA Indoor Championships - 29th August 2021

For the second year running Auckland Masters Athletics Local Organising Committee had no option but to cancel the NZMA Indoor Championships due to alert level 4 and total lockdown over all New Zealand. The LOC did discuss whether to postpone the meeting until the end of September but in view of the number of Covid cases and with the Governments warning that Auckland could stay at Level 4 for a long period. Plus as the AUT Millennium venue is a confined area it could not hold an indoor meeting until Auckland was back down to Level 1.

Auckland Masters Athletics LOC wish to thank all athletes who had entered the Indoor Championships and were looking forward to enjoying the new Mondo track, the re-positioned jump pit and the chance of setting new indoor records. At the time when entries closed 40 athletes had entered. The number of entries in 2020 and 2021 were down on previous Championships, but with Covid 19 hanging over New Zealand it's not surprising athletes did not wish to take a chance on travelling to Auckland.

With spikes crossed AMA intend to hold the Indoor Championships again in 2022. Perhaps if we hold it in July, we may have a bit more luck!

Winter Throws Competition

On the 5th June 2021 at AUT Millenium, M40 Arno Van der Westhuizen improved his Auckland M40 hammer throw record by more than 1.5m with a 54.59m new best performance.



Arno van der Westhuizen at the Winter Throws competition

He set a new NHB record was set and his new AMA record is pending. Also at this meeting W35 Melissa Free threw the hammer 30.89m to set a new Takapuna W35 record.

Winter Cross Country:

The Cross Country season is still in progress with the latest race postponed until the 17 October.

Results from last race on 24 July:

Women's masters 6k race had a total of 23 masters with W35 Lisa Cross 25.04 the fastest master's women.

Men masters 8k race [except M65+ 6k] had a total of 66 masters with Nick Moore 28.49 the fastest masters men. Largest age group M50 had 18 athletes with the winner Wim Luijpers 32.17 from North Harbour Bays club. Wim is the stand out this season being selected for the Nationals XC. Carolyn Smith is a top finisher in her category.

Congratulations to all our Masters competing!

NZMA North Island Championships – Mt Smart, Auckland – 27 & 28 November

Planning is underway for this major event at the end of November should COVID-19 Alert Levels permit us to conduct the event under Level 1 rules.

The event will be across the Saturday and Sunday only, with no Friday night events as per previous years. On the Saturday, the meet will finish promptly at 4pm due to a senior event to be held from 5 - 8pm. Sunday's timetable with finish at 3.15pm with the famous 4 x 100m relays.

Taranaki

by Vicky Jones

Well, the winter season has become a season of 2 halves: the cross country season proceeded without a hitch and events were well supported. There was an atmosphere of business as usual with an undercurrent of do what we can do while we can because it could all be snatched from us. And boy was it! With the looming spectre of the Delta variant becoming a reality, it pretty much brought winter competition to a close and the road season a non-starter (Boo!) However, it has been with hope eternal that we Taranaki Masters athletes pursued our training with great gusto.

With that in mind, here are the highlights in Taranaki for the winter of 2021.

TET Athletics Taranaki Cross Country Championships - 25/07/2021

This year the cross country championships, hosted by Energy City Harriers, were able to be held on Peringa Park, close to Lake Rotomanu in the Fitzroy area of New Plymouth. Due to issues securing the venue on the Saturday, the championships were held on a Sunday which had easier availability. The event was held on a beautiful clear, slightly warm winter's day. I personally didn't attend because I opted to do the 1hr walk at the TET Stadium, which was held at basically the same time. But that is by the by.

The event was well supported this year, with an air of do what you can while you can. Some new names made their

4km Walk

W40	Catherine Uhlenberg	28:23.7 (1)
W65	Vicky Adams	35:11.5 (1)
M50	Craig Rawlinson	28:53.8 (1)
M55	Rodney Gillum	26:22.2 (1)
	Des Hussey	29:01.6 (2)
W50	Kaz Lawson	30:37.1 (1)

8km Run

M35	Mike Erb	30:01.7 (3)
	Hamish Roper	30:46.9 (4)
	Zane Bolger	31:48.3 (5)
	Shanon Stallard	32:51.0 (6)
	Troy Gibson	39:47.6 (7)
M50	David Hadley	37:31.1 (1)
	James McKillop	39:09.6 (2)
	Peter Carver	39:09.9 (3)
	Craig Rawlinson	55:54.6 (4)
M60	Chris Jones	44:56.2 (1)
	Trevor Hepburn	46:03.7 (2)

mark, while other familiar ones made their return - namely Rodney Green.

ANZ Cross Country Championships - 07/08/2021 - Dunedin

A small but mighty crew competed in the NZ Cross Country Championships, held for the second year on a row in Dunedin, as tradition dictates. The course was dependable on the undulating Chisholm Park golf course, but conditions were brutally wintry. With a little drama with registration and getting ready (Karen Gillum-Green had gathered everybody's registrations, but not everybody was aware) as Alan Jones became increasingly frantic in tracking Karen down to get his singlet and race number with the timing chip. Barely 5 minutes before the gun Alan was finally ready but definitely not warmed up. Despite this, he dominated his competitor in the M75 grade to claim gold. Afterwards he made a very good impression of an ice sculpture - his face was so cold it rendered him speechless.

Other notable mentions were Karen Gillum-Green finishing 4th in the W60 grade and Dave Hadley 11th in the M50 grade. Awesome effort guys in true blue cross country weather!

That's pretty much all she wrote in terms of the competitions our Taranaki members were able to get in. What competition there has been has been epic.

All I can end with is from Taranaki Masters to the rest of you: keep safe, keep smiling, and keep on smashing out your training!

6km Run

W35	Kathryn Gillum	33:19.3 (1)
	Tracy O'Sullivan	40:22.8 (2)
W40	Rebecca Hutchinson	31:37.2 (1)
W45	Nicola Carver	30:57.6 (1)
	Suzy Price	34:48.4 (2)
W55	Cheryl Leuthart	30:17.9 (1)
W60	Karen Gillum-Green	32:18.5 (1)
W70	Joy Baker	36:31.9 (1)
	Lynne Mackay	44:10.2 (2)
M65	Murray Laird	30:14.0 (1)
	Allan Thomas	31:57.1 (2)
	Mike Winsborough	35:48.2 (3)
M70	Des Phillips	35:03.0 (1)
M75	Alan Jones	32:59.9 (1)
	Rodney Green	37:57.6 (2)

Hawke's Bay/Gisborne

by Maurice Callaghan



Kath Littler 1st W40 at the Johnsonville Road race

With winter coming to an end those of us who do not participate in harriers turn our thoughts to the upcoming track and field season. This entails dusting off the road shoes and putting in a few miles as well as a bit of a circuit and periodic training.

To help get us a bit more focussed this year we have had the Olympics to concentrate on.

After a postponement of a year this truly was an Olympics with a difference. Few or no spectators and only self motivation to spur on most of the athletes, and for the best part most athletes responded with as much zest as if the stadiums had been full.

Each of us will have our favourite moment or event that we focussed on and for me it was the 400m hurdles final. The 400m hurdles is widely regarded as the hardest track event. It takes all the speed of a 400m runner plus having to clear 10 high hurdles (914cm) and the Tokyo 400m hurdles final certainly did not disappoint. Some scribes labelled it the greatest race of all time and I rated it the best event of the Tokyo Olympics.

Norwegian Karsten Warholm, the current world record holder, blasted out of the blocks chased hard by seven other aspiring gold medal contenders. By the time the field had reached the 200m mark it was obvious we were witnessing something special as American Rai Benjamin started to make his move and the rest of the field responded. Coming off the bend it appeared that Warholm had gone hard too early and would tie up on the straight but somehow he found another



Tara Morimoto 3rd M50 at the Johnsonville Road race

gear and accelerated again to win the race in the astonishing world record time of 45.94s.

Rai Benjamin also broke the previous world record and came in second in 46.17s. Imagine breaking a world record and coming second! Alison Dos Santos ran a very creditable 46.72s to take the bronze. The race was so quick that 6 of the finalists broke their countries national record for the event. Staggering! No wonder the race is being touted as the greatest Olympic final of all time.

To put it into perspective only 4 athletes had previously run sub 47s in this event and until July of this year Kevin Young's 46.78 world record had stood since 1992. Most 400m flat runners would have trouble running sub 46s.

Having spent most of my masters athletic career running 400m hurdles I can relate to the effort that goes into this race and the preparation in training to make sure everything stacks up right on the day. I only wish more athletes would participate in this event as on most occasions I found myself competing against only one or two others.

Coming off the high of the Olympics we could settle into the compelling viewing of the ParaOlympics. What an inspiration these athletes are. The courage, fortitude and dedication they show to get to this level is very inspiring. Watching athletes swim 100m butterfly when they have no arms to assist brings creditability to the saying "where there is a will there is a way".

Stop letting those few niggles you might have from getting you away from the fire place and good luck to all in training for the coming season.

PHOTOS: Sharon Wray

Tasman

by Derek Shaw

Tasman Centre Cross Country Champs

The 2021 champs were held on Rabbit Island on Saturday 24 July 2021 and hosted by Athletics Nelson and doubled as their club cross country champs. There was a good turnout of master's athletes with a number of new and relatively new runners providing added interest and competition. The largest field was in the M50+ grade with a visiting North Island athlete John Rudge taking line honours in the 6km race in 25:05 with a comfortable margin of 17s over local runners Rob Lieffering and Murray Hart a further 13s back. In the M35-49 grade contested over 8km, Barney Hoskins claimed line honours in 28:41 with a 10s margin over David Dunbar and Andre Bonny taking third place.

In the W35-9 grade over 6km, Kathy Dunbar had a very impressive win in 23:38 with nearly 10 minutes back to Anthea Lees with a further 2:19 back to Natalia English in third place. In the W50+ grade 6km race, Christine Lear (30:16) ran well and claimed a comfortable win over Odette Llewellyn who managed to finish 3s ahead of Miriam Clark. Masters athletes won the 6km race walk with Alan West recording 42:20 and Elaine Llewellyn 48:56. Angus Wemyss won the SM title contested over 10km in 35:21. Great to see a good turnout of future masters in the children's grade with many of them being sons and daughters of adult runners.

M35-49 (8km)

1	Barney Hoskins	28:41
2	David Dunbar	28:51
3	Andre Bonny	29:29
4	Josh Barber	34:16
5	Matt Mazzucchelli	35:33
6	Anthony Moullo	36:25
7	Brad Richards	37:13

W35-49 (6km)

1	Kathy Dunbar	23:38
2	Anthea Lees	33:16
3	Natalia English	35:35

W50+ (6km)

1	Christine Lear	30:16
2	Odette Llewellyn	33:07
3	Miriam Clarke	33:10
4	Carolyn Squance	33:20
5	Fran Kerse	33:27
6	Lyn Smith	34:31
7	Karen Griffiths	35:40
8	Kim Woollett	36:06
9	Linda Sillery	38:46
10	Eileen Beattie	39:37
11	Nicki Alexander	40:38

M50+ (6km)

1	John Rudge	25:05
2	Rob Lieffering	25:22
3	Murray Hart	25:35
4	Graeme Lear	25:41
5	Bill Revell	26:11
6	Ian Carter	26:43
7	Nick Lovell	26:55
8	Ian Morrison	28:14
9	Don Wardle	28:25
10	Rick Miller	29:45
11	Mark English	30:14
12	Stuart Hague	31:03
13	Barrie Neumann	32:10
14	Geoff Eban	32:48
15	Tom Young	35:59
16	Malcolm Fisher	38:02
17	Jim Kerse	40:24
18	Robin Reed	42:16
19	Tony Cotton	42:32
20	Bruce Rudge	45:19



Joeline Jones at the NZMA T&F Champs in Inglewood earlier this year

PHOTO: Derek Shaw

Tasman Centre Road Champs / Swan Trophy

These champs were held in Nelson's Maitai Valley on 11 September 2021 in sunny but rather blustery conditions which negated the usual down valley advantage on the second half of both the 5 and 10km options. There was a good turnout of master's runners and walkers with majority opting for the traditional 10km option.

In the 10km Barney Hoskins and David Dunbar continued their keen contest in the Tasman Cross Country over line honours with Barney prevailing in a time of 34:57, some 50s ahead of David. Curtis Moore claimed third place just 3s ahead of Chris Sharland. Fifth overall and first women was Kathy Dunbar in 38:54. Rob Lieffering (43:26) was 8th, followed by Graeme Lear (45:27) with 2nd women Colette Read (47:23) rounding out the top ten. Alan West (1:10:45) was first of the walkers followed by Eileen Beattie (1:14:18) and Ros Smyth (1:15:34).

Nick Lovell (20:23) took line honours in the 5km leading home four slightly older masters Tim Cross (21:01), Bill Revell (21:14), Andrew Barker (21:32) and Derek Shaw (22:24). Odette Llewellyn (27:42) was the 1st women in 7th place overall and was followed by Rick Miller (28:08) in 8th place and Tom Yoing (28:43) in 10th place. Bevin Cook (38:19) was the first walker ahead of Bronwyn Scott (39:27) and Vicki Charles (42:14).

NZ Cross Country Championships

Three Tasman masters ventured south to Dunedin for these champs on 7 August 2021 on the undulating Chisholm Links course. In some rather bitter conditions Graeme Lear continued his winning form in the M65 age group running 26:58 for the 6km, 18s ahead of Auckland's Steve Fairley with local Phil Napper a further 25s back claiming the bronze medal. Ian Morrison (30:47) won the silver medal in the M70 grade just under a minute behind local runner John Thomson, with another Otago master Ken Fahey in third place some 3 minutes behind Ian. Christine Lear found the conditions pretty tough and her W55 grade competitive and finished seventh in 32:23.

Canterbury

by Andrew Stark

Like all Centre's throughout New Zealand, the winter season has once again been disrupted by the Covid 19 gathering restricts. The August lockdown meant that the usual local events were postponed, plus the NZ Road Relay Championships to be held on the iconic Takahe to Akaroa course in early October had to be downgraded to a local event. This year we had 94 local teams entered, up from 62 last year and 34 in 2019. Athletics Canterbury have invested in marketing this event and they are now starting to see the benefits as more community teams enter.

In September we held our AGM. Like many Master's Centre's, we have seen a decline in non-club membership, however we still have over 220 masters within Canterbury who join clubs. We have some very passionate masters who are keen to get involved, share the workload and promote ourselves better during the summer months. Their aim is to attract more masters to track and field events.

We are fortunate to have Anne and Rick Davison within our ranks. Anne has taken on organizing our throwers, which I know they are very appreciative of. She has encouraged this group by offering a monthly throws pentathlon.

Each year I produce a CMA magazine called Cant-A-Long. In this magazine you will find my President's report, a list of our award winners for the 2020-2021 season and a list of the master's performances at track and field meetings held throughout the season. There is also a summary of all the record breaker's performances. On our website (www.canterburymastersathletics.org.nz), a PDF version is available for all to read.

At the time I write this report, planning is well under way for the opening day of the season on Saturday 16th October. Let's hope we are able to get through the season successfully, with no more lockdowns greater than Level 2!



Mixed age 1500m race at Nga Puna Wai, with Anne Davison in the background officiating at a discus event

PHOTO: Dennis Gin

Wellington

by Michael Wray

PHOTOS: Sharon Wray



Winning running team from Scottish Athletics: Marketa Langova, Kath Littler, Christine Jones and Emma Bassett

Johnsonville Road Race

We held our Johnsonville Road Race in July, using the new Olympic clubrooms for the first time. This is a hilly 1.6km loop for which the runners complete five laps and the walkers complete four. There were 47 entrants, one of our higher turnouts for this event. The weather conditions were unusually good; no wind, sunny with cool temperatures.

The fastest male walker over the hilly four-lap course was Robin Stephen (Levin) and Jackie Wilson (Trentham) was the fastest women. Fastest male runner over the five-lap course was Paul Hewitson (WHAC) and Emma Bassett (Scottish) was the fastest woman. The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was won by John Wood. The club team for the runners was won by Scottish (Michael Wray, Chris Howard, Nicholas Bagnall and Emma Bassett) and Olympic (Ele Brown, Barbara Morrison, and Rob McCrudden) won the club team for the walkers.

The Needle Relay

The Needle Relay, which replaced the Bays Relay last year due to ever-increasing traffic management costs eventually making the event untenable, had a successful year two despite a gale-force southerly. We had 20 children's teams and 63 teams in the older grades. The relay consists of five legs, alternating between 5km and 3km. Each leg is an out and back, the 5km along Evans Bay Parade and the 3km along Cobham Drive, from the Kilbirnie Wind Needle.

In the M35 grade, Hiro Tanimoto ran a storming first leg for Scottish to deliver a 40s lead ahead of WHAC's Dan Clendon. Scottish B's Rowan Hooper was third, some 85s behind Dan but 44s ahead of Hutt Valley's Darren Gordon. The running order for the podium spots stayed the same over legs two, three and four. The Scottish A team (Alasdair Saunders, Paul Barwick, Simon Keller and James Richardson) produced the fastest time on each leg so the winning margin

ended up as 4:45. Going into the final lap, WHAC held second spot with Scottish B 22s behind. Geoff Ferry ran 54s faster than Seth Campbell to make it Scottish one-two and WHAC third.

For the M50s, Scottish's Grant McLean led WHAC's Paul Hewitson by 16s at the end of lap one, with Olympic third and Scottish B fourth. Scottish A stretched the lead out further through Peter Stevens, Jim Jones and Dave Kettles. Todd Stevens ran an uncharacteristic time on last leg, allowing WHAC's Steve Gawn to reduce the lead by 90s, but the winning gap was still 2:48. Scottish B got up into second place in leg three through Joseph Bulbulia but in the last two legs, Willie Gunn and Steve Gawn's efforts gave them second place over Scottish B by 44s.

In the M60s, WHAC led from start to finish. Todd Kriebler, Gordon Clarke and Paul Foster ran the fastest times on their legs, with Brian Hayes and Geoff Smith running second fastest, to win by over nine minutes. Scottish held onto second place until the end of leg three, when Sheryne Coverdale moved Olympic into second place to settle the final finishing order.

In an uneventful W35 contest, Scottish A (Emily Solsberg, Sierra Ryland, Mel Stevens,



Jackie Wilson 1st female walker

Carla Denny and Sophie Dickson) led Olympic and Scottish B from start to finish. Olympic's Jo Doherty produced the fastest W35 3km leg but Scottish's winning margin was 5:42.

The W50 grade was even more one-sided and perfectly symmetrical. We had four teams and Scottish (Michele Allison, Karen Jenkinson, Heather Walker, Anne Hare and Tricia Sloan) were each the fastest on their legs while second place Olympic were all second fastest, third place Scottish B were all third fastest and Scottish C were all fourth fastest.

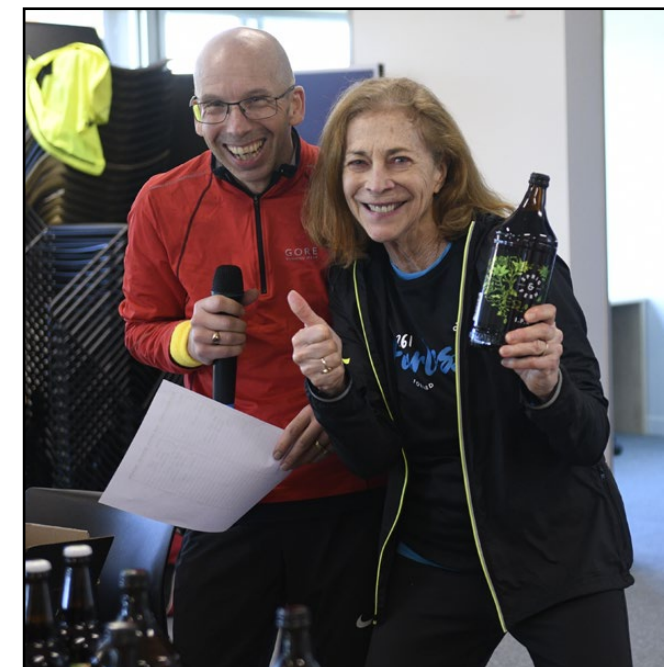
Wellington Road Championships

The Wellington Road Champs took place under Covid alert level 2 for the second consecutive year, forcing us to organise separate heats seeded by times with 30 minutes between races to ensure separate bubbles.

Mel Stevens and Ingrid Cree ran a close race at the front of the W35s, Mel winning the 10km by 9s. Lindsay Barwick finished third, nearly two minutes behind the front two but just as far ahead of fourth. The W50s run 5km and they took social distancing to heart by spacing themselves. The only gap less than 10s was between 12th place and 13th place. Heather Walker won by 65s. Victoria Humphries was second, 37s ahead of third placed Tricia Sloan, with fourth 57s behind. Michele Allison won the W60s by about a minute ahead of Sue Bankier. Betty Harp was placed third, 19s ahead of fourth.

Brian Garmonsway won the M35, running 32:26 to win by 13s. Dan Clendon finished second, with Simon Wills third. Simon's medal is the first Victoria University master's men medal in the Wellington Road Champs for over a decade.

Paul Hewitson and Grant McLean raced well in the M50 grade, where Paul finished strongly to win by 24s. Brendon Thompson ran through the field in the second half to take third, 6s ahead of Peter Stevens. The M60s run 5km, during



Michael Wray presents Kathrine Switzer her prize



Winning walking team Olympic Harriers Barbara Morrison, Rob McCrudden, Ele Brown

which Todd Kriebler and club-mate Dave Holland duelled for the win, with Todd winning by 24s. Karl van Polanen claimed third. In the M70s, Brian Hayes won for the fourth consecutive year. Paul Rodway was second, just as he was for the last three years. The only new face on the podium was third placed Jeff Annan.

Points Series

The final winter season medals are for the points series, based on the four individual interclub races. We didn't get to award them last season, thanks to covid cancelling all but one of those races. This year Dan Clendon won the M35-49, Grant McLean the M50s, Todd Kriebler the M60s and Brian Hayes the M70s. Brian's win was noteworthy as he scored a perfect score, having won every race. Mel Stevens also scored the perfect score to win the W35-49s. Vickie Humphries won the W50s, as she has every year since the series was founded in 2015. Sue Bankier won the W60s and Pam Graham the W70s.



John Wood winner of the Jim Lockhart & Mariette Hewitson Memorial Baton

PHOTOS: Sharon Wray

Otago

by Christine Montgomery

Barnes Cross Country

The brainchild of the late Sir James Barnes, the 1932 national cross-country champion, a two-term member of Parliament for St Kilda and Mayor of Dunedin 1968-77, the event has been an annual fixture on the local running scene since 1950.

The Barnes Cross Country was held on Sunday 13th June 2021 at Kettle Park in Dunedin in very muddy and trying conditions. There were two races held that Otago masters could enter the 3.75km (3 laps) or 5km (4 laps). The weather was rainy, cool but not too cold, and there were many muddy areas where the runners had to watch their footing. Spikes were definitely needed around many of the sharp corners and steep downhill sections. The results were not separated into age groups but it's great to see so many master runners racing against their younger competitors. This is a handicapped race which sets out the slowest runners first and fastest last so everyone finishes at around the same time.

Leith Harbour Free Races

On the last Sunday and Thursday of each month the Leith Harrier and Athletic Club hold 5km and 10km races around the Harbour cycleway either from near the Otago Yacht Club on a Thursday night or on a Sunday morning at Watercooled Sports, Kitchener Street, Dunedin. This is open to all registered and unregistered runners. All you do is register once, go online on www.leithharbourfree.co.nz. If you are ever in Dunedin at the end of any month come along and have a run with likeminded people. It would be great to see you.

Edmond Cup

The Edmond Cup was held on Saturday 26th June 2021 at Wingatui Racecourse near Mosgiel. It was very muddy under foot providing great cross country conditions. It was great to see so many masters competing.

Results:

MW 35-49		
1	Kristy Eyles (Caversham)	20:25.4
2	Jennifer Walker (Ariki)	20:43.2
3	Claire Anderton (Caversham)	21:57.9
MM 35-49		
1	Nic Bathgate (Leith)	17:24.1
2	Xaviour Walker (Ariki)	18:18.1
3	Andrew Lonie (Leith)	18:26.0
MW 50+		
1	Christine Montgomery (Leith)	22:59.2
2	Sue Hendry (Ariki)	24:43.9
3	Donna Tumaru (Caversham)	27:57.2
MM 50+		
1	Glen McSkimming (Ariki)	21:05.9
2	Eric Scharpf (Hill City University)	21:25.8
3	Brent Halley (Ariki)	21:29.4

The Dunedin Marathon

This annual event is now called the Emerson's Dunedin Marathon and is organised by the Caversham Harriers & Athletics club. The Covid-19 lockdown has resulted in the 42nd Dunedin Marathon being postponed to Sunday 7 November 2021 with the following race options:

- Marathon run
- Half marathon run
- Half marathon recreational walk
- 10 km run
- 10 km recreational walk
- 5 km fun run/walk

Enter online <https://dunedinmarathon.co.nz>. Look it up for next year's event. Results will be published in the next Vetline.

Otago Cross Country Champs

These were held on Sunday 18th July 2021 at the Chisholm Park Golf Course. The master's results:

MW50+		
1.	Shireen Crumpton (Hill City University)	26:56
2.	Julie Wilson (Ariki)	29:49
3.	Sue Hendry (Ariki)	31:08
4.	Gail Sharp (Caversham)	33:09
5.	Donna Tumaru (Caversham)	35:08
6.	Barbara Patrick (Hill City University)	35:41
7.	Dalise Sanderson (Ariki)	36:53
8.	Myrtle Rough (Hill City University)	41:28
MW35-49		
1.	Claire Anderton (Caversham)	27:51
2.	Georgina Pakeho (Hill City University)	29:05
3.	Leia Silby (Hill City University)	29:43
4.	Jennifer Hodgson (Caversham)	DNF
MM 35-49		
1.	Nic Bathgate (Leith)	29:42
2.	Ben Wreford (Run Timaru)	30:23.7
3.	Craig Iversen (Athletics Invercargill)	30:35.5
4.	Tim Bolter (Hill City University)	30:52.2
5.	Andrew Lonie (Leith)	31:13.4
6.	Richard Campbell (Leith)	31:21.9
7.	Elliot O'Sullivan (Hill City University)	31:51.9
8.	Chris Bisley (Leith)	31:56.6
9.	Neale McLanachan (Leith)	31:59.4
10.	Aaron Eyles (Caversham)	32:53.1
11.	Simon Rhodes (Hill City University)	33:12.3
12.	Simon Leaning (Leith)	34:38.3
13.	Richard Mackley (UNA)	36:11.4
14.	Mark Geddes (Hill City University)	37:24.8
15.	Tim Hodgson (Caversham)	39:5

MM 50		
1.	Robbie Johnston (Hill City University)	30:37.8
2.	Glen Mcskimming (Ariki)	34:03.5
3.	Dave Sharp (Caversham)	35:57.8
4.	Eric Scharpf (Hill City University)	36:07.3
5.	Brent Halley (Ariki)	36:57.4
6.	Neville Britton (Queenstown Athletic)	37:18.9
7.	Murray Gray (UNA)	38:22.8
8.	Gordon Wong (Caversham)	39:09.2
9.	Donald Bate (Leith)	41:02.3
10.	Andrew Robinson (Leith)	43:03.6
11.	Neville Shanks (Caversham)	49:04.7
12.	Nicholas Heng (Caversham)	51:29.6

NZ Cross Country Champs 7th August 2021

NZ Cross Country Championships were held at Chisholm Golf Course Dunedin again this year. Last year due to covid 19- Athletics NZ changed the name to NZ Cross Country Challenge as not all regions could attend. This year it was full steam ahead with 53 masters women entered and 88 masters men entered.

This was a great cross country course with a mixture of hills and flat surfaces, great for barefoot. A great spectating course with a chance to have a yarn with your new and old running mates. This year all weather conditions greeted the runners. Well done to all who ran and a huge thank you to the organisers and all the volunteers who put out and took down the course. It was great to have a fun kids race.

Congratulations to all Otago Athletes who competed.

Results below for Otago Athletes.

W35-39			M40-44		
3	Kristy Eyles	25:27	5.	Xaviour Walker	29:42
4.	Orlaith Heron	28:32 3	8.	Neale McLanachan	31:22
W40-44			M45-49		
3.	Claire Anderton	27:32	4.	Blair Martin	30:01
4.	Kara Bryant	27:42	6.	Andrew Lonie	30:28
6.	Leia Silby	28:23 3	7.	Tim Bolter	30:38
W45-49			9.	Simon Rhodes	31:33
2	Georgina Pakeho	29:24 4	M50-54		
W50-54			2.	Robbie Johnston	30:11
2	Shireen Crumpton	26:18 4	4.	Danny Baillie	31:20
4	Christine Montgomery	29:09 5	9.	Glen Mcskimming	33:51
7	Sue Hendry	30:33 5	M55-59		
8	Donna Tumaru	34:10 5	7.	Dave Sharp	35:24
9	Sue Kim	35:54 5	8.	Brent Halley	35:53
W60-64			9.	Richard Fogerty	36:51
6	Gail Sharp	33:33 6	11.	Donald Bate	37:17
W65-69			12.	Gordon Wong	44:09
2	Dalise Sanderson	36:00	13.	Robert Homan	41:50
W70-74			14.	Steve Stewart	44:09
1	Barbara Patrick	34:48	M60-64		
W80-84			4.	Stephen Bloomfield	34:48
1	Myrtle Rough	40:16	7.	Neville Shanks	48:28
M35-39			M65-69		
5.	Nic Bathgate	29:41	3.	Phil Napper	27:41
11	Aaron Eyles	32:30	6.	Philip Morris	30:50
			M70-74		
			1.	John Thomson	29:45
			3.	Ken Fahey	33:50

Not a lot of media coverage

I am not sure about other regions in New Zealand but in Otago our Dunedin newspaper the "Otago Daily Times", either online or in print does not appear to cover much/any in the way of results and races of master athletes in winter. At the recent Otago Cross Country Championships the only results printed in the paper were the open sections of men and women.

After Everest, have a rest.

Henley dairy farmer Harjinder Singh Chander took that advice yesterday after a dizzying stint of running up and down Baldwin St (Steepest street in the World) to match the equivalent length of the route up Mt Everest in support of mental health.

He ran the equivalent length of the distance up Mt Everest (134 circuits), tossing in five more circuits, and running the last of them in gumboots. He kept himself going by eating a few bananas, mandarins and ginger biscuits, the latter from Baldwin St supporters.

Mr Chander aimed to raise awareness of mental health particularly among farmers, who were not good at talking about the subject. He has already raised more than \$2000 towards the Mental Health Foundation of New Zealand and aimed to raise more.



Dairy farmer Harjinder Singh Chander holds a white board recording his success at running up and down Dunedin's Baldwin St.

PHOTO: Peter McIntosh



Ron Cain

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

Well known and well-liked Ron Cain QSM of Dunedin, a successful competitor, administrator, manager and official, died on Monday 7 June 2021 aged 89. Ron was a past President of the Caversham Harriers Club, Athletics Otago and Athletics New Zealand. He was made a Life Member of all three. He was an elite runner in the 1950s and was a member of five Otago cross country teams that won the national senior team's title. His best individual performance was to finish runner-up to Kerry Williams in 1955. In 1962, as the Club President, Ron welcomed women runners to the Caversham Harrier & Athletic Club. In the 2013 Queen's Birthday Honours, Ron received the Queen's Service Medal for services to athletics and last year was inducted into the King's High School Wall of Fame.

Great Naseby Water Race

GNWR is always held on the last weekend in August in Naseby, Central Otago. It is an ultra event with seven different race distances. I asked Jamie and Aileen Sinclair (organisers extraordinaires) about how this iconic race came about.

The birth of the Great Naseby Water Race came about in 2005 in Auburn California after Jim Kerse (the legend) and I had finished the Western States miler. Over recovery pizza and beer, lamenting the fact that we had to go so far for ultras. Molesworth, Hamner or the Kepler at Te Anau. Jim said we should just start one. Then he suggested Naseby as it already had a 12 hour MTB race in April. Aileen and I went up to take a look and the work began. Beautiful town, historic and claim to fame as the highest town in NZ (2000ft).

We picked the last weekend in August for a number of reasons, no one really in the forest at that time. The landowners Ernslaw 1 (Forestry Company) agreed to let the loonies into their forest and in 2007 we started with 13 runners and 50/80km options and we have slowly grown in distances and numbers. The 100 miler started in 2013.

The course is set around a 10km loop - the one half along a gravel road and the other half on a forest track beside the water race that gives the event its name. Originally the water race was built for gold mining around 1860 and now it helps supply the town of Naseby. A tent village is set up at the cross over point with Aid station, food, medics, massage and a coffee

truck. It can be wet, muddy, snowing and very very cold which is part of the attraction.

This is year 15 and we now have 60 teams with the following events 50/80/100/160/200 km or 200 miles. Finishers get medals up to 100km, after that it's a belt buckle - an American idea. We even have 3 runners who have completed 1000km at Naseby. Each year we donate a portion of our entry fees to a charity. This year the Otago Hospice is our charity choice.

This year, entries have gone through the roof with 240 to date. In the end Aileen and Jamie had to put a cap on some of the races. Just shows how popular and how amazing this experience in Naseby is. A great race, with a great ultra community spirit and a great test of mental and physical toughness.

Need to know how to enter for next year's event www.greatnasebywaterace.co.nz or via our facebook page.

Crush the Cargill

If anyone is down in Dunedin on 11th December 2021, come to Bethunes Gully and run and walk Mount Cargill as many times as you can. Entry is by a donation and all proceeds go to the Valley Project. Music and coffee are at the start and finish line.

Smile ☺

Hit a tough patch mid-run where everything starts to feel too much? Try smiling. It's well documented that smiling can make us feel more positive. Two-hundred metres with a big grin can sometimes be enough to make the pain pass. Works well during races - spectators tend to react when they see a runner 'enjoying' themselves. Their response can be inspirational.

Runny Honey

After discovering honey had a similar carbohydrate profile to commercial sports gels, researchers from the University of Memphis compared the performance effects of honey vs. carbohydrate gels. Results showed honey was as effective as the sports gel in preventing fatigue and boosting performance, with no side effects or water supplementing needed! What's more, because honey is already digested - the bees do that for us - the sugars hit our bloodstream much faster without the need for metabolising. One tablespoon provides around 17 grams of carbs - two or three per hour during a longer run should keep you buzzing along!

2022 Three Peaks Mountain Race - Sunday 27 March 2022

Established in 1984 the iconic Three Peaks Race is one of the longest running trail events in New Zealand. Named after the Three Peaks - Flagstaff, Swampy and Mt Cargill - it takes runners and walkers up and along some of Dunedin's most beautiful trails through lush native bush and forestry where they are rewarded with stunning panoramic views.

The 55km Three Peaks Plus adds one of the high points of the Silverpeaks - Pulpit Rock (760m) - and even more stunning terrain and trail. Three Peaks is organised by Leith Harrier and Athletic Club. Follow them on Three Peaks Facebook for the latest update or the website www.threeppeaks.co.nz.

South Island Masters Track and Field Champs

Otago are again hosting the South Islands Masters T&F Champs scheduled for 19-21 November 2021. Entries will be open soon. Keep checking Otago Masters Athletics website.

Coming up

Next on the Otago Athletics Calendar was the Otago Road Championships at the end of August around the streets of Logan Park. But due to our recent Covid restrictions they have been postponed.

AGM

The AGM for Otago Masters Athletic is to be held on 15 Sept 2021 @ 7pm in the Athletics Otago Room. All officers will remain in their positions. President Rob Homan, Secretary



Myrtle Rough at the NZ Cross Country Championships

Claire Giles, Treasurer Fiona Harvey, Committee Alison Newall, Winifred Harding, Jo Hurring, Noni Callender, Dalise Sanderson (Trophy Steward), Paula Cotter (Website) and Christine Montgomery. Thank you all for your hard work during the last year.

Bookworm Corner

Some recommendations from those among us who like to get stuck into the pages:

“Roar” by Stacey Sims; “How She Did It” by Sara Slattery and Molly Huddle; “Mighty Moe: The True Story of a Thirteen-year-old Women's Running Revolutionary” by Rachel Swaby and Kit Fox.

Happy running and training from the team behind Otago Masters Athletics. Keep safe and be kind to each other.



Otago Masters President Robert Homan at the NZ Cross Country Championships

PHOTOS: Phil Coakes

Waikato/Bay of Plenty

by Murray Clarkson

Who would have thought that we would have to endure a level 4 lock down with no Covid cases detected locally. We really feel for those South Island Centres who were incorporated in the shut-down. With no chance of having events, and more importantly meetings, it is a very quiet time.

Obituaries

We have to report the passing of Ron Price on 4th August 2021 and earlier Ron Jones on 24 May 2021. Obituaries for both are included in this issue of Vetline. The loss of Ron Jones has left a huge hole in the Whakatane Club. No doubt as this is a strong club, replacements will step up.

Annual General Meeting

Hopefully we can hold this next week and determine committee and fee structure for the 2021/2022 year. Our balance sheet reveals that we were able to register a modest surplus and renewing our advertising sponsors will enable us to continue as an independent entity.

Our summer programme dates have been allocated but we need to await Covid-19 outcomes before these can be finalised. There is no forward planning these days.

Take care and get out there. Fitness will see you through.

Southland

by Dwight Grieve

Hi, wow time flies by fast. It feels like only yesterday I was rugged up in my winter woollies, as the rain and wind hit outside while I was writing a Southland round up, but I look outside now and see daffodils fighting their way up through the ground and the sun shining - spring has sprung. As I write it is the first day of level 3 lockdown, I am just back from pure bliss of being able to run out in the bush again, amazing how you only miss things when you can't have them. It reminds us how lucky we are and how we take some things for granted.

Covid has slowed down the harrier season but we are lucky to have been able to get out and train, unlike many other sports. We are still sitting with fingers crossed for a postponement dates to go ahead, but ... Personally, a bit gutting, I got beaten by a young whipper in the Southland cross country and trained hard to give him a push in the road champs and was in good form ... back to the base work ...

The Southland handicap season has also been thrown into disarray with the big final showdown called off due to the Covid lockdown. Let's hope we manage to get the last deciding race in so people can really fight it out for the prizes from the series.

St Pauls Mile

Every year there is a painful wee mile held on Queens Drive in Invercargill, an outright sprint as it is in the middle of harrier season and we are all in distance mode. This race has often been dominated by the younger runners but the 2021 version was greeted by some wind and rain that suits the work horses a bit. This was proven with a great effort by 45+ runner Craig Iverson taking the title with a 5-minute flat mile in the tough conditions, a nice 11s buffer from the young fellas chasing. Craig has proven to be very quick over the shorter distances and will be a force to be reckoned with in the coming track season. I hope he can get along to the NZMA champs and upset some of the big centre runners.

Southland Cross Country Champs

Always a tough old school cross country this one at Waimumu, just outside Gore. Graham Hall of the Gore club every single year shows his sadistic streak as he makes the course. He always guarantees a solid hill, mud, gravel trail, mud, paddock, mud, creeks, mud, unique start line (shed bigger than a rugby pitch) and a great bbq and smoko afterwards.

This year was a sprint out of the shed, a flat fast paddock section followed by a long hill grind that got steeper and steeper until the top, then a fast out of control descent on slippery grass paddock into the dreaded forestry section with ups/downs, creeks, twists and turns and mud holes that more than one shoe has been lost as a sacrifice when runners go up to their knees in the murky mess. From there a paddock

section with tricky rocks before a draining soft paddock section back into the shed and repeat the required 3km laps for age group. Every year I look at it before running and cringe, and post-race always smile and laugh as it wasn't as bad as I remembered.

Overall, senior runner Janus Staufenburg visiting from Dunedin dominated the race and was out front on his own with a very impressive run. For the Southlanders it was a fight out front with senior runner Benny Britton fighting with 35-49 master Dwight Grieve, close behind was another 35-49 master Kelvin Meade. Benny run a solid race and despite a torrid last 2km beat Dwight for line honours by 2s. Still the master win for Dwight with Kelvin nipping at his heels and Craig Iverson took the 35-49 bronze.

This year was one of the strongest fields for many years and this really was shown in the other master's age groups where there were some fierce battles.

The 50 - 59 men had the return of a couple of guys with solid pedigree, Ricky Gutsell of Gore and Neville Britton of Queenstown who fought it out up front. It was great to see Ricky coming back into running after a few years off - proving he had lost none of his skills by taking the win. Neville showing his young training stable he can walk the walk as well as talk the talk with silver. Graham Neilson took the bronze to go with his ever-growing medal tally.

The men's 60+ wasn't any easier with another battle going on. It was John Wallace who took a solid win in the end. John has really put in some hard yards over the last couple of years and is now seeing some benefits, claiming the scalps of Gary Kirkman (2nd) and Bruce Thomson (3rd), who are no slouches.

The women races also had great numbers. It was especially pleasing to see some younger master's runners fronting up. The masters race overall was a solid win to 35-49 runner Nicole Jackson who was dominant on the energy sapping course which suited her toughness. Second in this age group was Lisa Simpson followed by Tereasa Maloney.

The women's 50+ age group is a bit of a who's who of Southland masters running with true national/international level runners involved. Debbie Telfer took out the age group and was also 2nd master's women over all she is simply an amazing distance runner. Second home was Gail Kirkman who trains on the Fiordland trails but really shines on the track. Third went to Linda Te-au who also deserves an extra mention as she has been the back bone of the Southland harriers this year and has been one of the main reasons the group has grown and feels so supportive.

Team wise the Fiordland club took out the men's title while Invercargill claimed the women's, both backing up the previous year's wins, and putting the pressure onto the other clubs to put them back in their place.

NZ Cross Country Champs

Otago hosted the champs again this year and managed to dodge the Covid restrictions this time, meaning a full turn out that showed with the very competitive fields lining up. Otago yet again ran a very well organised event and the Chisholm links course is a stunner. It is a course that is deceptive with the undulation really sapping and by the last lap if you have gone a bit hard you are cooked ...

I was stoked for team Southland as we had many new runners turn up and have a go at their first NZ champs. It had to be our best team effort for many years.

For the ladies in the 6km event we had the first Southland team that I can remember, it was awesome to see them there having a go, even though they missed out on a medal.

One of the highlights was Carolyn Fox who had come across for her daughter to run and decided to join in herself. Not only is it a great personal achievement, it is also a great example for our children to watch the parents have a go. I personally believe regardless of the result, that the positive example of having a go and pushing your personal comfort levels is something you can talk to them about all day long but when you actually do it yourself it lasts in their memories.

Result wise Nicole Jackson was our best result in 5th in the 40-44 age group. She has been having a go at harriers for a couple of years and is now finding some speed and desire to go faster. I hope, like me, getting along to a national champs might help inspire her onto even more speed. She is eyeing up the upcoming 2022 Australasian Police and Emergency Services Games as a goal. Also in the same age group were Carolyn Fox (9th), Teresa Maloney (10th) and Lee Grieve (11th). In the 45-49 group Jackie Blay had her first crack and did well with a 5th placing.

In the 65-69 age group our mighty Southland harrier leader Linda Te au was home in 4th after getting the stress of herding all the Southland athletes into some form of organised rabble for the day.

I also noted in the women's field a person of remarkable inspiration, a lady that not only runs amazingly but always with a smile and anytime you talk to her she is so positive and nice. I can only wish more people in the world were like Otago's Myrtle Rough who is in the 80-84 age group and completed the tough course with ease. I heard a runner in the 40-44 age group comment how happy she was that she managed to beat Myrtle.

Also in the 6km event was Evan McIntosh in the 75-79 group, who took home the silver. One day I must get Evan to pass me a photo of all his national medals as he must be Southlands "most Capped" national champ entrant by now.

The rest of the men had to tackle the 8km race. Sadly, the team imploded with injury but we still had a good turnout. It was a huge field and the results a step up, with some very polished results, especially from the Auckland runners who couldn't attend last year due to Covid restrictions. They obviously have a strong masters crew up there that is driving each other along.



L to R: Linda Te-au - Myrtle Rough - Evan McIntosh



Caroline and Libby Fox

For team Southland, Dwight Grieve managed a silver in the 40-44 group, well beaten this year but also happy to finally beat a man he has always been inspired by, Vajin Armstrong. Vajin is a Kepler Challenge legend with multiple podiums, and it was great to see him along at the champs. He has been helping train a group and he managed to drag some along to have a go. One day Dwight can only hope to catch Vajin over his more comfortable ultra-distance.

The 45-49 group had Craig Iverson who had car troubles on the way to the race and only got to the start line seconds before the gun went off without time to put on spikes or warm up. He is very capable of a far better result than his 8th on the day, but he will never forget his hilarious finish with Simon Rhodes of Otago which was captured on film as they both gave 110% to try and beat each other.

It was great to see both Ricky Gutsell and Neville Britton in the 55-59 group, backing up from the Southland champs. Ricky is a previous national level medal winner - maybe next year back on the podium? Ricky just missing the podium this year with 4th, while Neville was 10th. John Wallace in the 60-64 group has been improving year on year and his 5th placing was not far off the pace. He is another that could podium easily in the future.

All in all a great day for Southland, we may not have gained many medals this year but it was a great “team” day with lots of laughs. It is so much more fun with a team along.

Many thanks for the Otago team yet again for the organising of the race.

Ahead

With Covid still ruining all our fun, with race dates changing or simply being called off who knows what’s ahead. I know personally I was geared up for the Southland and NZ Road champs but now will have to keep things simple. I am back to base training so Southland champs will be non-optimal speed and I will have to flag the national champs. Roll on 2022 and what ever it brings for us all.

On that note all Southland athletes please have a good hard think about the NZMA track and field champs, as we are trying to get a good crew along and as with the Cross Country champs it is far more fun as a team. Wellington is easy to get to and lots of other stuff to look at when not competing.



WAR !!!!!!!!!!!!!!!



Craig Iverson ST Pauls Mile Trophy in hand

We can also look at all staying close together if interested. If interested contact either Lee or Dwight Grieve.

Otherwise I better carry on and get outside for a jog in the sun, nothing like a relaxed recovery jog on a stunning day overlooking the mountains and lakes of Fiordland to take the Covid worries away and make the world a brighter place.

Be safe – be nice – be fast.



Dwight in the ‘zone’

The Future of Vetline?

by Andrew Stark

Like all printed publications, there is a fixed setup cost. The unit cost of each magazine drops, the more copies that are printed. Since the introduction of the MoU in August 2016, only NZMA Competitive Members (\$60) and Social Members (\$45) automatically receive a copy of the Vetline magazine as part of our annual subscription. All masters who join an Athletics NZ club are required to purchase an annual four issue subscription for \$25 if they wish to receive a copy. This has been promoted to all masters throughout New Zealand. Unfortunately, even amongst former NZMA members, the uptake of a subscription has been very limited.

The future financial viability of Vetline relied on a significant number of ANZ club athletes purchasing a Vetline subscription and we had hoped that by offering it to all masters, this would be the case. Without doing the calculations for the past five years, it has become clear that the cost of producing Vetline has not been covered by the income collected from subscriptions only.

When the mailed out total dropped below 300, we no longer received the Post Office bulk mail discount rates, further adding

to the costs. We have relied on the Fourth World Veteran's Games Trust (4WVGT) annual donation of \$3000 and championship entries fees to offset the production and distribution costs. While we can potentially afford to do this, is it good business practice to continue losing money or is it time to do things differently?

At the 2021 AGM the NZMA Board floated the idea that we move to a digital magazine as from January 2022 that would be available FREE to all masters. However, in fairness to all members, we have not asked for your feedback and what you would like us to do. You may have some ideas of how we can do things differently.

To assist you in providing informed feedback, below are the production costs for the July issue. The assumptions I have made are that the \$3000 4WVGT grant, the annual NZMA subscriptions (\$60 & \$45) and ANZ club members Vetline subscriptions (\$25) should cover the total production costs for FOUR issues.

That would allow NZMA to use any other income for the purchase of medals that we gift to Centres and other assistance to centres, maintaining the website etc and Board related expenses.

Income (as per Annual Accounts)	
NZMA Subs received	\$ 6,151.00
Athletics NZ Vetline Subs purchased	\$ 763.00
4thWVG Trust Donation	\$ 3,000.00
Vetline Advertising	\$ 480.00
	\$ 10,394.00
FOUR Vetline Issues per year, therefore money available to cover costs per issue	\$ 2,598.50

July Vetline (Paid subscribers only)	
NZMA Competitive Members (\$60.00 per year or \$15.00 issue)	106
NZMA Social Members (\$45.00 per year or \$11.25 per issue)	7
ANZ Club Members (\$25 per year or \$6.25 per issue)	30
	143
Average cost per Vetline	\$ 18.17

Actual cost of printing July issue (260 copies)	
Formatting (Fixed cost regardless of print run length)	\$ 750.00
Printing (\$7.32 per copy). More copies, cheaper unit price.	\$ 1,904.40
Postage, including 4 to Australia	\$ 761.67
	\$ 3,416.07
Actual cost per issue for July 2021 issue of Vetline	\$ 23.89
Includes additional FREE copies for Centres, ANZ, OMA & Legal Deposit Office.	

Prior to writing this article, we have received some feedback from a few centres and individuals. These comments range from staying as we are to going completely digital. I have also emailed all masters who have recently attended one of our events to seek their feedback.

We have several choices:

1. Stay as we are and cover the production costs out of our reserves.

2. Retain the current format, go completely digital and make the magazine available to all masters.
3. Go digital, but change the format to produce pre and post event reports and articles that align with our key events throughout the year, i.e. NI, SI & NMZA Masters championships, plus ALL non-stadia events.

Given you are the ones who receive the magazine, what do you think? Please email your feedback, thoughts and ideas to myself at Andrew Stark. Email address: aws.resources@xtra.co.nz



Sarah Bakker (W35) and Paul Rodway 2nd M70 in the 5km at the Wellington Road Championships

PHOTO: Sharon Wray



COMING EVENTS

2021

7 Nov	NZ Road Championships	HAMILTON
13 November	NZMA 10000m Champs (Agency Group 10000m Festival)	WELLINGTON
13-14 Nov	NZ 24 Hour Champs	AUCKLAND
19-21 November	South Island Masters T&F Championships	DUNEDIN
27-28 November	Noth Island Masters T&F Championships	AUCKLAND
19-21 November	South Island Masters T&F Championships	DUNEDIN

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

2022

19 February	WMA Cross Country Championship Relay	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
29 June - 10 July	WMA Stadia Championships	TAMPERE, FINLAND
15-24 July	World Athletics Championships	OREGON, USA
3-5 September	WMA Mountain Championships	TELFES, AUSTRIA

2023

27 Mar - 3 April	WMA Indoor Championships	EDMONTON, CANADA
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2024

August (tba)	WMA Stadia Championships	GOTHENBURG, SWEDEN
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