

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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- > Masters Athletes at Athletics NZ Champs
- > Obituary - Hector Mein
- > Athletics NZ Regulations Update



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Panoramic view of the track at Tauranga Domain

PHOTO: John Campbell

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



Cover Photo

Mel Aitkin running the 2022 International Association of Ultrarunners (IAU) 6 hour Global Solidarity run in Wellington. Mel is joined by Michael Wray for part of her run. Photo - Sharon Wray

Inside Back Cover

Heather McLean (W40) in the 3000m race walk Photo - John Campbell

Back Cover

Paul Hewitson running the 2022 International Association of Ultrarunners (IAU) 6hour Global Solidarity run in Wellington. Photo - Sharon Wray



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Victor Lusi (CAN) competing in the long jump at Nga Puna Wai

PHOTO: John Campbell

President's Report 2022

by ANDREW STARK - NZMA President



Normally this report would be delivered at the NZMA AGM that is held at our Track & Field Championships. Given that has not happened yet, it is being published in Vetline and posted on our website.

Our aim is to hold a SPECIAL GENERAL MEETING via ZOOM before the end of May. While this is not technically within our Constitution, I am sure that most members will agree that given the current circumstances, this is a better option than having no contact at all.

The Effects of Covid-19

Covid-19 continues to have an effect here in New Zealand and the rest of world, making for another challenging year. We have seen numerous events modified to fit within Covid-19 Levels restrictions, postponed or cancelled. What is clear, it that life as we knew it has changed for the foreseeable future.

We will look back to late February 2021, when we were fortunate to get through the 2021 NZMA championships held in Inglewood 25-27 February 2021. Following a community outbreak in Auckland that weekend, a Level 2 lockdown was imposed at midnight on the Saturday night. Following discussions with various people, we decided to complete our Championships. I would like to acknowledge the hours of work that the LOC were required to do prior to Sunday's events, to create a plan to ensure groups of 100 were created / separated, so that we met the Level 2 restrictions. It was a calculated risk to continue. Some members decided not to attend on the Sunday, but the feedback from those who stayed was positive. More importantly, no-one at the event had, nor caught Covid-19 because we choose to continue with Sunday's competition.

That brings me to the 2022 NZMA Championships that were to be held in Wellington, 11-13 March 2022. Four weeks prior to this event, the Omicron Covid-19 community outbreak resulted in gathering restrictions for outside events being reduced to 100 per group, with strict guidelines about not mixing groups within an event. This restriction of no mixing of groups was the biggest challenge, given our members do multiple events. Whether we thought the restrictions were appropriate or not, they were the guidelines we were required to follow.

During this time, I remember watching two of Athletics NZ Classic meetings on SkySport Next. Even with the

help from Athletics NZ staff, involving numerous officials and employed security guards, they appeared to struggle running these events within the gathering guidelines of keeping 'groups' apart.

NZ Masters Athletics is run by volunteers. We do our best to organise events on your behalf, however there is limit to what we can achieve. The decision to postpone the 2022 NZMA Championships was not taken lightly. I acknowledge that this did not please everyone, but the overwhelming feedback I received was supportive of the decision.

The advice at the time was that Omicron was a very contagious strain. It was predicted to spread rapidly throughout the country. The outbreak was expected to peak at about the time we would have been holding our championships. The Wellington Masters Centre were not prepared to host an event, given the uncertainty about the level of infections which could be expected within the community. The NZMA Board shared their concerns. Both organisations did not want to organise an event that could potentially become a 'super spreader event'. After all we are an aging population and are potentially at greater risk, should any one of us catch Covid-19. I appreciate that other big events were still held, such as the Athletics NZ Championships a week earlier. I do know that following this event, several athletes and officials did go down with Covid-19.

At the time I am writing this report, the NZMA Board is looking into what options we have regarding when and where we host the next NZ Masters Track & Field Championships. No decision is straight forward. Our event needs to fit in with other major events throughout the season, and until those dates are known, it is impossible for us to set our date. Most local Masters' Centres cannot host our championships without the help from the Athletics NZ Centre. Until we have confirmation about the venue and dates for the next Athletics NZ Championships, our decisions are in limbo.

(continued overleaf)

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



President's Report

(continued)



Looking back on Winter 2021 Events

During the winter season, most cross-country events were able to occur with no restrictions. However, this changed once a Covid-19 community case occurred in Auckland in early August. The whole country was then required to go into a Level 4 lockdown for four weeks, resulting in most events during this time being cancelled. Once most of the country, apart from the Auckland region, moved to Level 3, then to Level 2, various events were able to be held, albeit with some restrictions. It required significant effort and detailed health and safety plans for race organisers, to ensure these events could be held safely and successfully.

Unfortunately, it did mean that some Athletics NZ Championships events were cancelled. The NZ Road Championships were first postponed from late September to early November, but then cancelled as the restrictions in Auckland remained in place. The NZ Road Relay Championships to be held in early October, were down-graded to a local event. For many of our distance athletes, the road relay event is very popular and key focus for the season, so while that was understandable, it was disappointing.

Given Auckland was in lockdown, NZMA were forced to cancel our indoor championships for the second year in a row. Similarly, the North Island Masters Track & Field Championships in Auckland were also cancelled. Under Level 2 restrictions the South Island event held in Dunedin was able to go ahead with the numbers attending being similar to previous years.

Athletics NZ & NZMA registrations

The NZMA registration year starts as from 1st September. Given Covid-19 has been around for almost two years, it is not surprising that we have seen fewer NZMA members rejoin. There are fewer than 140 NZMA non-club members across all Centres, who mainly compete in track & field. There are approximately a further 1500 masters registered with ANZ affiliated clubs, who have the option to compete all year round, i.e. in non-stadia events.

The uncertainty, plus the inability or unwillingness to travel is certainly having an impact on registration / participation numbers. At a local level here in Canterbury, I have noticed that there are fewer masters attending our track & field meetings compared with previous years. I am not sure if numbers will increase again, once Covid-19 is 'under control'. Having experienced lockdown and had a forced break from training, for some it may be very hard to regain the desire and motivation to recover lost fitness, compounded by the fact we are all getting older.

Memorandum of Understanding between Athletics NZ and NZ Masters Athletics

The concept of creating this MOU has overall been successful, in terms of encouraging masters to attend our track & field championship events. I have no doubt that it has helped us retain attendance figures up over 200. I acknowledge that with fewer local masters / NZMA members it is a challenge to run masters only events within a region and to get personnel to step up to help run a Masters' only committee. However, for the good of the sport going forwards, working with Athletics NZ has its benefits. For most Centres throughout New Zealand, both groups work well together.

Below is the breakdown between Athletics NZ and NZMA members attendance figures at NZMA Track & Field Championships. It has to be remembered that in past years, numerous Athletics NZ masters knew nothing about what we offered, other than the non-stadia events organised by Athletics NZ.

A prime benefit of the MOU is that the barrier between the two groups has been removed. Athletics NZ now regularly promote our events on their website calendar.

Inglewood (2021) 223
164 ANZ Club members & 59 NZMA members (26%)

Hastings (2020): 201
124 ANZ Club members, 44 NZMA members (22%) & 4 o/seas

Timaru (2019) 192
114 ANZ Club members, 73 NZMA members (38%) & 5 o/seas

Whangarei (2018) 227
132 ANZ Club members, 88 NZMA members (39%) & 7 o/seas

Nelson (2017) 221
no break down figures available

NZMA Membership Numbers – Vetline has gone digital

As has been stated previously, the NZMA (non-club) membership numbers continue to drop. As part of their subscription, all NZMA members have previously received four copies the Vetline magazine per year.

As from the January 2022 issue Vetline went digital. It is now available to all Masters via the NZMA website as a free PDF. If you would like to read the back story of how the NZMA Board came to this decision, it can also be found on the Vetline website page.

The debate going forward is what should the NZMA registration fees now be? This is something to be discussed at the SGM.



Saxton Oval - Nelson

Oceania Masters Athletics (OMA) Council update

The OMA 2021 Championships were to be held in Norfolk Island but were cancelled, due to the uncertainty of travel between countries. The OMA AGM was held on 20 January 2022, with an almost complete change of council members. Stewart Foster was re-elected as treasurer and Joan Merrilees on the committee. What has become apparent is that Oceania Athletics (OAA) is going to take a greater role in organising OMA events going forward, almost making the OMA Council redundant. That makes perfect sense for event held in the Islands, given OAA have those connections already established. OMA events held in Australia or New Zealand can usually be organised successfully locally, but it does require the assistance of the local Athletics NZ Centre.

The 2023 OMA Championships are due to be held in New Zealand. We are currently looking for a Centre to host this event. If your Centre is interested, please contact me ASAP. I suspect the event is most likely to be held during October 2023.

NZMA Board Update and Special General Meeting date to be set

During the past year all Board meetings have been held via Zoom, resulting in more meetings and as when required. I apologise for not sending out the minutes of these meetings and I will upload all minutes to our website.

As mentioned earlier the NZMA Board is a small group of dedicated volunteers. There are challenges that this organisation faces. Below is a list of issues that need addressing, but there may be more. I simply don't have all the answers, and I am seeking ideas from YOU. Within the next two months, the NZMA Board will advise members of the date of the SPECIAL GENERAL MEETING. At this meeting, you will all have an opportunity to discuss any of the issues listed below:

1. Succession Planning – It is impossible to create a succession plan without more people stepping up to help, prior to the established Board members stepping down from the role. I am concerned that the turnover of Board members is not happening. This is not meant to be a 'job for life'. How do we encourage more members to become involved with admin roles?
2. The future of NZMA – Currently, the only focus that NZMA has is assisting Masters Centres to organise our three track & field championships, plus with the administration of confirming athletes attending overseas events are members of NZMA (or an Athletics NZ club). What should be our role? Now that Vetline has gone digital, what should the NZMA registration fees be? What do NZMA need the funds for?
3. The future of Masters' Centres – Have they had their day? Is it time the all Masters' Centres to simply become an operational committee of the local Athletics NZ Centre? This is currently how it works in Canterbury.
4. Greater inter-Centre interaction – Since Covid-19 has been around, Athletic NZ introduced monthly Centre Zoom meetings as a way of communicating information and seeking feedback for around the country. I would like to introduce these for Masters' Centres too. Do you agree with this initiative?
5. Greater assistance from Athletics NZ – Athletics NZ have paid staff dedicated to organizing events. Is it time for Athletics NZ to have a greater involvement in assisting NZMA to organise our three track & field championships? Should Athletics NZ take over that role completely?

The above list is not necessarily complete. If you have other items you would like us to consider, please send me an e-mail: Andrew Stark – aws@xtra.co.nz

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Contact: admin@nzmastersathletics.org.nz



Masters Athletes at Athletics NZ Championships

by Brayden Grant

PHOTO: John Campbell



Nick Bolton (CAN) competing in the men's 110m hurdles

I had the privilege of recently being asked to run for the Manawatu Wanganui Athletics Centre (MWA) 4x400m relay team at the 2022 Jennian Homes NZ T&F Championships in Hastings. This was my fourth occasion at the NZ Champs as a master's age athlete and a great way to finish what was a challenging season.

MWA has traditionally entered a relay team in as many events as possible regardless of what age group or preferred distance team members usually run. This year our 4x400m team was made up of two 1500m runners, a 200m sprinter and myself as a 400m runner. Unfortunately for our team the 200m sprinter pulled a hamstring in the SM 200m final so was unable to race. Our reserve member had already returned home so our last option was to convince a Manawatu decathlete to fill in. This athlete had just completed his first ever decathlon and had just won the 1500m about 30 minutes earlier.

Nik Fee, son of Jen Fee (secretary MW Masters), stepped up for our team and we all ran as best we could on the day and managed to secure the 4th placing. While this was not the ideal scenario for our relay team it showed great team spirit and determination by Nik, that I'm sure he has inherited from his athletic parents.

It was great to see a handful of masters athletes taking part in a range of events at the NZ T&F Champs. Those that I saw in action or found results for included:

- **Helena Dinnissen** (Canterbury) ran 12.63 in the 100m just missing out on qualifying for the final. As a member of the Canterbury 4x100m relay team she received a gold medal for their winning performance. She also came 4th in both the SW long jump (5.84m) and triple jump (11.59m - just 2cm behind 3rd).
- **Anna Lynch** (Canterbury) competed in the SW shot put and finished in 4th place. She was also 6th in the discus and 7th in the hammer throw.
- **Vanessa Story** (Manawatu Whanganui) competed in the women's 400m and was placed 7th overall in a time of 63.39
- **Nick Bolton** (Canterbury) was 4th in the 110m hurdles in a time of 16.93.
- **Joden Pratten** (Canterbury) finished 8th in the SM shot put and 7th in the discus.
- **Kieran Fowler** (Otago) won the bronze medal in the SM discus with 47.91m

Bob Schickert - Roobix Service to Sport (May Campbell Medal)

The 2021 SportWest Awards were presented at a Gala Cocktail function at Perth Optus Stadium on Thursday 24 February 2022.

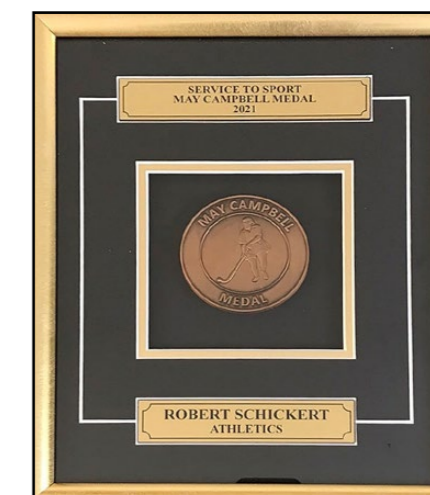
Bob Schickert, from the Perth suburb of Attadale, was nominated by AthleticsWest for this prestigious Service to Sport Award. All three finalists from Athletics, Gymnastics and Volleyball were recognized for their combined 160+ years of service to the sporting community. In congratulating Bob on being chosen as a finalist for the Award, the AthleticsWest website provided this overview of Bob's life-long commitment to his sport.

"Robert 'Bob' Schickert is a stalwart of Athletics in WA. He has over 40 years of experience as an Australian athlete, administrator and official at local, regional and world competitions.

Throughout his time as an athlete Bob has won two Gold, two Silver and two Bronze World Master Athletics Championships medals, as well as 11 Gold, 18 Silver and 23 Bronze Australian Masters Athletics Championships medals. Bob has also been awarded the Australian Sports Medal, the World Master Athletics Award at Lyon General Assembly for services to Masters Athletics, as well as multiple Life Memberships.

In addition to his athlete career, Bob has established himself as an effective administrator taking on key responsibilities at a state, national and international level. He has held a range of positions

including, President, Treasurer and Secretary of WA Masters Athletics Club, World Masters Athletics Law and Legislation Committee Member, Competition Committee Member and Safety Officer, as well as Secretary of Oceania Masters Athletics. Finally, as an official, Bob has been a constant at Athletics West competitions for more than 20 years. As an Accredited Australian Athletics Official, Bob attends weekly state events as WA's Track Officiating team."



Bob in the 5000m at Tauranga 2012



Bob as an AA Official in 2019

Are You Worth Your Salt?

by George White

Distance running (and walking) is a simple sport, but there are a great number of nuances to doing it particularly well.

We all know of the importance of hydration, but what about salts (electrolytes)? Runners sweat between 400ml and 2400ml/hour (say an average of 1200) depending on sex, age, weight, run intensity, temperature etc. When preparing for the 1984 Olympics, marathon runner Alberto Salazar recorded 3700ml loss per hour. Sodium in sweat can be from around 100mg to 2000mg per litre. Excessive loss in a distance event may cause cramps and we can all probably recall sweating to the point where salt crystalized around our eyes. We needed electrolytes - electrolytes and hydration go hand-in-hand.

Advertising has been selling their importance for years, but what are electrolytes and why is keeping them balanced crucial to a Masters health and success. Masters' athletes may be more susceptible to dehydration and electrolyte imbalances than younger athletes as the kidneys can lose some of their function with age. Further, older adults are at increased risk of dehydration without even exercising in the heat. As we age, our thirst mechanism deteriorates, making it more challenging to stay on top of hydration. It is also possible to experience adverse health effects from only slightly lower than normal sodium levels.

Electrolytes are electrically charged minerals and compounds that help the body do much of its work. Part of their role is to regulate the fluid levels in blood plasma and the body as well as enabling muscle contractions, including the beating of the heart. Sodium, potassium, magnesium and calcium are the four major electrolytes that maintain the body's fluid balance. Electrolytes are a bit like detergent in a washing machine; although it doesn't make it run, it is necessary to get clothes clean. Electrolytes are necessary for the digestive, cardiac, muscular and nervous systems to function correctly.

For a runner/walker, keeping electrolytes balanced is essential for successful training and optimum performance. Drinking water alone isn't enough. If you try to rehydrate by drinking a lot of water, failing to consume electrolytes at the same time can upset the balance of electrolytes in the bloodstream. Electrolyte imbalance symptoms include muscle cramps in the legs, stomach cramps or side stitches, dizziness, fatigue, nausea, constipation, dark and decreased urine output, dry skin, muscle weakness and stiff and achy joints.

A major problem with sweating is that blood volume gradually decreases as sweat losses increase - fluid is drawn from blood plasma. This increases strain on the cardiovascular system. Up to a certain point, taking in plain water is enough to mitigate sweat losses. But, as losses start to mount up, there is a need to replace sodium as well, to avoid blood becoming diluted.

Will salt tablets work? The simple answer is no, because they provide only two of the electrolytes your body requires (sodium and chloride) and they can oversupply sodium, overwhelming the body's complex mechanism for regulating it.

Ingesting large amounts of sodium may temporarily resolve a sodium deficiency but doing so substantially increases the risk of a number of other problems, including increased fluid storage in the form of swelling in the extremities and elevated blood pressure, both of which inhibit performance.

When racing or training for less than an hour, water alone can probably maintain hydration - no need for an extra electrolyte drink. But over an hour—or, if you're a particularly salty sweater, you should consider electrolytes. Fluids are absorbed into the bloodstream faster when their dissolved minerals closely match that of the blood. Sports drinks attempt to do this with contained sodium, other minerals and carbohydrates allowing them to reach the bloodstream more quickly.

Electrolytes also help determine how much fluid enters muscle fibres and other cells assisting the optimal fluid balance of the body. There is a side benefit for distance athletes. A 2001 study found that cyclists who consumed a sports drink with electrolytes during a 4.5-hour ride produced much less urine than those who consumed an equivalent volume of salt-free sports drink. It concluded that this was because the cyclists did not need to excrete as much water to balance out the sodium concentration inside their bodies. Hence the benefit - who needs to have to take a bathroom break during a race?

So, the easy option is to replenish fluids and electrolytes with a sports drink, but be careful in the choice as many of them are high in simple and artificial sugars.

Unfortunately, the human body cannot efficiently replace what it expends during exercise at any intensity above a walking pace. Electrolytes lost are not replaced by electrolytes consumed in the moment. The body is able to replace, only about one-third of what it loses during exercise. This is true for fluids and electrolytes. If you try to replace all the fluids at once, you may end up with dilutional hyponatremia (overly diluted blood sodium levels) or water intoxication.

Likewise, if you try to replace in equal amounts all of the electrolytes you lose, a number of the body's triggers may create all sorts of problems such as gastric distress, swelling, muscle spasms, and cramping.

The important thing is to not focus on what you lose, but rather on how much the body can effectively accept and absorb - perhaps 30-40%, even when it wants 100%. If you are really serious about fluid and electrolyte loss there are now calculators on the web that will do the sums for you, factoring in all the complexities of carbohydrate and fat burned, glycogen storage and sweat loss, e.g. <https://runnersconnect.net/electrolytes-for-runners/>

Proper electrolyte replenishment during endurance exercise requires a gradual, consistent approach that incorporates all of the electrolytes in amounts that do not override normal body mechanisms - however you may want to take this article with a pinch of salt!

Once a Runner Always a Runner. Even When You Can't.

by Lance Smith

Roger Robinson recently wrote an article describing a 3000m race he ran not so long ago at age 82. He was dead last, was lapped many times by everyone in the field yet considered one of his most successful races in 70 years of competing. Why? Because at 82 he was still doing a sport he has loved since he was a schoolboy. And while he didn't compare himself to the others in the field he could compare himself to others his own age. Which he did by breaking the Wellington 3000m record for 80-84 set 10 years ago.

(For those who don't know of Roger, he has represented both England and New Zealand at world championships and has a 3000m PB of a little over 8 mins, about half of his record-breaking time as an 82-year-old).

Reading Roger's account got me thinking. One of his telling observations, and most masters can relate to, is that runners who retire at their peak can only look back, those who keep running can look forward. Even at 82.

So while Roger is still running regardless of age, I am still running regardless of physical inability. To explain, I have a neural disease that means my legs can't run. But my brain can.

I can plot race strategies, devise training sessions, plan races, but it is someone else who carries them out.

I can't run. But I can watch others run, others who I help in their training and race strategies by being a coach. It's not the same as being there doing it, but it's the next best thing because I am running with them. I'm running.

O.K, they don't always do the right thing. But then neither did I when I ran.

Age and a host of physical limitations affect us more and more as we move further up the masters age grades. It is something most masters runners have to face sooner or later.

Looking forward and competing with and against others your own age is the essence of masters athletics.

And while running through others may sound a bit like parents living success through their children, it keeps me involved, even when I can't run. It means I can look forward rather than restrict myself to the past. This too, is the essence of masters athletics.



INCLUDES OCEANIA MASTERS CHALLENGE!

See overleaf for more details

Mackay REGIONAL COUNCIL

2022 OCEANIA ATHLETICS CHAMPIONSHIPS



Oceania Masters Challenge

Oceania Athletics Association (OAA) will be running an Oceania Masters Challenge with the Oceania Championships, to be held in Mackay, Australia from the 7th to 11th of June.

The masters' events will take place on the 9th, 10th and 11th of June.

Masters athletes have competed in previous editions of the Oceania Athletics Championships. OAA is excited to include masters age groups at the Championships in Mackay, with athletes of all ages and all abilities due to compete at the Mackay ARC.

Mackay has previously hosted the Oceania Masters Championships and have shown that they have what it takes to host major events, and undoubtedly these Oceania Championships will be no different...



With the best of Oceania, coming to compete in Mackay, it will be masters athletes opportunity to run alongside the best athletes of the Pacific and see them up close prior to the World Athletics World Championships and the Commonwealth Games.

All masters athletes are invited to compete, with medals awarded in every 5-year age group. Age groups will be calculated as the first day of the competition, which will be 9th June. Alongside the master's challenge, the Queensland Masters will be having their Championships concurrently.

Events:

100m, 200m, 400m, 800m, 1500m, 5000m,
Long Jump, Triple Jump, High Jump,
Shot Put, Discus Throw, Javelin Throw, Hammer Throw, Heavy Weight.

To enter and for more information go to:

<https://athletics-oceania.com/oceania-championships-2022/>

Mental Skills #1 - What

Lance Smith

This is the first in a series of articles by Lance Smith, that covers the mental aspect of athletics.

Train the body to do what the mind wants it to do ... this means the mind must fully understand what it wants.

As the name suggests, mental skills are skills with anything to do with the mind and everything you do involves the mind.

Liking something is a mental activity. So is hating something. Concentration, learning, telling feet to go faster, telling yourself to jump further, avoiding mistakes, feeling happy, feeling scared, motivation, event tactics: it's all mental. It all comes from the mind.

Training is rehearsal for competition. When training a physical skill you should also be practising your mental skills. And just as with physical skills, you work the body hardest in training so that at competition time it feels easy. You must do the same with your brain.

Mental skills can be simplified right down to two categories – what you want and what you do not want – the plus and minus. The plus is confidence – what you do not want is doubt.

There is no difference psychologically, or the way the brain reacts, between anxiety and excitement. The difference is the way you handle it and the way it affects you. If you have confidence there is no room for doubt.

What is the antidote to doubt? Yes, confidence.

And what is the best prescription for confidence? Easy. Knowing you have done the training,

Every race has a wall where you physically reach your absolute limit. Where this wall is depends on your ability, training, nutrition etc. But how close you get to the wall depends on your mind, your mental coping skills.

The question is, why bother, why have a mental strategy? We basically have two brains. It's an over-simplification, we actually have many sections but for the sake of simplicity let's keep it as two, in medical terms, the limbic and the frontal cortex. In fact there are more than two parts of the brain with psychologists identifying three main ones with each divided into several regions. However for the sake of clarity we will stick with the dual-brain model used by many sports psychologists.

The limbic has developed over the millions of years since we first crawled out of the swamp or sea. It is dedicated to instinct, it is the fight or flight brain, it keeps you alive.

The frontal cortex is the rational brain, it has been developing since we walked out of Africa and is for reasoning. It is how civilisations developed.

These two actually fight each other. Imagine you have the opportunity to bungee jump. The limbic says "no way, it's too dangerous." The frontal cortex says "no it's not, thousands have done it." "You might die" says the limbic. "I want the adrenalin rush" says the frontal cortex. "But it's \$200" says the limbic. "I can find or save that" is the reply from the frontal cortex.

Which wins? Do you bungee jump? Personally, for me, the limbic brain wins. I won't spend \$200, I might die, I don't need an adrenalin rush. I have never bungee jumped and have no desire to but fortunately for AJ Hackett, thousands have their frontal cortex the winner.

Now put that in a running context. "I'm hurting, slow down", says the limbic. "No, I want this race, I want to win it and I can if I try", is the reply from the frontal cortex.

Do you slow down or speed up? It all depends on which brain wins the argument.

It just might help the 'rational brain' overcome the 'instinct for survival brain'.

It might help you win competitions.

Feeling anxious and stressed out before a competition is normal. Anxiety and stress and getting nervous is one of our defences against threats and is a legacy from when our ancestors were hunter-gatherers. Will I lose, will I look silly, will I let myself down, will I be capable of doing this? These are all hangovers from 'where is that sabre-tooth tiger that wants to eat me?' Instead of feeling stressed, consider that you have a highly developed defensive mechanism, and that must be seen as a positive.

For most of us the stress is a physical symptom, coordination is not the same, jumps are not as far or as high as in practice, wrong decisions are made.

In reality, the physical reactions are a positive. Heart rate goes up, breathing is rapid, you have butterflies, you are pumped up, jittery, you need to make frequent trips to the toilet. This is not a defect, it is completely natural. These are physical positives: increased pulse rate means there is more oxygen pumped to the muscles, faster breathing means more oxygen, jittery means nervous system is primed for action, butterflies signify less enzymes are sent to the stomach because the stomach is not needed for fight or flight.

The brain can't tell the difference between a real threat and a phony threat. Being eaten by a sabre-tooth tiger is a real threat, being beaten in a race is a phony threat. It won't kill you. Knowing what's causing the stress, you might, just might, be able to do something about it and to throw the others out.

More next issue when we look more at why we need mental skills.

Thanks to Mike Weddell

by Ian Carter



Mike Weddell (ex President of NZMA)

As many of you know, Mike has been a regular, long-term and, I'm pleased to say, continuing contributor to Vetline. His training advice is always pertinent, concise and invariably spot-on. Since he is a middle-distance athlete and coach, his advice tends to be tailored to that segment but many of his "pearls of wisdom" would also apply equally to sprinters and field athletes.

I first encountered Mike over 30 years ago when we had some very competitive races. He was more the sprinter moving up to middle-distance and I was the distance guy moving down. One memorable occasion was when we finished second and third to Bruce Hunter setting a NZ M40 800m record.

Mike has also been heavily involved in NZMA administration, spending a number of years as President, and he has spent a lot of time involved with Otago athletics. While he is no longer competing, he is still contributing.

What prompted me to jot some thoughts down started with a race I had a couple of months ago. My grand-daughter videoed a mile race, I was horrified to see how short my stride was and my lack of knee lift and drive. While grizzling to anyone in the family who would listen, a daughter told me the brutal truth that maybe I used to run fast, but I never looked good. Thinking about this, I decided to add more strength work into my exercise regime.

A couple of days later, Vetline arrived in my inbox and there was Mike's piece about Eric de Latour and the need for aging athletes to do strength work. So, thank you Mike, and as I continue to get slower and grumpier, I will at least be able to know that "well, I'm doing what the expert said".

Coaching Corner

by Mike Weddell



Being successful as a masters athlete involves more than just being "good" at your event and doing it regularly to maintain the standard. This of course implies you want to be competitive or you may take part in athletics to maintain fitness. In either case maintaining fitness is more than just doing event specific activities.

There are underlying factors of fitness that apply to all activities and should be worked on regularly. Strength is the first of these factors and a simple test is whether or not you can stand up from sitting on the couch in one motion without using your hands to help. I have just tried this and I am now stuck on the couch (only joking). If you can't do this you need to do something about it, as it will certainly be affecting your

athletic performance and how long you will still be able to take part in the sport.

The second factor is flexibility. We gradually lose flexibility as we get older but we can do a lot to maintain it by doing a few basic stretching exercises. There are lots of them on the internet.

Third is balance, and a good test is to see if you can stand on one leg for 10 seconds and then try the other leg. If this is not possible you need to work on it.

If you are deficient in these three factors specific training for your event will be less effective. If you can improve these three factors, you will improve even if you do the same amount of specific training and will almost certainly suffer less injuries.

Hector John McKenzie MEIN

by Murray Clarkson

PHOTO: John Campbell



Hector competing at the 2016 NZMA Championships in Dunedin

It is with great sorrow that we note the passing of our great Tam o' Shanter, broad Scottish brogued, Hector Mein (12 April 1930 – 18 March 2022).

Although he had been in New Zealand for many years, understanding him was sometimes difficult on the phone until you knew who it was. He loved returning to his Mother Scotland to compete in the British Games when able and enjoyed the ballroom dancing, his second love after athletics. Regardless of the event, Hector had a go and was successful at most of them. And regardless of whether they were international, national or local and athletics, triathlon or other multi-sports, Highland or Masters Games, Hector was likely to be there.

Even though he lived in Tauranga for many years, he competed in his Auckland club trip at events where there was no restriction. Mount Joggers and Walkers was his club in Tauranga with whom he competed and enjoyed their friendly environment. Waikato – Bay of Plenty Masters records were set, some of which have since been superseded. Many medals came his way from his fiercely competitive nature at New Zealand, Oceania and World championships.

He was an amazing athlete whether it was track and field, cross country, road or relays. He also had great skills with the various throws and always with 100% effort. Hector revelled at Masters Games where he could include indoor rowing, dancing and other unconventional activities.

We travelled many places with Hector and he joined in the laughter and banter that ensued. Always a poached egg (microwaved in a cup), regardless of what else was on offer, for breakfast. He always remembered his day in the Dandenongs riding on Puffing Billy hanging out the windows (like big kids) and the carousel in Geelong.

Although he did not contribute administratively to sport, he certainly promoted it with his participation and dedication. Always friendly but sometimes hard to convince (Scottish determination), his character will always be remembered.

He struggled, health-wise over the last few years and escaped our attention. He was not averse to using an ebike for transport although control was a problem sometimes. Walking the Mount was a ritual he pursued with vigour until he was unable.

His passing would be sad but a relief for the family, we offer our sincere condolences and celebration of a life enjoyed by the many friends he created.

Flexibility

Margaret Saunders

Flexibility can be defined as the range of motion in a joint or group of joints, or the ability to move joints effectively and pain free through a complete range of motion. This is an important component for all master's athletes. In speed and power events in particular, loss of flexibility may result in a drop in performance.

Flexibility will vary greatly from person to person, but there is a minimum range which is considered essential for joint and body health. Each athletic event will require different levels of flexibility. For example, running requires a good stride length with hip flexibility essential. Throwers require flexibility in shoulders and hips.

There are many variables or factors which will affect flexibility. Typically, women appear to be more flexible than men and this may be due to the muscle mass of women being lower than that men. Being physically active should increase flexibility, whereas an injury will frequently lower the flexibility due to the range of motion being affected by the mobility of the joint capsule, tendons and ligaments around the joint. Aging will affect the structure of muscle and connective tissue and the result is that the fibres decrease in elasticity. Damage to joints or arthritis may limit flexibility.

Inflexibility may cause muscles to work harder, causing muscle fatigue which may then lead to injury. This injury may occur

at the site of the inflexibility or may be at a distance from the cause. If a joint is inflamed, be cautious when stretching.

Stretching is an important component of a training programme. Ensure correct technique is used for each stretch. If unsure how to establish your stretching programme, seek the advice of a sports physiotherapist. Increasing flexibility takes time, but improvement should be noticed after several weeks.

The initial stretching programme should target the larger joints and then move to the joints which are specific to your event. A short warm up should be done before stretching is commenced. This increases the blood flow and temperature of the muscles, tendons and ligaments and thus the elasticity is greater. Static stretches are the best stretches for most master's athletes. Start the stretch slowly and gently and only stretch to the point where you feel the tightness or tension. Do not bounce during stretching. Stop the stretch if you feel any pain. Stretching at the end of a training session appears to be more effective.

There are many benefits from regular stretching programmes. The performance of the athlete should be improved with a reduced risk of injury. An increased blood supply will be available to the joints and muscular tightness should be reduced. The stretch reflex can be reset to allow a longer muscle length.

Athletics NZ Regulations Update

The Board of Athletics NZ has recently approved a couple of amendments to their regulations following consideration of proposals by the Rules Committee and an opportunity for feedback through the 50 day consultation period for proposed regulation changes. In summary these provide for an annual 50km championship for men and women and the provision of 5-year age grades for masters men and women in the annual combined events championships.

The 50km championship is added to the existing 100km championship in Regulation C13. Competitors must

designate before the start the distance in which they are competing. In August 2021 changes were made to the age grades for masters athletes in all Athletics NZ outside event championships to replace the various age grades with a standard 5-year age grades for masters. Subsequently it was realised that the NZ Combined Events Championship should also have the same 5-year age groups for masters. The Board has now approved changes to Regulation C5 to provide for 5-year age groups for masters men (decathlon) and masters women (heptathlon) at the NZ Combined Events Championships.

Auckland

by Tony Deleiros

Athletics Auckland and Auckland Masters Track & Field Championships

Introduction

With the NZ Masters Track & Field Championships cancelled due to Covid 19 restrictions this turned out to be the “main” championships of the season for most Auckland masters who entered. With the country moving from Orange to the Red traffic light system 10 days before the combined championships were due to take place, Auckland officials were able with great endeavour to reorganise the meeting from the original dates of Saturday 12th and Sunday 13th February 2022. With mandatory government requirements and having to maintain segregations between athletes and spectators they revised the meeting into four days.

Athletics Auckland had strict protocols in place for all four days. Athletes and spectators were given instructions where to enter the Mt Smart stadium with two different entry points for athletes and supporters, times when they could enter into the warm-up areas and event start areas. Once an athlete had finished an event they either had to leave the stadium or if having another event they could go into the main grandstand which was divided into athlete’s and spectator areas.

The Auckland Athletics Championships attracted a total of 441 entries ranging from U14’s to seniors, while in the AMA Championships 68 masters entered. Unlike the Auckland centre meetings where all track events are seeded, in the AMA Championships track and field events they were run in age groups or were amalgamated.

Saturday 5th February - Day 1: 60m/100m/Steeplechase/High Jump/Pole Vault/Hammer/Javelin

Hot and humid conditions greeted the athletes however strong head winds prevented any good times. In the men’s 60m and 100m: M30 Gulab Singh (North Harbour Bays (NHB)); M35 Andrew Weeks (NHB); M40 Bruce Alexander (Hamilton Hawks); M45 Mark Lambert (NHB); M50 Steven Hargreaves (Pakuranga); M55 Grant Hodges (NHB) and M75 Tony Deleiros (NHB) all won their age groups. Mark posted the fastest times of the day in both sprints.

In the woman’s 60m three lined up: new-comer W45 Lydia Bush (NHB) was first over the line and W75 Christine Waring (NHB) won her age group from W75 Carol Conte (NHB). In the 100m just two athletes with Lydia followed by Christine. There were no masters to contest the steeplechase.

In the pole vault: Mark Lett M55 (Whangarei) was the highest vaulter clearing 2.80m; W55 Anne Goulter (NHB) and M75 David Anstiss (NHB) both cleared 2.30m. M40 Jacques Gouws

(Pakuranga) had a good day winning both the high jump and javelin. Arno Van der Westhuizen (NHB) won the M45 hammer with 48.88m and M70 Mark Powell (Pakuranga) won the hammer and javelin. David Anstiss after an injury during a training track session the week before still managed to clear 1.35m to win his high jump.

In the women’s other field events there was a win for another newcomer W45 Ivana Ereq Floerchinger (ACA) in the high jump with 1.35m. Anne Goulter had a good series of hammer throws with the best of 37.07m, W55 Karen Hulena (NHB) won her age group high jump and javelin, and Carol Conte won her hammer and javelin events.

Wednesday 9th February - Day 2: 3000m Race Walk and 3000m

This was an evening meeting starting at 6pm with the 3000m race walk in which two masters took part. The fastest was W55 Corinne Smith (Whangarei) with a NZ master’s record of 16:32.09, while W50 Karen Davison (NHB) won her age group.

In the 3000m a particularly good turnout of eighteen who took part, spread across seven age groups. M40 Simon Mace (Owairaka) had the quickest time of 8:58.60, second was M45 Nick Moore (Owairaka) with 9:11.25 (AMA record) and third fastest M40 Daniel Donegan (Whippets) in 9:24.81. Other age group winners were: M30 Johan Kvasnicka (NHB), M35 Tim Hitchcock (Wesley); M50 Sasha Daniels (ACA); and M65 Greg Boyd (NHB). W65 Christine Adamson (NHB) was the only women to take part and clocked 13:08.41.

Saturday 12th February - Day 3: Long Hurdles/200m/800m/Long Jump/Shot Put

Another hot and humid day. First up were the long hurdles with the only athlete David Anstiss setting an AMA record in the 300mH with 62.21s, just 0.95 off the NZ masters record. In the 200m just a single athlete in each of the M30-40 age groups made up race 1. Gulab Singh had the fastest time from M35 Aaron Jefferson and M40 Jacques Gouws. Race 2, covering M45-55 age groups had a strong field of six. Mark Lambert completed the treble sprint win in a fast 23.76s from M45 Wayne Holroyd (NHB). Lee Fairclough (Waitakere) won the M50 age group and a good battle between the two M55’s saw Grant Hodges just getting the better of David Blackford (NHB). In the final 200m race M60 Tim Turner (NHB) finished in front of Tony Deleiros.

In the women’s 200m, five lined up in four age groups, W50 Phillipa Green (NHB) was first over the line in 29.82s. In the men’s 800m, M50 Sasha Daniels held off Simon Mace in a close race, M70 Ian Carter (from Nelson and having moved up to the Auckland area), ran an impressive time of 2:35.54 and

M75 Barry Jones (Takapuna) ran a fine time of 3:18.58. In the women’s 800m, W50 Namiko Kelly (Oratia) had the fastest time followed by W30 Cherie McAlister (NHB), Christine Adamson (an Auckland masters record in 3.12.28) and Karen Hulena.

In the men’s long jump, five athletes took part with a close competition between M40 Siamak Anahid 5.16m and M45 Glenn Riseborough (Takapuna) 5.14m but Glenn just failed to better Siamak’s first jump. The men’s shot put had three throwers: M35 John Vea (Pakuranga) 12.76m, Arno Van der Westhuizen 11.06m and Mark Powell 7.54m.

Sunday 13th February - Day 4: 10,000 RW/Short Hurdles/400m/1500m/ Triple Jump/Discus/Weight Throw

The day dawned with a substantial weather change due to the presence of Cyclone Dovi bringing rain on and off during the day. With the Auckland Harbour Bridge closed, anyone travelling in from the north side of the harbour had to travel to Mt Smart via a heavily congested SH16 which affected a considerable number of masters who decided not to make the trip.

First up at 8am was the 10,000m race walk. Karen Davison was the only master taking part and having been disqualified last year, was determined to finish this year which she accomplished in 1:14:49.90. David Anstiss posted a time of 17.11 in the 80mH but had a following wind of 3.9m/s. In the 400m just

two women and three men lined up at their start lines. Cherie McAllister was first over the line from Karen Hulena in the women’s race. In the men’s 400m, Wayne Holroyd, after second places in the short sprints, held off Lee Fairclough and Steven Hargreaves.

The weather did not put off the middle-distance athletes, with thirteen taking part in the 1500m, including three women, all running in one race. Simon Mace had the fastest time of 4:28.81, followed by M35 Tim Hitchcock 4:33.30, with M50 Sasha Daniels 4:38.39 third. Namiko Kelly completed the W50 800m - 1500m double and W65 Christine Adamson set a new 1500m AMA record.

Tail winds were a hindrance to the triple jumpers, W30 Diana Ismagilova (NHB), the only master women, jumped out to 11.59m, with Glenn Riseborough recording 10.58m and David Anstiss 8.55m. The throws were again small in numbers, with W35 Louise Karena (Papakura) and W35 Melissa Free (Takapuna) the only two competitors in the women’s discus. In the men’s discus and weight throw: John Vea, M40 Jacob Potgieter (NHB), Arno Van der Westhuizen, M60 James Thomas (NHB) and Mark Powell all won their age groups in both events. David Anstiss won his discus.

Auckland Masters want to thank Athletics Auckland officials for putting on well-run meetings in such trying times - thank you very much.



NHB training group

Auckland Masters Athletics Championships Results

Women

60m

W45	1 BUSH, Lydia (NHB)	9.69	-2.8
W75	1 WARING, Chris (NHB)	11.50	-2.8
	2 CONTE, Carol (NHB)	14.76	-2.8

100m

W45	1 BUSH, Lydia (NHB)	15.66	-3.7
W75	1 WARING, Chris (NHB)	19.03	-3.7

200m

W45	1 BUSH, Lydia (NHB)	31.94	-2.5
W50	1 GREEN, Phillipa (NHB)	29.82	-2.5
W60	1 HAYMAN, Jill (NHB)	34.97	-2.5
W75	1 WARING, Chris (NHB)	39.31	-2.5

400m

W30	1 MCALLISTER, Cherie (NHB)	1:15.04
W55	1 HULENA, Karen (NHB)	1:27.04

800m

W30	1 MCALLISTER, Cherie (NHB)	2:57.20
W50	1 KELLY, Namiko (Oratia)	2:53.73
W55	1 HULENA, Karen (NHB)	3:39.80
W65	1 ADAMSON, Christine (NHB)	3:12.28

1500m

W50	1 KELLY, Namiko (Oratia)	5:58.81
W65	1 ADAMSON, Christine (NHB)	6:21.08

3000m

W65	1 ADAMSON, Christine (NHB)	13:08.41
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3000m RW

W50	1 DAVISON, Karen (NHB)	22:07.20
W55	1 SMITH, Corinne (Whangarei)	16:32.09

10000m RW

W50	1 DAVISON, Karen (NHB)	1:14:49.90
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Long Jump

W55	1 HULENA, Karen (NHB)	3.50m	3.1
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Triple Jump

W30	1 ISMAGILOVA, Diana (NHB)	11.59m	2.8
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High Jump

W45	1 ERCEG FLOERCHINGER, Ivana (ACA)	1.35m
W55	1 HULENA, Karen (NHB)	1.15m
	2 GOULTER, Anne (NHB)	1.15m

Pole Vault

W55	1 GOULTER, Anne (NHB)	2.30m
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Shot Put

W35	1 KARENA, Louisa (Papakura)	7.98m
	2 FREE, Melissa (Takapuna)	7.33m
W55	1 HULENA, Karen (NHB)	6.85m

Discus

W35	1 KARENA, Louisa (Papakura)	27.68m
	2 FREE, Melissa (Takapuna)	23.74m

Javelin

W40	1 OSUGI, Ai (Waitakere)	19.85m
W55	1 HULENA, Karen (NHB)	14.56m
W60	1 HAYMAN, Jill (NHB)	19.57m
W75	1 CONTE, Carol (NHB)	10.42m

Hammer

W55	1 GOULTER, Anne (NHB)	37.07m
W75	1 CONTE, Carol (NHB)	18.37m

Men

60m

M30	1 SINGH, Gulab (NHB)	7.91	-2.1
M35	1 WEEKES, Andrew (NHB)	7.99	-2.1
M40	1 ALEXANDER, Bruce (Hamilton Hawks)	7.72	-2.6
	2 ANAHID, Siamak (Pakuranga)	8.26	-2.6
	3 MALTBY, James (Takapuna)	8.39	-2.6

M45	1 LAMBERT, Mark (NHB)	7.68	-2.6
	2 HOLROYD, Wayne (NHB)	7.69	-2.6
	3 SEYMOUR, Craig (BchIndsMaraetai)	9.07	-2.6
M50	1 HARGREAVES, Steven (Pakuranga)	8.14	-2.6
	2 DORSET, Scott (NHB)	8.29	-2.6
M55	1 HODGES, Grant (NHB)	8.71	-3.5
M75	1 DELEIROS, Tony (NHB)	10.19	-3.5

100m

M30	1 SINGH, Gulab (NHB)	12.55	-2.6
M35	1 WEEKES, Andrew (NHB)	12.90	-2.6
	2 JEFFERSON, Aaron (NHB)	13.19	-2.6
M40	1 ALEXANDER, Bruce (Hamilton Hawks)	12.37	-2.6
	2 ANAHID, Siamak (Pakuranga)	13.34	-2.6
M45	1 LAMBERT, Mark (NHB)	11.99	-2.4
	2 HOLROYD, Wayne (NHB)	12.10	-2.4
	3 SEYMOUR, Craig (BchIndsMaraetai)	14.28	-2.4
M50	1 HARGREAVES, Steven (Pakuranga)	12.82	-2.4
	2 DORSET, Scott (NHB)	13.29	-2.4
M55	1 HODGES, Grant (NHB)	13.28	-2.4
M75	1 DELEIROS, Tony (NHB)	15.78	-2.4

200m

M30	1 SINGH, Gulab (NHB)	25.76	-0.4
M35	1 JEFFERSON, Aaron (NHB)	27.24	-0.4
M40	1 GOUWS, Jacques (Pakuranga)	28.46	-0.4
M45	1 LAMBERT, Mark (NHB)	23.76	0.8
	2 HOLROYD, Wayne (NHB)	24.31	0.8
	3 SEYMOUR, Craig (BchIndsMaraetai)	29.85	0.8
M50	1 FAIRCLOUGH, Lee (Waitakere)	25.12	0.8
M55	1 HODGES, Grant (NHB)	26.02	0.8
	2 BLACKFORD, David (NHB)	26.35	0.8
M60	1 TURNER, Timothy (NHB)	28.67	-0.2
M75	1 DELEIROS, Tony (NHB)	31.34	-0.2

400m

M45	1 HOLROYD, Wayne (NHB)	55.62
M50	1 FAIRCLOUGH, Lee (Waitakere)	56.77
	2 HARGREAVES, Steven (Pakuranga)	58.63

800m

M40	1 MACE, Simon (Owairaka)	2:12.50
	2 HALE, Michael (Wesley)	2:15.11
	3 HITCHCOCK, Simon (Wesley)	2:32.80
	4 GOUWS, Jacques (Pakuranga)	2:40.74
M50	1 DANIELS, Sasha (ACA)	2:10.75
	2 MAULVURFS, Kristaps (Lynnndale)	2:25.54
	3 KELLY, Shaun (Oratia)	2:26.01
M65	1 BOYD, Greg (NHB)	2:57.44
M70	1 CARTER, Ian (Athletics Nelson)	2:35.54
M75	1 JONES, Barry (Takapuna)	3:18.58
	2 ANSTISS, David (NHB)	3:43.21

1500m

M35	1 HITCHCOCK, Tim (Wesley)	4:33.30
M40	1 MACE, Simon (Owairaka)	4:28.81
	2 HALE, Michael (Wesley)	4:51.49
	3 HITCHCOCK, Simon (Wesley)	5:10.51
	4 GOUWS, Jacques (Pakuranga)	5:51.26
M50	1 DANIELS, Sasha (ACA)	4:38.39
	2 KELLY, Shaun (Oratia)	5:03.29
	3 MORRISON, Tim (Owairaka)	5:15.15
	4 EARL, Adrian (Owairaka)	5:17.46
	5 BLACKWELL, Darren (NHB)	5:19.75
M65	1 BOYD, Greg (NHB)	6:11.92

3000m

M30	1 KVASNICKA, Johan (NHB)	9:34.75
	2 MATTHEW, David (Whippets)	9:46.80
M35	1 HITCHCOCK, Tim (Wesley)	9:31.61
	2 WARREN, Nic (Wesley)	9:43.96
M40	1 MACE, Simon (Owairaka)	8:58.60
	2 DONEGAN, DANIEL (Whippets)	9:24.81
	3 WANDEN, Michael (Takapuna)	9:45.31
	4 HALE, Michael (Wesley)	9:57.79
	5 HITCHCOCK, Simon (Wesley)	10:48.64
	6 GOUWS, Jacques (Pakuranga)	12:37.31
M45	1 MOORE, Nick (Owairaka)	9:11.25
M50	1 DANIELS, Sasha (ACA)	10:21.52
	2 MORRISON, Tim (Owairaka)	11:08.12
	3 EARL, Adrian (Owairaka)	11:15.52
	4 MAULVURFS, Kristaps (Lynnndale)	11:34.34

M65	1 BOYD, Greg (NHB)	13:02.24
	2 CHAMBERLIN, Malcolm (ACA)	13:26.78

80mH

M75	1 ANSTISS, David (NHB)	17.11	3.9
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300mH

M75	1 ANSTISS, David (NHB)	1:02.21
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Long Jump

M40	1 ANAHID, Siamak (Pakuranga)	5.16m	1.6
	2 GOUWS, Jacques (Pakuranga)	4.28m	1.8
M45	1 RISEBOROUGH, Glenn (Takapuna)	5.14m	1.7
M55	1 BLACKFORD, David (NHB)	4.83m	3.8
M75	1 ANSTISS, David (NHB)	3.59m	1.6

Triple Jump

M45	1 RISEBOROUGH, Glenn (Takapuna)	10.58m	6.2
M75	1 ANSTISS, David (NHB)	8.55m	3.7

High Jump

M40	1 GOUWS, Jacques (Pakuranga)	1.65m
	2 POTGIETER, Jacob (NHB)	1.55m
M60	-- DO, Ho Young (NHB)	NM
M75	1 ANSTISS, David (NHB)	1.35m

Pole Vault

M55	1 LETT, Mark (Whangarei)	2.80m
M75	1 ANSTISS, David (NHB)	2.30m

Shot Put

M35	1 VEA, John (Pakuranga)	12.76m
M40	1 POTGIETER, Jacob (NHB)	9.99m
M45	1 VAN DER WESTHUIZEN, Arno (NHB)	11.06m
M70	1 POWELL, Mark (Pakuranga)	7.54m

Discus

M35	1 VEA, John (Pakuranga)	36.26m
M40	1 POTGIETER, Jacob (NHB)	23.59m
M45	1 VAN DER WESTHUIZEN, Arno (NHB)	26.77m
	2 GOUWS, Jacques (Pakuranga)	17.21m
M60	1 THOMAS, James (NHB)	39.07m
M70	1 POWELL, Mark (Pakuranga)	23.35m
M75	1 ANSTISS, David (NHB)	21.11m

Javelin

M40	1 GOUWS, Jacques (Pakuranga)	32.73m
	2 POTGIETER, Jacob (NHB)	31.97m
M70	1 POWELL, Mark (Pakuranga)	18.10m

Hammer

M40	1 POTGIETER, Jacob (NHB)	27.98m
M45	1 VAN DER WESTHUIZEN, Arno (NHB)	48.88m
M70	1 POWELL, Mark (Pakuranga)	22.32m

Weight Throw

M35	1 VEA, John (Pakuranga)	8.73m
M40	1 POTGIETER, Jacob (NHB)	9.78m
M45	1 VAN DER WESTHUIZEN, Arno (NHB)	14.90m
M60	1 THOMAS, James (NHB)	13.96m
M70	1 POWELL, Mark (Pakuranga)	9.15m



Women's 60m sprint



60m sprint start (M40-M50)



60m sprint finish (M40-M50)



AMA members at Mt Smart Stadium

Hawke's Bay/Gisborne

by Maurice Callaghan



HBG Masters Athletics Committee with new life member Murray Andersen

Despite the effects of Covid preventing most sporting events occurring many of the HB/Gisborne masters members have been very active.

After the cancellation of the NZ Secondary Schools Champs meet in December, a combined athletics meet was arranged at Mitre 10 Regional Park in Hastings and our Masters group were invited to compete. It proved a worthwhile exercise for new member Geoffrey Burke who broke the HB/Gis M50 800m record.

The Potts Classic Permit meet was the first major Hawkes Bay meet for the New Year and four of our committee were actively involved in officiating duties. The following day three members travelled to Palmerston North to compete at the Collena Blair Memorial meeting.

This is always a very good Masters meeting attended by athletes from Taranaki, Whanganui/Manawatu, Wellington and Hawkes Bay. It was a worthwhile trip for our members who attended and they more than distinguished themselves. A highlight for the HB/Gis team was Dennis O'Leary breaking our centre M60 60m record.

To hone skills in preparation for the upcoming NZMA champs, several of our members entered the HB/Gisborne Provincial champs and all performed creditably. Dennis O'Leary won the M60 60m and 100m dash races and once again broke the 60m HB/G record. Not to be outdone, Gary Nairn also won the 60m and 100m double in the M50 grade. Martin Bryant competing

in the M75 grade won the javelin, shot put, discus, and 100m sprint, setting new Centre records in three of those disciplines. David Sexton M50 won his shot put, discus, weight throw and hammer. The above three were really peaking at the right time for the nationals so it was a major disappointment when these were postponed.

There was joy to follow the disappointment for one member though when HB/Gis stalwart committee member Murray Andersen was awarded Life Membership. Murray's contribution to our organisation has been immense as can be attested to by the supporting material which accompanied his nomination (see below).

As the track and field season draws to a close, best wishes are extended to all fellow athletes. Stay safe and we look forward to competing next season.



Murray Andersen HBG Masters Life Member

Murray Andersen – Nomination for HBG Masters Athletics Life Membership Athletics NZ

- Athletics NZ counsellor representing HBG for many years until the ANZ structure changed
- Received his 20-year meritorious service award at least 13 years ago
- Ran the North Island combined events Decathlon/Heptathlon Championships for over 15 years

NZ Masters Athletics

- Past Executive Board member of NZMA
- Ran entries and results for numerous Regional Centres, conducting Oceania and NZMA Championships

HBG Athletics

- Long serving Committee Member – served as President for many years
- Served on variety of sub-committees including Competition and Technical
- Principal organiser for the HBG Regional Championships for over 20 years, including entries and results

HBG Masters Athletics

- Has been a Committee member for over 30 consecutive years – virtually all in an executive role including President for many years and has held the Treasurer role for over 20 years
- A key organiser and contributor to successful local Oceania, NZMA and North Island Championships

Murray has also significantly contributed to the following:

Hastings Athletics Club – Committee member for over 30 years holding President and Chair roles for many years – Life Member for over 20 years

Hawkes Bay Schools Athletics – Major organiser of local schools Track and Field Champs, Cross Country, Road Champs, including entries ongoing

Official – ANZ qualified official for many years and officiated at numerous ANZ National, Provincial & Oceania Champs ongoing

Coach – has coached a vast number of athletes for over 30 years, including national representatives

Athlete and Competitor – competed for over 30 years and continues to do so; won medals at World Masters Games, USA Masters Games, Oceania and NZMA Champs. Holds a number of NZMA and HBG Masters Athletics records in short hurdles, high jump, pole vault and decathlon.

Taranaki

by Vicky Jones

Well here we are coming to the end of another Track and Field season and boy has it been a tropical one! The heat and humidity experienced in January and into February made for challenging conditions for some, particularly in the longer distances.

The major overriding aspect of the season has been the dark shadow of you-know-what placing us all in the "red" protection setting, leading to the disappointment of putting the kibosh on wider competition (the reasons provided being completely understandable). However, with making the call to require vaccine passes we have what has been a successful and complete season, which has left us feeling pretty good in that respect. The climax of the season has been the TET Athletics Taranaki Track and Field Champs held on Friday 18 February.

Competition-wise racing has been hot: new records have been set and we have had two new members who have made their presence felt in the most positive way: Kath Uhlenburg, who has only just switched to race walking has come along in leaps and bounds as an 'A' grade walker, competing successfully in her first couple of judged races (and providing me with competition which I haven't been able to match this season!); and Craig Rawlinson who as a 'B' grade walker is making credible attempts to adjust to complying race walking technique.

Record breakers include:

- Joy Baker (W70) in 3000m (15.23.05), 200m (37.81sec), shot put (4.95m), 2000m steeplechase (11.07.21), 3000m walk ('B' Grade) (22.25.20) and 5000m (26.15.23);
- Lionel Haldane (M35) in discus (18.54m) and 200m (26.18sec);
- Alan Jones (M75) 200m (40.51sec) and 400m (1.29.75);
- Vicky Adams (W65) in 3000m walk ('B' Grade) (22.15.34);
- Simon Gillum (M35) in javelin (32.31m);
- Craig Rawlinson (M55) in 3000m walk ('B' Grade) (21.13.55).

Pretty much all the records that have been broken this season in Taranaki have been by us masters athletes (who says we're over the hill or that we should take it easy?!).

The main thing that has been focused on has been making things happen so we can make the most of a tricky situation. A heck of a lot of hard work has been put in by an incredible team and Karen Gillum-Green in particular to ensure that this has been so, not just with club nights, but with the competitions we have had and the open Nexans Fun Run/Walk series.

We can now all look forward to the cross country and road season and as we have the will. It's going to be a cracker!

Wellington

by Michael Wray

Postponement of NZMA T&T Championships

Wellington had been due to host the NZMA Champs in this last quarter, something we eventually had to postpone. Arriving at that decision was not an easy process.

Being in the red level of the traffic light system meant we would need to have the event run in separate bubbles. As per the venue's booking conditions, these bubbles needed to stay intact for the entire championship i.e. whatever bubble you were in on day one was the bubble you must stay in on day two and day three. We managed to work out a plan with events assigned to three bubbles (sprints & jumps, middle distance & walks, and throws) although we hadn't quite worked out how to manage the track pentathlon. This would mean disappointing athletes who like to mix disciplines, e.g. you wouldn't be able to run both the 400m and the 800m as that would mean switching bubbles, but that couldn't be helped.

We also needed to source physical barriers and position them to prevent athletes leaving their bubble. Figuring out how to meet this last condition from the Wellington City Council was proving difficult so we looked at how other large meets in Wellington were doing it. What we found was a general failure, particularly from the athletes, who ignored the barriers and moved between bubbles at will. We would have needed to recruit a large number of additional volunteers to police the barriers; or to risk the loss of our council-provided funding for failing to meet the council's venue conditions if non-compliance became public knowledge.

The other problem we had was the prospect of a very low turnout because of the "close contact" rules in force at that time. Flying away from home at that time was a risk – if someone on your inbound plane was identified as a case, you would be forced to isolate in Wellington for a couple of weeks before being allowed to fly home. On the upside, if we did have fewer than 100 athletes, we'd be able to go ahead without bubbles and barriers, although our council-provided funding was granted on the basis of attracting people to Wellington so that would be at risk, which would compound the impact of reduced entry fees.

Finally, we lost our ambulance booking as the Wellington Free Ambulance advised they were switching to "emergency response" mode and cancelling any event-bookings being held during the peak of the omicron wave.

Wellington Masters Championships

We were able to hold our local championships during February with events over different weekends and also utilising the midweek twilight series.

Day one's field events were the high jump, triple jump, javelin, hammer and weight throw. In the high jump, M35 Mark Tinkle's 1.65m was the most impressive performance. M60 Gary Rawson claimed that honour for the triple jump. M55 Adrian Stockill was our best male thrower. W50 Theresa Bartlett was our best female thrower, with Beryl Rogers not far behind.

The track events on day one were the 60m, 100m, 400m, 1500m and steeplechase. Short hurdles were also on offer but no masters entered. Gary Rawson showed the fastest feet for the men in the 100m, narrowly finishing ahead of Chris Roberts. Gary also had the best showing in the 60m although M40 Shaun Broughton was the fastest outright. Peter Stevens (M55) claimed a new Centre record in the 400m, coming agonisingly close to breaking the minute mark with 60.02s. In the 1500m, M45 Dan Clendon's 4:19.95 was the strongest run and saw him finish just 0.67s behind M35 Anthony Jackson. Stephen Day (M45) was our fastest steeplechaser.

For the women, W55 Petra Stoeveken was our fastest sprinter for both 60m and 100m, although W70 Veronica Gould was also strong. In the 1500m W50 Michelle Van Looy's percentage was marginally higher than W35 Susan O'Brien's. W70 Jenny Mason was the standout steeplechaser.

Field events for the second weekend consisted of the shot put and discus. M35 Thomas Waldrom showed the best form, unless you include visiting Auckland M70 Tuariki Delamere. Beryl Rogers was the best female thrower.

The second weekend's track programme had the 200m, 800m, 5000m, 3000mW and long hurdles. Stephen Day's 16:31.79 was the best 5000m run in the men. Stephen was one of only three sub-17 finishes, and was the oldest runner to do so. Roger Robinson took 30s off his own Wellington M80 record. Chris Roberts claimed bragging rights in the 200m, Mat Rogers in the long hurdles and Geoff Iremonger in the 3000mW. There were some good runs in the 800m but Peter Stevens' 2:12.37 was the standout.

For the women, W55 Victoria Humphries had the best showing in the 5000m, although W35 Ingrid Cree finishing in a little under 19 minutes was not too far behind on percentage. W75 Jackie Wilson was the strongest walker in the 3000mW and Liz Bentley (W60) in the 800m.

The 3000m champs were run in a midweek twilight meet. The master's men were split into two heats. M45 Dan Clendon was second master overall in the first heat, his 9:14.03 putting him just 2s behind M35 Anthony Jackson. The second heat was won by M55 Peter Stevens in 9:53.82. As with the 5000m, Roger Robinson further improved the Wellington M80 record. Only four athletes contested the master's women, where W55 Victoria Humphries finished first despite being the oldest runner in the race.

Canterbury

by Andrew Stark

Being fully involved in all sections of the sport in Canterbury, I have watched with some dismay the yearly decline of masters attending interclub events. With over 200 masters registered in Canterbury, I don't understand why on average we only have between 10 and 20 members regularly competing. I appreciate the Nga Puna Wai has a repetition of being a windy venue, but there must be more to it than that. Athletics Canterbury will be surveying all members as part of their review process. One of the questions being asked will be, what can we do differently so more registered members of all ages attend interclub?

The number of Centre officials available at interclub meetings continues to decline, making it a challenge to hold multiple field events at the same time.

I suspect this is a problem for many Centres throughout New Zealand. Often combining ages & genders for many of the field events was the only option. This meant it was not always possible for all athletes to have six throws or jumps. To overcome this issue, Anne & Rick Davison regularly organised mid-week throwing events for our throwers. This has been a positive initiative that has been greatly appreciated by those attending, as the events were conducted more quickly that within an interclub meeting. All results for the season can be viewed on the Canterbury Master's Athletics website.

Our track athletes compete within seeded track events. With the MOU in place, it means that all club registered athletes over 30 can now set new records. During the season 21 members broke 28 records, 5 of which were also NZMA records. (At right, is a list of the record breakers' performances).

Our final event for the season was the Open 10000m Championships, held 2 April 2022. Three new records were established by Andy Good, Thomas Richards and Hannah Oldroyd (listed above). This event is normally held earlier in the season, but a request from athletes was to hold it closer the Christchurch Marathon that was due to be held in April. Unfortunately, that event was cancelled due to Covid gathering restrictions. Within this event we held a 10k Team Challenge, where teams of 2 to 5 runners each ran 5 laps (2km). This is the first time we offered such as event. Given the feedback was positive, we will repeat the Team Challenge event next year.

The winter season is about to start. All going well this year the National Road Relay Championships will occur in Canterbury, run over the iconic Takahe to Akaroa course. I look forward to seeing many of you there.

Name / Venue list	Date	Event	NEW RECORD
Kelsey Berryman	W30	Age:30	
Ngā Puna Wai	18/02/2022	Long Jump	6.01m
Hastings	5/03/2022	Long Jump	6.06m
Hannah Oldroyd	W30	Age:34	
Ngā Puna Wai	18/11/2021	3000m	10:12.40
Ngā Puna Wai	29/12/2021	3000m	10:00.85
Ngā Puna Wai	2/04/2022	10000m	36:40.08
Anne McLeod	W30	Age:33	
Ngā Puna Wai	29/12/2021	1 mile	5:20.18
Helena Dinnissen	W35	Age:37	
Ngā Puna Wai	15/01/2022	60m	7.85
Anna Lynch	W35	Age:36	
Ngā Puna Wai	6/03/2022	Hammer Throw	43.51m
Justine Whitaker	W80	Age:80	
Ngā Puna Wai	16/02/2022	Weight Throw	9.64m
Ngā Puna Wai	18/02/2022	Weight Throw	9.81m
Oska Baynes	M30	Age:30	
Ngā Puna Wai	12/02/2022	5000m	14:39.55
Sam Petty		Age:30	
Ngā Puna Wai	18/02/2022	1500m	3:56.11
Hastings	5/03/2022	800m	1:53.11
Caden Shields	M30	Age:33	
Ngā Puna Wai	3/12/2021	3000m	8:37.06
Ngā Puna Wai	15/01/2022	1500m	4:08.22
Tomas Walsh	M30	Age:30	
Hastings	5/03/2022	Shot Put	21.55m
Thomas Richards	M30	Age:30	
Ngā Puna Wai	2/04/2022	10000m	31:55.5
Carl Parkins	M30	Age:32	
Ngā Puna Wai	21/11/2021	5000m	16:23.95
Andy Good	M35	Age:35	
Ngā Puna Wai	2/04/2022	10000m	30:12.59
Joden Pratten	M35	Age:39	
Ngā Puna Wai	19/02/2022	Discus	39.46m
Simon Kerr	M35	Age:35	
Ngā Puna Wai	29/12/2021	1 mile	4:59.01
Jonny Baird	M50	Age:50	
Ngā Puna Wai	18/02/2022	60m	8.20
John Campbell	M55	Age:58	
Ames	24/07/2021	100m	12.02
Malcolm Cornelius	M55	Age:55	
Ngā Puna Wai	4/11/2021	1 mile	5:31.62
Ngā Puna Wai	29/12/2021	1 mile	5:19.36
Tarmo Rajasaari	M60	Age:60	
Ngā Puna Wai	23/10/2021	Pole Vault	2.60m
John Mulvaney	M70	Age:74	
Ngā Puna Wai	29/12/2021	1 mile	8:15.10

Otago

by Noni Callander

PHOTO: Phil Oakes



800m Otago Champs....Gordon Wong M 55 using his finishing burst to pass Andrew McCaig M60

Covid has certainly affected where masters could compete during the past track and field season. We lost the NZMA Indoor, North Island Masters, NZMA T&F and the Oceania Masters championships. We did have opportunities to participate in World and Oceania Virtual championships instead - the world is certainly changing very quickly.

Despite such changes Otago track and field athletes have continued to train, compete and perform well throughout this season. It is pleasing to see masters competing regularly every Saturday at the Caledonian grounds taking advantage of the quality programmes and officials there to help the athletes.

Collectively Otago masters have set a total of 46 new Otago records this year (nearly as many as the 58 last year). New Otago records set since the last edition of Vetline are:

- 3000m. Nathan Shanks (M30) 9.22.18
- 200m. Fiona Centers (W30) 25.96 and 25.06
- 100m. Fiona Centers (W30) 12.35 and 12.31
- Weight Throw. Winifred Harding (W65) 11.49m
- Weight Pentathlon. Winifred Harding (W65) 3131 points
- Discus. Kieran Fowler (M30) 48.23m and 50.76m
- Discus. Raylene Bates (W55) 27.14m
- Javelin. Jim Blair (M90) 18.65m and 19.22m
- Hammer. Jim Blair (M90) 19.53m
- Discus. Jim Blair (M90) 18.10m
- Weight throw. Jim Blair (M90) 8.18m
- Throws Pentathlon. Jim Blair (M90) 3435 points



Alison Newall and her sister Gail Sharp accepting the Peggy Calder for their winning club, Caversham

It is wonderful to see masters athletes achieving PB's and new centre records, then breaking them again (and again!) as the season progresses. For example, Jim Blair has set 18 new NZ and Otago records in his new M90 age group. Nathan Shanks has improved his 3000m record three times. Winifred Harvey has made two new weight throw and weight pentathlon records, as has Fiona Centers in her 100m and 200m events. Raylene Bates has been in action extending her shot put records twice. Kieran Fowler has increased his discus records four times culminating in the 50.76m he threw in February to win the Open Men's discus at the Nga Puna Wai International Track Meeting. Then he went on to win the bronze medal in the discus at the ANZ Champs in Hastings. Congratulations Kieran.

The Oceania Masters Champs were supposed to be held on Norfolk Island but were postponed twice. Virtual Championships were held as a 2022 replacement in November. Congratulations to these Otago medal winners:

- Toni Oudemans (Waimate) (W35). 1st shot put 9.42m; 1st javelin 28.12m 2nd throws pentathlon 2655 points
- Raylene Bates (W55). 1st shot put 10.78m; 1st hammer 37.71m; 1st throws pentathlon 3000 points
- Alison Newall (W60). 1st 400m 79.69; 1st triple jump 7.32m; 2nd weight throw. 11.05m; 3rd javelin 18.01m
- Fiona Harvey (W60). 1st throws pentathlon 2920 points; 2nd discus 21.85m; 2nd javelin 18.79m; 3rd weight throw 10.40m
- Jim Blair (M90). 1st shot put 6.47m; 1st discus 16.64m; 1st javelin 18.65m; 1st hammer 19.53m; 1st weight throw 7.86m; 1st throws pentathlon 2995 points

PHOTO: Paula Cotter

PHOTO: Phil Oakes



Four Caversham steeple chasers...posing during the race! Claire, Paula, Gail and Evelyn

The Otago Weight Pentathlon Championships were held on 29 January 2022. Results were:

- Paula Cotter (W35) 1476 points
- Simon Maole (M45) 2768 points
- Winifred Harding (W65) 3131 points
- Claire Giles (W65) 2316 points
- Mark Flaus (Gore) (M60) 2931 points
- Laurence Voight (M60) 2343 points
- Richard Davidson (Christchurch) (M70) 3252 points
- Jim Blair (M90) 3435 points

These results can be entered in the Trans Tasman Virtual Throws Challenge running through February to March - check entry procedures on Facebook NSW Throwers if you have not entered.

Otago Championships 12-13 February 2022

It was pleasing to see our masters athletes performing well and participating in good numbers. For example, there were 6 masters in the 1500m, 12 in the discus and 14 in both the shot put and hammer. The cheerful throwers group included welcomed visitors from Canterbury (Joden Pratten, Anna Lynch, Richard Davidson and Brian Senior) as well as Lester Laughton, whom we are always pleased to see up from Manapouri.

A special highlight was the inclusion of Raylene Bates at her 50th Otago championships. How amazing! Raylene somehow finds time to compete as well as coach, mentor and assist athletes of all ages and abilities. We congratulate and thank you Raylene, and agree with the recognition you received from ANZ for your contributions to athletics and athletes through receiving the Arthur Eustace Award at their Championships in Hastings recently. Raylene and her trainees had so much fun (so much laughter!) competing at the Canterbury Championships against each other in throws that not all were used to competing in.

It was also good to see Liz Mitchell (W55) sprinting again and winning the 60m, 100m, 200m and 400m. Alison Newall (W60) had a very successful championship meeting winning a range of events, including the 60m, 200m, hammer, weight throw, long and triple jumps. Gordon Wong (M55) was another successful competitor winning diverse events, including the 100m and 400m hurdles as well as the 800m and 1500m.

Laurence Voight (M60) is seen most weeks as an official. We do know you used to be a very good thrower in your youth! Laurence has enjoyed getting back into some masters throws this year, winning the shot put, hammer and weight throw. Watch out for him next season!

Phil Oakes (M70), our talented photographer, has also enjoyed trying some throwing events this season. We were pleased to see you meeting the goals you set yourself and achieving PB's in the javelin, discus and shot put.

Peggy Calder/ Bill Kenny Memorial Meeting - 23 January 2022

This inter club meeting is held every year to remember these two former Otago Masters athletes. A large cup was awarded by Peggy's family to acknowledge her encouragement for athletics (eg she started the Coast Relay for women only as they were not allowed to run in the men's race). Caversham have a strong club with a very supportive and involved Masters section. All other clubs plus Otago Masters athletes combined in an attempt to take the cup away from Caversham this year. Nine events saw many athletes attempting new events for fun and club points. However, Caversham came out the winners ... again!

Bill Kenny was a real character with many interesting stories to tell. He ran for Otago over all distances from 400m to 10,000m. The steeplechase was his specialty (he ran the World's fastest 2000m steeplechase as a 65-year-old). Kenny's Canter is not an inter club event, it involves random teams of 3 masters doing one lap each of the track that includes one hurdle. The lead changed several times, runners took time out to pose for photos, athletes passed over the steeplechase in an amazing variety of styles ... and finally the winning team of Fiona Harvey, Claire Giles and Alison Newall crossed the line.

The final master's event for the summer season was the 5km self handicap. The results were exactly the same as last year with Marc Boule winning the men's trophy and Dalise Sanderson winning the women's trophy.

Time now for a rest from track and field events until the Oceania Masters Challenge in Mackay, 9-11 June 2022. Most of the usual masters events will be on offer at this meet with medals awarded in 5-year age groups. It will be held in conjunction with the Oceania Championships (7-11 June) and the Queensland Masters Championships.

Manawatu/Whanganui

by Jen Fee

It's been a quiet summer here as in many areas, with very few events. After the NZMA champs were cancelled even club nights saw minimal numbers. But we did manage to hold our Colleena Blair Memorial Challenge event in January as planned, with the required extras checking Covid Passes and social distancing. Hopefully those that attended were happy with the split field events that kept us more to time. It made more work for the results people but was a small price to pay.

Manawatu-Wanganui again won the shield, and it was discussed during afternoon tea whether we put it to the other regional centres to run it on a roster so that they might get more of their local competitors involved therefore boosting points. As MW is a central place to hold it, there wasn't a lot of favour for this - even when suggested we provide venue and other centres run the event ... oh well.

We were lucky to get some good photos when I handed the camera over to Karen Gillum-Green who came up lame during the warmups! Hope you have recovered well and thank you again.

Some may wonder why Jim Blair was representing Wellington in this challenge when he is an Otago member ... well just because! He could have easily represented MWMA or Taranaki if he'd liked as he has been a past member of both and is the Patron of MWMA. But no matter what, it was fantastic watching him break another record in his high jump!

We had three results over 90%! With 91.3% for Dennis O'Leary in the 60m, Jim's 90.1% in HJ and a 90% for Laurie Malcolmson for his 60m! Dennis also scored an 84% in his 100m and 80.2% for the 200m. Mark MacFarlane ran an 85.1% 60m and Peter Stevens an 82.9% 400m, while Brian Curry managed an 81.5 for his HJ. Well done gentlemen.

Colleena Blair Memorial Shield Results

MWMA 86points
12 athletes + 2 non-scoring open grade athletes

Wellington 74 points
7 athletes

Taranaki 28 points
4 athletes entered but only 3 competed

HB/Gisborne 23 points
3 athletes

60m	Name	Age	Centre	Result	Percentage	Team Pts
1	Dale McMillan	W50	MW	10.21	78.4	3
2	Anna Quinn	SW	MW	10.47		
3	Lynne Mackay	W70	TAR	12.17	79.4	5
4	Jo Speary	W55	MW	12.33	71.6	
5	Vicky Blair	W60	WGN	12.7	69.5	1
6	Francie Bayler	W80	MW	14.15	77.7	

1	Dennis O'Leary	M65	HBG	8.75	91.3	5
2	Mark MacFarlane	M55	WGN	8.79	85.1	1
3	Laurie Malcolmson	M70	MW	9.16	90	3
4	Mark Searle	M30	MW	9.41	67.9	
5	Martin Bryant	M75	HBG	13.45	63.6	

100m	Name	Age	Centre	Result	Percentage	Team Pts
1	Dale McMillan	W50	MW	16.58	74	5
2	Theresa Bartlett	W50	WGN	18.96	64.7	1
3	Jo Speary	W55	MW	19.72	68.7	
4	Lynne Mackay	W70	TAR	20.46	72.4	3
5	Vicky Blair	W60	WGN	21.27	63.7	
6	Francie Bayler	W80	MW	23.79	70.6	

1	Dennis O'Leary	M65	HBG	14.36	84	5
2	Mark MacFarlane	M55	WGN	14.64	77.5	3
3	Brian Curry	M60	MW	15.17	77.1	1
4	Adrian Stockill	M55	WGN	15.59	75	
5	Martin Bryant	M75	HBG	123.19	56.9	

200m	Name	Age	Centre	Result	Percentage	Team Pts
1	Dale McMillan	W50	MW	33.74	75.5	5
2	Anna Quinn	SW	MW	35.34		
3	Jo Speary	W55	MW	39.46	71.7	
4	Lynne Mackay	W70	TAR	42.83	72.7	3
5	Vicky Whiteman	W55	MW	46.68	57.6	
6	Vicky Blair	W60	WGN	47.71	59.3	1

1	Mark MacFarlane	M55	WGN	29.74	78	3
2	Mark Searle	M30	MW	30.91	62.5	
3	Dennis O'Leary	M65	HBG	30.92	80.2	5
4	Adrian Stockill	M55	WGN	32.56	73.7	
5	Laurie Malcolmson	M70	MW	33.55	76.9	1
6	Martin Bryant	M75	HBG	50.99	54.7	

400m	Name	Age	Centre	Result	Percentage	Team Pts
1	Dale McMillan	W50	MW	1:23.29	70.7	5
2	Michelle Van Looy	W50	WGN	1:24.61	68.7	3
3	Raewyn Grigg	W50	TAR	1:33.85	62	1
4	Jo Speary	W60	MW	1:35.49	66.8	
1	Peter Stevens	M55	WGN	1:01.78	82.9	5
2	Adrian Stockill	M55	WGN	1:24.25	62.8	
3	Brian Curry	M60	MW	1:26.34	68.2	3



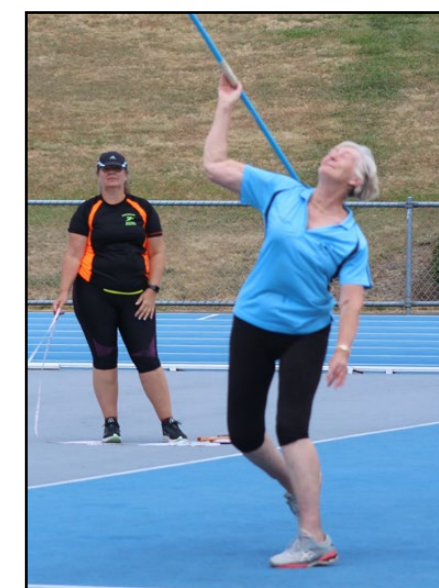
Women's 60m L to R: Lynne Mackay TAR W70, Dale McMillan MW-W50, Anna Quinn MW SW, Jo Speary MW W60, Vicky Blair WGTN W60, Francie Bayler MW W80



Theresa Bartlett W50 Javelin



David Sexton M50 Discus



Jill Evans W70 Javelin

800m	Name	Age	Centre	Result	Percentage	Team Pts
1	Michelle Van Looy	W50	WGN	3:04.3	68.9	3
2	Jo Speary	W60	MW	3:25.9	70.8	5
3	Sandra Moratti	W50	TAR	5:42.35	37.1	
1	Mark MacFarlane	M55	WGN	2:56.54	68.7	5
2	Rob Dabb	M60	MW	3:12.71	65.5	3

1500m	Name	Age	Centre	Result	Percentage	Team Pts
1	Michelle Van Looy	W50	WGN	6:12.34	74.3	5
2	Vicky Whiteman	W55	MW	6:50.80	71.9	3
3	Sandra Moratti	W50	TAR	11:25.17	40.9	1
1	Mark Searle	M30	MW	4:50.52	70.9	5
2	Adrian Stockill	M55	WGN	7:28.19	58.6	3

Shot	Name	Age	Centre	Result	Percentage	Team Pts
1	Dale McMillan	W50	MW	8.74	53.6	
2	Theresa Bartlett	W50	WGN	8.60	52.7	3
3	Raewyn Grigg	W50	TAR	8.23	50.8	1
4	Jen Fee	W55	MW	7.65	51.3	
5	Jill Evans	W70	MW	7.35	68.9	5
6	Sandra Moratti	W50	TAR	6.02	36.9	
7	Francie Bayler	W80	MW	4.28	54.6	
8	Dawn Melrose	W85	MW	4.24	66	

Shot	Name	Age	Centre	Result	Percentage	Team Pts
1	Nick Fee	SM	MW	10.70		
2	Adrian Stockill	M55	WGN	10.65	58.6	
3	Brian Curry	M60	MW	9.64	54.1	
4	David Sexton	M50	HBG	8.01	39.7	
5	Dennis O'Leary	M65	HBG	7.80	49.6	1
6	Mike Shepherd	M75	MW	7.51	48.9	
7	Mark MacFarlane	M55	WGN	7.51	41.4	
8	Mark Searle	M30	MW	6.72	29.1	
9	Jim Blair	M90	WGN	6.39	78	5
10	Barry Krebs	M85	MW	5.85	55.3	3

Discus	Name	Age	Centre	Result	Percentage	Team Pts
1	Jen Fee	W55	MW	22.11	41.3	
2	Theresa Bartlett	W50	WGN	20.31	34.5	3
3	Raewyn Grigg	W50	TAR	19.02	32.3	1
4	Jill Evans	W70	MW	16.20	43	5
5	Vicky Blair	W60	WGN	14.32	29.7	
6	Michelle Van Looy	W50	WGN	13.19	22.4	
7	Dale McMillan	W50	MW	12.00	20.4	
8	Sandra Moratti	W50	TAR	11.08	18.8	

PHOTOS: Karen Gillum-Green

Discus	Name	Age	Centre	Result	Percentage	Team Pts
1	Nick Fee	SM	MW	35.95		
2	Brian Curry	M60	MW	34.36	52.1	3
3	Adrian Stockill	M55	WGN	33.68	49.9	
4	David Sexton	M50	HBG	32.58	44	
5	Dennis O'Leary	M65	HBG	25.97	43.9	1
6	Laurie Malcolmson	M70	MW	25.78	49.2	
7	Mike Shepherd	M75	MW	21.40	46.8	
8	Jim Blair	M90	WGN	15.67	61.7	5
9	Barry Krebs	M85	MW	12.41	38.8	
10	Martin Bryant	M75	HBG	10.04	22.0	

Javelin	Name	Age	Centre	Result	Percentage	Team Pts
1	Theresa Bartlett	W50	WGN	22.21	41.5	3
2	Dale McMillan	W50	MW	21.12	39.5	
3	Raewyn Grigg	W50	TAR	17.82	33.3	1
4	Jill Evans	W70	MW	15.37	46.8	5
5	Michelle Van Looy	W50	WGN	14.27	26.7	
6	Sandra Moratti	W50	TAR	13.20	24.7	
7	Jen Fee	W55	MW	12.94	27.4	
8	Vicky Blair	W60	WGN	11.93	28.5	
9	Lynne Mackay	W70	TAR	9.38	28.6	

1	David Sexton	M50	HBG	32.78	72.6	1
2	Adrian Stockill	M55	WGN	30.30	43.2	
3	Brian Curry	M60	MW	29.22	43.9	3
4	Dennis O'Leary	M65	HBG	21.21	35.5	
5	Jim Blair	M90	WGN	17.93	65.2	5
6	Barry Krebs	M85	MW	15.20	40.4	
7	Mike Shepherd	M75	MW	14.88	30.4	
8	Martin Bryant	M75	HBG	8.52	17.4	

Hammer	Name	Age	Centre	Result	Percentage	Team Pts
1	Jen Fee	W55	MW	28.38	50.7	
2	Raewyn Grigg	W50	TAR	28.08	45.6	3
3	Theresa Bartlett	W50	WGN	26.29	42.7	1

4	Jill Evans	W70	MW	24.25	61.6	5
5	Sandra Moratti	W50	TAR	17.62	28.6	
6	Francie Bayler	W80	MW	13.24	46.8	
1	Adrian Stockill	M55	WGN	30.36	45.5	
2	Laurie Malcolmson	M70	MW	27.39	50.9	
3	Brian Curry	M60	MW	25.77	41.8	
4	Jim Blair	M90	WGN	17.85	75.8	5
5	Mike Shepherd	M75	MW	17.36	37.5	
6	Barry Krebs	M85	MW	16.55	53.2	3

LJ	Name	Age	Centre	Result	Percentage	Team Pts
1	Raewyn Grigg	W50	TAR	3.31	55.3	3
2	Dale McMillan	W50	MW	3.23	53.9	
3	Theresa Bartlett	W50	WGN	2.84	47.1	1
4	Michelle Van Looy	W50	WGN	2.58	43.1	
5	Francie Bayler	W80	MW	2.12	62.5	5
1	Dennis O'Leary	M65	HBG	4.10	71.3	5
2	Mark MacFarlane	M55	WGN	4.07	61	
3	Brian Curry	M60	MW	3.95	63.6	3
4	Adrian Stockill	M55	WGN	3.93	63.3	1

HJ	Name	Age	Centre	Result	Percentage	Team Pts
1	Raewyn Grigg	W50	TAR	1.20	71.4	5
2	Theresa Bartlett	W50	WGN	1.10	65.5	3
3	Jen Fee	W55	MW	1.00	63.7	1
4	Michelle Van Looy	W50	WGN	1.00	59.5	
5	Vicky Blair	W60	WGN	0.95	65.1	
1	Brian Curry	M60	MW	1.45	81.5	3
2	Mark Searle	M30	MW	1.40	57.6	
3	Adrian Stockill	M55	WGN	1.35	71.4	
4	Mark MacFarlane	M55	WGN	1.35	71.4	
5	Jim Blair	M90	WGN	1.00	90.1	5
6	Mike Shepherd	M75	MW	1.00	68.5	

Tasman

by Derek Shaw

Joeline Jones won the Masters Sports person of the Year at the ASB Nelson Sports Awards for 2021. This followed five consecutive nominations for the Masters Award. Last year Joeline moved into the W40 age group and has proved that age is no barrier to achieving personal bests, breaking records and winning gold medals. The judges were obviously impressed by her achievements in 2021 which included:

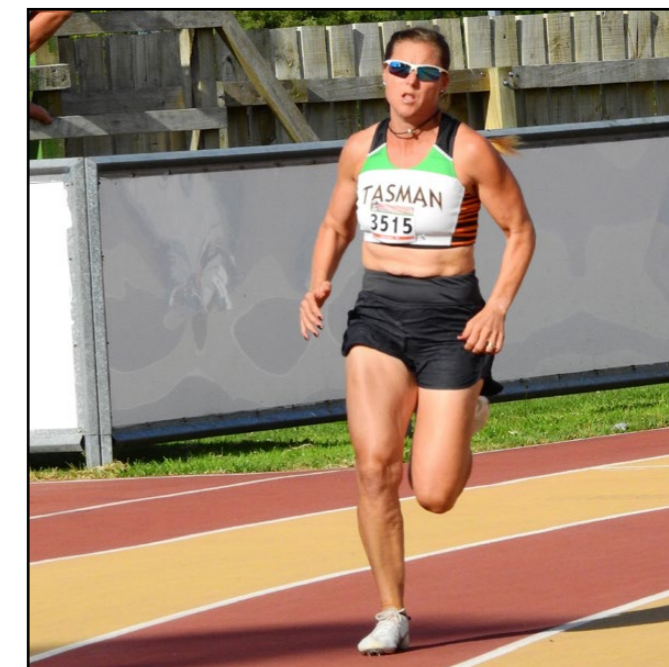
- winning all five of her W35 events at the NZMA T&F Champs – 60, 100, 200, 400 and pentathlon and improving her own W35 NZ record and NZ Championship records in this multi-event;
- breaking the NZ W35 60m record;
- breaking the W40 SI Championship records in 5 of her 6 events at the SI Masters T&F Champs – 60, 100, 200, 400 and pentathlon (and just missing the triple jump record). Her performances in the pentathlon were a personal best and also broke the W40 NZ record.

Congratulations Joeline on finally winning the Masters Sports person Award and we look forward to seeing you achieve more records and NZ titles in the next few years (Covid permitting).

With her very good performances over the last year it is little wonder that Joeline scored well on the WMA Ranking website. Her pentathlon W40 NZ record gave her a number 1 ranking in both the World and Oceania, while her W35 NZ pentathlon ranking gave her a number 5 World and number 2 Oceania ranking. Her best sprint times in 2021 in the W40 age group resulted in number 1 Oceania ranking in the 200 and 400m and number 2 in the 100m.

Ian Carter (now resident in the Auckland region) is another who has been in great form over recent months. In January he broke (more like smashed!) the NZ M70 mile record. This record had been broken by Richard Brent in a very close race with Brian Hayes at the Scottish Night of Miles meeting in Wellington last November when a new mark of 6:43.83 was established taking a couple of seconds off the old record. However, Ian's time of 5:55.47 took a whopping 48s off the previous record. It's not surprising that this performance saw him subsequently have the number 1 ranking for both the World and Oceania rankings for the M70 mile on the WMA Ranking website. Following his three championship records at the 2021 NZMA T&F champs he also held the number one ranking in Oceania for the M70 age grade for both the 800m (2:34.60) and 1500m (5:20.44) plus the 6th and 4th World rankings for the 800m and 1500m respectively. His 400m championship record (68.95) gave him the 22nd World and 3rd Oceania rankings.

Following Peter Hague's wins in the 3000mW and 5000mW at the SI Masters T&F champs in November he was ranked 3rd and 4th respectively in these two events for the M70 age grade in the Oceania rankings on the WMA Ranking website.



Joeline Jones racing in the 400m at Inglewood

PHOTO: John Campbell

Another Tasman Master who featured prominently in the World Masters Rankings following her 2140 points in the W70 pentathlon at the 2021 SI Masters T&F Champs was Carey Dickason with a number one ranking in both the World and Oceania rankings. Her 1500m (7:20.98) resulted in a number 2 Oceania ranking and her 3000m (19:26.41) gave her the 3rd Oceania ranking, while her efforts in the triple jumps resulted in being ranked 4th in Oceania.

If you are interested in checking out the World Masters Rankings go to <https://mastersrankings.com>, however note that while lists prior to 2022 can be viewed by everyone, you need to be a current member to view 2022 lists.

Update on Nelson Festival of Running

This annual festival of running organised by Athletics Nelson is usually held in November but with the uncertainties of Covid 19 it was decided to postpone the November 2021 event to Sunday 3 April 2022. However with the current omicron strain sweeping the country it has again been postponed and is now scheduled for Sunday 6 November 2022.

It is based at Saxton Field Sports Complex and has something for everyone in terms of distances on the flat smooth courses – half marathon, 10km, 5km and 2.5km. The two longer races utilise the roads and shared pathways within the Saxton Field complex and the shared pathways around the margins of the Waimea Inlet. The two shorter races use internal roads and shared pathways and particularly attract younger runners and walkers and their parents, making it a great family occasion. Visitors very welcome.

Further details at www.thenelsonhalfmarathon.com.

Throwing Equipment - For Sale or Looking for a New Home

I have a dozen M30, M50 and M65 throwing pieces of equipment for sale or to give away.

Firstly, there are two stainless steel hammers for sale – one 7.26kg and one 6.00kg. New these are upwards of \$300 each, so how about \$150 each or near offer.

For M65 throwers there is a 20lb heavy weight and a 5kg shot put. For M50's there is a 25lb heavy weight, two 6kg hammers, two 1.50kg discus and a 6kg shot put.

For under M50's there is a 32lb heavy weight and two 2kg discus.

All these second hand items are very negotiable and can be used in competition.

Enquiries to Chris Thompson:

cell phone 021 210 7067 or email chris2018@gmail.com.



Canterbury athletes Janis Russell (W60) narrowly leading Christa Jellyman (W35) in the 100m sprint

PHOTO: John Campbell



COMING EVENTS

2022

23 April	NZ Mountain Running Championships	DEER PARK HTS, QUEENSTOWN
7 May	Rotorua Marathon (incl NZ Masters Championships)	ROTORUA
15 May	NZ Senior Marathon Champs	CHRISTCHURCH
7 - 11 June	Oceania Champs (incl Oceania Masters Champs)	Mackay, QUEENSLAND
29 June - 10 July	WMA Stadia Championships	TAMPERE, FINLAND
2 July	North Island Cross Country Championships	TAUPO
15-24 July	World Athletics Championships	OREGON, USA
28-31 July	USATF Masters T&F Outdoor Championships	KENTUCKY, USA
28 July - 8 Aug	Commonwealth Games	Birmingham, ENGLAND
30 July	NZ Cross Country Championships	SPA PARK, TAUPO
20 August	NZ Mountain Running Champs	QUEENSTOWN

2022 continued

2 September	WMA Mountain Running Champs	IRELAND
4 September	NZ Road Championships	UPPER HUTT
17 September	Rotorua Marathon/NZ Masters Marathon Champs	ROTORUA
1 October	NZ Road Relay Championships	CHRISTCHURCH
16 October	NZ Trail Running Championships	CHRISTCHURCH
16 October	NZ Half Marathon Champs	CAMBRIDGE

2023

18-19 February	WMA Cross Country Champs	BATHURST, AUSTRALIA
27 Mar - 3 April	WMA Indoor Championships	EDMONTON, CANADA

2024

August (tba)	WMA Stadia Championships	GOTHENBURG, SWEDEN
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