

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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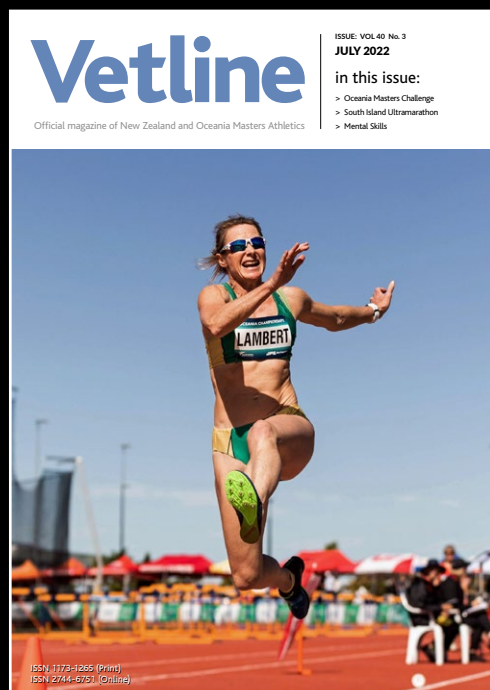
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Monique Perry (W45) leads the women's W45-W50 100 sprint at the Oceania Masters Challenge in Mackay

PHOTO: Kobie Donovan

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



Cover Photo

Lenore Lambert (W50) in the long jump at the Oceania Masters Challenge in Mackay, Australia
Photo - Kobie Donovan

Inside Back Cover

Christiane Dauphinet finishing strongly in the W90 200 at the Oceania Masters Challenge in Mackay, Australia
Photo - Kobie Donovan

Back Cover

Matthew Hall was 4th in the M50 hammer throw at the Oceania Masters Challenge in Mackay, Australia
Photo - Kobie Donovan





Start of the women's 1500m at the Oceania Masters Challenge in Mackay

PHOTO: Kobie Donovan

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Rene Doel (M45) won the javelin throw at the Oceania Masters Challenge in Mackay

PHOTO: Kobie Donovan

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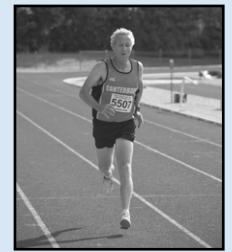
World Masters Athletics (WMA)
Oceania Association of Masters Athletics (OMA)
Council of Athletics New Zealand (ANZ)



Lauren McAdam (W35) appears to have 'rocket boosters' coming out of her shoulders, during the 400m sprint at the Oceania Masters Challenge in Mackay

President's Report

by ANDREW STARK - NZMA President



Looking back at the history of New Zealand Masters Athletics Association (NZMA), our organisation was formed in the early 1970s in response to master's athletes wanting to continue in the sport and have meaningful competitions. At that time Athletics New Zealand (ANZ) was not interested in organising events for the masters sector. Previously there was an expectation the once an athlete was over 35 years old, they would retire from competing and become an official.

Only members who joined NZMA could compete in NZMA events, just as club athletes needed to join ANZ to compete in centre and national events. There was a group of masters who joined both organisations, but it would be fair to say that some club athletes felt aggrieved at having to pay a second fee to join NZMA and actively chose not to join.

We had the bizarre situation at non-stadia championship events where there were TWO events for masters at the same venue, often organised by the same people, with one in the morning for NZMA members and one in the afternoon for ANZ members. Some masters competed in both events, but only those club masters who had also joined NZMA.

As the running boom went into decline in the late 1990s, an agreement between the two organisations occurred. The non-stadia championship events would be combined, meaning one event for all and they would be organised by ANZ (with associated expenses and income to go to ANZ).

It was agreed that non-club NZMA members could compete, although in reality very few NZMA members did, apart from a few local athletes. This option was later dropped when the 2016 MOU between the two organisations was created.

NZMA continued to retain control over our track and field championships, that is the North Island, South Island and NZMA Track & Field Championships. ANZ club masters were still required to join NZMA to compete at these events, and if they wanted to compete in any overseas event under the control of Oceania Masters or World Masters Athletics.

Once again, there was some resistance from some club masters to joining NZMA. Between the late 1990s and 2016, many of our top performing track athletes had potential records ignored as they were not members of NZMA. This created frustration for some club-only athletes.

In 2016, NZMA worked with ANZ to create the current MOU. NZMA acknowledged that club athletes already supported the sport, therefore should NOT be required to pay an additional fee to compete in NZMA, OMA or WMA Championship events. While this decreased the income for NZMA as fewer members joined, it did encourage more ANZ masters to participate in our events. NZMA has always been fully supportive of ANZ by encouraging masters to join their local clubs.

The attendance figures at our championships supports the assumption that by removing the NZMA registration fee, more ANZ masters would attend our events. What has also become apparent is the NZMA membership has continued to decrease each year. This was anticipated, as the younger masters have grown up within the current club structure. The majority of our NZMA members are over 65, with the majority of them involved in sprinting, jumping or throwing events. This number is expected to continue dropping.

On Sunday 22 May 2022, NZMA held a Special AGM via Zoom. The ability to have a Zoom AGM is not mentioned in our current constitution. While it was called a 'Special' AGM, it simply WAS the AGM we were unable to hold in March. Given the challenges we have all endured over the past two years, it was a pragmatic decision that allowed the NZMA Board to interact with all members.

Prior to the AGM, we collated NZMA and ANZ membership data, and conducted two surveys seeking feedback from all Master's Centres (22 responses) and from all masters (sent 660 emails, 139 responses) who had attended one of our track and field championships within the past four seasons.

A copy of the membership statistics (2021-2022 season), the questions and responses, and the statistical breakdown from the surveys can be found on the NZMA website.

Since the May AGM, I have commenced the MOU review process via discussions with Pete Pfitzinger (ANZ CEO), Jason Cameron (ANZ Competitions Manager) and Hamish Meacham (ANZ Community Leader). In early July, I have an opportunity to attend an ANZ Board meeting being held in Christchurch, to bring them up-to-date with the direction that NZMA would like the organisation to head. The key points for our desire to 'change' are summarised as follows..

1. All Master's Centres struggle to recruit and retain members on their committees. This issue is not confined to just Masters' committees. Is it time the committees joined forces?
2. Most Masters' Centres have a good working relationship with the ANZ Centre, but there is room for improvement. NZMA is keen to foster better relationships between the two groups.
3. Most, if not all, Masters' Centres struggle to organise our three track and field championships without help from the ANZ Centre committees and officials. Similarly, most ANZ Centres would struggle to organise their major events without masters administrators and officials being involved. We are clearly one 'family'.
4. Over 70% (100 out of 139) of the responses agreed that working more closely with ANZ is the 'way forward'. Less than 6% (8 out of 139) thought we should remain independent. This is a clear mandate to review the current MOU.
5. The membership figures clearly show that most masters join an ANZ club. To ensure the success of these events, it would seem appropriate that 'expressions of interest' to host these events is an area in which ANZ can greatly assist NZMA. This would lift the profile of our events and mirror the procedure for allocating all ANZ championship events and Colgate Games.
6. The NZMA Board has traditionally been the controlling body for masters' stadia events. This needs to continue as part of the requirements to be a member of World Masters Athletics. However, the 'running costs' of our organisation are low and there is little need for NZMA to accumulate funds. Once we have determined our running cost requirements, we agree in principle that if ANZ assist in organising one of our events, then any surplus could be divided between ANZ and the host Centre, via an agreed MOU.
7. The next challenge both organisations face is scheduling all the track and field meetings within the relatively short January - February - March window. Traditionally our North Island and South Island Championships have been held in late November. The NZMA Championships have been held in the last weekend in February, usually the week before the ANZ Championships. Is this the most appropriate timing?
8. A greater presence of masters athletics / athlete profiling / success stories / world rankings etc. on the ANZ website and via the ANZ newsletter would help to lift the profile of masters' athletes. NZMA would undertake to provide this information.
9. In the process of coming up with workable solutions, the NZMA Board recommends that a Masters Advisory Group is formed. The composition can be determined at a later date, but 'young' masters need to be involved.
10. Suggestion for the CLASSIC meetings in 2022-2023 Season – Can we create a series of masters' events at each Classic (for example: one track, one field event) and promote the events as a series? Use the Age Graded Calculator to determine the best performance and educate the athletes, officials and the public about how it works. NZMA can provide all the relevant information.

The Current Situation Re: NZMA Championships 2021- 2022, held during the 2022-2023 Season

Due to the Covid-enforced postponement of the 2022 NZMA Championship (Wellington, March 2022), the challenge was to find a new date in Wellington or do we move to another Centre. Given that the ANZ Championships are now being held in Wellington March 2023 and 2024, I spoke with Tony Rogers (GM Wellington) about an early date if we stayed in Wellington. Michael Wray contacted the appropriate people and was able to confirm that all sponsorship deals could be transferred forward to a new date later in the year. Therefore, 1-3 December 2022 was agreed as a new date. That solves the issue for the 2022-2023 season, as we will not be holding an event in late February. However, it was made clear to ANZ that this is a one-off change of date and our expectation is not to hold our championships so early in the season.

By agreeing to this date, it means the 2022-2023 season is 'under control' and gives us 18 months to work on strategies to ensure all summer events can be included in what has become a busy and over-crowded calendar. The South Island Track & Field Championships will now occur in Christchurch, 20 - 22 January 2022. Currently we are yet to find a North Island Championship venue, so maybe going to the SI event would be a good option?

PLEASE NOTE: Given the Special AGM in May 2022 signed off the 2021-2022 accounts, at the December 2022 event we will be holding the AGM that would normally be held just prior to the NZMA Championships as if held in late February 2023 AGM. Once again, this is a pragmatic decision.

In 2023, the OMA Track & Field Championships are meant to be hosted by a NZMA Centre. However, finding a host Centre is proving difficult. Can your Centre host it? If so, please contact me ASAP.

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Kiwi Masters Shine At WMA Championships

by Noni Callander & Derek Shaw

A small team of 7 masters athletes finished with a total of 13 medals which placed New Zealand 22nd on the medal table following the 11 days of competition (30 June to 11 July 2022) at the World Masters Athletics (WMA) Championships in Tampere, Finland. Travelling from the cool New Zealand weather they had to not only contend with temperatures regularly in the 30s but many also had bouts of stomach bugs or diarrhea.

Amongst the team's stars were two race walkers, Northland's Corrine Smith (W55) and Wellington's Jacqueline Wilson (W75), who were both outstanding in winning their age groups in all three race walks distances – the 5000m, 10km and 20km – to take home three gold medals each.

In the 10 km road walk, Corrine was in a field of nine and her impressive time in the very hot conditions of 1.00.50 broke the NZ record to add to her existing 8 NZ National records, and she was over 2.5 minutes ahead of the second walker. Her winning 29:59 time in the 5000m track was a minute ahead of second. Her time in the 20km road walk was 2:06:06, just five seconds outside Sue Hoskin's NZ record and nearly 7 minutes ahead of 2nd place.

In the 5000m track walk Jacqueline won in a time of 35:19.0 having lapped the other two finishers in the field of six starters. In the 10 km road walk in a field of 7 she won in a time of 1.10.21, nearly 8 minutes in front of the second placed W75 Finish walker. In her outstanding 20km road walk win her time of 2.25.37 established a new NZ Masters record and broke the previous World Masters record of 2:30:30 by nearly 5 minutes. She finished more than 19 minutes ahead of the runner up.

One of the other outstanding athletes was Canterbury's Helena Dinnissen (W35), a specialist sprinter and jumper, competing in her first World Masters event. She got through the large fields in her 100m and 200m heats to make the finals of both. In her 100m heat she was pleased with her improved PB from 12.58 to 12.43. She was 5th in the final in 12.78. Her time of 26.48 in the 200m heat qualified her 7th fastest for the final where she was a creditable 8th in 26.86.

In her long jump Helena managed 6 clear jumps and was in 4th place after a first round jump of 5.15m. In a very close contest for the medals she steadily improved her distance and place and was in 2nd place after the 5th round with 5.53m, just 0.02m behind the leader. With her best jump of 5.68m in the final round she claimed the gold from the previous leader who could only manage 5.58 on her last jump. The bronze went to the women who lead for the first three rounds with 5.52m. In the triple jump she recorded 11.09m on her first jump to put her in 2nd place, which she held throughout the contest and recorded her best distance to 11.68 in the 5th round to decisively claim the silver medal behind the winner with 12.55 and comfortably ahead of 11.17m for the bronze winner.

In her high jump Helena was 5th with a best clearance of 1.50m, the same height achieved by the 4th placed women but a miss

at 1.5m cost her a place. She also entered the 100m hurdles, an event she no longer trains for and competes in. She was first out of the blocks but unfortunately hit the first hurdle hard which slowed her, however she recovered quickly and managed to maintain her timing over the other hurdles to claim silver in a time of 15.70s.

The other medal winner was NZMA Patron and NZ flag-bearer Jim Blair (M90), who as he does at NZMA champs, entered a large number of events. Despite battling the heat, diarrhoea and dehydration he managed to win four medals. He achieved silver medals in his shot put (6.83m), long jump (2.03m) and the javelin (17.27m). He was pleasantly surprised to win the silvers in the shot put (his least favourite throwing event) and even more surprised in the long jump missing the gold by just 2cm and claiming the honour of "being the closest loser" to date at the champs. In his final event on the last day, just two days after being in hospital on two drips to rehydrate, he won a bronze in the three-hour long weight pentathlon with 2894 points, below what he usually scores but never-the-less a sterling effort. He was 5th in the weight throw and very pleased to set a NZ record with his best effort of 8.61m. He was also 5th in the hammer with a best throw of 19.23m and wasn't up to starting in his high jump and discus events.

With a background in martial arts Bruce Alexander (M40) only started sprinting as a master eighteen months ago and has made amazing progress. As part of his preparations he competed at both the Australian Masters Champs and the Oceania Masters Challenge. With fields of over 50 athletes in both his 100m and 200m he did very well to make the semi-finals of both. In his 100m heat he ran 11.96 (just outside his PB of 11.87) to qualify for the semi-final where his 7th place in 11.90 was 12th fastest overall. He won his 200m heat with an impressive PB of 23.78 to qualify as 8th fastest for the semi-finals. Before the champs his PB had been 24.66. In the semi-final he ran 23.92 to finish 9th fastest and unfortunately missing out on a place in the final by just 0.06s.

Adam Steinmetz (M40) 800m had not raced since winning the 1500m at the 2017 World Masters Games in Auckland. He decided to race the 800m, pulling on the NZ singlet during his world travels. In his heat Adam ran a strong race until the last 200m when his jet-lagged legs were not able to muster a finishing sprint and finished 7th in a time of 2.13.82. His 19th place overall after the three heats meant he did not advance to the final. He enjoyed his race and will hopefully continue to train and race.

Westport's Tarmo Rajassari (M60), a pole vault specialist, elected to join his pole vault competition when the bar was at 2.75m but unfortunately was not able to clear this height with his three attempts.

In the words of the team manager Noni Callander, "a fantastic team with great talent, dedication and potential to achieve even more".



The NZ flag bearers getting ready for the opening ceremony 'march past'



Helena after winning her silver medal in the hurdles



Helena Dinnessen took silver in the W45 100m hurdles

Oceania Masters Athletics Challenge

by Derek Shaw

PHOTO: Kobie Donovan



World champion sprinter Julie Brims on her way to another Oceania Championships win in Mackay

This event was held in conjunction with the Oceania Athletics Championships and the Queensland Masters Athletics Champs in Mackay from 7-11 June 2022. While New Zealand had its largest delegation of senior and junior athletes at the Oceania Athletics Champs, including some pushing for selection to the World Athletics Champs and/or Commonwealth Games, there was only a small number of New Zealand masters who participated in the challenge.

Others had seriously considered going but upon learning that "challenge" meant no chance of Oceania Masters records or titles because it wasn't run by Oceania Masters Athletics (OMA) they decided to stay home. Others stayed put as they were disappointed at the small number of entries and lack of competition in their age group and/or had concerns about catching covid and the potential disruption to travel plans.

Half a dozen masters from Auckland, Waikato Bay of Plenty and Wellington did venture across the Tasman to test themselves against the predominantly Australian competition and enjoyed considerable success. Michelle Bitcheno (W45 - WBP) took part in the five throwing events on offer. She won her weight throw with a throw of 7.82m, was second in both the discus (18.19m) and hammer throw (25.12m), third in the shot put (6.62m) and fourth in the javelin (12.35). Karen Hulena (W55 - AKL) claimed second in both her 800m (3:31.11) and high jump (1.15m), fourth in her long jump (4.34m) and fifth in the 400m (1:28.34).

Hamilton's Bruce Alexander (M40) utilized the challenge as preparation for the WMA champs in Finland. He won his three sprints in quick times - 60m (7.32), 100m (11.82) and 200m (24.30). He also contested three field events, winning his triple jump (8.64m) and shot put (8.68) and was second in the long jump (4.56m). Auckland's David Antiss (M75) also had a successful meet in winning five of his events - 60m (9.93), 300mH (63.20), pole vault (2.40m), long jump (4.00m) and triple jump (8.53). In the high jump he elected to enter the competition when the bar was at 0.9m but unfortunately was not able to clear this height with his three attempts.

Wellington's Peter Hanson (M85) also had a successful meet with first places in all his events - 60m (11.97), 100m (21.60), 200m (50.23), 400m (2:03.72) and shot put (8.16m). Second to Peter in in the M85 60m was James (Jim) Jones (WBP) in 13.32, but did not start in his other events.

Former Auckland resident Althea Mackie (W50) now resident in Queensland, but a frequent competitor in masters meets in New Zealand, won three of her five throwing events - hammer (43.34m), javelin (21.53) and weight throw (12.64). In her other two events, she was third with 24.44m in the discus and achieved 9.26m in the shot put.

The full results can be found at:
<https://athletics-oceania.com/oceania-athletics-area-championships/>
RESULTS TAB: 7.6.2022 Oceania Athletics Championships - Masters Challenge.

Barry Hunt

by Murray McKinnon (Athletics New Zealand)

Athletics New Zealand Life Member Barry Hunt of Nelson died on Monday 4 July 2022 aged 92.

Barry has contributed a lifetime of support to athletics and over the last 70 years has worn almost every hat possible. He has coached national champions and representatives, witnessed sporting history and helped create dynasties.

He has been an athlete, coach, selector, manager, timekeeper and statistician, been to World Championships and Commonwealth Games and formed two clubs.

As a bank manager with the National Bank he was regularly transferred around the country and in each area he settled he immersed himself into the local athletics scene.

He came from an era when amateur coaches gave their life for the love of the games not the pay cheque. He was never paid for his coaching but had some wonderful experiences.

Hunt coached athletes to more than 135 national medals including the 100m gold won by his son Peter in 1980 and four times 100m and twice 200m champion Wendy Brown.

He managed the athletics team to the 1978 Commonwealth Games in Edmonton Canada. He was President of Athletics New Zealand 1998/99, received a Merit Award in 1991 and was made a Life Member of the Association in 2000.

Having won almost every accolade there is in athletics his dedication was acknowledged at the Halberg Awards in February 2019 where he received the prestigious Halberg Lifetime Achievement Award. In accepting the award he thanked his wife Mavis, who has also been involved and supported Barry through his lifetime journey in athletics.



PHOTO: Kobie Donovan

Doreen Conroy was 2nd in the W70 shot put at the Oceania Masters Challenge in Mackay



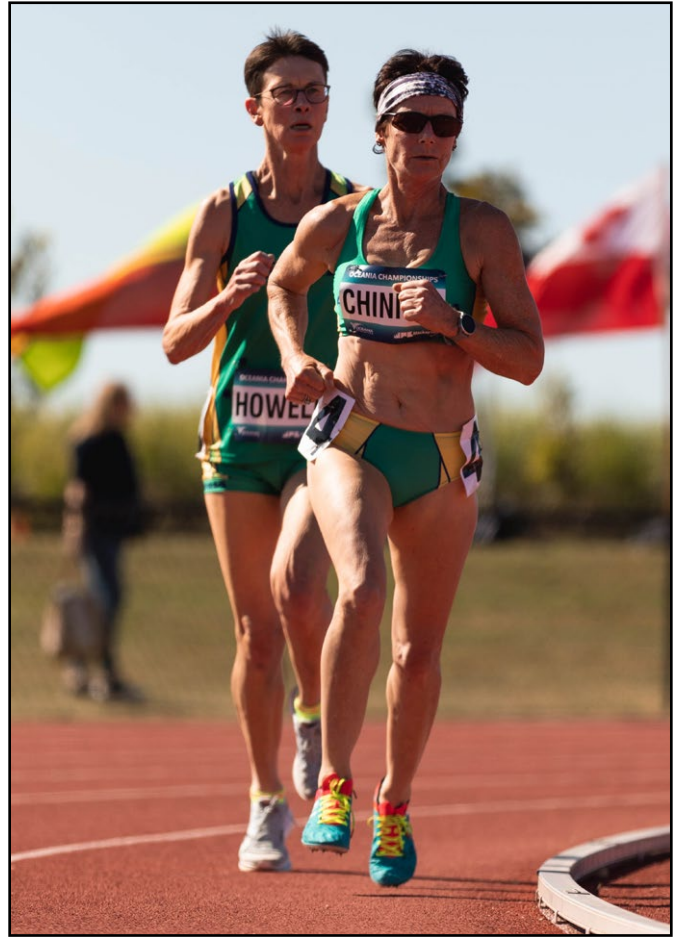
Vicki Townsend and Philippa Wight congratulate each other after finishing 2nd and 3rd respectively in the W55 60m sprint



Lauren McAdam leads out the W35-45 400m field to the start line



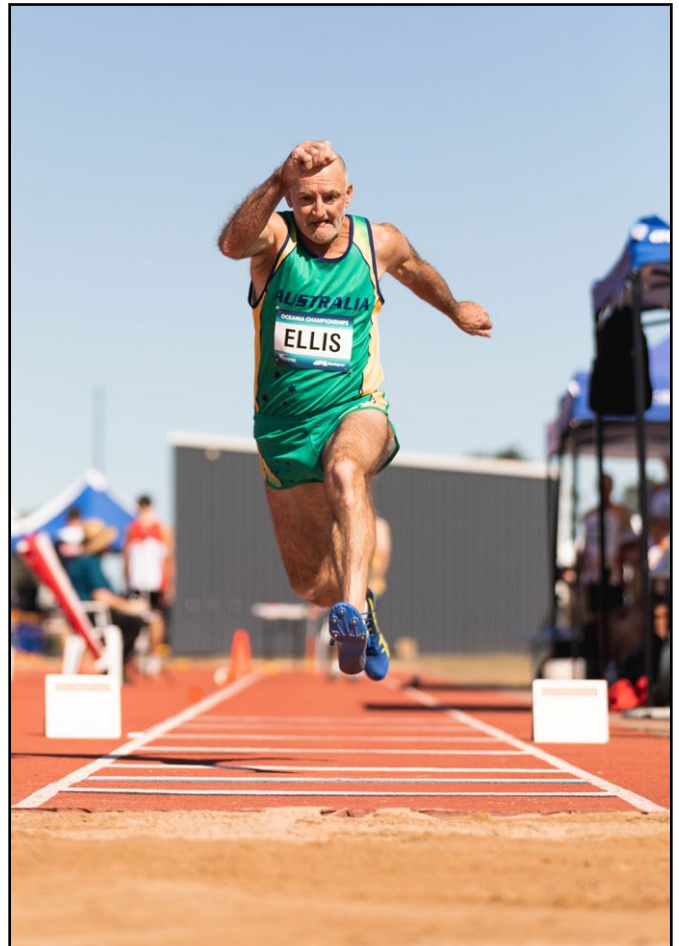
Dash Newington W35 leads Jodie Craswell W50 in the 1500m RW



Sarah Chinner leads Susan Howell in the W60 1500m



Justin Rule M45 leaps over the barrier in the 3000m steeplechase



Daryl Ellis won gold in the M65 long jump

South Island Ultramarathon - 14 May 2022

by Graeme Lear



Cowboy paradise

There are a number of ultra races in the South Island, but this one refers to the West Coast Wilderness Trail and is based in Hokitika. This was the 3rd actual running of the event which was first contested in 2019, with the 2020 race having been a virtual event because of Covid. Three distances are offered: 100km starting in Greymouth, 54km starting from the Old Christchurch Road, and 24km from Lake Kanieri. The course follows the cycle trail which runs from Greymouth south to Ross, and happens to be exactly 100km from Greymouth to Hokitika. As with the distance around Lake Rotorua being 42km, how could you not organise a race?

I entered the 54km option so can only report on the 2nd half of the course. All ultras have their own unique features, some good and some not so much. This is largely in the eye of the beholder though, and depends on which aspects of trail running appeal to you. If you want a fast course which is relatively flat, has nothing technical and doesn't entail any walking, then this one is for you. The track is, after all, a grade 2 cycleway, so is mostly gravel underfoot with easy gradients. If you enjoy narrow tracks, rocks and tree roots, tough climbs, river crossings, spectacular views from the tops and swinging from the trees on the way down, then look elsewhere!

The weather on the West Coast had been unseasonably warm and sunny leading up to the weekend of the race. Unfortunately the satellite map and forecast showed a swirling mass of cloud with colour-coded areas of heavy rain starting

during the Friday night. It was just drizzle when the buses arrived at the car park near the start, but was dark, cold and wet enough for the final race briefing to be done on the buses rather than at the start line. There was then a half-kilometre walk to the start and we were lucky that the rain held off until we were under way.

The track is wide and easy and runs beside canals and dams dating from mining and logging days. The gradient is comfortable both up and down and invites you to run too fast early on – I found it important to run to the watch and keep to a plan. After about 17km we popped out of the bush into a curious place called Cowboy Paradise. It looks like a deserted film set for a Western. On the way down a series of switchbacks it was evident that there was a view out there somewhere, but the low cloud and drizzle obscured anything photogenic.

We then hit a section that would be quick and easy on a bike, but miserable and exposed when running – about 6km along a virtually straight and flat gravel road through farmland. Finally a hill loomed to break the monotony, and this brought us up to the point at about 33km where we hit the tarseal and joined with the 24km runners who had started just before I arrived. Three hours running done, just over 20km to go!

This section of tarseal was quite short and we were soon in the bush, running beside a water race down towards Hokitika.



Nobody stayed long at the finish

It was good to have the company of the 24km runners, as we were getting quite spread out in the 54km. As we descended we encountered increasing amounts of tarsealed road and by now the rain had set in and the wind was coming up. By the time we were following the track beside the Hokitika River there were puddles everywhere and we were all getting soaked. It was important to keep running to keep warm – a good reminder of why there is a compulsory gear list with extra clothing.

The final 500m along the beachfront was directly into driving rain and wind, so it was good to finish! I was off the course in 5hr 17min, which was after 1pm. The first 100km runners arrived a few minutes later having taken only an additional 3hr – in fact the overall winner took nearly 2hr off the women's record, finishing in 8hr 24min, only 3min outside the men's record. Very impressive, particularly given the conditions. The last 100km competitors were out on the course until about 9.30pm, which meant a long day for the marshals and organisers. The finish line team did an amazing job welcoming everyone back to Hokitika in the pouring rain for 9 hours!

Athletics Nelson was well represented in the shorter races with several podium finishers. In the 24km Aimee Burnard was 3rd in the under 39s, Stu Hague and Graeme Sellars 2nd and 3rd in the 60-69s. In the 54km Pete Marshall was 3rd in the 40-49s and I headed up a small number of over 60s. We had one runner in the 100km, Brian Kemp who finished in a smart time of 10hr 6min to come 2nd in the 40-49s.

This was a very well organised event, and everything seemed to run smoothly and on time. Road crossings were well managed and the traffic plan was clearly effective. Speaking of roads, the choice of footwear for this sort of race is worth considering. The main choice is road vs trail shoes, or something that covers both. I used a pair of all-terrain shoes with plenty of cushioning which worked well on the day. I wouldn't recommend trail shoes with sprigs as I find them too slippery on wet tarseal and concrete. Many people were wearing road shoes which seemed to work fine.

In terms of ultra racing, you probably won't find a faster off-road course, so if you want to post a PB over 100km this is the one to go for in 2023. Check the weather forecast first though.



In the bush by the water race



There must be a view out there somewhere

Mental Skills #2 - Why

by Lance Smith

Doubt is the cause of anxiety. With an increase in anxiety the information process, or our brain function, deteriorates and skill levels go down – the brain becomes overloaded thereby reducing performance which can further lead to greater anxiety and poorer performance. It is a snowball, a lack of confidence reduces performance, causing more anxiety and a further drop in performance.

And it gets worse. There is delayed stress, similar to DOMS – delayed muscle soreness - which you feel a day or two later. Delayed stress caused by anxiety in the days prior to a competition affects performance.

What is the antidote to doubt? Yes, confidence.

What is the best prescription for confidence? Liking being there, knowing you have done the training, knowing you have prepared well. And loving what you do.

An interesting aside that should be part of your planning: training in the last few weeks for a major competition - what we call peaking - is mainly training for the brain.

What it comes down to is mental skills should be as much a part of training as physical skills.

Will I win? Can I win? These are two very similar looking sentences but with vastly different meanings. In fact the two statements could not be further apart when it comes to performance. Will I win? is an invitation to doubt. It basically says uncertainty and uncertainty is the biggest negative in coping with an event.

Uncertainty means anxiety. Anxiety can cause body and mind to shut down, often seen when an athlete chokes. A frequent cause is fear of losing. This fear overrides and blots out the skills needed to win, including running coordination.

And anxiety costs in extra energy consumption, an important consideration for distance runners.

Will I-can I? takes us into three scenarios. First is “I must”. Here the mind is centred on “I must win”. The mind is in the focussing on ‘what will happen if.....’

The second is the “I must not”. Here the mind is saying “I must not lose”. Again, the mind is centred on ‘what will happen if.....’

Then there’s the present, where the “what if’s” play no part. The mind here is centred on what you are doing. Concentrate on what you are doing now and the future will take care of itself - focus on the doing.

Can I win? should and can generate curiosity and excitement, two positives of mental wellbeing.



PHOTO: Kobie Donovan

Obligation-opportunity. The state of obligation is where “you have to...” It is where you tell yourself, “I have to run a PB”, “I have to beat so and so”. “I have to win this”.

On the other hand, there is the state of opportunity where “you get to” You get the opportunity to run a PB, you get the opportunity to try and win, you get the opportunity to do what you love doing.

What state will your head be in? Can you look at events and training as opportunities? Can you say to yourself, ‘yay, I get to go for a PB’ rather than ‘I have to run a PB’?

Do not dwell on the obligation, relish the opportunity. Convince yourself through self-talk, visualisation or making up your own mind that you now have an opportunity, but you do not have an obligation, you do not have to do it.

Such a mind-set will take some of the pressure off, allowing you to concentrate on the positive. The brain uses 20% of body’s energy. If you stress yourself, you are using more energy. If your mind is full of negative thoughts ((obligation) it cannot be concentrating on what is important – the here and now.

To hit or to miss. What are your aims? To hit or to NOT miss? To win or NOT to lose? One is positive, one has a negative connotation.

Such mindsets can be before an event or show itself during – that’s often when an athlete chokes – fear of failure inhibits all aims of success. One suggests promise, the other doubt. What mindset you have is up to you, it’s in your control.

Next issue, looks at some mental skill strategies.

Pakuranga Masters Winter Throws Pentathlon Series

by Mark Powell

On Monday evenings, from January to March last year, Mark Powell and Laini Inivali, encouraged anyone who wanted to learn how to throw shot, discus, hammer and javelin to come to the Pakuranga Athletic Club's stadium (Yvette Williams Stadium). Many came once and decided that it was not a sport for them, some came week after week.

Of course, with the clocks retreating by one hour at the end of March, these evening sessions stopped as darkness came too soon after the start time of 6pm.

For Mark and Laini the ending of the Monday evening sessions was bittersweet. They had a group of keen throwers who could not compete until the 2021 Track and Field season started in October, six months away. So, Mark approached both Pakuranga Athletic Club and Athletics Auckland.

Knowing that the Yvette Williams Stadium did not host any winter sport on the inside of the running track meant the stadium was not "spoken for" over the winter months. Mark said "why not have a Winter Throws competition? We had a venue, between Athletics Auckland and the Pakuranga Athletic Club we had the equipment, we had a group of keen newbies and was sure that we could attract experienced throwers. All that we were missing was Officials".

Over the five winter months of the Winter Throws Pentathlon Series for 2021 we had nineteen competitors compete in total. We had twelve compete more than three times and of those twelve, five had not competed since they left high school. Of the twelve regular competitors five were women.

At our prizegiving in November, medals were awarded based on the accumulated points calculated from each month's performance. A Novice Category was introduced so that new throwers did not compete head-to-head with experienced throwers from a points point of view.

We are into the 2022 Pakuranga Masters Winter Throws Pentathlon Series. This year we have booked the first Saturday of each month from May until October as our competition day. \$10 plus a plate of shared food is the entry fee. Our first two events have attracted 13 throwers at each event, ranging in age from 32 to 90 years old. For four of them it is their first year of competition and another thrower has returned after a three-year layoff. So far four ladies are competing with several more telling Mark that they will be starting at next month's event.

Anyone who is masters aged and would like to join in, please contact Mark Powell on mark@nznrfid.com. New throwers are welcome and for those who have not thrown some implements ever or for a long time, a crash coaching course before the day's event commences is provided.

Coaching Corner

by Mike Weddell

Some of you reading this will have had Covid-19, some of you will have it at the moment and undoubtedly some of you will get it in the future. Despite what many people think, it is a serious illness and should not be treated lightly. I know quite a few people that have had it and it affects everyone differently. Some experience a debilitating illness while others seem to recover quickly after feeling a little unwell for a few days. No matter the severity of the infection there are important implications for training.

Even if you feel that you have recovered leave it a couple of weeks at least before starting to train again. Most importantly do not launch back into training at the level you were at before Covid struck. Start very gently, a very easy training session

every second or third day. If you feel more fatigued than you would expect at that level of training, STOP. Give yourself another week off. Keeping training when you do not feel well increases your chances of long Covid. If you get long Covid that could be the end of your athletics.

Many masters athletes that I know think nothing of training through sickness or injury. Covid is different. Viral infections can have serious consequences. Keeping a check on your heart rate can help monitor your progress. Your resting heart rate will be elevated for a while until you fully recovery. Once it gets back to normal start your gentle training, but, again if you do not feel well. STOP. Better to miss a few weeks of training than a few months or years.





Flo Alesana W45



John Vea M35



Melissa Free W35



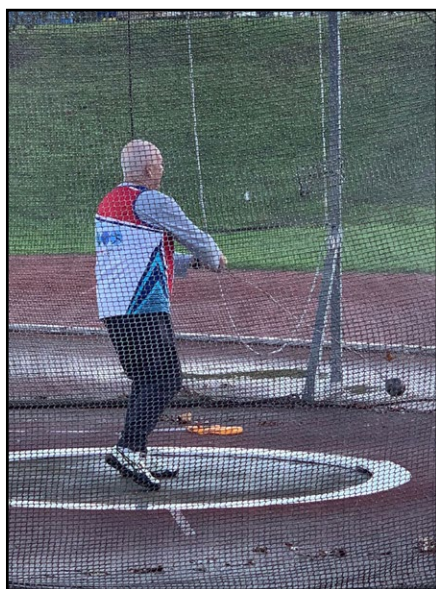
John Vea M35



Louisa Karena W35



Ron Johnson M90



Mark Powell M70



Melissa Free W35



James Thomas M60

Never Grow Old

by George White

Can't run faster than a speeding bullet or jump tall buildings in a single bound anymore?

There is a good reason for that – it's called getting old – but the good news is that if you could do those things, you will do them for much longer than your ancestors! Health professionals today are not just trying to extend life but they are aiming at making the later years of life better. While life expectancy may stay at 85 years, they want 84 of those years to be great and not be decrepit for 10.

You inherited your body from 100's of millions of ancestors and of course because you are here it means those millions of ancestors were survivors! On average they each would have passed on a little bit more strength, ability and intelligence. We tend to think of evolution of the human species as something that happened over thousands if not millions of years, but even in the last 200 years there have been significant changes.

- People today are much taller. On average men are close to 90mm and women 83mm taller than 200 years ago. (Some extremes include South Korean women over 200mm taller and Iranian men 165mm taller.)
- Global warming may be occurring but men and women today have a body temperature 1.06 degrees F and 0.58 degrees F lower than those from the 19th Century.
- We all feel that kids are reaching puberty earlier and earlier and data now shows that it is one to two years earlier than from early last century.
- We are older! Longevity has increased. At the beginning of the 20th Century only a small percentage of people lived beyond the age of 65 (hence the reason for a pension at that age – it wouldn't cost the Government much). Today it is 8.5% and expected to grow to 17% by 2050. Life expectancy has doubled in the last 150 years! Even between 2000 and 2015 it increased by 5 years. Today studies show longevity increasing towards 120 years by the end of this century. Unfortunately, an average of 20% of life is now spent in a state called "late-life morbidity" a daily fight against chronic diseases and descent into infirmity.
- Lost any body parts lately? Some people are already born without wisdom teeth and others without the palmaris longus muscle, which runs from the elbow to the wrist (it was fundamentally used for climbing). Body hair is going along with ear muscles!
- Sadly, one change that is not so good is obesity. According to the World Health Organization, obesity has almost tripled since 1975. Data from 2016 showed that more than 1.9 billion adults were overweight, and among them, more than 650 million were obese.

Getting older sees its own changes to just about every aspect of our bodies, from the easily observed ones (grey or missing hair, wrinkly skin, the need for glasses) to the ones we can only detect with a super microscope. Unfortunately, most of those changes are unwelcome and they reflect more substantial processes with implications for performance.

- On average we gain around 5 kilograms a decade from our early 20s. This reverses in our 50s – but only because muscle is wasting away. Beyond the age of 70, 30% of muscle will disappear each decade.
- In older people muscles can work against us. Opposing muscles may fire together with the one you want to work e.g. in a biceps curl, the triceps could fire at the same time, resisting the action.
- Maximum heart rate falls steadily throughout life, starting around 200 beats per minute in early adulthood and then falling by about 1 BPM per year.
- Lung capacity diminishes, too.
- These last 2 points result in a steady decline in VO2 max.
- Bones lose density, making them more susceptible to fracture and once broken, they take longer to heal.
- Any sort of injury heals more slowly, including what happens in muscles in response to hard training. Microscopic tears that trigger muscle adaptation, take longer for the benefits to be realised.
- Osteoarthritis becomes more common, particularly in the knees.
- The spine may suffer, with potential bulging disks and general low-back pain.
- Reaction times are at their best around the mid 20s and deteriorate from that point on.

Now most of these changes are inevitable but many of these changes can be attributed in large part to lack of use. So, the good news is that while not many are reversible they can be attenuated by frequent exercise. You will still need to colour your grey hair and try harder to remember where you put your keys, but with smart exercise (with a little more concentration on strength and injury prevention), the others can be addressed to give you the body of someone even decades younger than you really are. And even if you are slower than you were, you can still be the best version of yourself. Relative goals for motivation are well organised in masters' sports, where everything is about age-group competition and age adjusted times and distances.

continued on next page

Northland

by Judith Stewart

Our group has currently 27 members but not all are currently active members of Athletics NZ. We request a \$10 fee per year so that they can attend all masters activities organised by the committee and are eligible for Northland Masters Records. The main thing is the social side and the getting together, which is important.

During the summer months we try to have a monthly meet, which is usually combined with Athletics Whangarei. We have a Throwers Day for 10th June and 3rd July is a pancake breakfast which will be followed by a run or walk.

Our AGM is planned for 10th July. I guess it's the same in all centres - the same folk are involved with track and field, harriers and masters. And yes we need new young folk but somehow they have other interests.

Since moving north I have tried to get involved with officiating and coaching and as you know it can be frustrating and fantastic. The last couple of years have bought a whole new set of rules and still covid is alive in our schools and community plus parents tell me about the pressure students deal with which is another huge issue.

Our members appear to be in good health, one enjoying a new hip which his surgeon assured him of breaking records, another is looking forward to a new age-group with long standing records set by the amazing Derek Turnbull and others planning long awaited overseas travel.

Our track is scheduled to be replaced with work starting in October, so we are looking forward to hosting lots of you in the future.



PHOTO: Kobie Donovan

Philippa Wight was 2nd in the W55 400m at the Oceania Masters Challenge in Mackay

Remember YOU ARE NOT - too old, too fat, too unfit, too slow or too late and there is no need to be embarrassed or self-conscious. The best part of being active is competing against yourself. Running / race walking may only add a few years to your life but it will certainly put more life into those years. Health, and the ability to remain active are far more important than whimpering on to 100. The body inevitably slows down but the competitive desire can just as intense as it always was.

So has your get up and go – got up and gone, are you waiting for “old enough to know better” to kick in? or agree with a quote from Australian Masters John Doyle - “All this athletic endeavour will not make you live longer - it will only seem longer”. Is it all worth it? Apart from the enjoyment of athletics it seems from research that for every hour of exercise you put in – you will live 2 to 7 hours longer. In my book that is a pretty good return on investment!

Taranaki

by Vicky Jones

Well after a few hiccups and a slight delay in getting the road and cross country season underway, it has thus far been full steam ahead. Events thus far have been very well supported, with some of the biggest participation levels in years.

Norm Read Memorial (Race Walking) (15/05/2022), Brooklands Park, New Plymouth

Before the Memorial races at Highlands Intermediate, the Race Walking Club held the annual 10km Norm Read Memorial. (Norm being the gold medalist in the 50km walk at the Melbourne Olympics in 1956). Those 65+ opted for 5km on the Kaimata St circuit in gloomy but surprisingly warm conditions, even with intermittent (and welcome) showers. Egmont's Craig Rawlinson joined the cheerful group in doing the 10 by 1km circuit. Three were in contention for the trophy – all masters athletes – Eric Kemsley, Ann Fraser and myself, as we were all 'A' grade. I was closest to my estimated time, so ended up claiming the trophy, as it was an estimated time event.

Brenda Ballinger/Dr Davie Memorial (15/05/2022), Highlands Int., New Plymouth

This year's running of the combined Memorials of Dr Davie and Brenda Ballinger was well supported. Conditions were gloomy overhead with intermittent showers and the wind growing stronger. After completing a commendable 10km race (Read Memorial) a couple of hours early, Craig Rawlinson then lined up to compete in the 4km walk on the intermediate grounds. He said he suffered from cramp for the first half of the race, but became loose enough to complete the race in a respectable time. Unfortunately I haven't been able to get my hands on results. The walk also marked the return to competing for Karen Gillum-Green. The men's field included a strong field of master's athletes who all performed very well. The same goes for the women's field.

Peter Cattley Memorial (22/05/2022), Fitzroy Golf Club, New Plymouth

Once again, the crowds came out for the 9th running of the Peter Cattley Memorial. Some did well in relation to their estimated times, while others were way out! Fortunately for the latter, there was a change in the awards of the trophies. The winners were still the ones who came closest to their estimated times, having dropped the 4% threshold. Those with the fastest times also received recognition. The Fitzroy Golf Course makes for a challenging, close-to-genuine cross country course, with its constant undulations. This year the stretch along the coastline hurled forth a fierce head wind before having to climb up the final, relentless hill with the sharp apex leading competitors by the clubrooms.

4km Walk

Finishing Place	Estimated Time	Actual Time
1 Rodney Gillum	27.50	28.30 (F/T & 1st)
2 Craig Rawlinson	29.00	30.28
3 Vicky Jones	31.10	32.17 (F/T)
4 Tracy O'Sullivan	34.55	34.58
5 Karen Gillum-Green	35.00	34.58 (1st)
6 Sandra Heal	1.08.00	50.35

4km Run Men

Finishing Place	Estimated Time	Actual Time
4 Nathan Foley	16.10	14.46
9 Mike O'Sullivan	15.58	16.13
12 Ash McDonald	17.00	16.21
14 Mick McBeth	15.36	16.34
17 Stephen Foreman	17.00	18.10
21 Murray Laird	19.23	19.04
23 Andy Dawson	23.00	21.42
24 Allan Thomas	25.35	21.32
26 Des Phillips	21.20	22.55
27 Alan Jones	22.25	23.31
28 Trevor Hepburn	24.00	23.22
29 Mike Wainsborough	21.35	23.48
30 Warwick Pettigrew	23.00	24.41
31 Stephen Dickson	24.21	25.03

4km Women

Finishing Place	Estimated Time	Actual Time
11 Suzie Price	26.00	23.23
12 Joy Baker	24.00	23.26
13 Stella Bond	24.00	26.23
14 Lynne Mackay	29.37	30.12

TET Athletics Taranaki Mountain Running Champs (28/05/2022), New Plymouth

I've mentioned that turnout this winter has been outstanding and this was most striking in the annual Mountain Running Champs, run over a suitably mountainous course within the confines of Lake Mangamahoe. Compared with the dozen last year, the number participating was almost 4 times higher, of which masters provided the core (as usual) with impressive performances all round.

4km Walk

W60	Karen Gillum-Green	50.34 (1st)
W70	Lynne Mackay	50.32 (1st)
M55	Craig Rawlinson	35.02 (1st)
M75	Alan Jones	34.52 (1st)

4km Run Women

W40	Rebecca Hutchinson	25.46 (1st)
W45	Nic Carver	25.31 (2nd)
	Tui Bray	25.44 (3rd)
	Liz Forrest	29.32 (1st)
W60	Stella Bond	23.47 (1st)
W70	Joy Baker	29.49 (1st)

8km Run Men 35-64

M35	Nathan Foley	37.02 (1st)
	Reeve Barnett	40.25 (2nd)
	Mick McBeth	40.26 (3rd)

**4km Run Men 65+**

M65	Chris Pranker	26.56 (1st)
	Shanon Stellard	40.34 (4th)
	Warwick Pettigrew	28.57 (2nd)
	Jason Cressingham	58.31 (5th)
M70	Des Phillips	26.54 (1st)
M40	Hamish Roper	38.51 (1st)
M50	Ash McDonald	41.16 (1st)
	Stephen Foreman	47.00 (2nd)
	Peter Carver	53.31 (3rd)
	Andy Dawson	54.34 (4th)
M55	Evan Lobb	40.58 (1st)
	Garry Butler	45.48 (2nd)
M60	Trevor Hepburn	1.00.21 (1st)

**Hughes Memorial (03/06/2022),
A&P Showgrounds, Hawera**

Hawera definitely put out the red carpet for the large group of competitors at the annual Hughes Memorial. Richard Brewer (I presume acting as Race Manager) made mention that 2022 marked the 65th running of the event. The weather was crisp and beautifully clear and sunny. This led to the decision to hold the prizegiving outside on the race track instead of in the Showgrounds Hall. The contest over the main trophy went back to the roots of the event with a battle between Hawera Harriers and New Plymouth Harriers, with the latter fronting its best field in years. It paid off for New Plymouth as they claimed victory.

As usual, the walkers competition was decided by "hooded rooster" (ie closed handicap). The results below are only for Taranaki Masters members.

4km Walk

Place (Closest)		Estimated Time	Actual Time
2	Gaylene Anderson	30.30	30.59
4	Rodney Gillum	28.00	28.47
5	Karen Gillum-Green	33.00	32.04
8	Judith Duffy	44.00	42.40
9	Craig Rawlinson	30.00	31.27
10	Vicky Jones	31.55	33.50
11	Martin Schrider	40.00	37.46
14	Roger McKay	36.30	40.40
15	Vicky Adams	45.00	40.39

NB: Clearly some people need work on estimating their times!! I should also note that Karen Gillum-Green is really becoming fighting fit once more, and after many setbacks and frustrations Vicky Adams had her first tentative outing after her most recent setback.

Women 4km

W35	Tracy O'Sullivan	29.56 (1st)
W40	Sarah Shepherd	19.07 (1st)
	Rebecca Hutchinson	21.13 (2nd)
W45	Nic Carver	21.46 (2nd)
W50	Suzie Price	24.14 (2nd)
W70	Joy Baker	23.44 (1st)

Men 4km (Masters Men 65+)

M65	Allan Thomas	20.45 (2nd)
	Chris Pranker	22.20 (3rd)
	Warwick Pettigrew	23.47 (4th)
	Mike Winsborough	24.35 (5th)
M70	Murray Laird	18.47 (1st)
	Des Phillips	21.47 (2nd)
M75	Alan Jones	23.22 (1st)

Men 8km (Masters 35-64)

M35	Nathan Foley	30.56 (2nd)
	Robbie Rawles	31.21 (3rd)
	JP Heather	31.48 (4th)
	Troy Gibson	38.41 (5th)
M45	Glynn Taylor	29.34 (2nd)
	Andrew Coleman	44.37 (3rd)
M50	Ash McDonald	35.28 (1st)
	Peter Carver	43.04 (4th)
M55	Dave Hadley	34.48 (1st)
	Evan Lobb	35.47 (2nd)
	Craig Rawlinson	1.00.21 (4th)
M60	Trevor Hepburn	50.15 (3rd)

Another note: Craig Rawlinson is one of those who are suckers for punishment! For the observant out there he has times for both the 4km walk and then the 8km run ... better him than me! In all seriousness, Craig deserves serious props, as do all who challenge their endurance in races.

**TET Athletics Taranaki Sportsperson of the Year
(08/06/2022), TET Stadium, Inglewood**

To continue the trend of high turnout, the annual Sportsperson of the Year drew a crowd perhaps double of last year, despite the slim pickings of events to give performances for. In saying that, the number of nominees was underwhelming. All the coaches and volunteers were of Masters rank, of which Ed Fern of Hawera Athletics got the nod for coach of the year, while Sandra Morratti got the plaudits for volunteer. The Masters Sportsman was contested between Des Phillips and Alan Jones, with Alan being given the award. Joy Baker earned the Sportswoman award over newcomer Kath Uhlenburg - who earned her nomination by her impressive rise in 'A' grade walking.

The guest speaker needed no introduction and provided an entertaining and inspirational account of her life in athletics from the age of 4. It was none other than the current ANZ President: Karen Gillum-Green! She talked about her passion for the sport and bashfully (but proudly) touching on a tiny number of her myriad of achievements, with hubby Rodney providing cues from stage right! Her stories were highly entertaining and left one and all uplifted and inspired to aim higher in our chosen sport of athletics. And in amongst this she extolled the virtues of masters athletics as a way to show that athletics is a sport for life.

So it's been so far so good for winter 2022 with the prospects of bigger and better things to come and horizons to broaden again.

Otago

by Christine Montgomery

Lovelock Relays

These relays are held on the University Oval every year to commemorate Jack Lovelock. This year they were held on Saturday 7 May 2022. The relays are organised by Hill City University Club. There is a great atmosphere at these relays as they incorporate all ages from 3 to 81. It is awesome to see so many young and older athletes enjoying themselves and finding the love of running.

There was a great tussle in the first runners of the M35+ race with a battle between Danny Baillie (Leith) and Elliot O'Sullivan (Hill City University). Then again with the last runners of Leith's Richard Campbell and Ollie O'Sullivan (Hill City University). Ollie was just amazing to watch, his speed on trying to catch Richard, who was over 700m ahead was impressive.

The M35+ category was won by Leith Harriers with Hill City University second not too far behind. Hill City University won the W35+ category. Well done to all our Otago Masters athletes who ran the event in either social or competitive teams.

Athletics Otago Awards 2021-2022

A huge thank you to Dalise Sanderson our amazing Trophy Steward for all her work she does each year collating the results.

Otago Masters Winter and Summer Trophies 2021-2022:

Women's Aggregate Trophy winter season - Claire Anderton

Olsen Memorial Aggregate winter season - Phil Napper

Joe Cowie Memorial Trophy aggregate points 6 race Track Championships - Andy McCaig

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

Sanderson Trophy Masters Womens Sprints - Liz Mitchell

Sanderson Trophy Masters Mens Sprints - Tim Bolter

Geoff Capon Memorial beach Race Trophy - Georgy Pakeho/ Robert Homan

Otago Masters Field Events Trophy - Jim Blair

Women's 5km Self Handicap Trophy - Dalise Sanderson

Men's 5km Self Handicap Trophy - Marc Boule

Peggy Calder Memorial Trophy - Caversham

Rhonda Gough Trophy most points Weight Pentathlon - Jim Blair

Otago Masters Men Summer Athlete of the Year - Jim Blair

Merrilees Women's Summer Athlete of the Year - Raylene Bates

Otago Masters Women Winter Athlete of the Year - Claire Anderton

Otago Masters Men Winter Athlete of the Year - Phil Napper

Otago Masters Athlete of the Year Shield - Jim Blair

Chris Sole

An amazing role model – his love and passion for running is so infectious

Leith members turned up in numbers to see Club President Chris Sole being awarded this prestigious trophy which recognises a person's significant contribution to athletics in Otago. You could see the emotion on Chris's face when he received this award as he was unaware that he was going to be presented with it. This was a well earned award for someone who contributes day in day out to the sport of athletics and has for many years.

We at the Leith club congratulate Chris on this achievement and we thank Athletics Otago for recognising the amount of time and effort he devotes to the sport in Otago. We will soon have some awesome articles about Chris from many who have benefited from Chris's untiring devotion to the sport that he loves so dearly.

There would not be too many training groups in New Zealand where 46 people of all ages turn up for a training session run by Chris Sole. *(Words from Marc Boullé)*



I read an email the other day that Chris Sole from Leith Harriers & Athletic Club had sent to all his training members and his words were so true I thought I would share them.

I can often focus on what I have lost: my youth, my ability to run anywhere fast, my aging body, not performing as I and others might expect. But turning that vision upside down, I could focus on what I have: my family, friends, community, the training groups, the ability to MTB, run, walk, swim. If you feel trapped, can you do a hand-stand and look at your world upside down? You might notice gifts and talents hidden, friends and family who care, who would love to, are already, support(ing) you on your personal journey.

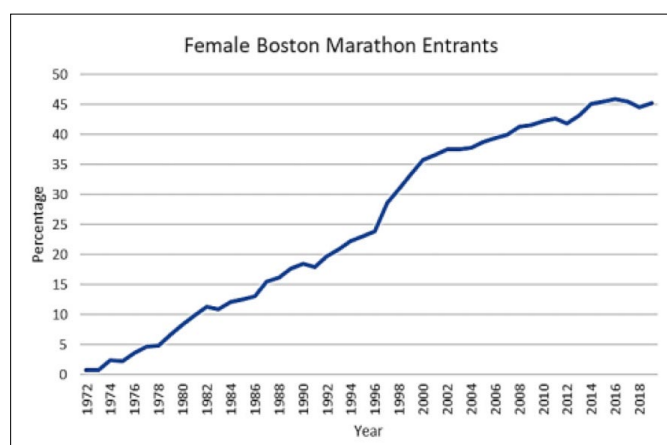
Bitumen Bashers Sunday Social Run Dunedin

Every Sunday morning there is a run called Bitumen Bashers Sunday Social - 90 mins/15km of fun at conversational pace followed by a coffee at a café in Dunedin. If you are ever in Dunedin on Sunday come for a run. For more information go to Leith Harrier and Athletics page.

The growth of Women's Running

Closing the Gap – The growth of women in running. If you've been thinking, there's been a fair few more wāhine on the start lines over recent times you wouldn't be mistaken. Worldwide female participation in organised running events has been on the increase from beginner through to elite.

The flow on effect of this is resulting in competitive running times in the female cohort markedly reduced in comparison to our male counterparts. A solid example of this is obviously in the marathon. Since 1970, the men's marathon record has been lowered by about six minutes. By contrast, during that time the women's record has fallen by more than 45 minutes! Perhaps the marathon with the most controversial history of female participation, the below graph is just one example which highlights the rise of female participation within the sport - edging ever so closer toward a 50 - 50 gender split.



Of course, the more women who get involved in running, the more women's athletics will continue to improve. Anne Bouchard (elite ultra runner) encourages all women not to limit themselves. "If you want to improve, do what needs to be done," she says. "Forget you're female, forget age, forget that you have to work 50 hours, forget whatever—do what your dreams show you". (Lydia Patillo)

Three Peaks 2022

Three Peaks 2022 – what a day! The biggest running event in town this side of New Years, the 39th Three Peaks Mountain Race went ahead on the 27th of March 2022 in perfect conditions only the running gods could turn on for us. The planning for the event was huge this year where a multitude of Covid-19 restriction scenarios were all strategized in order to have the popular event actually happen for the running community. Thankfully Jacinda lifting the outdoor restrictions less than 48 hours out from the starting gun meant we could implement the event to be as close as possible to normal.

Well done to the Director Steve Tripp and Volunteer Co-Ordinators Siobhan McKinlay and Gaya Gaya Gnanalingam for organising such an awesome event.

Leith Cross Country

(included the 3rd running of the Ponydale Challenge)

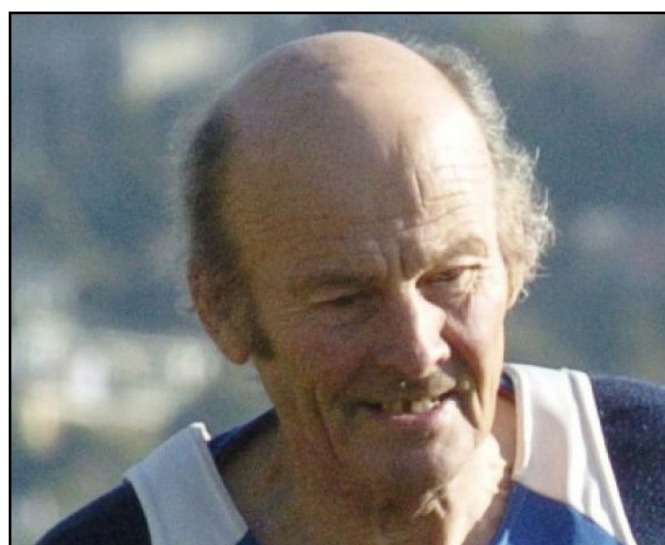
Another great event held by Leith Harrier and Athletic Club was held 21 May 2022 at the Pony Club, Three Mile Hill, Dunedin. A cold bitter wind welcomed the brave runners who ran the course. A huge thank you to the Leith Harrier and Athletic Club for their diligent work putting up and down the challenging course and for Dave McLean who even mowed part of the grass with his trusted lawn mower. Condensed results are below.

4 x 2 km	Winner
► Overall	Ariki mixed - Green
► Mixed All Ages	Ariki mixed - Green
► MM50+	Ariki MM50+
► MM60+	Cavy Speckle Grays
► MW35+	Hill City-University MW 1
► MW50+	Cavy Appaloosa's
► SW	Cavy SW

4 x 4 km	Winner
► Overall	Leith SM 1
► MM35+	Leith MM 1
► SM	Leith SM 1

Bill Kenny

I was tidying up my house the other day and found my wee cube that I won when I was in a team for the Bill Kenny Relay and it made me smile. While I did not know Bill very well, he was an amazing masters athlete and such a friendly guy.



John Stinson wrote an article for the Otago Daily Times a while ago about him and I thought I would share it.

One of Otago's beloved athletics figures will be remembered at the Caledonian Ground tonight.

continued overleaf

The Kenny's Canter Bill Kenny Memorial Run/Walk Steeple Relay will be held at the track starting at 6.30pm. Athletes, mostly from the master's category, will race in teams of three, with each member completing one lap of the 400m track and navigating one steeple along the way. Of the competitors, one has to be a walker.

"We just thought it was a good way to commemorate Bill and what he did, because the steeplechase was always a favourite event of his," John Stinson, one of the event organisers, said.

"He was a real character. He loved his athletics."

The relay is held around this time every year, as it was November 18, 2012 that Kenny passed away, aged 76.

Having moved to Dunedin from Scotland aged 38, Kenny made his mark on the local athletics scene. He holds 17 Otago master's records in distances between 400m and 10,000m, as well as the steeplechase.

Impressively, when he was 65, he ran the world's fastest time in the 2000m steeplechase for his age that year. For many years Kenny ran with a pacemaker, which often went out of sync and caused moments of anxiety for his fellow runners, Stinson said.

Alongside that he was happy to help as a volunteer, while being a member of the Otago Masters Athletics committee, and was noted as a great talker.

Before he arrived in New Zealand, Kenny won national championship medals in Scotland, England, Wales, Ireland and the US.

He represented Scotland as a junior in the cross-country, while also competing in Germany in the 1950s while serving for the British Armed Forces.

Barnes Cross Country - Sunday 12 June 2022 at Kettle Park

The weather was great. Sunny and cool with little wind, as predicted. Thank you to those who helped put this race on – the course constructors, the timekeepers, the marshals etc.

The results are not separated into age groups for Masters but it's always great to see all ages running in this handicapped race.

Edmond Cup at Wingatui Racecourse Saturday 25th June 2022

This was first run in 1907 under the auspices of the Dunedin Harriers Club. The cup was presented by Mr W F Edmond. Since that time the annual event has grown steadily in popularity. The runners have to jump or climb over hurdles, which I might add is a bit harder the older I get.

This year the weather was great for running with just a slight breeze from the west in the back straight of the course and warm conditions. The ground was great too with mostly firm conditions throughout. The normal steeple jumps were gone, replaced with barriers which we had to duck under as

they were too flimsy and high to jump. The water jump was still there and some chose to jump across it whilst the older brigade mostly chose to take the more sedate detour around it.

Thank you to our awesome volunteers from Athletics Otago who for each event come out and time and manage the events to enable us runners to run.

Masters results:

W35-49

- 1 Jennifer Walker (Ariki) 20:15.0
- 2 Claire Anderton (Caversham) 21:37.0
- 3 Georgina Pakeho (Hill City University) 22:00.0

M35-49

- 1 Elliot O'Sullivan (Hill City University) 18:06.0
- 2 Richard Campbell (Leith) 18:07.0



Marc Boule from Leith Harrier & Athletic Club racing on Sunday

Auckland

by Phillipa Green

AMA National Championships, Brisbane 1-4 April 2022.

Grant Hodges and Phillipa Green took the last minute opportunity to compete overseas with the NZMA Champs being cancelled, borders opening up and the Australian Masters extending registrations to enable kiwis to compete.

Hot temperatures of 30 degrees on a 10 lane track provided fierce competition for both of them in the 60, 100 and 200m sprints. Both achieved PB's in their events with Grant coming away with silver in his 200m and bronze in his 100m, and Phillipa with a bronze in the 200m.

Next year this event will be held in Sydney and is highly recommended especially for those who wish to compete against some of the best in the world.

Mizuno Auckland Waterfront Half Marathon, 10 April

Athletics Auckland held their 2022 Half Marathon Championships in conjunction with the Mizuno Auckland Waterfront Half Marathon on 10th April. The race started in Tamaki Drive, Auckland along to Mission Bay heading to Mechanics Bay with the city skyline in sight, then heading back along the waterfront towards St Helliers. The championships attracted 1150 runners, including 27 men and 9 womenmasters registered with Athletics Auckland.

The fastest three male masters were: M40 Paul Crowhurst (Pakuranga) 1.15.45; 2nd M35 Brent Godfrey (Takapuna) 1.15.45; and 3rd M50 Daniel Coates 1.16.09. Paul ran a superb race for overall 3rd place in the race.

Age group winners were: M35 Brent Godfrey; M40 Paul Crowhurst; M45 Keith Burrows (Owairaka) 1.19.11; M50 Daniel Coates (Owairaka); M55 David Clark (ACA) 1.26.38; M60 Tony King (Auckland University) 1.36.11; M65 Andy Harper (YMCA) 1.44.50 and 85-year-old Garth Barfoot (Calliope) finished in a time of 3.37.58.

In the women's race, the fastest was W40 Christina Kersey (Whippets) 1.25.50 with 2nd W45 Ivy Lu 1.43.06 and 3rd M 65+ Sue Meltzer 1.56.05. Age Group winners were: W40 Christina Kersey; W45 Lucy Lu; W55 Ingrid Frost 2.18.06; W65+ Sue Meltzer.

Results taken off Athletics Auckland website.

Athletics Auckland Grand Prix Series X/C race No. 1 28 May Lloyd Elsmore Park, Pakuranga

Athletics Auckland held their first Grand Prix Cross Country race of the winter season with large entries in all age groups from U8's to Masters. A total of 59 masters men in seven age groups lined up in the 8km races, the largest age groups were in the M40 (13), M50 (11) and M65+ (10), plus W45 (8).



Phillipa (centre) competing at the Oceania Masters Challenge

Fastest male master was M45 Simon Mace (Owairaka) 27.49 followed by M35 Mark Boyce (Takapuna) 28.04 and M40 Paul Crowhurst (Pakuranga) 28.53. Other age group winners were: M50 Kristaps Maulvurfs (Lynndale) 34.14; M55 Bruce Duncan 32.29; M60 Tony Warren (Auckland YMCA) 33.31; M65+ Graham Macky (Auckland University) 35.55.

In the women's masters 6km races, 31 lined up again in seven age groups. W35 Katie Wyrill (Whippets) recorded the fastest time of 25.09, followed by W40 Ruth Gluckman (Owairaka) 27.02, and an impressive performance by W65+ Margie Peat (ACA) who was only 12 seconds behind Ruth's time for the third best time. Other age group winners were: W45 Susan Fryer (TTT runners) 30.33; W50 Namiko Kelly (Oratia) 28.41; W55 Sian Dawson (Auckland University) 29.34; W60 Carolyn Smith (NHB) 27.33 and W65+ Margie Peat 27.14.

Oceania Athletics Championships – Mackay 2022

Karen Hulena and David Antiss are heading across to Australia to compete in the Oceania Masters Challenge as part of this event in June, hoping for some warmer weather! We wish them well.

NZMA Indoor Championships 2022

After the last two years cancellation of this event due to Covid-19, we hope to be able to try again this year in August at AUT Millenium, Auckland.

Tentative dates are the 7th or 14th of August, stay tuned for more information.

Tasman

by Derek Shaw

Margaret Hazelwood

Marlborough's Margaret Hazelwood has been entering distance races for over 35 years and has now chalked up an impressive total of events. With her recent marathon in Canterbury at Queen's Birthday weekend she has now completed 139 marathons, 200 half marathons, 170 ten kilometre races along with 125 ultra events (distances longer than a marathon).

On the Sunday 5 June she ran the flat two lap inaugural Selwyn Marathon which started and finished in Lincoln. In the cool and sometimes windy conditions she ran 4:27.06 to break the NZMA National W70 marathon record by more than 21 minutes. She was the second woman to finish and 24th overall. Congratulations Margaret.

Tribute to Barry Hunt - by Greg Lautenslager

The first person I met at my first athletics meet in Nelson wore an officials' cap, a stopwatch, and an affectionate grin. During the next 20 years Barry Hunt taught me - like the hundreds of athletes he mentored - about the sport, about coaching, about New Zealand, and about life.

Within two days of that first meeting at Trafalgar Park, Barry had secured me a paid coaching role in Nelson.

His support was unwavering. He was there at meets - either as a coach, an official, a spectator, or a friend. Birthday parties, book launches, meetings, National Academy of Distance Running functions. Barry was there.

He never took a cent for his services and held true to his convictions, not afraid to back down to criticism he offered merely for the sport's benefit. We ended a shouting match at an Athletics Nelson meeting by admitting our admiration for each other. How could you not admire someone who gave his heart and soul to the sport - winning sprint titles in his youth and coaching national champions around the country and managing teams around the world.

He served as Athletics New Zealand president, started two clubs, recharged senior athletics in Nelson in the 1990s, and earned Life Memberships and the Halberg Lifetime Achievement Award.

In his late 70's he demonstrated to teenage sprinters how to burst out of the starting blocks and climbed over a locked gate after pushing star sprinter Alex Jordan through another workout at the all-weather track at Saxton Field he had helped talk the two councils into building.

My favourite times with Barry were off the track. Often my front-seat passenger in the team van he would fill the entire void between Nelson and Christchurch with anything from New Zealand landscapes to wine orchards to politics. Visits to his home at the Ernest Rutherford Retirement Village could last three hours.

Barry took great pride in his athletes and their accomplishments - 135 national medalists, including his son Peter and six-time sprint champion Wendy Brown. But he was most proud of his family - and especially of his beloved wife Mavis, who accompanied Barry to meets performing any task from serving food to raking a long jump pit into her 80's. I always left their home in better spirits than when I entered it.

When I think of Barry, I always think of him at the track - sitting in the stands with pen and paper and a stopwatch waiting for the start of the 100 metres - and one particular moment at the 2006 National League Final at QE II Stadium in Christchurch. A Tasman runner reluctant to compete complained of a sore left hamstring. I told her to have a jog and see how it feels. Several minutes later she walked up to the stands where I was sitting with Barry and said her leg was too sore for her to race. I watched her as she limped off and said to Barry, "She's favouring the wrong leg". I never will forget Barry's laugh that echoed off the bleachers that day - or Barry for the rest of my life.

Nelson Half / Festival of Running - 6 November 2022

This event is now scheduled for Sunday 6 November 2022 and has options for everybody - half marathon, 10km, 5km and 2.5km. Further information at www.thenelsonhalf.co.nz.

Southland

by Dwight Grieve and Lester Laughton



Manapouri Throws Pentathlon competitors

It is so nice to be coming out the other side of Covid and some form of normality. With so many events called off or rearranged, it is safe to say we are all looking forward to getting back together.

Main Southland story below is from Southland Masters President Lester Laughton who has been putting on some really fun track and field events in the wee town of Manapouri. It really is a nice atmosphere there.

Meanwhile, we have the NZMA Track and Field Championships announced for first weekend in December in Wellington and I know many of the Southland crew are very excited to get back out there. But sadly for a few of us the timing is not so great with other traditional events on at the same time, but it does open up other options for February/March.

Southland is currently in early Harrier season with Southland Cross Country and Road champs approaching fast. It has been great to see good numbers for the early season and the popular handicap series.

Gore recently hosted its traditional handicap race which is always a blast. There is simply something about haybale jumps

that makes it a laugh. The decision to try and take the jump in one bound or step over always leads to some interesting techniques. For the record distance runner converted to sprinter Ian Densie took out the masters section, showing he is putting in some good strength work to take into the track season.

Without too many events going on my wife Lee and I tried something we wish to recommend to you all. We stayed in the wee town of Garston and spent a fantastic few days on the Welcome Rock trails (<https://www.welcomerock.co.nz/>) Welcome Rock is based on a private high country station with a full 27km trail full of gold mining history and endless stunning Southland views. There are also 3 accommodation options to choose from, one at the farm base and two on the trail itself. You can pay a small fee to use the trail and all the accommodation options are very well priced.

I personally recommend the Slate hut which even has an old bath set up in the wide-open mountain top with fire to heat it, really escape your comfort zone and get naked on a mountain top Being only about 2km along the trail you can



Ian Densie on his way to Gore Handicap glory

walk there with ease or take the 25km option, even better they do a bag drop-off for you. The Red barn option has a bit more luxury and two outside baths, it was soooooo relaxing with a wine looking up at the stars. For those of you keen I also found other nearby valleys that had my running shoes in adventuring mode. Also less than an hour away from shopping in Queenstown for those not into adventuring.

3rd Annual Manapouri Classic Throws and Runs Weekend - 7-8 January 2022

This event is held on the first available weekend in January after New Year. It is very satisfying to have increasing numbers participating, which adds enormously to the event.

The throws pentathlon on Friday evening had 11 participants from widespread places such as, Christchurch, Wanaka, Dunedin, Invercargill and Fiordland. This meant some great competition, although the emphasis is on participation. A 50m race was added in to give throwers a break mid-way through the event, although it did only take a few minutes to complete! Fiona Harvey was best of the women, scoring a commendable 2829 points. In the men's section, Ric Davison (M70) top scored with 3206 points and Mark Flaus (M60) was second with 3135.

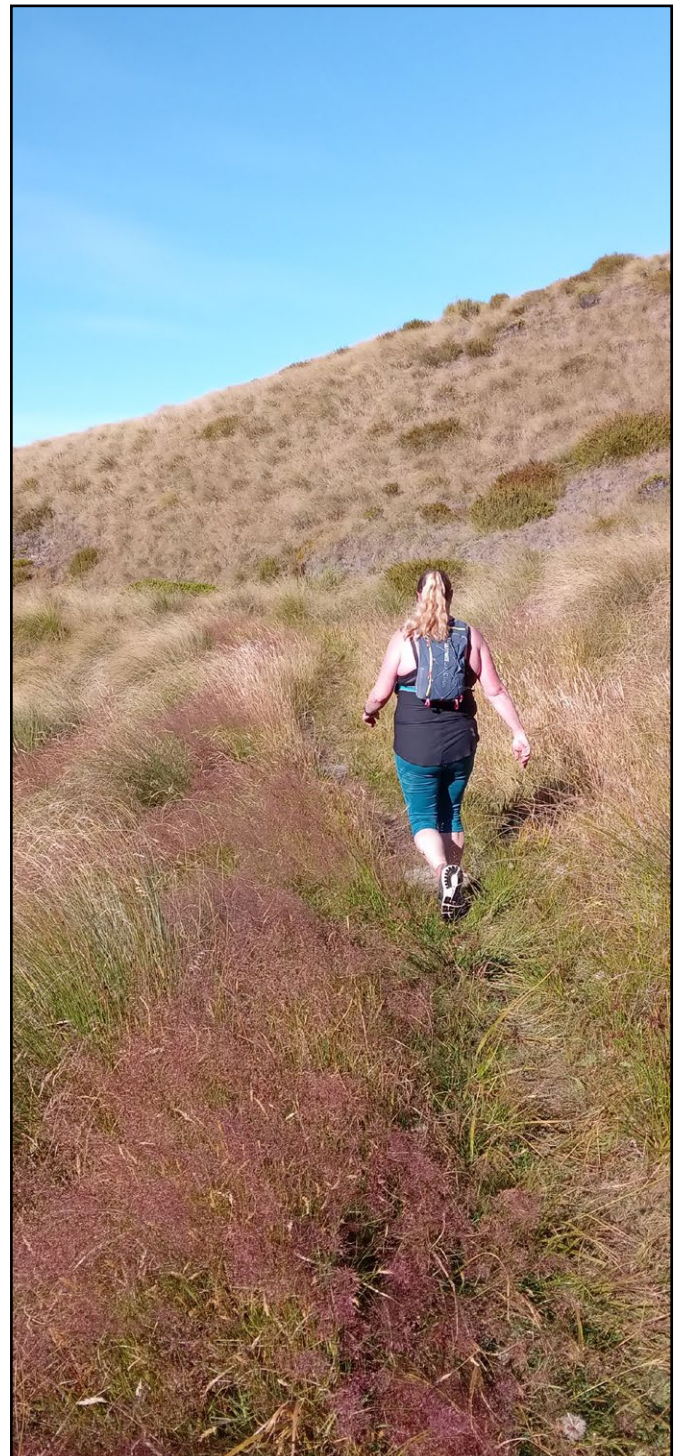
The after BBQ was a bit late getting started, and later still finishing, and as a consequence throwing was a little subdued on Saturday morning. A small number of children and parents attended, with good participation.

It was very satisfying to see these folks turn up and have a go. Ella Michael showed up other children and especially her dad Ian, by winning the 300m run with just a 50m start. Her time was 55.80 secs. Tama was the fastest over 50m in 9.97 secs.

It appeared the children enjoyed the lollie scramble as much as the adults did the cream scones, cinnamon rolls and tea or coffee. A big thank you to the ever-willing ladies who assisted with this.

We were all a bit fatigued by Saturday afternoon, but a few hardy souls did go to Te Anau for the Fiordland Athletic Club meet, with minimal participation. In the evening, 15 of us enjoyed a social meal together at The Church Bar and Eatery in Manapouri.

A big thank you to all those who travelled to make this a successful weekend. I hope you return next year. Also thank you, to those who contributed to the Manapouri Weedbusters, a voluntary group who spend many hours keeping the foreshore looking good and maintaining walking tracks and native bush areas around the lake. I did not want to hassle folks and did not make the donation box too obvious.



Lee on Welcome Rock Trail



Slate Hut - Welcome Rock Trials

Manapouri Classic Throws Pentathlon			7th Jan.	2022		
Results Sheet						
Throws Pentathlon						
Names/ Result	Hammer	Shot Putt	Discus	Javelin	Weight Throw	TOTAL
Fiona Harvey W60	24.87	6.80	21.10	17.30	10.33	
	671	543	532	437	646	2829
Noni Callander W70	15.60	6.03	15.95	9.96	7.41	
	491	608	375	306	545	2465
Gail Kirkman W70	DNT	6.38	DNT	14.40	DNT	
		651		481		1132
Sherron W55	DNT	6.81	14.70	11.92	7.37	
		486	299	238	464	1487
Names/ Result	Hammer	Shot Putt	Discus	Javelin	Weight Throw	TOTAL
Mark Flaus M 60	36.26	11.78	35.15	22.77	15.30	
	634	771	611	330	789	3135
Warren Green M 65	18.03	7.59	24.11	27.78	8.77	
	293	505	426	491	440	2155
Les Scown M65	14.50	5.56	20.20	22.96	7.03	
	212	340	338	382	332	1604
Richard Davison M70	37.6	9.12	31.7	24.4	13.17	
	753	586	675	456	736	3206
Lester Laughton M70	32.12	8.99	33.22	20.46	12.75	
	621	577	715	361	709	2982
Keith Hutton M70	29.36	10.26	26.7	28.77	11.5	
	555	675	546	564	627	2967
Gary Kirkman M70	19.6	7.94	23.36	14.1	9.65	
	326	495	461	211	508	2001

Manapouri Classic Races			Jan-22			
50 M				300m		
Name	Place	Time		Name	Place	Time
Tama	1	9.97				
Zeke	2=			Ian		
Ella	3			Ella	1	55.8
Hunter	2=					



Flying high in Mackay!

PHOTO: Kobie Donovan

COMING EVENTS

2022

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
20-21 August	Australian MA Inaugural Indoor Throws National Champs	Somersby, NSW
27 August	WMA 100km World Champs	Berlin, GERMANY
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

2022 continued

1-3 October	Australian Masters Winter Throws Champs	BRISBANE
16 October	NZ Trail Running Championships	CHRISTCHURCH
16 October	NZ Half Marathon Champs	CAMBRIDGE
2-4 December	NZMA T&F Championships	WELLINGTON

2023

20-22 January	SI Masters T&F Championships	CHRISTCHURCH
18-19 February	WMA Cross Country Champs	Bathurst, AUSTRALIA
10-13 March	Australian Masters T&F Champs	SYDNEY
26 Mar - 1 April	WMA Indoor Championships	Torun, POLAND

2024

August (tba)	WMA Stadia Championships	Gothenburg, SWEDEN
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SUNGLASSES

OCEANIA CHAMPIONSHIPS
DAUPHINET

WATCH



OCCEANA CHAMPIONSHIPS
HALL