

Vetline

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in this issue:

- > NZMA T&F Championships
- > NZMA Athlete of the Year Awards
- > Pan Pacific Masters Games



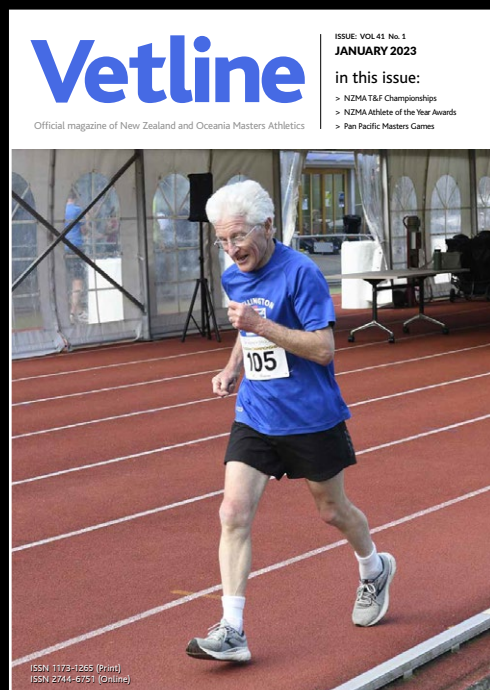
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Start of M50-64 800m pentathlon

PHOTO: Derek Shaw

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FOUNDED IN 1970



Cover Photo

Brian Hayes 1st M75 who also set a Wellington record at the NZ 10000m championships

Photo - Sharon Wray

Inside Back Cover

Guy Dryden 3rd M55 at the NZ 10000m championships

Photo - Sharon Wray

Back Cover

Emily Solsberg 1st W40 at the NZ 10000m championships

Photo - Sharon Wray





Start of the women's 800m

PHOTO: Derek Shaw

REGULARS

President's Report	3
Committees / Contacts	4
Calendar	40

NEWS

Northland	Judith Stewart	28
Hawke's Bay/Gisborne	Maurice Callaghan	29
Taranaki	Vicky Jones	30
Auckland	Phillipa Green	31
Otago	Christine Montgomery	32
Southland	Dwight Grieve and Barry Smith	34
Tasman	Derek Shaw	37
Manawatu-Wanganui	Jen Fee	39

ARTICLES

NZMA T&F Championships	Derek Shaw	6
If The Shoe Fits!	George White	17
NZ 10000m Championships	Michael Wray	18
Oceania Masters Championships 2023	Tom O'Shaughnessy	19
2021 NZMA Athlete of the Year Awards	Derek Shaw	20
Are you SAD?	George White	23
Pan Pacific Masters Games	Phillipa Green	24
Strength Training	Margaret Saunders	27



Lap recording team at the NZMA Championships

PHOTO: Tim Cross

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President's Report

by ANDREW STARK - NZMA President



Welcome to the new year. I as write this report in late January, I am mindful that all our championship events 2022/23 season have been and gone. However, we do have the WMA Cross Country Championships coming up in Bathurst (Australia) in mid-February, with 21 going from New Zealand. In mid-March the WMA Indoor Championships are being held in Torun (Poland), with five entered so far. I also know there is a group going over to the Australian Track & Field Championships in early March. Good luck to you all and I look forward to hearing about your experiences.

The NZMA Track & Field Championships held in Wellington (2-4 December 2022) attracted about the same number of competitors as in previous years. It was good to see more younger masters there, particularly in the track events. The more 'mature' ones amongst us seem to be surviving as throwers rather than runners, with large fields making it a challenge to design a programme that caters for the increased numbers. That is something we will review and see how the issue can be addressed. I particularly would like to thank the Wellington LOC led by Liz Bentley for hosting the event and I acknowledge the long hours that went on in the background and over the weekend to make the event successful.

Over the past two years, hosting the North Island Championships has been a challenge, having been cancelled twice because of Covid 19. This season we struggled to find a North Island Centre to host the event. However, we approached Mark Harris who kindly organised the event on our behalf, as part of a bigger meeting held in Masterton in early January. Not knowing how popular it would be, some restrictions were placed on the number of throws each competitor could get. While this may not have pleased some, the alternative would have been no event for the third year in a row. On behalf of NZMA, I thank Mark for organizing the event.

The South Island Masters Championships were held at Nga Puna Wai, Christchurch with 70 attending. Once again, this event incorporated some Athletics Canterbury interclub events during the weekend. As is the case for most Centres, there is shortage of officials. Once again, the success of the meeting relied heavily on officials from outside the region stepping up to help. On behalf of Canterbury Masters, thank you for your help.

The future of NZMA: At the AGM held in Wellington, there was much discussion about the future direction

NZMA will take. The survey we have conducted has given the Board a clear direction, which is to work more closely with Athletics NZ. Given we are in the busiest time of season, no further discussions have been held yet with Athletics NZ. These will begin in earnest from mid-March onwards.

At the AGM two younger masters were elected to the NZMA Board – Brayden Grant and Hayden Robinson along with Carolyn Smith from Northland. Michael Wray stepped down and Ian Carter agreed to stay on if required. A full acknowledgement of their efforts can be found in my 2022 President's report. It is time for a change at the top. I have been in the role long enough and see my input over the next year or so will be one as a mentor. The future of masters needs to be decided by those who will benefit going forward, not what us 'oldies' think is best. Once the track & field season is over, I am keen to setup some Zoom meetings with Centre representatives, so collectively we can work out what the future looks like. My gut feeling is that the summer season is so full of events, that we may decide that the end of March is the better time for our NZMA Championships. With the Australian Masters Championships often in early April, that could work.

Prior to Christmas, I took the opportunity to discuss with the President of Australian Masters the future direction OMA. The 2023 OMA Championships were meant to be held in New Zealand but finding a host Centre was not possible. Most, if not all, venues in the Islands are not currently suitable for hosting an OMA Championships. It was decided without consultation with either New Zealand or Australian Masters that the 2023 OMA are to be held in Saipan, Northern Marianas in late June. While I am fully supportive of the OMA taking events to the islands, if the event is to be a meaningful championship event, it relies on the bulk of those going to come from Australia and New Zealand. If you investigate the time and cost to travel to Saipan, I am not sure many will go as it is cheaper and quicker to travel to the other side of world. However, I wish them well and do hope it is successful.

Having just turned 65 in September, I had hoped for a great track season. However, injuries prevented that from happening, although I did manage to make a brief appearance on the track at the South Island Masters meeting. Despite the frustration injuries create, I have enjoyed meeting up with many of you again this summer. I appreciate and acknowledge your support

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NZMA T&F Championships

by Derek Shaw



Annette Parlane, Barbara Austin, Julie Roots

After being postponed earlier in the year due to the covid pandemic the 2022 NZMA Track & Field Championships took place at Newtown Park in Wellington on 2-4 December 2022. With the general easing of covid restrictions these champs had no sudden unexpected changes in restrictions as had occurred at the previous champs in Inglewood in February 2021 when Government changed the rules for public gatherings on the Saturday evening forcing a major rethink on how Sunday's proceedings occurred.

It was pleasing to see that with 218 entries they were similar to those for the previous five championships, indicating that master's athletes were keen for competition and comradeship even if it was earlier in the season than usual. It seems that the upsurge in recent covid cases and flu bugs did keep a few away at the last minute. However, it was nice to welcome back some regular overseas competitors, such as the current OMA President David Lobb from the Cooks, the colourful Mark Wyndham-Jones (M70) and former Auckland thrower Althea Mackie now resident in Australia, plus two others Khen Theen Chin (M45 sprinter) from Singapore and Dash Newington (W35). Wyndham-Jones, a rugby-loving Welshman, had again given himself a busy schedule of two sprints, five individual throws plus both the outdoor pentathlon and throws pentathlon on the Sunday.

Originally from the United Kingdom and now resident in Australia, Dash Newington had entered 15 track and field events plus the throws pentathlon. At the 2019 OMA Championships in Mackay she had the distinction of winning the most medals with 8 golds, 4 silvers and 2 bronzes. On the Friday evening, she managed to compete in her first two events (weight throw and 3000mRW), which were scheduled at the same time, and the javelin. On the Saturday morning she did the shot put, 100mH and long jump, and completed Sunday's throws pentathlon with improvements in all throws on those in



Nancy Bayler, Lois Anderson, Gillian Evans

Mackay. From her 11 completed events she won a total of 10 guest medals - 4 golds, 3 silvers and 3 bronzes.

Despite the champs being held earlier than is usual, many athletes appeared to be well prepared with a total of 21 national and 47 championship records broken or established for the first time. The addition of the new 1500mRW on Saturday, to provide walkers with the opportunity of a race on each day, contributed to eight new records being established in both categories which obviously boosted the number of records.

One of the top performers was Southland's Gail Kirkman, now in the W70 age group, who achieved two national and four championship records from her four events. She started with the 400m championship record on the Friday, followed by the 200mH on Saturday morning and high jump in the afternoon (both also national records) and capped off the weekend with a further championship record in the 800m on Sunday.

Jim Blair continued to add to his tally of M90 records with six new championship records in long jump, hammer, shot, discus, javelin and weight and throws pentathlon, from his seven

events, plus also a national record in the weight throw. The NZMA Patron now has an impressive total of seven national and six championship records in the M90 age group plus the HJ records in both categories for the M80 and M85 age groups and a further 9 national indoor records across the M75, M80 and M90 age groups.

The 400m races on the Friday evening saw some fine performances and close races. Not unexpectedly the fastest times came from those in the youngest age groups present - M35 Brayden Grant (MWA) with a blistering 51.63 and W40 Joeline Jones (TAS) with 62.53 just ahead of the W45 winner Vanessa Story (MWA) with 63.67. In terms of the 5-year age graded percentages Gail Kirkman's championship record

**Results from NZMA Track & Field
Championships
2-4 December 2022**

 # denotes a NZMA National record;
 * denotes a NZMA Championship record

Women – 60m

W40				
1	Joeline Jones	TAS	8.34*	-0.1
2	Hannah Callesen	MWA	8.78	-0.1
3	Emma Barrett	CAN	9.02	-0.1
4	Sophanna Blakie	OTG	9.80	-0.1
W45				
1	Kirsten Kilmister	WLG	9.83	0.3
W50				
1	Theresa Bartlett	WLG	10.23	0.3
W55				
1	Petra Stoeveken	WLG	9.35	0.3
2	Dale McMillan	MWA	9.58	0.3
W60				
1	Jill Hayman	AKL	9.26#*	-0.9
W65				
1	Claire Giles	OTG	10.94	-0.9
W70				
1	Joy Baker	TAR	10.89	-0.9
2	Veronica Gould	WLG	10.90	-0.9
3	Beryl McMillan	MWA	12.96	-0.9
W75				
1	Chris Waring	AKL	11.06	0.2
2	Lois Anderson	CAN	11.57	0.2
3	Margaret Crooke	NTH	12.13	0.2
W80				
1	Frances Bayler	MWA	13.33	0.2
2	Carol Conte	AKL	13.72	0.2

Men – 60m

M30				
1	Saravee Sos	WLG	7.48	-0.2
2	CJ Stowers	MWA	7.72	-0.2
3	Gulab Singh	AKL	7.83	-0.2
4	Reece Little	HBG	8.46	-0.2
M35				
1	Brayden Grant	MWA	7.59	-0.2
2	Luke Crombie	HBG	8.00	-0.2
3	Matt Field	WLG	8.12	-0.2
M40				
1	Scott Belesky	STH	7.72	0.8
2	Andrew Weekes	AKL	7.95	0.8
3	Siamak Anahid	AKL	8.11	0.8
4	Scott Waldrom	WLG	8.66	0.8
5	Ray Hansford	AKL	8.78	0.8
M45				
1	Khen Theen Chin	SIN	7.92	0.2
2	Hayden Robinson	MWA	7.94	0.2
M50				
1	Vern Collette	MWA	8.01	0.2
2	Mark Ford	WLG	8.89	0.2
M55				
1	Tony Tan	OTG	8.12	-0.7
2	Stephen Te Whaiti	WBP	8.15	-0.7
3	Chris Roberts	WLG	8.69	-0.7
4	Graham McPhail	WLG	9.17	-0.7
5	Richard Doyle	WLG	10.37	-0.7
M60				
1	Gary Rawson	WLG	8.45	0.2
2	John Rawcliffe	TAS	8.95	0.2
3	Seelan Ramiah	AKL	9.45	0.2
M65				
1	Dennis O'Leary	HBG	10.52	0.2
2	Barry Smith	STH	10.77	0.2
3	Ian Morton	WLG	11.42	0.2
M70				
1	Laurie Malcolmson	MWA	8.77	-0.3
2	Mark Wyndham-Jones	UK	9.38	-0.3
3	Geoff Wolfe	WBP	9.64	-0.3
4	David Lobb	COK	10.34	-0.3
M75				
1	Evan MacIntosh	STH	11.22	-0.3
2	Peter Crawford	WBP	11.43	-0.3
3	Martin Bryant	HBG	13.26	-0.3
M80				
1	Dave Eastmond	NTH	12.66	-0.9
M85				
1	Jim Jones	WBP	12.82	-0.9
2	Jagjit Singh Kathuria	AKL	15.11	-0.9

Women – 100m

W30				
1	Georgia Wedd	HBG	14.93	-1.1
W40				
1	Joeline Jones	TAS	13.41	-1.1
2	Hannah Callesen	MWA	14.06	-1.1
3	Emma Barrett	CAN	14.41	-1.1
4	Ai Osugi	AKL	15.09	-1.1
5	Sophanna Blakie	OTG	16.25	-1.1
W45				
1	Vanessa Story	MWA	14.09	-2.2
2	Kirsten Kilmister	WLG	15.90	-2.2
W50				
1	Raewyn Grigg	TAR	18.19	-2.2
W55				
1	Petra Stoeveken	WLG	15.09	-2.2
2	Dale McMillan	MWA	15.78	-2.2
W60				
1	Liz Mitchell	OTG	14.58	-2.2
2	Jill Hayman	AKL	14.89	-2.2

W65

1	Claire Giles	OTG	17.84	1.6
2	Dalise Sanderson	OTG	20.20	1.6
W70				
1	Veronica Gould	WLG	17.26	1.6
2	Joy Baker	TAR	17.41	1.6
W75				
1	Chris Waring	AKL	18.15	1.5
2	Lois Anderson	CAN	19.37	1.5
3	Margaret Crooke	NTH	20.01	1.5
W80				
1	Frances Bayler	MWA	21.97	1.5
2	Carol Conte	AKL	23.63	1.5

Men -100m

M30				
1	Saravee Sos	WLG	11.65	-1.9
2	CJ Stowers	MWA	12.38	-1.9
3	Gulab Singh	AKL	12.61	-1.9
M35				
1	Brayden Grant	MWA	11.97	-1.9
2	Matt Field	WLG	13.14	-1.9
M40				
1	Scott Belesky	STH	12.20	1.0
2	Andrew Weekes	AKL	12.34	1.0
3	Siamak Anahid	AKL	12.71	1.0
4	Ray Hansford	AKL	13.99	1.0
M45				
1	Hayden Robinson	MWA	12.30	1.0
2	Khen Theen Chin	SIN	12.40	1.0
M50				
1	Mark Ford	WLG	13.95	1.0
M55				
1	Tony Tan	OTG	12.98	-1.0
2	Stephen Te Whaiti	WBP	13.23	-1.0
3	Gavin Hall	AKL	13.81	-1.0
4	Chris Roberts	WLG	14.18	-1.0
5	Graham McPhail	WLG	15.09	-1.0
6	Richard Doyle	WLG	15.78	-1.0
M60				
1	Gary Rawson	WLG	13.33	3.1
2	Seelan Ramiah	AKL	15.04	3.1
M65				
1	Dennis O'Leary	HBG	14.27	3.1
2	David Riddell	TAS	14.82	3.1
3	Georg Ludwig	CAN	15.28	3.1
4	Barry Smith	STH	17.00	3.1
M70				
1	Laurie Malcolmson	MWA	14.55	-2.1
2	Anura Puliayadda	WLG	15.37	-2.1
3	Mark Wyndham-Jones	UK	15.46	-2.1
4	Geoff Wolfe	WBP	16.00	-2.1
M75				
1	Evan MacIntosh	STH	18.19	-2.1
2	Peter Crawford	WBP	19.45	-2.1
3	Martin Bryant	HBG	22.57	-2.1
M80				
1	Dave Eastmond	NTH	21.38	-0.9
2	Noel Jones	WBP	26.49	-0.9
M85				
1	Jagjit Singh Kathuria	AKL	24.70	-0.9

Women – 200m

W30				
1	Laura Smidt	TAS	29.84	1.8
2	Cherie McAllister	AKL	34.18	1.8
W40				
1	Joeline Jones	TAS	27.08	1.8
2	Hannah Callesen	MWA	28.27	1.8
3	Emma Barrett	CAN	29.45	1.8
W45				
1	Vanessa Story	MWA	28.39	3.5
W55				
1	Petra Stoeveken	WLG	31.76	3.5
W60				
1	Liz Mitchell	OTG	29.52	3.5
2	Jill Hayman	AKL	31.51	3.5
W65				
1	Christine Adamson	AKL	34.75	3.2
W70				
1	Joy Baker	TAR	36.78	3.2
2	Veronica Gould	WLG	38.11	3.2
W75				
1	Chris Waring	AKL	38.99	3.2

Men – 200m

M30				
1	Saravee Sos	WLG	23.06	1.3
2	Gulab Singh	AKL	26.20	1.3
3	Reece Little	HBG	26.79	1.3
M35				
1	Brayden Grant	MWA	23.34	1.3
M40				
1	Scott Belesky	STH	25.84	2.1
2	Ray Hansford	AKL	29.88	2.1
3	Adam Steinmetz	WLG	30.04	2.1
M45				
1	Hayden Robinson	MWA	24.67	2.1
2	David Hansen	TAS	24.80	2.1
3	Khen Theen Chin	SIN	25.86	2.1

M50

1	Geoff Burke	HBG	26.87	2.9
M55				
1	Tony Tan	OTG	26.80	2.9
2	Richard Doyle	WLG	32.17	2.9
M65				
1	Dennis O'Leary	HBG	29.35	2.4
2	David Riddell	TAS	31.58	2.4
3	Barry Smith	STH	36.40	2.4
M70				
1	Laurie Malcolmson	MWA	29.44	2.4
2	Des Phillips	TAR	36.94	2.4
M75				
1	Evan MacIntosh	STH	39.10	0.5
2	Martin Bryant	HBG	48.45	0.5
M80				
1	Dave Eastmond	NTH	45.88	0.5
2	Noel Jones	WBP	59.03	0.5

Women – 400m

W40			
1	Joeline Jones	TAS	1:02.53
2	Hannah Callesen	MWA	1:05.84
3	Ai Osugi	AKL	1:13.04
W45			
1	Vanessa Story	MWA	1:03.67
2	Ivana Erceg Floerchinger	AKL	1:13.80
W55			
1	Karen Hulena	AKL	1:28.50
W65			
1	Dalise Sanderson	OTG	1:34.80
W70			
1	Gail Kirkman	STH	1:19.53*
2	Joy Baker	TAR	1:35.58
W75			
1	Chris Waring	AKL	1:43.03

Men – 400m

M35			
1	Brayden Grant	MWA	51.63
M40			
1	Nige Burgess	TAS	1:03.25
2	Scott Waldrom	WLG	1:07.14
3	Ray Hansford	AKL	1:10.80
M45			
1	David Hansen	TAS	55.33
2	Hayden Robinson	MWA	55.41
3	Iain Rattray	WBP	58.77
4	Alan Houghton	AKL	59.54
M50			
1	Mark Cornaga	WBP	59.35
2	Phil Harrison	CAN	59.61
3	Geoff Burke	HBG	59.66
M55			
1	Tony Tan	OTG	1:01.83
2	Gavin Hall	AKL	1:13.42
M65			
1	David Riddell	TAS	1:09.90
2	Steve Low	TAS	1:13.18
M70			
1	Anura Puliayadda	WLG	1:12.87
2	Des Phillips	TAR	1:20.74
M75			
1	Brian Hayes	WLG	1:25.11
2	Evan MacIntosh	STH	1:29.04
3	Alan Jones	TAR	1:33.55
M80			
1	Dave Eastmond	NTH	1:50.43
2	Noel Jones	WBP	2:31.91
M85			
1	Jim Jones	WBP	1:55.11

Women – 800m

W30			
1	Laura Smidt	TAS	2:42.18
2	Cherie McAllister	AKL	3:04.31
W35			
1	Ayesha Shafi	WLG	2:31.01
W40			
1	Heidi-Jane Humphries	WLG	3:33.04
2	Keryn Morgan	WLG	3:47.44
W45			
1	Vanessa Story	MWA	2:32.96
2	Vicki Rees-Jones	WBP	2:43.04
W50			
1	Paula Canning	TAS	2:52.16
W55			
1	Sally Gibbs	MWA	2:40.01
2	Karen Hulena	AKL	3:35.10
W60			
1	Liz Bentley	WLG	2:59.85
W65			
1	Christine Adamson	AKL	3:01.35*
2	Dalise Sanderson	OTG	3:37.62
W70			
1	Gail Kirkman	STH	3:09.51*
2	Joy Baker	TAR	3:46.82
W75			
1	Barbara Patrick	OTG	3:47.45

Men - 800m

M35			
1 Brayden Grant	MWA	2:07.00	
2 Jason Wilcock	CAN	2:28.40	
M40			
1 Jamie Duncan	WLG	2:07.55	
2 Andy Ford	WLG	2:15.83	
3 Mathew Rogers	WLG	2:16.04	
4 Alasdair Saunders	WLG	2:17.25	
5 Nige Burgess	TAS	2:21.57	
6 Adam Steinmetz	WLG	2:26.54	
M45			
1 Daniel Clendon	WLG	2:08.16	
2 Iain Rattray	WBP	2:14.55	
3 Hayden Robinson	MWA	2:18.21	
4 Brent Register	WLG	2:33.69	
M50			
1 Mark Cornaga	WBP	2:17.61	
2 Phil Harrison	CAN	2:19.85	
3 Andrew Kerr	WLG	2:21.97	
4 Darcy Mellsop	WLG	2:35.72	
5 Robin Miller	AKL	2:37.61	
M55			
1 Peter Stevens	WLG	2:20.65	
2 Malcolm Cornelius	CAN	2:33.63	
M60			
1 Michael Cummins	WLG	2:44.75	
2 Peter Jones	MWA	3:10.99	
M65			
1 David Riddell	TAS	2:49.09	
2 Chris Harp	WLG	3:02.72	
M70			
1 Derek Shaw	TAS	3:07.08	
2 Jonathon Harper	WLG	3:20.57	
M75			
1 Brian Hayes	WLG	3:12.21	
2 Alan Jones	TAR	3:41.86	
3 Evan MacIntosh	STH	4:00.69	
M80			
1 Noel Jones	WBP	6:27.21	

Women - 1500m

W30			
1 Laura Smidt	TAS	5:15.07	
W35			
1 Ayesha Shafi	WLG	5:06.40	
W40			
1 Marietjie Flores	MWA	6:00.09	
2 Heidi-Jane Humphries	WLG	6:26.43	
3 Keryn Morgan	WLG	7:31.66	
W50			
1 Paula Canning	TAS	5:39.21	
W55			
1 Sally Gibbs	MWA	5:09.37	
W65			
1 Christine Adamson	AKL	6:04.90	
2 Dalise Sanderson	OTG	7:13.25	
W70			
1 Judith Stewart	NTH	7:16.98	
2 Joy Baker	TAR	7:21.64	
3 Carey Dickason	TAS	7:54.35	
W75			
1 Loris Reed	WBP	6:55.39#*	
2 Barbara Patrick	OTG	7:24.77	

Men - 1500m

M35			
1 Jason Wilcock	CAN	4:48.34	
M40			
1 Jamie Duncan	WLG	4:25.31	
2 Andy Ford	WLG	4:33.12	
3 Alasdair Saunders	WLG	4:36.04	
4 Mathew Rogers	WLG	4:40.99	
5 Nige Burgess	TAS	4:55.78	
M45			
1 Daniel Clendon	WLG	4:17.88	
2 Darren Gordon	WLG	5:15.37	
M50			
1 Jared Letica	AKL	4:39.93	
2 Andrew Kerr	WLG	4:50.31	
3 Darcy Mellsop	WLG	5:07.54	
M55			
1 Peter Stevens	WLG	4:53.12	
2 Malcolm Cornelius	CAN	5:13.26	
M60			
1 Michael Cummins	WLG	5:37.68	
2 Peter Jones	MWA	6:25.53	
M65			
1 David Riddell	TAS	5:45.02	
2 Tony Price	WLG	5:46.75	
3 Chris Harp	WLG	6:12.56	
M70			
1 Keith Chapman	WLG	5:46.07	
2 Derek Shaw	TAS	6:08.54	
M75			
1 Brian Hayes	WLG	6:16.59	
2 Alan Jones	TAR	7:34.40	
3 Evan MacIntosh	STH	8:17.93	

Women - 3000m

W35			
1 Ayesha Shafi	WLG	11:10.54	
W40			
1 Heidi-Jane Humphries	WLG	13:47.55	

W50			
1 Paula Canning	TAS	11:58.57	
W55			
1 Sally Gibbs	MWA	10:52.03	
W60			
1 Terri Grimmett	WLG	17:45.20	
W65			
1 Michele Allison	WLG	12:27.51#*	
2 Christine Adamson	AKL	12:47.48	
3 Deborah Telfer	STH	13:34.31	
W70			
1 Judith Stewart	NTH	15:26.72	
2 Joy Baker	TAR	15:50.19	
3 Carey Dickason	TAS	16:02.02	
W75			
1 Barbara Patrick	OTG	15:25.53	

Men - 3000m

M30			
1 Will Bell	WLG	9:45.89	
M35			
1 Jason Wilcock	CAN	10:24.37	
M40			
1 Alasdair Saunders	WLG	9:56.69	
2 Andy Ford	WLG	10:05.29	
3 Jon Bright	WLG	11:10.80	
M45			
1 Daniel Clendon	WLG	9:13.41*	
2 Darren Gordon	WLG	11:17.38	
M50			
1 Chris Mardon	CAN	9:58.58	
2 Andrew Kerr	WLG	10:09.20	
3 Jared Letica	AKL	10:10.90	
4 Graeme Morrison	WLG	10:21.27	
5 Todd Stevens	WLG	10:29.47	
6 Nicholas Bagnall	WLG	10:30.87	
7 Nick Perry	WLG	10:33.33	
8 Darcy Mellsop	WLG	10:53.36	
M55			
1 Peter Stevens	WLG	9:52.63	
2 Malcolm Cornelius	CAN	11:55.21	
M60			
1 Michael Cummins	WLG	12:01.21	
M65			
1 Tony Price	WLG	12:15.01	
2 Chris Harp	WLG	13:11.09	
M70			
1 Keith Chapman	WLG	12:06.26*	
2 Derek Shaw	TAS	13:03.14	
3 Jonathon Harper	WLG	14:43.95	
M75			
1 Brian Hayes	WLG	13:55.72	
2 Evan MacIntosh	STH	17:02.17	
3 Albert van Veen	WLG	19:56.81	
M80			
1 Roger Robinson	WLG	16:12.68*	

Women - 5000m

W50			
1 Paula Canning	TAS	20:17.56	
W55			
1 Sally Gibbs	MWA	18:25.58	
W60			
1 Terri Grimmett	WLG	31:02.04	
W65			
1 Michele Allison	WLG	21:23.94#*	
W70			
1 Judith Stewart	NTH	25:35.47	
W75			
1 Barbara Patrick	OTG	26:13.10*	

Men - 5000m

M35			
1 David Lovelock	MWA	16:51.46	
2 Jason Wilcock	CAN	18:03.85	
M45			
1 Stephen Day	WLG	16:43.04	
2 Simon Rhodes	OTG	17:38.16	
3 John Beale	WLG	17:43.00	
M50			
1 Chris Mardon	CAN	17:09.35	
2 Todd Stevens	WLG	17:53.24	
3 Graeme Morrison	WLG	17:54.52	
4 Nicholas Bagnall	WLG	18:04.04	
5 Nick Perry	WLG	18:17.13	
6 Robin Miller	AKL	18:53.10	
7 Darcy Mellsop	WLG	19:37.66	
M55			
1 Peter Stevens	WLG	17:36.37	
M60			
1 Tim Cross	TAS	20:56.59	
M65			
1 Tony Price	WLG	21:01.14	
2 Trevor Ashe	WBP	22:27.50	
M70			
1 Keith Chapman	WLG	21:09.88	
2 Derek Shaw	TAS	22:46.52	
M75			
1 Brian Hayes	WLG	23:29.72	
2 Albert van Veen	WLG	35:10.12	
M80			
1 Roger Robinson	WLG	25:26.16	

80m Short Hurdles 0.762m

M70			
1 Des Phillips	TAR	19.89	+0.0

100m Short Hurdles 0.838m

W35			
1 Dash Newington	UK	38.29	0.5

100m Short Hurdles 0.914m

M55			
1 Stephen Te Whaiti	WBP	20.25	0.5

100m Short Hurdles 0.838m

M65			
1 Georg Ludwig	CAN	24.48	0.5

110m Short Hurdles 0.991m

M45			
1 Scott Waldrom	WLG	23.45	-0.4

200m Long Hurdles 0.686m

W70			
1 Gail Kirkman	STH	41.42#*	0.5

300m Long Hurdles 0.762m

M65			
1 Georg Ludwig	CAN	1:00.32	

300m Long Hurdles 0.686m

M70			
1 Des Phillips	TAR	1:06.32	

400m Long Hurdles 0.914m

M40			
1 Scott Waldrom	WLG	1:23.57	

400m Long Hurdles 0.838m

M50			
1 Mark Cornaga	WBP	1:10.14	

Women - 2000m Steeplechase 0.762m

W30			
1 Laura Smidt	TAS	8:19.63*	
W40			
1 Keryn Morgan	WLG	11:31.61	
W70			
1 Joy Baker	TAR	11:46.17	

Men - 2000m Steeplechase 0.762m

M60			
1 Tim Cross	TAS	8:46.36	
M70			
1 Des Phillips	TAR	11:23.87	

Men - 3000m Steeplechase 0.914m

M30			
1 Will Bell	WLG	10:51.47	
M40			
1 Mathew Rogers	WLG	11:19.67	
M45			
1 Stephen Day	WLG	10:32.85	

Men - 4x100m Relay

M30			
1 Manawatu-Whanganui 'A'		47.71#	
1) Scott Belesky 44			2) Hayden Robinson 48
3) Brayden Grant 37			4) Saravee Sos 31

Women - 4x100m Relay

W30			
1 Manawatu-Whanganui 'A'		55.21#	
1) Hannah Callesen 42			2) Ayesha Shafi 35
3) Vanessa Story 48			4) Joeline Jones 41
2 New Zealand 'A' Mixed		56.31	
1) Ray Hansford 44			2) Barry Smith 67
3) Emma Barrett 40			4) Gulab Singh 33
W55			
1 New Zealand 'A'		58.33#	
1) Petra Stoeveken 56			2) Jill Hayman 61
3) Dale McMillan 55			4) Liz Mitchell 60

Women - 1500m Race Walk

W45			
1 Catherine Uhlenberg	TAR	8:59.04#*	
W50			
1 Arlene Wong-Tung	WLG	10:45.76#*	
W60			
1 Helen Willis	WLG	10:42.88#*	
W75			
1 Jacqueline Wilson	WLG	9:53.25#*	
W80			
1 Daphne Jones	WLG	11:39.56#*	

Men - 1500m Race Walk

M60			
1 Rodney Gillum	TAR	9:27.08#*	
M65			
1 Bob Gardner	AKL	9:58.85#*	
M70			
1 Clive McGovern	WLG	8:44.68#*	

Women – 3000m Race Walk

W35			
1 Dash Newington	UK	20:08.95	
W40			
1 Heather McLean	CAN	21:05.08	
W45			
1 Catherine Uhlenberg	TAR	19:00.04	
W50			
1 Arlene Wong-Tung	WLG	22:19.18	
W60			
1 Terri Grimmer	WLG	21:28.32	
2 Helen Willis	WLG	22:18.98	
W75			
1 Jacqueline Wilson	WLG	20:33.05	
W80			
1 Daphne Jones	WLG	23:37.57*	

Men – 3000m Race Walk

M60			
1 Rodney Gillum	TAR	19:28.32	
M65			
1 Bob Gardner	AKL	21:10.76	
M70			
1 Clive McGovern	WLG	18:13.62	

Women – 5000m Race Walk

W40			
1 Heather McLean	CAN	36:40.20*	
W45			
1 Catherine Uhlenberg	TAR	33:04.60*	
W60			
1 Terri Grimmer	WLG	36:53.25	
2 Helen Willis	WLG	38:57.46	
W75			
1 Jacqueline Wilson	WLG	35:50.55	
W80			
1 Daphne Jones	WLG	41:27.15*	

Men – 5000m Race Walk

M60			
1 Rodney Gillum	TAR	32:48.68	
M70			
1 Clive McGovern	WLG	31:48.11*	

Women - High Jump

W35			
1 Dash Newington	UK	1.20m	
W45			
1 Ivana Erceg Floerchinger	AKL	1.28m	
W50			
1 Raewyn Grigg	TAR	1.20m	
W55			
1 Karen Hulena	AKL	1.08m	
W70			
1 Gail Kirkman	STH	1.13m#*	

Men - High Jump

M35			
1 Mark Tinkle	WLG	1.65m	
M45			
1 Iain Rattray	WBP	1.55m	
M50			
1 Craig Marriott	TAR	1.30m	
M55			
1 Stephen Te Whaiti	WBP	1.45m	
2 Gavin Hall	AKL	1.35m	
3 Adrian Stockill	WLG	1.30m	
M60			
1 Gary Rawson	WLG	1.35m	
2 Seelan Ramiah	AKL	1.30m	
3 Tarmo Rajasaari	CAN	1.30m	
M65			
1 Georg Ludwig	CAN	1.25m	
2 Ian Morton	WLG	1.10m	
3 Tapendra Singh Sokhi	AKL	0.85m	
M70			
1 Des Phillips	TAR	1.20m	
2 Lester Laughton	STH	1.10m	
3 David Lobb	COK	1.05m	
M75			
1 David Anstiss	AKL	1.25m	
M80			
1 Mike Shepherd	MWA	1.00m	

Women - Pole Vault

W35			
1 Dash Newington	UK	2.10m	
W55			
1 Delwyn Smith	NTH	2.30m	

Men - Pole Vault

M40			
1 Scott Waldrom	WLG	2.20m	
M60			
1 Mark Lett	NTH	2.80m	
2 Tarmo Rajasaari	CAN	2.30m	

Women - Long Jump

W30			
1 Georgia Wedd	HBG	3.71m 0.7	
W35			
1 Melissa Free	AKL	3.36m -0.4	
2 Dash Newington	UK	2.49m -0.7	

W40			
1 Sophanna Blakie	OTG	4.19m 0.4	
2 Ai Osugi	AKL	4.14m 2.4	
W50			
1 Raewyn Grigg	TAR	3.95m -0.8	
W55			
1 Karen Hulena	AKL	3.18m 1.4	
W60			
1 Alison Newall	OTG	3.40m 1.1	
W70			
1 Joy Baker	TAR	2.83m 1.1	
2 Carey Dickason	TAS	2.26m 0.8	
W75			
1 Margaret Crooke	NTH	2.51m -0.9	
W80			
1 Frances Bayler	MWA	2.04m -0.1	
2 Carol Conte	AKL	1.59m 0.5	

Men - Long Jump

M30			
1 Reece Little	HBG	4.75m 0.4	
M35			
1 Matt Field	WLG	4.89m -0.5	
M40			
1 Siamak Anahid	AKL	5.39m 0.2	
M50			
1 Jim Nguyen	CAN	3.83m 1.1	
M55			
1 Gavin Hall	AKL	4.58m -1.6	
2 Mark Macfarlane	WLG	3.51m -0.9	
M60			
1 Gary Rawson	WLG	4.25m -0.2	
2 Seelan Ramiah	AKL	4.01m 2.2	
M65			
1 Barry Smith	STH	3.39m 1.1	
2 Tapendra Singh Sokhi	AKL	2.21m 1.5	
M70			
1 David Lobb	COK	3.30m 0.1	
2 Des Phillips	TAR	3.03m 0.3	
M75			
1 Wolfgang Schenk	AKL	3.00m -0.4	
M85			
1 Jim Jones	WBP	2.14m 0.1	
2 Jagjit Singh Kathuria	AKL	1.90m 0.6	
M90			
1 Jim Blair	OTG	1.50m* -1.6	

Women - Triple Jump

W35			
1 Melissa Free	AKL	7.64m 1.1	
W40			
1 Sophanna Blakie	OTG	8.83m -0.5	
W45			
1 Ivana Erceg Floerchinger	AKL	7.22m -2.1	
W50			
1 Raewyn Grigg	TAR	7.33m -0.2	
2 Theresa Bartlett	WLG	7.32m -1.6	
W60			
1 Alison Newall	OTG	7.22m -1.2	
W70			
1 Joy Baker	TAR	6.16m +0.0	
2 Carey Dickason	TAS	5.50m -1.6	
W75			
1 Margaret Crooke	NTH	5.92m 0.2	
2 Lois Anderson	CAN	5.45m -1.5	
W80			
1 Frances Bayler	MWA	4.81m -0.5	

Men - Triple Jump

M30			
1 Reece Little	HBG	9.42m -0.2	
M45			
1 Iain Rattray	WBP	10.28m 1.5	
M60			
1 Gary Rawson	WLG	9.60m -2.6	
2 Seelan Ramiah	AKL	8.95m 1.1	
M65			
1 Barry Smith	STH	7.47m -0.3	
2 Tapendra Singh Sokhi	AKL	3.77m 0.6	
M70			
1 Anura Puliyyadda	WLG	7.32m NWI	
2 David Lobb	COK	7.01m 0.5	
3 Des Phillips	TAR	6.81m 0.1	
M75			
1 David Anstiss	AKL	8.25m -1.1	
M85			
1 Jagjit Singh Kathuria	AKL	4.00m NWI	

Women - Shot Put

W35			
1 Anna Lynch	CAN	9.42m	
2 Louisa Karena	AKL	7.96m	
3 Melissa Free	AKL	7.66m	
4 Dash Newington	UK	6.09m	
W40			
1 Vanessa Pendergrast	MWA	8.78m	
2 Emily Scanlan	AKL	7.47m	
3 Heidi-Jane Humphries	WLG	6.26m	
W45			
1 Michelle Bitcheno	WBP	6.43m	
W50			
1 Elisapeta Leitu	AKL	10.38m	
2 Brenda Davis	WBP	9.72m	
3 Theresa Bartlett	WLG	8.50m	
4 Raewyn Grigg	TAR	8.08m	

W55			
1 Tania Hodges	WBP	8.65m	
2 Dale McMillan	MWA	8.26m	
3 Karen Hulena	AKL	6.36m	
W60			
1 Alison Newall	OTG	7.28m	
2 Michelle Anthony	WBP	6.69m	
W65			
1 Claire Giles	OTG	6.99m	
W70			
1 Gillian Evans	MWA	7.39m	
2 Beryl McMillan	MWA	6.65m	
3 Tui Ashe	WBP	6.56m	
W75			
1 Annette Parlane	WBP	7.56m	
2 Bev Savage	WBP	7.39m	
3 Barbara Austin	NTH	7.36m	
4 Lois Anderson	CAN	7.19m	
5 Loris Reed	WBP	6.52m	
W80			
1 Glen Watts	CAN	6.41m	
2 Julie Roots	CAN	6.24m	
3 Justine Whitaker	CAN	6.04m	

Men - Shot Put

M30			
1 Reece Little	HBG	8.88m*	
M35			
1 Thomas Waldrom	WLG	11.30m	
2 Luke Crombie	HBG	8.20m	
M45			
1 Arno van der Westhuizen	AKL	12.97m	
2 David Hansen	TAS	11.60m	
3 Shaka Sola	WLG	11.31m	
4 Joshua Sharkey	WLG	8.27m	
M50			
1 Craig Marriott	TAR	9.72m	
2 David Sexton	HBG	9.29m	
3 Jim Nguyen	CAN	9.09m	
M55			
1 Adrian Stockill	WLG	10.59m	
2 Graham McPhail	WLG	9.52m	
M60			
1 Seelan Ramiah	AKL	9.08m	
M65			
1 Dennis O'Leary	HBG	7.93m	
2 Tapendra Singh Sokhi	AKL	6.60m	
3 Ian Morton	WLG	5.53m	
M70			
1 Mark Wyndham-Jones	UK	0.65m	
2 Lester Laughton	STH	8.73m	
3 Richard Davison	CAN	8.54m	
M75			
1 Peter Crawford	WBP	8.59m	
2 Graham Cook	WLG	6.72m	
3 Martin Bryant	HBG	5.66m	
4 Peter Jack	WLG	4.42m	
M80			
1 Brian Senr	CAN	9.33m	
2 Mike Shepherd	MWA	8.32m	
3 Noel Jones	WBP	5.60m	
M85			
1 Jagjit Singh Kathuria	AKL	5.76m	
2 Barry Krebs	MWA	5.75m	
M90			
1 Jim Blair	OTG	6.21m*	

Women - Discus

W35			
1 Anna Lynch	CAN	33.37m	
2 Louisa Karena	AKL	27.73m	
3 Dash Newington	UK	23.10m	
W40			
1 Emily Scanlan	AKL	22.80m	
2 Vanessa Pendergrast	MWA	20.73m	
3 Heidi-Jane Humphries	WLG	19.20m	
W45			
1 Michelle Bitcheno	WBP	16.49m	
W50			
1 Althea Mackie	AUS	25.66m	
2 Brenda Davis	WBP	24.74m	
3 Elisapeta Leitu	AKL	24.04m	
4 Theresa Bartlett	WLG	20.71m	
5 Raewyn Grigg	TAR	20.09m	
W55			
1 Tania Hodges	WBP	20.35m	
W60			
1 Michelle Anthony	WBP	17.75m	
2 Alison Newall	OTG	15.26m	
W65			
1 Claire Giles	OTG	13.52m	
W70			
1 Tui Ashe	WBP	16.82m	
2 Gillian Evans	MWA	15.03m	
3 Beryl McMillan	MWA	14.36m	
W75			
1 Annette Parlane	WBP	20.85m	
2 Bev Savage	WBP	18.59m	
3 Barbara Austin	NTH	15.92m	
4 Loris Reed	WBP	15.58m	
W80			
1 Glen Watts	CAN	16.48m	
2 Justine Whitaker	CAN	14.54m	
3 Julie Roots	CAN	11.71m	

Men – Discus

M30			
1 Reece Little	HBG	20.71m	
M35			
1 Thomas Waldrom	WLG	37.13m	
2 Luke Crombie	HBG	23.22m	
M40			
1 Joden Pratten	CAN	35.10m	
M45			
1 David Hansen	TAS	37.17m	
2 Arno van der Westhuizen	AKL	35.44m	
3 Shaka Sola	WLG	31.25m	
4 Joshua Sharkey	WLG	24.20m	
M50			
1 David Sexton	HBG	29.99m	
2 Craig Marriott	TAR	25.48m	
3 Jim Nguyen	CAN	24.82m	
4 Mark Cornaga	WBP	23.84m	
M55			
1 Adrian Stockill	WLG	37.09m	
2 Gavin Hall	AKL	27.42m	
3 Graham McPhail	WLG	24.42m	
M60			
1 Mark Flaus	STH	36.75m	
2 John Rawcliffe	TAS	34.04m	
3 Gary Rawson	WLG	28.90m	
4 Seelan Ramiah	AKL	25.42m	
M65			
1 Dennis O'Leary	HBG	23.65m	
2 Tapendra Singh Sokhi	AKL	16.97m	
3 Ian Morton	WLG	12.60m	
M70			
1 Mark Wyndham-Jones	UK	35.24m	
2 Lester Laughton	STH	31.98m	
3 Richard Davison	CAN	30.27m	
M75			
1 Peter Crawford	WBP	27.08m	
2 David Anstiss	AKL	19.88m	
3 Graham Cook	WLG	16.25m	
M80			
1 Mike Shepherd	MWA	22.11m	
2 Noel Jones	WBP	16.88m	
M85			
1 Barry Krebs	MWA	12.07m	
2 Jagjit Singh Kathuria	AKL	10.29m	
M90			
1 Jim Blair	OTG	15.70m*	

Women – Hammer

W35			
1 Anna Lynch	CAN	42.41m	
2 Melissa Free	AKL	32.19m	
3 Dash Newington	UK	29.95m	
W40			
1 Vanessa Pendergrast	MWA	22.36m	
W45			
1 Michelle Bitcheno	WBP	25.14m	
W50			
1 Althea Mackie	AUS	41.94m	
2 Brenda Davis	WBP	40.57m	
3 Elisapeta Leitu	AKL	28.06m	
4 Raewyn Grigg	TAR	26.51m	
5 Theresa Bartlett	WLG	23.86m	
W55			
1 Tania Hodges	WBP	26.10m	
W60			
1 Alison Newall	OTG	25.03m	
2 Michelle Anthony	WBP	24.56m	
W65			
1 Claire Giles	OTG	19.35m	
W70			
1 Gillian Evans	MWA	21.53m	
2 Carey Dickason	TAS	17.50m	
3 Beryl McMillan	MWA	14.10m	
W75			
1 Bev Savage	WBP	27.47m	
2 Annette Parlane	WBP	26.97m	
3 Barbara Austin	NTH	23.35m	
4 Loris Reed	WBP	19.46m	
W80			
1 Justine Whitaker	CAN	21.06m	
2 Glen Watts	CAN	20.40m	
3 Julie Roots	CAN	19.10m	
4 Carol Conte	AKL	16.65m	

Men – Hammer

M35			
1 Thomas Waldrom	WLG	40.74m	
M45			
1 Arno van der Westhuizen	AKL	52.27m*	
2 Shaka Sola	WLG	28.37m	
3 Joshua Sharkey	WLG	21.80m	
M50			
1 David Sexton	HBG	29.36m	
2 Jim Nguyen	CAN	18.91m	
M55			
1 Adrian Stockill	WLG	34.02m	
M65			
1 Tapendra Singh Sokhi	AKL	17.67m	
2 Ian Morton	WLG	13.50m	
M70			
1 Mark Wyndham-Jones	UK	34.56m	
2 Richard Davison	CAN	32.64m	
3 Lester Laughton	STH	27.06m	

M75			
1 Graham Cook	WLG	17.69m	
2 Peter Jack	WLG	13.69m	
M80			
1 Brian Senior	CAN	32.41m	
2 Mike Shepherd	MWA	23.36m	
M85			
1 Barry Krebs	MWA	16.89m	
2 Jagjit Singh Kathuria	AKL	13.39m	
M90			
1 Jim Blair	OTG	17.23m*	

Women – Javelin

W35			
1 Anna Lynch	CAN	22.31m	
2 Dash Newington	UK	20.51m	
W40			
1 Vanessa Pendergrast	MWA	18.42m	
2 Emily Scanlan	AKL	17.99m	
W45			
1 Michelle Bitcheno	WBP	10.98m	
W50			
1 Linda Rawlins	WLG	31.59m	
2 Brenda Davis	WBP	25.33m	
3 Elisapeta Leitu	AKL	24.64m	
4 Theresa Bartlett	WLG	20.92m	
5 Althea Mackie	AUS	18.34m	
6 Raewyn Grigg	TAR	18.00m	
W55			
1 Dale McMillan	MWA	20.63m	
2 Rachel King	CAN	20.00m	
3 Tania Hodges	WBP	17.51m	
W60			
1 Jill Hayman	AKL	19.73m*	
2 Alison Newall	OTG	17.28m	
3 Michelle Anthony	WBP	9.09m	
W70			
1 Gillian Evans	MWA	16.25m	
2 Joy Baker	TAR	11.90m	
W75			
1 Annette Parlane	WBP	14.17m	
2 Barbara Austin	NTH	12.50m	
W80			
1 Justine Whitaker	CAN	11.19m	
2 Glen Watts	CAN	11.08m	
3 Julie Roots	CAN	10.61m	
4 Carol Conte	AKL	9.06m	

Men – Javelin

M30			
1 Reece Little	HBG	42.19m	
2 Praveen Silva	WLG	41.65m	
M35			
1 Luke Crombie	HBG	43.19m	
2 Junior Lupena	AKL	42.84m	
M45			
1 Arno van der Westhuizen	AKL	40.87m	
2 Joshua Sharkey	WLG	16.58m	
M50			
1 Jim Nguyen	CAN	38.20m	
2 David Sexton	HBG	34.74m	
3 Craig Marriott	TAR	25.13m	
4 Mark Cornaga	WBP	24.93m	
M55			
1 Stephen Te Whaiti	WBP	39.80m	
2 Adrian Stockill	WLG	30.19m	
3 Gavin Hall	AKL	28.35m	
M60			
1 John Rawcliffe	TAS	31.89m	
2 Gary Rawson	WLG	26.27m	
3 Mark Flaus	STH	25.11m	
4 Bruce Cortesi	WBP	19.90m	
M65			
1 Dennis O'Leary	HBG	25.09m	
2 Tapendra Singh Sokhi	AKL	14.22m	
3 Ian Morton	WLG	12.65m	
M70			
1 Laurie Malcolmson	MWA	34.89m	
2 Mark Wyndham-Jones	UK	28.47m	
3 Warren Green	STH	27.83m	
4 Richard Davison	CAN	23.03m	
M75			
1 Wolfgang Schenk	AKL	19.99m	
2 Peter Crawford	WBP	19.58m	
3 Graham Cook	WLG	13.99m	
M80			
1 Brian Senior	CAN	26.26m	
M85			
1 Barry Krebs	MWA	15.79m	
2 Jagjit Singh Kathuria	AKL	12.42m	
M90			
1 Jim Blair	OTG	17.58m*	

Women - Weight Throw

W35			
1 Anna Lynch	CAN	12.00m	
2 Melissa Free	AKL	10.62m	
3 Dash Newington	UK	8.60m	
W40			
1 Vanessa Pendergrast	MWA	7.09m	
W45			
1 Michelle Bitcheno	WBP	7.47m	
W50			
1 Brenda Davis	WBP	14.42m*	
2 Althea Mackie	AUS	12.86m	
3 Raewyn Grigg	TAR	10.61m	
4 Theresa Bartlett	WLG	7.63m	

W55			
1 Tania Hodges	WBP	10.00m	
2 Dale McMillan	MWA	8.09m	
W60			
1 Alison Newall	OTG	10.77m	
2 Michelle Anthony	WBP	8.83m	
W65			
1 Claire Giles	OTG	7.80m	
W70			
1 Gillian Evans	MWA	8.77m	
2 Joy Baker	TAR	8.66m	
3 Beryl McMillan	MWA	6.43m	
W75			
1 Bev Savage	WBP	11.04m	
2 Annette Parlane	WBP	10.61m	
3 Lois Anderson	CAN	9.57m	
4 Barbara Austin	NTH	9.52m	
W80			
1 Julie Roots	CAN	9.39m	
2 Justine Whitaker	CAN	8.76m	
3 Glen Watts	CAN	8.50m	
4 Carol Conte	AKL	6.97m	

Men - Weight Throw

M35			
1 Junior Lupena	AKL	10.59m	
M45			
1 Arno van der Westhuizen	AKL	15.28m	
2 Joshua Sharkey	WLG	7.17m	
M50			
1 David Sexton	HBG	12.20m	
2 Jim Nguyen	CAN	8.96m	
M55			
1 Adrian Stockill	WLG	12.04m	
M60			
1 Mark Flaus	STH	14.86m	
M65			
1 Tapendra Singh Sokhi	AKL	6.69m	
2 Ian Morton	WLG	5.44m	
M70			
1 Richard Davison	CAN	13.09m	
2 Laurie Malcolmson	MWA	12.75m	
3 Mark Wyndham-Jones	UK	12.47m	
4 Lester Laughton	STH	12.25m	
M75			
1 Graham Cook	WLG	6.08m	
M80			
1 Brian Senior	CAN	13.67m	
2 Mike Shepherd	MWA	10.27m	
M85			
1 Barry Krebs	MWA	7.09m	
2 Jagjit Singh Kathuria	AKL	4.75m	
M90			
1 Jim Blair	OTG	8.48m*	

Women - Outdoor Pentathlon – Points

W30			
1 Georgia Wedd	HBG	1796	
W40			
1 Joeline Jones	TAS	2421*	
2 Ai Osugi	AKL	2018	
3 Heidi-Jane Humphries	WLG	1314	
W55			
1 Dale McMillan	MWA	2798	
2 Karen Hulena	AKL	1947	
W70			
1 Tui Ashe	WBP	2761*	
2 Carey Dickason	TAS	1917	

Men - Outdoor Pentathlon – Points

M30			
1 Reece Little	HBG	1966#*	
2 Mark Searle	MWA	1776	
M35			
1 Luke Crombie	HBG	1526	
M45			
1 David Hansen	TAS	3390#*	
M45			
1 Adrian Stockill	WLG	1615	
M60			
1 John Rawcliffe	TAS	2695#*	
2 Mark Lett	NTH	2506	
M65			
1 Dennis O'Leary	HBG	2517	
2 Ian Morton	WLG	1086	
M70			
1 Warren Green	STH	2705#*	

Women - Throws Pentathlon – Points

W35			
1 Anna Lynch	CAN	3044	
2 Dash Newington	UK	1996	
W40			
1 Vanessa Pendergrast	MWA	1784	
2 Emily Scanlan	AKL	1655	
W45			
1 Michelle Bitcheno	WBP	1682	
W50			
1 Brenda Davis	WBP	3457	
2 Althea Mackie	AUS	3427	
3 Elisapeta Leitu	AKL	3039	
4 Raewyn Grigg	TAR	2474	
5 Theresa Bartlett	WLG	2437	
W60			
1 Alison Newall	OTG	2716*	
2 Michelle Anthony	WBP	2228	

W70		
1 Gillian Evans	MWA	3157
2 Beryl McMillan	MWA	2335
W75		
1 Annette Parlane	WBP	3666
2 Bev Savage	WBP	3608
3 Barbara Austin	NTH	3060
4 Lois Anderson	CAN	2696
W80		
1 Glen Watts	CAN	3396
2 Justine Whitaker	CAN	3067
3 Julie Roots	CAN	2899
4 Carol Conte	AKL	2315

Men - Throws Pentathlon – Points

M35		
1 Junior Lupena	AKL	2190
M45		
1 Amo van der Westhuizen	AKL	3588*
2 Shaka Sola	WLG	2293
3 Joshua Sharkey	WLG	1655
M50		
1 David Sexton	HBG	2355
2 Jim Nguyen	CAN	2076
M55		
1 Adrian Stockill	WLG	3069

M60		
1 Mark Flaus	STH	2805
M65		
1 Tapendra Singh Sokhi	AKL	1328
2 Ian Morton	WLG	996
M70		
1 Mark Wyndham-Jones	UK	3126
2 Richard Davison	CAN	2928
3 Lester Laughton	STH	2456
M80		
1 Mike Shepherd	MWA	2699
M85		
1 Barry Krebs	MWA	2052
2 Jagjit Singh Kathuria	AKL	1585
M90		
1 Jim Blair	OTG	3172*

PHOTO: Derek Shaw



M80 Mike Shepherd (MWA)

PHOTO: Derek Shaw



100m Lto R: Anuru Puliayadda (2nd M70) and Laurie Malcolmson (1st M70)

PHOTO: Tim Cross



400m L to R: 1st W75 Chris Waring (AKL) & 1st W70 Gail Kirkman (STH) set a new championship record.

PHOTO: Tim Cross



3000m Lto R: 2nd M75 Evan MacIntosh (STH) and 1st M80 Roger Robinson (WLG) who set a new M80 championship record.

breaking run of 1:19.53 achieved 90.66% - the highest across both the women and men. Tasman's Dave Hansen had a close contest with Hayden Robinson (MWA) for the M45 gold with his 55.33 providing a winning margin of only 0.8s. In the M50 grade the three medalists were only separated by 0.31s, with Mark Cornaga (WBP) first in 59.35, followed by Phil Harrison (CAN) with 59.61 and Geoff Burke (HBG) 59.66. Tony Tan (OTG) was also impressive in winning the M55 grade in 61.83 with 82.61%.

In the 3000m races that followed the 400m's, Sally Gibbs (W55) was again a clear winner in the women's race, in an impressive time of 10:52.03 which was over a minute quicker than her time at the previous championships in February 2021. At the age of 59 she achieved 96.32% in 5-year age graded percentages. A slightly higher percentage of 97.27% was achieved by the 67-year-old Michele Allison (WLG) in winning the W65 age grade in 12:27.51 to establish new national and championship records. She was closely followed by Auckland's Christine Adamson in 12:47.48 which resulted in a 94.74%. The consistent Barbara Patrick (OTG), now in the W75 age group, had a strong run to claim the title with her 15:25.53 which yielded a 93.28% performance.

Wellington's Daniel Clendon (M45) was a clear winner in the M30-59 3000m race in 9:13.41, with fellow Wellingtonian Will Bell (M30) second overall in 9:45.89, followed by another prominent Wellington master Peter Stevens (M55) in 9:52.63. In the eight strong competitive M50 field, Canterbury's Chris Mardon continued his good winter form and managed to break the Wellington dominance of the age groups winning in 9:58:58. He was followed by Wellington's Andrew Kerr with only 1.7s back to Auckland's Jared Letica in third place. All eight M50's finished within 55s of Chris. Wellington's Keith Chapman had a comfortable win in the M70 grade in 12:06.26 to break the championship record by nearly a minute. The legendary Roger Robertson continued his good form to lower the M80 championship record by more than one and half minutes to 16:12.68.

Wellington's Clive McGovern was the fastest of the walkers in the 3000RW with a time of 18:13.62, and with only the W60 age group having more than one entrant, all the walkers except for Wellington's Helen Willis won gold medals. Helen had a good race with fellow Wellington walker Terri Grimmatt who claimed the title by 50s. Less than an hour after completing the 3000mRW, Terri was again lining up at the 200m mark for the 3000m run and won another gold medal making it two over the same distance in just over an hour and half. Daphne Jones claimed the vacant W80 championship record with her 23:37.57.

Friday's women javelin had most 5-year age groups contested with six in the W50's and four in the W80's. In the latter, the three Canterbury stalwarts after a close contest claimed the medals with Justine Whitaker (11.19m) prevailing by 11cm over Glen Watts and Julie Roots third. Auckland's Jill Hayman demonstrated her versatility in winning the W60 grade and claiming a championship record. Canterbury's Anna Lynch

achieved a javelin throw of 22.31m, 1.8m further than Dash Newington's best effort to win the W35 age group.

In the women's weight throw Waikato-Bay of Plenty's Brenda Davis (W50) set a new championship mark of 14.42, followed by Althea Mackie (12.86m) and Taranaki's Raewyn Grigg (10.62m). In the W80 grade Julie Roots (9.39m) claimed the gold ahead of her Canterbury team mates Justine Whitaker (8.76m) and Glen Watts (8.50m). Bev Savage (11.04m) claimed the gold in the W75 age group ahead of WBP teammate Annette Parlane (10.61m) and Canterbury's Lois Anderson (9.57m). Gillian Evans (MWA) won the W70 weight throw with a distance of 8.77m and Taranaki's Joy Baker (6.86m) edged out Gillian's teammate Beryl McMillan (6.43m) for the silver. Anna Lynch won her second gold of the evening with her weight throw of 12m.

In the men's hammer throw Auckland's Arno van der Westhuizen (M45) got the 7.26kg hammer out to 52.27m to set a new championship record, some 24cm further than his M40 championship record set in February 2020. Jim Blair set a new M90 championship record of 17.23 in the hammer throw beating the previous record by nearly 2.5m. He also set a new championship record of 6.21m for the M90 age group shot put earlier in the evening, beating the old mark by over a metre. In the M30 age group Reece Little (HBG) also established a new championship record of 8.88m with the 7.26kg shot. In the M80 shot put Jagjit Singh Kat (AKL) won the gold by only 1cm from Barry Krebs (MWA). UK's Mark Wyndham-Jones with 10.65m had the measure of his kiwi rivals Lester Laughton 8.73m and Richard Davison 8.54m.

In the M30-69 long jump, the top performers included M40 winner Siamak Anahid (AKL) with 5.87m, Gavin Hall (AKL) the M55 winner with 4.58m and the M35 winner Matt Field (WLG) with 4.89m. Both Gary Rawson (M60) and Barry Smith (M65) only managed to make their first jumps count but it was enough to beat their competition and claim the golds. In the M70+ triple jump David Anstiss (M75) had the most impressive jump with 8.25m on his first attempt. In the keenly contested M70 age group Anura Puliyyadda (WLG) achieved a best of 7.32m to head off David Lobb (7.01) and Des Phillips (6.81m). In the W65+ triple jump the star performers were Margaret Crooke (NTH) with 5.92m and Frances Bayler (MWA) with 4.81m to win their respective W75 and W80 age groups. Joy Baker (TAR), who had a busy schedule of 12 events spread over sprints, middle distances, jumps and throws, won the W70 triple jump with 6.16m.

Gail Kirkman got Saturday's programme off to a flying start in the first event with her solo effort of 41.42 in the 200m hurdles to establish W70 national and championship records. She now has the distinction of holding the national records for the long hurdles in six age groups from W45 through to W70 and all the championship records in the same age groups except for the W65 age group. In the afternoon she cleared 1.13m to set a new national and championship records in the W70 high jump to now hold four national HJ age group records from W60 to W75 plus the W50, W60 and W75 championship records.

In the M55 discus Wellington's Adrian Stockill achieved the longest distance of 37.09m with the 1.5kg discus to win the gold by more than 10m. In the M60 age group specialist thrower Mark Flaus (STH) was pushed by pentathlete John Rawcliffe (TAS) but his 3rd round throw of 36.75m secured the gold ahead of John's best effort of 34.04m. In the M70 discus Mark Wyndam-Jones again had the better of his kiwi rivals with 35.34m and the highest age graded % of 60.80% amongst the men to finish ahead of Lester Laughton with 31.98m and Richard Davison with 30.27m. Peter Crawford retained his M75 title with 27.08m.

In the women's discus, Anna Lynch continued her winning form in the W35 grade, while Australia's Althea Mackie (25.66) finished 1st in the 5-strong W50 field ahead of reigning champion Brenda Davis (24.74) and Elisapeta Leitu (24.04). Annette Parlane's graduation to the W75's and her 20.85m throw with 750g discus moved reigning title holder Bev Savage down to 2nd place with her 18.59m. In the W80 age group there was another shuffling of the order of the three Canterbury throwers with Glen Watts (16.48m) taking first followed by Justine Whitaker (14.54m) and Julie Roots (11.71m).

In the M70 javelin Laurie Malcolmson (MWA) with 34.89m and 59.52% (highest % of all javelin contestants) headed off Mark Wyndham-Jones (28.47m) and Warren Green (27.83m) to retain his title. Stephen Te Whaiti (WBP) also retained his M55 javelin title with 39.80m (54.08%). In the M30 grade Reece Little (HBG) with 42.19m was only 0.54m ahead of Praveen Silva (WLG) and Luke Crombie (HBG) with 43.19m had a smaller winning margin of 0.35m over Junior Lupena (AKL) in the M35's.

In the women's long jump Joy Baker, Margaret Crook and Frances Bayler continued their winning jumping form to claim the golds in their respective groups. In the W40's Otago's Sophanna Blakie had a close contest with Auckland's Ai Osugi to win the title with her best effort of 4.19m just 5cm clear of Ai's best. Raewyn Grigg (W50 - 3.95m) and Alison Newall (W60 - 3.40m) retained their titles and registered the highest age graded %'s in the women's long jump with 65.83% and 65.13%. In the triple jump Sophanna Blakie had the longest jump with 8.83m and Raewyn Grigg had a 1cm win over Theresa Bartlett (WLG) to claim the W50 title.

In the men's high jump Ian Rattray (WBP) in retaining his M45 title improved by 9cm to clear 1.55m. Gary Rawson (WLG) also retained his M60 title with 1.35m just 1cm below his height at the previous champs. Mark Tinkle (WLG) cleared 1.65m to take the M35 gold with highest jump of the champs. Iain Rattray (M45) jumped the furthest of the men in the triple jump with 10.28m, an improvement of 69cm on his winning jump at the previous champs.

On the track, Laura Smidt (TAS) lowered the W30 2000m steeplechase championship record set in 2000 by over 15s to 8:19.64 in her impressive debut at the champs. In the 60m dash's, Auckland's Jill Hayman set new national and championship marks of 9.26 (91.9%), in lowering Veronica Gould's previous W60 national record of 9.40 set in 2013,

while Joline Jones (TAS) lowered Vanessa Story's W40 championship record of 8.43 to 8.34. Joy Baker (10.89) and Veronica Gould had the closest 60m contest with Joy claiming the W70 title by a mere 0.01s. Both had over 90% age grades as did Chris Waring in retaining her W75 title. Laurie Malcolmson in retaining his M70 title with an impressive 8.77 had the highest age graded percentage of 93.73. In the close M55 race both Tony Tan and Stephen Te Whaiti recorded over 90% with Tony's 8.12 edging out Stephen by a slim 0.03 margin. Southland's Scott Belesky's return to the track saw him claim the M40 title in a sharp 7.72. Singapore's Khen Theen Chin with his 7.92 just edged out Hayden Robinson by 0.02 in the M45's.

In the afternoon's track action, Wellington's M30 Saravee Sos was the fastest over 100m with 11.65, repeating his feat in 60m with his 7.48, followed by Brayden Grant (M35) with 11.97, Scott Belesky (M40) with 12.20 and Hayden Robinson (M45) with 12.30, reversing the order from the 60m contest with Chin. In the biggest field of six, Tony Tan again held out Stephen Te Whaiti to claim the M55 gold with 12.98. Gary Rawson (M60), Dennis O'Leary (M65), Laurie Malcolmson (M70) and Evan MacIntosh (M75) repeated their wins in the earlier 60m. In the women's 100m races, the appearance of Otago's Liz Mitchell with 14.58 pushed Jill Hayman (14.89) back to second in the W60 age group. Liz's 88.41% age graded percentage into a head wind of 2.2m/s was the highest in the 100m events. Veronica Gould with 17.26 reversed the order with Joy Baker to take the W70 gold by a margin of 0.15. Great to see Claire Giles back sprinting and winning golds in the W65 60m and 100m after it appeared her sprinting days maybe over.

As in the 3000m, Daniel Clendon (M45) again had the fastest time of the men in the 1500m with 4:17.88 and also the highest age graded percentage with 87.54%. In winning the M40 age group from his four rivals Wellington's Jamie Duncan ran the second fastest time of 4:25.31. In a tight finish within the M55+ race of the two leading M65's and leading M70, David Riddell's sprinting ability carried him passed Tony Price and Keith Chapman (M70) in the last few metres to secure the M65 gold in 5:45.02 with Tony taking the silver in 5:46.75 and Keith managing to finish in between them to take the M70 title in 5:46.07. Brian Hayes (WLG) ran a well measured race to finish in 6:16.59 to make it two from two in the M75 age group after his early win in the 3000m. With no Chris Mardon to contend with in the 1500m, Jared Letica (AKL) won the M50 grade by 10.38s from Andrew Kerr (WLG).

In the women's 1500m, Ayesha Shafi (W35) took line honours with 5:06.40 from Sally Gibbs (M55) by less than 3s, with Laura Smidt (W30) 3rd overall in 5:15 and fellow Tasman runner Paula Canning (M50) 4th overall in 5:39.21. Sally's age graded percentage was 91.51 but that was exceeded by Loris Reed (W75) with 94.66% in her national and championship record breaking effort of 6:55.39 to take over 6s off the national record and 11s off the championship record - both previously held by Otago's Myrtle Rough.

The 5000mRW and throws pentathlon kicked off Sunday's events at 8.30am. The 3000m walk resembled a longer replay of the 3000m and 1500m walks with a reduced field. Clive McGovern (M70) continued his fastest overall streak with a 78% 31:48.11 performance, breaking the championship record by nearly 6 minutes. Catherine Uhlenburg (W45) was again the fastest of the women with 33:04 to claim the vacant W45 championship record, followed by Jacqueline Wilson (W75) in 35:50.55 and the highest age graded percentage of 85.73%. Heather McLean broke the W40 championship record previously held by Vicky Jones with her 36:40.20. Terri Grimmatt again completed the race walk and run double in close succession to take home another brace of gold medals. Daphne Jones also claimed the vacant W80 championship record to complete the weekend with new W80 championship records in all three of the track walk distances.

In the women's 5000m Michele Allison repeated her 3000m record breaking feats in setting new national and championship records of 21:23.94 for the W65 grade with a 91.59 aged graded %, taking over 10s of her own national record and over 1:32 off Judith Stewart's previous championship record. Sally Gibbs again recorded the fastest time of 18:25.58 and highest age graded percentage of 94.23. Barbara Patrick had another strong run and broke the W75 championship record with her impressive time of 26:13.03 to reduce the 1986 record by a massive 5:42.

Wellington's Stephen Day (M45) had the fastest time in the men's 5000m with 16:43.04 followed by M35 David Lovelock (MWA) with 16:51.46. Chris Mardon comfortably won the M50 grade, which had a field of seven runners, with the 3rd fastest time of 17:09.35. Behind him there was a close race for the other medals with Todd Stevens claiming the silver in 17:53.24 just over a second ahead of fellow Wellingtonian Graeme Morrison. In the M60+ race Tim Cross (M60) claimed line honours in 20:56.59 after a close race with M65 winner Tony Price (21:01.14) and M70 winner Keith Chapman (21:09.88).

In the 200m, Joeline Jones (W40) with 27.08 and Vanessa Story (W45) with 28.39 were again the two fastest women. A tail wind of 3.5m/s helped Liz Mitchell to a fast time in winning the W60 race in 29.52 and a 91.50% performance, 2s ahead of Jill Hayman. Joy Baker prevailed over Veronica Gould to claim the W70 gold and impressively finished in the top two in all her 12 events to take home 5 golds and 7 silvers for her efforts. Of the men M30 Saravee Sos was again the fastest with 23.06 then Brayden Grant (M45) with 23.34, followed by Hayden Robinson (M45) in 24.67 closely followed by the M45 runner up David Hansen with 24.80. Laurie Malcolmson clocked 29.44 with a 2.2m/s tail wind in winning the M70 age group and having the highest age graded % of the men with 85.87%.

Having enough officials and getting through all the events for both the track and throws pentathlon on the Sunday morning to early afternoon are major challenges at the champs. Fortunately, the Wellington officials with assistance from

visiting official did a grand job, not only on the third day but throughout the champs. Nine women and twelve men took part in the track pentathlon with the W40 and M60 age groups proving the most popular or with three entrants each. Twenty-one women and seventeen men contested the vast majority of the age groups in the throws pentathlon, with five in the W50's and four in both the W75 and W80 age groups.

Joeline Jones (TAS) and Tui Ashe (WBP) both set new championship records in the track pentathlon with Joeline adding 213 points to Faith Firestone's W40 2021 record for a new record of 2421 points and Tui adding 365 points to Margaret Crooke's W70 2019 record of 2396 to raise the bar to 2761 points. In the men's track pentathlon, four of the gold medalists also set new national and championship records. Reece Little (HBG) broke Luke Crombie's M30 records of 1733 points with his 1966 points after having stern competition from Mark Searle (MWA) who finished with 1776 points. Dave Hansen (TAS) set a new benchmark with his 3390 points in breaking Wayne Doyle's M45 records - the highest currently in the Men's NZMA records - to now have a full set for the M35, M40 and M45 age groups. John Rawcliffe (TAS) increased his M60 records by 18 points to 2695 points, after being pushed by Mark Lett (NTH) who finished 189 points behind him. Warren Green (STH) broke David Anstiss's old M70 records with his 2705 points to now have both records for the M65 and M70 age groups.

In the throws pentathlon, Alison Newall (OTG) increased her championship record by 109 points to 2716 points. Arno van der Westhuizen (AKL) set a new championship record for the M45 age group with his 3588 points adding 322 points to now have both records in the M40 and M45 age groups. Jim Blair (OTG) broke Peter Tearle's M90 championship record with his 3172 points. There were several close contests, particularly in several women's age groups, including the W50's with Brenda Davis (WBP) claiming first with 3457 points just 30 points ahead of Althea Mackie. In winning the W75's Annette Parlane (WBP) tally of 3666 points was only 58 points ahead of teammate Bev Savage. Glen Watts headed the Canterbury trio in winning the W80's with 3396 points from Justin Whittaker (3067) and Julie Roots (2899). The closest contest amongst the men was in the M70's where Mark Wyndham-Jones's performances had the last word over his kiwi rivals with his 3126 points heading off Richard Davison (2928) and Lester Laughton (2456).

Loris Reed lost two of her three 800m championship records with Christine Adamson (AKL) taking nearly 4 minutes off her W65 record to bring it down to 3:01.35 and Gail Kirkman (STH) taking over 13 minutes off her W70 record to lower it to 3:09.51. Gail's 88.53% was the highest age graded percentage in the 800m races, followed by Daniel Clendon's 85.73% in winning the M45 title in 2:08.16, Sally Gibbs with 85.34% and Christine Adamson's 85.08%. In winning the M50 800m title Mark Cornaga (2:17.61) faced strong competition from two others in the five-strong field with runner-up Phil Harrison just over 2s back and another 2s back to Andrew Kerr. While Jamie Duncan won the M40 race with a margin of 8s, less than 2s separated the next three runners Andy Ford, Mathew Rogers and Alasdair Saunders.

The final event on the track was the 4x100m relays, which traditionally is a bit of a fun event with Centre teams made up of two men and two women. However, this year after checking the NZMA records, three teams of sprint medal winners lined up with serious record setting intents. A team of fast young men – Scott Belesky (M40), Hayden Robinson (M45), Brayden Grant (M35) and Saravee Sos (M30) – were eyeing up the vacant M30 4x100 record and a team of fast women – Hannah Callesen (W40), Ayesha Shafi (W35), Vanessa Story (W45) and Joeline Jones (W40) were eyeing up the W35 4x100. A third team had their sights on the W55 record – Petra Stoeveken (W55), Jill Hayman (W60), Dale McMillan (W55) and Liz Mitchell (W60), while a mix team lined up for a bit of fun to see how they would go – Ray Hansford (M40), Barry Smith (M65), Emma Barrett (W40) and Gulab Singh (M30).

All teams successful completed their baton changes and avoided any infringements and provided an exciting culmination to the champs with the three record eyeing teams all setting new records. The men's team were first across the line in 47.71 to claim the M30 record and leave the MWA M35 team, which included Brayden and Hayden, with the M35 record. They were followed by younger women's team in 55.21 who were over 5s under the old W35 record from 1994, and the mixed team in 56.21. The W55 women's team stopped the electronic timing at 58.33 which broke the old W55 2008 record by more than 3s.

The relays provided a great finale to a very enjoyable championships. Well done to Liz Bentley and the LOC she chaired, Meeting Managers Andrew Stark and Tony Rogers, and all the officials and helpers who contributed to the well organized and conducted meeting.

PHOTO: Derek Shaw

Christine Adamson (AKL) set a new W65 800m championship record
PHOTO: Derek Shaw

Heidi-Jane Humphries (WLG) won the W40 800m & 3000m
PHOTO: Derek Shaw

3000m M30 - 59: L to R Jared Letica, Andrew Kerr, Andy Ford, Chris Mardon, Alasdair Saunders, Will Bell, Peter Stevens
PHOTO: Sally Gibbs

M45 Stephen Day at the water jump



Start of M35-49 800m



L to R: Barbara Patrick, Keryn Morgan, Joy Baker & Judith Stewart

If The Shoe Fits!

by George White

Many will think I am teaching my grandmother to suck eggs but I thought it was time to talk shoes especially for those not so long in the sport.

Shoes are the most important part of our gear and in most cases, the most expensive. However, considering the cost over the life of the shoes and what they do in that time – ours is still a pretty cheap sport. Before dwelling on the cost of new shoes – think about the cost on your ankles, knees, hips and spine if you don't buy new shoes. Worn-out shoes can affect your running form and put you at risk of injury.

There are three basic parts to a shoe – the upper, the midsole and the outsole. The upper can scuff, the stitching break, it can develop holes and the heel counter can collapse, but by the time they look shabby the midsole or outsole may already be gone. The outsole provides your grip on the running surfaces. Once you see bald spots, the outsole is done.

The midsole, sight unseen, is probably the most important part of the shoe. It is there for shock absorption – giving protection from the repetitive impacts on hard surfaces. Deterioration of the midsole may not be obvious, but it is often the first part of the shoe to wear out. A worn-out midsole will result in jarring impacts. As this jarring will develop gradually it may go unnoticed until your legs start to feel a bit of pain, so check the shoes for compression creases on the sides, or if there is an obvious tilt to the rear of the shoe when placed on a flat surface. Also see if the shoe can twist or fold in half easily without resistance. At any of these signs it is time to replace.

So, shoes may start to wear out long before the wear can be seen, because of the midsole deterioration. The midsole is made of foam consisting mostly of the polymer EVA (ethylene-vinyl acetate), which breaks down over time as it is susceptible to the compressive forces of running and walking, etc. This degrades the resilience of the shoe's cushioning. It loses some of its shape and resiliency after it's compressed because of the slow release of air bubbles from the foam as your repeated foot-strikes compress them. EVA even starts to deteriorate soon after manufacturing, so even if you don't wear your shoes the midsole foam gives them a limited life and even limited shelf life. So perhaps it is not a good idea to buy shoes much in advance of when they are to be used or to buy outdated models that have been sitting in the store for a year or more. You may get a bargain on an older shoe but it may wear out much sooner than you would anticipate.

Some footwear brands have recently come out with new shoe technologies to help delay this breakdown process. For instance, Adidas has incorporated a midsole material called "TPU" (Boost) in most of their running shoes. This material consists of thermoplastic polyurethane pellets fused together to create the midsole and does not contain air and therefore, Adidas argues, their shoes are able to maintain shape (and therefore durability) for longer periods of time.

When will you need new shoes? It depends on what shoes you use, your running style, body weight, and the surface on which you run. I am a firm believer in different shoes for racing and training.

Generally, you will cover more kilometres in training than in races so a hard-wearing shoe is a good consideration. My long-term favourite training shoe is Nike Pegasus and I usually get 800 to 1000km from them; however, for racing I like to wear racing flats which are much lighter and feel so much more responsive. Race walking is far kinder to feet and legs than running, so a very light shoe should not cause any problems. In particular, racing shoes are built with a relatively low heel which assists a fast, efficient race-walking technique. However, they do not wear as well – often lasting 400kms or less.

It's always exciting when you get a new pair of shoes! They should feel good from the get-go; new running shoes are not supposed to hurt. Quite often, the shoes that feel the most comfortable are the shoes that are best for you. Shoes should feel great as soon as you put them on – you don't turn an uncomfortable shoe into a comfortable one by wearing it. Therefore, even if it has rave reviews and claims to be the best thing since sliced bread – avoid it unless it feels good to you. Comfortable shoes suggest they are the right width, have a good heel counter and room in the toe box.

The only significant consideration beyond "first good impressions" is to ensure there is half to a full thumb's width between the end of your longest toe and the end of the running shoe. Your forefoot expands naturally during your workouts so an accommodating forefoot fit will prevent problems such as repetitive trauma to toenails and blisters.

Having said shoes should feel comfortable as soon as you put them on – do "break them in" before wearing them in an important race. You need time to adapt to your new running shoes – and to some degree your shoes need time to adapt to your feet. If your old shoes are in a reasonable condition, you can phase them out slowly with a shoe rotation. It may take a few weeks to transition fully to your new shoes and the time may be shorter or longer based on whether it's simply a new version of the same model, or an entirely new brand or model with a different heel lift or technology. If your old shoes are in dire need of retirement, then make sure you transition gradually by running at a pace and distance that feels right for you.

And don't forget your shoe is a running shoe. Running shoes are engineered specifically for forward motion (walking, jogging, running and sprinting) and are not designed with the same characteristics in mind as tennis shoes etc. that require additional stability and the ability to handle explosive side-to-side movement, let alone features specific to their sport. Wear your running shoes as a multi-sport shoe and it will not only cause them to deteriorate quickly but will make you more injury prone as they simply don't have the same level of support.

And remember never buy shoes from a drug dealer? You don't know what he laces the shoes with and you don't want to be tripping on those shoes.

NZ 10000m Championships

by Michael Wray



PHOTO: Sharon Wray

Malcolm Kerr 3rd M35

The NZMA 10000m Championships for 2022 were held in Wellington at Newtown Park on Saturday 19 November, as part of the Agency 10000m Festival. The event doubled as the Athletics NZ 10000m Championships. Fields were large enough to require four separate races. Forty-nine masters athletes entered, of which 44 started and 36 finished.

The Agency 10000m has long been renowned for producing personal bests, NZ records and even a World Record. We didn't have such fireworks this year. However, Brian Hayes and Roger Robinson improved the M75 and M80 Wellington records, while Sally Gibbs set a new W55 NZMA 10000m Championship Record.

Medalists were:

W35

1. Lisa Cross AKL 35:48.55
2. Sophie Dickson WLG 39:20.19
3. Emma Bassett WLG 45:26.86\

W40

1. Emily Solsberg WLG 44:31.90

W55

1. Sally Gibbs MWA 37:40.29

W60

1. Nuala Dunne MWA 50:28.16

W65

1. Beverley Hodge WLG 1:02:12.95

M35

1. Geoff Ferry WLG 36:47.32
2. Alvirg Busa WLG 37:05.99
3. Malcolm Kerr WLG 39:24.68

M40

1. James Richardson WLG 35:34.68
2. James Conwell MWA 35:34.14
3. Valentino Hernandez WLG 36:42.38

M45

1. Simon Mace AKL 32:40.69
2. Daniel Clendon WLG 33:28.44
3. Paul Barwick WLG 34:43.05

M50

1. Todd Stevens WLG 36:36.63
2. Nick Perry WLG 37:50.00
3. Craig Holden WLG 38:47.63

M55

1. David Kettles WLG 37:35.50
2. Jim Jones WLG 38:43.29
3. Guy Dryden WLG 42:12.58

M60

1. Michael Cummins WLG 44:27.98
2. Brian Dunne MWA 49:43.78

M65

1. Tony Price WLG 44:11.99

M70

1. Keith Chapman WLG 44:20.98

M75

1. Brian Hayes WLG 50:14.81

M80

1. Roger Robinson WLG 54:15.25

Oceania Masters Championships 2023

Entries Open

by Tom O'Shaughnessy



The Oceania Masters Athletics Association is pleased to announce that the 2023 Oceania Masters Athletics Championships will be held in Saipan, Northern Marianas from 22nd June to 26th June 2023.

Athletes will be able to find that entries are now open for these Championships, as well more information, including the draft timetable on the event website.

For the first time in Oceania Masters history, the OMA Championships heads to the North Pacific into the Micronesia Region. Saipan is the largest island of the Northern Mariana Islands and it's characterized by sandy shores and mountainous landscape and is the perfect location for the Oceania Masters Athletics Championships 2023.

This tropical paradise offers white sandy beaches with crystal clear water and pure, fresh air. It is a throwback to a relaxed lifestyle coupled with modern hotels, incredible sights, adventurous activities, and shopping. Garapan is the epicentre of activities with many hotels, restaurants, bars, and shopping options.

The Chamorro and Carolinian are the indigenous people of the Marianas. With a friendly spirit, locals are warm and welcoming. Sunbathers, underwater explorers and history buffs will feel like they hit the jackpot in Saipan, the largest and most developed island of the Northern Marianas.

Golden beaches and spectacular scuba diving are the primary draws of this U.S. territory, but they are complemented by excellent restaurants, hotels, nightspots, shopping, monuments and golf courses.

Saipan is brimming with historical sites. Evidence of ancient Chamorro and Carolinian civilizations can be seen in archaeological remains such as the pictographs in Kalabera Cave and the remnants of villages at Agingan Beach and other locations. Agingan is also the site of the wreck of a 17th century Spanish galleon. World War II history is everywhere, including at Micro Beach, where there are numerous bunkers and memorials. The Last Command Post houses the remnants of a cliff-side bunker used by the Japanese to defend themselves against the U.S. invasion. Memorials along both Suicide Cliff and the Banzai Cliff advocate world peace and commemorate the lives of Japanese soldiers and civilians who jumped to their deaths during the battle for Saipan.

Oleai Stadium will be host venue in Saipan, it was the venue for the 2022 Pacific Mini Games Athletics and Ceremonies, is currently the best facility in the Pacific. The Local Organising Committee and Athletics Federation demonstrated an outstanding record to host major international competitions with the Mini Games, and Micronesian Championships previously.

Competition will run from Thursday 22nd June until Monday 26th June.

Entry Fees

Administration Fee	\$100.00
Fee per Combined Events (Octathlon, Heptathlon, Pentathlon, Throws Pentathlon)	\$ 25.00
Fee for other events	\$ 10.00

Registrations will close 18th May 2023.

For further information – website:

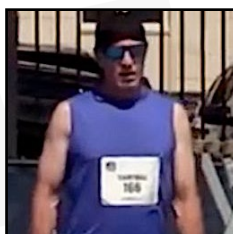
<https://athletics-oceania.com/mac-2023>

2021 NZMA Athlete

The Process

We reviewed the centre interclub and track meet results from every centre, together with the national and island championships. From over 260 sets of event results, we identified 469 athletes for the long list. Nominations were also invited to ensure we didn't miss any notable performances from other events. The Panel weighed up a combination of championship placings, NZ records and age group percentage achievements, from which they selected the short list of finalists and winners based on a simple majority of votes.

Sprints (50m indoor, 60m, 100m, 200m, 400m)



Men - John Campbell (M55 - Canterbury)

NZ Records: 100m, 200m
Age group performances of 95% (60m), 93% (100m), 92% (200m)
Three NZ titles: 60m, 100m, 200m
US Championship medals: silver in 200m, bronze in 100m

Other finalists were:
Morgan Foster (M45 - Waikato-Bay of Plenty)
Mark Lambert (M45 - Auckland)
Tony Tan (M55 - Otago)



Women - Chris Waring (W75 - Auckland)

NZMA Gold medals in 60m, 100m, 400m
Age group performances of 93% (60m), 88% (200m), 87% (100m & 400m)

Other finalists were:
Sheryl Gower (W70 - Waikato-Bay of Plenty)
Liz Mitchell (W55 - Otago)
Janis Russell (W60 - Canterbury)

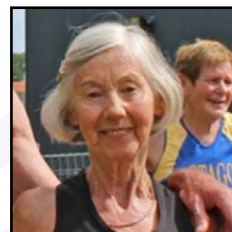
Middle Distance (800m, 1500m, Mile, 3000m)



Men - Wim Luijpers (M50 - Auckland)

NZ Record: mile
NZ Gold medals in 3000m, 1500m, 800m
Age group performances of 92% (1500m), 91% (mile), 88% (3000m & 800m)

Other finalists were:
Ian Carter (M70 - Tasman)
Peter Stevens (M55 - Wellington)
Nick Willis (M35 - Wellington)

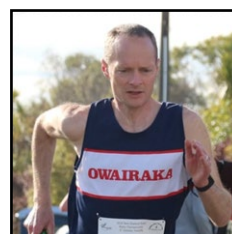


Women - Myrtle Rough (W80 - Otago)

NZ Record: 3000m
Age group performances of 96% (3000m), 92% (1500m), 88% (800m)

Other finalists were:
Christine Adamson (W60 - Auckland)
Sally Gibbs (W55 - Waikato-Bay of Plenty)
Gail Kirkman (W70 - Southland)

Long Distance (5000m, 10000m, Road, Cross Country, Mountain, Trail)



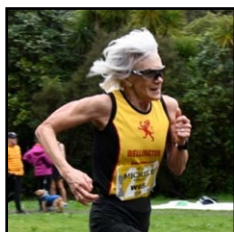
Men - Nick Moore (M45 - Auckland)

Numerous Centre Titles in track, road and cross country
Age group performances of 86% (5000m & 10000m), 85% (8km X/C)

Other finalists were:
Richard Bennett (M55 - Canterbury)
Grant McLean (M50 - Wellington)
Peter Richards (M60 - Canterbury)

of the Year Awards

Long Distance (continued)



Women – Michele Allison (W65 – Wellington)

NZMA Gold in 10000m

Age group performances of 92% (10km), 91% (5km), 90% (5000m)

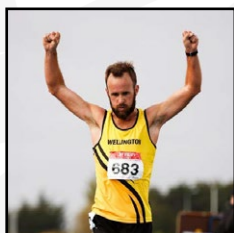
Other finalists were:

Sally Gibbs (W55 – Waikato-Bay of Plenty)

Andrea Hewitt (W35 – Canterbury)

Heather Walker (W50 – Wellington)

Walks (Track and Road)



Men – Quinton Rew (M35 – Wellington)

NZ Records: 20kmRW, 50kmRW

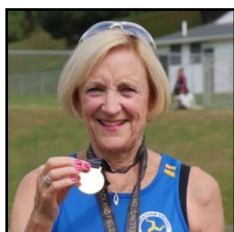
Age group performances of 91% (20kmRW), 90% (3000mRW), 89% (50kmRW), 85% (10kRW)

Other finalists were:

Rodney Gillum (M55 – Taranaki)

Sean Lake (M45 – Wellington)

Clive McGovern (M70 – Wellington)



Women – Jacqueline Wilson (W70 – Wellington)

Two World Records: 3000mRW, 5000mRW

One other NZ Record (10kmRW) and two NZMA Golds

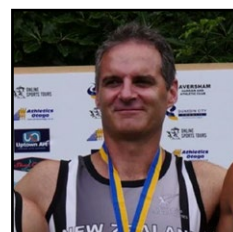
Other finalists were:

Serena Coombes (W55 – Taranaki)

Terri Grimmett (W50 – Wellington)

Daphne Jones (W75-W80 – Wellington)

Hurdles (Short Hurdles, Long Hurdles, Steeplechase)



Men – Nick Bolton (M45 – Canterbury)

NZMA Gold: 110m Hurdles

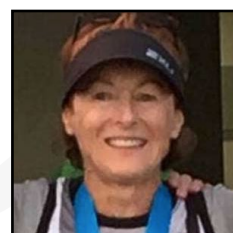
Age group performances of 89%, 86%, 86%, 84%, 83%

Other finalists were:

David Anstiss (M75 – Auckland)

Des Phillips (M70 – Taranaki)

Bruce Thomson (M60 – Southland)



Women – Gail Kirkman (W65 – Southland)

South Island title 300mH

Age group percentage of 81% (300mH)

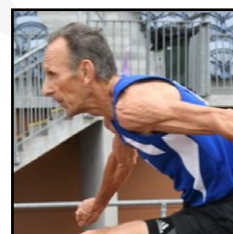
Other finalists were:

Faith Firestone (W40 – Auckland)

Claire Giles (W60 – Otago)

Ai Osugi (W40 – Auckland)

Jumps (Long, Triple, High, Pole Vault)



Men – David Anstiss (M75 – Auckland)

Four NZ Records; High jump, Triple jump, Long jump, Pole vault
Four NZMA Golds: High jump, Triple jump, Long jump, Pole vault

Age group percentages of 85% (High jump), 81% (Triple jump), 78% (Long jump), 73% (Pole vault)

Other finalists were:

David Blackford (M55 – Auckland)

Stephen Burden (M60 – Waikato-Bay of Plenty)

Ho Young Do (M60 – Auckland)

Jumps (continued)



Women – Hee Sun Kim (W55 – Auckland)

NZ Record: High jump

Age group percentage of 91% (High jump)

NZ Title: High jump

Other finalists were:

Sarah Cowley-Ross (W35 – Waikato-Bay of Plenty)

Helena Dinnissen (W35 – Canterbury)

Gail Kirkman (W65 – Southland)

Throws (Hammer, Discus, Shot, Javelin, Weight)



Men – Brian Senior (M80 – Canterbury)

Two NZ Records: Discus, Weight throw

Age group percentages of 75% (Hammer), 71% (Weight throw), 64% (Discus), 63% (Shot put)

Other finalists were:

Mark Flaus (M60 – Southland)

Laini Inivale (M50 – Auckland)

Arno van der Westhuizen (M40 – Auckland)



Women – Dame Valerie Adams (W35 – Auckland)

NZ Record: Shot put

Age group percentage of 90% (Shot put)

Olympic Bronze Medal

Other finalists were:

Brenda Davis (W50 – Waikato-Bay of Plenty)

Bev Savage (W75 – Waikato-Bay of Plenty)

Glen Watts (W80 – Canterbury)

Combined Events (Track Pentathlon, Throws Pentathlon, Heptathlon, Decathlon)



Men – Brian Senior (M80 – Canterbury)

NZ Record: Throws pentathlon

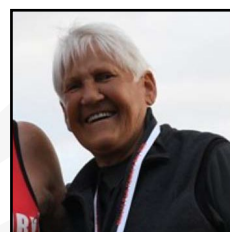
Average points per event of 865 (Throw pentathlon)

Other finalists were:

Jim Blair (M85-M90 – Otago)

David Hansen (M40 – Tasman)

Andy Richardson (M55 – Auckland)



Women – Glen Watts (W80 - Canterbury)

NZ Record: Throws pentathlon

NZMA Gold: Throws pentathlon

Average points per event of 767 (Throws pentathlon)

Other finalists were:

Brenda Davis (W50 – Waikato-Bay of Plenty)

Joeline Jones (W35-W40 – Tasman)

Bev Savage (W75 – Waikato-Bay of Plenty)

NZMA Colours

NZMA Colours Awards are awarded to athletes who:

Set a world masters record

Win a world masters title

Achieve a performance of 95% or better on the WMA percentage tables using a group percentage.

John Campbell (M55 – Canterbury)

60m performance of 95.69% (30 January 2021)

Nick Willis (M35 – Wellington)

1500m performance of 96.38% (5 August 2021)

Myrtle Rough (W80 – Otago)

3000m performance of 96.49% (6 November 2021)

Jacqueline Wilson (W75 – Wellington)

3000mRW World Record (26 February 2021)

5000mRW World Record (28 February 2021)

Are you SAD?

by George White

That is - suffering from Seasonal Affective Disorder - (everything is a real thing these days). You are not alone if you have stepped outside, sniffed the cold air, shaken your head and gone back inside – possibly for six weeks of Netflix and snacking. It is so easy to curl-up inside during the cold, dark, wet dreary winter as it is certainly not the most inviting time of year, but forcing yourself outside could see a stack of rewards you may not have thought of.

Depending on where you live, winter workouts can be mildly uncomfortable to a battle against rain, snow and ice, and in some cases the threat of breaking a leg is a legitimate concern. But particularly as we age, once you start taking days off for bad weather, you'll rapidly lose any fitness gain. Many of us workout early in the morning when temperatures sometimes approach or go below zero. No matter how much you know it is good for you and that you'll be glad when you're done, it takes effort to rug-up and get out the door. However besides remaining physically strong, you're also building psychological strength. When you've battled rain, darkness and biting winds all winter, the challenges of training will seem tame come spring.

A major factor in training is heart rate. The heart has to work harder to maintain the same intensity when it's hot compared to when it's cold. In hot weather blood is sent to the skin to be cooled by evaporation, which means to maintain cardiac output the heart rate must go up. In cold weather the opposite is true. Regulating body temperature is much easier in the cold! As blood is not going to the periphery, there is greater central blood volume, which means that the same pace can be at a lower heart rate – maybe 15 beats per minute fewer and this lower heart rate means less fatigue at the end.

This comparative lack of tiredness and muscle fatigue could be used to add things like fartlek sections, a few hill reps or kicking near the end - adaptations that will increase strength, speed endurance and ability to push through discomfort in a race. An Arizona University study found that regular exercise in cold weather helps train the lungs to utilise oxygen more efficiently and increase speed significantly.

Another suggested bonus is that exposure to the cold helps convert white fat from the belly and the thighs to brown fat – the type of fat that burns calories to help the body retain heat. Also staying active should mean fewer and milder colds. It seems exercise sparks a rise in immune system cells circulating through the body, so exercising in the cold and flu (and COVID) season has a protective effect. And while it is easy to get a dose of vitamin D in summer, the vitamin is still needed in winter to maintain healthy bones, lower blood pressure and give a reduced risk of diabetes and cancer – so going outside is still important.

The first step outside is still difficult, so blunt the impact by warming up inside. Breaking a sweat isn't necessary but taking

a few minutes to properly warm-up and get the blood flowing goes a long way to having a great run. Even just running up and down stairs will get you ready to run once you hit the cold. The cold doesn't feel so bad when you're warm.

"There's no such thing as bad weather, only bad clothes." This is a Scandinavian saying and emphasises that what you wear is important. You want to be warm without sweating too much. Layers are best with sweat wicking fabrics against the skin. You will warm up and start to sweat, so that's when layering properly will help regulate your body temperature. A base layer of wool, polyester or polypropylene are great choices - not cotton or linen. You might like to add a waterproof or water-resistant jacket. And finally, you want to focus on the smaller extremities such as your ears, hands, and feet. These areas are farther away from your heart, which means it takes more effort to get the blood flowing there, especially when all the blood is being directed to your larger muscles to power your run. Warm gloves, socks, and hats or ear covers are essential. You could wear a balaclava or scarf over your mouth to hold some heat in and keep your lungs warmer. Or of course one of the few good things about COVID 19 is that we all have a mask to keep our faces from freezing.

Mittens are better than gloves and if it's wet, use latex gloves under them to keep your hands dry. Choose socks that will wick away perspiration and keep your feet dry and warm. wool is a good choice. A cap or beanie that covers your ears should be on your must-have list. Again, it's never a bad idea to choose a fabric that wicks away moisture. If you wear thicker socks in the winter, make sure your shoes can accommodate them. You want to make sure they have enough grip, so you don't slip in rain, snow, or on ice. To keep warmth in and water and slush out, run in shoes that have limited amounts of mesh. If that is a problem - duct tape over the mesh!

With limited daylight, chances are you'll be running in the dark so wear reflective gear. Use a headlamp - less so you can see where you're going and more so people can see you. When planning your run on cold windy days, try to run into the wind on your way out and have the wind at your back on your return. This avoids running into the wind when you are wet and sweaty because you will chill very quickly. Your core body temperature drops as soon as you stop running so change your clothes as soon as you can. And drink something hot—a hearty soup does double duty by refuelling your protein and sodium stores while also warming you up.

Running outside in winter is invigorating. Just a few minutes outside can make you feel brighter and more positive. Research shows that exercising in natural environments rather than indoors, was associated with increased energy and greater feelings of positive engagement and with decreases in tension, confusion, anger and depression. So don't think of winter as an obstacle, get that foot out the door and realise it is a training tool that will make you stronger, tougher, healthier and happier.

Pan Pacific Masters Games

by Phillipa Green and Derek Shaw



Jill Hayman (right) on the podium



Tony Deleiros

After three cancellations due to covid, the Pan Pacific Masters Games finally took place on the Gold Coast in Queensland in earlier November 2022. The athletics took place over three days, 5-7 November, and were based at the Gold Coast Performance Centre.

Thirty-four NZ masters athletes took the opportunity to compete overseas for the first time since 2019 and enjoyed the warm sunny conditions. Among those who participated were a group of fourteen from the North Harbour Bays club, but unfortunately a couple of sprinters sustained injuries in the 100m on the first day and were forced to withdraw from their other races.

The sprinters encountered strong tail winds of up to 4.9m/s which helped produce some fast times and Pan Pacific Games records. They apparently allow winds higher than the usual 2m/s for their Games records because at that time of the year such winds are a permanent feature!

As at previous Games, the track and field events were well organised and mostly ran to time, although some of the field events had late finishes due to the high number of competitors. NZ masters achieved considerable success and broke at least 14 Pan Pacific Games records. Half of these were by Ron Johnson who won all his of nine events in the

M90 age groups and achieved Games records in the long jump, discus, hammer, shot, javelin, weight and throws pentathlon, as well also winning in the high and triple jumps. If he had not already achieved legendary status, he surely has now!

The other multiple Games record breakers were Mark Lambert (M40) in the 60m, 100m and 200m; and Jill Hayman (W60) in the 60m and 100m. Records were also achieved by Arno van der Westhuizen (M45) in the hammer throw and Mark Lett (M60) in the pole vault.

The NZ team also enjoyed considerable medal success against their mostly Australian counterparts, while only five returned home without getting at least one medal. All together their return travel bags were weighed down with 50 gold, 46 silver and 20 bronze medals. Ron Johnson (M90) topped the NZ medal table with nine golds, followed by Aggie Boxall (W60) with six golds and two bronze, Arno van der Westhuizen (M45) with four golds, a silver and a bronze, Joeline Jones (W40) and Rick Davison (70) with four golds each, Anne Goulter (W55) with three golds, two silvers and a bronze, Laini Inivale (M55) and James Thomas (M60) both won three golds and two silvers, and Jill Hayman (W60) won three golds and a silver. The twelve masters from North Harbour Bays club managed an impressive 27 golds, 14 silver and 10 bronze medals between them.

Results for NZ Masters

(* denotes Pan Pacific Games record)

W30	Cherie Mcallister:	200m 4th 33.66; 400m 4th 74.27
W40	Joeline Jones:	60m 1st 8.31; 100m 1st 13.12; 200m 1st 27.17; 400m 1st 64.14
W45	Michelle Bitcheno:	Ham 2nd 25.34; WT 2nd 7.85; TP 3rd 1906; SP 6th 6.55; Jav 6th 13.45; Dis 7th 18.08
W45	Vanessa Hodge:	100m 2nd 13.98; 200m 2nd 29.24; 800m 1st 2:33.58
W50	Phillipa Green:	60m 3rd 8.62; 100m 4th 13.98; 200m 2nd 29.31; HJ 3rd 1.25m
W55	Anne Goulter:	Ham 1st 37.18; WT 1st 11.45; TP 1st 3343 pts; PV 2nd 2.4; Dis 2nd 25.45; HJ 3rd 1.2; SP 5th 8.27
W55	Karen Hulena:	400m 6th 1:31.47; 800m 3rd 3:28.61; HJ 4th 1.12; LJ 8th 3.4
W55	Delwyn Smith:	Ham 3rd 26.85; PV 3rd 2.30
W60	Aggie Boxall:	60m 3rd 60m; SP 1st 8.48; Ham 1st 29.53; WT 1st 11.61; TP 1st 3195; Jav 1st 21.17; TJ 1st 7.38; Dis 3rd 22.32
W60	Jill Hayman:	60m 1st 8.87*; 100m 1st 14.50*; 200m 1st 31.09; Jav 2nd 19.65
W70	Anne Deleiros:	Ham 2nd 18.23; TP 2nd 2525; Ham 2nd 18.23; SP 3rd 5.88; Dis 3rd 15.67; WT 3rd 7.15
W70	Tui Ash:	200m 2nd 40.37; Dis 1st 17.87; Jav 2nd 14.95; SP 2nd 6.00
W75	Chris Waring:	60m 1st 10.75; 100m 2nd 17.54; 200m 2nd 38.59; 400m 2nd 1:37.84
M40	Bruce Alexander:	100m 1st 11.76
M45	Mark Lambert:	60m 1st 60m 7.47*; 100m 1st 11.55*; 200m 1st 23.51*
M45	Ivan Erceg Floerchinger:	HJ 3rd 1.25
M45	Arno van der Westhuizen:	Ham 1st 53:54*; SP 1st 12.15; WT 1st 14.90; TP 1st 3719; Dis 2nd 32.35; Jav 3rd 43.22
M50	Lingham Li:	100m 6th 12.80
M55	Mike Dreaver:	100m 5th 13.79
M55	Grant Hodges:	100m 6th 14.75
M55	Laini Inivale:	Dis 1st 31.91; SP 1st 11.58; TP 1st 2660; Ham 2nd 32.38; WT 2nd 12.19; Jav 5th 22.97
M55	Mark Macfarlane:	LJ 1st 4.91; HJ 2nd 1.40; 100m 4th 13.37
M60	Mark Lett:	PV 1st 3.05*
M60	James Thomas:	SP 1st 11.32; Dis 1st 38.86; TP 1st 3418; Ham 2nd 39.03; WT 2nd 15.56; Jav 4th 33.24
M65	Trevor Ash:	5000m 2nd 21.55.85
M65	Tapenda singh Sokhi:	LJ 4th 2.12; TJ 4th 4.14; Dis 7th 18.54; WT 7th 5.63; SP 8th 6.47; Jav 8th 14.07
M70	Graeme Adams:	400m 1st 1:26.09; 800m 2nd 3:06.25; 1500m 3rd 6:25.54; 2k s/c 3rd 10:52.79
M70	Rick Davison:	Ham 1st 34.24; Dis 1st 31.56; WT 1st 12.48; TP 1st 2948; SP 5th 8.84; Jav 5th 24.49
M70	Lester Laughton:	Ham 2nd 31.00; Dis 2nd 31.18; WT 2nd 12.15; Jav 2nd 22.88; SP 6th 8.54
M70	Mark Powell:	Ham 4th 23.95; WT 5th 8.90; TP 5th 2132; SP 7th 7.30; Dis 7th 24.71; Jav 8th 20.12
M75	Anthony Deleiros:	60m 2nd 9.32; 100m 2nd 14.95; 200m 2nd 31.67
M85	Jagjit singh Kathuria:	TJ 1st 4.34; 100m 2nd 24.70; 200m 2nd 57.01; LJ 2nd 1.94; TP 2nd 1644; WT 2nd 5.14; Ham 2nd 14.32; Dis 3rd 9.79; SP 3rd 5.32; Jav 3rd 12.40
M90	Jim Blair:	LJ 2nd 1.93; HJ 2nd 0.95; Ham 2nd 18.10; SP 2nd 5.95; Jav 2nd 17.13; Dis 2nd 16.56; WT 2nd 7.48; TP 2nd 3062
M90	Ron Johnson:	LJ 1st 2.25*; HJ 1st 0.95; TJ 1st 4.76; Ham 1st 21.12*; SP 1st 7.21*; Jav 1st 22.27*; Dis 1st 18.02*; WT 1st 8.12*; TP 1st 3550*



From L to R: Phillipa Green, Karen Hulena, Annie Gaulter, Vanessa Hodge



Mark Lambert easily won the M45 200m

Strength Training

by Margaret Saunders

PHOTO: Derek Shaw



W35 relay team - L to R Vanessa Story, Ayesha Shafi, Joeline Jones, Hannah Callesen

Strength development is very important for all athletes but extremely important for master's athletes, particularly in the older age groups. Decrease in muscle mass and strength occurs as we age and this change happens in both athletes and sedentary people.

Muscle size peaks in females between the ages of 16 and 19 and in males between 18 and 24. A 5-10% decline in muscle size occurs between the ages of 25 and 50. This decline continues with a further 15% loss until the age of 65 but accelerates after 65 years of age where there is a further loss of 25%. Therefore, the older we get greater emphasis must be placed on strength training.

As well as decreased muscle fibre size, there is a decrease in the number of muscle fibres especially the strength and power fast twitch fibres. These changes are more marked in women than men. Therefore, it is essential to have a training program to ensure that strength is developed and then maintained as the loss of muscle mass does affect performance negatively.

Post-menopausal women have decreased oestrogen levels and this generally leads to bone density decrease. Effective strength training can increase bone density and hence prevent osteoporosis. As we age the risk of falling is increased but with increased muscle strength this risk is lowered.

There are many forms of strength training and it is important to find one or several which suit the needs of the individual. Hill training, deep water running and exercises, such as lunges, sit ups and push ups, are all forms of strength training. Core stability activating and strengthening the muscles of the abdomen, glutes and lower back and plyometric exercises,

PHOTO: Tim Cross



M30 relay team - L to R Saravee Sos, Scott Belesky, Brayden Grant, Hayden Robinson

such as bounding, hopping, leaping and jumping, may also be incorporated into your program. Incorporating fit balls into a gym program will aid in core stability. It is essential to use correct techniques when doing any exercises to ensure the correct muscle group/s are being activated.

Weight training is a popular form of strength training. To develop maximal strength heavy weights and a low number of repetitions are necessary. However, for sprinters, rapid repetitions with lower weights would be suitable. Endurance athletes tend to use lighter weights and more repetitions. Correct technique is imperative so injuries do not occur. Progress is not instant; several weeks will generally pass before any significant progress is noted.

The general principles of progressive overload and specificity apply. Adequate rest and recovery must be planned around the strength training sessions. It is important to have someone who understands your needs and abilities in the planning of your personal strength training program if you wish to incorporate weights.

Another important consideration is when a masters athlete suffers from a major illness or injury. A key aspect of rehabilitation should be strength training. This type of training helps to minimize the risks of injury when returning to normal training. Start with a low weight and small number of repetitions and gradually increase. Ensure the technique is correct. You should initially only spend a maximum of twenty minutes twice a week doing this type of training. As you begin you may require longer rests between sets. Gradually increase the weights you are using, and the repetitions can be altered as you improve.

Northland

by Judith Stewart



L to R: Delwyn Smith, Mark Lett, Judith Stewart and Dave Eastmond

Northland Masters try to meet monthly during the warmer months although this season is causing a little difficulty as we have had so much rain and are using a council provided 300m grass track as our all-weather one has been ripped up and we are in the waiting stages for replacement. I try to remind everyone that complains about how we managed in the past and make the point that the field won't cause any injuries.

Our October meet was a run or walk around the Karanui Estate hosted by Nigel & Judith Stewart. We finished with a BBQ but because of the terrible weather we had earlier in the morning it was a garage setting.

In November we had a track meet at the park in fine weather followed by a cuppa. December will be our Xmas meeting but at this stage still on the grass track and hopefully by January we will have our new replacement track and all our Master's will be claiming records.

Congratulations go to Judith Bradshaw (W70) for her winning ways in the Rotorua marathon, NZ 1/2 marathon champs and this weekend hopes to add the Kerikeri half marathon title. A brilliant effort and proves what you do if you can be uninjured, fit and healthy.

John Kent (M70) has also done very well in assisting his partner Judith and was 1st M70 in Rotorua Marathon, 2nd in NZ half marathon champs and will also be competing in the Kerikeri half marathon.

Delwyn Smith and Mark Lett continue to set high standards in their pole vaulting, traveling to the North Shore for Saturday competition plus recently returned from attending the Pan Pac Masters Games in Australia with a few personal bests and records. Congratulations to you both.

Ian Calder was asked to run in the NZ Road Relay Champs for Auckland City Athletics and with Athletics Whangarei not having a team it was a great opportunity for Ian to have that experience. I was disappointed for him that he didn't get to run the original course but he thoroughly enjoyed his time with ACA in Christchurch. Congratulations Ian and team members on their third place in the M60+ grade.

We also have another member going into a new age group so we look forward to seeing what Tony will achieve. Our thoughts and best wishes go to Margaret and Barbara who have had health issues and to others that I am unaware of.

Northland had six members competing in Wellington at the NZMA Track and Field Champs and an extra two that were officials. All folk competed well but our champion W55 pole vaulter had a clash with the pole and came off second best – wishing you a speedy recovery Delwyn.

Margaret did well in all her events as did Barbara both W75

Both Mark Lett and Dave Edmond showed that hard work pays off and Judith assures us that grass track training does help.



Hawke's Bay/Gisborne

by Maurice Callaghan



Dave Hansen M45 track pentathlon winner

The pinnacle of the season for most of our athletes is the NZ Masters Nationals and our competing athletes can look back on them with a great deal of satisfaction. Although there were only seven competitors from our centre all performed with distinction and great credit.

Every athlete medalled and the total number of medals attained was 59. Two of our members, Reece Little (M30) and Dennis O'Leary (M65), topped the tally with 12 medals each, closely

followed by David Sexton (M50) with 11, Luke Crombie (M35) with 10, Georgia Wedd (W30) with 8, Martin Bryant (M75) with 4, and Geoff Burke (M50) with 2 medals.

There must have been some very tired athletes by the end of competition to attain these very meritorious results.

Without detracting from the efforts of the other athletes a special mention is made of Georgia Wedd who has just re-entered the athletics world. Georgia competed in athletics at high school (2005-10) where she competed in field events, placing 3rd in the East Coast North Island Champs junior discus. She then switched to track events training for the 1500 and 3000m.



Chris Harp 2nd M65 800m

When attending university athletics were put on the back burner and focus was put into weightlifting. She started competing in Olympic weightlifting in 2019. Georgia quickly progressed in her newly chosen sport and she was selected to represent NZ in two International competitions, and has podiumed multiple times at National and North Island meets. This year Georgia placed 3rd at the NZ weightlifting champs. Her best snatch was 80kg and clean and jerk 101kg. She has an impressive back squat of 133kg and jerk of 105kg.

Georgia asserts the work ethic and discipline she acquired through years of training for athletics carried over to weight lifting. At the completion of the weightlifting champs this year, Georgia decided to switch her focus back to athletics. Her plan is to compete in 60m, 100m, long jump, shot put and perhaps the pentathlon.

She believes the strength training she learned through weightlifting will carry her in good stead for sprint events. Her first attempt at a club night long jump produced a creditable 4.52m and this buoyed her to move more in the direction of jumps than throws. Given a bit more technique a target of 5m in the long jump is well within reach. Having observed her attitude and commitment I believe we will be seeing a lot more medal performances from this recent addition to masters athletics.

PHOTOS: Derek Shaw

Taranaki

by Vicky Jones

This season has started with a bang in terms of participation levels. We've had a large number of new recruits in all ages. It's been heartening that (within Egmont Athletics anyway) some of the parents have been inspired and motivated to don a singlet giving a much-needed boost to some of the younger master's grades. Now it's just a matter of encouraging them to step up to compete at North Islands and Nationals!

Many members have been quietly working behind the scenes doing what they can to keep their hand in while coming back from injury and illness which has barred them from competing to the level they would wish. As someone once told me: if you can't do what you want to do, do what you can do.

The weather on track nights has been mediocre, which makes it extra special having such great numbers on club nights (it's not uncommon to have up to 10 100m heats, with one being an exclusive heat for Masters). Thus, while the weather may have been mediocre sometimes, the competition has not – especially for those sharpening up for Nationals.

NZMA Track & Field Champs (2 – 4 December 2022)

It was a small but mighty group who entered these champs in Wellington at Newtown Park, after being postponed in March. Everybody performed brilliantly and came home with multiple medals. Alan Jones (M75) achieved 2 silvers and a bronze in the 400m, 800m and 1500m, Des Phillips (M70) must have almost groaned under the weight of his impressive haul of 8 medals of all colours, Cath Uhlenberg (W45) earned 3 quality gold medals in her 3 track walks, Rodney Gillum (M60) continued his comeback with golds in all 3 walks; but by far the most impressive haul went to Joy Baker (W70) earning either gold or silver in all of the 12 events she entered.

Here is the round-up of Taranaki's efforts:

- Catherine Uhlenberg (W45) 1st in 1500mW (8.59.04), 3000mW (19.00.04) & 5000mW (33.04.60);
- Raewyn Grigg (W50) 1st in 100m (18.19), HJ (1.20m), LJ (3.95m) & TJ (7.33m); 3rd in WT (10.61); 4th in SP (8.80m), Ham (8.08m), & Jav (26.51m), and 5th Dis (20.09m); Throws Pentathlon 4th with 24745 points from SP (8.27m), Dis (21.14m), Ham (26.03m), Jav (15.87m) & WT (10.28m);
- Joy Baker (W70) 1st in 60m (10.89), 200m (36.78), 2000mS (11.46.17), LJ (2.83m), TJ (6.16m); 2nd in 100m (17.41), 400m (1.35.58), 800m (3.46.82), 1500m (7.21.64), 3000m (15.50.19), Jav (11.90m) & WT (6.86m);
- Craig Marriott (M50) 1st in HJ (1.30m) & SP (9.72m); 2nd in Dis (25.48m); & 3rd in Jav (25.13m);



PHOTO: Sharon Wray

Tony Price 1st M65 in the 10000m championships

- Rodney Gillum (M60) 1st in 1500mW (9.27.08), 3000mW (19.28.32) & 5000mW (32.48.68);
- Des Phillips (M70) 1st in 80mH (19.89), 300mH (1.06.32), 2000mS (11.23.87), HJ (1.20m); 2nd in 200m (36.94), 400m (1.20.74) & LJ (2.75m); 3rd in TJ (6.81m);
- Alan Jones (M75) 2nd in 800m (3.41.86) & 1500m (7.34.40), 3rd in 400m (1.33.55).

With the quality of performances at the Nationals and the increase in the number of younger masters age athletes, it bodes well for hot competition going into the second half of the season. I hope our new recruits will find out how great the benefits of master's athletics is and how much broader our horizons are! As you can tell I enjoy extolling the joys of being involved in such a warm, inclusive environment!

Auckland

by Phillipa Green

Track and Field Auckland

With Mt Smart # 2 closed for a complete renovation of the whole area from the end of September and scheduled to be completed by the end of March 2023, Athletics Auckland have moved all their McKinnon Shield meetings to Pakuranga with all the track events, high jump and triple jumps, and the pole vault and throws at the AUT Millennium.

So far, the number of masters taking part at these meeting has dropped away against last year's pre-Christmas season. Whether it is the travelling on the Saturdays to another venue that has put them off, or just that as the NZMA National Championship were perhaps too early in the season this year for athletes to get into top form is not clear.

Auckland Masters Athletics 2023 T&F Championships will be held within the Athletics Auckland T&F Championships on 4-5 February at Pakuranga and AUT Millennium. Auckland Athletics will be holding their Combined Championships including masters on 25-26 March.

NZ 10000m Championships

These champs for 2022 were held at Newtown Park, Wellington on 19 November 2022.

Owairaki's Simon Mace (M45) won the overall masters title in 32:40.69 and was 9th overall in the men's elite race. In the women's race, Lisa Cross (W35) from TTT Runners Auckland won the master's title in a time of 35:48 and was 4th overall in the women's elite race.

NZMA Nationals – Wellington 2nd – 4th December 2022

Following many months of Covid disruptions, the Auckland Masters athletes were pleased to be able to head off down to 'windy Wellington' for the 48th NZMA Track & Field Champs which normally would have been held earlier in the year (March).

Due to the timing of the champs in December, a slightly smaller contingent of athletes attended. Overall, it was great for us all to catch up with old friends and share our stories. The common themes seemed to be "I'm just glad to be here" or "I haven't done this event for a while so here goes"!

The "weather gods" overall were also kind to us Aucklanders – most likely feeling sorry that Aucklanders had encountered such a rainy November and our training schedules had all been affected!

On arrival Friday we headed to the track for the first few events and for those of us who have never competed there before to see what the wind was all about. Late afternoon saw a few events getting underway and those of us who only do the 60m, 100m & 200m really felt for the those taking on the 400m at 5.30pm because the wind was certainly around at



Mark Lambert finishing strong at the Pan Pacific Games

that time. Still all athletes reached the finish line in one piece despite a challenging backstraight.

Saturday saw a beautiful Wellington day. In the Air NZ magazine on the flight down I saw they had referred to a 'pesky breeze' in Wellington – we just were never quite sure which direction it was blowing in. Still, we all achieved and many of us were able to set a PB, Club, Auckland and even NZ & NZ Champs records which was wonderful.

Several Auckland athletes were also recipients at the awards dinner on Saturday evening for their achievements during the 2021 season which was great to see.

Sunday saw a few tired bodies, but everyone was still smiling and ready to go for the final events. Unfortunately, the pesky breeze was a bit stronger which resulted in some interesting head & tail winds, but overall, another lovely day.

NZMA & Wellington athletics – thank you for the hard work and long hours we know you put into making this event possible – you did a great job. Finally a huge thank you from Auckland athletes to the wonderful and dedicated Officials who attended as well - without you these the events would not be run.

Otago

by Christine Montgomery

Despite the wintery start to the summer track and field season in this part of the world (somehow Saturdays are often wet or cold, or both !) the Otago Masters are already shining, both locally and nationally.

Oceania Postal Throws Pentathlon

This usual pre-season event was a fun morning followed by lunch at the Law Courts. We enjoy welcoming and including our fellow throwers travelling from Southland, Manapouri, Waimate and Christchurch.

Points scored this year were:

Paula Cotter (W40) 1285 points
Toni Oudemans (W45) 2425
Fiona Harvey (W60) 2681
Mark Flaus (M60) 2906
Laurence Voight (M70) 2833
Rick Davison (M70) 3071

Otago Throws Pentathlons

The Otago centre kindly holds 3 or 4 throws pentathlons on Saturdays for seniors and masters during each season. These help masters athletes polish up their skills and improve their points as can be seen from the competitions held in October. Results from 8 October were:

Paula Cotter (W40) 1338 points;
Simon Maole (M50) 2630;
Winifred Harding (W60) 2912;
Fiona Harvey (W60) 2766;
Claire Giles (W65) 2199;
Jim Blair (M90) 2878.

As can be seen from the following results improvements were made by some in the next event held on 30 October:

Simon Maole (M50) 2829 (new Otago record);
Winifred Harding (W65) 3091;
Fiona Harvey (W60) 2722;
Rick Davison (M70) 3047;
Jim Blair (M90) 2918.

Masters really appreciate these opportunities to complete a whole Throws Pentathlon and to toss out the weight. This is not a usual event for Open athletes. Athletes such as Holly Robinson and Dyani Shepherd-Oates have a lot of laughs as they too try this event that is new for them. Thank you Athletics Otago.

Otago Middle Distance Championships

This season these events have been held on Saturdays early in the season. A pleasing number of masters runners made up most of the senior / masters fields.

The 10000m was the first of these championship events. Glen Chisholm (M35), the leading master, was second overall close behind the winner, competing his run in 36.43.07. Simon Rhodes (M45), first in his age group, was also third overall in 37.10.55. Glen Mcskimming (M50), first also in his age group, was fifth overall in 38.19.66. Margie Campbell (W35), leading and only woman, was also 6th overall in 40.24.79. Mark Howard (M60) was first in his age group in 43.16.20.

The 5000m championship had a larger field, again most entrants were Masters. Nic Bathgate (M35) was 4th overall and first in his age group in 16.48.52. Glen Chisholm was close behind him, 5th overall and second in (M35) in 16.52.09. Elliot O'Sullivan was third in (M35) in 17.32.37. Steven Morrison (M40) was 6th overall and first in (M40) with a time of 17.02.73. Jonathan Ryan (M40) was second in this group with 17.56.85. Simon Rhodes (M45) was first in this age group running 17.13.63. Glen Mcskimming was first in the M50 group with 18.02.93. Mark Howard was second in M50 with 20.23.73

The 3000m race had even more entrants. This time it was pleasing to see the number of women racing were nearly equal to the number of men. The overall winner in the open / masters was M35 Oliver O'Sullivan in a new Otago M35 record time of 8.44.65. Second overall and second in the M35 age group was Matt Dawson in 9.02.07. Fourth overall and first in the M30 group was Nathan Shanks in 9.41.10. Other age group winners were: Richard Campbell (M40) in 10.32.13; Mark Lokman (M55) in 11.32.02; and Geoff Anderson (M65) in 11.54.06. Well done masters.

In the women's open / masters the winner was W40 Taryn McLean in 11.31.25. Not far behind in 2nd overall and 1st in W30 grade was Lydia Patillo in 11.44.28. Third overall and 2nd W40 was Leila Silby in 12.28.11. Other age group winners were: Georgina Pakeho (W45) and Dalise Sanderson (W65).

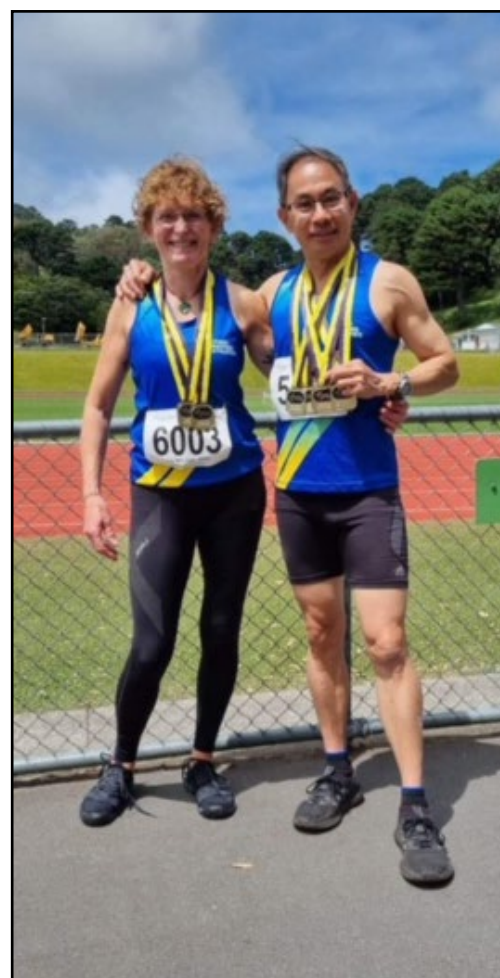
Record Breakers

New Otago records that have been set during the weekly Athletics Otago meets and at the recent NZMA Champs by our masters who consistently compete. Congratulations to the following record breakers:

Paul Davies (M60) 110H (20.02) and decathlon (5420 points);
Alison Newall (W65) heptathlon (3666 points);
Oliver O'Sullivan (M35) 3000m (8.44.65);
Simon Maole (M50) WT (13.67) and throws pentathlon (2829) - both previous records were set in 2003.
Barry Baxter (M80) 60m (10.49);
Claire Giles (W65) 60m (10.94) and 100m (17.84) - both at NZMA Champs;
Liz Mitchell W60 100m (14.58) at NZMA Champs.



Jim Blair (Senior - M90) and Jim Blair (Junior - M50)...Master javelin throwers



Otago sprint finalists for Athletes of the Year 2021 Liz Mitchell and Tony Tan - showing medals for sprint wins at NZMA Champs 2022

2022 NZMA T&F Championships

Otago masters had a small team of nine at the recent NZMA Championships held in Wellington and they were all medal winners. The men were:

- Tony Tan (M55) 1st in 60m (8.12 with 90.52%), 100m (12.98), 200m (26.80) and 400m (1.01.83);
- Simon Rhodes (M45) 2nd in 5000m (17.38.16);
- Jim Blair (M90) was very busy and came 1st in LJ (1.50), SP (6.21), Dis (15.70), Ham (17.23), Jav (17.58), WT (8.48) and the throws pentathlon (3172 pts) – achieved NZMA championship records in all these events.

The women were well represented by:

- Sophana Blake (W40) 1st in LJ (4.19) and TJ (8.83)
- Liz Mitchell (W60) 1st in 100m (14.58), 200m (29.52 & 91.50%) and 4x100 relay (58.33);
- Alison Newall (W60) was also very busy and came 1st in LJ (3.40), TJ (7.22), Dis (15.26), Jav (17.28), WT (10.77) and throws pentathlon (2716), and 2nd in SP (7.28) and Ham (25.03) – achieved NZMA record in throws pentathlon;
- Barbara Patrick (W75) 1st in 800m (3.47.45), 3000m (15.25.23) & 5000m (26.13.10), and 2nd in 1500m (7.24.77);

- Claire Giles (W65) 1st in 60m (10.94), 100m (17.84), SP (6.99), Dis (13.52), Ham (19.35) and WT (7.80);
- Dalise Sanderson (W65) 1st in 400m (1.34.80) and 2nd in 100m (20.20), 800m (3.37.62) and the 1500m (7.13.25).

NZMA Athlete of the Year

Otago had five finalists in different categories:

- * **Tony Tan (Male Sprints)**
- * **Liz Mitchell (Female Sprints)**
- * **Claire Giles (Female Hurdles)**
- * **Jim Blair (Male Combined Events)**
- * **Myrtle Rough (Female Middle Distance)**

Congratulations to all, especially to Myrtle who was the winner 2021 Female Middle Distance. Great to see you again at the Cale Myrtle this season smiling to everyone as you circle the track.

Our athletes enjoyed the weekends competitions. The weather was kind to competitors. This was greatly enjoyed as was the friendly age grouped competition. Thank you Wellington.

We hope to have a larger, but equally successful Otago team, shining at the South Island Championships in Christchurch in January.

Southland

by Dwight Grieve and Barry Smith

They say time flies by faster as you get older, it certainly seems so for me this year ... it's December already!

The days are long again as we hit summer and training is so much more enjoyable in the sunshine. The NZMA Champs being moved to December certainly changed things up with track training starting very early for many in the south. Personally it meant a real issue as they were on the same weekend as the famous Kepler Challenge, which is the highlight of the year down here for trail / distance runners.

The early start might mean some very good results and numbers at the South and North Island Champs in January. At least the events are going ahead and hopefully we are on the verge of event normality.

2022 NZ Masters Track and Field Champs

With the champs clashing with the Kepler I made the call to run my beloved mountains, so roving reporter Barry Smith put together the following report. Super to see some records as well as some fun.

A team of seven Southland Masters arrived in Wellington all set for competition. We were down Ian Densie because of Covid and this just reminds us that it is still lurking around doing its best to disrupt plans. With this in mind a huge thank you must go to the crew in Wellington for being able to finally run this very successful event. Thank you guys and gals, especially all the volunteers who gave up their weekend so the rest of us could have a great time. We were also down Debbie Telfer because of injury.

The team had a very successful weekend taking home 16 gold medals, 6 silver and 7 bronze. In all the results I could only see two 4th places.

Now the really good bits. Our members were instrumental in the setting of 4 records. Champions of our teams were:

- Gail Kirkman (W70) - breaking her high jump record by 1 cm, the new record being 1.13m. She also set a new benchmark for the W70 200m long hurdles at 41.42;
- Warren Green (M70) - in the outdoor pentathlon with 200m in 32.6 sec, LJ 3.48m, Dis 25.37m, 1500m 7:29.12 and Jav at 29.82m, giving him a total of 2705 points, smashing the old record by 60 points;
- Topping off our list of record setters was Scott Belesky (M40) who teamed up with Hayden Robinson (M45), Brayden Grant (M45) and Saravee Sos (M30) in the M30 4 x 100 M relay setting the record at 47.71. As these guys had never worked on a relay before they freely admitted that their changeovers were somewhat sloppy. This means that if they get together again next time, that record is likely in for a thrashing.}

So here are the results:

- Scott Belesky (M40) - 1st 60m, 100m & 200m;
- Mark Flaus (M60) - 1st Dis, WT & Throws Pentathlon, and 3rd Jav;
- Warren Green (M70) - 1st Outdoor Pentathlon, 3rd Jav;
- Gail Kirkman (W70) - 1st 400m, 200m long hurdles, HJ & 800m;
- Lester Laughton (M70) 2nd SP, HJ, Dis, 3rd Ham, 4th WT;
- Evan Macintosh (M75) - 1st 60m, 100m & 200m, 2nd 400m, 3000m, 3rd 1500m & 800m;
- Barry Smith (M65) - 1st LJ, TJ, 2nd 60m, 3rd 200m, and 4th 100m.

Personally, I had great support from Lance Smith who did his best to get me jumping better - thanks Lance. With most of the team going home on Sunday evening or Monday morning that left Scott, Evan and myself who, along with my wife Robyn, did the tourist visit to Weta Workshops. It was an hour and a half long and we got to see many of the props from the Lord of the Rings as well as some of the sets from the later release of the Thunderbirds (a childhood favourite TV programme).

Well done Team Southland.

Kepler Challenge

With the whole Covid disruption, 2022 will go down as the year Kepler Challenge went ahead twice! With the 2021 event rolled over to the start of the year and then the 2022 version back at its normal first weekend of December.

The race again sold out in 4 minutes but there were a fair pile of late entries as many spots opened up at the last minute due to Covid striking. After a couple of wet and wild years, this year was set up with perfect conditions; overcast with cool conditions, and the fine weather in the preceding week meant a perfect track surface. The only issue was a few washouts on the track from earlier in the year.

Masters wise the results were great, Vajin Armstrong lead the way in the 62km challenge coming home 4th overall and first master male in 5 hours 27 minutes, a very respectable 5 hours 37 for second master Dayle McLauchlan (5th overall) and Hamish Cropper third and still sub 6 hours in 5 hours 55. First Southlander master Kelvin Meade 15th overall and 5th master in 6 hours 1 minute, so close to the elusive sub 6 club.

For the ladies, Te Anau local, the lovely Sally McMillian-Armstrong had a great run for the masters win in 6 hours 56 minutes, Sally is a really nice person and I am stoked she got the win. Second was Lisa Brignull and third Veronica Palockova.

For the 50+ crews -

Men - Granantan Boyle and Steve O'Neill must have had a real ding dong battle with only 21s between them by the finish, both in 6 hours 1 minute, for the record Granantan taking the win. Third home was southern legend and race director Terry Davis.

Women - Jen McDermott took out line honours by nearly an hour and half ... in 7hours 11 minutes - Wow. Second was Korina Somerville and third Rochelle Kingi.

I personally had a crack at the shorter 27km Luxmore Grunt in an attempt to knock over the younger runners, the Grunt doesn't have a masters division so it is a free for all. Sadly I was 3 minutes off my PB and only managed 4th, dammit. The Grunt is a very intense race with a flat, then a straight up 800m vertical climb before turning around to come back. Next year I'm going back to the full loop, it is so much easier!

2022 NZ Trail Running Champs - Crater Rim Christchurch

The Crater Rim event again hosted the NZ Trail running champs over the 52km distance but also included the Ultra trail champs with a 83km event as well. This was the first time I have personally had a go at the Crater rim event and enjoyed my day on the hill, a very cool atmosphere and course.

The day starts for the 83km event from the finish line as they head out to Mount Herbert and back, while the 52km starts with a cool boat ride to the startline at Diamond Harbour, which makes for an early rise though.

The 52km takes you up from the sea to the top of Mount Herbert over open farm and tussock type country before a technical descent, from there a nasty steep climb to the summit road followed by undulating across the Crater top. But wait, there is more ... Someone with a sense of humour decided halfway across the tops they would get us to all run straight down the hill for a couple of kilometres and then turn around and go straight back up - a great wee mind wrecker. Then to top it off just when you get to see the finish line below you get to do another odd 2km loop on a mountain bike track.

The day was warm and the course exposed, but it provided some stunning views. However I personally suffered a bit in the heat and had the worst cramp I've had for years. I loved every minute of it, nothing like some pain to let you know you are alive. I am only thankful that I didn't have to race someone hard in the last few km's or I really would have been suffering.

For the Ultra distance masters men it was 50+ runner Keith Poore first home in 10 hours 24, with 40-49 pairing of Takaaki Hatanaka (11 hours 21) and Brendon Cornell (11 hours 45) for second and third respectively. The female results sadly are not available online arrh, sorry ladies.

Back in the 52km champs it turned out to be a solid battle but the pairing of Vajin Armstrong and Dayle McLauchlan ran together for the masters win, both home in 5 hours 17 minutes, the results giving Vajin the win. Myself home for third, 12 minutes back. Again I couldn't get any female results online!

The Crater Rim event is well worth giving a crack and well organized. Of note a quick turnaround for the next NZ Trail Champs with Dunedin's iconic 3 peaks race playing host in March 2023, an equally brutal course with over 2500m of vertical over the 50 odd km 3+1 course. See you there.

Looking ahead

Track and Field continues with regional and North and South Island Masters Champs ahead, hopefully we can gather a few for the Southland champs.

The now Southland famous Manapouri Classic Field event is going ahead on the 6th and 7th of January, Lester Laughton has created a very cool relaxed event in Manapouri near Te Anau, he also has plans of a wee off road run in the area as well.

Being summer a host of running events appear all over the place and are always fun to attend. Good times ahead and always fun to catch up with all the athletics crew.



2022 Luxmore Grunt finish

4th Manapouri Classic Throws Pentathlon and Athletics Weekend 6th & 7th Jan 2023

by Lester Laughton

This year there was an increase in numbers again, as per 2022. Word has got around! Friday evening was programmed to be for the serious Throws pentathlon persons. The nine entrants that I knew about earlier, grew to 12 by the 4.30 pm start time.

Fiona Harvey (W60), Lois Anderson (W75), Greer Knowles (14 years), Jim Blair (M90), Brian Senior (M80), Rick Davison (M70), Keith Hutton (M70), Warren Green (M70), Ivan Temple (U20), Dyani Shepherd-Oates (SW), Sheron Tamatea-Scown (W55) and me (M70).

Unfortunately, at about 4.40pm it started to rain but we carried on regardless. Throwers and officials are a hardy group, and the temperature did not drop until we were nearly finished.

The outstanding throwing of the evening has to be credited to Dyani Shepherd-Oates who threw the 4kg hammer over 51m and also the 1kg discus the furthest at 32.75m. Although quite a few years off qualifying for masters athletics, it was great to see Dyani turn out for our event. She is one of the most outstanding throwers Fiordland has produced.

The best throws pentathlon total goes to Keith Hutton, who I think surprised himself with his distances, and improved on Saturday. It was very nice to see Lois Anderson from Christchurch and Brian Senior from Methven at the weekend.

Fortunately, we had the Fire Station kitchen and common room for our evening BBQ immediately after the conclusion of the event and although most had got a bit damp, there was no rush to leave. A very good sign.

Saturday dawned fine and overcast, and the day improved to warm sunshine. It was nice to see Gail and Garry Kirkman, Debbie Telfer and Lance Smith and a few locals turning out.

I had arranged the hammer throwers to start at 10.30, and invited the children and public at 11.00. This was for safety reasons, although this year I did have a "cage" around the throwing area, being made up of security gates loaned by Te Anau Earthworks. It was very acceptable, and did give us all a good sense of security.

Dyani had got acquainted with the facilities and threw a 52.88m hammer. Rick was next best with 31.28m - only slightly outside the arc, but we allowed "Manapouri rules" on it. This was followed by a shot put, with 15 entrants.

While I worked the BBQ and the ladies in the kitchen prepared food, Keith, Warren and others arranged some 50m sprints. We just had 3 lanes, and the object was then to run the 1st place-getters against each other, and the same for the 2nd and 3rd place-getters. Gail then produced some low hurdles, which the children seemed to have great fun with. I can confirm this as it took ages to call everyone into the lunch room.



There was an excess of food, as so many folks had brought supplies, with the highlight being the cinnamon rolls and cream scones that a couple of local ladies generously provide for many Manapouri events.

After lunch we had 12 discus throwers and 11 in the javelin event. Allen Anderson, who accompanied wife Lois just could not resist having a go. He threw quite a nice discus too, after a few years off.

We fitted in a handicap 300m somewhere during the afternoon. Handicapper Keith did an exceptional job and it was a very close fought finish.

As a conclusion, we had a graduated weight throw, with two throws with a weight above our normal, two with the regular weight and two with a lighter weight. There were some interesting techniques, and a few no throws. The most spectacular being Keith's forward rolls out the front, and that was with the light weight! In the evening there were 18 of us at the local bar and eatery for a very convivial meal.

Thank you all for attending as throwers, helping as officials, and kitchen staff. I hope you enjoyed the weekend and will return next year on Friday 5th and Saturday 6th Jan 2024.





2022 Luxmore Grunt startline



Lesters NZ Champ haul

Tasman

by Derek Shaw

NZMA Track & Field Champs

A team of 12 from the Tasman Centre had entered the 48th NZMA T&F Champs at Newtown Park, Wellington on 2-4 December 2022, but unfortunately illness resulted in one withdrawal. The remaining 11, had a successful time returning with 25 gold, 12 silver and 2 bronze medals along with two NZMA National records and five NZMA Championship records.

One of the star performers was Joeline Jones (W40) who achieved gold in all her 5 events. Her 8.34s for the 60m broke the NZMA Championship record. She also broke the Championship record for the track pentathlon with her 2421 points to now hold the NZMA National and Championship records for both the W35 and W40 age groups in the track pentathlon. She ran 13.4 for 100m, 27.08 for 200m (PB) and 62.53 for 400m. To cap off a very successful champs she ran the anchor leg for a team that with 55.21 broke the former NZMA National record for the W35 4x100m relay of 60.85 that had stood for 35 years. With her current form it is little wonder that she was recently announced as the master's sports person for the second year in a row at the 2022 TSM Tasman Sports Awards.

Also in record breaking form was Athletics Tasman President Dave Hansen who smashed the M45 track pentathlon record by nearly 500 points to establish new NZMA national and championships records with his total of 3390 points. He now has the distinction of holding both the NZMA National and Championship records in the track pentathlon for three age groups – M35, M40 and M45. He also won his 400m (55.33) and discus (37.17m) and was second in his 200m (24.80) and shot put (11.60m) to finish with 3 golds and 2 silver medals.

In her debut at the NZMA champs Laura Smidt (W30) not only won her four races – 200m (29.84), 800m (2:42.18), 1500m (5:15.40) but also broke the 22-year-old NZMA Championship record for the W30 2000m steeplechase with her time of 8:19.63, taking over 14s of the previous record.

John Rawcliffe was the fourth Tasman master to set new records adding 18 points to his previous NZMA National and Championship records for M60 track pentathlon to lift the records to 2695 points. He also won gold in his javelin with a throw of 31.89m and claimed silvers in both his 60m (8.95) and discus (34.04m).

With strong running Paula Canning (W50) claimed four golds in her four races – 800m (2:52.16), 1500m (5:39.21), 3000m (11:58.57) and 5000m (20:17.56). Tim Cross (M60) was first in both his races – 2000m steeplechase with 8:46.36 and 5000m with 20:56.59.

Dave Riddell (M65) had a busy schedule with his five races to finish with three golds – 400m (1:09.90), 800m (2:49.09) and 1500m (5:45.02) – along with silvers in both his 100m (14.82) and 200m (31.58). Runner up in the M65 400m was Steve Low in a time of 1:13.42.

Another with a full schedule was Carey Dickason (W70) who won four silvers in her long jump (2.26m), triple jump (5.50m), hammer throw (17.50m) and track pentathlon (1917 points) along with bronze medals in her 1500m (7:54.35) and 3000m (16:02.02).



3000m: 2nd M70 Derek Shaw sheltering behind 2nd M65 Chris Harp

After an absence of several years, Nige Burgess's (M40) return to the track was unfortunately impacted by illness which restricted his preparation, however he won gold in the 400m (63.25) but in the more competitive races over 800m (2:21.57) and 1500m (4:55.78) was relegated to 5th places. In his debut in the M70 grade, Derek Shaw won gold in the 800m (3:07.08) and silvers in his other three other races – 1500m (6:08.54), 3000m (13:03.14) and 5000m (22:46.52).

Pan Pacific Masters Games – Gold Coast 5-7 November 2022

Joline Jones (W40) was one of large team of NZ masters athletes that venture across the Tasman to participate in the athletics at these master's games. Despite badly twisting an ankle only a few weeks out she managed a gold sweep in her four sprints – 60m (8.31), 100m (13.12), 200m (27.17) and 400m (64.14).

Nelson Half Marathon – 6 November 2022

After being postponed twice due to covid this annual Festival of Running was back to its original November weekend with four events on offer – half marathon, 10km, 5km and 2.5km.

In the half marathon run, two M40-9 masters had a good tussle for line honours with visiting Auckland runner Mark Paterson (1:16:38) prevailing over local Barney Hoskins (1:17:24). Third in this age group was Curtis Moore (1:27:16) who after a close race finished 3s behind the first M50-9 runner Brian Kemp (1:27:13) in his first race as 50-year-old with a very good run to finish 6th overall. Another who had a very good run was regular visitor from Hamilton John Rudge who was first in the M60-9 age group and 10th overall with 1:29:31. He was nearly 3 minutes ahead of local champion in this age group Graeme Lear (1:32:21). Second and third in the M50-9 age group were Paul Heath (1:35:03) and Richard Bamfield (1:35:45). Malcolm Fisher won the M70+ age group with time of 2:11:05, with John Edwards 2nd in 2:23:24.



Paula Canning (TAS) won W50 3000m & 5000m

In the women's half marathon the first three to finish all won their respective age groups – Karen Welsford W40-9 (1:37:28), Collette Read W50-9 (1:42:23) and Eileen Searle W60-9 (1:44:17). Catherine Delaporte was 2nd W40-9 in 1:45:26 and Cathy Dubbelman 3rd in 1:47:52. Christine Lear was 2nd W50-9 (1:53:05) and Gillian Thornton 3rd W50-9 (2:00:03). In the W60-9 Carolyn Forsey was 2nd (1:49:08) and Teresa Coates 3rd (1:57:29). Margaret Hazelwood was 1st in the W70+ age group in 1:59:15 and Yvonne West 2nd (2:04:30).

David White (M60-9) was first overall in the half marathon walk in 2:39:07, over 14 minutes ahead of the first of ten consecutive women walkers and the second male Dave Knight in 12th place overall and 1st M50-9 (3:20:39). Gwen Connor (F50-9) was first women overall in 2:53:21, followed by Lorna Ross 1st W60-9 (3:01:08), Belinda Rawlings 2nd W50-9 (3:01:20), Lynette Campbell 1st W70-9 (3:01:47), Venus Guy 1st W40-9 (3:06:37), and Sue Young 2nd W60-9 (3:06:40).

Brendon Crequer was 1st M40-9 and 2nd place overall (43:41) in the 10km run. He was followed by the next two M40-9's Nige Burgess (44:14) and Simon Connor (44:49). Alby Mokomoko was 1st M50-9 (45:58) in 8th place overall. Derek Shaw was 1st M70-9 (46:51) in 12th place overall, with Dave Riddell being the 1st M60-9 (49:01) in 17th place overall. Second and third in M50-9 age group were Norman Hensley (50:29) and Luke Watson (50:34). Stephen Gray was 2nd M60-9 (52:34) and Phil Barnes 3rd M60-9 (53:03), while Roger Horn (57:29) claimed 2nd place in M70+ age group.

Leanne MacDonald was 1st W40-9 (49:12) in 18th place overall, three places ahead of 1st W50-9 Susan Donaldson (49:34). Jennifer Jones (53:58) claimed 1st place in the W60-9 age group and Mieke Holtrop (1:08:26) was 1st (W70+). Genevieve Sanders (50:38) and Anthea Lees (53:00) were 2nd and 3rd in W40-9 age group, and Yvonne Blackmore (52:10) and Diane Trengrove (57:35) were 2nd and 3rd in W50-9 age group. Eileen Beattie (60:31) claimed 2nd place in W60-9 and Anita Parkinson (1:10:25) the 3rd W60-9 spot.

Manawatu-Wanganui

by Jen Fee

What a rush the last quarter has been. With the Athletics NZ calendar being so busy it was difficult to schedule our usual Spring pentathlon events, (as I am sure other centres found) managing only two Sunday events where we had our local athletes plus Raewyn Grigg, who travelled down from Inglewood.

Our first event also saw the athletes compete for the Laurie Devlin Shield, for the throws pentathlon. This year we were honoured to have Linda Devlin (Laurie's wife) there as a spectator and to present the shield to Jill Evans, who won again by a comfortable margin earning 3,151 points. Linda also loaned the club video tapes and photos of Laurie competing for training guides which we will look at digitising.676

Our second event was limited due to the weather, so only four events and six athletes so it was used as a training day as well as a mini-comp.

It was pleasing to see that we had a few new ANZ athletes from the region give our Nationals a go in December and come

away with medals. I hope we see more of them in the future. By my calculations the Manawatu-Wanganui region earned themselves 42 gold, 23 silver and 6 bronze medals in total from 20 athletes. I wish I could have stayed to watch everyone. Welcome back to the region Sally Gibbs, your percentages are truly inspiring, and we hope you are enjoying old stomping grounds. Sally had three of her four results over 91% age-factors with the other one above 85%! Laurie Malcomson again scored over 93% for his 60m, with his dedicated training paying off. It was amazing to see that between ten of the Manawatu-Wanganui athletes they had 26 results scoring over 80%.

We are now busy planning for our annual Colleen Blair Memorial Team Challenge that will be held on 29 January in Palmerston North. Entries for the day are \$15 and this includes a light lunch. This change in schedule is to hope that some athletes coming down for the Cooks Classic will make a weekend of it. We look forward to seeing you there. Email mwmasters@gmail.com for details.

		Hammer	Shot Put	Discus	Javelin	Weight	Total
Raewyn Grigg	W50	28.48	8.40	21.14	17.52	9.75	
		636	567	420	345	586	2554
Dale McMillan	W55	18.50	8.28	14.23	24.03	7.50	
		404	618	287	568	473	2350
Jill Evans	W70	22.04	7.34	16.86	13.88	8.54	
		760	769	550	425	647	3151
Beryl McMillan	W70	13.92	6.59	15.09	8.99	6.97	
		421	676	481	246	506	2330
Francie Bayler	W80	13.78	4.38	9.81	NM	4.67	
		531	469	364	0	368	1732
Laurie Malcomson	M70	27.58	7.39	22.72	31.92	10.61	
		540	483	445	642	570	2680
Mike Shepherd	M80	22.28	7.99	21.06	15.55	9.35	
		552	653	556	336	575	2672
Barry Krebs	M85	16.83	5.93	13.10	16.36	7.09	
		485	527	378	440	465	2295



W55 relay team L to R Petra Stoeveken, Jill Hayman, Dale McMillan, Liz Mitchell

PHOTO: Derek Shaw

COMING EVENTS

2023

18-19 February	WMA Cross Country Championships	Bathurst, Australia
19 February	ITM - International Track Meet	Christchurch
25-26 February	NZ Combined Events Championships	Whanganui
2-5 March	NZ Track & Field Championships	Wellington
18 March	NZ Mountain Running Championships	Mt Maunganui
26 March	NZ Short Course Trail Running Championships	Dunedin
26 March -1 April	WMA Indoor Championships	Torun, Poland
6 May	NZ Masters Marathon Championships	Rotorua
22-26 June	OMA Champs	Saipan, Northern Mariana Isles
29-30 July	NZ Cross Country Champs and Cross Country Relay Champs	Taupo

Vetline





