

# Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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#### NZMA BOARD MEMBERS

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Thank you to all the contributors to the magazine.

Photo on front cover - NZ Cross Country 2023

Firstly, I must apologise for not keeping members as informed as I could have. You will notice the change in format of this issue of Vetline and that we have combined the April and July issues. For the past ten years John Campbell, who was previously on the NZMA Board, was responsible for determining the final content and the formatting of the magazine. He moved to the USA about two years ago and continued in the role, but is now working full-time and in need of a break - the January issue was the last one he created.

In April, the Board considered what we would do going forward. I am all in flavour of creating a historical record of what masters achieve and this has been via Vetline. It is interesting to note that I have only had two inquiries as to why there was no April issue. This begs the question ..."how many of our members actually read Vetline?".

As a desktop publisher, I do have the skills to put this together, but I am not sure I want that responsibility. Therefore, if you are keen to help out, I would love to hear from you. In terms of creating this issue, I particularly thank Noni Callender who managed the NZMA teams attending WMA events overseas, provided updates while away and then post event articles. I also thank George White for the many articles he has provided over the years. Thank you also to the Centre 'reporters'.

Since the last issue, numerous local, island, national and international events have been held. I appreciate the time taken by those who have written a report or supplied photos the appear in this issue.

***So what has been going on?***

At the AGM, we talked about working more closely with Athletics NZ to ensure our track & field events are not 'lost' within a busy summer season. Finding a venue and a date for the NZMA Track & Field Championships has been a challenge. Several of the key dates for Athletics NZ meetings were dependent on when events happened elsewhere in the world, and particularly in Australia.

Rather than wait, I approached Athletics Canterbury, requesting their help to host the NZMA championships at Nga Puna Wai. Fortunately they agreed, helped by my

presence on the track & field committee. I have also organised this event before, so I can rest more easily knowing we have this event in place for the 2023-24 season. I have already made a request that the 2024-25 NZMA Championships be held in Auckland. I hope they agree.

This decision required a change of venue for the South Island Masters Track & Field Championship. I thank Derek Shaw (Tasman) for agreeing to host them in Nelson (19-21 January 2024). It is possible the event will return to Nga Puna Wai the following season (TBC).

The 2023 North Island Track & Field Championships are to be held in Palmerston North. They have opted for the 1-3 December 2023. The LOC have enlisted the help of Mark Harris (Masterton) to handle entries and do what needs to be done on the day, such as he did in Masterton for the last champs. I know some key officials from Wellington are also involved and I very much appreciate their help. Northland have had their track repaired and it is their intention to host the 2024-25 NI Championships in Whangarei ... date to be confirmed.

For both the Island Championship events, I encourage the Centres to include events for the local underage / senior athletes. This is a good way to showcase what masters can do and also potentially increase the number of available officials and helpers. It can also generate a little bit more income to help cover the costs involved with the meeting.



*Start of the 65+ 800m at the South Island Masters Track & Field Championships - January 2023*

This year we have three new NZMA Board members. One of the challenges is working out exactly what role each Board member will undertake. Depending on the personal demands they face, it is not that simple. I think about what I do across all areas of the sport, and it is very time consuming. I have managed so far because of the nature of my work, being self-employed and the stage of life I am at. Over the years the tasks just seem to accumulate, as you learn new skills and take on more responsibilities as and when required. A lot of what we do does become so instinctive, that when you step back to articulate or write down what is involved, it is hard to remember everything. That makes it a challenge to pass on some jobs, given it may have taken several years to acquire the skills. However, for the sake of succession planning, we all need to do this.

There is a list of tasks that need to be undertaken to keep the sport moving forward, so this is a call for anyone able and willing to get involved.

#### ***NZMA / NI / SI Records:***

Currently Brayden Grant oversees all updating of records, with a bit of help from me at times. I remind ALL athletes that it is also your responsibility to inform us if you have broken a record. Even though Brayden does go through the championship results and we will accept records off the results, it is helpful to let him know.

#### ***Athlete of the Year Awards:***

The Covid delayed NZMA Championships resulted in the 2021 awards being presented in December 2022. That means at the February 2024 dinner we will have TWO years of awards to present, 2022 and 2023. Previously Michael Wray has done a fantastic job of coordinating the finalist. However, he is no longer involved. I will be sending an e-mail to all NZMA, NI & SI attendees requesting you submit any performance you believe should be considered for an award. We will do our best to also look through results as well, but if we miss anyone ... we are putting the emphasis back on YOU to let us know. You can nominate anyone else as well.

#### ***Athletics NZ and NZMA MoU Update:***

Athletics NZ have a new CE as from 1st August. Several of the NZMA Board will have an opportunity to meet with him at the Road

Championships in September and again when he visits the regions later that month.

NZMA and the 4th World Games Veteran Trust have significant funds. NZMA can continue to operate pretty much as usual, without having to enter into a financial arrangement with Athletics NZ. The discussions we have had so far, have focused on ensuring our three summer championship events are factored into the Athletics NZ calendar. As mentioned earlier, fitting the NZMA Championships into the busiest part of the season is a challenge, but we are making progress.

#### ***Promotion of Masters:***

This is an on-going challenge as it requires someone to continually come up with information. Often getting updates from Master's Centres is not easy, as I know many of you are busy getting on with your lives, or it's not one of your skills. Athletics NZ does promote our events on their calendar. They do have an online newsletter they send to all club athletes. What we require is someone who is keen and interested in coordinating regular information from around the Centres, that we can pass on the Athletics NZ for inclusion in their newsletter. Can you help?

I have been involved in athletics administrative roles for over 10 years. That may not seem long compared to some. However, I have been on up to five committees at the same time, often as the chairman, therefore it feels like a lifetime. At the recent Athletics Canterbury AGM I was made a life member of Athletics Canterbury. I appreciate the honour and thank you to those who acknowledged this achievement.

I am more than happy to stay involved, given there are new Board members to 'train'. I am also aware, we are all volunteers doing the best we can ... and it is only sport. It is not always easy for some to commit the time required to get everything done in a timely fashion. I sincerely appreciate all the hard work that many of you have done, year after year.

If you are a 'young' master, can you help? You do not have to be on the NZMA Board to get involved. Just by supporting your local master's Centre, even if you belong to club, is of help. Just remember, events just don't happen without people in the background making it happen.

The North Island Championships were held over the 14-15 January 2023 in Masterton. With previous NI Championships having to be cancelled due to various reasons the decision was made to combine the champs with a pre-existing open age summer track series. This concept of combining some events was well received by those that attended. It also gave the opportunity for different generation family members to compete in the same competition or even the same race. See Kirsten Kilmister and daughter Sacha in the image shortly after competing in the same event.

NZMA wish to thank Mark and Andrea Harris, plus their team for running a well organised weekend event. Without their help there may well have been no NI champs.

From the feedback received from competitors it was a relaxed, enjoyable weekend and that they enjoyed having some combined seeded events. Many also commented that it was so nice to just be able to compete in a NI champs as it had been some time since they had last been at one.

Some stand out performances from the weekend were:

Chantal Brunner W50 from Auckland achieved the NI record the 60m and 100m with Ian Calder M65 making his mark with a NI record in the 800m, 1500m and 3000m. Sally Gibbs W55 was on form managing to claim the 1500m, 3000m and 5000m NI records. Annette Parlane W75 from WBP threw her way into the NI record books by gaining the NI records in the discus, hammer and weight throws as well as the throws pentathlon. Another stand out in the throws was Auckland's Arno van der Westhuizen M45 who achieved the hammer, weight and throws pentathlon NI records.

Well done to all who competed and not just the individuals who claimed the 43 NI records as well as numerous national records.

I hope to see you and all your invited friends at the next one.

**Results:** [# denotes NI record and \* NZMA record]

## Track - Women

### 60m

W40	1. Hannah Calleson	9.05
W45	1. Kirsten Kilmister	9.77
W50	1. Chantal Brunner	8.87 #



W55 1. Dale McMillan 9.73

2. Joanne Merson 10.22

W70 1. Beryl McMillan 14.41

### 100m

W30 1. Georgia Wedd 15.42

W40 1. Hannah Calleson 14.61

W45 1. Vanessa Hodge 14.14

2. Kirsten Kilmister 15.64

W50 1. Chantel Brunner 14.08 #

W55 1. Dale McMillan 15.71

2. Joanne Merson 16.57

### 200m

W45 1. Vanessa Hodge 29.14

W55 1. Joanne Merson 34.12

### 400m

W40 1. Hannah Calleson 1:05.57

W45 1. Vanessa Hodge 1:03.68 #

W55 1. Joanne Merson 1:26.53

### 800m

W40 1. Heidi-Jane Humphries 3:00.05

W45 1. Vanessa Hodge 2:34.58

W50 1. Heather Walker 2:24.52 #

W55 1. Sally Gibbs 2:48.29



**1500m**

W40	1. Charlotte Bartrum	5:52.39
	2. Heidi-Jane Humphries	6:35.86
W50	1. Heather Walker	4:54.42 #
W55	1. Sally Gibbs	5:06.77 #

**3000m**

W40	1. Charlotte Bartrum	12:23.16
	2. Heidi-Jane Humphries	13:51.45
W55	1. Sally Gibbs	10:44.32 #
W65	1. Terri Grimmett	17:50.31

**5000m**

W55	1. Sally Gibbs	18:28.71 #
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**3000m RW**

W40	1. Vicky Jones	24:07.20
W45	1. Gabrielle Wildbore	20:04.58
W55	1. Denise Fellows	24:36.16
W60	1. Helen Willis	21:07.11
W65	1. Terri Grimmett	21:04.86
W75	1. Jacqueline Wilson	20:32.56 #
W80	1. Daphne Jones	23:53.81 #

**5000m RW**

W40	1. Vicky Jones	41:35.02 #
W60	1. Helen Willis	35:36.83
W65	1. Terri Grimmett	35:35.39 #
W75	1. Jacqueline Wilson	34:31.89 #
W80	1. Daphne Jones	40:55.80 #

**Track - Men****60m**

M35	1. Brayden Grant	7.64
	2. Matthew Field	8.18
M45	1. Hayden Robinson	8.28
M55	1. Chris Roberts	8.72
	2. Mark MacFarlane	8.82
	3. Graham McPhail	9.26
	4. Richard Doyle	9.66
M60	1. Bruce Solomon	8.37 #
	2. Gary Rawson	8.59
M65	1. Dennis O'Leary	9.01
M70	1. Laurie Malcolmson	9.72
	2. Christopher Sole	11.98
M80	1. David Eastmond	12.76
M85	1. Peter Hanson	12.71 #

**100m**

M30	1. Saravee Sos	11.77
	2. Owen Westerhout (Neth)	12.46
M35	1. Brayden Grant	11.68
	2. Matthew Field	13.04
M45	1. Hayden Robinson	12.81
M55	1. Chris Roberts	13.87
	2. Graham McPhail	14.87
	3. Richard Doyle	15.29

M60	1. Bruce Solomon	13.38
	2. Gary Rawson	14.11
M65	1. Dennis O'Leary	14.66
M70	1. Laurie Malcolmson	14.91
	2. Des Phillips	18.46
	3. Christopher Sole	19.44
M75	1. Brian Hayes	18.56
M80	1. David Eastmond	20.91
M85	1. Peter Hanson	20.74
	2. Noel Jones	28.45

**200m**

M35	1. Brayden Grant	23.65
M45	1. Hayden Robinson	25.88
M60	1. Gary Rawson	29.98
M65	1. Dennis O'Leary	29.25
M85	1. Noel Jones	61.67

**400m**

M30	1. Owen Westerhout (Neth)	53.64
M35	1. Brayden Grant	51.23 #
M45	1. Hayden Robinson	56.81
M55	1. Richard Doyle	1:13.78
M70	1. Keith Chapman	1:18.79
	2. Des Phillips	1:21.69
M75	1. Brian Hayes	1:21.93
	2. Alan Jones	1:38.23
M80	1. David Eastmond	1:45.32
M85	1. Noel Jones	2:34.84

**800m**

M35	1. Brayden Grant	2:09.20
M45	1. Brent Register	2:36.05
M65	1. Ian Calder	2:24.93
M70	1. Keith Chapman	2:55.55
M75	1. Alan Jones	3:56.73

**1500m**

M35	1. Anthony Jackson	4:26.97
M40	1. Mathew Rogers	4:35.16
M45	1. Brent Register	5:34.40
M55	1. Peter Stevens	4:34.63 #
M65	1. Ian Calder	4:56.40 #
M75	1. Brian Hayes	6:17.52

**3000m**

M65	1. Ian Calder	10:24.18 #
	2. Trevor Ashe	12:40.43
	3. Ian Martin	16:43.32
M70	1. Keith Chapman	12:04.64 #
M80	1. Roger Robinson	15:13.42 # *

**5000m**

M65	1. Trevor Ashe	22:10.52
M75	1. Brian Hayes	22:56.72 #

**3000m RW**

M65	1. Bob Gardener	22:06.62
M70	1. Clive McGovern	18:23.28

2. Des Phillips 21:01.39

### 5000m RW

M70 1. Clive McGovern 30:54.35

## Field – Women

### Long Jump

W30 1. Georgia Wedd 3.97m

W50 1. Chantal Brunner 4.53m

W55 1. Dale McMillan 3.25m

### Javelin

W50 1. Brenda Davis 23.59m

2. Theresa Bartlett 21.95m

3. Raewyn Grigg 19.98m

W55 1. Dale McMillan 21.50m

2. Denise Fellows 11.27m

W60 1. Michelle Anthony 10.32m

W70 1. Jill Evans 11.92m

W75 1. Annette Parlane 14.33m

### Hammer

W50 1. Brenda Davis 39.18m #

2. Raewyn Grigg 27.65m

3. Theresa Bartlett 21.40m

W55 1. Jen Fee 27.51m

2. Denise Fellows 23.83m

W60 1. Michelle Anthony 24.78m

W70 1. Beryl McMillan 16.01m

W75 1. Annette Parlane 26.12m #

### Discus

W30 1. Georgia Wedd 26.51m

W40 1. Heidi-Jane Humphries 19.86m

W50 1. Brenda Davis 27.09m

2. Theresa Bartlett 20.88m

3. Raewyn Grigg 19.97m

W55 1. Jen Fee 20.95m

2. Denise Fellows 14.40m

W60 1. Michelle Anthony 17.01m

W70 1. Tui Ashe 17.58m

2. Beryl McMillan 14.26m

W75 1. Annette Parlane 21.55m # \*

### Shot Put

W30 1. Georgia Wedd 8.77m

W40 1. Heidi-Jane Humphries 6.73m

W50 1. Brenda Davis 9.13m

2. Raewyn Grigg 8.77m

3. Theresa Bartlett 8.22m

W55 1. Dale McMillan 8.18m

2. Jen Fee 7.69m

2. Denise Fellows 5.43m

W60 1. Michelle Anthony 6.38m

W70 1. Tui Ashe 6.75m

2. Beryl McMillan 6.58m

3. Jill Evans 6.14m

W75 1. Annette Parlane 7.88m

### Weight Throw

W50 1. Brenda Davis 13.29m

2. Raewyn Grigg 9.64m

3. Theresa Bartlett 6.18m

W55 1. Jen Fee 8.23m

2. Dale McMillan 8.18m

3. Denise Fellows 7.38m

W60 1. Michelle Anthony 9.02m

W70 1. Beryl McMillan 7.31m

W75 1. Annette Parlane 10.04 #

### Pentathlon

W40 1. Heidi-Jane Humphries 1644 pts

W55 1. Dale McMillan 2918 pts #

W70 1. Tui Ashe 2659 pts #

### Throws Pentathlon

W50 1. Brenda Davis 3046 pts

2. Raewyn Grigg 2548 pts

3. Theresa Bartlett 2276 pts

W55 1. Jen Fee 2429 pts

2. Denise Fellows 1806 pts

W60 1. Michelle Anthony 2381 pts #

W70 1. Beryl McMillan 2379 pts

W75 1. Annette Parlane 3609 pts #

## Field – Men

### Long Jump

M35 1. Matthew Field 5.00m

M45 1. Lorne Singer 4.75m

M55 1. Mark MacFarlane 4.62m

2. Glenn Burgess 3.37m

M60 1. Gary Rawson 4.43m

M70 1. Des Phillips 3.19m

### Triple Jump

M55 1. Mark MacFarlane 9.05m

M60 1. Gary Rawson 9.08m

M65 1. Dennis O'Leary 8.04m

M70 1. Des Phillips 6.95m

### High Jump

M35 1. Mark Tinkle 1.70m #

M50 1. Craig Marriott 1.35m

M55 1. Glenn Burgess 1.45m

2. Mark MacFarlane 1.35m

M60 1. Gary Rawson 1.35m

M70 1. Des Phillips 1.15m

2. Tuariki Delamere 1.00m

M80 1. Mike Shepherd 1.00m

### Javelin

M35 1. Luke Crombie 39.70m

M45 1. Lorne Singer 27.67m

M50 1. Craig Marriott 24.67m

M55 1. Glen Burgess 32.04m

	2. Adrian Stockill	31.96m
M60	1. Bruce Solomon	35.14m
	2. Gary Rawson	26.05m
M70	1. Laurie Malcolmson	28.29m
	2. Tuariki Delamere	24.89m
	3. Kennedy Garland	23.94m
M75	1. Graham Cook	13.21m
M85	1. Barry Krebs	14.69m

#### Hammer

M45	1. Arno van der Westhuizen	50.62m #
M55	1. Adrian Stockill	30.60m
M70	1. Tuariki Delamere	31.63m
	2. Kennedy Garland	22.45m
M75	1. Graham Cook	17.69m
	2. Peter Jack	11.54m
M80	1. Mike Shepherd	24.39m
M85	1. Barry Krebs	17.17m

#### Discus

M35	1. Luke Crombie	23.49m
M45	1. Lorne Singer	26.57m
M50	1. Craig Marriott	26.81m
M55	1. Adrian Stockill	37.08m #
	2. Glen Burgess	35.88m
	3. Graham McPhail	24.89m
M60	1. Bruce Solomon	37.70m
	2. Gary Rawson	28.20m
M70	1. Tuariki Delamere	23.63m
	2. Kennedy Garland	21.72m
M75	1. Graham Cook	17.86m
M80	1. Mike Shepherd	20.99m
M85	1. Noel Jones	15.13m
	2. Barry Krebs	12.98m

#### Shot Put

M45	1. Arno van der Westhuizen	12.13m
M50	1. Craig Marriott	9.80m
	2. David Sexton	8.76m
M55	1. Glenn Burgess	10.03m



A huge thank you to Mark Harris for organising the NI Championships in Masterton.

	2. Adrian Stockill	9.61m
M60	1. Bruce Solomon	10.81m
M70	1. Tuariki Delamere	9.43m
	2. Kennedy Garland	8.75m
M75	1. Graham Cook	6.30m
	2. Peter Jack	4.16m
M80	1. Mike Shepherd	7.56m
M85	1. Peter Hanson	8.04m #
	2. Barry Krebs	5.72m
	3. Noel Jones	5.44m

#### Weight Throw

M45	1. Arno van der Westhuizen	15.56m #
M50	1. David Sexton	11.85m
M55	1. Adrian Stockill	12.18m
	2. Glenn Burgess	10.09m
M70	1. Laurie Malcolmson	13.38m #
	2. Tuariki Delamere	11.18m
	2. Kennedy Garland	10.10m
M75	1. Graham Cook	6.93m
	2. Peter Jack	4.68m
M80	1. Mike Shepherd	9.67m
M85	1. Barry Krebs	6.80m

#### Pentathlon

M30	1. Mark Searle	1804 pts #
M60	1. Bruce Solomon	2792 pts # *
	2. Gary Rawson	2337 pts
M65	1. Dennis O'Leary	2694 pts # *

#### Throw Pentathlon

M45	1. Arno van der Westhuizen	3546 pts #
	2. Lorne Singer	2062 pts
M50	1. David Sexton	2477 pts
M70	1. Tuariki Delamere	2710 pts #
	2. Kennedy Garland	2314 pts
M80	1. Mike Shepherd	2985 pts
M85	1. Barry Krebs	2164 pts

**NEW ZEALAND  
MASTERS  
ATHLETICS**

**2022 Calendar Year**

Would you like to be considered for one of the  
**ATHLETE of the YEAR Categories?**

The nomination forms are on the NZMA website

Send your forms to **ANDREW STARK**

[aws@xtra.co.nz](mailto:aws@xtra.co.nz)



Is “Father Time” catching up? Is it all downhill from here? Just how much do we slow down after the age of 40? There have been many surveys of runners in distance races that determine rates of decline. They vary but are generally in the range of about 0.6 to 3.7 seconds per kilometre per year over the age of 40. The higher numbers may well be skewed by the large number of slower runners in marathons.

There’s some good news however if you are female! As runners age, the gap between men and women shrinks significantly. At age 40 there is a about a 15% difference in performance – but this diminishes to about 10% at 60. While both genders slow at roughly a linear rate from 40 to 75 for all track and field events, after 75 this continues for the walks, jumps and throws and for women in general but unfortunately for us meer males, there is a sharper decline in running events.

On the upside, there’s some good news for everybody: many of the physiological markers that decrease with age, like maximum heart rate, muscular strength, and oxygen uptake, decreased significantly more slowly in athletes than they do in the general population i.e., runners tend to age slower, biologically speaking, than their sedentary counterparts.

What’s more, while many of the physiological markers decreased with age, running economy - a measure of how efficient you are - hardly decreases at all! Running economy refers to the amount of energy a runner expends at a given pace ie how efficiently a runner is able to maintain a certain pace. Factors that can affect running economy include running technique, strength and conditioning, and running-specific muscle endurance. Improved running economy can lead to faster running times and better endurance.

So, what should masters do? Masters should target the areas where physiological markers clearly decline with age. Training will slow the rate of decline. Do this by working on oxygen uptake in interval workouts and hill runs, muscle strength and power with weights and flexibility with stretching.

Does nutrition become more important? Nutritional needs vary little over a lifetime but we need to be aware of our past “sins” and that the negative health impacts of poor diet are cumulative. Also, the same diet that kept us lean when we were young may well cause excess body fat after 40. Cellular damage grows with age so perhaps antioxidant and phytochemical rich foods could become more important than when we were younger.

Obviously, there are a myriad of expert views on what is good food and bad food but you can’t go wrong with a balanced diet (whatever that is) and daily fruit and vegetables should be a no-brainer. There is also growing evidence that master’s athletes may need a higher quantity of protein in order to maintain muscle mass.

Further, as you know, training/racing causes the muscles to break down and form micro tears, which need to be repaired in order to get stronger and faster. Protein is needed for this to occur and for master’s runners it’s even more important as we age. Faster recovery from workouts may be the best way to improve: if you can recover faster, you can train harder or more frequently. Aging results in a reduced thirst sensation, reduced ability to dissipate heat and a lower ability to concentrate urine, making hydration much more important for masters.

Strength training for master’s athletes is very important. As we age, we naturally lose muscle mass and bone density, making us more susceptible to injury and less able to compete effectively (muscle loss translates to reduced running economy). Strength training helps to counteract these changes by building muscle and maintaining bone density. Any strength program should be progressive, gradually increasing the weight and/or reps used over time. Studies have shown up to a 4% increase in running efficiency and up to a 3% increase in a 5km time with strength training.

The type of strength training is important – high repetitions with smaller weights has little value whereas fewer reps with heavier weights appears to be most productive with perhaps the optimum

repetition range being as low as 4 to 6 reps.

What about flexibility? Here's the good news - studies have shown that less flexible runners have greater running economy. With so much focus on the importance of stretching does this make sense? Why stretch if it decreases running economy and why is running economy improved if you are less flexible? Is stretching making us slower? It is dynamic stretching that we need, which is used to increase dynamic flexibility and the elastic recoil of muscles and tendons which in turn improves running economy.

As we age, we need to take more precautions. Warming up is something every runner needs to do before a speed session. It gets the blood flowing to the muscles and primes the aerobic system to take on the hard work that is to come. It is especially important for master's runners.

We are no longer invincible, so minimize the number of high-quality sessions you do each week.

For over 60s that may only be once per week. The important thing is that it is less than what you used to handle. Keep in mind that racing can count as speedwork, too! When you are performing speedwork, keep in mind that as a master, recovery is key. Where you might have taken a 200 recovery between repeats, consider lengthening the easy running to 400. This will allow for adequate recovery before diving into the next tough interval. Finally, cool down - all the way down - when you are time pressed with work or family obligations, the first thing to go is often the cool down.

We may no longer be invincible, but we can still be competitive as we age, especially aided by the knowledge that what we do is helping us live longer healthier lives.

## Coaching Corner

Mike Weddell

There is an advert on TV at the moment that has a quote from Henty Ford that goes something like "if you always do what you always do you will always get what you always got". It was probably something to do with cars but it is equally applicable to the training that athletes do. Presumably athletes want to raise their level of performance, or if you are getting on a bit, trying to slow down the rate of drop in performance.

As a seasoned master's athlete, you cannot continually increase the volume of training that you do so how can you improve relatively speaking? The advert mentioned above gives us a clue to try something different. If you are a distance runner and you are slowing down inject some short sprints into your sessions. By that I mean proper sprints, not just shuffling faster. Or if your stride is getting shorter do more flexibility work. If you are a field event athlete add some weights or short sprints to your training.

Whatever you try start off gently to avoid injury but if you do not feel any soreness, you probably are doing something similar to what you are doing already or you need to increase the load a little until you do. Muscular soreness after training tells

you that your body is trying to adapt to the load. Don't increase the load again until the soreness is gone which shows you have adapted.

A good test for all round general fitness is to lie on the ground then stand up. If you find it a bit of a struggle you need to work on general fitness as the lack of this will be affecting your athletic performance.



*Bored with running? You could always try fly fishing, which is one of Mike's passions. Long walks help with fitness too.*

These champs held over 20 – 22 January 2023 were hosted by Canterbury Masters Athletics and held in conjunction with an Athletics Canterbury senior interclub event. Some 70 master's athletes from throughout the South Island plus several visitors from the North Island participated in the well-organised and convivial meet.

It was great to see some fast 40-year-old runners in the middle distance races, including many from the Don Greig Racing Stables club (even if some of older runners, like myself, had trouble keeping track of how many times the leaders lapped us!). There were many impressive performances over the weekend, that resulted in 36 SI championship records being broken or established by 22 different athletes. Brent Tingay lowered the M40 3000m record by 30s to 8:59.04. Barbara Patrick was in great form taking nearly 4 minutes off the W75 3000m record and 70 seconds off the W75 800m record.

Three NZ records were set in throws pentathlon, including one by visiting Auckland thrower James Thomas M65 who amassed a total of 3910 points and as a consolation for not being eligible for a SI record broke the New Zealand record. Warren Green's win over his Te Anau clubmate Gary Kirkman in the M70 track pentathlon with 2708 points meant he not only claimed the SI record off Gary and increased his number of SI pentathlon records to three but also claimed the NZ record to go with his M65 NZ pentathlon record. The top record breaker at the champs, Canterbury's Brian Senior with five new marks in the M80 throwing events – shot put (by 1m), javelin, discus, weight and throws pentathlon – increased his total of SI championship records to 11.

Canterbury's Helena Dinnissen W35 was in top form and claimed four SI records in 60m, 100m, 100mH (taking 4s of the record) and track pentathlon where her total of 3205 points surpassed the previous record by 917 points and also gave her the NZ record.

Fellow Cantaburian Anna Lynch W35 set three new SI records in the hammer, weight and throws pentathlon. NZMA Patron Jim Blair also set four SI records in the high jump, weight throw and throws

pentathlon and now has 15 SI and 5 NI championship records – the highest number of island records in the country.

Lois Anderson broke the W75 100m record to give her the impressive total of 16 SI records – the highest number of SI records held by any individual. Fellow Canterbury master Glen Watts added two SI records to her tally in the W80 shot put (also a NZ record) and weight throw but lost her W80 javelin record to fellow thrower Justine Whittaker to give Glen a total of 14 SI records along with Loris Reed.

Many thanks to the chief organiser and meeting manager Andrew Stark and all his helpers, fellow Athletics Canterbury officials and those from other centres for a well-conducted meet. All your efforts were appreciated by the athletes, including the social gathering on Saturday and the free coffee muffin/scone tickets. We look forward to enjoying next summer's SI Championships.

**Results:** [# denotes SI record and \* NZ record]

## Women

### 60m

W35	1. Helena Dinnissen	8.20 #
W40	1. Emma Barrett	9.01
	2. Sophanna Blackie	9.96
W60	1. Alison Newall	10.03
W65	1. Claire Giles	10.82

### 100m

W35	1. Helena Dinnissen	12.70 #
W40	1. Emma Barrett	14.08
	2. Sophanna Blackie	15.67
W65	1. Claire Giles	17.61
W75	1. Lois Anderson	19.78 #

### 100mH

W35	1. Helena Dinnissen	15.80 #
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### 200m

W40	1. Emma Barrett	29.46
	2. Sophanna Blackie	33.42
W60	1. Alison Newall	34.64
W65	1. Claire Giles	37.58

### 400m

W65	1. Dalise Sanderson	1:35.94
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### 800m

W40	1. Jo Van Rensburg	2:32.09 #
W65	1. Dalise Sanderson	3:33.79
W75	1. Barbara Patrick	3:46.36 #



### 1500m

W40	1. Jo Van Rensburg	5:15.91
W65	1. Dalise Sanderson	7:06.50
W70	1. Carey Dickason	7:52.43
W75	1. Barbara Patrick	7:29.11

### 3000m

W65	1. Dalise Sanderson	15:15.36
W70	1. Carey Dickason	16:28.02
W75	1. Barbara Patrick	16:19.25 #

### 5000m

W40	1. Fiona Crombie	18:44.56 #
W70	1. Carey Dickason	28:24.66
W75	1. Barbara Patrick	26:37.16

### 1500m RW

W40	1. Heather McLean	10:05.99 # *
W60	1. Alison Newall	10:19.81 # *

### Long Jump

W35	1. Helena Dinnessen	5.32m
W60	1. Alison Newall	3.18m
W65	1. Noeline Burden	2.58m

### Triple Jump

W35	1. Helena Dinnessen	11.46m
W40	1. Sophanna Blackie	8.82m
W60	1. Alison Newall	7.10m
W70	1. Carey Dickason	5.47m
W75	1. Lois Anderson	5.56m

### Shot Put

W35	1. Anna Lynch	9.66m
W45	1. Toni Oudemans	9.41m
	2. Ayaka Stewart	7.55m
W60	1. Fiona Harvey	7.08m
W65	1. Winifred Harding	7.79m
	2. Claire Giles	6.42m
	3. Noeline Burden	6.08m
W75	1. Lois Anderson	7.41m
W80	1. Glen Watts	6.95m # *
	2. Julie Roots	6.33m
	3. Justine Whitaker	6.11m

### Discus

W35	1. Anna Lynch	31.63m
W45	1. Ayaka Stewart	24.08m
	2. Toni Oudemans	22.40m
W60	1. Fiona Harvey	20.53m
W65	1. Winifred Harding	17.09m
	2. Claire Giles	13.93m
W80	1. Glen Watts	17.14m
	2. Justine Whitaker	15.12m
	3. Julie Roots	12.27m

### Hammer

W35	1. Anna Lynch	42.55m #
W45	1. Toni Oudemans	27.05m
	2. Ayaka Stewart	16.38m
W60	1. Fiona Harvey	24.33m

W65	1. Winifred Harding	27.98m
	2. Claire Giles	18.44m
W70	1. Carey Dickason	17.11m
W80	1. Glen Watts	22.52m
	2. Justine Whitaker	19.16m
	3. Julie Roots	17.12m

### Javelin

W35	1. Anna Lynch	22.76m
W45	1. Toni Oudemans	28.11m
	2. Ayaka Stewart	13.53m
W55	1. Rachel King	20.31m
W60	1. Fiona Harvey	19.84m #
W65	1. Winifred Harding	10.61m
W80	1. Justine Whitaker	12.14m #
	2. Glen Watts	11.21m
	3. Julie Roots	10.15m

### Weight Throw

W35	1. Anna Lynch	12.99m #
W45	1. Toni Oudemans	8.12m
	2. Ayaka Stewart	6.85m
W60	1. Alison Newall	10.85m
	2. Fiona Harvey	10.08m
W65	1. Winifred Harding	11.14m #
	2. Claire Giles	7.31m
W80	1. Glen Watts	9.70m #
	2. Julie Roots	9.49m
	3. Justine Whitaker	7.94m

### Throws Pentathlon

W35	1. Anna Lynch	
W45	1. Toni Oudemans	
	2. Ayaka Stewart	
W60	1. Fiona Harvey	
W65	1. Winifred Harding	
W75	1. Lois Anderson	
W80	1. Glen Watts	
	2. Justine Whitaker	
	3. Julie Roots	

### Pentathlon

W35	1. Helena Dinnessen	3205 pts # *
W70	1. Carey Dickason	1713 pts

### Men

#### 60m

M40	1. Matt Cunningham	8.65
M45	1. Ian Denise	8.22
M55	1. Tony Tan	8.06
	2. Mark Macfarlane	8.92
M60	1. Bruce Thomson	8.81
M65	1. Dennis O'Leary	8.76
M70	1. Warren Green	9.59
M75	1. Evan Macintosh	12.10



Bruce Thomson looking smooth in the 100m.

### 100m

M45	1. Ian Denise	12.47
M55	1. Tony Tan	12.72
	2. Mark Macfarlane	13.65
M60	1. Bruce Thomson	14.06
M65	1. Dennis O'Leary	13.87
	2. David Riddell	15.36
M70	1. Warren Green	15.67

### 100mH

M60	1. Bruce Thomson	19.82 #
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### 200m

M40	1. Matt Cunningham	27.81
M45	1. Ian Denise	26.13
M50	1. Geoff Burke	26.34
M55	1. Tony Tan	26.07
M60	1. Bruce Thomson	28.89
M65	1. Dennis O'Leary	28.82
	2. David Riddell	30.94
	3. Georg Ludwig	31.23
M75	1. Evan Macintosh	38.14

### 300mH

M65	1. Georg Ludwig	57.15
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### 400m

M40	1. Victor Lusi	1:01.68
	2. Matt Cunningham	1:03.00
M45	1. Ian Denise	59.94
M50	1. Geoff Burke	59.31
M55	1. Tony Tan	1:01.27
	2. Mark Macfarlane	1:07.44
M60	1. Peter Cameron	1:03.53
M65	1. David Riddell	1:13.96
M70	1. Gary Kirkman	1:19.21
	2. Derek Shaw	1:22.12
M75	1. Evan Macintosh	1:38.61

### 800m

M35	1. Shaun Fauth	2:20.70
M40	1. Matt Cunningham	2:31.22
M45	1. Sean Barnes	2:22.60
M50	1. Phil Lindsay	2:21.99
M55	1. Malcolm Cornelius	2:24.01
M60	1. Peter Cameron	2:23.12
	2. Barry Helem	2:51.99
M65	1. Andrew Stark	2:32.99
	2. David Riddell	2:52.00
	3. Rodger Ward	2:57.57
M75	1. Bruce Dyer	3:01.92
	2. John Mulvaney	3:28.27
	3. Evan Macintosh	3:45.49
	4. Peter Coughlan	4:54.65

### 1500m

M35	1. Jason Wilcock	4:49.41
	2. Shaun Fauth	4:56.60
M40	1. Matt Cunningham	5:15.54
M45	1. Sean Barnes	4:53.89
M55	1. Malcolm Cornelius	4:56.71
M60	1. Peter Cameron	4:57.28
M65	1. Rodger Ward	5:50.84
	2. David Riddell	5:51.49
M70	1. Derek Shaw	6:11.57
	2. Gary Kirkman	6:18.55

### 2000m Steeplechase

M60	1. Bruce Thomson	9:55.43
M75	1. Evan Macintosh	12:12.83 #

### 3000m

M35	1. Jason Wilcock	10:27.13
M40	1. Brett Tingay	8:59.04 #
	2. Daniel Stouffer	9:59.01
	3. Craig Oliver	10:03.39
	4. Shaun McWhirter	10:49.23
M55	1. Malcolm Cornelius	11:11.64
M60	1. Peter Richards	11:10.72 #
	2. Tim Cross	12:52.73
M70	1. Derek Shaw	13:15.09
	2. Gary Kirkman	13:28.82
M75	1. John Mulvaney	16:17.13

### 5000m

M40	1. Brett Tingay	15:30.54
	2. Danny Carmine	18:05.98
	3. Shaun McWhirter	18:21.15
M60	1. Peter Richards	18:54.25
	2. Tim Cross	21:07.99
M70	1. Derek Shaw	23:07.04

### High Jump

M55	1. Mark Macfarlane	1.30m
M65	1. Andrew McCallum	1.30m #
	2. Georg Ludwig	1.25m
M70	1. Tuariki Delamere	1.20m
	2. Warren Green	1.10m

	3. Lester Laughton	1.00m
M90	1. Jim Blair	0.98m #



*Lester Laughton makes a successful attempt*

### Long Jump

M55	1. Mark Macfarlane	4.52m
M70	1. Warren Green	3.29m
M85	1. Alan Hunter	1.07m

### Triple Jump

M55	1. Mark Macfarlane	8.90m
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### Shot Put

M40	1. Joden Pratten	11.87m
M50	1. Simon Maole	13.07m #
	2. Jim Nguyen	10.05m
M65	1. James Thomas	11.22m
M70	1. Tuariki Delamere	10.17m
	2. Lester Laughton	8.38m
	3. Rick Davison	8.37m
M80	1. Brian Senior	9.95m #
M85	1. Alan Hunter	4.97m
M90	1. Jim Blair	6.43m #

### Discus

M40	1. Joden Pratten	37.39m #
M50	1. Simon Maole	39.27m
	2. Jim Nguyen	28.26m
M65	1. James Thomas	39.04m
M70	1. Lester Laughton	29.45m
	2. Rick Davison	29.03m
	3. Tuariki Delamere	25.02m
	4. Warren Green	24.88m
M80	1. Brian Senior	22.64m
M85	1. Alan Hunter	11.90m
M90	1. Jim Blair	16.38m #

### Hammer

M50	1. Simon Maole	35.27m
	2. Jim Nguyen	22.26m
M65	1. James Thomas	40.58m
M70	1. Tuariki Delamere	33.48m
	2. Rick Davison	29.99m
	3. Lester Laughton	28.09m
M80	1. Brian Senior	33.29m

M85	1. Alan Hunter	16.56m
M90	1. Jim Blair	17.56m

### Javelin

M40	1. Victor Lusi	39.00m
M50	1. Jim Nguyen	38.12m
	2. Simon Maole	29.06m
M65	1. James Thomas	33.91m
M70	1. Warren Green	32.90m
	2. Tuariki Delamere	25.88m
	3. Rick Davison	22.98m
	4. Lester Laughton	16.57m
M80	1. Brian Senior	26.24m
M85	1. Alan Hunter	10.40m
M90	1. Jim Blair	17.03m

### Weight Throw

M50	1. Simon Maole	15.15m #
	2. Jim Nguyen	9.97m
M65	1. James Thomas	16.32m
M70	1. Tuariki Delamere	12.97m
	2. Rick Davison	12.27m
	3. Lester Laughton	11.94m
M80	1. Brian Senior	13.66m #
M85	1. Alan Hunter	6.48m
M90	1. Jim Blair	8.31m #

### Throws Pentathlon

M40	1. Joden Pratten	2330pts
M50	1. Simon Maole	3007pts
	2. Jim Ngyuyen	2127pts
M65	1. James Thomas	3910pts *
M70	1. Tuariki Delamere	2865pts
	2. Rick Davison	2760pts
	3. Lester Laughton	2479pts
M80	1. Brian Senior	3541pts #
M85	1. Alan Hunter	1741pts
M90	1 Jim Blair	3054pts #

### Pentathlon

M70	1. Warren Green	2708pts # *
	2. Gary Kirkman	2418pts



*Gary Kirkman competing in the 1500m.*



If your brain is telling you to stop – it's time to tell it to shut up. Psychological issues can affect performance – for good and for bad. What causes mental fatigue when you're out for a long run or walk? The secret could all be in your mind because that's what sets your limits, not your body. So, when you're disheartened with training, or want to bury your head in chocolate cake, just remember why you want this. It's your mind that first tells you "No" when your legs are shaking from a hard run. But remember, when training starts to hurt (within reason), it starts to work, so it's important that you battle through at least some of the pain.

There is growing evidence that endurance performance is indeed limited by psychological factors, rather than physiological ones. Most of the evidence comes from the use of challenging computer or reading tasks to induce mental fatigue before a workout. Controls involve performing the same workouts following a non-fatiguing exercise. It seems pretty clear that being mentally fatigued is detrimental to physical performance. But mental fatigue doesn't appear to cause the heart or muscles to perform differently, it's just that perceived effort rises.

A study using distance runners involved one group performing a 50-min mentally fatiguing task before a half-marathon, and a control group reading magazines for 50 min before it. Performance time, speed, heart rate and rating of perceived exertion were measured. Runners who performed the mentally fatiguing task completed the half-marathon approximately five minutes slower than the control group.

In another study participants rode a stationary bicycle to exhaustion under two conditions: once when they were mentally fatigued and once when they were mentally rested. The trials took place in the laboratory on different days. The participants got the same amount of sleep, drank the same amount, and had the same meal before each of the sessions.

The mental fatigue sessions began with a challenging 90-minute mental task that required close attention, memory, and quick reaction. After undergoing this session, participants reported being tired and lacking energy. The control session

consisted of watching neutral documentaries for 90 minutes. In each session they rode until exhaustion, defined as the point when they could not maintain a rate of at least 60 revolutions per minute for more than five seconds. Throughout both sessions, the researchers tracked a variety of physiological measures, such as oxygen consumption, heart rate, cardiac output, blood pressure, ventilation, and blood lactate levels. The participants completed surveys to measure their motivation and perceived effort. (The participants were offered monetary prizes for the best performance in each session to keep motivation high and eliminate it as a factor.)

The participants stopped at the same perceived effort level in both the fatigued and non-fatigued trial, but they stopped exercising 15% earlier, on average, when they were mentally fatigued. Mentally fatigued participants started at a higher level of perceived effort and reached the endpoint sooner. Two possibilities arise from this study: mental fatigue lowers the brain's inhibition against quitting, or mental fatigue affects dopamine, a brain chemical that plays a role in motivation and effort.

To some degree what we call exhaustion is not the inability to continue; it's basically just giving up. The reality is that the neuromuscular system can continue but there is a safety mechanism like many other sensations designed to protect the body (i.e., thirst, hunger, or pain) which are there to make us take corrective action. And just because something is a perception doesn't make it any less powerful in controlling behaviour!

What about mental fatigue when you are already out for a long run? One popular hypothesis is that most of the lethargy is caused by a chemical called tryptophan. Tryptophan is an amino acid which is normally in the bloodstream attached to a blood plasma protein, albumin. However, when blood fat levels rise, as they do during prolonged exercise, the fats 'kick' tryptophan loose from the albumin. This 'free' tryptophan then enters the brain, where – converted to another chemical called serotonin – it may induce fatigue and produce a drop-off in performance. So, what can be done? Fortunately, the common practise of taking in carbohydrate

during exercise – may have a compound beneficial effect. Sports scientists have known for years that carbohydrate keeps muscles going at a high level during extended exercise, but they’re realising also that carbohydrate may have a profound effect on the brain. Carbohydrate taken during exercise reduces the amount of fat circulating in the blood. As a result, less tryptophan is freed from the albumin and hence a lower amount of tryptophan enters the brain. Practically this means - don’t fast before workouts or competitions as this raises blood-fat levels, avoid fatty foods during the 12-hour period before training sessions or competitions, and to reduce blood-fat levels, eat a carbohydrate meal two to four hours before workouts or competitions. Follow this up with a few swallows of a sports drink every 10 minutes or so during the exercise to delay the onset of mental fatigue – and improve performance.

Other practical things that can alter perception are

music and caffeine. Music reduces perception of effort by up to 12% (as well as helping to increase cadence). Caffeine has long been thought of as a performance enhancer, but the consensus now appears to be that the effects of caffeine are 90 percent on perception rather than the metabolic effects.

The take home from all this is that muscle fatigue does influence performance, but it is often indirect. Just as you taper your mileage to ensure you are physically ready you should also taper your mental state by avoiding mentally fatiguing activity immediately before competition. In the run up to an important race don’t take that job interview or argue with your partner and ensure all necessary arrangements for travel and accommodation etc are made well in advance. Where possible, do training and racing when mentally rested. But remember, no amount of mental visualization will compensate for not having done the training.

## World Masters Cross Country Championships - Bathurst

Derek Shaw

The short course 2023 WMA Cross Country championships were for the first time held in conjunction with the World Athletics Cross Country Championship in Bathurst, New South Wales on 17/18 February 2023. High temperatures resulted in the organisers moving both the individual and 2-person relay events to earlier start times. With over 200 Australian master’s athletes taking part and only 5% of entrants from overseas countries, predictably Australian athletes claimed most of the medals.

The team of 20 New Zealand masters who ventured across the Tasman managed to bring back a total of 8 medals – 4 golds, 3 silver and a bronze – plus a couple of 4<sup>th</sup> and three 5<sup>th</sup> places. Unfortunately, there no were NZ teams in the mixed 2 by 2km relays. Congratulations to the medalists and all the others who took part.

### Results: Medalists and New Zealand Masters

#### M35

1.	Oliver O’Sullivan	20:45	NZ
2.	Michael John Chapman	21:16	AU
3.	Illya Justin	21:20	FR
5.	Stefan Deanne-Smith	21:45	NZ
8.	Steve Bushby	23:54	NZ



Oliver O'Sullivan (M35 winner)

<b>M40</b>							
1.	Shane Grund	20:18	AU	1.	Olga Firsova	22:23	AU
2.	Benjamin Bruce	20:30	US	2.	Danielle Hodgkinson	23:11	GB
3.	Stephen Dinneen	20:58	AU	3.	Elizabeth Humphries	25:26	AU
5.	Greg Darbyshire	21:43	NZ	<b>W40</b>			
13.	Michael Wanden	23:57	NZ	1.	April Lund	23:53	US
<b>M45</b>				2.	Somaya Bousaid	24:30	TU
1.	Jeff Chaseling	21:23	AU	3.	Katherine Gambell	25:19	AU
2.	Simon Mace	21:26	NZ	7.	Jennifer Walker	27:53	NZ
3.	Baghdad Rached	21:49	CA	<b>W45</b>			
5.	Nick Moore	22:07	NZ	1.	Anna Munro	24:45	AU
<b>M50</b>				2.	Kim Knox	26:14	AU
1.	Frederic Gilbert	22:06	FR	3.	Emma O'Sullivan	26:49	AU
2.	Wim Luijpers	23:06	NZ	<b>W50</b>			
3.	Darren Purcell	23:12	AU	1.	Angela Williams	25:42	AU
4.	Chris Mardon	23:25	NZ	2.	Beverley Thomas	25:48	AU
10.	Todd Stevens	24:33	NZ	3.	Julie Norney	26:01	AU
12.	Robin Miller	25:28	NZ	4.	Shireen Crumpton	27:15	NZ
26.	Matthew Stuart	29:59	NZ	<b>W55</b>			
<b>M55</b>				1.	Krishna Stanton	26:33	AU
1.	Shaun Crieghton	22:10	AU	2.	Karen Blay	26:57	AU
2.	John Meagher	22:39	AU	3.	Adrienne Torda	28:49	AU
3.	Paul Arthur	23:11	AU	<b>W60</b>			
12.	Brent Halley	29:42	NZ	1.	Victoria Gunn	31:13	AU
<b>M60</b>				2.	Margaret Kenny	31:45	AU
1.	Stephen Moneghetti	21:54	AU	3.	Robyn Basman	32:43	AU
2.	Bruce Graham	24:01	AU	<b>W65</b>			
3.	Gary Mayor	24:24	AU	1.	Margie Peat	28:47	NZ
6.	Derek Froude (exNZ)	26:57	US	2.	Anne Ryan	32:21	AU
<b>M65</b>				3.	Christine Adamson	32:49	NZ
1.	Ian Calder	25:47	NZ	<b>W70</b>			
2.	Allan Long	26:22	AU	1.	Thelma Wright	23:52	CA
3.	Peter Hutton	29:19	AU	2.	Heather Powrie	26:01	AU
<b>M70</b>				<b>W80</b>			
1.	John Bermingham	18:01	AU	1.	Caroline Campbell	30:18	AU
2.	Yassine Belaabed	18:54	AU	2.	Myrtle Rough	30:38	NZ
3.	Ron Schwebel	19:48	AU	3.	Suzanne Westbrook	34:48	AU
<b>M75</b>							
1.	Francesco Scorzelli	21:28	AU				
2.	Erich Moeller-Duhme	26:19	AU				
3.	Phillip Urquhart	30:27	AU				
<b>M80</b>							
1.	Roger Robinson	24:01	NZ				
2.	James Harrison	25:02	AU				
3.	Colin Mancey	27:27	AU				
<b>M85</b>							
1.	Lachlan Lewis	69:28	AU				



**NEW ZEALAND  
MASTERS  
ATHLETICS**

**2023 Calendar Year**

Would you like to be considered for one of the  
**ATHLETE of the YEAR Categories?**

The nomination forms are on the NZMA website

Send your forms to **ANDREW STARK**

[aws@xtra.co.nz](mailto:aws@xtra.co.nz)





A small team of five NZ masters athletes took part in these championships, held in Torun between 26 March and 1 April 2023. They were amongst nearly 4200 athletes from 88 countries, which made it the largest indoor sports event held. Torun is a fascinating medieval town with UNESCO world heritage status so it's beautiful old buildings in the Old Town area can be retained. Torun had held two very successful World Masters Championships events previously and has just been granted hosting rights to the 2026 Indoor Championships.

The NZ team had an exciting first day with a silver medal, two NZ masters indoor records plus a season's best run. Jim Blair (M90) won silver in his weight throw with a best effort of 8.33m, to also claim a NZMA indoor record. Peter Stevens (M55) was 9<sup>th</sup> overall in his 3000m out of a big field of 31, run in two heats. His time of 9.46.67 was also a NZMA indoor record.

Peter's cousin Todd Stevens (M50) ran a SB of 10.19.20 in his 3000m race, working hard all the way and picking up a couple of places in the last few laps. Running on a 200m indoor track with banked curves gave both runners new aspects to consider from their usual race tactics on flat 400m track, so they can be pleased with their efforts.

On day 2, Jim Blair won the first gold medal for the NZ team in winning his M90 javelin by more than four metres with his final throw of 17.34m. In the 8km cross country races, Peter Stevens (M55) finished 12<sup>th</sup> in the field of 48 with a time of 30:55m (SB) and Todd Stevens (M50) was 21<sup>st</sup> in the field of 37 with 31:46 (SB). The cross country and javelin events were held outside in bitterly cold conditions with snowflakes falling during the cross country races. Indoors, Joeline Jones W40 ran an impressive 1:02.20 (SB) in her heat to qualify for the final.



*Peter Stevens enduring the cold outside (M55)*

On day 3, Jim Blair won his second medal taking the silver in the M90 hammer throw with his first round effort of 18.92m. In the competitive W40 60m, raced over 3 heats, Joeline Jones's time of 8.35 in taking 4<sup>th</sup> place in the first heat was unfortunately not enough to make the final. However, in the final of W40 400m she had a great run and a very close finish to take 4<sup>th</sup> place in a

time of 1:02.33. The 5<sup>th</sup> place-getter was credited with the same time.

Jim Blair claimed his second gold medal on day 4 in his discus competition. His technique was definitely better than that of his Polish opponents. Although his distance of 16.18m was not what he was after, the temperatures stayed low today which resulted in unmelted snow from the previous day still lying beside the throwing circle.



*Ian Calder looking comfortable in the 800m heat*

Ian Calder (M65) floated around the track in his 800m heat cruising in win the second heat with a time of 2:26.95, the fastest of all the nine runners who qualified for the final and setting a NZMA indoor record. Todd Stevens really enjoyed his 10k road race, finding the even asphalt course suited him more than the cross country race. He runs with a smooth even stride and finished looking fresh. He was a commendable 12th in his M50 age group with time of 37:12 placed him 65<sup>th</sup> in the 257 runners who finished the race.

Day 5 began with Jim Blair determined not to let his main Polish opponent win the shot put -his last throwing event for the champs. Fortunately, Jim managed a SB with his first put of 6.72m to claim his third gold and finish with one more gold medal than his Polish rival. He also set a NZMA indoors record. A happy thrower. In the 5<sup>th</sup> heat of the W40 200m heats, Joeline Jones ran a good second in 27.22, closing up on the leader, to take the second

automatic qualifying place for the semi-finals. Ian Calder bravely took the lead in his M65 800m final doing his best to win from there. Unfortunately it was not to be and he slipped back to finish in 6<sup>th</sup> place with a time of 2.28.16.

Day 6 had three runners in action. Joeline Jones ran strongly in her W40 200m semi-final coming 5<sup>th</sup> with a time of 27.41. A great achievement. Ian Calder ran into 2<sup>nd</sup> place in the second heat for the M65 1500m, in a time of 5:22.27 to comfortably qualify for the final. Peter Stevens finished 4<sup>th</sup> in his M55 1500m heat after having set the pace with his easy stride for a good bit of the race, to claim the last qualifying place in the final. His great time of 4.33.83 was his best for the season and a NZMA indoors record.

The final day was a day of very exiting finals for the male runners. First up was Ian Calder in the M65 1500m. Ian got a bad chest infection after his gold medal run at the World Master Cross Country Championships in Bathurst. This made the earlier races in Torun difficult but felt he was coming right again just in time for his 1500m. He ran a clever race setting the pace for the second group racing to the line behind his leading UK rival. Ian oh so nearly got silver, being pipped just before the line as he crossed in 4:56.04 just 0.1s behind second place, in a new NZMA indoor record time. We are so proud of you Ian for this bronze ... showing the true kiwi spirit of always doing your very best through every set back.

Peter Stevens (M55), also ran a strong 1500m. He did not expect to be in the final with 'the fast guys', but had earned his place with a good run in the heats. He ran over 5s faster in the final with 4:28.23 for 10<sup>th</sup> place and lowering the NZMA record from the previous day. Peter was not far behind three other runners, so was very excited to realise he can run with the fast guys and can run even faster in the future.

Todd Stevens (M50) finished his busy championships with the half marathon. Todd said he usually races once a fortnight, but his schedule of races over the week added up to over a marathon distance. His legs were finding the half a bit tough towards the end, but he finished in 1:23.59 (not far off the 1:20 he was aiming for) placing 16<sup>th</sup>, in the top half for his age group and 106<sup>th</sup> overall of the 341 starters. Well done Todd!



Todd has had so many injuries over recent years he was very happy to be racing injury-free.

Team New Zealand, though a very small team of 5, supported each other brilliantly and performed very well throughout these championships. They all did their very best throughout every event producing several season best performances, finalist positions, NZMA indoor records and 6 medals – 3 gold, 2 silver and a bronze. The indoor set up was enjoyed by those racing there for the first time. I found every day so exciting, one of the most exciting features for me was seeing NZ masters perform above their expected level at international competitions, realising they are top world level athletes and can go on to do even better.



*Joeline Jones competing in the W40 60m.*

## Oceania Masters Athletics SGM - 16<sup>th</sup> May 2023, Fiji

Andrew Stark

Over the past few years, it has been increasingly more challenging to find master's centre throughout Oceania willing to host the Oceania Masters Athletics Championships. All masters centres throughout New Zealand cannot host the event without the help of their Athletics NZ Centre. It is possible that Australian State masters organisations may be able to go it alone.

What is clear, is that NO Island affiliate can ever host the OMA Championships without the help of Oceania Athletics Association (OAA).

On 16th May I attended a SGM held in Fiji. During that week, the Island affiliates had been attending the Oceania Area Congress. Most, if not all Island affiliates oversee athletes for ALL ages, not just masters. For many, no masters do athletics in their island, which raises the question whether they were the right people to vote on this issue?

The OMA Council called the SGM to discuss and vote on whether or not OMA would become a 'Commission' of OAA. If OMA were to become a commission, then the OMA Council would no longer be needed in its present form. OAA have the resources and paid employees and would take over the organising /running of masters events throughout the region. When held in Australia or New Zealand, I would expect OAA to work with a host LOC to ensure the success of the event. This is nothing new as OAA helped organise the 2015, 2018 & 2023 OMA Championship events and possibly previous events held in the Islands, that I don't know about.

Australian Masters Athletics are not keen on the idea, as they believe it may not be in the best interests of masters, given we will then become part of the larger group. However, that does fit in with the cradle to grave concept of involvement in our sport. I am more pragmatic about the situation. The OMA Council has little or no influence over the participation numbers of masters within the Islands, so you have to question the need for such a OMA Council.

For an OMA Championships to be successful, it relies on good attendance from Australian and New Zealand masters and often very few from elsewhere come. When held in the Islands, it is even more important that both Australian and New Zealand athletes attend. For these events, the hope is that it will encourage local island masters to 'take part'. However, it is unrealistic to expect these athletes to travel to other events away from their Island, due to the cost.

What is clear is that for OMA Championships held in the Islands to be successful, OMA has always needed OAA's help.

Is OMA becoming a commission the answer or would an MOU have worked? I don't know. What I do know ... if it results in meaningful OMA Championships events being held regularly within the Oceania region, then it is probably not a bad idea.

Watch this space as WMA / OAA & OMA work through the constitutional issues they now face to implement this change.



The last year has been an amazing time for Jacqueline (Jackie). She won three gold medals in race walks at the World Masters Championships in Finland ... plus setting a new W75 world record in her final race, the 20km road race, by nearly 5 minutes. This resulted in Jackie being nominated by WMA as one of the top five female Masters 2022 best athletes of the year in the world (from all ages and all events). What an accomplishment. Jackie was finally placed third.

***Congratulations Jackie. We are so proud of you and pleased to see NZ achieving up there in the top five in the world. Tell us about these races in Finland.***

I just decided to enter at the last minute as the prospect of international travel during a pandemic was quite daunting. The long and arduous 32 hour travel time (four flights and five airports) whilst wearing a mask, was not something to relish. The conflict between Russia and Ukraine was also a concern. However, this trip last July turned out to be my most memorable achievement. I entered the three the race walking events - 5000m track walk and the 10km and 20km road walks. I won three gold medals in the W75 age group and made a new world record in the 20km race in a time of 2.25.37 (the previous record was 2.30.30).

Finland was experiencing an unusual heat wave when we were competing, so my first two events were slower than I expected. However, during the 20km race the weather suddenly changed with torrential rain hitting the course. When I had two laps to go the rain started again in earnest, encouraging me to pick up my pace. I knew I had posted a good time, but it wasn't until later that I realized I had broken the record by such a margin, ironically from a walker from Finland.

***What got you started in race walking and how old were you?***

I was born in the UK in 1946. I played a lot of sport including netball, tennis and hockey (I played at County level for Hampshire). We moved to NZ in 2007 to be close to my two daughters and four grandchildren. I was only introduced to race walking in NZ, a late starter at 65 years of age!

***What sort of schedule do you generally have? Have you been formally coached?***

When I first started race walking I had a coach who taught me everything about race walking, especially about correct techniques and how important it was to balance training and recovery periods. That stood me in good stead. I haven't had a coach for several years but he is always on hand with help when it is required. Walking technique, no matter how good you are, needs to be reviewed in order to correct any bad habits that may have crept in to your style. It is always good to ensure the judges are kept at bay!

I do my own weekly training schedule, pacing the walks out to ensure I achieve approximately 30-40km a week over 5 days, followed by a rest day then a day doing weights at the gym and floor exercises at home as advised by the physio due to hamstring issues from time to time.

I usually walk early in the morning, the first km is a warm up and often includes Mexican drills to aid joint mobility and co-ordination, and then I do fartlek training for approximately 1 hour. On Sundays I go for a longer walk.

***Are there any particular dietary aspects or supplements that have worked for you?***

Before my long races nutrition is very important. I eat two hours before the race, drink plenty of water the previous day, not forgetting the Peakfuel energy gel 15 minutes before stepping up to the start line. It all helps.

***Have you ever had any serious injuries or difficulties to overcome?***

As I have mentioned my hamstrings have given me issues from time to time. The worst was a hamstring tear. Although relatively small it kept me out of race walking for three months. Taking this time off to recover properly was important. Also I have found regular massages are very good for the hamstrings and the whole body. Having a general flush out is well worth the cost and is very relaxing. I get very nervous before my races. I was once given a red card and was disqualified. The thought of that happening again tends to make me nervous.

### ***Which races do you prefer the most?***

I prefer the road walk competitions, the 10km and 20km. Track walks are few and far between and personally I find them harder.

### ***So which other races have you enjoyed during your time as a race walker?***

I have enjoyed competing everywhere I have been ... within New Zealand, Oceania and travelling the world. The highlight of all the marathons I have walked was the London Marathon for my 70th birthday in 2016. It was an amazing experience walking up the Mall in front of Buckingham Palace (didn't get the royal wave) with loud support from my four sisters and their families. They were all at the finish to help me celebrate my time of 5.21.46.

I enjoyed race walking at Torun in the World Masters Indoor Championships in 2019. It was an interesting place to visit and the stadium was amazing. I had hoped to return to race there again this March but that was not possible.

### ***What other achievements are recorded by your name?***

I now hold W75 world records in the 3000m, the 5000m and the 20km. I hold NZ records for the 10km and 20km road walks and the 3000m track race in all ages I have competed in - W65, W70 and W75. I also hold NZ records in W75 1500m track walk, W70 and W75 5000m track walk, and W65 and W70 10,000m track walks.

### ***What keeps you motivated to get out to train and race?***

I like to train hard so I can continue to work towards new goals, within New Zealand and in interesting new places overseas. I enjoy my training and I enjoy competing. These golden years have enabled me to travel to competitions in places I never dreamed of visiting, making new friends and meeting up with friends from earlier competitions.

My husband Douglas gives me wonderful support - at home fitting in my time for training, during our trips away and during actual competitions. He has helped me work towards and achieve all my goals.

### ***What races or events are you looking forward to?***

I am looking forward to meeting up with fellow competitors and sporting friends in future races eg when taking part in the Australian Masters race walking events during their 2023 Championships in March. I would like to maintain my fitness for competing in masters 20km events, so I plan to do some half marathon walks during 2023 eg Melbourne Marathon. Douglas and I also hope to travel to Sweden to the next World Masters Championships.





## Australian Masters Athletics Championships HOBART TASMANIA 2024

Tassie is hosting the 2024 Australian Masters Athletics Championship from 29<sup>th</sup> March to 1<sup>st</sup> April 2024

Tasmanian Masters Athletics invites our neighbours from across the ditch to come and join us in Hobart for an unforgettable experience. Not only will you get to participate in this premier athletics event and meet like-minded people, you will also have the opportunity to fully immerse yourself in the rich culture and beauty of Tasmania. There is something for everyone in Tasmania, discover our many local attractions, including stunning national parks, world-class museums and galleries, and delicious local food and wine.



Please visit our website (<https://amahobart2024.com.au/>) for further information about the championship including accommodation and things to see and do. Information on the program and registration will be added in the coming months.

The championship is less than a year away, so start planning now for an experience of a lifetime!

We hope to see you in Tassie for this exciting athletics event!

Fiona Lennon  
Chair – Tasmanian AMA Championship 2024



*The Australian Masters Athletics National Championship is supported by the Tasmanian Government through Events Tasmania*



These championships were held on 18 March 2023 hosted by Athletics Tauranga, run on Mauao Mount Maunganui. Master’s athletes competed on a 6.6km course, which involved one long lap of 4km with 260m up and down followed by a short lap of 2.6km with 150m up and down.

**Results:**

Masters Women

**W35**

1 Rach Wright (Lake City) 1:15:49

**W40**

1 Fleur Walter (Waitakere City) 37:51

**W45**

1 Lauren Shelly (Cambridge) 39:44

2 Jenni Johnson (Cambridge) 44:55

**W55**

1 Julie Mercer (Glen Eden) 47:10

2 Sarah Caudwell (Lake City) 1:02:44

**W65**

1 Margie Peat (Auckland City Ath) 41:00

**Masters Men**

**M35**

1 Carl Fisher (Lake City) 31:30

2 Rory Egelus (visitor USA) 31:32

**M40**

1 Matthew Parsonage (Lake City) 29:56

2 Michael Wanden (Takapuna Harr) 34:28

**M45**

1 Brad Dixon (Athletics Tauranga) 33:47

**M50**

1 Adrian Earl (Owairaka) 40:19

**M55**

1 Peter Caudwell (Lake City) 34:04

2 David Hosking (Wellington Scottish) 34:21

3 David Clark (Auckland City Athletics) 35:37

4 Alan Crombie (Lake City) 38:10

**M60**

1 Tim Cross (Athletics Nelson) 40:57

**M65**

1 Mark Trotman (Oratia) 41:27

2 Malcolm Chamberlain (Auckland CA) 45:49

**APRIL CENTRE REPORTS**

**Northland Report** - Judith Stewart

Our new track opening happened to be held on a very wet Sunday ... the start of the cyclone that hit the North Island ... but as we know athletes don't rust or shrink in the rain. We had a few juniors and masters that happily tried the track out along with our top master Ian Calder setting a great pace and showing his class and what can be done at 65. Our Mayor turned up and we cut the ribbon in our lounge, had something to eat and then he returned to his office to declare a local state of emergency. Such has been our Northland summer!

Our combined track and field champs were held on 26th March with a good turnout. Mark Lett and Delwyn Smith were in Aussie for the Australian Masters T&F Champs and Ian Calder on his way to Poland for the World Masters Indoor Championships, so the rest of us did what we could to make the day happen.

The local cross country season has started and the Rotorua marathon will see a few entered from Northland. Good luck for the winter season.



### Daikin Night of 5's - AUT Millennium Stadium, North Shore, Auckland

The Daikin night of 5's held on 17 December 2022 is an annual meeting which mainly consists of 800m to 5000m races. Just before covid restrictions were lifted, 100m races for senior men and women and masters were added to the meeting. The men's and women's 100m races were based on handicaps for their heats and finals. The master's races used the WMA "age graded on the day" factor at the date of the meeting.

The meeting started mid-afternoon with rain which unfortunately continued, but luckily by 7pm, when the 100m finals were scheduled, the rain had eased slightly but the track was still very wet. Unfortunately the start was delayed by 15 minutes due to a malfunction to the starting equipment which did not assist the sprinters after they had all warmed-up earlier.

The overall winner of the master's men's 100m was M45 Mark Lambert 11.58, followed by M45 Wayne Holroyd 11.80 and M50 12.67 Scott Dorset, with a wind reading of 2.4m/s

The age-on-the-day grading results were: 1<sup>st</sup> M49 Mark Lambert 94.14% ; 2<sup>nd</sup> M47 Wayne Holroyd 90.59%; 3<sup>rd</sup> M53 Scott Dorset 88.32%; 4<sup>th</sup> M75 Tony Deleiros 86.39%; 5<sup>th</sup> M62 Tim Turner 84.15%; 6<sup>th</sup> M44 Trarindu Weeraratne 83.06%; and 7<sup>th</sup> M58 Michael Iddon 79.

In the women's 100m it was good to see Gillian Allison T12 para-athlete taking part with her novice guide both in their first competitive race, unfortunately Gillian's guide crossed the line before Gillian and according to para-athletics rules Gillian was disqualified.

The overall winner of the master's women's was W50 Phillipa Green 14.31, followed by W45 Lydia Bush 14.63 with W60 Jill Hayman 14.71 taking 3<sup>rd</sup> place - wind reading of 2.6m/s. The women's age on the day grading results were: 1<sup>st</sup> W61 Jill Hayman 92.93%; 2<sup>nd</sup> W79 Christine Waring 92.32%; 3<sup>rd</sup> W54 Phillipa Green 89.24%; W47 Lydia Bush 81.02%. All the master's sprinters were from the Auckland's North Harbour Bays club.

After changing into dry clothes and the BBQ under the marquee, medals were presented to the men's and women's race winners and the age graded

winners each received a \$100.00 voucher.

### World Masters Athletics Cross Country Champs, Bathurst, Australia - 19 February 2023

For the first time the WMA cross country championships were held alongside the World Athletics cross country championships, on the Bathurst course. North Harbour Bays athlete Christine Adamson (W65) took part in her first ever cross country race at the Mt Panorama course. Christine is a track runner and the current 10k world champion, but decided to challenge herself over the tough 6km cross country course. The masters women's race was due start at midday, but because of the high temperatures of over 35<sup>o</sup>c the organisers decided to make it an early start for the runners.

Christine had a good race and won the bronze medal in the W65 age group and was more than satisfied with her run. On her return to the Bays training group and asked if she would enter any more cross country races, the answer was an emphatic NO!

### Australian Masters Track & Field Championships, Sydney – 10-13 March 2023

These championships were held at both the Sydney Olympic Park and at the eight-laned warm up track next to the main athletics stadium. The Australian meeting was well organised with friendly officials, massage, first aiders and volunteers. The temperatures exceeded 29<sup>o</sup>c over the four days which was good for the sprinters and throwers but uncomfortable for the distance events. A number of New Zealand masters entered the champs, but unfortunately on the results pages the NZ athletes were either listed as unattached or NZ, which unless you knew the regions they came from it was difficult to identify the Auckland athletes. The athletes below were the only names that were recognised, so apologies to any Auckland athletes that are missed:

M50 **Scott Dorset** – 3<sup>rd</sup> 60m (7.90); 5<sup>th</sup> 100m (12.68); 7<sup>th</sup> 200m (26.51)

M55 **Grant Hodges** – 2<sup>nd</sup> 60m (7.91); 2<sup>nd</sup> 100m (12.29); 200m DNF (2<sup>nd</sup> fastest in prelims (26.37)

W75 **Christine Waring** – 1<sup>st</sup> 60m (11.05); 2<sup>nd</sup> 100m (18.02); 2<sup>nd</sup> 200m (39.29); 1<sup>st</sup> 400m (1:41.20)

W55 **Karen Hulena** – 7<sup>th</sup> 400m (1:24.34); 4<sup>th</sup> HJ

(1.13); 6<sup>th</sup> LJ (3.29); 7<sup>th</sup> pentathlon (2190)

W55 **Meghann Stewart** – 2<sup>nd</sup> 800m (2:48.1); 3<sup>rd</sup> 1500m (5:55.3)

### McKinnon Shield events 2023

Auckland has been spoilt for choice once again with many events to compete in with the McKinnon Shield and Auckland Track & Field Championships from January to March 2023. The events have been spread across the city with sprints, hurdles and LJ at Pakuranga with throws and PV at AUT Millennium, finishing with the last event of the season at AUT Millennium for all events.

Many new records were set, however those below are as at January 2023 so more to be finalised:

**Arno van der Westhizen** (M45)- hammer 56.80m – NZMA & Auckland

**Wim Luijpers** (M50)- 3000m 9:12.07 - Auckland

**Ho Young Do** (M60) high jump 1.56m – NZMA & Auckland

**Anne Goulter** (W60)- pole vault 2.40m; hammer 37.82m; weight throw 14.00m - All NZMA & Auckland

**David Anstiss** (M75) - high jump 1.36m – NZMA & Auckland

## Waikato Bay of Plenty

### Out in the field (Marion Clark)

With the weather forecasters issuing warnings about Cyclone Gabrielle approaching I had my doubts about our competition going ahead. Luckily we were able to complete our meeting with the weather slowly deteriorating during the day and the men throwing the discus in the pouring rain during the final event of the day and they still managed to get some decent throws. It certainly was a wet weather gear day with soggy track and throwing circles. Our recorders had nifty wet weather covers over their recording sheets.

Great competition in the field with every one pitching in to help run the event. If they weren't entered they were still out there in the wet doing a great job as were all the other officials, many of whom had put in a long day in at the Porritt Classic the previous day. Without them we would not have had a competition that ran smoothly and on time.

A big thank you to you all. Great to see Raewyn Grigg in town and Laini Inivale down for the day.

As always Murray quickly churned out the results and Fay kept track of those precious trophies to get them engraved with another year's winners. A sumptuous afternoon tea was enjoyed by all including a large chocolate cake from Fernanda Tirado.

### On the track (Annette Parlane)

The day started off with light drizzle so it was decided it was all go for Trophy Day. The first event at 12 o'clock was a time trial for Fernanda Tirado a fourteen-year-old girl from the North Shore Bays Club. Fernanda had to qualify over the 90m hurdles, which is not run in New Zealand, so she could run in Australia. Her first timed run was outside the qualifying time of 14.8. Not the best of conditions with a gusty head wind at times and she had clipped a hurdle. It was decided that she would try again at 12.30pm. Luckily the wind dropped so the starter Murray Gower and three time keepers were all set. Fernanda ran a smooth race in a time of 14.3 much to her delight.

The 3000m was the next event on the program and the weather started to change with the rain becoming slightly heavier. Good for the athletes - Trevor Ashe (Tauranga), Karyn McCready (Rotorua) and Graham Clarkin (Hamilton).



*Matthew Parsonage (M40) receiving the 800m Gower Trophy donated by Murray & Sheryl Gower.*



Not long after that race the timekeepers had to shift their position to the shelter of the grandstand. Thrower Brenda Davis W50 ran 60m in 11.9. Sheryl Gower, Tui Ash and Raeywn Grigg (up from Inglewood) chased each other in the sprints. Iain Rattray and Matthew Parsonage had a busy day in the middle and long distance races as did Karyn McCready, Karen Hulena and Loris Reed. Everyone was happy with their times considering the conditions with twelve women and fifteen men taking part in the track events.

## **Taranaki Report** - Vicky Jones

What a scorching summer it's been in the 'Naki! And I'm not just talking about the weather! Our numbers have been bolstered by fathers of young club members becoming involved (in most cases resurrecting their athletics career), thus creating intense competition in the M40 grade. Not to be outdone, the women's grades have also engendered great competition. This has meant regular masters only heats in most track events, up to 1500m, and a boost in numbers in all field events.

There have been few events on offer for masters athletes this season, the most prominent being North Island Masters held in January in conjunction with Masterton's open festival programme.

## **North Island Masters T&F Championships – 14 & 15 January 2023 - Masterton**

This year's running of the NI Masters Champs was notable in being incorporated into Masterton's summer season programme. Numbers were modest, so the six members who participated made a considerable contribution to the event. All were successful in placing in their events, with Des Phillips having his usual packed programme (including the 3000m walk, which he successfully survived with 2 red cards). Raewyn Grigg and Craig Marriott had a successful programme in the throws, with Raewyn including a sprint and the high jump. Alan Jones successfully crossed the line in his 3 events, as he considers his season to be rather lacklustre. As for myself (Vicky Jones), it was a great achievement to have finished in both the 3000m and 5000m walks with a paddle in each event, considering a season focused on recovering from a head injury sustained in a car accident prior to the beginning of the track season.

## **TET Athletics Taranaki T & F Championships – 17 February 2023 - Inglewood**

Numbers for the regional champs this year were very pleasing, especially within the masters ranks, with what I dare to say was the best turnout in years. Conditions were hot and humid, which has been the general pattern in the 'Naki this season. This meant a great challenge in the longer distances managing in the heat, though it was the humidity that had the biggest impact.

Unfortunately, at the time of writing this I am unable to provide my usual summary of results, as they haven't been available. The most notable comments I can make is that competition was friendly and intense, with the likes of Joy Baker and Des Phillips undertaking their usual full programmes, Raewyn Grigg and Craig Marriott fixtures in the field events, and Rachel Gilbert and Sandra Morratti marking the beginnings of their comebacks following injury and surgery. A notable absence has been Tracy Haldane who has been severely knocked around by a certain virus.

The final regional championship to be held was the throws pentathlon which took place on 19 March 2023 at the completion of the Taranaki Masters Games. This year it was solely track and field and was another event which went well despite a small number, including some enthusiastic outside competitors, such as Vanessa Story (so glad you came!).

As a final note, on behalf of Taranaki Masters I would like to send our thoughts to those members in Gisborne/Tairāwhiti and Hawkes Bay in the aftermath of Cyclone Gabrielle. We in Taranaki were only lightly affected by severe winds prompting the cancellation of club nights that week, which is pale in comparison to the trauma suffered and the headaches to be in rebuilding and recovering. An unfortunately long and winding road lies ahead for you. Kia Kaha.

## **Tasman Report** - Derek Shaw

### **South Island Masters T&F Championships**

A small team of Tasman masters supported the SI Masters T&F champs in Christchurch in January. Carey Dickason had a busy schedule of both track and field events, tackling the 1500m, 3000m and 5000m along with the triple jump, hammer throw and the outdoor pentathlon in her W70 age group

in which she unfortunately had no competition. Tim Cross focused on the 3000m and 5000m races in which he was up against Canterbury's in-form Peter Richard's who set a new M60 SI record in the 3000m of 11:10.22, with Tim 2<sup>nd</sup> in 12:52.73. In his 5000m he was again 2<sup>nd</sup> behind Peter in a time of 21:07.99.

David Riddell in his final year in the M65 age group was 2<sup>nd</sup> to Dennis O'Leary from Hawkes Bay Gisborne in both the 100m (15.36) and 200m (30.94). In the M65 800m he was 2<sup>nd</sup> to Andrew Stark with Roger Ward 3<sup>rd</sup> a further 5s back. However, in a close 1500m Roger reversed the order to edge out David by 0.63s stopping the clock at 5:51.49. In his first SI champs in the M70 age group, Derek Shaw was up against Southland's Gary Kirkman in three races. In the 3000m on Friday evening Derek took the line honours by 7s and followed this up on Saturday morning with a 17s win in 1500m. However, an hour and half later Gary took the honours in the 400m by nearly 3s. With no competition in the 5000m, Derek tracked Tim for the first kilometre before slipping back to finish two minutes behind him.

### **NZ Mountain Running Championships**

Tim Cross was the only Tasman master to enter the NZ Mountain Running Champs on the undulating Mount Maunganui course to win the M60 age group in a time of 40:57 for the 2 lap 6.6km course.

### **WMA Indoor Championships**

Joeline Jones (W40) was a member of the 5-person NZ team that took part in the World Masters Athletics Indoor Champs in Torun, Poland. Despite battling an Achilles injury during her preparations for the champs she managed to perform very well in her races, with her 4<sup>th</sup> place in the W40 400m being her best effort. She made it through the 200m heats to the semi-final but her 5<sup>th</sup> place wasn't enough to make the final. Her 100m was also very competitive and she was unable to progress from the heats. Having never run on a banked wooden 200m indoor track prior to these championships, Joeline's preparation included training on such a track in London which was valuable experience and helped her to develop race plans. She loved the different experience of running indoors, however one aspect she didn't enjoy was the effect of the dry indoor atmosphere on her throat. Throat lozengers were a must and

lots of water straight after each race. She is hoping to be able to compete again at another world indoor champs.

Marlborough's Margaret Hazelwood has for many years been regularly running half marathons, full marathons and other long distance events. Now in her seventies is still getting faster. Last year she broke the W70 marathon record, but before her record was entered into the official NZMA records Judith Bradshaw recorded a faster time of 4:22.41. This inspired Margaret to try again and at the 40<sup>th</sup> anniversary of the Buller marathon on 10 February 2023 she ran a time of 4:12.37 and has now finally made it into the NZMA records. Well done Margaret - you are an inspiration to aging runners!

### **Canterbury Report** - Andrew Stark

For numerous years now, all masters athletes have been able to compete at senior interclub track & field meetings. This includes masters who have not joined a club, but are members of Canterbury Masters. What has been the trend recently, perhaps not helped by Covid, is that fewer masters are competing on the track. With over 200 club master's athletes registered in Canterbury, it is disappointing that an average of only 10 males and 5 female compete during the summer. Most distance runners seem to prefer the free Saturday morning 5km Parkrun or the series of five 5km races during January / February, put on by the Port Hills Club.

Many Centres throughout New Zealand face the same challenge of not having enough officials to safely offer all events that we have done in the past. For us in Canterbury, it has meant that fewer field events can be offered, plus gender groups have sometimes been combined, making for bigger fields. To combat this and make for a smoother interclub programme, several of our mature throwers have opted for creating their own throwing competitions. This takes the pressure off interclub and makes for a more enjoyable experience for these members. They often end the day with a social gathering at Joe's Garage. These events have been well organised by Anne & Rick Davison.

The CMA Committee is pretty much in hibernation. I am not sure it is needed these days, as it might be more helpful if they were part of the Centre's Track & Field committee.

## Otago Report - Noni Callander

The summer track and field has continued with unusually sunny, warm and windless weather blessing our southern competitions this year. The numbers of regular masters competing on Saturdays in 2023 has declined a little ... maybe because the NZ Masters programme was rearranged with our championships being held earlier in the season? However, the results produced by the masters who do compete regularly have continued to improve.

### South Island Masters Championships 20-22 January 2023

Thirteen masters athletes travelled up to Christchurch to compete in the South Island Track and Field Championships at the Nga Puna Wai facilities. All enjoyed the warm summer weather, meeting up with friends from other centres, and the friendly competition amongst the 69 competitors.

New South Island Masters Championship records were set by:

Jim Blair M90 - throws pentathlon 3054 pts, discus 16.92m, weight throw 8.31m, shot put 6.43 m, high jump 98cm.

**Barbara Patrick** (W75) - 800m 3.46.36, 3000m 16.19.25 (the previous record was 20.16.57)

**Winifred Harding** (W65) - weight throw 11.41m

**Andrew McCallum** (M65) - high jump 1.30m

**Fiona Harvey** (W60) - javelin 19.84m

**Alison Newall** (W60) - 1500m race walk 10.19.81 (a new event for the champs and for Allison)

Simon Maole (M50) - shot put 13.07m (previous record set in 1983), weight throw 15.15m.

It was pleasing to see Barbara Patrick running very well in her new age group, and a few athletes who do not often travel to competitions outside Otago doing well at these champs.

For example, Sophana Blackie (W40), a strong jumper, was first in her triple jump with 8.82m and her high jump with 1.20m. She came second in her 60m, 100 m and 200 m. Simon Maole competed very well in his new age group and is improving all the time. Despite a very painful foot due to cracked bones, he won all his throws as well as the

throws pentathlon. The time and effort he is putting into improving his techniques in all his throws is producing well earned PB's and records.

### Otago Championships – 11-12 February 2023

Fewer masters, indeed fewer Otago athletes overall, were competing this year. However, those who did take part displayed their usual dedication and enjoyment. Fine weather helped athletes produce results they were pleased with. New Otago records were set by:

**Barbara Patrick** (W75) - 400m 1.40.95

**Kieran Fowler** (M30) shot put 14.23m

**Barry Baxter** (M80) 200m 34.99

**Paul Davies** (M60) pole vault 3.02m

Our Masters President, Rob Homan (M60) was in fine form winning his age group in the 1500, 800 and 200m. To his surprise Rob enjoyed the 200m which is not his usual distance finding it a much shorter and faster race.

Our regular Saturday competitive master sprinters - Vince Paddon (M60), Rupert Lambert (M45), Barry Baxter (M80), Claire Giles (W65) and Tony Tan (M55) all won their 100, 200 and 400 sprint races.

Regular middle distance runners Evelyn Armstrong (W50) and Barbara Patrick (W75) won their 400, 800 and 1500m races. Evelyn was also the only female to race the 2000m steeple.

Alison Newall (W60), Claire Giles (W65) and Paul Davies (M60) always compete in a mix of events enjoying running, jumping and throwing. Alison won her 60m and 100m, plus the and triple jumps and the weight and hammer throws (after very close competition with Fiona Harvey). Paul won his 60m, shot put, discus, javelin and pole vault events. Claire won her 60, 100 and 200m and came second in her five throwing events.

Regular throwers Jim Blair (M90), Simon Maole (M50), Paula Cotter (W400) and Winifred Harding (W65) all won their five throwing events. Fiona Harvey is working on a new javelin run up which is helping her to get closer to the 20m mark (19.66m). Phil Oakes (M75) in only his second year as a thrower, has been producing PB's most weeks and now gets disappointed if he doesn't throw a PB! His javelin PB of 18.17m at these Otago Championship was a much improved distance.



**New Otago records during this second part of the summer season included:**

**Kieran Fowler** (M30) - discus, 52.03m (at the Lovelock Classic meeting in Timaru where he won this open grade event), shot put, 14.23m.

**Rupert Lambert** (M45) 100m, 12.50.

**Simon Maole** (M50) - weight throw, 15.15m and throws pentathlon 3007 points.

**Alison Newall** (W60) - 1500m track walk, 10.19.81.

**Claire Giles** (W65) in her new age group continues to break her own sprint records, with her latest now being 60 m 10.82, 100m 17.61, 200m 37.58.

**Barry Baxter** (M80) - is also sprinting very well in his new age group and lowering his own records, including 100m 17.01 and 200m 34.99.

**Barbara Patrick** (W75) - also breaking her own records in her new age group - 400m 1.36.66.

**Liz Mitchell**, now W60 age group - 60m 9.39, 100m 14.98, 400m 1.07.93.

## **World Masters Cross Country Champs, Bathurst, Australia - February 2023**

For the very first time the World Cross Country Open grade and Masters Championships were held on the same course and on successive days. New Zealand had 21 masters athletes competing, Otago was well represented by five of these. We were very proud of the outstanding results our tough southern runners produced on a hot day on a very challenging course.

Ollie O'Sullivan surprised himself to win the M35 grade and also coming in third overall, in the field of more than 260 masters runners in a time of 20.45 mins for the 6km course, more than 31 seconds ahead of the Australian runners in his grade. Ollie was hoping for a top five position, so was surprised to find he was *the Top of the World* as reported in the local *Otago Daily Times* (ODT) newspaper.

Myrtle Rough (W80) also featured in the ODT - being hailed as our *Middle Distance Master*. We do like to see our remarkable master athletes featured! Myrtle was second in the W80 4km race, just 20 seconds behind her Australian rival.

Others who took part included: Shireen Crumpton - 4th in her W50 age group, Jennifer Walker - 7th in W40, Brent Halley - 12th M55. Congratulations to you all. Well done.

### **Special mention of Kieran Moffit**

Kieran has produced several new masters M30 Otago records in his shot put and discus throws this season. He has competed in several special open grade throwing events away from Otago such as winning the discus at the Timaru Lovelock Classic with 52.03m and coming second in the NZ Open grade discus with 50.79m. Congratulations Kieran.

There was also a very interesting article in the ODT about Kieran's prowess as a gum boot thrower. Apparently being such a strong discus thrower has helped him throw the gum boot so far that he became the world champion in 2018 and took 3rd place in 2019. Kieran will be after his fifth national title later in March. Go well.

## **Otago Masters Throws Pentathlon Championships - 24 March 2023**

Entries were very light for these championship this year. We usually have several more local throwers



*Simon Maole competing at the Otago Championships*

and visitors from Southland and Canterbury. Possibly numbers were down because this was the last event for the summer season and athletes were already off doing other things?

The results totals show we can now expect lower scores as the tables have been altered since 1 January. Fiona Harvey (W60) 2342 points, Claire Giles (W65) 1758 points, Paul Davies (M60) 2816 points, and Rick Davison (M70) 2783 points from Canterbury was pleased with his performances. We like to please our visitors.

### World Masters Indoor Track and Field Championships Torun, Poland – 28-31 March 2023

Jim Blair M90 was one of a small team of 5

representing New Zealand at these champs. He was pleased to avoid Covid this time and very pleased to win three gold medals in javelin, discus and shot put and two silver medals in the hammer and weight throw. He set New Zealand Indoor records in the weight throw 8.33m and the shot put with 6.72m and season best throws in the hammer (18.92m), shot put and weight throw.

Jim enjoyed meeting up again with other athletes and organisers he has come in contact with over the years. He also enjoyed the competitions, particularly if he could beat athletes from younger age groups.

## New Zealand Half Marathon Championships - Wellington

Derek Shaw

The 2023 NZ Half Marathon Champs were held in conjunction with the 36<sup>th</sup> Gazley Volkswagen Wellington Marathon on Sunday 25 June 2023 in near perfect wind-less conditions on the out-and-back waterfront circuit. Across the full and half marathons and 10km, nearly 3500 runners and walkers took part in the well-organised event.

The star performance in the half was from Wellington's Sarah Drought, the defending champion. She continued her impressive form from the world cross country champs in Ballarat, Australia where she was the leading New Zealander, and winning the Christchurch Half Marathon with a PB time, to lead the women from the gun to win by more than 2 minutes, breaking her own race record and claiming the W35 title with her time of 1hr 15min 44s. In her W35 age group she had a winning margin of nearly 9 minutes over the silver medalist. In the women's field there were several other impressive winning margins, including by Lindsay Barwick (nearly 18mins in the W45 age group), Paula Canning (over 12mins in W50) and Victoria Humphries (over 14mins in W55).

Rotorua's Michael Voss was the overall winner in the men's race in a new course record of 1hr 6min and 21s to shave 6s off the old record. The fastest in the master's men field was the M45 winner Wellington's Daniel Clendon (WHAC) after a close race with cross-town rival Josh Campbell (Trentham United) to stop the clock at 1:12:42, just 8s ahead of Josh. The next closest finish was in the M50 age group with Troy Harold taking the title in

1:14:09, 18s ahead of Ben Evans.

Rather predictably the two strongest Wellington clubs – Wellington Harriers & Harriers (WHAC) and Wellington Scottish - had the distinction of runners who claimed the most master's titles with WHAC members claiming six golds and Scottish three, to take nine of the 17 five-year age groups contested. Athletics Nelson was third with two golds, with the rest spread around six other North Island clubs.

### Results:

<b>W35</b>	1. Sarah Drought	Wellington Harriers	1:15:44
	2. Floortje Kaars	Wellington Scottish	1:24:40
	3. Shar McDonald	Trentham United	1:42:30
<b>W40</b>	1. Kristy Staples	Fielding Moa	1:44:09
	2. Rachel Watson	Trentham United	1:48:45
<b>W45</b>	1. Lindsay Barwick	Wellington Scottish	1:27:10
	2. Rachele Green	Auckland YMCA	1:45:15
	3. Paula Conder	Wanganui Harriers	1:59:23
<b>W50</b>	1. Paula Canning	Athletics Nelson	1:28:18
	2. Christina Needham	Kapiti Running	1:43:40
	3. Sue Kim	Caversham Harriers	2:06:37
<b>W55</b>	1. Victoria Humphries	Wellington Harriers	1:38:36
	2. Jan Sheppard	Olympic Harriers	1:52:52
	3. Denise Limby	Hatea Harriers	2:03:52
<b>W60</b>	1. Betty Harp	Wellington Scottish	1:38:05
<b>W65</b>	1. Bev Hodge	Wellington Scottish	2:20:11
<b>W70</b>	1. Judith Bradshaw	Hatea Run	1:58:29
<b>M35</b>	1. Dion Gamperle	Wellington Scottish	1:18:06
	2. Brad Wong	Wellington Scottish	1:23:52
	3. Nicolas Vessiot	Wellington Scottish	1:29:45
<b>M40</b>	1. Alasdair Saunders	Wellington Scottish	1:14:05
	2. Alvig Busa	Kapiti Running	1:17:20
	3. David Taylor	Wellington Harriers	1:21:18



<b>M45</b>	1. Daniel Clendon	Wellington Harriers	1:12:42
	2. Josh Campbell	Trentham United	1:12:50
	3. Stephen Day	Wellington Scottish	1:14:14
<b>M50</b>	1. Troy Harold	Owairaka Athletics	1:14:09
	2. Ben Evans	Athletics Whangarei	1:14:27
	3. Andrew Kerr	Wellington Scottish	1:17:30
<b>M55</b>	1. Grant McLean	Wellington Scottish	1:19:44
	2. Michael Peck	Hamilton Hawks	1:22:54
	3. Peter Caudwell	Lake City	1:25:17
<b>M60</b>	1. Bruce Edwards	Lake City	1:23:02
	2. James Turner	Wellington Scottish	1:26:35
	3. Tim Cross	Athletics Nelson	1:37:14
<b>M65</b>	1. Tony Price	A&C Masterton	1:39:03

	2. Phil Gulbransen	Lake City	1:45:46
	3. Malcolm Chamberlin	Auckland City	1:47:41
<b>M70</b>	1. Graeme Lear	Athletics Nelson	1:33:25
	2. Adrian Brouwers	Hatea Run	1:41:35
	3. Derek Shaw	Athletics Nelson	1:45:43
<b>M75</b>	1. Fred Needham	Cambridge Harriers	2:07:29
	2. Rod Gill	Frankton Athletics	2:17:49

## South Island Masters Track & Field Championships - Nelson

Derek Shaw

The 2024 SI Masters T&F Champs will take place on **19 – 21 January 2024 in Nelson**, hosted by Tasman Masters. This is a year earlier than originally planned on the roster for the SI Masters Champs in order to enable Canterbury Masters to concentrate on the hosting of the NZ Masters Athletics Track & Field Championships in Christchurch 16 – 18 February 2024. The SI Masters Champs will provide a good warm up meet for those considering going to the NZMA Champs a month later.

South Island masters are urged to put the date in their diaries and start planning your trip and your training schedule. The timing provides an ideal opportunity for a holiday either prior or post the champs to enjoy some of the many attractions in the top of the South Island, such as mountain biking trails, countless walking and tramping opportunities including in three national parks, NZ largest conservation park, numerous reserves and the Marlborough Sounds along with wonderful cafes, craft breweries and wineries. North Island masters are of course also very welcome to cross Cook Strait and also take part, and enjoy these attractions.

Since the 2017 NZMZ Champs in Nelson, we have a new all-weather track surface and now have a pole vault facility which completes the athletics facilities at the Athletics Oval in the Saxton Field Sports Complex. The schedule of events, entry form and further details will be posted on the NZMA website in the next couple of months.

As we are a small Centre we have a limited pool of graded and experienced officials to run particular events and would welcome assistance from officials from other Centres who can help out. We will be looking into what assistance we can provide such officials with their costs. In the meantime, if

you can possibly help out could you please contact LOC chair Derek Shaw and let me know that you can possibly assist, or even definitely assist, and give a brief indication of your grading and/or experience and any particular events you favour. Many thanks.

Further information on the champs will be on the NZMA website and in the next issue of *Vetline*.

If you have any questions or queries in the meantime please contact Derek Shaw – [nikau1052@gmail.com](mailto:nikau1052@gmail.com), 027 548 7537.





On Saturday 29th July, the undulating Spa Park in Taupo was again the location of the NZ Cross Country championships. Firm ground conditions, aided by the well-drained pumice soils, and fine weather made for pleasant conditions once the frosty and foggy morning warmed up. By the start of the first masters race for the M65+ age groups at 10.15am it was warm enough to run in a singlet. This year the M65+ ran two 3km laps instead of three 2km laps they ran last year. Having recently moved into the M65 age group, Northland's Ian Calder took the lead on the hills on the first lap and proceeded to increase the gap over last year's winner Dennis Litt (Waikato Bay of Plenty) to cross the line a minute ahead of the repeat M70 winner. Tasman's Graeme Lear, having recently graduated into the 70s grade, was third overall and second in the M70 age group, just 12s behind Dennis.

In the 6km master's women's race, Auckland's Lisa Cross (W40) was a clear winner in 22:31, 1:20 ahead of W35 Sarah Gardner, with Sally Gibbs (Manawatu-Whanganui), now in the W60 age group, third overall in the impressive time of 24:26 and ahead of the winners in the W45, W50 and W55 age groups. In the afternoon Lisa Cross, who won the senior women's title last year in 36:44, also ran in the senior women's 10km race and impressively finished 5<sup>th</sup> in 37:43, only 20s behind the winner Anneke Grogan.

In the M35-64 race over 8km, Otago's Oliver O'Sullivan repeated his 2022 win after breaking away from the leading group that included Steve Rees-Jones (WBoP), Simon Mace (Auckland) and Ben Ruthe (WBoP) on the last lap. His time of 26:48 was an improvement of 27s on last year's time. Oliver O'Sullivan (M35) and Dennis Litt (M70) were the only master's men to retain their titles from last year. Wellington's Heather Walker (W50) was the only master's women to retain her title, however both Sally Gibbs and Southland's Deborah Telfer again won titles, but in the next age group from their 2022 titles.

In the centre team's competition for the master's grades, the Auckland centre was the most successful with medals in all the grades - golds in the M35-49, W35-49 grades, silvers in the W50+ and M65+ and bronze in the M50-64 grade. The

'local' Waikato Bay of Plenty centre claimed golds in the M50-64 and M65+ grades and bronze in the M35-49 grade.

Sunday morning saw exciting action in the club-based 4-person 'sprint' relays, involving two men and two women with the men running the 1<sup>st</sup> and 3<sup>rd</sup> laps and the women the 2<sup>nd</sup> and 4<sup>th</sup> laps over the 2km circuit. In the 35-49 grade line hours went to TTT Runners in 28:55, which including Lisa Cross on the last lap 'fresh' from her two races on the Saturday who covered the 2km in 6:53 - the fastest time in TTT Runners team. Wellington Scottish (29:23) claimed second place, with Wanganui Harriers a further 31s back in third.

In the 50-64 grade Wellington Scottish claimed the gold medals from fellow capital club Olympic Harriers, with Lake City in third place. In the 65+ grade Egmont Athletics were unfortunately the only team. Lisa Cross would have to be the favoured candidate for the most outstanding master's athlete with her 3 golds in her individual age group, the centre teams competition and the club relays plus her very creditable 5<sup>th</sup> place in senior women's race!

Overall, the championships were well run and on time with participation by masters up 25% over last year on what appears to be a popular course for those who like undulating courses with no mud. One glitch was the absence of medals as somebody apparently forgot to take them to Taupo, but they have been promised to be mailed out to recipients.

Results for medal winners:

### MW 6km

<b>W35</b>	Sarah Gardner	23:52	WBP
	Ayesha Shafi	24:43	WLG
	Katie Wrill	26:04	AKL
<b>W40</b>	Lisa Cross	22:31	AKL
	Bex Sharratt	26:48	MWA
	Rachel Eade	27:22	AKL
<b>W45</b>	Catherine Delaporte	25:42	TAS
	Lauren Shelley	27:22	WBP
	Vicki Rees-Jones	27:42	WBP
<b>W50</b>	Heather Walker	24:34	WLG
	Rachel Penny	25:24	AKL
	Paula Canning	25:56	TAS

<b>W55</b>	Victoria Humphries	26:59	WLG
	Jan Sheppard	30:00	WLG
	Belinda Walker	30:56	WLG
<b>W60</b>	Sally Gibbs	24:26	MWA
	Terri Jones	33:31	AKL
<b>W65</b>	Deborah Telfer	29:04	STH
	Karen Gillum-Green	32:33	TAR
	Mignon Stevenson	36:46	MWA
<b>W70</b>	Judith Bradshaw	34:33	NTH
	Joy Baker	35:54	TAR
	Barbara Scarfe	36:27	AKL

#### MM 8km

<b>M35</b>	Oliver O'Sullivan	26:48	OTG
	Alex Kelliher	27:34	CAN
	Tim Hitchcock	28:04	AKL
<b>M40</b>	Ben Ruthe	27:13	WBP
	Dayle McLauchlan	27:22	CAN
	Greg Darbyshire	27:47	AKL
<b>M45</b>	Steve Rees-Jones	27:07	WBP
	Simon Mace	27:10	AKL
	Daniel Clendon	27:37	WLG
<b>M50</b>	Michael Pugh	29:18	WBP
	Chris Mardon	29:50	CAN
	Jared Letica	30:13	AKL
<b>M55</b>	Peter Stevens	30:35	WLG
	Richard Bennett	31:59	CAN
	Michael Peck	32:11	WBP
<b>M60</b>	Bruce Edwards	32:17	WBP
	Graeme Butcher	32:50	WLG
	John Gamblin	33:46	CAN

#### 6km

<b>M65</b>	Ian Calder	25:06	NTH
	Kevin Knowles	26:38	AKL
	Tony Price	26:54	WLG
<b>M70</b>	Dennis Litt	26:06	WBP
	Graeme Lear	26:18	TAS
	John Kent	30:15	NTH
<b>M75</b>	Trevor Ogilvie	29:05	WBP
	Fred Needham	29:59	WBP
	Paul Rodway	32:32	WLG
<b>M80</b>	John Wood	40:00	WLG
	Peter Ellis	43:26	WLG

#### Results for Centre teams of 4

##### M35-49

Auckland	30pts
(Simon Mace, Nick Moore, Greg Darbyshire, Tim Hitchcock)	
Wellington	48pts
(Daniel Clendon, Jamie Duncan, Stephen Day, Josh Campbell)	
Waikato Bay of Plenty	50pts
(Steve Rees-Jones, Ben Ruthe, Brad Dixon, Matt Varley)	

##### W35-49

Auckland	26pts
(Lisa Cross, Katie Wyrill, Rachel Eade, Joanne Wainwright)	
Manawatu Wanganui	56pts
(Bex Sharratt, Rosie McIntyre, Jessica Costall, Jo Trotter)	
<b>M50-64</b>	
Waikato Bay of Plenty	22pts
(Michael Pugh, Andrew Vane, Dean Chiplin, Michael Peck)	
Wellington	35pts
(Peter Stevens, Graeme Stevens, Craig Holden, Graeme Morrison)	
Auckland	42pts
(Jared Letica, Christopher Robb, Sascha, Daniels, Kristaps Maulvurfs)	

##### W50+

Wellington	24pts
(Heather Walker, Victoria Humphries, Michelle van Looy, Andrea Harri)	
Auckland	39pts
(Rachel Penny, Maria Kroonenberg, Namiko Kelly, Terri Jones)	

##### M65+

Waikato Bay of Plenty	14pts
(Dennis Litt, Mark Handley, Trevor Ashe)	
Auckland	19pts
(Kevin Knowles, Graham Macky, Steve Fairley)	

#### Results for 4-person club relays:

##### Mixed 35-49

TTT Runners	28:55
(James Kuegler, Pip Tuckey, Alan Houghton, Lisa Cross)	
Wellington Scottish	29:23
(Hiro Tanimoto, Ayesha Shafi, Stephen Day, Emily Solsberg)	
Wanganui Harriers	29:54
(Brendon Sharratt, Bex Sharratt, Gen Foo, Sally Gibbs)	

##### Mixed 50-64

Wellington Scottish	31:45
(Jim Jones, Anne Hare, Peter Stevens, Heather Walker)	
Olympic Harriers	33:16
(Darren Gordan, Jan Sheppard, Craig Holden, Michelle van Looy)	
Lake City	33:42
(Peter Caudwell, Karyn McCready, Bruce Edwards, Andrea Gallagher)	

##### Mixed 65+

Egmont Athletics	44:51
(Des Phillips, Joy Baker, Alan Jones, Karen Gillum-Green)	



**Auckland Report** - Tony Deleiros

Good news, Athletics Auckland Mt Smart's full upgrade of the track and field is now complete and ready for action for the coming 2023-2024 season.

**2023 Grand Prix Race 1. Pakuranga Cross Country - 20 May 2023**

In the first taste of winter cross country running, the competitors faced atrocious rain, muddy and windy conditions on the Lloyd Elsmore Park course. A total of 15 clubs took part with 71 men and 26 women involved in the 8km and 6km races.

Fastest master men in the 8km was M45 Nick Moore (Owairaka) with 30.36 then M40 Greg Darbyshire (Takapuna) 31.14 and M35 Tim Hitchcock (Wesley) 31.32. Other men's age group winners were: M50 Chris Robb (ACA) 34.48; M55 Bruce Duncan (Auckland University) 34.50; M60 Tony King (Auckland University) 35.59; and M65+ Kevin Knowles (Takapuna) 38.59.

Fastest master women in the 6km was W40 Karen Donaldson-Barron (Whippets Auckland) 25.52, followed by W35 Rachel Eade (TTT Runners) 29.54 and W65+ Marge Peat (ACA) 31.02. Other age group winners were: W45 Joanne Wainwright (YMCA) 31.59; W50 Namiko Kelly (Oratia) 33.12; W55 Sian Dawson (Auckland University) 33.26; W60 Terri Jones (TTT Runners) 37.00.

**Auckland Teams Cross Country and Grand Prix Race 2 - 10 June 2023**

A large turnout of 111 masters took part in the "Team" championships held at Barry Curtis Park, which included round 2 of the Grand Prix meetings.

**Masters women 6km:** Fastest times - W40 Lisa Cross (TTT Runners) 22.54; W35 Katie Wyrill (Whippets Auckland) 26.03; W35 Pip Tuckey (TTT Runners) 26.17. Other age group winners were W45 Rachel Penny (Pakuranga) 26.36; W50 Maria Kroonenberg (TTT Runners) 27.59; W55 Sian Dawson 31.12; W60 Sandra Caddy (TTT Runners) 35.21 and W65+ Margie Peat 28.15.

**Masters men 8km:** Fastest times - M35 Rodney Isaacs (Pakuranga) 28.23; M45 Simon Mace (Owairaka) 28.40; M45 Steve Rees-Jones (Cambridge) 29.00. Other age group winners were M40 Paul Crowhurst (Pakuranga) 30.10; M50 Ron King (Wesley) 32.41; M55 Bruce Duncan 33.31;

M60 Tony King 34.39; M65+ Kevin Knowles 36.14.

Team championships. Masters women 6km 1<sup>st</sup> TTT Runners 30 points; 2<sup>nd</sup> YMCA 82 points; 3<sup>rd</sup> Owairaka 88 points. Masters men 8km 1<sup>st</sup> Pakuranga 74 points; 2<sup>nd</sup> Owairaka 115 points; 3<sup>rd</sup> Wesley 154 points.

**2023 Auckland Cross Country Championships/ Grand Prix Race 3 - 24 June 2023**

In good conditions at the A&P Showgrounds in Pukekohe, the 88 athletes in all age groups were well represented with close racing. Men 8km 35-64: M45 Simon Mace 29.02 was the fastest over the course followed closely by teammate M45 Nick Moore 30.00.

Age group champions were: M35 Tim Hitchcock 30.53; M40 Greg Darbyshire 31.36; M45 Simon Mace; M50 Jared Letica (Takapuna) 32.10; M55 Shaun Kelly (Oratia) 37.03; M60 Tony King 36.10. In the 6km: M65 Kevin Knowles (Takapuna) 28.02; M70 Michael Austin (YMCA) 37.13; M75 David Anstiss (North Harbour Bays 41.10.

In the women 6km: W40 Lisa Cross 23.43 had the fastest time followed by W40 Karen Donaldson-Barron 25.27. Age group champions were: W35 Katie Wyrill 28.49; W45 Rachel Penny 28.19; W50 Maria Krooneburg 29.30; W55 Sian Dawson 33.07; W60 Terri Jones 37.51; W65 Margie Peat 29.41; W70 Christine Munro (YMCA) 40.25.

**North Island Cross Country Championships – Taupo - 27 June 2023**

A total of 39 Auckland masters made the trip down to Taupo for the NIXC Championships. Auckland winners were M35 Ben Jackson and W50 Rachel Penney. A good showing from the Lynndale club who had 18 athletes taking part and Pakuranga with 8.

Auckland athletes placings were:

**Masters Men 6km:** M35-39: 1<sup>st</sup> Ben Jackson (Pakuranga), 7<sup>th</sup> Mathew Hitchings (Pakuranga), 9<sup>th</sup> Ravneel Lishore (Lynndale). M40-44: 2<sup>nd</sup> Paul Crowhurst (Pakuranga), 3<sup>rd</sup> Adam Gallagher (Owairaka), 5<sup>th</sup> Carl Read (Pakuranga), 8<sup>th</sup> Tim Buckley (Takapuna), 14<sup>th</sup> Terence Ng (Lynndale). M45-49: 4<sup>th</sup> Robert Dallimore (Pakuranga), 6<sup>th</sup> Dion Blundell (Takapuna). M50-54: 2<sup>nd</sup> Jared Letica (Takapuna), 7<sup>th</sup> Sasha Daniels (Auckland City), 9<sup>th</sup>



Kristaps Maulvurfs (Lynndale), 16<sup>th</sup> Adrian Earl (Owairaka), 20<sup>th</sup> Seumus Cooney (Lynndale). M55-59: 9<sup>th</sup> Gavin Hipkins (Lynndale), 12<sup>th</sup> Sean Cox [Lynndale]. M60-64: 3<sup>rd</sup> Rudy Baptist (Lynndale), 6<sup>th</sup> Andrew Pirie (Auckland City), 10<sup>th</sup> Phil Harrison (Lynndale). M65-69: no Auckland runners. M70-74: 4<sup>th</sup> Richard Thomson (Pakuranga).

**Masters women 5km:** W35-39: 3<sup>rd</sup> Rachel Eade (TTT Runners), 6<sup>th</sup> Jovina Chia (Lynndale). W40-44: 2<sup>nd</sup> Kentina Chivasa (Lynndale), 5<sup>th</sup> Sabrina Liu (Lynndale), 6<sup>th</sup> Amanda Goldie (Lynndale), 7<sup>th</sup> Sonya Farrell (Lynndale). W45-49: 2<sup>nd</sup> Joanne Wainwright (YMC Auckland), 7<sup>th</sup> Tania Hardwick (Lynndale), 9<sup>th</sup> Fiona Horsford (Lynndale), 10<sup>th</sup> Margit Relberg (Lynndale). W50-54: 1<sup>st</sup> Rachel Penney (Pakuranga), 8<sup>th</sup> Natalie Hitchings (Pakuranga), 10<sup>th</sup> Jan Sisley (Owairaka), 12<sup>th</sup> Anita Earl (Owairaka), 14<sup>th</sup> Shiho Matsubara (Lynndale), 16<sup>th</sup> Jacky Beaumont (Lynndale). W55-59: no Auckland runners. W60-64: 3<sup>rd</sup> Terry Jones (TTT Runners).

## **Hawkes Bay Gisborne** Maurice Callaghan

As has been widely reported in the National news the Hawkes Bay - Gisborne area has been hammered with inclement weather over the last few months. Even though we have an all-weather track in Hastings the enthusiasm for organizing any competitions was not there as everyone was too busy dealing with weather events. However, two of our members managed to stay very competitively busy.

The Australasian Police and Emergency Services Games (APES Games) are held every two years and in 4 -11 March 2023 they were hosted by NZ in Rotorua. Approximately 60 sports are contested. Dennis O'Leary, a Senior Station Officer for FENZ in Hastings and his brother Mike, an Inspector in the Eastern Police District based in Hastings) competed in track and field events plus Mike entered in swimming events.

The track and field competitors were blessed by two beautiful days of weather and a very well organised 'meet' thanks to the huge efforts of the coordinator/organiser, Mr Paul Radden from FENZ, and his very busy team of volunteers. Amongst the volunteers was ex NZMA Treasurer and Life Member Stu Foster and his wife Loloma, starting and organising events. Their service over the two days was invaluable and was greatly appreciated by all athletes.

There were the 'young guns', male and female athletes aged from 20ish, right up to a veteran male of 79 years. Every event was hotly contested over the two days but the camaraderie, fun and enjoyment was obvious.

Below is a photo of our relay team members – 'The Legends' (left to right) were: Dennis O'Leary (FENZ), Gulab Singh, Rob Lyle, Kere Taurere, Mike O'Leary (all NZ Police). With a combined age of over 200 years (ranging from 30 to 67 years) they won three team gold medals in the 4x100m, 4x200m relays and in the NZ Relay (800, 400, 200 and 2x100m). Each member also won a 'handful' of medals in their respective individual events.



Mike competed in 12 track (photo on next page) and field events in the M60-64 age grade and brother Dennis, did the same in the M65-69 age grade. Mike took home 12 golds, while Dennis secured 11 gold and a silver ... not a bad haul for the 'O-Bros'. Mike also won silver in the M60 50m backstroke and bronze in the 100m. Be wary of the O'Leary brothers at the next NZMA Nationals!

The next APES Games are scheduled for March 2025 in Hobart, Australia.

## **Regional Sports Park Indoor Track**

Now that this facility in Hastings is fully operational thoughts have turned to holding open indoor track meets. HBG Masters have been approached to hold a meet this year, but unfortunately given the amount of planning and organisation involved it was just not feasible to do so, however we intend to stage an event in July or August next year. This will be an ideal warmup for those intending to



compete at the World Masters Champs in Sweden 13-15 August 2024, so watch out for further information.

Possible events include: 50m or 60m sprint, 50m or 60m hurdles, long, triple and high jumps, pole vault, with shot put outside on the limestone area. Accommodation is available at the track in the new complex built for housing athletes and the rate is very reasonable - \$50.00 per night. There are 60 beds available with most rooms having two beds and ablutions being shared between every two rooms.

Preparations are well under way for the resurfacing of the all-weather track so the new athletic season is being looked to with much anticipation. Train well in the off season in anticipation of making use of these great facilities.

### **Waikato - Bay of Plenty** - Murray Clarkson

Welcome to my "Wet Winter Writings". Surprisingly, we managed dry weather for our Cross Country Day. Locals persuaded by Athletics Tauranga assisted with a good turnout on a different course which was enjoyed by all. Participation and assistance in running the event is gratefully acknowledged.

A challenge awaits us with the Porritt re-surfacing at the beginning of summer and the prospect of

home games in Tauranga for Bay Steamers in October. As is normal, masters athletes will find a way to compete.

The battle is still raging regarding the Tauranga Domain Track as the alternative is not acceptable to the Trust. Our Council (Commissioners) are investing heavily with consultants, meetings, newspaper reports, and not listening to athletics. Hopefully the status-quo will remain in the foreseeable future and time and resources can be directed to advancing athletics. WBOP Centre are willing to create dialogue on promoting membership.

We have had no news from the NZMA Board but understand that our National Champs are back on the calendar for February. We await confirmation of this before we can set our summer programme.

We have to report the passing of the following since our last newsletter:

Agnes Acott – Master Athlete from 1990-2002. Obituary below.

Ken Chandler – (Judy's Husband)

Mhyre Oman – Administrator in Hamilton for many years.

Our thoughts go to their families.

#### **Obituary:**

**Agnes Acott** 5 December 1926 – 14 June 2023

It is with sorrow we record the passing of Agnes Acott. Agnes was a prominent member of Tauranga Ramblers (Athletics Tauranga) competing at masters events with great success in the period 1990 to 2002 and then taking part in many local events as a walker for the next few years.

Agnes was always seated in the front seat of the bus beside Bev Smith on away trips around the Waikato region. Although of a quiet nature she was extremely competitive as the statistics reveal.

At 96 she still lived alone in the unit she had shared with her late husband Doug who passed away 10 years earlier. Her family paid tribute to her life and shared experiences with us.

Agnes competed at track, road and cross country events. She completed three half-marathons in Australia when aged 65, 69 and 70 and achieved a 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placings. In 1992 she completed the

London Marathon finishing 3<sup>rd</sup> in the W65-69 section. Agnes did not travel to any Oceania Championships.

She had considerable success at the NZ Masters Track and Field Championships, amassing a good haul of medals - 25 golds, 9 silvers, and 2 bronze. At North Island Masters T&F Champs she won 10 golds, 8 silvers and a bronze medal. Her W-BOP medals were too numerous to count along with a large range of non-stadia triumphs.

She enjoyed her experiences in athletics and we acknowledge her successes. Agnes had the good fortune of good health and few injuries in her competitive years. We celebrate her past achievements and remember her cheerfulness.

Our thoughts and support go out to her family and friends at this time. Rest in Peace.

### **Taranaki** - Vicky Jones

This winter has been disconcertingly warm and humid and Taranaki members have taken this in their stride. If I may say so our members have acquitted themselves well and having a great time doing so!

### **Peter Cattley Memorial (14/05/2023) - Fitzroy Golf Course, New Plymouth**

This year marks the 10<sup>th</sup> anniversary of Peter's death and the inauguration of this event held in his memory. Again, Peter turned on the weather for us and participation numbers were heartening, particularly amongst the kids. Karen Eliason (Peter's widow) and her family came out in force and all participated in the walk. In honour of the anniversary, Karen presented a special \$100 voucher as a grand spot prize which went to a worthy young athlete.

#### **Runners – Women:**

Place	Name (Est Time, Actual Time)	Difference
1	Stella Bond (26:45, 26:44)	00:01
2	Liz Forrest (24:00, 23:57)	00:03
4	Tui Bray 9 (22:00, 21:44)	00:16
5	Rebecca Hutchinson (21:00, 20:38)	00:22
6	Joy Baker (24:00, 23:24)	00:36
12	Tracy O'Sullivan (34:30, 32:32)	01:58
13	Lynne Mackay (26:25, 32:32)	06:07

#### **Men:**

1	Lionel Haldane (17:20, 17:25)	00:05
2	Allan Thomas (20:40, 20:48)	00:08
4	Murray Laird (19:08, 18:55)	00:13
5	Mike O'Sullivan (17:00, 16:45)	00:15

6	Warwick Pettigrew (23:30, 23:12)	00:18
7	Robbie Rawles (16:00, 15:35)	00:25
8	Alan Jones (23:40, 24:07)	00:27
9	Des Phillips (22:59, 23:26)	00:27
12	Troy Gibson (18:00, 17:01)	00:59

#### **Walkers – Men:**

1	Rodney Gillum (28:45, 28:45)	00:00
4	Peter Blackbourne (42:00, 37:53)	04:07
7	Martyn Schrider (42:00, 34:52)	07:08

#### **Women:**

1	Catherine McCarten (29:15, 28:05)	01:10
2	Vicky Jones (35:46, 34:29)	01:17
3	Karen Eliason (42:00, 38:04)	03:56
9	Sandra Heal (30:40, 26:58)	03:42

### **Norman Reid Memorial (21/05/2023) - Brooklands Park, New Plymouth**

The Taranaki Race Walking Club honours the late great Norm Reid with this memorial 10km race. This year the date was fittingly set to coincide almost exactly on the anniversary of Norm's death - 22 May 1994. Conditions were choppy with wind gusts and shower bursts (which came in handy when one is about to overheat!). Everybody had an excellent walk. Cath McCarten limited herself to 5km as she builds up her mileage again while I ruled myself out for the trophy pulling out at 7km, erring on the side of caution amongst my comeback from injury – it's a huge jump from 5km straight to 10km! It was Peter Fox who ultimately claimed the trophy with his usual consistency.

### **TET Athletics Taranaki Mountain Champs (27/05/2023) - Lake Mangamahoe, New Plymouth**

This event usually entices a small but hardy (one could say niche) group to challenge themselves in the conditions that mountains throw up – muddy and slippery hills. Conditions overhead were favourable to counteract the slippery conditions underfoot.

#### **4km Run (M65+)**

M65	Chris Prankard	25:56 (1)
	Warwick Pettigrew	29:04 (2)
M70	Albie Jane	27:43 (1)
M75	Des Phillips	27:37 (1)

#### **4km Run (Women)**

W40	Rebecca Hutchinson	26:21 (1)
W45	Liz Forrest	30:11 (1)
W50	Suzie Price	30:20 (1)
W60	Stella Bond	35:07 (1)
W65	Karen Gillum-Green	28:47 (1)
W70	Joy Baker	30:23 (1)
M55	Craig Rawlinson	39:04 (1)



M60 Rodney Gillum	32:56 (1)
M75 Alan Jones	38:12 (1)
<u>8km Run (M35-64)</u>	
M35 Troy Gibson	44:06 (1)
M50 John Nolly	5:18 (1)
Pete Carver	54:00 (2)
M55 Richard Brewer	46:03 (1)

### **Hughes Memorial (03/06/2023) - Egmont A&P Showgrounds, Hawera**

The Hughes Memorial is always a popular fixture on the regional Cross Country calendar enticing enthusiastic participation from Feilding and Whanganui as well as the Taranaki region. It's always enjoyable pitting oneself against competitors from other regions. As we know – there are no friends once the gun goes!

#### 4000m Run

W40 Tracy O'Sullivan	35:37 (2)
W45 Susan Chambers	21:13 (1)
Rebecca Hutchinson	21:29 (2)
W50 Suzie Price	24:17 (1)
W65 Karen Gillum-Green	22:33 (1)
W70 Joy Baker	24:39 (1)
M65 Allan Thomas	21:16 (1)
Warwick Pettigrew	24:38 (2)
M70 Murray Laird	19:27 (1)
Chris Prankard	23:30 (3)
M75 Des Phillips	22:28 (1)
Alan Jones	25:08 (2)

#### 8000m Run

M35 Troy Gibson	35:28
M45 Michael O'Sullivan	36:50
M50 John Nolly	38:12
M55 Richard Brewer	38:48

#### 4000m Walk – Combined

Place	Name (Time, Prediction)	Difference
1	Gaylene Anderson (32:16, 31:45)	0:31
2	Trevor Hepburn (34:16, 33:20)	0:56
4	Catherine McCarten (29:50, 28:45)	1:05
5	Martyn Schrider (35:58, 34:52)	1:06
7	Vicky Adams (45:06, 43:20)	1:46
10	Sandra Heal (54:25, 58:00)	3:35
13	Kathy Prankerd (41:35, 36:00)	5:35
14	Judith Duffy (50:19, 38:12)	12:07

### **Tom Verney Memorial (10/06/2023) - Stratford Racecourse, Stratford**

Conditions were kind for the running of the Tom Verney memorial hosted by Stratford Runners and Walkers. Unfortunately, the downward trend in participation numbers seems to be continuing, however this does not detract from engaging in fierce competition! Unfortunately, I have no results to share – not even which club won!

### **Taranaki Open Walks (10/06/2023 - Brooklands Park, New Plymouth**

Meanwhile, while the runners were scorching up the Stratford Racecourse, the region's walkers were doing the same to the famous Kaimata Street circuit on the edge of Brookland's Park (of which the Bowl of Brooklands is a part). Sadly, numbers were down this year from all quarters who normally attend this enjoyable weekend. Wellington Scottish's Helen Willis took out the women's Campbell cup (darn it went back to Wellington!) and it was fabulous to see Daphne Jones and Jackie Wilson compete. Cath McCarten positively flew averaging 7-minute km pace considering her nerves at stepping back up to 10km. Tony Burrell took out the men's Trevor Suthon cup, while Eric Kemsley slogged it out for 15k to claim the Hawera cup.

### **North Island Cross Country Champs (01/07/2023) - Spa Park, Taupo**

This is always a popular event for Taranaki runners and Taupo always throws up some interesting weather conditions – and this year was no exception. Taranaki Masters had an exceptional outing at the North Island Championships this year with several medalists, notably gold for Karen Gillum-Green and Joy Baker and silver for Des Phillips in M75 grade which is re-emerging as a hotly contested grade.

As we look towards to the road section of the winter season, I must make mention of Sue Park. On participating at the Egmont Village Fun Run she had the misfortune to trip and fall, dislocating her shoulder. With great thanks, her shoulder was successfully put back in place and it is now a matter of recovery for her. With her resilience and good health, we wish her all the best for this recovery.

**Tasman** - Derek Shaw

### **NZ Mountain Running Champs – 18 March 2023**

Tim Cross took the opportunity to run in these champs while combining a visit to Tauranga to catch up with family. The masters 6.6k two lap course around Mount Maunganui included some very steep sections and some long sweeping downhill sections that he much preferred as they enabled him, as more of a downhill specialist, to gain time on other runners. He liked the venue and course with it's equal amounts of uphill and downhill. As most of the others in his age group were not registered with Athletics NZ, he won the M60 age group.

### **NZ Half Marathon Champs – 25 June 2023**

A contingent of Athletics Nelson runners ventured across to Wellington for the 2023 NZ half marathon champs. The two top performers were Paula Canning (W50) and Graeme Lear (M70), who had both recently graduated to new age groups, claiming the titles in their respective age groups by very large margins. Tim Cross (M60) and Derek Shaw (M70) both managed to win bronze medals in their respective age groups. See separate report on the champs for details on their times.

Other Nelson runners who took part in the half marathon included: Brian Kemp 1:26:32 (12 M50-9), Daniel Bullock 1:42:46 (68 M30-9), Patrick Meffan 1:44:31 (10 M60-9), Gillian Thornton 2:02:33 (24 F50-9) and Stu Hague 2:09:48 (29 M60-9). In the half marathon walk Tania Gardner was 5<sup>th</sup> overall, 3<sup>rd</sup> female overall and 1<sup>st</sup> F50-9 in 2:32:02 (1 F50-9) and Wendy Meffan finished in 3:06:47 (6 F60-9). In 10k run Catherine Delaport was 2<sup>nd</sup> F40-9 in 41:10, while in the 10k walk Steve Pauling was 3<sup>rd</sup> M60-69 in 1:09:52, Claire Mckenzie 2<sup>nd</sup> F60-9 in 1:17:51 and Merle Hague was 7<sup>th</sup> F60-9 in 1:29:02.

### **Tasman Cross Country Champs – 8 July 2023 – Rabbit Island**

These champs were held in wet and cold conditions over multiple laps on a traditional muddy course. Fun for all. In the 6k MW35-64 grade, Paula Canning was a clear winner in 26:21 over 5.5 minutes ahead of Nicola Hodges with Dayna Wallace only 3s back in claiming third place. In the W65+ grade Odette Llewellyn claim first in 33:29, 30s ahead of Fran Kerse with Eileen Beattie taking the third spot.

In the 8k MM35-64 grade Curtis Moore was first 32:19, followed by Brian Kemp (33:44) and Tim Cross (36:24). Murray Hart claimed the line honours in the 6k MM65+ grade in 29:50, followed by Graeme Sellars (30:22) and Andrew Barker (32:54).

### **Firefighters Sky Tower Challenge – 20 May 2023**

Nelson firefighter and keen runner Murray Hart competed in the 2023 challenge for the 7<sup>th</sup> year in a row and was first in the Supreme M60+ age group with a margin of over two minutes on his nearest rival. This was his 4<sup>th</sup> win to go with his three second place finishes in the seven years. The other aspect of the challenge is the fund raising for charities which this year went to child leukemia and blood cancer. Murray personally raised \$2600 and collectively the 900 firefighters that took part raised \$1.5million. A great effort.

### **Nelson Half Marathon and Festival of Running – Sunday 5 November 2023**

This annual Athletics Nelson event provides options of a half marathon, 10k, 5k and 2.5k – something for all the family as well runners and walkers. The flat courses utilizing the pathways and roads within the Saxton Field Sports Complex and the adjacent shared pathways, provide opportunities for fast times for those who wish to test themselves. All finishers receive a medal and there are lots of spot and place prizes on offer. Out of town masters are encouraged to come and enjoy this event and the many other attractions in the Nelson Tasman region. Further information and registration at the event website: [nelsonhalfmarathon.co.nz](http://nelsonhalfmarathon.co.nz).

**Canterbury** - Andrew Stark

The winter season is in full swing. Given my heavy involvement during the summer month, I try to have a bit of a break from attending events. There is still a lot going on in the back-ground, around governance issues and working out how we fund the sport.

Last year the iconic Takahe to Akaroa Relay was cancelled, with the relay being moved to the Bottle Lake Plantation. Since then, Athletics Canterbury have conducted a review, identifying what went wrong and what improvements need to be made in the future. What did become apparent was that running on a main highway is problematic and

costly.

Consequently, members of the Cross Country & Road Committee began searching for an alternative course. This has taken time and effort, plus lots of consultation with the appropriate agencies to ensure the new course will 'work'. The last thing we wanted was to advertise the event, only to find the traffic management issues forced us to once again change courses.

I am pleased to announce a relay called LOBURN 68 has the green light and plans are underway to deliver a new National Road Relay Championship event.

This is the website address if you are interested in finding out more about the event ...

<https://loburn68.run/>

To all the road runners out there ... see you Loburn.

**Otago** - Christine Montgomery

### Lovelock Relays - Saturday 29 April 2023

These are held at the University Oval, Logan Park, in Dunedin and organised annually by the Hill City-University Harrier & Athletic Club, assisted by Athletics Otago. This event is held to honour New Zealand's Jack Lovelock who won the gold medal in the 1500m at the 1936 Berlin Olympic Games.

Run around the University Oval on a 375m grass track this event has tons of history. The Senior men's teams comprise 6 runners, each runner running 4 laps of 375m = 1500m. The Senior women's, grade teams and social teams comprise 4 runners. The under 12/primary school race has 4 runners per team and each runner runs one lap of 375m for a team total of 1500m.

It's always great to see everyone cheer everyone on and have the love of running passed through the generations. Ollie O'Sullivan was flying as usual for the MM35 team race for Hill City-University. The Whippets lived up to their name to smash a 52-year-old record for the event.

The Christchurch-based running group of Ronan Codyre, Connor Melton, William Little, David Lee, Jack Paine and Russell Green obliterated the six-man 1500m senior men's record, finishing in 23min 53sec, which smashed the previous record of 24min 12.6sec, set by the University of Otago men's team in 1972.

An awesome day for all – Sun was out and to make

it even better was records were broken. Well done to Hill City-University for putting on such a superb event.

### Three Peaks - An awesome event now run for 40 years

The 40th Three Peaks Mountain Race was held on Sunday 26 March 2023. Established in **1984**, it is one of the longest-running trail events in New Zealand. Named after the three peaks of Flagstaff (668m), Swampy (739m) and Mt Cargill (676m), the Three Peaks takes runners and walkers up and along some of Dunedin's most beautiful trails through lush native bush and forestry where they are rewarded with stunning panoramic views.

The 55km Three Peaks Plus One adds one of the high points of the Silverpeaks, Pulpit Rock (760m) and has even more stunning terrain and trail. The event is organized by Leith Harrier & Athletic Club with Director Steve Tripp.

The weather was mostly sunny with light easterly winds and a high of 19 degrees Celsius and low of 11 degrees. Congratulations to all those who participated and assisted in this iconic event which has taken place uninterrupted since 1984.

There were almost 500 finishers across all three events. This included an original from 1984 and 1985 Peter "Transport" Hughes, who had finished second in the 1985 race and returned 39 years later to run the event again. He was second in the Guru Male 60+ grade in 4hrs 5mins 50s, a tad slower than during his glory days.

Guru Male 60+ runner Garry Preston ran in the first ever 3 Peaks Race in 1984 and had run a few times in the 80s and 90s and then retired, but he returned for the 40th Anniversary of this great race finishing in 5hrs 13mins 54s with some facial wounds to show for his brave effort too. Of course, we cannot leave out former Leith President, runner and race organiser Steve Smith who finished in a class 3hrs 34mins 1s in the Guru Male 60+ grade. Results are up on 3 Peaks Website.

### The 46<sup>th</sup> Leith Harbour Free – 30 April 2023

The weather was sublime - still conditions with the harbour looking like glass. Over 70 runners and walkers set off on the 5 and 10 km out and back course along the East Harbour Cycle/Walkway. This is a free and friendly community time trial. Course 2. Start/Finish – next to Watercooled Sports, Kitchener Street, Dunedin on an out and back



course along the East Harbour Cycle/Walk Way. This is a wheelchair and pram friendly event, that is held every month either on last Thursday or Sunday of each month. If you are ever in Dunedin check it out.

### Shunters and Grunters 2023

This event is organised by the Hill City-University Club and is a 4-person relay along the Historic Otago Central Rail Trail. The start is from the old Hyde Railway Station to the Waipiata Railway Station (Tavern). The relay was started by Hill City's late patron Kevin Murphy in memory of his son Richard. A sad but nice moment.

The following clubs Caversham, Ariki, Leith and Civil Service and also some unregistered runners made up the 15 teams of 4 totalling 60 runners. This was followed by a cleanup of homemade pies and refreshments at Waipiata Country Hotel. A great turnout from the clubs - it looked like a great day out in the sun.

### Running is for everyone

The great thing about running is it doesn't matter how fast or slow you are relative to anyone else. You set your own pace and you measure your own progress. You can't lose this race because you're not running against anyone else. You're only running against yourself, and as long as you are running, you are winning.

### Leith Cross Country - 13 May 2023

The Leith Cross Country Relays is an annual teams relay event usually held on the grounds of the Dunedin Pony Club on a course known as "The Ponydales". It also incorporates a non-relay ultra cross country event the Ponydale Challenge. It is organised by the Leith Harrier & Athletic Club. This

year was the 41<sup>st</sup> running of this iconic event. The Ponydale Challenge is an individual ultra-distance run which was started four years ago.

The weather was gloriously sunny and warm during most of the events. With up to 300 people participating or supporting we can say that it was a very successful edition of the Leith Cross Country Relays and Ponydale Challenge. There were some exciting relay races and superb endurance feats by the challenge participants. Thanks to all those who helped organise this event – the team captains, the club captains, the course setup people, the timekeepers, marshals and the course clearers. A big thanks to the friendly supportive people at the Dunedin Pony Club who enable us to use their grounds each year.

Going back to 2014 when the Leith MM35+ wrested this title from the defending champions Ariki, and with two missing years of the event when Covid struck and the grounds were unavailable, this team never ceases to amaze. Defending its title for an unprecedented 7 times in a row, the 2023 Leith team of Glen Chisholm (7:34 fastest time in race), Steven Morrison (7:46 third fastest in race), Gallien Chanalet-Quercy (8:09) and Jason Palmer (7:43 second fastest in race) finished in 31:13. Second team to finish were the Monday Monsters a Leith affiliated MM35+ team of Marco Kleinlangevelsloo (8:16), Brian Adams (8:18), Mat Dent (8:24) and Aaron Sanderson (9:18) with a time of 34:17. Third was the Leith MM35+ No 2 team of Andrew Wilson (8:17), Mark O'Neill (8:20), Chris Clark (8:57) and Jacques Brown (9:21) in 34:54.

Beating the defending masters women's champions Hill City-University was the goal and it was achieved in style. The Leith MW35+ team of Angela Bishop MW35+ (9:29 third fastest in



MW35+ race), Tess Molloy MW35+ (10:22), Christine Montgomery MW50+ (10:37) and Sue Hendry MW50+ (10:31) won by over a minute and a half in a time of 41 minutes. Defending champs Hill City-University MW35+ of Georgy Pakeho (9:24 second fastest in MW35+ race), Cilla Dickinson MW50+, Barbara Patrick (MW50+) and Aly Craigie (9:04 fastest time in MW35+ race) finished in 42:36. The Caversham MW35+ team of Claire Anderton (9:45), Glenda Bruce MW60+ (13:04), Karen Rowley (12:15) and Evelyn Armstrong MW50+(10:20) was third in 45:23. Thus Leith achieved the double whammy of winning both the masters women and masters men races.

### **Bayfield Park 5km Handicap - Saturday 27 May 2023**

This is a free handicap 5km held around the manicured Bayfield Park fields (1km, 2km, 3km and 4km options are also offered). This year Hill City-University and Ariki joined Leith in this event and used the Leith Online Entry System. The 1km lap grassed course is perfect as it provides good visual feedback as to how you are progressing. The handicap, is a method of enabling the slowest walkers and runners to compete against the fastest. A different but fun way to walk and run. If you provide your most accurate current or predicted 5km (flat) time, we can calculate the start times for each person. If you get it right, everyone should be sprinting towards the finish together.

It was a very well run event and great to see the clubs all working together to make this event amazing. Special thank you to Sebastian Sole who ran the timing system voluntary. This was a great event for all ages.

### **Congratulations**

Congratulations to Steve Tripp, a finalist in the 2023 Otago Sports Awards for Innovation in Sport

category. This guy is incredible with his passion of running and fundraising for the North East Valley community. I have written previously about crush the Cargill. Go Steve.

At the subsequent awards he won. Immensely proud and stoked for Steve Tripp, taking home the University of Otago Innovation in Sport Award at the Otago Sports Awards. The award is thoroughly deserved in recognition of the huge amount of mahi Steve puts into our Dunedin running community and the unique events he facilitated for us all to enjoy.

### **The Barnes Cross Country - 11 June 2023 at Kettle Park**

The race is named after Sir James Barnes, a two-term member of Parliament for St Kilda and Dunedin mayor from 1968 to 1977. Barnes, who won the NZ senior men's cross-country title in 1932 and the men's mile in 1933, did not think there were enough races during the cross-country season and donated the cup for the race in the early 1950s.

This is a handicapped event and there are 3 races masters can enter - the 3.75km walk, 3.75km run and the 5km. Well done to the more than 100 who ran or walked.

### **Edmond Cup - 24 June 2023**

The weather was overcast with a gusty north easterly wind, and the ground was firm. The event this year was held at the Otakou Golf Club, Harrington Point Rd, Otakou. The Edmond Cup is a team's race which has been run for over a century. The cup was donated in 1907 by Mr Edmond who was a member of the former Otago Harrier Club. The event has been run in several locations, including Tahuna Park and the Wingatui Racecourse. It sounded like a great course. Well done to all the masters athletes who competed.





<b>Coming Events</b>		
<b>2023</b>		
19- 27 August	World Athletics Championships	Budapest, Hungary
10-Sep	New Zealand Road Championships	Palmerston North
23-24 September	New Zealand 24 Hour Championships	Rosedale, Auckland
30-September	New Zealand Road Relay Championships	Christchurch
1-3 December	North Island Track & Field Championships	Palmerston North
<b>2024</b>		
19-21 January	South Island Masters Track & Field Championships	Nelson
16-18 February	New Zealand Masters Track & Field Championships	Christchurch
14-17 March	Athletics NZ Track & Field Championships	Wellington
29 March – 1 April	Australian Masters Track & Field Championships	Hobart, Tasmania
4-5 May	WMA Relay Championships	Bahamas
26 July – 11 August	2024 Olympic Games	Paris, France
13-25 August	World Masters Track & Field Championships	Gothenburg, Sweden



*Ullevi Stadium, Gothenburg might be one of the venues for the 2024 WMA Track & Field Championships. It look pretty impressive!*