

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 41 No 3

October 2023



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Thank you to all the contributors to the magazine.

Derek Shaw - Editor

Cover photo (Noni Callander) - Jim Blair M90 Shot Put Gold, WMA Indoor Championships Torun 2023

Following the last of Vetline, I asked the question as to whether there still was interest in producing a digital version of Vetline. To be honest, the response was not great. However, I do appreciate that for historical purposes, having an official record of what has been going on is valuable. The Board is still undecided as to how many issues we will commit to creating. We are open to suggestions as to the way forward.

NI, SI & NZMA Championship update:

The planning and organisation for the North Island Track & Field Championships (Palmerston North: 1-3 December 2023) is well underway. I thank Mark Harris (Masterton) for taking on the responsibility for creating the programme and handling the entries. With Eddie Soria's help (Wellington Centre) they have come up with a workable programme. I remind competitors that for health & safety reasons, there are sometimes restrictions as to what events can occur at the same time and this does affect the timing of events.

Within the next week, or by the time you read this, I am hopeful that a draft programme for the South Island Track & Field Championships (Nelson: 19-21 January 2024) will be on the NZMA website. Entries will then be opened ASAP after that posting.

I am currently working on finalising the NZMA Track & Field Championships (Christchurch: 16-18 February 2024). Over the past 12 years I have collected data on the number of attendees in each field event for each age group. This information has been used to help create the age groupings used during the championships. Over the years we have made minor changes as our population of throwers is aging. For the 2024 event, to ensure that the group sizes are manageable, we require three groups of women, rather than just two. The challenge this creates is, is it workable given the setup of the venue in terms of available circles and pits. At the Nga Puna Wai it is not so bad as we have a throwing area outside the main arena that we can use. However, this programme forms the generic programme for other Centres to follow. As soon as this is completed, a draft timetable of events will be posted on the NZMA Website.

Athletics NZ & NZMA MOU update:

In September I had an opportunity to meet with the new Chief Executive of Athletics NZ - Cam Mitchell. In both my roles as President of NZMA and Board Chair of Athletics Canterbury, we discussed the future of athletics in New Zealand. Prior to this meeting, the NZMA Board had been working with Hamish Meacham (Athletics NZ Community Team Manager) and Jason Cameron (Athletics NZ Competitions Team Manager) to finalise changes to the MoU created between the two organisations back in 2016. This has now been completed and added to our website documents.

It is pleasing to note that NZMA and Athletics NZ have a good working relationship and they are committed to helping NZMA in anyway they can. To be honest, they are under-staffed and I believe the NZMA Board still has an important role to play, in holding them to account. There is no immediate intention for Athletics NZ to take over NZMA, as some suggested was their goal. One of the important additions to the MoU is the creation of a 'super user' within NZMA, with this person having access to the Athletics NZ database of masters registered within clubs.

As I have mentioned before, to successfully host a large event in your region, the local Masters Centre needs the help of the Athletics NZ Centre official. It is in the interests of the sport that we work together.

NZMA Athlete of the Year Awards - Combined 2022 / 2023:

Due to Covid 19 the March 2022 NZMA Championships we delayed until December 2022. At this event we presented the 2021 awards. Consequently we did not hold the NZMA Championships in March 2023, therefore not making it possible to present the 2022 awards. Looking back at 2022, the number of meaningful events that members were able to attend was greatly reduced due to Covid 19. At the last NZMA Board meeting we made the decision to present combined 2022 / 2023 Athlete of the Year Awards. We will endeavour to look through the key events held during 2022 & 2023, plus look at the records broken, to come up with a short list of finalists. However, on the NZMA website there is form that anyone can download and send to Ian Carter. So if

you think you have an outstanding performance worth being noted, please complete and submit a form.

With the changes to the age factors, the new 2023 factors have resulted in the percentages going down. Previously we have had a 'colours' awards for performances of 95% or above. I need to some investigations to see what difference the new factors have made, before we decide if keeping it this high is too much of a disadvantage. I suspect it will be lowered.

NZMA Online Registration:

A couple of years ago we had this feature available on our website. However, with the updated version of GameDay introduced in September 2022, we held off using the system for the 2022 - 2023 season. Just as well, given the issues the new database system had. I have recreated the registration system, therefore all NON-club members now have the option to join NZMA online. Given time, the Board would prefer if all non-club masters joined using GameDay. However, you are still welcome to join via your local Masters

Centre. Once you have entered any of our events using this system, your information is remembered, which makes it reality easy to join online. It allows NZMA to communicate to masters athletes.

NZMA Uniforms - Online Shop:

I am in the process of setting up the NZMA Uniform shop again. It will have the usual items, singlets and t-shirt. However, we do now have some crop-top available. As we have done before, prior to significant major overseas events, we have promoted the sale of some specialist items such as long sleeved polo shirts, collared t-shirt and a wet weather jacket. If there is a demand, I am happy to organise this again.

Someone I should have mentioned in the last issue was Derek Shaw. Without his efforts to coordinate copy for Vetline, he proof reading skills and the articles he wrote, this publication would not be possible.

Until next time ... thank you to all those who give back to the sport.



2022 - 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 Ian Carter

Entries are now open for North Island and South Island Masters Track & Field Championships

See the NZMA website for more details

After looking like runners and walkers would have windy conditions to contend with in the region widely re-known for its wind turbines, the weather gods were kind on participants and officials providing warm conditions with only a very light breeze at most. Hosted by the innovative Fielding Moa Harrier and Athletic Club, the courses were on the large and heavily treed Massey University campus.

The run course was a 2km circuit that had a significant downhill component in the first half and as a consequence a significant climb in the second half providing a challenging course especially for those running 10km. The mature trees that lined much of the circuit provided not only a scenic course but also opportunities for runners to get some shade. The smooth road seal made for good conditions under foot. The walk course was a separate one km out-and-back flat course near the finish line for the run circuit.

There was a good turnout of master's athletes with 84 entries across the master's men 5-year age groups with a high of nineteen in the M50-54 age and twelve in the M45-49 age group. Forty-eight entered the master's women's grades (up from 34 in 2022) with eight in both the W40-44 and W50-54 grades. It appears that Cook Strait maybe both a physical and financial barrier as only a dozen masters (8 men and 4 women) from the South Island entered which was rather disappointing.

The master's men's race over 10km was predicted in the Athletics NZ preview to be a close tussle between two top in-form M45 runners from opposite ends of the country for line honours – 49-year-old Nick Moore (Owairaka) and 46-year-old Dwight Grieve (Fiordland). They were together for the first 3 laps and then Nick established a break on Dwight. Despite chasing hard over the last lap, the gap gradually widened and Nick finally achieved his goal of line honours to win in 32:40, 14s ahead of Dwight, who was also delighted to get under 33 minutes. Given the challenging course it was extraordinary that both achieved personal best times. Daniel Clendon (Wellington Harriers) was third overall in 33:15.

In the master's women's 5km race, 45-year-old Mel Brandon (Wellington Scottish) ran most of way just behind the phenomenal Sally Gibbs (Wanganui

Harriers), now 60, before outsprinting her on the last lap to claim first place overall, 5s ahead of Sally. Fiona Crombie (Don Greig Racing Stables) was 3rd overall in 19:17. Mel has been diagnosed with breast cancer and was keen to have some races before undergoing treatment. We wish Mel all the best for her treatment and look forward to seeing her back running soon. A few hours after the master's women's race Sally, as she has done numerous times, ran in the senior women's 10km finishing in 11th place in a very respectable time of 39:50.

There was close competition for the golds in several 5-year age groups, including the W55 age group with Victoria Humphries (WHAC) edging out her clubmate Charlotte Kerr by 10s and Judith Bradshaw's 16s win over Margaret Flanagan in the W70 grade. In the large M50 field Ben Evans (Whangarei) claimed gold by 15s from Troy Harold (Owairaka). There were also some impressively large winning margins in several grades, including Mel Brandon's 3:16 in the W45 grade, Sally Gibbs's 3:41 in the W60 and Michele Allison's 3:39 in the W65 age group. Interesting to note that Michele's time of 21:58 was 17s quicker than her winning time last year when her winning margin was 3:33.

In the men's 10km, the largest winning margin was achieved by Trevor Ogilvie in the M75 age group of 4:04, followed by Paul Hewitson (M60) 2.11, Peter Stevens (M55) 1:56, Dennis Litt (M70) 1:50, with Ian Calder (M65) and John Wood (M80) both having winning margins of 1:40.

In the women's team's competitions, the host Centre Manawatu-Wanganui and their southern neighbours Wellington, claimed all the medals between them with Wellington taking the new large gold medals in the W50-64 and W65+ grades and Manawatu-Wanganui the golds in W35-49 just 3 points ahead of Wellington. Manawatu-Wanganui was second in the W50-64.

Wellington teams also won two golds in the men's team competition in the M35-49 and M50-64 grades. Manawatu-Wanganui teams took home silver medals in the M35-49 grade and bronze in the M50-64, with Auckland the silver in the M50-64. The only South Island team in the team competitions, Tasman, had a close contest with Waikato-Bay of Plenty in the M65+ grade and

probably only secured their 3-point win on the last lap when two of their team passed several others. The M65+ team competition was started two years ago and Tasman has managed successive wins.

A big thank you is extended to the LOC and all the officials and volunteers who contributed to a very well organised and successful championships. The only grumble overheard was from aging coffee drinkers who weren't able to enjoy their post-race caffeine fix as the coffee cart had run out of coffee! Perhaps this was why some aging visiting drivers and navigators had difficulty finding their way out of the campus when heading home!

Results (medal winners):

Women 5km

W35

Amanda Wallis	WMA	21:13
Katie Lindsay	HBG	21:38
Andrea Dawn Neal	WBP	21:56

W40

Fiona Crombie	CAN	19:17
Natalie Hardaker	WEL	19:48
Bex Sharratt	WMA	20:37

W45

Mel Brandon	WEL	18:43
Rachel Ball	WBP	21:59
Rosie McIntyre	WMA 2	2:24

W50

Heather Walker	WEL	19:22
Wendy Cottrell-Teahan	WMA	21:24
Dee Atkinson	WBP	22:17

W55

Victoria Humphries	WEL	20:50
Charlotte Kerr	WEL	21:00
Karyn McCready	WBP	22:11

W60

Sally Gibbs	WMA	18:48
Betty Harp	WEL	22:29
Trish Coley	WEL	26:58

W65

Michele Allison	WEL	21:58
Jo Speary	WMA	25:37
Loretta Descourdy	WEL	26:35

W70

Judith Bradshaw	NTD	25:59
Margaret Flanagan	CAN	26:15
Joy Baker	TAR	26:57

W75

Judith Stewart	NTD	27:47
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Masters Women's 5km race

- Dorota Starzak (4005),*
- Amanda Wallis (3507),*
- Charlotte Kerr (5502),*
- Wendy Cottrell-Teahan (5021)*
- Victoria Humphries (5006)*

Masters Women's 5km race

- Vanessa Hodge (4514),*
- Paula Conder (4514),*
- Heide-Jane Humphries (obscured),*
- Hannah Buglass-Devereux (4008),*
- Belinda Walker (5505),*
- Karyn McCready (5501),*
- Dee Atkinson (5019)*



Thank you to Feilding Mōa Harrier & Athletic Club for helping organise this event.



Start of Masters Men's race

Men 10km:

M35

Brent Godfrey	AKL	34:38
Simon Angus	WEL	35:57
David Lovelock	WMA	36:34

M40

Brett Tingay	CAN	34:03
Alasdair Saunders	WEL	34:44
Jamie Duncan	WEL	34:49

M45

Nick Moore	AKL	32:40
Dwight Grieve	STH	32:54
Daniel Clendon	WEL	33:15

M50

Ben Evans	NLD	34:15
Troy Harold	AKL	34:30
Peter Moorfield	WBP	36:37

M55

Peter Stevens	WEL	36:43
Michael Peck	WBP	38:39
Jim Jones	WEL	39:35

M60

Paul Hewitson	WEL	37:29
Bruce Edwards	WBP	39:40
Graeme Butcher	WEL	39:37

M65

Ian Calder	NLD	39:16
Peter Richards	CAN	40:56
Tony Price	WEL	43:26

M70

Dennis Litt	WBP	41:41
Graeme Lear	TAS	43:31
Keith Chapman	WEL	45:30

M75

Trevor Ogilvie	WBP	46:33
Fred Needham	WBP	50:37
Desmond Phillips	TAR	62:49

M80

John Wood	WEL	64:02
Peter Ellis	WEL	65:42

Race Walk Results:

10km

W40

Samantha Holliss	TAR	1:18:37
Vicky Jones	TAR	1:25:25

W45

Catherine McCarten	TAR	1:08:17
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M70

Clive McCovern	WEL	1:03:54
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Centre Team Running Results:

5km

W35-49

1. **WMA** - 49pts (Bex Sharratt, Amanda Wallis, Dorota Starzak, Anita Chan)
2. **WEL** - 52pts (Mel Brandon, Natalie Hardaker, Hannah Buglass-Devereux, Heide-Jane Humphries)

W50-64

1. **WEL** - 50pts (Heather Walker, Victoria Humphries, Charlotte Kerr, Belinda Walker)
2. **WMA** - 78pts (Sally Gibbs, Wendy Cottrell-Teahan, Dale McMillan, Claire Scott)

W65+

1. **WEL** - 95pts (Michelle Allison, Loretta Desourdy, Jean Skilton)

10km

M35-49

1. **WEL** 21pts (Daniel Clendon, Brian Garmonsway, Alasdair Saunders, Jamie Duncan)
2. **WMA** - 48pts (James Conwell, Aj Cornwall, David Lovelock, Brendan Sharratt)

M50-64

1. **WEL** - 70pts (Peter Stevens, Paul Hewitson, Andrew Kerr, Graeme Morrison)
2. **AKL** - 85pts (Troy Harold, Jerym Brunton, Brendan Erskine, Robin Miller)
3. **WMA** - 187pts (Matt Cherri, Robert Dabb, Andrew McLean, Roy Haines)

M65+

- TAS** - 130pts (Graeme Lear, Murray Hart, Derek Shaw)
WBP - 133pts (Dennis Litt, Trevor Ogilvie, Trevor Ashe)



Introduction:

In starting the detailed preparation of the 2024 WMA Championships in Gothenburg, Sweden, a “One-year-to go” inspection visit was undertaken by Margit Jungmann, WMA President, Lynne Schickert, Executive VP (Organisation), Alan Bell, VP (Competition) and Juan Ordonez, Secretary, from 3 -7 June 2023.

The WMA team was pleased to see that, with support from Gothenburg Athletics (Göteborg Friidrott), Got Event, Swedish Athletics and the city of Gothenburg, an experienced fulltime LOC team were already working on the preparations for next year, and this team will be further strengthened in the next months. Meetings were held with the representatives of the different clubs involved and it was seen that the Gothenburg athletics family is looking forward to the championships and that they fully support the WMA event.

Visits and meetings were alternated with social encounters, which contributed excellently to LOC-WMA team building and a strong atmosphere of trust was created.

City of Gothenburg:

Sweden and Gothenburg are great destinations for overseas participants. Guests will love the atmosphere. There is a great culture and history to discover. Gothenburg is also a green city. It is a “sustainable” city with a strong legacy system. Hosting the 2024 WMA championships gives the city an opportunity to provide new sporting equipment, health and well being to benefit both the local community and the master’s athletes.

Gothenburg will be the first championship at which “WMA Championships Best Performances” are recognised and listed.

The historic (100 year old) Slottsskogsvallen stadium is a very good choice as the main stadium for these championships. It was here, in August

1977, that 80 Veteran athletes from Australia made the trip to Europe for the second World Masters Track and Field Championships in Gothenburg. John Gilmour of Australia, competing in the M55 category won: 3 gold - 800m, 1500m and 5000m, all world records, and silver in the marathon.

Championship organisation

Championship Website – this is now open but at this time has limited information on it. The website will include entry registration, competition information, local officials and volunteer applications, accommodation, transport, tourism, merchandise and visa information.

QR codes will be provided for athlete information on transport links, restaurants & tourist information

Registration for the Championships:

Entries will open on the WMA registration system, **Tuesday 2 January 2024** and close **Tuesday 4 June 2024**. Validation of entries must be done by the Member. No late entries will be accepted.

The registration fee may include a charge for transport. Only persons with accreditation will be allowed to use the shuttles to Björlanda (important for accompanying persons).

Team Personnel Registration – registration will be done through the WMA on-line system. WMA will approve accreditation for team managers, media and medical support personnel.

Merchandise Sales - the WMA registration system may also include pre-championship merchandise sales.

Meetings - General Assembly and Regional Committee:

The General Assembly will be held on the first non-competition day, **Friday 16 August** at 09.00. The **Regional and Committee Meetings** (half day) will be held on **Wednesday 21 August**, the second non-competition day.

Overview of Stadium Facilities:

The LOC showed the WMA Executive the three main stadia sites - Slottsskogsvallen (the main stadium), Ullevi and Björlanda and all were considered to have appropriate facilities for the championships.



Historic Slottsskogsvallen Stadium, the main stadium, will host a World Masters championship again for the second time.

Venues

Slottsskogsvallen and 'House of Athletics' hub

This stadium is designated the main stadium for the championships and has many quality features that are perfect for the WMA event. Its size is very well suited to provide a friendly and great athlete experience during the championships.

The range of jumps and throws areas will accommodate most of the requirements for the event. The warm up requirements for the stadium are ideally provided in the national standard indoor arena.

Slottsskogsvallen will be the hub for all major activities, including an athlete's village with food outlets and entertainment, and a medal plaza located close by. The call room will be located outside the stadium alongside the athlete's village, at the site of the marathon gate entrance. This will provide a controlled entrance to the competition.

The **Technical Information Centre (TIC)** will be located the Ice Hockey Hall building adjacent to Slottsskogsvallen stadium. **Accreditation** will open in this hall at noon on **Sunday 11 August**.

The **Opening Ceremony** will be held at Slottsskogsvallen at 18.00 on **Monday 12 August** and the **Closing Ceremony** is scheduled during the final events on **Sunday 25 August**.

The first team manager meeting is scheduled for **Monday 12 August** at 16.00 at Slottsskogsvallen and then scheduled as required, daily at 09.00. The **Team Managers meeting room** will be located in "House of Athletics" hub.

Rooms will be allocated at Slottsskogsvallen for:

Jury of Appeal, media, massage facilities/space for team physio/massage personnel, WMA Research team, Medical and Doping Control, and future championship hosts/bidders.

Ullevi Stadium (second stadium)

This stadium is the largest in the city and has been used for many major events. This venue will be used for only the first 7 days of competition due to it not meeting some aspects for WMA championships. It is planned that only middle distance track events will be held here - 1500, 5000, steeplechases and 5k walks.

Björlanda Stadium

This is a brand new stadium with facilities equal to a World Athletics L2 venue. It is a very fine development and it is planned to use this venue for the duration of the championships. All field events can be offered with several sites for all throws and jumps. The range of sites and their positioning, makes this an ideal venue for larger groups of decathlon and heptathlon competitions and the throws pentathlons. Facilities for officials, athlete change rooms/toilets, call room space and catering requirements will be available.



The brand new Bjorlanda Stadium will provide throwers with excellent facilities.

Non-Stadia Courses

The athletes will find it very convenient to have the non-stadia events in Slottsskogen, the park adjacent to Slottsskogsvallen. The exact courses have not yet been designed. Maps and further details will be provided in the on-line Entry Information Book.

Athlete Information:

Transport - Slottsskogsvallen and Ullevi are easily accessed by public transport from accommodation in the city centre. Björlanda stadium has limited public transport but dedicated shuttle buses between Slottsskogsvallen and Björlanda will be organised.

Medical facilities will be available at all three stadiums and at the non-stadia courses, in line with Swedish requirements.

Drug testing will be undertaken at the main stadium, with the WMA Medical Delegate overseeing testing. Athletes from the other venues will be transported by special car.

Wi-Fi will be available around the city and at each stadium. Password: gotevent.se

Athlete Entertainment:

No specific athlete's party will be held, instead activities such as a karaoke night will be organised in the athlete's village to be set up adjacent to Slottsskogsvallen stadium. Craft breweries are

being contacted and one is already planning a "Masters Brew for Masters Athletes" with a special commemorative can being developed.

Medal Ceremonies:

All medal ceremonies will be held in the Athlete Hub adjacent to Slottsskogsvallen stadium. The presentation timetable will be set up to allow sufficient time to arrive from the other stadiums.

Live Streaming – it is planned to have this available at least in the main venue.

Conclusion:

From both a competition and a non-competition perspective, the WMA Gothenburg championships next year will be well prepared and well managed. The facilities will provide all necessary requirements for master's athletes, officials, volunteers and support staff.

WMA and the Gothenburg LOC look forward to welcoming athletes and supporters from the Oceania Region.

Athletics NZ AGM - Palmerston North on 9th September 2023

Following on from a successful Club Connect Conference held during the day, the Athletics NZ AGM started at 4:00 p.m. It was an opportunity to hear how the sport was going and meet the new Chief Executive, Cam Mitchell.

The following people were elected to various positions:

Patron: Sir John Walker

President: Sharee Jones

Vice President: Andrew Stark

Board appts Panel Club appointee: Alan McDonald

Board Members: Cameron Taylor, Jo O'Sullivan, Ian Olan, Courtney Ireland, Gen Macky, Catherin Rossiter-Stead, Dr Chris Tooley.

The Athletics NZ Board is made up of a cross section of the community, some with limited involvement in our sport. It is important that someone closely associated with the sport is also involved in the decision making process at a Board level.

That is where the role the President comes in. It is a two year position and the President is selected from within the athletic community. They attend

Board meetings and their role is to be the voice of the community. For the past two years, that role has been filled by Karen Gillum-Green who has also been a member of the NZMA Board.

For the next two years, Sharee Jones (HBG) will fulfil this role, followed by Andrew Stark (CAN) for the next two years.

ANZ Merit Award:

This is awarded to those who have given significant service to the sport and were awarded to ... **Karen Gillum-Green, Sharee Jones, *Daniel Reese, Criss Strange, Debbie Strange**

ANZ Life Membership Award:

This year three people became Life Members and all three have had a lifetime involvement in the sport, beginning as competitors then moving into operational or governance roles ... **Rodger Brickland, Kevin Jago, Dianne Rodger**

** Andrew Stark presented the award to Daniel Reese who sadly passed away on the 11th September after a three year battle with cancer.*

Loloma Foster MNZM of Hamilton was made a Member of the New Zealand Order of Merit for services to race walking.

She has contributed to Race Walking and Badminton for 49 years, as a competitor and an administrator at national and international levels.

She joined the New Zealand Racewalkers Association, becoming a member of the committee and undertaking duties as the Waikato liaison. She became chair of the Athletics Waikato Management committee, responsible for the arranging of all non-stadia events during winter seasons. She has represented New Zealand at the World Masters Championships in Japan and Finland, and the Oceania Championships in Rarotonga, Perth, Brisbane, Fiji and Tahiti. She was the winner of the 10 kilometre walk for ten years from 1989, through the various age groups.

She became involved with Waikato Badminton Association in 1998 as the Office Manager then Financial Controller, responsible for the funds of the association, and helping conduct local and international tournaments. Mrs Foster was awarded the Waikato Sport and Active Recreation Award for services to badminton in 2020.



Derek Shaw MNZM of Nelson was made a Member of the New Zealand Order of Merit for services to the environment, local government and athletics.

He has advocated for environmental, community and sporting causes in the Nelson region since the



1970s.

He has been involved in the Nelson Environment Centre (Te Putahi Taiao) since 1976. He served as Chair of the organisation between 1979 and 2016, editing a quarterly journal, presenting numerous submissions on a wide range of environmental issues, facilitating meetings, driving campaigns, coordinating volunteers and managing its shop and library. He was a founding Trustee of The Brook Waimarama Wildlife Sanctuary on the outskirts of Nelson, serving as a Trustee and regularly as acting Chair between 2004 and 2019, and was made a Life Supporter in 2020.

Between 1984 and 2013 he served as a Nelson City Councillor, helping to develop the city's biodiversity strategy and the Nelson Biodiversity Forum. He contributed his expertise at a national level between 2001 and 2007 as a member of the Environment Legal Assistance Advisory Panel.

For almost 20 years he has helped organise Nelson's amateur athletics through Masters Games, including taking a lead role in the organisation of the New Zealand Masters Track and Field Championships in 2017. He is a life member of the Athletics Nelson club and a board member of NZ Masters Athletics since 2014. In 2015 he took over as Chair of the Top of the South Athletics Charitable Trust, which is responsible for the athletics track, associated facilities and equipment at Saxton Oval.

Introduction

During 2022 and 2023, Jim has been very successful competing in his 90+ age group, winning four medals at the WMA Stadia championships in Tampere, Finland, and five medals at the WMA Indoor championships in Torun, Poland. Closer to home, he has set 21 Otago and 21 New Zealand records. Jim is currently ranked number 1 in the world in throws pentathlon for M90+ athletes.

1. You have been involved with athletics most of your life - since 1937 when you ran at your local Petone Club at the age of six. When did you get involved with masters athletics?

I was initially more involved with playing cricket than with athletics, until I met Arthur Grayburn at a cricket match in Christchurch and he invited me to a veteran's athletic competition the following day. I really enjoyed the high jump and javelin throw - from then on I was hooked. When we moved to Wellington, Vic Marks, Colleena Blair and I formed the Wellington Veterans Athletic Association in the early 1980s. I have been competing in and assisting via committees with organising veteran / masters athletics ever since.

2. What events do you prefer to compete in and has this changed over time?

I now enjoy all the throws, including the throws pentathlon. When I was an open grade athlete I competed mainly in the high jump, hurdles and javelin. I was very pleased to get 5th in the high jump trials for the Commonwealth Games in Auckland when I was still at high school ... just missing out on being in the NZ team as only the top four competed. I still competed in the high and long jumps and hurdles in the first two years of the 90+ age group, but may not do any more of these events.

3. What are some of the most memorable events you have participated in and why?

I was not able to participate in World events between 1993 and 1999, when through my role as WAVA Vice President Stadia, I was very busy planning and organising these events as the Technical Meeting Manager. After these years it was very satisfying and enjoyable to become a competitor again. I enjoyed competing recently at five world championships where I have become



*Jim holding medals won at World Championships events -
Photo: Otago Daily Times - 13 April 2023*

world champion in seven events (twice in the javelin, plus the hurdles, high and triple jumps, discus and shot put). I also won 12 silvers and 6 bronze medals. The Dague WMA Indoor Champs in 2017 were probably my most successful meeting as in the 85+ age group I won 3 golds, 3 silvers and a bronze. It is always great to be able to meet up again with competitors and champions from other countries that I have met at previous championships.

4. Have you been formally coached? What training do you do now?

No, not really. When I was at secondary school I watched the 1936 Olympic Games movie at least eight times and was particularly interested in the high jump technique used by two medal American medal winners - one was a straddle jumper and the other did the western roll. I tried to copy both techniques, as people now do by watching YouTube!

My current training is much lighter than in previous years. In the summer I now have at least a couple of practice throw sessions a week which are still effective and enjoyable. I usually put out targets to aim for and I still record annual targets for my

throwing events. These tend to reduce each year as I get older. I have the attitude and hope that if I can achieve the same as in previous years I have actually improved!

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

In general I have been very fortunate in having had no major muscular or competition injuries. I did fall down a fast moving escalator at Budapest before competing in the World Indoor Champs there. I ended up in hospital for five days with a broken arm and 14 stitches in my head so didn't get to compete at all in Budapest. Covid also got me into hospital in Tampere in 2022 after winning two medals, but I managed to recover in time to win two more medals in the final 2 events. Many thanks to fellow NZ athletes for helping me during these times.

6. Do you have any special motivation for getting out to train and compete?

I like to keep active, relatively fit and to still be competitive for my age. I get a special thrill when able to throw further than some of my younger competitors.

7. Any particular tips or advice to relatively new masters athletes ?

Firstly, try a range of events. Don't try to specialise as you may find you enjoy or have stronger abilities in events you have not attempted previously. Secondly, don't try to put too much effort into your performances. If you can relax you will enjoy it more and will probably perform better ... this is particularly the case in throwing events.

8. Sport has always been a huge part of your life. What other sports have you played at a high level?

I played indoor basketball and cricket at representative level for Hutt Valley, West Coast and Horowhenua. In cricket, I managed to capture 100 wickets and make 1000 runs in 9 consecutive seasons. In football (soccer) I was in the Stop Out team that won the Chatham Cup in 1956, I was a Wellington rep in 1956-58, plus a North Island and NZ rep in 1956. I played my last game of football one week after my 90th birthday. I am an active life member of 10 sporting groups, 8 are connected with athletics in New Zealand, Oceania and World Masters.

My many years of involvement with NZ athletics at all levels - from assisting with initiating the run jump throw programme for young school and club athletes to being President of Athletics NZ and of NZ Masters Athletics - resulted in recognition of my work when I was honoured to receive a Queens Honour, the MNZM for services to athletics.

9. What events during the next year are you looking forward to?

The North Island, South Island and NZ Masters Championships, and of course the Manapouri Classic. Overseas, if all goes well I hope to take part in the Australian Masters Championships in Hobart and possibly the WMA Stadia Championships in Sweden in August 2024. On a weekly basis I really enjoy meeting up with other Otago athletes at our regular Saturday meeting.

AMA August 2023 Update

Tassie is hosting the [2024 Australian Masters Athletics Championship](#) from 29th March to 1st April.

Less than 250 days to go!

Check out the draft program on the official website (<https://amahobart2024.com.au/>).

Final program will be released Saturday 10th March 2024.

Registrations will open on Saturday 18th November 2023.

Early Bird registration is \$70 plus \$20 per individual event entered.

Fiona Lennon

Chair – Tasmanian AMA Championship 2024



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

Our Bryan passed away on 30 August aged 88 years. So many memories to share. At his funeral much was said about how he loved life, his sport, enthusiasm, attention to detail, a genuine interest in others, and always looking for new challenges and adventures.

Bryan grew up in Puketaha and attended Puketaha Primary School. He recently helped organise the school's 100 year Centenary. Growing up, sport was his passion, enjoying listening to all sports on radio. He credited his Puketaha School Principal with his love of sport, starting him into cricket and table tennis set up in school classrooms, later competing in table tennis all through his working years to Bay of Plenty representative level.

Also at Puketaha, he became fascinated with athletics - constructing a high jump on his front lawn, making a wooden discus on his father's lathe and a javelin out of a piece of bamboo. Challenges he embraced with meticulous detail. A leather rugby ball with homemade leather also joined the long list of innovative creations.

Bryan was Secretary of the Matangi/Tauwhare Athletic Club 1970-1975. He continued playing table tennis, while at Hamilton Tech. Bryan worked initially at The State Hydro Department in 1953 (where Countdown now is in Hamilton). He was an opening bowler in their cricket team winning the Third grade (Corporate) competition.

After they married, Bryan and Joan lived on Matangi Road, and Bryan used to run from home every day to work at the Ministry of Works and back - taking clean clothes to work for the entire week and bringing them back to wash at weekend. When he retired from work, they shifted to Scott Avenue near Boys High School, and he often ran around the field there.

Bryan ventured into business buying 'The Pepper Pot' café on Victoria Street near Hood St, then the Quaggs Ice-cream Parlour in Collingwood St Mall. I remember those shops. His usual enthusiasm was displayed with great salesmanship and empathy towards others. We should not dismiss the backing support from Joan. Bryan then moved to run his own water filtration business supplying and servicing water filters and creating a sound client base. He finally retired in 2017.

Bryan was a Life Member and Patron until recently, of Hamilton Harrier Club. Joining the club in 1966 through to 1993. He took up running on doctor's advice to make a lifestyle change. He was an extremely good club secretary and spent many years as the club handicapper. I remember him enjoying club road champs around Ruakura Farm roads, when it was allowed.

Dave Southwick remembers Bryan completing a sub three hour marathon and has a memory of Bryan excitedly hurrying him to cross Peachgrove Road railway track to beat the train. He thinks Bryan did achieve his goal of a sub five minutes for the mile.

Bryan and Joan shifted into Roseland Park Retirement Village in Fox Street, their little home right on the spot of the Ministry of Works site where Bryan worked in his former years.

Bryan was a Life Member of Waikato Bay of Plenty Masters Athletics, and was a dedicated President from 1990 - 2017. We always so enjoyed having our WBOP committee meetings at Scott Avenue and lovely suppers. Bryan was for many years the editor of our quarterly 'Upfront' newsletter. He would set up the stories and results sent to him by email, for the latest edition on his computer. I would call by and we would proof-read it, checking spelling and names, in particular the names in the photo captions, ready for printing and sending out to members. Thank you to Joan for the cups of coffee.

Under their house in the garage Bryan kept some WBOP track and field equipment and the speaker system for commentating at our Porritt Stadium events neatly stacked in boxes for our annual Trophy Day, 'have a go' days, and championships.

Trips to Tauranga for cross country days, The Mount for Boxing Day races and multiple overseas and around NZ, plus trips to Oceania Masters and World Masters Athletic Champs would see Bryan and Joan in attendance. When he could no longer manage running, he competed in the javelin and shot put. Bryan enjoyed his time with Lodge Frankton Athletic Club and was a very enthusiastic spectator of athletics, volunteering as an official for throwing events.

Triathlons were another challenge Bryan took part in, competing in many in Hamilton. Wellington St beach to Ferry bank, and many team events. In

1982 he and son Kerry were 11th overall in a Hamilton Triathlon. Kerry cycling and Kerry Jacobs swimming. One memorable achievement was Bryan being the mentor for their family team - Theo in kayak, Cherry and Mum biking, Kerry running, and Frank the anchor on mountain bike. The team was called 3G1 - meaning three generations in one race.

My Ken (Chandler) and Bryan met up and competed at many table tennis events and used to

so enjoy discussions about cricket. Bryan gave Ken his Illustrated History of Cricket book 'The Summer Game'. Bryan was a loyal member of the Activate Church which gave his life a special meaning.

Bryan was an example to all of dedication and challenge. His determination led him to the life he enjoyed and the support of Joan and the family in his latter years was praiseworthy. We join the family in celebrating a life well lived.

Obituary - Daniel Reese

Murray McKinnon

It is with regret that we note the passing of Canterbury athletic stalwart **Daniel Reese** on Monday 11 September 2023 aged 69 after suffering from cancer.

Daniel joined the University of Canterbury Club in 1973 and as well as competing was soon involved with the administration of the club, holding positions of Treasurer, Club Captain, Secretary, Race Secretary and President. As a competitor he represented Canterbury at national cross country and road championships. He has held the role of race manager of the Hagley Memorial Relays continuously since 1998.

Daniel became a member of the Athletics Canterbury cross country and road committee in 2007, taking on the role of cross country and road selector. In 2009 he took on the role of race director and chair of the local organising committee for the Takahe to Akaroa relay. He managed numerous Canterbury teams with aplomb, to national championships, always looking after the interests of the athletes with plenty of encouragement from the sidelines.

In 2007, he took on the position of secretary of the Christchurch International Marathon Trust and in 2011 became the chairman of the Trust. In 2015, he was elected to the Athletics Canterbury Board and in 2016 became the Centre secretary. He was keen to promote the sport and would report on winter events on Newstalk ZB and road events for the Saturday Sports Talk Team.

He was an A grade out-of-stadia official and received an Athletics New Zealand long service award in 1996 and in 1999 was elected a life member of the University of Canterbury Club in 1999. In 2021 he was elected a life member of Athletics Canterbury.

At the AGM of Athletics New Zealand on Saturday 9 September 2023, Athletics Canterbury board chair Andrew Stark delivered an outstanding and moving citation on Daniel in nominating him for an Athletics New Zealand Merit Award, which he explained had already been presented to Daniel in Christchurch while he was able to receive and acknowledge the honour.



Left: Daniel receiving Athletics Canterbury Life Membership.

Above: Members of the University of Canterbury Club attending his funeral

There is no such thing as an Al Oerter heave, a Usain Bolt lope or a Jane Saville wiggle but there is a “Fosbury flop”.

Few names linger in the world of athletics. Roger Bannister will no doubt survive for his four-minute mile - but few others will. However, one name will probably outlast even Roger Bannister – Dick Fosbury. In the history of athletics no-one has had a more lasting influence than Dick Fosbury who died on the 12 March 2023, aged 76.

Dick Fosbury is a name synonymous with the high jump. Born in Portland, Oregon in 1947, Fosbury revolutionized the high jump with a technique that had never been seen before, to become known as the Fosbury flop. This technique changed the way high jumpers approached the sport and led to significant improvements in performance, including higher jumps and fewer injuries.

Up to the early 1900s the “scissors” technique dominated the high jump until it was replaced at top level by the “western roll” and the “straddle”. While both of these techniques were successful, the straddle was more so, and continued to dominate high jump until the Fosbury Flop. At the 1936 Summer Olympics in Berlin, the scissors, “eastern cut-off”, western roll, and a primitive version of the straddle were all used. Afterwards the straddle dominated until the advent of foam landing mats and the Fosbury flop. However, once the Fosbury flop was introduced it became by far the dominant technique, with every world-record jump since 1978 utilizing the technique.

Fosbury was different. He was a self-taught high jumper who experimented with a new technique and first used it in 1963, while in high school. In competition that year he cleared a personal best of 1.65m using the straddle but knew that he couldn’t go higher that way. So Fosbury ran towards the bar with a curved run-up, turned his back to the bar and jumped over it backwards, landing on his shoulders and then rolling onto his back. The flop was born and he went up to 1.77m!



Following the Mexico Olympics, the *New York Times* reported “The technique has been compared to a corpse being pushed out of a window or like Fred Astaire dancing on the ceiling. Fosbury’s flopping struck many onlookers as residing somewhere between a physical feat and a joke. At the 1968 Summer Olympics in Mexico City, the crowd oohed, aahed and laughed watching Fosbury compete. But the last laugh was his: The high-jump bar kept being raised, and Fosbury kept clearing it. He finally executed a Fosbury flop at 2.24m — earning him not just the gold medal, but a personal best and an Olympic record.”

Fosbury's success at the Olympics inspired other high jumpers to try the Fosbury flop. Within a year, almost all high jumpers had adopted the new technique, and it has become the standard technique for high jumping.

The Fosbury flop was a game-changer for the high jump. High jumpers could now jump higher and with greater safety, and the sport was transformed. Athletes were now able to break world records with regularity, and the bar continued to be raised as high jumpers perfected the technique.

By the 1972 Munich Olympics 70% of jumpers were



Cornelius Johnson, winner of the gold medal at the 1936 Olympics - 2.03 metres

using the flop and the 1976 Montreal Olympics was the last time anything other than the Fosbury Flop has won the Olympic gold and that was the last year straddle held world records in both men's and women's events. While there have been refinements such as the J-curve approach (1990s-present) jumpers still use the Fosbury flop technique to clear the bar.

Fosbury's influence on the sport was not just technical but also cultural. His unconventional style and success at the Olympics made him an instant celebrity. Fosbury became a symbol of individuality and creativity. Young people all over the world were inspired by Fosbury's innovative approach, and the Fosbury flop became a symbol of rebellion

against the established ways of doing things.

Fosbury remained involved in athletics throughout his life, sharing his knowledge and skill as a coach, and he also went on to serve as Vice President of the United States Olympic and Paralympic Association, and President of the World Olympians Association. He was inducted into the National Track & Field Hall of Fame in 1981 and the US Olympic Hall of Fame in 1992.

So, what now? It is 30 years since the men's high jump world record was broken and 36 years for the women's – is it time for a new technique – will there be a "Johnson slump" or will Fosbury live on as the only named athletic technique?

Loburn 68 - National Road Relay Championships - 30th September 2023

Derek Shaw

A brand-new course based at Loburn Domain in North Canterbury greeted participants in the 46th NZ Road Relay champs on Saturday 30 September 2023. The LOC lead by Victor Gamperle, worked very hard to sort out a new course that hopefully would continue the spirit of the much-loved and long-standing Takahe to Akaroa (T2A) course. The "Loburn 68" provided 6-person (39km) and 8-person (68km) options for the nationals on roads over undulating terrain, north of the Ashley River, near Rangiora. The local club and community teams were also a key part of the event and also had 2-person and 4-person teams options over 68km.

Master's men 35-49, 50+ and women 35-49 grades were contested over the 8-lap course with laps between 6.2-11km, while the O60, O70 and W50+ grades competed over the 6-lap course with distances between 4.3-8.35km. Conditions were generally cool and rather windy especially on the sections heading in a northwesterly direction. Master's grades were, as usual, keenly contested by club teams from throughout the country.

In the W35-49 grade Lisa Cross gave TTT Runners a lead of 4:28 after the first lap over Wellington Scottish with Don Greig Racing Stables a further 1:22 behind. This order continued for the next



Mass start at 10:30 a.m.



three laps, however on the 5th lap Don Greig Racing Stables moved up to 2nd place just 2s behind TTT Runners, with Scottish in third place. On the 6th lap Kirsten Hall moved Don Greig Racing Stables into the gold medal position which they maintained through to the finish. The fastest 6th lap by Floortje Solsberg moved her Scottish team back into 2nd place, ahead of TTT Runners. However, on the last lap Rachel O'Brien's fastest lap moved TTT Runners back into 2nd place to claim the silver medals 1:55 ahead of Scottish.

In the W50+ grade Michelle Allison gave Scottish a slim lead of 8s in the first lap over Don Greig Racing Stables, however Tracey Grose reversed this order on the 2nd lap to give Don Greig Racing Stables a lead of 1:55. On the 3rd lap Betty Harp put Scottish back into the lead by 36s. The next three Scottish runners, Maria Williams, Heather Walker and Tricia Sloan all had fastest laps to gradually increased their teams lead to 6:15 by the finish. Run Timaru held 3rd place right through the race to be rewarded with bronze medals.

Daniel Stouffer (Don Greig Racing Stables) gave his team a slim lead of 3s over Pakuranga on the 1st lap in the M35-49 grade with Scottish 18s back in 3rd place just 1s ahead of Owairaka and another 8s back to the Whippets Running Project. On the 2nd lap Caden Shields increased Don Greig Racing Stable's lead to 1:28 over Pakuranga with Whippets moving into 3rd place 16s ahead of Owairaka and

Scottish a couple of minutes back in 5th place. This order changed on the 4th lap when Whippets moved up to 2nd place 1:35 behind Don Greig Racing Stables and Owairaka moved into 3rd place. After the 5th lap Whippets had closed the gap on Don Greig Racing Stables to a mere 3s. By the end of the 6th lap Whippets had a lead of 1:07 over Don Greig Racing Stables with a further 1:51 back to Owairaka in third place, followed by Scottish and Pakuranga. This order continued on the last two laps with Whippets Running Project claiming the golds with a winning margin of 2:39 over Don Greig Racing Stables and a further 3:55 back to Owairaka.

Don Greig Racing Stables had a 1min lead after the first lap in the M50 grade over Owairaka, with Scottish a further 48s back and another 50s back to Wellington Harriers. Troy Harold's fastest time on the 2nd lap moved Owairaka into a 31s lead over Don Greig Racing Stables with Scottish now in 3rd place. On the 3rd lap, Richard Bennett moved Don Greig Racing Stables back into the lead and gave them 1:30 on Owairaka with another 1:19 back to Scottish in 3rd place by the end of the lap. On the 4th lap Nicholas Bagnall moved Scottish into 2nd place with a slim 10s margin over Owairaka. Grant McLean extended Scottish's 2nd place margin to a more comfortable 2:18 by the end of the 5th lap. This order continued to the finish with Don Greig Racing Stables winning the golds 2:09 ahead of Wellington Scottish and Owairaka Athletics taking home the bronze medals.

In the Open 60 grade the defending champions Christchurch Avon through the efforts of John Gamblin, a key organizer of the event, took a slim lead of 11s over Wellington Harriers's Todd Krieble after the first lap with another 1:02 back to Auckland University in 3rd place followed closely by Don Greig Racing Stables, Auckland City Athletics



Flax batons painted on club colours

and Wellington Scottish. Christchurch Avon aided by strong runs by Peter Cameron and Peter Richards stretched their lead to 5:40 by the end of 3rd lap. The real contest was happening for the other two medal positions with Auckland University holding 2nd place by just 3s from Wellington Harriers and another 2:22 back to Auckland City by the end of the 2nd lap. On the third lap Auckland City's Glenn Wright with the fastest lap moved his team into 2nd place, 31s ahead of Auckland University and another 23s back to 4th placed Wellington Harriers and Scottish in 5th place. On the 4th lap Steve Plowman ran the fastest lap and moved Wellington Harriers into 2nd place with Auckland City third followed by Auckland University in 4th place just 2s ahead of Scottish. On the 5th lap the M60 2023 Road Champion Paul Hewitson increased Wellington Harriers hold on 2nd place and Ian Calder moved Auckland City into 3rd place, 2:03 ahead of Scottish with Auckland University chasing hard only 7s back in 5th place. On the last lap Gavin Stevens with the fastest lap overtook both Auckland City and Wellington Scottish to claim the bronze medals for Auckland University just 10s ahead of Scottish. Christchurch Avon's winning margin over Wellington Harriers was nearly 5mins with Auckland University a further 2:12 back in what proved to be the closest race for the minor medals.

In the second year of the Open 70 grade, Christchurch Avon's Nick Braithwaite established a 1:39

lead on the 1st lap over Athletics Nelson with Wellington Harriers only 3s back. The gap between the first two teams stayed the same over the 2nd lap with Wellington Harriers slipping back to a gap of 2:33. Athletics Nelson moved into the lead about halfway through the third lap to establish a gap of 2:16 when the baton was handed over to Maria Hillier who with the fastest W70 lap extended the lead to 7min by the end of the 4th lap. Athletic Nelson's Graeme Lear with the fastest time on the 5th lap extended the lead to 9:45. On the last lap Christchurch Avon's Rodger Ward with the fastest lap reduced the gap to Athletics Nelson down 5:39.

Overall, the champs were very well planned and organized on the day with the new course generally receiving a big tick of approval. The set up on the domain worked very well and the coffee and food carts and bar were appreciated and well supported. A few comments were overhead about the absence of a complementary afternoon tea.

Many thanks to the hard working Athletics Canterbury LOC and the large number of officials and volunteers who contributed to a very successful championships and community event. Hopefully all the work in sorting out the new course can be utilized with hosting further NZ Road Relay Championships in the future.





Results for medal winning teams.

W35-49

Don Greig Racing Stables – Kim Drummond, Jess Winter, Annie Radecki, Nicola Handley, Rosie Hay, Kirsten Hall, Lisa Brignull & Teresa Blackmore – 4:44:56

TTT Runners – Lisa Cross, Gill Fullen, Rachel Eade, Claire Kenyon, Katie Vroegop, Pip Tuckey, Hilary Weeks & Rachel O’Brien – 4:47:05

Wellington Scottish – Ayesha Shafi, Lindsay Barwick, Amanda Broughton, Lindsay Young, Emily Solsberg, Floortje Kaars, Anna Hooper & Jamie Vessiot – 4:48:59

W50+

Wellington Scottish - Michelle Allison, Karyn McClean, Betty Harp, Maria Williams, Heather Walker & Tricia Sloan – 2:55:50

Don Greig Racing Stables – Carolyn Morton, Tracey Grose, Maree Greig, Cara Trenberth, Tui Summers & Stephanie Rumble – 3:02:05

Run Timaru – Leanne Allnutt, Sherie Whelan, Rebecca Taylor, Beth Julian, Lee-Anne Lang & Robyn Arnold – 3:32:22

M35-49

Whippets Running Project – Michael Wanden, Mark Boyce, Zebedee Stone, Dan Donegan, Mick Keating, Greg Darbyshire, Ryan Kiesanowski & Warrick Wood – 3:53:29

Don Greig Racing Stables – Daniel Stouffer, Caden Shields, James Richmond, Jason Wilcock, Craig Oliver, Brett Tingay, Simon Kerr & Adam Jaques – 3:56:08

Owairaka Athletics – Julian Ng, Mariano Piagentini, Richard Harris, Adam Gallagher, Adam Berry, Nick Moore, Ben Winder & Keith Burrows – 4:00:03

M50

Don Greig Racing Stables – Granantan Boyle, Chris Mardon, Richard Bennett, Ian Curd, Malcolm Cornelius, Nat Anglem, Lawrence Cooke, Jason Baille – 4:17:42

Wellington Scottish – Todd Stevens, Andrew Kerr, Jim Jones, Nicholas Bagnall, Grant McLean, Peter Stevens, David Kettles & Ed Whiting – 4:19:51

Owairaka Athletics – PJ Murdoch, Troy Harold, Robin Miller, Graeme Christie, Bazyl Piotrowski, James Parker, Bruce Duncan & Tim Morrison – 4:23:49

O60

Christchurch Avon - John Gamblin, Peter Cameron, Peter Richards, Rob Holland, Richard Seigne & Richie Merrett – 2:41:09

Wellington Harriers – Todd Kriebel, Paul May, Ian Macfarlane, Steve Plowman, Paul Hewitson & Dave Creamer – 2:46:02

Auckland University – Paul Fey, Steve Fairley, Graham Macky, John Bower, Tony King & Gavin Stevens – 2:48:14

O70

Athletics Nelson – David Riddell, Ian Morrison, Derek Shaw, Maria Hillier, Graeme Lear & Barry Dewar – 3:07:04

Christchurch Avon – Nick Braithwaite, John Palmer, Bruce Dyer, John Ingles, Mike Summerlee & Rodger Ward – 3:12:43

Wellington Harriers – Brian Hayes, Tony Dawbin, Richard Brent, John Barrance, Geoff Smith & Peter Corbett – 3:25:28



O70 Winning Team - Barry Dewar

Quite a few years ago I wrote an article on the Japanese practice of Shinrin-yoku which translates as “forest bathing”. The Japanese extol the virtues of it because of its ability to provide both emotional and physical benefits. There is no question there are psychological benefits to going into forested areas – it can calm, soothe and relax us. Other benefits might derive from at least short-term digital detoxing. Forest bathing is a recognised relaxation and stress management activity in Japan and there are now 62 accredited Shinrin-yoku forests in the country.

“Off with the fairies” or onto something very tangible? Since I wrote that article there has been a lot of research into the practice including into whether it could have an impact on Covid 19.

Previously studies had shown that forest bathing resulted in lower cortisol (a stress hormone) levels, pulse rate and blood pressure when compared to similar exercise indoors. Another study by the Nippon Medical School found that it resulted in increased levels of the white blood cells which are crucial to the body in post-surgery and chemotherapy rehabilitation.

Last year a further study in Japan compared walking in urban areas with walking in forested areas with results showing increased fatigue and lactic acid in the urban walks and increased vigour and serotonin in the forest walks (serotonin plays a key role in such body functions as mood, sleep, digestion, nausea, wound healing, bone health, blood clotting and sexual desire). In addition, after forest walks participants reported better sleep quality.

In general, among the benefits observed there seems to be a strengthening of the immune system thanks to the inspiration of phytoncides. Phytoncides are volatile organic compounds (VOCs) given off by trees. These chemicals have natural antimicrobial and insecticidal qualities that protect the trees from germs and parasites. So, a tree emits these substances to create a field of protection around itself against harmful bugs, bacteria, and disease. However, phytoncides not only protect trees from attack, they also benefit forest visitors too.

There are thousands of phytoncides and different trees emit different phytoncides and at different

levels. Both evergreen and deciduous trees can emit strong phytoncides and while most research on the benefits derived from these are from Japan and North America, it is known that eucalypts are strong emitters. Phytoncides are basically tree “essential oils” and what could be a better essential oil than eucalyptus oil. Eucalyptus oil in particular contains a number of phytoncides, including eucalyptol, which has been shown to have antibacterial and antifungal properties.

In addition, eucalyptus phytoncides have been found to have anti-inflammatory properties, which can help to reduce inflammation in the body and promote healing. This can be particularly beneficial for people with conditions such as asthma, allergies, or other respiratory issues. Overall, while more research is needed to fully understand the benefits of eucalyptus phytoncides on the immune system, there is evidence to suggest that they can play a positive role in supporting immune function and overall health.

Research has shown that exposure to phytoncides can have a positive impact on the immune system, reducing inflammation and boosting the production of natural killer (NK) cells, which are important for fighting off viruses. NK cells are a



type of white blood cell that literally seek and destroy virus-ridden cells. They can even target a viral infection inside cells, without destroying the entire cell. Two hours in a forest could increase NK cell activity for days! In a 2010 study, researchers found that people who took two long walks through forests on consecutive days increased their NK cells by 50% and the activity of these cells by 56%. Those activity levels remained 23% higher than usual for the month following the walks.

Now to Covid-19. The Covid-19 outbreak resulted in large portions of the population having a less healthy and active lifestyle, as well as a rise in stress, anxiety and other mental health issues, which also leaves them at higher risk of infection. Physical activity, has been demonstrated to be an important method of prevention of viral diseases as it triggers many biological processes within the body which in turn lead to heightened natural defences, including a strong immune system. Moderate and sustained levels of physical activity induce specific changes which are beneficial in the prevention of cancer as well as cardiovascular disorders.

It is a fact that a high percentage of Covid-19 patients requiring intensive care are overweight or suffering from obesity suggesting a correlation between the lack of an adequate exercise routine and the severity of the disease in question. It is then clear that physical activity should be considered beneficial in the prevention of viral respiratory infections, including that due to Covid-

19 and its resulting inflammation.

In a recent study it is suggested that forests may have a regional impact on Covid-19. In Italy forested areas appear to have lower levels of Covid-19. Now this may relate to lower levels of fine particulate matter intercepted onto their leaves and other surfaces, trees thus mitigating air pollution while also emitting bioactive VOCs which strengthen the local populations immune system. The double protective role of trees may be key to the lower Covid-19 induced mortality rate recorded in regions which have a higher density of trees (evergreens in particular).

In conclusion, sport performed in green spaces may bolster the body's ability to fight off Covid-19 and other infectious diseases through the combined benefits of physical exercise and the immunostimulatory effect provided by biogenic VOCs emitted by trees.

Now do you want to be a forest bather? Lots of people believe trees can communicate with them and perhaps they can via their chemistry at least. Anyway, enough of all this – I need to go hug a tree.



Obituary - Eva Guy

Fay Riley

Another beautiful "Flower & Butterfly" has passed us by. An avid collector of litter in her "Keep Waharoa Clean & Tidy" pursuit. A great gardener, hobbyist and memorabilia collector, Eva also loved Monarch butterflies. It was fascinating seeing her nurturing them through the winter months to fly freely in a colourful display in spring. She grew pot plants from seeds gathered from a local reserve. Many totara and rimu seedlings were donated, given away or sold for Church funds at stalls. Her crafts of knitting etc. adorn or are worn in many residences around the country.

Eva was a former President of Athletics WBOP, an official, recorder, and athlete. She was the recipient of a Long Service badge. She competed in

the Rotorua Marathon as a race walker and gained a gold medal in the NZ Race Walking champs in the W75-79 age group. She was a regular and competitive achiever. Ted and Eva were always first to arrive at an event, assisting wherever needed.

She was dearly loved and respected by young and old alike. Her church involvement and kindness was signature to a loving up-bringing and this was carried on to the next generation. Her family meant everything to her and they have many treasured pieces of her handiwork to remember her by.

We celebrate her life and console with her family. We know she can now join her life-long beloved Ted. Rest in peace dear Eva, a friend forever.

Some of us may use any excuse to miss a session but many feel absolutely terrible. It is however sometimes vital to miss training – we all need recovery time, despite worrying that taking a few days off from training will hurt our fitness. Recovery is not sexy but without recovery, training could be wasted time. Recovery is one of the most important elements of training. In fact, without recovery there is no improvement or value in hard workouts.

Research shows you shouldn't be too worried about losing significant fitness if you are well trained and your break from running is less than two weeks, so certainly don't worry about a day or two.

Recovery is a critical aspect of any training regimen. It is the process by which the body heals, repairs and restores itself after intense physical activity. Proper recovery allows us to train harder, avoid injury, and ultimately perform better. As soon as a training session is finished, the recovery process begins. Muscle fibres robbed of energy and suffering micro-tears, begin the process of repairing themselves to come back stronger for next time. While these processes happen naturally, they can be enhanced by what we choose to do from the minute training stops.

There are several key components of recovery in athletics. Active and passive recovery are two common strategies used by athletes to help their bodies recover after intense training or competition.

Active Recovery

Active recovery involves engaging in low-intensity exercise.

- **Dynamic stretching.** Dynamic stretching helps to increase blood flow, mobility, and range of motion. Dynamic stretching involves active movements, such as leg swings, arm circles, or lunges, that engage the muscles and take the body through a full range of motion. Dynamic stretching can help to improve flexibility, mobility, and range of motion, while also helping to prevent injury.
- **Yoga, or light cardio,** to promote blood flow, reduce inflammation, and speed up the recovery process. This might include activities such as gentle jogging, yoga, or swimming.

Active recovery can help athletes to maintain fitness levels and reduce the risk of injury during the recovery.

It's important to remember that active recovery should be done at a low intensity, with a focus on recovery rather than pushing the body to its limits. Active recovery can be done on rest days or in between intense training sessions, to help the body recover and prepare for the next workout.

Passive Recovery

Passive recovery, on the other hand, involves taking a break from exercise altogether and allowing the body to rest and recover. This might include activities such as getting more sleep, having a massage, or simply relaxing and stretching. Passive recovery can be particularly useful for athletes who have had an injury or who are experiencing fatigue.

- **The first and most important aspect of recovery is rest.** This is needed to allow our bodies to recover from the physical stress of training and competition. This means getting enough sleep and taking rest days to allow the body to recover fully. The amount of rest required varies depending on the individuals needs and training program.
- **Hydration.** Adequate hydration is essential for athletic performance and recovery, as it helps to regulate body temperature and transport nutrients and oxygen to the muscles. Drinking plenty of water will help flush out toxins from your body and prevent dehydration, which can make muscle soreness even more painful.
- **Compression Apparel.** Lots of research now suggests that compression wear aids in the recovery process. It does this by assisting increased blood flow to the affected area which helps to flush out metabolic waste that accumulates after a hard workout.
- **Stretching.** Passive stretching (holding a stretch without any movement) can help to improve flexibility, lengthen muscles, reduce muscle soreness, and prevent injury.
- **Nutrition** is another critical component of recovery. Proper nutrition provides the body with the nutrients it needs to repair and

rebuild muscle tissue, replenish energy stores, and reduce inflammation. A diet rich in lean protein, complex carbohydrates, and healthy fats will support recovery efforts. **There is an important window of between 20 and 60 minutes after training where it is vital to re-hydrate and consume carbohydrates to replenish energy stores and protein to begin the process of repairing micro-tears in the muscles. Consuming carbohydrates and protein in a ratio of 3, or 2 to 1 is recommended by sports nutritionists. Fast-acting carbohydrates and proteins** are needed during this window. Foods high in potassium like bananas may also be beneficial.

- Massage therapy can help to reduce muscle tension and soreness, increase blood flow, and promote relaxation.
- Cold therapy, such as ice baths or cryotherapy, is another recovery technique among athletes. It can help to reduce inflammation and soreness in the muscles, which can speed up the recovery process. However, use ice baths wisely. The goal of an ice bath is to reduce inflammation following a workout. Generally, when athletes are trying to derive as much benefit from workouts as possible, they do not ice bath. When athletes are preparing their body for competition, they do use ice baths.

- Competitive sports can be mentally and emotionally taxing, and care and recovery of mental health can also be important. Some strategies for mental and emotional recovery include meditation and visualization.

Be careful about taking anti-inflammatory drugs for muscle aches and pains! They might actually limit or cancel out the very training benefits we're so desperate to achieve. Inflammation is a crucial first step in the body's natural healing process. It is the body's way of activating specific cells, which help to repair the muscles. Taking anti-inflammatory drugs after a workout may result in slower recovery times.

Finally, remember everybody is unique, and what works for one may not work for another. By adjusting training and recovery strategies according to how we feel, we can optimize performance and stay healthy and injury-free. Everything we do in training is looking for those small changes to our bodies that will make us go faster, further or higher and it is what we do between training sessions that allows that adaptation and increased fitness.

The takeaway - recovery is when improvement happens! With recovery, we can train harder, lessen the chance or severity of injuries and maximise our performance. Worry less about

“over-training” and consider “under-recovery” – so I'm off to the sofa for a nap.



Night Cross - Auckland organised by Whippetts Running Project

Auckland Report - Phillipa Green**2023 Grand Prix Race 4. Long Bay Cross Country, North Shore – 22 July.**

Long Bay was the last of the Auckland cross country races held over the 4km course and attracted 90 masters (62MM/28MW) with good competitive racing again between all the age groups.

In the women's races W40 Lisa Cross (TTT runners) with 14:20s clocked the same time as the winning senior women Anneke Arlidge (NHB). Other age group winners were: W35 Katie Wyrill (Whippets Auckland) 16:28; W45 Rachel Penny (Pakuranga) 16:46; W50 Maria Kroonenberg (TTT Runners) 17:22; W55 Sian Dawson (Auckland University) 20:37; W60 Terri Jones (TTT Runners) 32:57 and W65+ Barbara Scarfe (YMCA) 23:02.

Men: M35 Paul Lenihan (Pakuranga) 14:01; M40 Greg Darbyshire (Takapuna) 13.05 1st master; M40 Paul Crowhurst (Pakuranga) 13:16 2nd fastest; M45 Nick Moore (Owairaka) 13:22 3rd fastest; M50 Chris Robb (ACA) 14:44; M55 Bruce Duncan (Auckland University) 15:19; M60 Tony King (Auckland University) 15:52; M65+ Kevin Knowles (Takapuna) 16:46.

2023 Auckland Road Champs/Grand Prix Race 5. Bruce Pulman Park - 20 August.

Over the 10km course M35 Rodwyn Isaacs (Pakuranga) was the fastest master with a time of 33:06 closely followed by M45 Nick Moore (Owairaka) 33:10, and 3rd M35 Mark Boyce (Whippets) 33:32.

Age group winners were: M40 Paul Crowhurst (Pakuranga); M50 Troy Harold (Owairaka); M55 David Clark (ACA); M60 Glenn Wright (ACA); M65 Kevin Knowles (Takapuna); M70 John Bower (University); and M85 Garth Barfoot (Calliope).

In the women's 5km race W40 Lisa Cross (TTT Runner) was first over the line in a time of 19:13, 2nd W45 Rachel Penney (Pakuranga) 19:52 and 3rd Pip Tuckley (TTT Runners) 19:57. Other age group winners were: W50 Maria Krooneburg (TTT Runners); W55 Kiri Price (YMCA); W60 Terri Jones (TTT Runners); W65 Liz Hardley (Technical); W70 Barbara Scarfe (YMCA).

2023 Auckland Road Relay Champs, Mt Smart Stadium - 17 September.

32.5km relay men: M35 1st Owairaka – Mariano Piagentini, Adam Gallagher, Keith Burrows, Nick Moore 1:49:10, 2nd TTT Runners 2:01:46; 3rd Pakuranga 2:02. M50 1st Owairaka – James Parker, Bruce Duncan, Tim Morrison, Troy Harold 1:59:10; 2nd ACA 2:20:38.

20km relay men: M60+; Auckland University – Tony King; John Bower; Graham Macky 1:27:16; Pakuranga - Paul Taylor, Richard Thomson, Errol Flynn 2:09:22.

20km relay women: 1st TTT Runners – Katie Vroegop, Maria Krooneburgh, Rachel Eade 1:26:4, 2nd YMCA 1:27:15, 3rd TTT Runners No2 1:40:04.

2023 Athletics Auckland Prize Giving Cross Country / Road - 17 September.

Grand Prix Series master's winners: W40 Lisa Cross (TTT Runners); W45 Rachel Penney (Pakuranga); W50 Maria Kroonenburg (TTT Runners); W55 Sian Dawson (Auckland University); W60 Terri Jones (TTT Runners); W65+ Liz Hardley. M35 Ben Jackson (Pakuranga); M40 Michael Hale (Wesley); M45 Nick Moore (Owairaka); M50 Chris Robb (ACA); M55 Greg Dell (Takapuna); M60 Tony King (Auckland University); M65+ Kevin Knowles (Takapuna).

NZ 24 Hours Running Champs, AUT Millennium Stadium - 23/24 September.

The 24 Hours NZ champs was organised by Sri Chinmoy, and the athletes endured tough conditions with rain and cold winds throughout the event. Keith Burrows completed a personal best on route to his third consecutive NZ title.

Results for 24 hours Men: M45 1st Keith Burrows (Owairaka) 226.8km; 2nd M30 Sam Beale (Lake City) 186.8km; 4th M50 Wayne Botha (Takapuna) 182.8km.

24 Hours Women: 1st W40 Shannon-Leigh Litt (Hatea Whangarei) 205.5km; 2nd W55 Kim Allan (Timaru) 183.6km; 3rd Emma Timms (Don Greig Stables) 150.0km.

12 Hours Men: 1st M45 Andrew McDowall (Owairaka) 128.8km (322 laps); 2nd M45 James Inwood (Athletics Masterton) 113.2km (283 laps); 3rd M45 Lyndon Dahlberg (Papakura) 98.0km.

12 Hours Women: 1st W45 Carol Robertson (Hamilton Hawks) 128.0km; 2nd W40 Sue Hunter (Hamilton Hawks) 104.0km.



21 entrants are half way through the 24 hour championships - Photo ANZ

Winter Throws Series AUT Millennium - North Shore Auckland. July 2023.

15th July: W80 Carol Conte Hammer Throw 2k 21.58m Auckland Record

29th July: W75 Anne Deleiros Shot Put 2k 7.76m Auckland Record and Discus 750gm 18.82m Auckland Record.

Mt Smart has completed it's \$2 million refurbishment and is ready for competition to commence mid-October with the McKinnon Shield pre-meet on the 14th. We are excited and look forward to a fast hot track this summer!



Taranaki Report - Vicky Jones

So the winter programme continues ... and a few words from the Taranaki perspective. Where we last left off we had just been to the North Island Cross Country Champs at Spa Park in Taupo, which became the scene of the NZ Cross Country Champs two weeks later. I found it quite amusing watching the livestream how parts of the course were given monikers such as "heartbreak hill" and "playground hill". Much of the coverage was a well-drawn precis of the action. Call me biased but I would have liked more attention paid to the master's athletes, though granted the winner was subject to an interview.

NZ Cross Country Champs (29/07/2023) Spa Park, Taupo

And for the action. Taranaki Masters acquitted themselves well amongst tough competition. Medals went to Joy Baker, Karen Gillum-Green and Des Phillips. Conditions looked frosty but sunny. As we know, Spa Park is a well-established and generally well-received course amidst a beautiful setting, and enough of a challenge to provide a good workout. This year the champs were held over 2 days, with the Sunday being relays. Taranaki, particularly Egmont Athletics, created a precedent by being the only club/centre to field an exclusive 65+ team, thus throwing down the gauntlet for future competition.

TET Athletics Taranaki Road Champs (26/08/2023) Connett Rd, Bell Block

Inglewood Runners and Walkers organised this year's running of the regional road champs. This year saw a rise in numbers of walkers helped by the allure of the 'B' grade walk which was only 5km as an alternative for those 65+ to the 10km demanded of senior walkers. A group of younger masters are making their presence felt with excellent performances from Cath McCarten and in particular newbie walker Samantha Hollis competing in her first ever 10km walk race under judging after only about 3 months of taking up the discipline. The fact that she got through the judging and (I have it on good authority) looks like a walker must surely be a confidence booster given the strong encouragement from the walking community going forward to NZ Road Champs in Palmerston North.

As for the runners, it is surely a great relief to the

M65+ that at regional level they only have to contend with 5km, a distance than can be raced, rather than 10km which (I think I've said before) becomes more of a feat of endurance. Medalists included: gold for Cath McCarten (W45) in the 10km walk, gold for Samantha Hollis (W40) in the 10km walk, while Joy Baker, Des Phillips and Alan Jones were amongst the medalists in the 5km run.

NZ Road Champs (10/09/2023) Massey University, Palmerston North

It was a strong, motley group of Taranaki athletes who made the trip to Palmerston North for the annual NZ Road Champs. On the Saturday night just about the entire Taranaki entourage gathered for an excellent dinner at Brew Union organised by Cath McCarten – a great way to develop a team atmosphere and mentality. Race day dawned cool (verging on cold) and calm – very pleasing for the 10km walkers! Everybody performed very well with Cath McCarten cracking 70min in the W45 grade, while Samantha Hollis and Yours Truly (Vicky Jones) battled it out in the W40 Grade. Samantha did extremely well handling the stress of only her second judged race and being subject to paddles and red cards and most unnerving of all - the penalty box. The fact that she was able to keep it together mentally to finish the race needs to be applauded especially considering how new she is to the discipline. Meanwhile I was unable to be the threat I wanted to be to Sam but still managed to finish the race reasonably unscathed.

As for the master's runners, Joy Baker earned bronze in the W70 Grade providing excellent last-minute training before travelling to Spain the following weekend to compete in a World Triathlon Championships in which she claimed gold in the Super Sprint. Ye-Yah Joy! Mike O'Sullivan earned a creditable 9th in the M45 grade over 10km in conditions which had become quite warm by then. The heat was to be a factor for Des Phillips who survived the tough 2km loop of the University's circle road 5 times, unfortunately taking just over an hour, but earning a bronze medal in the M75 grade.

And so marks the end of another action-packed winter season, and it's onwards to the track! It very exciting anticipating the change of season and the competition to come.

Tasman Report - Derek Shaw

South Island Masters T&F Champs – 19-21 January 2024

These champs are being held in Nelson and provide great preparation for the NZMA T&F champs being held in Christchurch a month later. They are being hosted by Tasman Masters who look forward to welcoming master's athletes from not only throughout the South Island but also the North Island. The schedule of events, registration and further information will soon be available on the NZ Masters Athletics website.

As a small centre we have a limited number of officials and other experienced volunteers and would welcome and greatly appreciate assistance from officials and general helpers from other centres. If you can assist or would like to know more, please contact Derek Shaw (027 548 7537, nikau1052@gmail.com). Thank you.

NZ Road Champs – 10 September 2023

A M65+ team of three Tasman masters travelled to the 2023 NZ Road Champs in Palmerston North. The 10km for men involved five laps of a 2km loop course within the Massey campus and had a significant uphill in the second half of the lap. Despite the challenging course all three finished strongly and were very happy with their runs.

In the individual men's age group competitions Graeme Lear was the silver medalist in the M70 grade with a time of 43:31. Murray Hart was fourth in the M65 age group in a time of 45:52. Derek Shaw made up a place in his grade on the last lap to take fourth place in the M70 grade with a time of 46:24. Murray and Derek both overtook other runners on the last lap which helped them secure the M65+ team competition golds and make it two from two for Tasman teams in this new 3-person team competition. They finished with 130 points, 3 points better than the Waikato-Bay of Plenty team of Dennis Litt (1st M70), Trevor Ogilvie (1st M75) and Trevor Ashe (6th M65).

NZ Road Relay Champs – 30 September 2023

After early indications that there could be three Athletics Nelson master's teams taking part in the 2023 champs in Canterbury, the only team that made it to the start line was an Open 70s team and that was only after a late substitution for the injured Mike Morrissey. Dave Riddell led off for the Nelson team and battled into a cool wind on the

gradual uphill first leg, finishing in second place 1:39 behind Christchurch Avon with Wellington Harriers just 3s back. Ian Morrison maintained the gap behind Avon on the second lap and opened up a gap of 2:23 on Wellington Harriers. Derek Shaw managed to pass the Avon runner about halfway through the third lap and hand over to Maria Hillier with a lead of 2:16. On the short 4.3km fourth lap Maria's great run extended the lead to 7 mins. Graeme Lear extended the lead further on the undulating 5th lap to give Barry Dewar a substantial buffer of 9:45 for the last lap. Although Avon's Rodger Ward reduced the gap by over 4 mins, Barry wasn't under pressure and could enjoy the victory circuit on the Loburn Domain into the finishing chute to give Athletics Nelson their first win in the second year of this new grade that the club had advocated for in the hope that it would keep older runners interested in participating in the champs.

Canterbury Report - Andrew Stark

Over the past 14 years, I have been involved as an organiser and administrator for various sections of the sport, and held numerous roles. What I have noticed is the slow decline in the number of active masters taking part in track and field events. There still seems to be plenty of masters doing the Parkruns and non-stadia events. I do think the loss of QEII has had a huge impact. We all lost the opportunity to regularly compete on an all weather surface and while we have a new track now, those runners have not returned to the track.

When I was young, the purpose of the cross country and road season was to train hard in preparation for the track & field season ahead. As we get older we do get slower, but the speed with which we slow down is accelerated by the lack of faster running we do. If all you do is long slow runs, it is no surprise that running around a track in short races will have lost its appeal. We have over 200 masters in Canterbury, yet less than 20 regularly compete on the track. I just wish more would give it a go!

The NZMA Track & Field Championships are being held at Nga Puna Wai in February 2024. My challenge is to encourage masters to come and have a go, as it will not be held here again for a long time.

As previously reported, Anne and Rick Davison have taken on the role of looking after the 'mature'

throwers within the region by organising mid-week or Sunday competitions, at one of several venues around town. They are sometimes joined by 'out of town' attendees, which is great to see. Several local competitors help at senior interclub too and this is much appreciated. Well done team.

During the past few months we lost three members of our community. Sadly Katherine Fraser (Centre official) was hit while riding a scooter and did not survive the accident. She was only 57.

Iain Brownlee, a past President of CMA passed away at the age of 95. Up until his mid eighties he competed regularly.

Daniel Reese passed away after a three year battle with cancer. He was only 69. In his latter years he was heavily involved with the Athletics Canterbury Centre and Cross Country and Road Committee. He was a long standing member of the University of Canterbury Club.

Beverley Church passed away peacefully after a long debilitating illness. She was a long standing member of the CMA Committee, always keen to be involved and encouraging to new members.

During the winter season, a new road relay course was created in the Loburn area of North Canterbury. This year it was the NZ National Road Championships, and a full report about the event is in this magazine. The make such an event happen required a huge amount of work behind the scene.



Alex Kelliher (39) competed on his lap in the Loburn 68 relay. New to the sport, he has aims of breaking 2 minutes for 800m before he turns 40 in February 2024.

On behalf of the athletes, I thank the LOC for making it happen. There are very few such events remaining due the high cost of traffic management plans, created by a greater awareness of health & safety issues.

A full list of all results within the Canterbury region can be found on the Athletics Canterbury website.

In late September, Canterbury Masters held their AGM. As has been the case for the past few years, the CMA Committee struggles to get volunteers to hold the various positions. What we are considering is having one or two masters join the Athletics Canterbury Track & Field Committee and we work together, rather than be a stand-alone group. We will still look after our own website and records, but work closely together when hosting large events, such as the NZMA or SI Championships when held in Christchurch.

Otago Report - Christine Montgomery

Otago Cross Country Championships

These 2023 champs were held on 16 July at Chisholm Park Golf Course, 16 Tahuna Road, Tainui, Dunedin. The weather was fantastic for running, the course apart from some rabbit holes was in mint condition, as were the competitors. The course was over a 2km loop, with a 1km loop for the odd numbered distances.

Great to see a large number of community runners join us. We hope to see you again or better still, join one of our clubs. Thank you to the Cross-Country Committee for organising the event and to Leith Harriers and Civic Service for supporting the event as the duty clubs. Special thanks to Sebastian Sole (Leith) who ran the electronic timing and for Laurie Hill who ran a handheld timer as a backup. Thank you also to all the officials and many helpers on the day. We were delighted to have Richard Tayler, Athletics Otago Patron and 1974 Commonwealth Games gold medalist in the 10,000m, joined us for the presentations.

W65+ 4km

4 Dalise Sanderson	W65+	24:22
5 Barbara Patrick	W65+	25:47
6 Lynne Kerr	Open	29:31

Walk 4km

2 Donald Bate	Open	26:18
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W35-49 6km

1 Aly Craigie	W35-49	27:07
2 Lydia Pattillo	W35-49	27:30

3 Taryn McLean	W35-49	28:17
4 Angela Bishop	W35-49	28:31

W50-64 6km

1 Georgina Pakeho	W50-64	27:58
2 Sue Hendry	W50-64	30:18

M65+ 6km

1 Ash Dustow	M65+	28:49
2 Chris Sole	M65+	30:14

MM35-49 8km Teams: HCYU 13, Leith 15

1 Oliver O'Sullivan	HCYU	27:59
2 Xaviour Walker	ARIK	30:42
3 Elliot O'Sullivan	HCYU	30:56
4 Richard Campbell	LEIT	31:02
5 Glen Chisholm	LEIT	32:06
6 Chris Bisley	LEIT	32:46
7 Jonathan Ryan	CAVH	32:52
8 Jamie Ward	LEIT	36:40
9 Mark Geddes	HCYU	37:32
10 Chris Clark	LEIT	38:36

MM50-64 8km Teams: Leith 9, HCU 15

1 Simon Rhodes	HCYU	33:36
2 John Bayne	LEIT	34:42
3 Simon Leaning	LEIT	35:36
4 Mark Watson	LEIT	36:18
5 Brent Halley	ARIK	36:26
6 Eric Scharpf	HCYU	37:50
7 Richard Hendry	LEIT	38:12

Pre-season Lovelock Spring Challenge 3,000m

Friday 15 Sept 2023

This will take place at the Caledonian Ground, Logan Park starting 6.15pm and will be a similar format to 2022 with two 3000m races. It will be run with new lights as DCC wants us to test the coverage of the lights on the track.

The Winding Vine Relay - Saturday 12 August 2023

It started at Portobello township, Dunedin and was open to both club and community teams aged 12+. Club teams can be made up of competitive, social and community athletes and may contained members registered with another club. It was a lovely day for the relay. All up 24 teams ran - well done to all.

Thank you to Jason Palmer who organised a team from Balclutha to run in a team. Thank you to our officials - a great shout out to all our volunteers especially Margaret Knox, Greg Johnson and Laurie Hill our retired timekeepers who are always at every event for Athletics Otago. What would we do without you all.

Otago Road Championships - Saturday 19 August 2023.

Run along Te Aka Otakou shared path, all runners completed an out and back course towards St Leonards. It was open to both community and club registered runners and walkers but only registered competitive Athletics Otago athletes are eligible for Otago titles. It was a cool blustery day with a strong nor'easter blowing down the harbour.

Women – 5km

W35-49

Taryn McLean	HCYU	42	19:53
Aly Craigie	HCYU39	20:32	

W50-64

Sue Hendry	LEIT	55	22:49
Evelyn Armstrong	CAVH53	23:52	

W50-64 Non-championship

Lynne Kerr	CAVH58	33:04	
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Men – 5km walk

Don Bate	LEIT	32:45	
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Men – 10km

M35-49

Jamie Ward	LEIT	42:05	
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M50-64

Simon Rhodes	HCYU	38:05	
Simon Leaning	LEIT	40:30	
Brent Halley	ARIK	43:43	
Gordan Wong	CAVH	47:26	
Nicholas Heng	CAVH	54:08	

M65+

Ash Dustow	LEIT	46:13	
Philip Morris	HCYU	52:09	
Dave McLean	LEIT	58:05	

M35-49 Non-championship – 10km

Christopher Holmes		46:09	
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GNWR (Great Naseby Water Race) 23-27 August 2023

This unique ultramarathon event takes place near Naseby – the highest town in New Zealand at 2000ft. Naseby is 15km north-west by road from Ranfurly and 145km north-west (via Middlemarch) from Dunedin. It is held on the last weekend of August each year. There are 50km, 80km, 100km, 100 miles, 200 km, and 200 mile options. The course is multiple laps around a 10km loop, with half of the loop beside a water race built to supply water for gold mining in the 1860s.

Amazing atmosphere there, I wrote about this race previously and the way it was invented by Jamie

and Aileen Sinclair - amazing people who ran the event for years.

The first competitors — a hardy bunch of 11 runners tackling the 200 miles — set out at 8am on the Wednesday. By Saturday some were still running, but by then they were joined by competitors in the remaining distances, and an entourage of supporters lining the track near the finish line, cheering and clapping each time runners passed through.

About 150 runners from throughout the country took part in this year's event, some from as far afield as Whitianga.

Last year the event was handed to the Naseby Charitable Development Trust, a community trust devoted to the maintenance of the forest trails. "It's a volunteer-run event and all the profit out of it goes straight into the maintaining the tracks [in the forest], so everyone is doing it for fantastic reasons ... The locals are really getting in behind it, which is great."

The 2024 event is on 28 August 2024. More details on the events website.

Claire Giles



Claire is retiring from the position of Secretary for Otago Masters Athletics. What an amazing women she is. I don't have all the details on her but I know she has been involved in athletics for many years as well as being a netball administrator and referee.

After six years competing seriously in athletics, Claire had by the end of the 2012 Oceania Masters Athletics Championships in Tauranga after competing seriously in athletics for six years she won 10 gold medals at the Oceania Masters championships. Two in Townsville in 2008, one in Tahiti in 2010 and seven in 2012.

In Tauranga, Giles won nine medals in the women's

55 grade - five individual golds, two relay golds, one silver and one bronze. The individual gold medals were in the 60m (9.35sec), 100m (14.84sec), 200m (30.61sec), 400m (1min 11.89sec) and pentathlon (2969 points). She was also in teams that won the 4 x 100m relay and the medley relay. Claire set Oceania and New Zealand records in the 60m, and Otago records in the 60m, 100m, 400m, pentathlon and javelin. She won a silver medal in the long jump (3.61m) and a bronze medal in the javelin (21.20m).

Claire is a life member of Caversham Harriers and Athletics Club. She has been President of Otago Masters and at present holds the position of Secretary. She was also President of South Island Masters and has served on the Board of New Zealand Masters Athletics. Her impressive achievements include having a C grade officials qualifications in both throws and track. She dabbles in coaching but doesn't hold any qualifications to speak of.

Netball was where she gained her highest qualifications becoming a NZ qualified umpire in 1997 and was selected to umpire at a number of age group tournaments with umpiring at NZ secondary schools being her highest honour. She became a NZ umpire examiner when she retired from actively umpiring. In 2005, she was awarded Netball NZ Volunteer of the Year when she carried out her role as an umpire examiner with two broken wrists. Netball took a huge commitment over the years, so she now uses running as her time.

Thank you Claire for all the work you have done for Otago, South Island and NZ Masters Athletics. We are lucky to have you and a great bunch of other enthusiastic and knowledgeable people.

50th Leith Harbour Free - Sunday 27 August 2023

This monthly? Leith Harriers event was held on 27 August starting at 9:00 am – 10:30 am, using course 2 on Te Aka Ōtākou shared path, with the start/finish at Watercooled Sports, 9 Kitchener Street, Dunedin.

This event is wheel-chair and pram friendly. You are only required to register once. It's free and all are welcome. For details and entry information see Chris Sole and his son Sebastian and other volunteers run this event. The passion Chris has for running and his ability to encourage all abilities and


ages to come to his training sessions is impressive. A remarkable man and son.

Crush the Cargill

Come "Crush the Cargill" with us! An unique local event, Crush the Cargill will take place from 10am on Saturday 8 December 2023 at Bethunes Gully. The idea of the event is simple: You run up and down Mt Cargill as many times as you can (or want to) in a 24-hour period. The winners being the man and woman who run up and down to the summit the greatest number of times. No entry fee needed, just a small koha to The Valley Project is all that is asked. Run, walk, skip, hop, crawl for one summit lap or for the full 24 hours, whatever you please! This is a great event to come along to and get to know your local Dunedin runners. See you there.

Emersons Dunedin Marathon - Sunday 10 September 2023

Organised by Caversham Harrier and Athletic Club, the full marathon also doubles as the Otago Marathon Championships. To be eligible, marathoners must be members of an Athletics Otago club. The Dunedin Marathon had been run annually starting from 1979 until being interrupted by Covid-19 in 2020 and 2021. In 2022, the event made a successful return with brand new courses and a new naming sponsor, Emerson's. In 2023, the event was again held on the new courses, finishing at the site of Emerson's bar.

Congrats to everyone who participated . A shout out to Glen Sutton and team who ran the marathon in a can. He constructed a 6-pack beer costume which requires 2 runners inside it. This will be a challenge, but they will finish at Emerson's, so worth the effort. These guys are amazing.

Live results are found on the website

<https://dunedinmarathon.co.nz>

and click the Live Results button!

Event Website >> [Emersons Dunedin Marathon](#)



Coming Events		
2023		
18 November	NZMA 10000m Championships	Wellington
1-3 December	North Island Masters Track & Field Championships	Palmerston North
2024		
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

Check out the NZMA / Events tab on our website to find out more information about the events.



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



NEW ZEALAND MASTERS ATHLETICS

2022 - 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 Ian Carter