

# Vetline

*Official magazine of New Zealand and Oceania Masters Athletics*

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Derek Shaw

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Ian Carter

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Thank you to all the contributors to the magazine.

Derek Shaw - Editor

Cover photo (Pete Marshall Photography): John Rawcliffe (M65). South Island & NZMA record in the Track Pentathlon

**Introduction**

The last NZMA AGM we held was back in December 2022, at the NZMA Championships held in Wellington. Following on from the Covid lockdowns and disruptions, it appears that fewer masters are taking part in the sport. I do not know whether that is the reason or not. However, with fewer people taking part, there are also fewer people stepping up to help run the sport within each Centre and this is a New Zealand wide issue. As I prepare this report, there are only 111 entries for the up-coming NZMA Track & Field Championships, to be held at Nga Puna Wai, Christchurch. This is first time since 2010 that the event has been held in Christchurch. Based on previous years, my expectation would be that about 220 will attend, so we will just have to wait and see if we reach that number.

**Memorandum of Understanding between Athletics New Zealand (ANZ) and New Zealand Masters Athletics**

Since the previous AGM, the NZMA Board has worked with Athletics NZ to refine and update the MoU. The discussions have been between Cam Mitchell (the new Athletics NZ Chief Executive), Hamish Meacham (Community Manager) and Jason Cameron (Competitions Manager) and myself, with all changes being agreed by the NZMA Board. I also had an opportunity to talk with many of the current Athletics NZ Board members and they are all supportive of a closer working relationship.

What became apparent to me during these discussions was that Athletics NZ is understaffed and under resourced in terms of just how much help they can provide NZMA, let alone the New Zealand clubs, which are their primary focus.

We already had a general agreement to work more closely together, which involves promoting our events and publishing articles about our athletes in their online newsletter. We will have to provide 'copy' for their newsletter, so if you have something you feel should be reported on, please let me know.

During the discussion the biggest challenge we faced was finding space in a busy summer season for all events. Those of you who are officials at ANZ events will appreciate the demands and expectation required, given the number of events you can officiate at during the season. There is a limit to the number of times officials are prepared to travel between meetings, often at their own expense.

When we enlisted ANZ's help to find a suitable venue and space in the calendar for our NZMA Track & Field Championships, no clear decisions were forthcoming as they were waiting to finalise their event schedule. An additional challenge was finding a Centre willing to host

our event. Given a Master's Centre does not have the people power to do it alone, we are dependent on the ANZ Centre officials for help. After consultation with ANZ and to ensure we had a venue for the 2023-24 season, I put my hand up to organise it here in Christchurch.

Unfortunately, ANZ then scheduled their Combined Event Championships to be held on the same weekend, in Dunedin. That has created a further challenge, given key officials we were expecting from Otago, are now unable to attend! To further complicate this weekend, Athletics Wellington scheduled their championships for this weekend too.

Exactly when and where we host our NZMA Championship event, is always going to be challenge. If we hold our event in December, it clashes with NZSS Championships, is too close to Christmas and shortens the season. If we wait until late March, closer to the Australian Masters Championships, many officials are 'over it' and want a break, so can we officiate it successfully. If we combine our event with another ANZ competition, when would that be and how would it work? The NZMA Board welcomes any bright ideas as to where and when in the season we hold our major championship. This year we were fortunate that Mark Harris, supported by WMA members, stepped up to run the NI event in Palmerston North and Derek Shaw and his team hosted the SI event in Nelson.

Earlier this month, I reached out to a Centre to ask if they would consider hosting our 2024-25 NZMA event. Hopefully by the time of the AGM, we might have an answer. I know Northland are preparing to host the NI event, but until we know where the NZMA event will be, no firm decision about the SI event can be made.

As part of the new MoU agreement, NZMA now have a 'super' user who can access the Athletics NZ GameDay membership and event database. This means we can promote directly to master's aged athletes within clubs. That may help us to attract more participants to our three championship events. Having more competitors means we would need more officials and that challenge is on-going.

**Athletics NZ & NZMA registrations**

The NZMA registration year started as from 1st September, while the ANZ year starts 1<sup>st</sup> April. ANZ have introduced rolling a 12-month membership model, for all members over 20 years old. It is yet unclear as to how members will be notified when membership is about to expire. Currently 25 NZMA masters joined via the online system setup on our website and given these are all track & field athletes, our rolling year is pretty straight forward to administer. There are less than 40 other masters who have joined NZMA via Centres, who

do not belong to ANZ clubs.

### **Oceania Masters Athletics (OMA) update**

Over the past year, there has been significant changes as to how OMA will be run in the future. In previous *Vetline*, I have reported on how Oceania Athletics (OAA) are keen to bring OMA under their umbrella by making OMA a Commission of OAA. I attended a Special General Meeting of OMA in Fiji (April 2023) where the Commission idea was discussed. It really was a pointless exercise going as the decision to go down this path was already decided.

This concept has not been met with agreement by Australian Masters Athletics. However, I think we need to be more pragmatic. The OMA Council does not have the resources, nor expertise and connections within the Island Affiliates to make any meaningful difference in fostering athletics in the Islands, nor increasing participation numbers at OMA Championship events. The biggest barrier for anyone attending an OMA Championship is cost.

Without the help of OAA, I believe no meaningful OMA Championship events will occur in the region. While an Australian Masters Centre might have the capability to organise an OMA Championship without OAA's help, it is debatable if any New Zealand Masters Centre could do the same. At the very least, it would require Athletics NZ's help.

The current plan from OAA is to hold the OMA Championships within a bigger OAA regional meeting. This will occur for the second time in Suva, Fiji (4<sup>th</sup> – 8<sup>th</sup> June 2024). Information about this event is on our website and in this issue of *Vetline*, plus a link to the online entries system.

### **Vetline & its Future**

Since John Campbell stepped down from formatting *Vetline*, I have taken over the task. It is a slightly slimmed down version. Derek Shaw continues to coordinate the collection and proof reading of the articles. We will continue to create *Vetline*, but exactly how many issues per year is up for debate. I appreciate the regular contributors and if there is anyone else who would like to be involved, please let me know.

### **NZMA Athlete of Year Awards**

Due to very few meaningful competitions held during the Covid lockdown period, this year's Athlete of the Year Awards will cover two calendar years, 2022 and 2023. There is a designated NZMA Awards page on our NZMA where information and nomination forms can be found. Previously Michael Wray created an extensive list of potential nominees. However, that is no longer the case. We are happy to look through the SI, NI, NZMA and ANZ Championships results when compiling a list of potential winners. Unless we have a volunteer

willing to scroll through all results for all other events, it is the Centre or the athlete's responsibility to put in a nomination form. This year, **Ian** and **Heather Carter** have spent numerous hours to come up with this year's finalists. I appreciate their efforts. An added complication was that the age factors changed, so it required extra work to check that the same age factors were used to generate the percentages.

### **Fourth Veteran World Games Trust**

Since 1983 this Trust has been in existence. The purpose of the Trust is to support Master's Centres throughout New Zealand, mainly around the purchase of equipment. It offers a donation to the SI, NI and NZMA host Centres and if required, NZMA have applied for an operation cost, such as contributing towards the cost of printing *Vetline*. Several positions on the Trust are determined by the roles people have within NZMA (President & Treasurer) and Canterbury Masters (President). Other members are elected for a fixed period determined by the Trustees. The Trust is currently working on a more defined succession plan to ensure access to the Trust assets is streamlined by bringing on new members more regularly. If you have a particular interest in being involved, I would like to hear from you.

### **NZMA Board**

We continue to hold all our Board meetings via Teams, with more meetings per year than when they were face-to-face. Minutes of these meetings are available on the website.

Finding people to assist running the Board is an ongoing challenge. The various additional roles I have fulfilled recently has come about as Board members have retired. We have struggled to attract new members with time on their hands, rather than the expertise required. It is not that simple for me to pass over several tasks that have taken me numerous years of practice to master.

**Derek Shaw** continues to be my 'go to' man, keeping me in line and reminding me of what needs to be done and by when. He has been responsible for creating the Board meeting minutes, chasing up and editing material for *Vetline* as well as contributing reports, and overseeing the Constitution changes we have implemented.

**Ian Carter** joined the Board in 2017 and I always value his opinion. This year he has been responsible for collating the data required to come up with the short list for the Athlete of the Year Awards, ably assisted by his wife Heather, whom Ian freely admits has the better computer skills.

**Brayden Grant, Hayden Robinson** and **Carolyn Smith** all joined the NZMA Board in December 2022. Brayden has taken over collating the records, previously collated

by Michael Wray, plus he creates most of the Facebook posts. Hayden assists with updating the website pages and can create Facebook posts. Carolyn is gearing up to create articles of interests, such as interviewing athletes and then working with ANZ to help profile NZMA better.

The challenge for our younger Board members is that being on a Board can be very time consuming. As mentioned, many of skills I have, have not been learnt overnight. There is a limit to exactly how much they can contribute, to fit in around their busy work life, family and other commitments. However, whatever they contribute, I appreciate their contribution.

**Anna Lynch**, whom I was hoping to co-op onto the Board as our treasurer a couple of years ago, decided to have another baby. Fortunately, she is still willing to help finalise and format our accounts, and her help is really appreciated.

Throughout the year, I have had conversations with Stewart Foster (ex NZMA Secretary / Treasurer), who keeps me up to date about what's going on. I look to him for some 'fatherly' advice from time to time when issues arise. He is also on the OMA Council, along with Joan Merrilees, therefore he can report back on what's happening with OMA. This is very helpful and getting information from the OMA Council has been somewhat inconsistent.

### **The way forward for NZMA**

The biggest challenge we face is attracting people who are willing to help run a Master's Centre or be on an Athletics NZ Centre committee or join the NZMA Board. The MoU clearly identifies the two ways masters aged athletes can join NZMA. It would be fantastic if more of the club-based masters stepped up to be on a committee locally or nationally, to give something back to the sport. My observation is that unless they are competing, they stay away. If I adopted that attitude, I would have been gone ten years ago, given that was the last time I race consistently and with success.

*Areas we need to focus on include:*

**Athletics NZ's Role:** NZMA needs to continue the discussions with ANZ to form a closer working relationship to identify who does what and when.

**NZMA, NI & SI Championship Roster & Timing:** There is a meeting of Athletics NZ Centre leaders occurring in May, during the weekend of the Rotorua Marathon. I understand that the timing of National Championship events is up for discussion. This would be a good time to promote our events too to make sure they are factored in when deciding which events go where and when.

**NZMA's Role:** Our role traditionally has been to coordinate masters track & field championships, interact with OMA and WMA as and where appropriate, such as to verify members status for overseas events. This still

needs to be done. We maintain the Island, National and Championships records, and oversee the annual Athlete of the Year Awards. The change to the Incorporated Societies Act means there will be work involved to update our constitution. The challenge for NZMA is that fewer people are making themselves available to be on the NZMA Board, therefore the workload is unrealistic for those on the Board only. Somehow this situation needs to change.

**The future of the NZMA Board:** Currently, I do not believe that ANZ want to take over the organisation of the SI, NI and NZMA Championships. They are happy to assist, but currently we have the skills to handle these events. This year, Mark Harris once again organised the NI Championships of behalf of WMA and I am sure he will be used in the future, as and when needed.

**Funding of NZMA / Collection of NZMA Registration Fees:** We currently have \$70k in the bank and the Fourth World Veterans Games Trust has approximately \$150k in assets. What does NZMA need funds for? *Vetline* production costs, awards, medals, uniform stock and Board travel expenses for the one face-to-face Board / AGM meeting held annually. Do we continue to fund this out of our reserves / Trust fund or continue to levy NZMA via membership fees and/or event entry fees? What else could we spend our money on?

**The future of the Local Masters' Centre:** Is it time for Masters' Centres to become an operational committee attached to the local Athletics NZ Centre or perhaps merge with the ANZ Centre's Track & Field Committee? I know in some Centre's, this has already happened.

**Greater inter-Centre Communication:** Since Covid 19 has been around, Athletic NZ introduced monthly Centre Zoom meetings as a way of communicating information and seeking feedback from around the country. I would like to introduce these for Master's Centres.

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

Last year, I mentioned the personal challenge of being involved in so many committees and the toll that has taken. Fortunately, some of my passion to stay involved has returned. However, I would like the opportunity to be able to step back sometime sooner, rather than later. I know Derek and Ian feel the same.

To all Master's Centre Committee members who have been involved for many, many years like me, the sport has been lucky to have your contribution. I can assure you that the work that goes on behind the scenes has not gone on unnoticed, certainly not by me. I also know that whatever we do, we don't always get it right ... we are simply doing the best we can, with the skills we have and time we can commit to the sport.

The finalists for the Athletes of the Year for 2022 to 2023 have been decided. To congratulate them and find out the winners, come along to the dinner at the New Zealand Masters Track & Field Championships.

Having been a judge for a few years, when Michael Wray retired from our sport because of injury, I stepped into the coordinator's role. Michael spent a considerable amount of time recording performances from club, centre, national and international events.

We have focussed on the Island, National and World Masters competitions, records, and other high-profile Athletics NZ events. We have also included any local performances submitted by the athlete or centre that did not fall into this group, although not many centres responded. If we missed any significant results, we apologise.

As 2022 was such a covid-disrupted year with few events, these results cover two years. For the 2022 results, the first step was to process them using the new 2023 age-gradings. We have minimum age-grading criteria, depending on the event, that we use as guidelines for inclusion.

There are eight categories, with Ultra Distance being added to include anything from a half-marathon to over 100 km. Another change is to include hurdles performances in with sprints and steeplechase performances in with the middle distance categories, because of fewer participants.

These 1250 performances from 622 athletes have resulted in the finalists below. In some categories, the winner was clear, but most required considerable discussion with fellow judge Derek Shaw. We measure athletic performances objectively, but comparing them becomes subjective.

Here is the list of finalists :

<b>Females</b>		<b>Males</b>	
<b>Sprints</b>			
Chris Waring	Laurie Malcolmson		
Helena Dinnissen	Mark Lambert		
Jill Hayman	Morgan Foster		
Liz Mitchell	Tony Tan		
Sheryl Gower			
<b>Middle</b>			
Christine Adamson	Daniel Clendon		
Heather Walker	Ian Calder		
Michele Allison	Peter Stevens		
Sally Gibbs	Peter Cameron		
	Wim Luijpers		



<b>Distance</b>	
Heather Walker	Chris Mardon
Lisa Cross	Ian Calder
Michele Allison	Paul Hewitson
Sally Gibbs	Peter Stevens
Sarah Drought	Roger Robinson
	Simon Mace
<b>Ultra Distance</b>	
Betty Harp	Ben Evans
Camille French	Daniel Jones
Ruth Croft	Dwight Grieve
Sally Gibbs	Paul Hewitson
Sarah Drought	Simon Mace
	Troy Harold
<b>Jumps</b>	
Chantal Brunner	David Anstiss
Gail Kirkman	Des Phillips
Helena Dinnissen	Gary Rawson
Karen Hulena	Jim Blair
Phillipa Green	H Young Do
	Stephen Burden
<b>Throws</b>	
Anne Goulter	Arno van der Westhuisen
Annette Parlane	Brian Senior
Brenda Davis	James Thomas
Glen Watts	Jim Blair
Te Rina Keenan	Peter Jensen
	Ron Johnson
<b>Combined</b>	
Anna Lynch	Arno van der Westhuisen
Annette Parlane	David Anstiss
Brenda Davis	James Thomas
Dale McMillan	Jim Blair
Glen Watts	Ron Johnson
Helena Dinnissen	
<b>Walks</b>	
Corrine Smith	Clive McGovern
Daphne Jones	Des Phillips
Jacqueline Wilson	Eric Kemsley
Serena Coombes	Rodney Gillum

Out of the blue recently, I was invited to an end-of-season track race in Christchurch. Happily, my coach's response was "When opportunity knocks, don't complain about the noise. Grab it with both hands". In my case perhaps this should be "and with both feet".

NZ Masters Track and Field Champs is one of the opportunities I appreciate and make the most of. Racing track with other athletes is good for my speed, which in turn helps with road, cross country, and even mountain running. I'm certain that running a variety of disciplines also aids physical and mental freshness. Not to mention that any races are great motivation for day-to-day running.

Then there is the camaraderie – friendship and encouragement that we get and give. While this is true of most masters competitions, it's magnified at a stadium where you spend a lot of time rubbing shoulders with fellow athletes, at many events over a weekend. Track and field is a great meeting opportunity because it offers something for everyone: sprinters, middle and distance runners, walkers, jumpers and throwers. Athletics is not a solo sport!

When it comes to champs, I frequently I hear people's why NOTs – typically, "I'm not fit enough. Maybe next year." Do we ever think we are fit enough?! And if we're getting slower or losing ground, our fellow athletes are on the same ride, with age-group categories and age-grade percentage performances as new goals.

Of course the *I*-word can be a road block, despite adapting training and "maintenance" practices to help



prevent injury. Experience has taught me that this is all the more reason to grab opportunities when I CAN. Who knows what's around the corner?

Cost of travel is also a complaint I hear, and a factor I personally understand. But if something is important I can often make it happen, on a budget. Other athletes have hosted me (and vice versa), or there has been a way to share accommodation or transport.

Hope to see you at nationals in February!



Action shots at the SI Championship taken by PMPHOTO ([www.PeteMarshallPhoto.com](http://www.PeteMarshallPhoto.com))



## Oceania Masters Track & Field Championships - Suva, Fiji 4th - 8th June 2024

The 2024 Oceania Masters Athletics Championships will be conducted in Suva, Fiji, with the Championships to run from Saturday 1 June until Saturday 8 June 2024.

The National Stadium, HFC Stadium, will be the host venue, and is currently being relayed and new track surface to be finished by mid-April 2024.

Suva, Fiji will be host and has hosted two previous Oceania Masters Championships, as well as two previous Area Championships. It's fitting that Suva hosts the first combined championships, as it hosted the first master's championships in 1982 and senior championships in 1990. The Local Organising Committee is spearheaded by Athletics Fiji. They will be assisted in the out of stadia events by the Suva Marathon Club.

Fiji is located in the South Pacific Ocean and is a nature lover's delight. It has an unspoiled, unique environment of extreme beauty and tranquillity, making it a dream destination for couples, friends and families looking to enjoy a tropical holiday together. From the mainland island of Viti Levu to the outer islands, there's more beauty than you'll be able to take in.

The 2024 master's champs will be held alongside the Area Championships for senior, u18 and para athletes making it a truly inclusive championships, something that is not replicated anywhere else in the world.

Oceania Athletics is pleased to open the entries for the Oceania Masters Athletics Championships, to be conducted alongside the senior, para and under 18 Area Championships for the first time. With an event and championships conducted like this will be a first not only within the Area, but the World.

### Events

60m, 100m, 200m, 400m, 800, 1500m, 5000m, Short

Hurdles, Long Hurdles, Steeplechase, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Weight Throw, 3000m Track Walk, 5000m Track Walk, 10km Road Walk, Throws Pentathlon, Pentathlon, Heptathlon/Decathlon, Cross Country, Half Marathon

### Age Groups

Athletes age will be determined by the first day of competition, which is 1 June 2024. The Championships will have 5-year age groups starting from 30 years until 90 years and above.

### Eligibility:

Athletes will need to represent an eligible Member Federation to be eligible for the Oceania Masters Championships Medals. The first three competitors in each age group will receive gold, silver and bronze medal respectively.

Invitational athletes, and athletes outside of Oceania will be able to compete in the master's events but will only be eligible for Invitational medals.

### Entries:

Final entries will be due Friday 3 May 2024. Athletes will need to enter via the online portal and link to this site is on the NZMA website. No additional entries will be accepted after the close of entries date.

### Competition fees (in AUD)

Administration Fee \$50.00

Fee per combined events (Heptathlon, Decathlon, Pentathlon, Throw Pentathlon) \$30.00

Fee for other events - \$15.00

**Registrations will close 10 May 2024 at 11:59 PM.**





To sum up the weekend from multiple angles ...

Our small committee worked hard to organise and run a successful weekend. Dale McMillan worked hard leading up to the event to set out the programme booklet, Jill Evans and the team in the kitchen kept the officials fed well, and Mike Shepherd ferried food and drink out to those who couldn't make it into the shed. I must say the food, from the Verdict Cafe, was amazing.

Brian Curry was kept busy measuring and weighing implements (when not competing himself) to ensure there was an even playing field for all athletes, ably supervised by head Official/Meet Manager Eddie Soria. Eddie and the team of officials kept things going to time mostly and any problems were quickly solved, hopefully to the satisfaction of everyone. We must thank all those that volunteered their time to officiate. Some came for that sole task while others gave their time when not competing. We couldn't run these events without you. Thanks also to Mark Harris of Mats Timing and his team for the timing and results, and to Rob Dabb for his announcing.

Congratulations to the large number that recorded both North Island and NZ records during the weekend, notably our fellow club member Sally Gibbs who managed a NZ record in all four of her events. We hope everyone was satisfied with their achievements, I know the officials were kept busy – especially the field referees who had to rush around with the steel tape!

From my perspective as an official – I had a great crew, making my job easy. As a competitor – where there was a dispute it was quickly sorted out, to the satisfaction of most. And it was great to catch up with old friends and meet new ones.

We invite all of you to head to Christchurch for the NZMA Championships in February and to travel to Whangarei later in the year for the next North Island Champs to support another small team in their efforts to hold another successful meet.

**Addendum from Jen Fee, Secretary and First Aider.**

We will have certificates sent to centres as soon as possible.

Thanks also to our main sponsors Lucas Land Surveys Ltd – aka Mark McFarlane and Gary Rawson from Wellington Masters, both of whom have been great supporters of all of our events in the past and who kindly offered to be our major sponsor as well as survey the outside circle so that we can look to get it leveled correctly for future events.

Thanks also to our other sponsors including: the McMillan Family; the Bayler Family; Broadway Radiology

Ltd; Watson Integrity; LA Cleaning; Mitre 10 Wanganui; Event Ready Bodies; Jim Blair; Dawn Melrose; M & J Shepherd; and PJ's Book Binding. Also The True Honey Co for product; PAKnSAVE Wanganui for fruit; Hirepool Feilding for the free Portaloo hire and J & K Fee for stationery supplies.

First aid was kept to the minimum – no broken bones this year, just the usual pulled muscles and the one blood bin for a split scalp! Thanks to Kath Edwards from Wanganui for assisting me with that.

**Results** [# Denotes NI Championship record]

**Women**

**60m**

W30 1. Jessica Perry TAR	8.24
2. Kirsty Halliday NTH	9.25
W50 1. Kirsten Kilmister WEL	9.64
2. Andrea Harris WEL	9.83
3. Theresa Bartlett WEL	10.16
W55 1. Phillipa Green AKL	8.93
2. Dale McMillan MWA	9.57
W60 1. Jill Hayman AKL	9.50
W70 1. Joy Baker TAR	10.39
2. Lynne Mackay TAR	12.38
3. Nancy Bowmar NTH	14.04
W75 1. Sheryl Gower WBP	10.56
2. Margaret Crooke NTH	12.23
W80 1. Chris Waring AKL	11.13 # NZ Rec
2. Frances Bayler MWA	13.67

80m Hurdles

W55 1. Phillipa Green AKL	15.84 #
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**100m**

W30 1. Jessica Perry TAR	13.07
2. Kirsty Halliday NTH	15.03
3. Cherie McAllister AKL	16.21
W50 1. Kirsten Kilmister WEL	15.08
2. Andrea Harris WEL	15.59
W55 1. Phillipa Green AKL	14.28
2. Dale McMillan MWA	15.16
W60 1. Jill Hayman AKL	15.17
W70 1. Joy Baker TAR	17.97
2. Nancy Bowmar NTH	20.34
3. Lynne Mackay TAR	20.43
W75 1. Sheryl Gower WBP	17.21
2. Margaret Crook NTH	20.97
W80 1. Chris Waring AKL	18.11

**200m**

W30 1. Ellen Schael MWA	27.71
2. Cherie McAllister AKL	33.52
W50 1. Andrea Harris WEL	32.26
W70 1. Joy Baker TAR	37.55
W75 1. Sheryl Gower WBP	36.38
W80 1. Chris Waring AKL	39.93

**400m**

W30 1. Ellen Schaeef MWA	1:00.49
2. Cherie McAllister AKL	1:13.26
W35 1. Andrea Neal WBP	1:13.32
W45 1. Heidi-Jane Humphries WEL	1:18.39
W50 1. Andrea Harris WEL	1:11.73

W55 1. Dale McMillan MWA	1:14.70
2. Karen Hulena AKL	1:36.57
W60 1. Sally Gibbs MWA	5:06.04 # NZ Rec
W70 1. Joy Baker TAR	1:33.60
W80 1. Chris Waring AKL	1:43.03
<b>800m</b>	
W30 1. Ellen Schaef MWA	2:23.22
2. Cherie McAllister AKL	3:15.85
W50 1. Heather Walker WEL	2:31.25
2. Andrea Harris WEL	2:49.77
W55 1. Jo Mahoney MWA	3:00.98
W60 1. Sally Gibbs MWA	2:39.12 # NZ Rec
W70 1. Joy Baker TAR	3:44.41
W75 1. Loris Reed WBP	3:38.81
<b>1500m</b>	
W30 1. Cherie McAllister AKL	6:59.19
W35 1. Andrea Neal WBP	5:49.97
W45 1. Heidi-Jane Humphries WEL	5:56.47
W50 1. Heather Walker WEL	4:59.81
W55 1. Jo Mahoney MWA	6:12.84
W60 1. Sally Gibbs MWA	5:06.04 # NZ Rec
W70 1. Joy Baker TAR	7:18.04
W75 1. Loris Reed WBP	7:16.03
<b>2000m steeplechase</b>	
W35 1. Andrea Neal WBP	9:11.45
W45 1. Heidi-Jane Humphries WEL	9:45.07
W70 1. Joy Baker TAR	11:19.05 #
<b>3000m Race walk</b>	
W40 1. Sam Holliss TAR	21:03.45
2. Vicky Jones TAR	24:15.88
W45 1. Catherine McCarten TAR	18:47.46
2. Gabrielle Wildbore MWA	19:49.87
W55 1. Serena Coombes TAR	18:07.55
W60 1. Helen Willis WEL	20:49.95
W75 1. Jacqueline Wilson WEL	20:19.44
W80 1. Daphne Jones WEL	24:02.48 #
<b>3000m</b>	
W50 1. Heather Walker WEL	10:38.81
W60 1. Sally Gibbs MWA	10:39.48 # NZ Rec
W75 1. Judith Stewart NTH	16:29.96
5000m Race walk	
W40 1. Sam Holliss TAR	39:16.43
W45 1. Catherine McCarten TAR	32:44.23
2. Gabrielle Wildbore MWA	34:22.30
W60 1. Helen Willis WEL	34:42.90
W75 1. Jacqueline Wilson WEL	34:08.41 #
W80 1. Daphne Jones WEL	40:10.89 # NZ Rec
<b>5000m</b>	
W60 1. Sally Gibbs MWA	18:19.95 # NZ Rec
W75 1. Judith Stewart NTH	27:46.47 #
<b>Long jump</b>	
W30 1. Kirsty Halliday NTH	3.99
2. Cherie McAllister AKL	3.20
W55 1. Karen Hulena AKL	2.93
W60 1. Jill Hayman AKL	3.60
W70 1. Joy Baker TAR	3.10
W75 1. Margaret Crooke NTH	2.64
W80 1. Frances Bayler MWA	1.93
<b>Triple jump</b>	
W50 1. Theresa Bartlett WEL	7.44
W70 1. Joy Baker TAR	6.68 #
W75 1. Margaret Crooke NTH	6.04 #
W80 1. Frances Bayler MWA	4.50 #

<b>High jump</b>	
W30 1. Kirsty Halliday NTH	1.33 #
W50 1. Raewyn Grigg TAR	1.22
2. Theresa Bartlett WEL	1.16
W55 1. Phillipa Green AKL	1.22
2. Karen Hulena AKL	1.10
W70 1. Nancy Bowmar NTH	1.01
<b>Shot put</b>	
W30 1. Cherie McAllister AKL	6.83
W45 1. Rachel Savage WBP	7.85
2. Heidi-Jane Humphries WEL	6.66
W50 1. Brenda Davis WBP	10.10
2. Althea Mackie AKL	9.10
3. Theresa Bartlett WEL	8.96
4. Linda Rawlins WEL	7.14
W55 1. Dale McMillan MWA	9.11
2. Jen Fee MWA	7.45
W60 1. Tina Ryan TAR	7.71
2. Michelle Anthony WBP	6.35
W70 1. Beryl McMillian MWA	6.71
2. Tui Ashe WBP	6.50
3. Nancy Bowmar NTH	5.48
W75 1. Annette Parlane WBP	8.13
2. Noni Callander OTG	7.61
3. Barbara Austin NTH	6.97
4. Loris Reed WBP	6.09
<b>Javelin</b>	
W30 1. Cherie McAllister AKL	10.20
W45 1. Rachel Savage WBP	19.42
W50 1. Linda Rawlins WEL	30.11 #
2. Theresa Bartlett WEL	25.40
3. Brenda Davis WBP	22.76
4. Althea Mackie AKL	16.79
W55 1. Dale McMillan MWA	24.27
2. Rachel King CAN	18.27
W60 1. Jill Hayman AKL	17.20
2. Tina Ryan TAR	14.26
3. Michelle Anthony WBP	9.91
W70 1. Tui Ashe WBP	13.45
2. Joy Baker TAR	13.37
3. Nancy Bowmar NTH	11.13
W75 1. Annette Parlane WBP	13.51
2. Barbara Austin NTH	13.07
<b>Hammer</b>	
W45 1. Rachel Savage WBP	17.55
W50 1. Brenda Davis WBP	39.00
2. Althea Mackie AKL	38.70
3. Theresa Bartlett WEL	29.94
W55 1. Jen Fee MWA	25.37
2. Dale McMillan MWA	23.09
W60 1. Tina Ryan TAR	24.66
2. Michelle Anthony WBP	22.74
W70 1. Beryl McMillian MWA	16.26
2. Nancy Bowmar NTH	16.13
W75 1. Annette Parlane WBP	27.77
2. Barbara Austin NTH	25.08
3. Noni Callander OTG	22.34
4. Loris Reed WBP	20.89
<b>Discus</b>	
W45 1. Heidi-Jane Humphries WEL	19.69
2. Rachel Savage WBP	19.21
W50 1. Brenda Davis WBP	27.62
2. Althea Mackie AKL	25.54

3. Theresa Bartlett WEL	23.68
W55 1. Jen Fee MWA	19.86
W60 1. Tina Ryan TAR	17.85
2. Michelle Anthony WBP	17.23
W70 1. Tui Ashe WBP	15.88
2. Beryl McMillan MWA	13.92
3. Nancy Bowmar NTH	13.19
W75 1. Annette Parlane WBP	21.45
2. Noni Callander OTG	18.04
3. Loris Reed WBP	16.57
4. Barbara Austin NTH	14.49

#### Weight throw

W45 1. Rachel Savage WBP	6.67
W50 1. Brenda Davis WBP	13.51
2. Althea Mackie AKL	12.92
3. Raewyn Grigg TAR	9.75
W55 1. Dale McMillan MWA	8.16
2. Jen Fee MWA	8.03
W60 1. Tina Ryan TAR	10.63
2. Michelle Anthony TAR	8.34
W70 1. Beryl McMillan MWA	6.57
W75 1. Annette Parlane WBP	10.73
2. Noni Callander OTG	9.49
3. Barbara Austin NTH	8.72

#### Track Pentathlon

W45 1. Heidi-Jane Humphries WEL	1943pts
W55 1. Dale McMillan MWA	2797pts
2. Karen Hulena AKL	1496pts
W70 1. Tui Ashe AKL	2294pts

#### Throws Pentathlon

W45 1. Rachael Savage WBP	1630pts
W50 1. Brenda Davis WBP	2902pts
2. Theresa Bartlett MWA	2143pts
3. Raewyn Grigg TAR	2025pts
W55 1. Jen Fee MWA	1913pts
W60 1. Michelle Antnoux WBP	1913pts
W70 1. Beryl McMillan MWA	2062pts
W75 1. Annette Parlane WBP	2991pts
2. Barbara Austin NTH	2521pts

#### Men

##### 60m

M30 1. Gulab Singh AKL	7.61
M45 1. Iain Rattray WBP	7.81
2. Tharindu Weeraratne AKL	8.03
M50 1. Mark Lambert AKL	7.52 #
2. Vern Collette MWA	8.00
M55 1. Mark MacFarlane WEL	8.68
2. Adrian Stockill WEL	9.50
M60 1. Gary Rawson WEL	8.49
M65 1. Dennis O'Leary HBG	8.75
2. John Rawcliffe TAS	8.96
M70 1. Laurie Malcolmson MWA	8.86
2. Mark Wyndham-Jones	9.23
3. Christopher Sole HBG	11.88
M75 1. David Anstiss AKL	11.61
M90 1. Don Quirk WEL	17.10

##### 80m hurdles

M75 1. David Anstiss AKL	18.39
2. Des Phillips TAR	20.59

##### 100m

M30 1. Gulab Singh AKL	12.18
M45 1. Iain Rattray WBP	12.53
2. Tharindu Weeraratn AKL	12.75

M50 1. Mark Lambert AKL	12.11
2. Vern Collette MWA	13.35
M60 1. Gary Rawson WEL	14.46
2. Peter Jones MWA	17.35
M65 1. Dennis O'Leary HBG	13.94
2. John Rawcliffe TAS	14.56
M70 1. Laurie Malcolmson MWA	15.27

##### 200m

M45 1. Hardeep Singh	30.15
M55 1. Geoff Burke HBG	26.07
M60 1. Brian Curray MWA	31.62
2. Peter Jones MWA	35.18
M65 1. Dennis O'Leary HBG	28.77
M75 1. Des Phillips TAR	36.55
2. Alan Jones TAR	41.78

##### 300m hurdles

M70 1. Laurie Malcolmson MWA	57.70
M75 1. Des Phillips TAR	1:03.57
2. David Anstiss AKL	1:08.37

##### 400m

M35 1. Brayden Grant MWA	52.20
M40 1. Regan Stallard WEL	1:04.33
M45 1. Iain Rattray WBP	55.71
M55 1. Geoff Burke HBG	58.31
M60 1. Mark Bradley WEL	1:28.57
2. Jack McKenzie MWA	1:59.61
M75 1. Des Phillips TAR	1:21.76
2. Alan Jones TAR	1:38.66

##### 800m

M40 1. James Cornwell MWA	2:08.25
2. Matt Parsonage WBP	2:16.31
3. Regan Stallard WEL	2:23.64
M45 1. Hayden Robinson MWA	2:24.36
M60 1. Peter Jones MWA	3:08.02
2. Mark Bradley WEL	3:15.79
M75 1. Des Phillips TAR	3:25.13
2. Alan Jones TAR	3:50.93

##### 1500m

M40 1. Matt Parsonage WBP	4:33.80
M60 1. Peter Jones MWA	6:13.80
2. Mark Bradley WEL	6:40.25
M70 1. Brian Warren TAR	7:00.82

##### 2000m steeplechase

M70 1. Gavin Smith WBP	9:59.32
M75 1. Des Phillips TAR	12:08.35 #

##### 3000m steeplechase

M55 1. Peter Stevens WEL	1:26.14 #
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##### 3000m Race walk

M70 1. Clive McGovern WEL	18:15.81
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##### 3000m

M40 1. Matt Parsonage WBP	9:48.83
M65 1. Trevor Ashe WBP	12:22.42
M70 1. Gavin Smith WBP	13:41.55
2. Brian Warren TAR	14:19.53

##### 5000m Race walk

M70 1. Clive McGovern WEL	31:28.59
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##### 5000m

M40 1. James Conwell MWA	16:44.77
M65 1. Trevor Ashe WBP	21:43.59
M70 1. Gavin Smith WBP	23:17.73

##### Long jump

M45 1. Hardeep Singh	4.77
M55 1. Mark MacFarlane WEL	4.51

M60 1. Gary Rawson WEL	4.30
M75 1. David Anstiss AKL	3.39
2. Des Phillips TAR	3.31
<b>Triple jump</b>	
M55 1. Mark Macfarlane WEL	9.04
M75 1. David Anstiss AKL	8.12
2. Des Phillips TAR	7.24
<b>High jump</b>	
M55 1. Mark Macfarlane WEL	1.29
M60 1. Brian Curry MWA	1.46
2. Jack McKenzie MWA	1.23
M65 1. James Thomas AKL	1.41
M75 1. David Anstiss AKL	1.32
2. Des Phillips TAR	1.20
M80 1. Mike Shepherd MWA	0.99
<b>Shot put</b>	
M45 1. Joshua Sharkey WEL	7.78
M50 1. David Sexton HBG	8.86
M55 1. Laini Inivale AKL	12.63 #
2. Adrian Stockill WEL	10.29
M60 1. Brian Curry MWA	9.87
2. Jack McKenzie MWA	8.02
3. Mark Bradley WEL	7.10
M65 1. James Thomas AKL	10.92
M70 1. Mark Wyndham-Jones	10.53
2. Tuariki Delamere AKL	10.20
3. Raj Menon WEL	9.41
M80 1. Mike Shepherd MWA	7.46
M85 1. Peter Hanson WEL	7.27
M90 1. Jim Blair OTG	6.29 NZ Rec
<b>Discus</b>	
M30 1. Iona Lupena	31.74
2. Luke Crombie HBG	23.23
M45 1. Joshua Sharkey WEL	23.06
2. Tharindu Weeraratne AKL	17.40
M50 1. David Sexton HBG	30.15
M55 1. Adrian Stockill WEL	35.80
M60 1. Brian Curry WMA	34.00
2. Mark Bradley WEL	24.20
3. Jack McKenzie MWA	18.86
M65 1. James Thomas AKL	36.18
2. John Rawcliffe TAS	35.31
M70 1. Mark Wyndham-Jones	34.94
2. Raj Menon WEL	29.21
3. Tuariki Delamere	24.14
M75 1. David Anstiss AKL	19.86
M80 1. Mike Shepherd MWA	18.65
M90 1. Jim Blair OTG	15.55
<b>Hammer</b>	
M35 1. Iona Lupena	28.92
M45 1. Joshua Sharkey WEL	25.25
M50 1. David Sexton HBG	31.81
M55 1. Adrian Stockill WEL	34.26
M60 1. Brian Curry MWA	27.59
M65 1. James Thomas AKL	37.68
M70 1. Mark Wyndham-Jones	33.45
2. Tuariki Delamere AKL	30.37
3. Laurie Malcolmson MWA	28.78
4. Raj Menon WEL	21.49
M80 1. Mike Shepherd MWA	22.75
M90 1. Jim Blair OTG	17.48
<b>Javelin</b>	
M35 1. Iona Lupena	43.05

2. Luke Crombie HBG	32.87
M45 1. Tharindu Weeraratne AKL	21.30
2. Joshua Sharkey WEL	18.69
M50 1. Henry Merrick AKL	36.76
2. David Sexton HBG	34.37
M55 1. Adrian Stockill WEL	25.99
M60 1. Brian Curry MWA	30.09
2. Gary Rawson WEL	24.35
3. Mark Bradley WEL	22.69
4. Jack McKenzie MWA	21.36
M65 1. James Thomas AKL	34.64
M70 1. Laurie Malcolmson MWA	34.23
2. Mark Wyndham-Jones	27.89
3. Raj Menon WEL	25.88
4. Tuariki Delamere AKL	24.26
M90 1. Jim Blair OTG	15.76
<b>Weight throw</b>	
M35 1. Iona Lupena	10.49
M45 1. Joshua Sharkey WEL	7.78
M50 1. David Sexton HBG	11.69
M55 1. Adrian Stockill WEL	12.14
M60 1. Brian Curry MWA	12.14
M65 1. James Thomas AKL	15.22
M70 1. Mark Wyndam-Jones	13.73
2. Laurie Malcolmson MWA	13.16
3. Tuariki Delamere AKL	12.25
M80 1. Mike Shepherd MWA	9.82
M90 1. Jim Blair OTG	7.89
<b>Pole vault</b>	
M60 1. Brian Curry WMA	2.20
M75 1. David Anstiss AKL	2.15
<b>Track Pentathlon</b>	
M60 1. Jack McKenzie MWA	838pts
M65 1. John Rawcliffe TAS	1017pts
<b>Throws Pentathlon</b>	
M35 1. Iona Lupena	2300pts
M45 1. Joshua Sharkey WEL	1621pts
2. David Grimwood	1364pts
M50 1. David Sexton HBG	2362pts
M55 1. Adrian Stockill WEL	3009pts
M60 1. Brian Curry MWA	2321pts
M65 1. James Frederick AKL	3640pts
M70 1. Mark Wyddham-Jones	3053pts
2. Tuariki Delamere AKL	2425pts
3. Raj Menon WEL	2203pts
M80 1. Mike Shepherd MWA	2092pts
M90 1. Jim Blair OTG	2222[ts



It started with a kiss ....., hang on that's a song lyric. What I really meant is that on Christmas Eve 2023, it started with an unexpected call from former NZ resident masters thrower, one Mark Cumming, whose hammer/weight throw/throws pentathlon exploits and World Championships speak for themselves.

Mark was calling me from Brisbane to wish me seasons best wishes. Nek minit, I surprise him, letting him know that I'm on holiday visiting my parents, about 20 minutes drive from where he lives. Duly surprised, Mark then invites me for what turns out to be a New Year's Eve 3 hour throwing training session at the Queensland State Athletics Facility (QSAC), under the Sunshine State's gentle sun. Luckily, we started at 6:30am and I needed to improve my tan slightly.

A training bonus was that I got to train alongside the Brisbane Region Chairman of Queensland Masters Athletics (QMA) John Milne and his son James, also a keen thrower. Of course, Mark does what Mark does, and he threw ridiculous distances in our training. I only just lasted the distance, but the better news was when they let me know that there was an actual meet on Sat 6/01/2024.

I hadn't thought that I would be throwing on this trip, so no wrist wrap, no knee brace, no tape, no back brace etc. You get the drift, just me and my crocs. I also hadn't competed at QSAC for over 5 years. I thought that I would know a lot of the throwers, having previously regularly thrown with them.

I didn't throw particularly well, but it was wonderful to meet a large group of throwers and most of them new/newish throwers, I didn't know many of them. QMA, whatever you are doing to blood in new throwers, it's definitely working.

In talking to them, every thrower had their own personal drive as to why they took up throwing (health, ambitions, need competition etc). I just wanted to shout out to a few specific throwers:



Birtwell, Lorraine (Brisbane Region Secretary of QMA). Thanks for the warm welcome. I enjoyed spying on your throwing.

\* Cumming, Mark. Thanks for your hospitality, taxi driving and still setting the standard in weight throw on the day. Very violent and fast.

\* Elisaia, Tyson. My fellow Samoan complete with Pe'a, he recently turned 30 years, this was his first Master's meet. He threw the 2<sup>nd</sup> biggest shotput distance of the meet on the day, as well as bringing his own paparazzi and cheerleaders in tow, his daughters.

\* Keen, Adrian. A study in smoothness, an absolute pleasure to watch when he nails his throws.

\* Macmillan, Nick. I can't wait to see what discus distances you end up throwing with those long levers of yours once you own the technique.

\* Milne, John (Brisbane Region Chairman of QMA). That 11m shotput is beckoning you!

\* Rotbauer, Hans. Shotput is your jam, you have a bright future.



*Participates at the North Island Masters Track & Field Championships.*

*Thank you to Mark Harris for working with the LOC to make this event happen.*

Isn't it great when you find science agrees with what you are doing! Genuine supportive science, not just surveys, that verifies that exercise is good for you is extremely satisfying.

How do we grow old – and I don't mean by referring to the calendar – what is the process? One particular area of our bodies is especially important in the aging process – so let me ask you this - have you checked the length of your telomeres lately?

A bit like the plastic tips at the end of your shoelaces, telomeres are like protective caps for your DNA. They play a role in maintaining the stability and integrity of your DNA and they get gradually shorter as we get older. Some scientists believe they can act as markers of your "biological age" and help indicate risk of age-related diseases. Shorter telomeres have been linked with a shorter life expectancy.

Certain lifestyle factors such as smoking, obesity, lack of exercise, and consumption of an unhealthy diet can increase the pace of telomere shortening, leading to the early onset of many age-associated health problems, including coronary heart disease, heart failure, diabetes, increased cancer risk, and osteoporosis.

In many types of cells, telomeres lose a bit of their DNA every time a cell divides. Eventually, when all the telomere DNA is gone, the cell cannot replicate and dies. The good news is the rate of telomere shortening can be either increased or decreased by specific lifestyle factors. Exercise and diet have the potential to reduce the rate of telomere shortening or at least prevent excessive telomere erosion, which in turn may lead to delayed onset of age-associated diseases and increased lifespan.

In various studies, exercise has been shown to be related to longer telomere lengths, and athletes tend to have longer telomere lengths than non-athletes. This is especially so in older people, suggesting that physical activity may fight the typical age-related decreases in telomere length. It appears that exercise will not only maintain your telomeres' vitality but even rebuild them after shortening. This is because exercise stimulates the body's production of the enzyme telomerase (which adds DNA to the telomeres). And a clear winner in the exercise stakes is aerobic exercise (running and racewalking).

It appears that telomerase production rises for several hours after a reasonable run or walk, but a traditional weight session had little to no effect. In one study after working out three times per week for six months, the runners saw a 3 to 4 percent increase in telomere length whereas the weights group saw no change. Consistently, athletes had elevated telomerase activity and reduced telomere shortening, relative to non-athletes.

However, don't drop the weights altogether, as resistance training is the key to maintaining muscle and bone as we age.

Other studies have shown that long term walking at a brisk pace could protect telomeres. In a study of nearly half a million people in the UK, participants were separated into slow, medium and fast walkers. Researchers found that people with a fast-walking pace were more likely to have longer telomeres. (The study concluded that fast walkers could reduce their biological age by up to 16 years.)

Diet is the other major factor in preserving telomere length. Consuming a balanced and nutrient-rich diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can support overall health, including telomere maintenance. Antioxidants help protect cells from oxidative stress, which can damage telomeres. Foods rich in antioxidants, such as berries, nuts, seeds, coffee and green tea are great in your diet. Healthy fats (Omega-3 fatty acids), commonly found in fish and flaxseeds, have been associated with longer telomeres and reduced cellular aging.

Eating ultra-processed food (pre-made meals, ice cream, chips, cakes, processed meats etc) is linked to accelerated shortening of telomeres. (There had to be some bad news!). Several studies suggest that reducing sugar rich beverage consumption could be associated with extended telomere length - independent of other characteristics such as age, sex, or body mass index.

One of the best models of healthy eating is the Mediterranean diet, which is characterized by a high intake of vegetables, legumes, nuts, fruits, and cereals (mainly unrefined); a moderate to high intake of fish; a low intake of saturated fats and a high intake of unsaturated fats, particularly olive oil, and a regular but moderate intake of alcohol, specifically wine. This diet has been shown to prevent age-related telomere shortening and has been associated with reduced mortality risk. The positive effects of the Mediterranean diet on telomeres may be due to its strong antioxidant and anti-inflammatory properties.

A healthy diet characterized by a high intake of dietary fibre and unsaturated fats exerts a protective role on telomere health, whereas high consumption of sugar and saturated lipids accelerates telomere shortening.

Other factors that may contribute to the health of your telomeres include:

- Avoid chronic stress - (stress reduction techniques such as meditation, mindfulness, yoga, or deep breathing exercises may be beneficial).
- Get sufficient sleep. Getting enough restorative sleep is crucial for overall health.

- Avoid harmful habits. Limit exposure to toxins like smoking, excessive alcohol consumption, and environmental pollutants.
- Excess body weight and obesity have been linked to accelerated telomere shortening - a balanced diet and regular exercise should take care of that.
- Strong social connections and a supportive network have been associated with longer telomeres. Stay connected with friends, family and community.

Keep in mind that genetics also play a significant role in telomere length. Some individuals naturally have longer telomeres due to their genetic makeup. You can get the

length of your telomeres tested but these tests are pricey, and they may not be reliable. But why worry if your exercise and diet are good.

In summary, telomeres shorten with age and telomere shortening leads to early ageing. Older people with shorter telomeres have three to eight times increased risk of dying from heart and infectious diseases. The rate of telomere shortening is therefore critical to your health and rate of aging. To preserve telomeres consider a good diet together with staying lean, active and stress-free through regular exercise. But I am teaching my grandmother to suck eggs aren't I – because that's what we as masters athletes do naturally!

## Obituary - Roy Skuse

Maurice Callaghan

It is with sincere regret we record the passing of a great stalwart of HB / Gisborne Veterans.

Roy has been around the Veteran scene for as long as most members can remember, and for 28 years hosted team trips to Oceania and World Champs through his travel firm On Line Sports Tours.

His net was spread far and wide and many customers from around Australia and New Zealand were regular

subscribers to his travel teams. It was a testament to his professionalism and attention to detail that brought customers back time and again, and with the able assistance of wife Colleen many memorable trips were enjoyed by returning customers.

Roy was an accomplished sportsman in his own right and achieved in many different disciplines. In 1963, Roy was runner up Australasian middle weight boxing champion and the following year gained the

New Zealand middle weight title.

After giving up boxing Roy turned his attention to swimming, concentrating on 100m sprint and contested the world champs in both Morocco and Germany. He also played rugby and golf during this time and turned out to be more than an average hitter of the little white ball, getting down to a handicap of 9.

From swimming, Roy turned to athletics and attended his first World Champs in Finland competing in the 1500m. In 1991, Roy decided the decathlon was his forte and switched to that event but still managed to run two marathons as well - Rotorua and Hawkes Bay.

He truly packed plenty into his 82 years of life and will be remembered for his winning smile and "Give it a go" attitude.



*Roy and Colleen Skuse at daughter Bronny's home in Christchurch at Christmas in 2019.*

*It was on my first overseas trip to a World Masters Track & Field Championships (Finland in 2009), that I first met Roy and Colleen. I was not part of the touring party they organised, never-the-less I was made to feel welcome when I joined the group for the final leg of the trip into Lathi. I know I speak on behalf of the numerous athletes here and in Australia who used your services, we all appreciated the years of organising overseas trips. Well done!*

*Andrew Stark*

The athletics track and field facilities at the picturesque Saxton Field Complex in Nelson was the venue for these championships, twelve years after last being held in the Tasman Centre.

With a forecast that threatened a wet Saturday, it was a relief when the weather gods suddenly rolled the dice to warm-hot sunny conditions and Nelson's reputation was maintained to some extent after losing the 'sunshine capital' status for 2023 to Tekapo!

To help ease the workload on Canterbury Masters, Tasman Masters agreed to host the 2023/24 SI Champs ahead of the two consecutive years in each South Island centre following the decision that Canterbury would host the NZ Masters T&F Champs in February 2024.

The proximity to the North Island and the NZMA champs in February contributed to nine registrations from North Island based athletes using the opportunity to prepare for competition at the nationals. This helped balance off the relatively small number of entries from masters in the southern portion of the mainland. This is the usual pattern whenever the SI Champs are hosted by the smaller Southland and Tasman centres that participation drops off due to the considerable time, distance and cost involved in travelling the length of the South Island. A total of 56 was a good outcome given these factors.

It was very pleasing to have half of the 22 entries from Tasman being under 50 and including many running on the track for their first season, including several having a go for the first time ever (and helping show that Nelson is not just a place for "retirees"! ). The meet was held in conjunction with one of Athletics Tasman regular meets for local athletes preparing for forthcoming 'Classics' and Athletics NZ Championships.

### Records

Seventeen new SI Championship records were set by fourteen different athletes. Heading the list was Canterbury's **Lois Anderson** (W75) who added three more to her already impressive list of 16, with new marks in the long, triple and high jump. Her new long jump record added 0.44m to the old record set in 2018, while her 5.14m in the triple jump improved her own record of 5.10 set in 2021.

Canterbury's **Peter Richards** (M65) was in fine form, smashing the previous records in both the 3000m and 5000m. His 3000m time of 11:06.32 took off over 30s from Ian Carter's 2019 record of 11:37.79 and his 19:16.01 time for the 5000m broke the long-standing record set by Selwyn Opie of 19:32.9 set in 1990.

The third Canterbury master to claim a SI championship record was **Jo Van Rensburg** (W45) who added to her W40 2023 record in the 800m with the W45 record,

when she broke another long-standing 1990 record set by Tasman's Margaret Orman. **Roger Ward** (M70) added a fourth SI Champs record for Canterbury masters with a good run in the 800m to lower Michael Bond's 2015 record by over 3s to 2:51.15.

Three Tasman sprinters claimed SI records with **Joeline Jones** (W40) adding the 100m record of 13.20 to her current tally of six SI championship records. In his second season of competitive sprinting **Remy Le Brun** (M35) broke the 30-year-old 200m record formerly held by Jeff Barnfield with a fast 24.16. **David Riddell** (M70) broke the 21-year-old record for the 400m with his time of 71.38 to claim his first SI Championship record.

One Otago master was also impressive in breaking a SI record. **Uros Sumar** (M65) broke one of the 7 SI Championship records still held by the legendary Bruce McPhail, with his time of 13.82 in the 100m, while **Bruce Thomson** (M60) from Southland managed to lower his own 100m hurdle record set a year earlier from 19.82 (with a 1.9m/s tail wind) to 19.14 with a head wind of 3.4m/s! Similarly, Canterbury's **Georg Ludwig** (M65) also lowered his own 2021 record in the 100m hurdles by an even more impressive amount into the same head wind to 23.69 from 24.74.

In only his second outing on an all-weather, the youngest master's athlete at the championships Tasman's **Clinton Manderson** had a memorable debut at the champs in breaking the SI championship record for the M30 5000m with a time of 16:54.82 to lower Nathan Shanks 2020 record by over 50s.

Amongst the throwers, **Noni Callander** (W75) claimed the SI Championship record in her shot put with 7.75m to better the old record held by Glen Watts by 11cm. Jim Blair (M90) improved his own hammer throw record set in 2021 by 47cm to set a new benchmark of 18.04m.

A strong candidate for the top performance at the champs would be Tasman's **John Rawcliffe**, who celebrated his move in to the M65 age group with not only setting a new SI championship record in the M65 track pentathlon with 2674 points to break Warren Green's previous record of 2619 points set in 2017, but also broke the NZMA National record of 2520 points previously set by Dennis O'Leary (HBG) a year earlier. Dennis travelled south and took part in four events but not in the track pentathlon.

In their first season on the track, two other Tasman middle distance runners had strong debuts. **Barney Hoskins** (M40) was first overall in both the 3000m (9:47.06) and 5000m (16:22.02), while **Catherine Delaporte** (W45) was just edged out of third place overall by 0.13s in the women's 1500m by legendary Tasman teammate **Paula Canning** (W50). First women



overall in this event was Tasman's Laura Smidt with a sharp run of 5:19.20. Another Tasman athlete who had a strong run was David Hansen (M45) in the 400m to head home field in 55.17, less than half a second off the SI record.

Well done to all those athletes who took part in the championships, including those who achieved records and personal bests. Thanks very much for supporting the championships and we look forward to seeing you again in Nelson for the next SI Masters Championships within the next two years. Many thanks to all the officials and helpers, including those experienced officials who kindly travelled up from Christchurch and Dunedin to make it possible to hold the champs in the small Tasman Centre with our limited pool of officials.

**Results:** # denotes SI Champs record.

## Women

### 60m

W40 1. Joeline Jones TAS	8.36
W60 1. Alison Newall OTG	10.73
W70 1. Noeline Burden OTG	11.96
W75 1. Lois Anderson CAN	12.70

### 80m Hurdles

W50 1. Liezel De Wet TAS	16.15
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### 100m

W40 1. Joeline Jones TAS	13.20 #
2. Vic Chapman CAN	14.57
W60 1. Alison Newall OTG	17.17
2. Lyn Smith TAS	19.30
W70 1. Noeline Burden OTG	20.03
W75 1. Lois Anderson CAN	19.38

### 200m

W40 1. Joeline Jones TAS	28.20
W60 1. Lyn Smith TAS	42.84

### 400m

W40 1. Joeline Jones TAS	1:04.36
2. Vic Chapman CAN	1:07.09
W60 1. Alison Newall OTG	1:27.55
2. Karen Hulena AKL	1:32.68
3. Lyn Smith TAS	1:50.69

### 800m

W35 1. Lyn Smidt TAS	2:27.57
W45 1. Jo Van Rensburg CAN	2:34.83 #
W60 1. Karen Hulena AKL	3:35.68
2. Lyn Smith TAS	4:10.07

### 1500m

W35 1. Laura Smidt TAS	5:19.20
W45 1. Jo Van Rensburg CAN	5:22.77
2. Catherine Delaporte TAS	5:35.46
W50 1. Paula Canning TAS	5:35.33
2. Tracey Sims TAS	7:44.80
W60 1. Lyn Smith TAS	8:15.47

### 1500m Race walk

W60 1. Helen Willis WEL	10:03.67
W80 1. Daphne Jones WEL	11:47.87

### 3000m

W50 1. Paula Canning TAS	11:48.12
2. Michelle van Looy WEL	13:09.99
3. Wendy Richards CAN	13:37.30
4. Tracey Sims TAS	16:38.02

W60 1. Lyn Smith TAS	17:55.66
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### 3000m Race walk

W60 1. Helen Willis WEL	20:46.92
W80 1. Daphne Jones WEL	24:55.65

### 2000m Steeplechase

W50 1. Michelle van Looy WEL	9:31.44
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### 5000m Race walk

W60 1. Helen Willis WEL	35:47.62
W80 1. Daphne Jones WEL	43:03.43

### 5000m

W50 1. Paula Canning TAS	21:12.30
2. Wendy Richards CAN	23:14.34
3. Michelle van Looy WEL	23:14.53
4. Tracey Sims TAS	28:29.81

W60 1. Lyn Smith TAS	30:12.46
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### Long jump

W50 1. Liezel De Wet TAS	4.02
W60 1. Alison Newall OTG	3.18
2. Karen Hulena AKL	2.96
W70 1. Noeline Burden OTG	2.40
W75 1. Lois Anderson CAN	2.57 #

### Triple jump

W50 1. Liezel De Wet TAS	8.27
W60 1. Alison Newall OTG	6.90
W70 1. Noeline Burden OTG	5.82
W75 1. Lois Anderson CAN	5.14 #

### High jump

W60 1. Karen Hulena AKL	1.09
2. Alison Newall OTG	1.00
W70 1. Noeline Burden OTG	0.94
W75 1. Lois Anderson CAN	0.94 #

### Shot put

W60 1. Alison Newall OTG	6.94
2. Karen Hulena AKL	6.56
W70 1. Noeline Burden OTG	6.20
W75 1. Noni Callander OTG	7.75 #
2. Lois Anderson CAN	7.05
W80 1. Glen Watts CAN	6.67
2. Justine Whitaker CAN	5.86

### Hammer

W75 1. Lois Anderson CAN	23.16
2. Noni Callander OTG	20.77
W80 1. Glen Watts CAN	20.53
2. Justine Whitaker CAN	20.35

### Discus

W75 1. Noni Callander OTG	19.30
W80 1. Glen Watts CAN	16.90
2. Justine Whitaker CAN	14.40

### Javelin

W60 1. Alison Newall OTG	16.15
2. Karen Hulena AKL	14.12
W75 1. Lois Anderson CAN	11.56
2. Noni Callander OTG	11.46

W80 1. Justine Whitaker CAN 11.01  
2. Glen Watts CAN 10.40

### Weight Throw

W75 1. Noni Callander OTG 9.79  
2. Lois Anderson CAN 8.57

W80 1. Glen Watts CAN 8.48  
2. Justine Whitaker CAN 7.53

### Throws Pentathlon

W75 1. Noni Callander OTG 2664  
2. Lois Anderson CAN 2451

W80 1. Glen Watts CAN 2611  
2. Justine Whitaker CAN 2096

### Track Pentathlon

W60 1. Alison Newall OTG 2071  
2. Karen Hulena AKL1 824

## Men

### 60m

M35 1. Remy Le Brun TAS 7.43

M45 1. Adrian Phillips TAS 8.71

M60 1. Paul Daborn WBP 8.60

2. Mark Macfarlane WEL 8.71

3. Bruce Thomson STH 8.92

M65 1. Dennis O'Leary WBP 8.57

### 100m

M35 1. Remy le Brun TAS 11.85

M50 1. Alastair Duffy TAS 14.34

M60 1. Paul Daborn WBP 13.59

2. Mark Macfarlane WEL 13.68

M65 1. Dennis O'Leary HBG 13.63

2. Uros Sumar STH 13.82 #

3. John Rawcliffe TAS 14.32

M70 1. David Riddell TAS 15.33

### 100m hurdles

M60 1. Paul Daborn WBP 17.23 (NZMA Record)

2. Bruce Thomson STH 19.14 #

M65 1. Georg Ludwig CAN 23.69 #

### 200m

M35 1. Remy Le Brun TAS 24.16 #

2. Shaun Fauth CAN 26.43

M40 1. Gareth Noble OTG 26.59

M60 1. Paul Daborn WBP 27.65

2. Mark Macfarlane WEL 28.13

M65 1. Dennis O'Leary HBG 28.20

M70 1. David Riddell TAS 31.93

### 300m Hurdles

M60 1. Paul Daborn WBP 49.42

2. Bruce Thomson STH 54.88

M65 1. Georg Ludwig CAN 1:00.52

### 400m

M40 1. Gareth Noble OTG 58.70

2. Nige Burgess TAS 1:02.50

M45 1. David Hansen TAS 55.17

2. Adrian Phillips TAS 1:14.77

M60 1. Paul Daborn WBP 1:04.27

2. Bruce Thomson STH 1:05.90

3. TC Chadderton TAS 1:26.59

M70 1. David Riddell TAS 1:11.38 #

### 800m

M35 1. Shaun Fauth CAN 2:18.23

M40 1. Craig Oliver CAN 2:01.94

M45 1. Adrian Phillips TAS 3:03.52

M50 1. Brian Kemp TAS 2:38.17

M55 1. Malcolm Cornelius CAN 2:23.31

M65 1. Peter Richards CAN 2:37.21

2. Andrew Stark CAN 2:40.02

M70 1. Rodger Ward CAN 2:51.15 #

2. David Riddell TAS 2:53.00

### 1500m

M35 1. Shaun Fauth CAN 4:57.18

M40 1. Craig Oliver CAN 4:22.27

2. Barney Hoskins TAS 4:27.40

3. Alan Ferguson TAS 4:32.13

4. Nige Burgess TAS 5:05.50

M50 1. Brian Kemp TAS 5:15.01

M55 1. Malcolm Cornelius CAN 4:57.18

M60 1. TC Chadderton TAS 6:33.53

M65 1. Peter Richards CAN 5:20.02

M70 1. Rodger Ward CAN 5:45.01

2. David Riddell TAS 6:03.49

### 2000m steeplechase

M60 1. Tim Cross TAS 9:26.69

### 3000m

M40 1. Barney Hoskins TAS 9:47.06

2. Curtis Moore TAS 10:19.34

M50 1. Brian Kemp TAS 11:11.61

M55 1. Malcolm Cornelius CAN 10:44.66

M65 1. Peter Richards CAN 11:06.32 #

M85 1. Fred Cooper TAS 32:25.79

### 5000m

M30 1. Clinton Manderson TAS 16:54.82 #

M40 1. Barney Hoskins TAS 16:22.02

2. Alan Ferguson TAS 16:49.21

3. Curtis Moore TAS 18:24.83

M50 1. Brian Kemp TAS 19:19.01

M60 1. Tim Cross TAS 21:59.95

M65 1. Peter Richards CAN 19:16.01 #

M85 1. Fred Cooper TAS 1:03:00.62

### Long jump

M60 1. Mark Macfarlane WEL 4.59

M65 1. John Rawcliffe TAS 4.13

M85 1. Alan Hunter TAS 1.40

### Triple jump

M45 1. Adrian Phillips TAS 6.94

M60 1. Mark Macfarlane WEL 9.10

### High jump

M45 1. Adrian Phillips TAS 1.37

M60 1. Mark Macfarlane WEL 1.31

M65 1. Georg Ludwig CAN 1.20

### Shot put

M50 1. Simon Maole OTG 13.06

M70 1. Rick Davison CAN 8.92

2. Lester Loughton STH 8.86

M85 1. Peter Hanson WEL 8.36

2. Alan Hunter CAN	5.33
M90 1. Jim Blair OTG	6.38

**Hammer**

M50 1. Simon Maole OTG	34.37
M70 1. Rick Davison CAN	35.41
2. Lester Laughton STH	27.87
M85 1. Alan Hunter CAN	16.51
M90 1. Jim Blair OTG	18.04 #

**Discus**

M45 1. Adrian Phillips TAS	18.43
M50 1. Simon Maolo OTG	37.63
M65 1. John Rawcliffe TAS	34.84
2. Dennis O'Leary HBG	26.38
M70 1. Rick Davison CAN	32.05
2. Lester Laughton STH	29.95
M85 1. Alan Hunter CAN	11.12
M90 1. Jim Blair OTG	16.03

**Javelin**

M45 1. Adrian Phillips TAS	25.07
M50 1. Simon Maolo OTG	28.76
M65 1. John Rawcliffe TAS	30.78
M70 1. Ric Davison CAN	25.40
2. Lester Laughton STH	21.63
M85 1. Peter Hanson WEL	13.19
2. Alan Hunter CAN	12.26
M90 1. Jim Blair OTG	16.91

**Weight Throw**

M50 1. Simon Maolo OTG	13.36
M70 1. Rick Davison CAN	12.89
2. Lester Laughton STH	12.56
M85 1. Alan Hunter CAN	6.50
M90 1. Jim Blair OTG	7.59

**Throws Pentathlon**

M50 1. Simon Maolo OTG	2785
M70 1. Rick Davison CAN	2790
2. Lester Laughton STH	2410
M85 1. Alan Hunter CAN	1536
M90 1. Jim Blair OTG	2473

**Track Pentathlon**

M65 1. John Rawcliffe TAS	2674 # &NZR
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*Gearing up for the first event*



*Wendy Richards (5006) and Helen Willis (6006) competing the mixed 5000m and 5000m Track Walk.*



*Thanks you to all young and OLD who helped make the event happen.*



*Bruce Thomson heading for home in the 400m.*



## Australian Masters Athletics Championships HOBART TASMANIA 2024



### Register now for the AMA Championships in Hobart: March 29 – April 1, 2024

This is a friendly reminder that **Final Entries** for the championships close at 9 p.m. on Thursday 29 February 2024.

The championships are open to all members regardless of age or ability.

Competition is conducted in 5-year age groups 30–34, 35–39, 40–44, etc. In addition to track and field events there will be cross country and road walk events on Monday 1<sup>st</sup> of April.

Draft schedule available here: <https://amahobart2024.com.au/events/program/>

**Don't delay!** please register for the event here:

<https://amahobart2024.com.au/events/register/>

While you are registering, why not purchase tickets for the **AMA Raffle** and win an amazing Pennicott Wilderness Journeys cruise or have a delicious meal at Frogmore Creek or other terrific prizes.

All money raised goes towards the hosting of the event. Tickets can be purchased from the following website: <https://go.rallyup.com/ama2024-hobart>. The raffle will be drawn on March 01 — a month before the championships — to give you time to organise your cruise or meal while in Tasmania should you win.

This will be the **50<sup>th</sup> Anniversary** of the competition!

Come and join the party, we'd love to see you there.

Fiona Lennon

Chair – Tasmanian AMA Championship 2024

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



*Pennicott Wilderness Journeys cruise*



*Frogmore Creek Restaurant*

Friday was programed to be for the serious Throws pentathlon persons. We started shortly after 4.00pm, with thirteen entrants and had a great afternoon/evening of competition. It did get a bit cooler as we were starting the weight throw, so I did have to hustle throwers along.

As this is a non- competitive, social event, winning on points is not considered the ultimate aim, except for the M70s! It's all about being able to compete and have fun. Everyone pitched in and helped with marking, measuring, recording, retrieving etc. There was some great rivalry, and of course plenty of friendly banter.

At Lois Andersons suggestion last year, after much searching, I was able to present a suitable trophy. So we now have the first recipient of the **Manapouri Classic Throws Pentathlon**. This is awarded on merit, enthusiasm and sportsmanship / sportswomanship.

The most applicable and satisfying performance, I decided, was Noni's throwing. This is especially bearing in mind that a year ago she was suffering a great deal with acute joint pain. Over the years, she has now had both hips and both knees replaced and she is moving very well, and throwing exceptionally. Congratulations Noni on a great comeback effort.



I need to get the tray inscribed appropriately.

On the Saturday with the serious competition over, (yeah right) we had a slightly more relaxed day of competition, and I had invited locals, especially children along. Unfortunately, this being the last day of many folk's holidays, no children arrived. So, no lollie scramble and a few sugar hits for competitors. We did have several keen spectators, including Debbie and Lance.

Firstly, we had a hammer throw, and for safety reasons I wanted it before too many folks arrived. Tired as we were Rick achieved a season best at over 35m.



The usual BBQ was held in the adjacent Fire Station building, which I am very grateful to NZFS for making it available. A big thank you to fire chief Ray, who also loaned me the gates to build the throwing cage. Much appreciated.

The ladies were busy in the Fire Station kitchen and had the BBQ going, and as previously, there was a **banquet** of food brought along by competitors and accompanying persons. Fatigued and hungry as we throwers were; we did not manage to put away half of what was presented. A lot was saved for Saturday lunch, and there was still quite a mountain of food left to go in our fridge.



We proceeded with a shot put, with a few more competitors who had come for the day



A javelin throw was then planned for about 11.30am, for a very special reason. Irene Barnes, in her mid-80s, was awarded a life membership trophy from the Fiordland Athletic Club. She has always been a very willing contributor to our Manapouri meetings, and now *fully trained*, she enjoys the calling and recording. I managed to get her along to do so for our javelin, and had also arranged with her son Geoff, to bring her husband Cliff along. This all without Irene knowing. Geoff threw the javelin nearly 30m in his trainers, no spikes!

Gail made a very nice presentation, outlining Irene's contributions to Fiordland Athletics and other events. It was a special occasion, and it was most appreciated that we could present the trophy at Manapouri.



We then had an enjoyable food break in the Fire Station. During the remainder of the afternoon we fitted in a 50m run. The first heat was for the serious runners, with local, Chris showing a remarkable turn of speed for a

W60. The second heat was for non-runner, thrower types.



A discus followed, where Fiona bettered the mark she recently threw to set an Otago record with 23.28m, and our paddock is slightly up hill!

Irene, as usual got busy recording.



A 300 m was not on the agenda for us thrower types, but Gary, on a handicap, Gail, Chris and Warren on the back mark, ran a very competitive race.



Somewhere in the afternoon we had a Gum Boot throwing competition. To finish the day, we had a weight throw with a difference. Firstly, two throws with a weight, one place above your normal, then two with your normal weight. The best distances for each were added. See results.



To conclude, we all went to the local Church Bar and Eatery for a most convivial meal together.

Lastly, a huge **Thank You** to all of you who attended and assisted in so many ways, preparing the grounds, marking, measuring and recording the throws, retrieving implements, and helping in the kitchen. It was a great pleasure for Melva and I to welcome you all here and have such an enjoyable and satisfying weekend.

I must make a special mention Jim (jnr) Nguyen, a first-

time attender. Jim brought his total enthusiasm to the event and performed very well, considering he had strained a calf muscle playing tennis a few days before, and had also climbed to Gertrude Saddle, on the Wednesday. Most of all I have to thank Jim for the photos he took of all the events. Great quality and he has captured everyone and everything. I cannot possibly put everyone's photo in here.

For next year, I will make a change of timing of the event, as the first Friday and Saturday after New Year are the 3rd and 4th January. So it will be:

**Wednesday 8<sup>th</sup> January 2025, for Throws Pentathlon, starting at 2.00pm.**

**Thursday 9<sup>th</sup> January 2025, 10.30am for more throws, picnic and some running.**

Results: Totals for Throws pentathlon

Justine Whitaker W80	2325
Noni Callander W75	2561
Glen Watts W80	2613
Jim Blair M90	2499
Jim jnr M50	2191
Fiona Harding W60	2509
Lester Laughton M70	2554
Richard Davison M70	2791
Keith M70	2756
Warren Green M70	2268
Sherron W60	1713
Les M65	1671



*What a motley lot!!!*

It's 7.00am and you head out for a run that happens to measure 6.706km long – nothing too long and you manage it in well under an hour. You feel pretty good and are ready for a rest. But wait a minute at 8.00am you are obliged to go out and do that same run again. Tougher this time but you made it okay. However, at 9.00am you must do it again! And so it goes – every hour on the hour you do the run again. This is Backyard Ultra!

In High School, Gary Cantrel aka Lazarus (Laz) Lake, had "this dream of one day having a big house in the woods with trails all around it and people coming to my trails to run". His vision in 2011 became Big Dog's Backyard Ultra (Big is the name of his pit bull who naps under the scoring table!). It involves running a 6.706km loop or "his yard" every hour until everyone has dropped out with exhaustion. The winner is the last person standing.

Of course, weird events are nothing new to him. Laz is a sadomasochistic genius when it comes to obscure race formats. He's the devious mastermind behind the infamous Barkley Marathons, a supposedly 100-mile race through the thickest underbrush of Frozen Head State Park in Tennessee. As of 2023, only 18 different runners have completed the course 21 times from over 1000 starters in 28 years. For more information on the Barclay Marathons, see my article - The Race That Eats It's Young – *Vetline* April 2021.

Back to the Backyard! The 6.706km or 4.167 miles distance of each "yard" is designed so that if a runner runs for a full day, the distance covered is 100 miles. There is no predefined finish - the winner is the competitor who completes a "yard" that no other competitors complete. If no competitor outlasts every other competitor, there is no winner. It's simple enough, every hour, runners must complete the "yard". Whatever

time they bank before the next hour is theirs to do with what they want.

At three minutes before the next hour, Laz blows his whistle three times. At two minutes, two whistles. One minute, one whistle and you must be back in the start "corral", then he rings a cow bell for the start. At the start corral, Laz and his crew crack the same joke, lap after lap: "Way to go! You're back in first place!" Everyone really is in first place until they drop. Whether you finish your "yard" in 40 minutes or 59minutes 59 seconds, if you're still running, you're still winning like everyone else. In contrast everyone in the race is a DNF except the winner!

During the day, runners race over trails, weaving sharply in and out of trees and around rocks. At night, to avoid snakes, runners use an out-and-back "yard" on the country road that passes Laz's house. Winning at the Big Dog scores an automatic entry into the Barkley Marathons (I am not sure if that really is a prize!).

What started as a dream for Laz has become a world-wide phenomenon on the ultramarathon scene. There are now hundreds of similar events around the world – 20 in Australia and eight in New Zealand. So well accepted is this format, that there is now a World Championship for the Backyard Ultra. Fittingly it takes place at the Big Dog Yard.

To qualify for the World Championships runners must win a local Backyard race to get entry into a silver ticket race. Then the winners of these races get onto the national team and into The Satellite National Team Championships. There are three silver ticket races in New Zealand (Auckland, Christchurch and Dunedin) and additional places on the National team are filled by the best results in the previous two years from other



*Gary Cantrel aka Lazarus (Law) Lake who ("I had a dream...") is the originator of Backyard Ultras.*



Backyard races.

On even years the Satellite National Team Championships are held and then on odd years the Individual World Championships are held. At the Satellite Championships each team gathers in their respective countries (currently 50) to race a Backyard. The winning country is the team which has accumulated the most “yards” collectively. The 50 winners of those events qualify for the individual World Championships. In addition to those national champions, the field is fleshed out to 75 runners from the remaining best runners in the world.

The Individual World Championships were held in October 2023 where the best Backyard Ultra runners in the world converged on Tennessee to compete for the coveted title of the “Last Man on Earth” - under the watchful eye of the Big Dog himself. What happened was a mind-numbing new world record of 108 “yards”. Harvey Lewis completed a staggering 450 miles in 108 hours to set a new all-time best at the Big Dog Backyard Ultra. Perhaps even more incredible is that another five people did over 100 “yards” including Australian Phil Gore who held the previous world record at 102 “yards”.

First Kiwi home was Sam Harvey with 91 “yards”. First woman home was Claire Bannwarth from France with 60 “yards” (Jennifer Russo of the USA set the women’s world record of 74 “yards” in Virginia in 2023). Current race records in New Zealand vary from 32 to 43 “yards” and the National record by Sam Harvey is 101 set in the same race in Australia as Phil Gore who won with 102.

The genius of the Backyard Ultra lies in its simplicity - as long as you are good at eating your dinner, going to the toilet, having a nap and changing your clothes in less than 15 minutes – every hour? One of the good things about Backyard Ultra’s is you will not be alone (except for the last lap!). In a standard ultra, runners spread out and may run solo for many hours.

In the Backyard you see your fellow competitors at least hourly rather than for a brief ‘g’day’ at the start and then that’s it until the finish. The Backyard phenomenon has exploded, they are the parkrun of ultramarathons, becoming more and more popular each year. Races are now held in 72 countries around the world and over 400 races are affiliated with the organization. It really could be THE RACE THAT NEVER ENDS.

## The Vietnam Jungle Marathon - 21<sup>st</sup> October 2023

Graeme Lear

When I checked the entries the week before leaving for Vietnam, I was the oldest in the field for the 50k ultra by a few years, having turned 70 earlier in 2023. Don’t be put off though, this event is for everyone, with generous cut off times allowing for plenty of walking and sightseeing. This was our first trip to Vietnam and was recommended by a friend who had competed in the Vietnam Mountain Marathon before the pandemic.

There are now four events run by the Topas organisation which is based in Sapa in northern Vietnam. Although they are called marathons the choice of distance varies from 10k to 100 miles, with the emphasis on ultra-trail running. The jungle marathon had options from 10 to 70k, and 50 seemed quite sufficient for us, though Chris had to pull back to the 25k because of a succession of injuries earlier in the year.

Our journey started with last minute flight changes out of Nelson because of a disruptive weather front approaching from the south, but once we were on our way the travel was as straightforward as any other sleep deprived long haul. We allowed a couple of days at the destination to get over the ankle swelling that makes for heavy feet and a slow start. We had time to look around Hanoi and sample the local food and drink, and to learn how to negotiate crossing the road as a pedestrian (those who have visited will know there’s a technique to it!).

We met up with the race organising team at the Turtle Lake Brewing Company in Hanoi. This seemed oddly

titled to me at first, but after a week or so in Vietnam sampling various beers, I realised that craft brewing is alive and well. After collecting our race packs there was a short wait for buses to take us the nearly 6hr drive to our accommodation in the Pu Luong nature reserve south of Hanoi. We had opted for a 3-day package with two nights at a hotel with a view across to the race area.



*Waiting for the start*

The start was a 1.3k walk from our room which was enough of a warm-up for a 5am start. Daylight was roughly from 6am to 6pm, so a good headlight was essential for the start and also the finish for the slower runners. The Pu Luong area has a number of small villages scattered amongst rice fields which are cultivated in the valleys and on the slopes between

steep bush clad limestone hills. The first few kilometres were on concrete paths between villages, but we soon headed out into the rice paddies, following a track along narrow banks between waterfilled hollows. Fortunately, by then it was light and the well-marked track was easy to follow.

We passed irrigation structures, a couple of waterwheels, and a farmer using an old-style plough pulled along by a water buffalo. The locals, especially the children were friendly and seemed happy for us to run through their front yards, ducking past their washing, and disturbing the animals sleeping under the stilt-houses. I tried out the greeting “xin chao” on many occasions and only found out later that the same phrase said with a different inflexion (Vietnamese being a tonal language of course), meant I was in need of porridge. Later in the race either meaning was ok!

There were plenty of aid stations and checkpoints, with marshals and staff eager to help with filling up water bottles and patching up cuts and grazes. The first 30k was an undulating mixture of road, pathway, bush/jungle track and rice paddies, some of which was in the shade, which was good as the temperature at the start had been 20 degrees, and by midday was 27. I was just about keeping up with the fluid requirements when we reached the infamous climb up the Spike (locally known as Doc Quyt). This is an abrupt challenge of around 500m of climb, which started steep and got steeper. Walking poles were rendered useless and ended up in one hand while holding onto the rock (and occasional rope) with the other.

Although I like to think of myself as a hill runner, there were several points in the climb where I had to stop and take deep breaths to get some oxygen back into the legs. I find in any ultra that there is a point where I’m wondering what the heck I’m doing there – and for this race it was the last 20 minutes before finally hitting the top. And then there wasn’t even a view – but there was a local lady sitting under the trees with a barrel of ice with bottles of water, fizzies and beer. I had no money with me, but fortunately a Vietnamese runner who got to the top just ahead of me offered to buy me a drink, which was a life saver as I’d consumed both my water bottles on the way up.



The view came on the way down – a panoramic landscape of mountains with the valley floor covered in yellow rice paddies way below. The descent was as steep as the ascent, and at this point the very impressive leader of the 70k (and eventual winner, Australian woman Kellie Angel) came flying past me, negotiating the technical rocky and slippery pathway with ease.

Once back on the flat it was a little easier to get going again and I was soon overtaking the walkers and slower runners in the 25k, whose course merged with ours by another small village. The uphill were getting harder and the walking poles had more use as the day wore on. There was another big climb to come, but it didn’t seem so bad after the Spike and I slipped into a routine of walking up and running down. Another merger with the 10k course meant a lot of people on the track, so there was plenty of company for the final mainly downhill section to the finish. This took us across a river and past terraced rice fields cut into the sides of the valley, as well as more bush tracks.



Finally, the finish was in sight and I crossed the line, still running, or more like shuffling really, after just over 8 hours. There was a very impressive looking buffet lunch at the finish, but the combination of heat and dehydration destroyed my appetite until much later in the day. Chris had arrived an hour or so before me and was able to enjoy the food after the shorter race. It was apparently very nice.

The event was well attended, with over 500 in the 25k and nearly 300 in the 50k, 450 in the 10k and 150 in the 70k. Most of the entrants especially in the shorter races were Vietnamese. I don’t know how they manage their training though, as the roads are not conducive to running - the footpaths (where they exist) are used for various activities like motor bike parking, sitting at chairs and tables, and selling food and drinks.

In terms of performance, Chris and I were happy mainly to finish our respective races without major mishap or injury. Chris finished the 25k in 3hr 47 and was 10<sup>th</sup> female. I was 27<sup>th</sup> overall in the 50k. The winning times were 2hr 25 and 5hr 12, so we were well behind as expected, but did okay in the over 60s.

I can't fault the organisation of this race. The Topas people were easy to deal with by email before the race, and all the arrangements went like clockwork once we were there. A proportion of the proceeds apparently goes back into the local communities, which was visible in the ongoing building of local style stilt houses and the new accommodation buildings for tourists. This area in particular seems to be up and coming in terms of tourism – other well-established tourist centres are much more crowded as we discovered over the next 10 days of our trip.

We enjoyed our stay in Vietnam immensely – friendly and welcoming people, good food, craft beer, weird road rules, nice coffee shops and decent hotels. The locally made wine wasn't so nice, but there were plenty of imported varieties, and anyway, who visits SE Asia for the wine? If Vietnam is on your bucket list, I would certainly recommend the Topas Ultra series as a great excuse to go.



*Chris checking on directions*

## CENTRE NEWS ROUNDUP

### Hawkes Bay Gisborne Masters - Maurice Callaghan

Although the H.B./ Gisborne centre has only a few members those that are competing contest numerous competitions. It has been a very busy season with the major event thus far being the North Island Track & Field Championships held in Palmerston North.

Four of our athletes competed covering a diverse range of disciplines and all acquitted themselves well. The team came home with a number of medals and hopefully this is a precursor of what is to come at the NZMA Championships later in February.

The action for our centre has not been confined to the track and field. As a result of a sizeable donation from HB/Gisborne Veteran committee, work has been able to commence on the construction of a new equipment shed located at the Regional Park all-weather track.

Work on the construction is being overseen by former top NZ 1500 metre runner Richard Potts. We are excited to think we will soon have a base to store our gear. The foundations have been laid and the floor is due to be poured soon. This will in turn free up space under the main grandstand to have a meeting and social room, and somewhere permanent to hang our Honours Board and other memorabilia. The new facility will be shared with the Hastings Athletic Club and we are aiming for the end of March for completion.

There are plans to rip up the existing all-weather track at the end of the athletic season and replace it with a new one so lots of exciting things in the pipeline.

*Photo: Mitre 10 Park Facebook profile photo.*



**Mitre 10 Park Hawke's Bay**

## **Auckland Masters - Phillipa Green**

### **North Island Championships – Palmerston North - 1-3 December 2023**

A well run event in Palmerston North with warm temperatures and sunshine on the Saturday, but started off with rain on the Sunday dampening attendance in the 200m. Fourteen masters attended from Auckland and the following North Island championship records were set: [add times, distances and age groups]

Phillipa Green - 80m hurdles 15.84, HT 1.22

Chris Waring - 60m 10.98 - also NZ record

Mark Lambert - 60m 7.52

David Antiss - LJ 3.39, high jump 1.32, pole vault 2.15

Laini Inivale - shot put 12.63

Jill Hayman – javelin 17.20

James Thomas - high jump 1.41

### **Auckland - Daikins Night of 5's – 16 December 2023**

This national permit meeting held at AUT Millennium consisted of boys and girls 2000m; 100m; 800m; mixed medley relay; 5000m and PV. The main events of the evening were the men's and women's 5000m races which attracted a total of 163 athletes. The races comprised of a mixed open 5000m followed by men and women "D" – "C" – "B" races the main 5000m event were the elite races for men and women.

In the women's elite race, the winner was Auckland's W30 Laura Nagle (NHB) 15:58.48 and third was Auckland's W40 Lisa Cross (TTT Runners) 16:29.53. Over the nine 5000m races many Auckland masters lined up.

For the fourth year, the meeting also included 100m handicap races for men and women and 100m age-graded for masters. For the first time two heats had to be run for the master's men 100m to eliminate just one unlucky athlete on the WMA 2024 age graded percentage calculations.

In the final Mark Lambert M50 (NHB) won in a legal 11.79 (11.78 in h1); 2<sup>nd</sup> Andrew Weekes M41 (ACA) 12.29; 3<sup>rd</sup> Gulab Singh M34 (Waitakere) 12.33.

When all eight finalists age-graded performances were calculated the overall three highest age graded percentages were: 1<sup>st</sup> Mark Lambert 11.79 89.97%; 2<sup>nd</sup> Grant Hodges (58) (NHB) 12.49 89.75%; and 3<sup>rd</sup> David Blackford (59) (NHB) 12.65 89.23%.

In the women's 100m, four NHB sprinters lined up in the final winner and the overall age graded percentage winner was: Phillipa Green (55) 14.37 83.66%; 2<sup>nd</sup> Jill Hayman (63) 15.41 82.59%; 3<sup>rd</sup> Cherie McAlister (34) 16.06 65.34%; and 4<sup>th</sup> Chrissie Waring (80) 18.09 (NZ Record) 82.37%.

## **Christine "Chrissie" Waring – awarded Life Member of North Harbour Bays Athletics Club**

Congratulations to Chrissie (80 years) who at the 2024 Daikins Night of 5's athletics meeting, was given a Life Membership award from Dave Norris ONZM, the joint founder member of NHB, for her 40 years of outstanding contribution to athletics and organising work for the club and Auckland Masters Athletics.

Chrissie re-started her athletics in 1981 at the age of thirty-eight when she competed in the NZ Veterans Athletics Championships after just three months of training and that was the start of a long and still highly successful sprinting career. She has been to 15 World Veteran / Masters Championships, including both outdoor and indoor, winning 25 individual and relay medals.

Chrissie has also won titles at Oceania Master's Championships, New Zealand and Australian Masters Championships, where she has won the women's "Champion of Champions" handicap event, World Masters Games in Auckland and Pan-Pac Masters Games.

On her travels, Chrissie has set New Zealand age group records in the 60m, 100m, 200m, and 400m. She turned 80 years of age in August 2023, and has already set NZ records in the 60m, 100 and 200m by December 2023. Chrissie has won the NZMA women's sprinter of the year on several occasions and won many Auckland awards over the years and in 2016 was made a Life Member of Auckland Masters Athletics. Apart from her track performances, she has been Secretary of AMA and has served on committees for both AMA and NHB and is still the main fund raiser for both.

### **Coming up**

After a short break over the festive season, athletes are now looking forward to 2024 with Auckland Athletics McKinnon shield meetings, Auckland T&F championships which includes the AMA masters championships, held at Mt Smart in early February and two weeks later the NZMA National T&F Championships in Christchurch.

## **Canterbury Masters - Andrew Stark**

### **New Zealand Masters Track & Field Championships – 16th - 18th February 2024**

Planning is well under for this event. It is proving to be a challenge as to how we organise possibly up to six throwing or jumping events on at the same time.

As is the case in many Centres, there are fewer officials these days and many of them are older than most masters competing.

If you are coming the Nga Puna Wai and can help officiate, please let me know.

## Otago Masters - Christine Montgomery & Noni Callander

### Port Chalmers to Dunedin Road Race - Saturday 23 September 2023

This handicap race of 10km starts in Port Chalmers and ends in Magnet Street, Dunedin. It has been popular with Dunedin clubs since its inception in 1902. The installation of the Te Aka Ōtākou Tānga: The Winding Vine Shared cycleway, has unleashed new life into this historic race as little traffic management is now needed. The cool weather with a slight tailwind and light drizzle made for pleasant conditions. Congratulations everyone and a big thank you to all the marshals and volunteers and also to Athletics Otago for this event. Link to results - <https://www.webscorer.com/race?raceid=329548>

### Brighton's Backyard Ultra "Running in Paradise" - 30 September 2023

Inspired by the Covid-19 pandemic lockdowns the Brighton Backyard Ultra involves participants running a 6.7km loop on the hour, every hour, until they cannot run any more...

Each lap started at the Brighton Surf Lifesaving Club, then headed over the bridge to the domain, over some rocks, down and along the beach for 2km, before heading up to the Big Rock and finally back to the surf club for the next lap. The school bell was used to signal each lap beginning on the hour. Proceeds from the entry fees went towards a camping trip for the Big Rock Primary School to Stewart Island in October for years 7 and 8 pupils.

It would have been very cold as there were snow flurries on the day. No doubt participants learnt a lot about themselves and life in general, including that it is not easy. Well done to all. Link to results - <https://www.webscorer.com/race?raceid=330427&live=1>.

### Silverstream Spin – 7 October 2023

Another different sort of run which was at Bridge Field, Waiora campsite, Silverstream Valley Rd, Dunedin. This is organised by Inch Events, Steve Tripp, who won the Sport Otago Innovation in Sport Award this year.

Quite simple really. Camp at a beautiful spot. Roll a dice, run the corresponding loop, roll the dice again, run again, and repeat. The winner is the first person home after three loops, which range from 6.3km to 26km. There's a lovely variety of calf burning climbs, glorious native bush, wild subalpine ridges, technical downhill, mud, great views and a few stream crossings. Be aware this is a fatass style event – in other words you are responsible for looking after yourself.

### Lydia Pattilo

Lydia Pattilo is stepping up into the coaching space this season and has just signed up as an Athletics New

Zealand Community Coach. Lydia is accredited to the Femmi Theory platform which focuses on supporting and empowering women in sport RUN WITH FEMMI. Lydia began competitive running at the age of 8 and through her knowledge and lived experience in the sport, can assist and guide female distance runners of any level, and their coaches, with the ages and stages of womanhood in the sport.

Lydia also has experience in assisting with health issues that can be encountered, such as REDs, mental health, injury as well as running during preconception, pregnancy and postnatal. She has a Bachelor of Physical Education supplemented with Sports Psychology and Nutrition studies.



### Barbara Patrick

A massive belated congratulations to Barbara Patrick who set a NZ Masters W75+ record for the half marathon at the 2023 Emerson's Dunedin Marathon. Barbara's time of 2:11:30 smashed the 2008 record time by 14 minutes 41 seconds! Barbara also holds the NZ W70-74 half marathon record with a time of 1:54:55 set in 2018. Congratulations, Barbara on this wonderful race and achievement.



## Track and Field

A good number of Otago athletes have been regularly attending Saturday track and field meets at the Caledonian Grounds. A few are absent battling through injuries, but a few very welcome new members are joining in and improving as their confidence and skills grow. We appreciate how Masters athletes are treated and valued in Otago. For example, the programmes set by the Otago Centre include masters in regular weekly events and also put on special events, such as throws pentathlons, weight throws, and walks, just for us. The officials are also very accommodating and encouraging. Local publicity from clubs and the Centre feature Master's achievements.

### Masters Throws Pentathlon

This was put on by Athletics Otago especially for Masters athletes. As the timing coincided with the NZ Secondary Schools meet in Christchurch this was the only event held on Saturday 9 December 2023. Thirteen throwers from Otago, Southland and Canterbury enjoyed this relaxed, friendly competition in sunny conditions. Many thanks to Malcolm and his team of willing officials.

Rick Davison from Christchurch headed the men's scores with 2838 points and Fiona Harvey headed the women with 2677 points. The international points scores have been adjusted this year (lowered) so it is now much harder to get close to the scores we achieved last year.

Individual results:

Michael Scholten (M35)	1374 pts
Simeon Maole (M50)	2425 pts
Fiona Harvey (W60)	2677 pts
Alison Newall (W60)	2147 pts
Winifred Harding (W65)	2320 pts
Claire Giles (W65)	1830 pts
Noni Callander (W75)	2606 pts
Paul Davies (M60)	2417 pts
Lester Laughton (M70)	2451 pts
Phil Coakes (M75)	1161 pts
Jim Blair (M90)	2498 pts

Phil really enjoyed tackling his first weight and hammer throws so he could complete his first full Weight Pentathlon. Well done Phil. Unfortunately, busy Paula Cotter W 40 had to leave early so was a DNF.



*Paul Davies in action throwing the discus during Masters Throws Pentathlon at the Caledonian grounds*

### Congratulations to ...

Kieran Fowler of the Taieri Club for his wins in the shot put 13.08 and discus 47.93 in the open men's grades at the Timaru Lovelock Classic meeting. Kieran also coaches several youngsters who went well at the recent South Island Colgates Games. Many of our masters "give back" to our sport through helping others with officiating, coaching, committee work etc.

Nathan Shanks for running 4.51.10 in the open mile handicap on 24 November 2023 to be place third fastest of all 26 runners and the first master. Taryn McLean (W40) for running 5.29.93 to be the first female master.

### Records made to date this season

Masters athletes have been busy setting new records in many events. For the first part of the season to mid-January 2024 these include:

#### New Zealand Records:

Alison Newall - W60	1500m race walk	10.01.03
Liz Michell - W60	60m	9.12
Barbara Patrick - W75	half marathon	2.11.30



*Entrants in Otago Weight Pentathlon ( Paula Cotter absent )*

### Otago Records:

Taryn McLeod - W40	3000m	10.36.42 (taking 20s off the previous record set in 2009)
Liz Mitchell - W60	400m	71.03,
	200m	30.05,
	100m	14.70,
	60m	9.12
Alison Newall - W60	1500m race walk	10.01.03
Fiona Harvey - W60	discus	22.73,
	javelin	21.79
Noeline Burden - W70	long jump	2.65,
	high jump	1.00,
	triple jump	5.82
Barbara Patrick - W75	half marathon	2.11.30
Noni Callander - W75	hammer	22.85,
	discus	19.28,
	javelin	12.10,
	weight throw	10.08,
	shot put	7.75,
	throws pentathlon	2664 pts
Simon Walker - M45	high jump	1.50
Phil Napper - M70	1500m	6.03.03,
	800m	2.47.92,
	400m	1.13.20

Phil has set three new record times in the 800 this season, his first of 2.51.19 easily passed the previous record of 2.55.07 set by the well-known Bill Kenny in 2007.

### South Island Championship Records:

Noni Callander - W75	shot put	7.75
Jim Blair - M90	hammer	18.04

### South Island Masters Championships 19-21 January 2024

Many thanks to Derek Shaw, Andrew Stark and all who organised this most enjoyable meeting. Thanks also to our Dunedin Belinda Leckie, Mark Peters and all the officials and volunteers who cheerfully ensured all our competition was well run for us.

A small group of six Otago athletes travelled to sunny Nelson to represent their centre. Numbers were down this year but the meeting was relaxed, friendly and most enjoyable. All our athletes scored some wins and personally satisfying performances.

New SI Championships records were set by Noni Callander and Jim Blair (see above). Jim was particularly pleased to set a new record more than two years into this age group as it becomes more difficult to do so year by year. Noeline Burden W70 set a new Otago record in her triple jump leaping to 5.82. She was busy sprinting, doing all three jumps and also throwing.

Alison Newall was also very busy competing and winning

against a visitor from Auckland in the sprints, jumps, some throws and then in all five events in the track pentathlon on the final day. Finishing the 800m after completing the first four events in the hot muggy conditions was a real challenge for Alison as this is not a distance she often races over. However, she rose to the challenge and certainly experienced a good 800m "runner's throat" afterwards. Good on you Allison!

Simon Maole had the heaviest implements to throw in all the throwing events but in most he lead the way with his mighty distances. Simon has not been competing for many years but his strength and improving techniques are resulting in continuing improvements. His best shot put was not far off his record set at the last year's South Island's.

A new Otago masters, Gareth Noble (M40) won his 400m in the good time of 58.70. Apologies Gareth for not being free to set up a cheer team for you, as unfortunately we were throwing at the same time. We hope you enjoyed your race (even though the 400 is always a "killer") and return to race again.

We hope Otago has a larger team competing at the NZ Masters Championships in Christchurch so our talented athletes can meet up with fellow athletes while shining in their speciality events.



Taryn Mcleod (Otago W40 3000m record)

Coming Events		
2024		
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	Tasmania
3-May	NZ Road Mile Championships	Rotorua
4-May	NZ Masters Marathon Championships (incl in Rotorua Marathon)	Rotorua
4-May	NZ 5km Road Championships	Rotorua
4-8 June	OMA Track & Field Championships	Suva, Fiji
26 July – 11 August	2024 Olympic Games	France
3-4 August	NZ Cross Country Championships – Mission Estate	Napier
13-25 August	World Masters Track & Field Championships	Sweden
28-Sep	NZ Road Relay Championships	Taupo
26-Oct	NZ 10km Road Championship	Timaru



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!*