

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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- > NZMA T&F Championships
- > NZMA Athlete of the Year Awards





The start of the Women's 1500m at the NZMA T&F Championships in Whangarei

PHOTO: Sharon Wray



The officials at the Oceania Masters Championships in Dunedin

PHOTO: Sharon Wray

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



Cover Photo

Jim Sinclair (AUS) battles it out with Alistair Mackay (NZL) in the M90 100m sprint at the Oceania Masters Championships in Dunedin
Photo - Sharon Wray

Inside Back Cover

Mathew Rogers in the 800m at the Oceania Masters Championships in Dunedin
Photo - Sharon Wray

Back Cover

Jennifer Hodgson (OTG) takes the water jump at the NZMA T&F Championships in Whangarei
Photo - Sharon Wray

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Anne Weekes (AUS) leads the W35-79 5000m track walk at the Oceania Masters Championships in Dunedin

PHOTO: Sharon Wray

President's Report

by ANDREW STARK - NZMA President

The 2017-2018 track and field season has seen an overall increase in participation numbers, which is a direct result of the MoU between NZMA and Athletics NZ. Firstly, we had the Oceania Master's Championships held in Dunedin during late January. This attracted 361 competitors and of these, 224 were New Zealanders. Many of those competing were Athletics NZ club athletes competing for the first time. At the NZMA Track & Field Championships held in Whangarei in early March, there were 225 entries. Between these two major championship events, there were 372 masters that competed in either one or other of these events, with 77 competing in both.

Well done to both Otago and Northland centres for hosting these events. Next year it is the turn of Canterbury Masters to host the NZMA championships. It is possible that we could get over 300 entries!

During the year, various board members have continued working on centralising some of the key tasks, to help take the pressure off centres. We now handle all three of our championship event entries on-line and produce electronic entry lists for the hosting centres that streamlines the whole process. We can also assist with the formatting of a programme booklet if required.

We have created a NZMA dropbox in which all generic and other important documents are stored, making them readily available to all board members from anywhere in the country. We are also upskilling various board members re: website & Facebook procedures, so that the updating is not always left to the same person.

We have created sub-committees to handle record applications and the annual awards, all with the view of making the processes more streamlined and efficient. In the near future, we will be adding the on-line shop feature to our website. This will ultimately handle Vetline purchases from Athletics NZ members and NZMA uniform sales, allowing for payment at the time of purchase.

One of the advantages of the MoU is that we have access to Athletics NZ ClubNet platform. As from 1 April, Athletics NZ are requiring their members to re-join themselves directly using this system, rather than going via a club membership registration person.

We are planning to make this option available to our members as well, by allowing individuals to register and pay for themselves. There will be more information and training about the process, closer to the end of our financial year. I am interested to hear from Master's Centre registration secretaries do you think it's a good idea?

I would also like to acknowledge the support we received from Athletics NZ through the year. Whenever I have asked for bulk e-mails to be sent out to their members, advertising up-coming events they have willingly done so.

At the recent NZMA AGM, Karen Gillum-Green did not seek re-election to the Board. I would like to acknowledge and thank her for the contribution she has made during the past seven years. This has left us one down on Board members. We are currently looking at changing the NZMA constitution that would allow us to co-op people on to the Board, when this situation occurs. At the AGM, I presented a full report that can be viewed on the NZMA website.

NZMA going forward? There is still quite a bit to do involving succession planning. To ensure new board members coming onto the Board have clear guidelines and directions to follow, that will be the focus in the immediate future.

The winter season is almost upon us. Good luck to those brave souls who enjoy the longer races.



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NZMA are intending to use e-mail as a method of contacting our members.

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Oceania Masters Athletics Championships

by Michael Wray

The Oceania Masters Athletics Champs returned to NZ with a large Scottish flavour as Dunedin paid tribute to its Caledonian roots. It started with miniature bottles of scotch in the race packs and kilted bag-pipe players leading the opening ceremony. At the dinner, a belligerent highlander regaled us with tales of haggis hunting, aided by a fierce Pictish trio that looked suspiciously like Liz Wilson, Stan Perkins and Mark Flaus in red wigs.

While the majority of entrants were from NZ, almost double the number of Australians in attendance, the Pacific Islands contributed a few and the number of guest athletes was surprising as eight countries from outside Oceania had competitors taking part.

It was good to see so many new participants at their first Oceans. This did create some issues, which were of our own making. The lesson is to make it very clear during the entry process that there is a uniform requirement. We only realised relatively late that this was not well known and when we then made an effort to let everyone know, it created a rush for singlet orders that our supplier couldn't meet. As a result the first half of the competition was reliant on the use of loan singlets and being less strict on the application of the rulebook with regard to kit.

The first two days of competition were programmed around the main events of the decathlon and heptathlon. These events are not a mandatory part of the championship programme but have become a regular inclusion. It was certainly a worthwhile inclusion for Andy Richardson, Bruce Solomon, Warren Green and Ron Johnson, all scoring new Championship Records. The heptathlon featured similarly impressive returns from Jessica Dux, Carolyn Wills and Gail Kirkman. Judy Hammond populated the previously vacant W80 record but first had to endure an inquest on whether her failure to jump the first hurdle in the 80mH was a DNF or a DQ; the first interpretation scores zero points in the individual event, while the latter results in being nullified from the entire event. Judy does not hurdle so always DNFs in the 80mH when competing in a heptathlon and it seems the inquest always takes place before her continuation in the event is accepted. I'm not qualified to know the exact interpretation of the IAAF rulebook but it does seem that the distinction between DNF and DQ must be complex for this issue to be a repeated experience.

The 5000m events were the first of the track races. The women raced in a single heat and had to contend with a strong wind. Australian W55 Louisa Abram ran from the front, closely shadowed by local W45 Shireen Crumpton. Around the half way point, Shireen began to drift and Louisa continued strongly all the way to the finish for an impressive W55 record of 18:44. The other notable performance came from Lavinia Petrie, whose 22:57 is no less impressive for a W70.

The older master's men ran their 5000m next. Once again it fell to an Australian to deliver the strongest race. Bruce Graham's 16:29 would have put him amongst the sharp end of the younger race and he was well clear of any competition in the M55+ heat. The younger master's men produced four sub-17 performances: M30 Aniel Smith just held off M35 Stafford Thompson, with M40 Dwight Grieve and M50 Michael Wray not far behind.

Ron Johnson (M85) and Peter Tearle (M90) had the pick of the discus throws, while the hammer bragging rights went to W75 Jan Banens and W80 Valerie Worrell.

The first ex-stadia event, the 10km road walk, took place on the road just outside the stadium early on day two. The application of the no-advantage interpretation to the bent-knee rule resulted in fewer disqualifications than is customary. M50 Lyndon Hohaia held off M55 Simon Evans to be the only two sub-60 finishers. Jackie Wilson and Daphne Jones set new CRs for the women, while Colin Silcock-Delaney and Peter Tearle did the same for the men.

Day two's track action centred on the 800m. After her exploits in the 5000m, Louisa Abram was back in record-breaking form with 2:31. Arguably the 2:45 from W65 Jeannete Flynn was even better. Both were CRs. Maggie Chorley's 2:28 for W50 and Myrtle Rough's 3:52 for the W70s showed the Aussies didn't have exclusive access to the record book.

M30 Brayden Grant ran by the far the quickest 800m, being the only runner to crack the two minute barrier. On pure age-grading, however, M55 Bruce Graham, M60 Ian Calder and M70 Kevin Solomon had the plaudits. Bruce ran in a heat with added interest, where Peter Fitzgerald, starting in lane four, stepped inside to lane three before the break – from the photos we can see it happened inside the first couple of seconds! – and he was accordingly DQ'd post-race. And then Robert Homan suddenly lost pace a little after 300m when the group was tightly packed added further excitement. Spectator entertainment was topped off by an impressive kick to the finish from about 150m out by Malcolm Cornelius.

On the field, Mark Cumming's hammer throw was the highest age-graded score and while he could have retired after his first throw and still won the M55 gold, Mark saved his best throw to last. Chris Thompson had the second-best age-grade but with four no-throws, he must have been getting a little concerned he'd lose the chance of M65 gold. In the women's shot put, Glen Watts (W75), Raylene Bates (W50) and Mary Thomas (W70) were the top performers.

Day three started in the rain, softening the ground for the cross country. The course was mostly firm, especially with a fair chunk of carpeted concrete linking the front and back sections of the course. When it came to running the course, it was much



Dwight Grieve leads Stafford Thompson, Aniel Smith, Michael Wray and Pramod Gopalakrishnan Nair in the 5000m

better to race on than it appeared at first glance. However, the carpet used for the tight corner that emerged between the building block and the wooden bleachers was laid down to follow a "walking line" and it was a very hairy experience running round the corner to find your spikes sliding across bare concrete.

Bruce Graham and Stafford Thompson led the way, gradually pulling away from Dwight Grieve and Michael Wray. There was one small section with mud. It was on a downhill bend and on an otherwise firm course had the potential to catch out the unaware. As far as I'm aware, Stafford was the sole runner to go down but it didn't seem to upset his race. Louisa Abram continued her dominance for the women, finishing first with Maggie Chorley hot on her heels.

Back at the track it was time for the sprints. Liz Wilson put on a world class show in both the 60m and 100m. Louise Martin, Lynn Choate and Judy Hammond were almost as impressive, just as Bruce Solomon, Vincent Paddam, Barry Baxter and Trevor Guptill were for the men.

The jumping competitions got underway. David Anstiss and Brian Curry performed well in the high jump. Top billing, however, went to Jim Blair and Ron Johnson, who both bettered the M85 CR. Jim gets to keep the CR, for now at least, having put 6cm over Ron. Judy Hammond added to her record collection with the long jump.

It was the men's turn with the shot. Laini Inivale pipped Simon Maole and Tuariki Delamere to the top performance but Peter Tearle's M90 record got him the most attention, particularly from the Otago Daily Times. The women were sharing javelin and weight throw. For the former, Lyn Osmer and Mary Thomas were the best. A new NZ record went to Tania Hodges in the weight throw. The best competition came in the W75 division, where Jan Banens narrowly beat Glen Watts to gold, with Justine Whitaker only a few centimetres behind in the bronze medal position.



Hasiati Lawole and Jacqueline Wilson (NZL) finish together in the 10km walk

On day four, the racewalkers had the track for their 5000m. Jackie Wilson, Heather Carr and Daphne Jones were the top three on age-grade. Daphne knocked a few minutes off the W75 championship record. Not quite matching the class of the women, Ron Johnson, Mike Parker and Clive McGovern were the top performers for the men. To be fair, the men raced at 1pm so the sun was at its fiercest and this was one of warmer days of the week.

Liz Wilson's young school class visited the track to support their teacher. It's doubtful they fully appreciated the quality of the performance they witnessed or the record it claimed despite the headwind, but they excitedly chanted as Liz responded with a five second win in her 200m race. In the W65 race, Australian Jeannette Flynn took advantage of a switch in wind direction to pick up the CR. Unfortunately for the older competitors, the wind picked up to an illegal level for their races, denying Marcia Petley the CR. The M60s and M65s put on a good show. For the M60s, Dave Riddell pipped Noel Barff to the bronze by 0.01s, while the M65s had 0.65s between second and fourth.

The male long jumpers mostly sorted out their positions early on, with the majority of positions staying as per the first round of jumps. The M60s were a notable exception, when Dennis O'Leary only moved ahead of Noel Barff with his penultimate effort. M90 Alistair Mackay set a new record with his first leap and decided that was enough of a 'mic drop' and promptly retired. The early setting of positions took place in the women's triple jump too, this time without exception.

The W75s put on a good spectacle in the discus throw. Justine Whitaker had her best effort in the first throw and it was good enough to keep her in the lead until Glen Watts got off her final throw to take the lead. The pressure on Justine to re-claim the lead produced a no throw. On age-grade, these two were the best discus throwers of all.

Similarly, the men's javelin throw had a fair bit of movement. Robert Fettus took the lead from Travis Wilson in the M40s

only half way through. In the M45s, Shawn Hennig and Andrew Brooker swapped the lead until Shawn finally triumphed. Andrew's last effort was his weakest, costing him the chance to go back ahead.

After a day of rest on the Wednesday, the action got back underway on Thursday for the fifth day of competition. Action on the track started with the 400m. The W65 contest was the one to watch. NZ's Gail Kirkman and Australia's Jeannette Flynn both ran 90+ percentages and both bettered the championship record by six seconds or so. The record went across the Tasman when Jeanette took the win by a couple of seconds. Brayden Grant was the fastest and most impressive of the men, running 50 seconds flat.

The barriers were deployed, first for the short hurdles and then for the steeplechase. For the 110mH, Nick Bolton ran a rapid 16.23 to come in under the championship record; unfortunately for Nick a 2.7 tailwind means he won't get to claim that record. Lyn Clark made her debut steeplechase appearance, winning the event outright. In the 3000m steeplechase, the onlookers were amused at the contrast in styles between "fast between the fences, slow over them" approach of Michael Wray versus the smooth hurdling technique of Mat Rogers. The latter proved the quickest by the end.

In the 3000m race walk, much attention was given to the return to competition from a long absence by Loloma Foster. Loloma's reconstructed knee did not help her to maintain form and the return to competition finished with a disqualification. Meanwhile Jacqueline Wilson and Daphne Jones added to their extensive collection of records.

The long hurdles produced some drama. Warren Edlin took a tumble in the 300mH. As the lone M60, he got back up to finish the event but faced a DQ when the official determined he'd fallen inside the track, despite returning back to the point at which he'd fallen to resume.

In the 1500m, Tina Faulkner front-ran a solo race to knock 3.5 seconds off the W35 record. Both Sally Gibbs and Maggie Chorley broke the W50 record; Maggie was 13 seconds inside the old record but Sally was a further 13 second in front to take the win. Most of the men's races produced clear winners but the M50 had Michael Wray outkicked by Malcolm Cornelius in the finishing straight, with a similar margin in the M55s for Tim Cross over Peter Richards.

The final event of the championships took place on Saturday morning with the half marathon. The course was a two lap design with a northbound out and back followed by a shorter southbound out and back. A warm day with a brisk wind took its toll on some athletes, in particular M30 Aniel Smith who had been expected to challenge for the outright win. Stafford Thompson ultimately claimed that honour, shaking off early pressure from Michael Wray who ended up in a clear second. Sally Gibbs was the clear winner for the women, while Maggie Chorley and Shireen Crumpton ran together and vied for second - a premature sprint finish by Maggie, who'd forgotten about the second out-and-back southern section allowed Shireen to take second from her spent rival.

We only need to wait 18 months for the next Oceanias. The 2019 edition will take place August-September in Mackay, North Queensland.



Colin Mcleod (NZL) and Peter Sandery (7508) lead David Baird (AUS) and Michael Bond (7025) in the M70-89 1500m



Nick Bolton - 1st M45 200m sprint



Robert Bennett just takes the win in the sprint against Bruce Thomson in the 400m sprint finish



Start of the 10km race walk



Anthony Keeghan (3rd M55) 800m



Mike Parker 1st M60 3000m race walk



Shireen Crumpton (NZL) & Louisa Abram (AUS) in the 5000m



Robert Homan leads Robert Bennett from the starting blocks of the 400m sprint



Aniel Smith (2nd M30) leads Wim Luijpers (1st M45) and Mathew Rogers (1st M35) in the 800m

PHOTOS: Sharon Wray

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M60 800m runners led by Paul Thomas (AUS) followed by NZ athletes: Marshall Clark, Ian Calder, Geoff Anderson (partly obscured) Phil Napper, Dave Riddell and Murray Hart



Louise Martin (1st W50) leads in Andrea Harris (1st W45) in the 400m sprint



Clasina van der Veeke (8506), Dave Eastmond (7518) and Stephen Barker (7003) in the half marathon



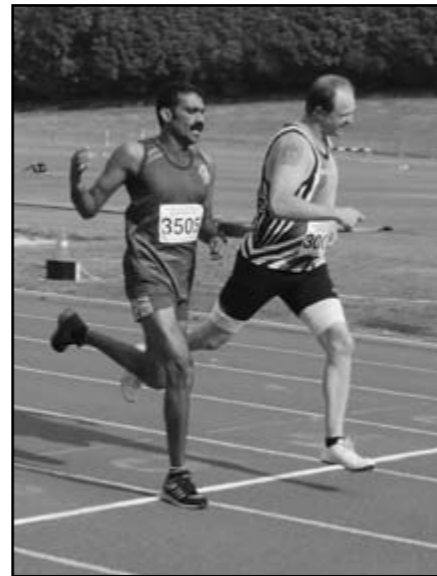
Barry Baxtor takes the win in the M75 100m sprint over Bruce Green (7504) and Pio Bunin (7503)



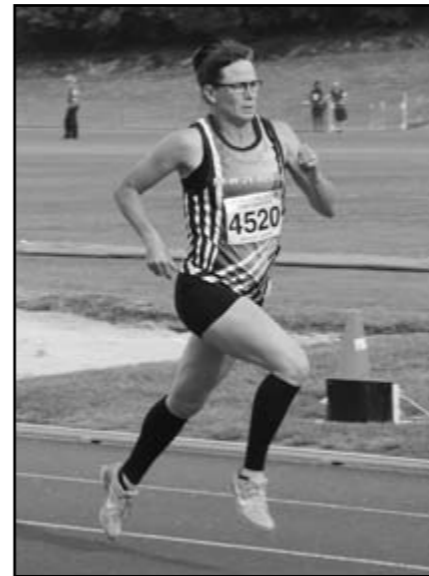
Helena Dinnissen 1st in the W30-39 400m sprint



Fernand Chaves in the 800m



Pramod Gopalakrishnan Nair (IND) battles with Luke Crombie (NZL) in the 400m sprint



Andrea Harris 1st W45 in the 400m sprint



Laini Inivale (1st M50) throws the shot during the M30-69 Throws Pentathlon



Dave Riddell takes time to wave to the camera during the 3000m race walk



Maggie Chorley 2nd W50 and Shireen Crumpton 1st W45 in the half marathon



Nick Bolton leads Dave Chisholm (4503) and Wim Luijpers (4522)



Dave Eastmond (7518) leads Bob Schickert in the M75 800m



Sally Gibbs was the first woman to finish the half marathon

2018 NZ Masters Athletics T&F Championships

by Michael Wray

Whangarei had previously hosted four North Island Masters Track and Field Champs, in 1988, 1996, 2004 and 2013. This was their first time hosting the Nationals.

Behind the scenes, I know things were a little stretched. From an athletes perspective, I think the team did a good job. There were some minor niggles, such as the on-field clock refusing to cooperate. Many meets don't have a clock so this shouldn't be considered significant.

Competition began on the Friday. No 400m heats were needed so the initial wave of activity came from the field. Long jump, shot put and hammer all commenced for some groups before javelin and weight throw started for others.

The men 30-69 produced some good long jumps. M40 David Hansen, M45 Trevor Wilson, M35 Gideon Hanekom and M35 Dennis Langford were particularly energetic. Unfortunately for Dennis, a jarring landing inflicted a niggle that ultimately led to his withdrawal from some later events.

Mark Cumming was in fine form at the hammer throw, earning himself a record with an effort almost 10 metres further than anyone else. The older men were at the shot put where Ron Johnson and Jim Blair resumed their M85 battle from Dunedin. This time the bragging rights, not to mention a record, went to Ron. He wasn't the only one; since entering the M90 age group, Wellingtonian Peter Tearle has been prolific in claiming records and he started his weekend off with the M90 shot put record.

At the opposite end of the field, the women were throwing the javelin. Split into two groups, the younger women had the second round, where Aucklander Melissa Brearley-Tipene won the W45 age group with the best throw – a record-setting 33.35m.

The 3000m race walk featured 12 competitors and was unusual in not incurring any disqualifications. Only one age-group (M55) had more than one competitor so the walkers had to look for across the ages or to the record book for competition. Corinne Smith (W50) was soon leading the race without company, eventually finishing in 15:49 for a new championship record. Jackie Wilson also contributed a championship record, finishing second woman overall. Peter Baillie took a break from operating the timing system; he was the lead man, only seeing Corinne cross the line ahead of him.

The 400m races took place in good conditions. Louise Martin (W50) held off Meghann Stewart in an impressive display. For the younger race, Joeline Jones (W35) dominated even more impressively, with W30 Jennifer Hodgson 4.5 seconds behind out-dipping W35 Loren Duffy by 0.05s.

Several of the men broke the 60 second barrier, none so emphatically as M30 Brayden Grant's 50.26. M40s Wayne Holroyd (53.20) and David Hansen (54.82) along with M45 Lee Fairclough (54.00) were very strong. Brayden and Lee secured championship records. The M50 grade was a good race at the front. The first three (Stephen Te Whaiti, Ian Dieudonne and Malcolm Cornelius) were well clear of fourth and it took the photo finish to separate Ian and Malcolm for silver and bronze.

The 3000m returned to the Nationals for the first time since 1980, when it was only contested by the women – this being an age where, for some reason, the 3000m and 5000m were assigned by gender. The W50, W55, W60 and W65 winners all secured championship records. Sally Gibbs was in a class of her own, finishing ahead of all other women and the M60+ runners in her race. Corinne Smith was mixing it up by running 3000m, just an hour or so after winning the 3000m walk. This race featured several Lake City runners, two of whom were making their first appearance at an NZMA Champs. Sjors Corporaal (M40) blitzed his way ahead of any chasers in the men's race, while Tony Broadhead won the M50s. With Jason Cameron winning the M45s, it was a trifecta of golds for the Rotorua club.

Saturday morning racing started with the steeplechase. In the 2000m steeplechase, W30 Jennifer Hodgson and M65 Derek Shaw contested the first place overall. Jennifer, in only her second ever steeplechase, led until the final 250m. Jennifer also had to survive a scare on her first pass through the water jump. Intermittent rain had made the top of the fence wet and a misjudged leap meant she landed with the heel of her shoe instead of the spikes. The lack of grip was almost disastrous. Despite the rain, it was curious to note Des Phillips continuing to wash water from water jump over his head on each pass (once you've noticed it happening – as I did at North Islands – you can't help but notice it).

The 3000m steeplechase had only three entrants. Jamie Halla led from start to finish but did have to contend with a javelin thrower backing up to start a run-up late-on, just as Jamie was approaching the water jump. Had it not been for the intervention of official Fay Riley the near miss could have been an ugly incident. Fay confided that the javelin thrower in question (from one of the older age groups) is somewhat hard of hearing, so she'd been concerned about making herself heard.

Not many athletes were keen to take on the short hurdles. For those that did - Louise Martin, David Anstiss and Mark Lett – they earned themselves championship records.

By lunchtime, the wind had begun to increase. Most of the 60m and 100m sprints took place in an illegal wind. A handful timed their races for a legal head wind, which allowed W30

Ugen Iyer, W35 Joeline Jones, W80 Judy Hammond and M40 Wayne Holroyd to set 60m records. In the 100m, M70 Trevor Guptill took advantage of the 1.8 tailwind to follow suit.

The 1500m races took place when the wind was at its height. Sally Gibbs (W50) made sure the women's race was run 'honestly' by leading out and preventing any tactics. Maggie Chorley (W50) was the main chaser, while Cara Billen (W45) followed after making a break on Meghann Stewart (W50). Loren Duffy (W35) put in a late surge to catch Meghann just before the line.

The older master's men ran conservatively, letting M60 Gregory Boyd run ahead without giving chase. They gradually closed and at the bell M60 Ian Calder pulled away with only Ian Carter (M65) able to stay close. For the M50 and M55 race, it was very slow. Ken Walker was the reluctant leader into the wind as the runners jogged around the first kilometre in 3:16. Michael Wray was the first to crack and kicked with 300m to go, only to lose it in the wind and witness Andrew Davenport lead the rush to the line, shadowed by Malcolm Cornelius and Gavin Butler. Ken Walker's efforts weren't unrewarded when he won the M55. Sjors Corporaal (M40) set the pace in the younger race with Adam Gallagher (M30) in close company. After Jason Cameron withdrew, Sasha Daniels and Chris Robb were left running head-to-head for the M45s, with Sasha pulling away in the final 100m or so.

The Saturday field event schedule was very busy. There was some discontent with the officiating decisions at the long jump pit. As I understand it, the issue was in whether all competitors had to jump from the same mark, which was the insistence of the official. Some of the older competitors were enjoying success competing against the record book. Jim Blair (M85) in the high jump, Judy Hammond (W80) in the long jump, David Anstiss (M70) and Ron Johnson (M85) in the triple jump.

The pole vault had some particularly strong performances. All three women - Sonja Bowe, Delwyn Smith and Anne Goulter - were in record setting form. Mark Lett vaulted 3.25m to do the same in M55s, while Ron Johnson added yet another M85 record to his set.

In the shot put, Tania Hodges was the only woman to achieve double digits, while Clasina van der Veecken threw for a new W85 CR. Tuariki Delamere was threatening to make some serious money in the discus, offering to sell his roll of kitchen paper at a dollar a sheet so contestants could dry their discs from the rain. I don't know whether he made any money, donated the sheets or kept them all to himself but he certainly won the M65s. Of course, Ron Johnson and Peter Tearle chipped in some more records – not just in the discus, but also in the javelin.

Sunday was wet. Very wet. The rain was really rather impressive and there was a perverse satisfaction to being out competing in it, although the delay to the start of the 5000m was a tad testing.

The 5000m walk was making its first appearance at a NZ Masters Track & Field Champs. Corinne Smith and Lyndon Hohaia stayed in close company until the latter few laps, when

they seemed to be taking it in turns to surge. Lyndon managed to reach the finish line first but only by a few seconds.

The 5000m run was split into two separate races. Sally Gibbs, as usual, ran from the front to win the MW and M65+ by a clear margin. The M65 contest between John Kent and Derek Shaw was a good one. Derek lead for the initial three laps before Anson Clapcott (M70) led the pair of them for four laps. Then John surged ahead and Derek followed, before kicking past John with 300m to go.

As he did in the earlier races, M40 Sjors Corporaal out-ran everyone in the younger men's race, managing to lap almost the entire field as he ran 15:52. Chris Robb (M45) had a solo race in an uncontested overall second place. Chris Mardon (M45) ran with Tony Broadhead (M50) at his shoulder, until Tony kicked on in the final lap or two, while Michael Wray (M50) trailed. Jason Cameron (M45) gradually moved backwards in the field, eventually slipping behind M55 winner Ken Walker. David Riddell made good use of fellow M60 Malcolm Chamberlin as his private pacemaker for 11.5 laps. Then David decided it was a 400m race, which he won by 21s.

The rain came and went during the afternoon. Some 200m runners ended up soggier than others. The two most impressive sprints came from quite different age groups, with both M30 Brayden Grant and M70 Trevor Guptill setting records. The difference between M70 silver and M70 bronze came down to the thousandths of a second. Tony Deleiros just edged Alan Dougall, as both were credited with 29.88s.

Maggie Chorley scored a rare victory over Sally Gibbs, winning the W50 800m race by two seconds. With Meghann Stewart just another two seconds behind, making the W50 race by far the best to watch.

The M30 800m was also a good one to watch, with just 0.10s between Brayden Grant and Adam Gallagher. Brayden actually looked to have it won but seemed to ease up before the line and Adam, encouraged by the collective audible "oh!" from the crowd, came so close to taking advantage.

The field events on the Sunday were limited to the two pentathlons. After the first implement, Vavae Nuia found herself in last place of the W40s but recovered well to claim the win. The W50 contest stayed tight for a while, with just two points separating Tania Hodges and Tina Ryan after the hammer. The real difference was the discus, where Tania formed an unassailable lead. The discus was the decisive implement for the M45s too and was where David Sexton secured the win over Ian Clarke.

The women's grades in the track pentathlon were thinly populated. The W50s had to fight for their positions. Dale McMillan was dominant over her peers, scoring more points in every event except the long jump. Kirsty Richmond extended her record in the W40s. It was good to see Jamie Halla stretching himself and giving the pentathlon a shot. He came up against stiff competition in David Hansen, who was the clear M40 winner and new record holder.

Results >

60m

W30									
Ugen Iyer	NTH	8.40							
Jennifer Hodgson	OTG	9.18							

W35									
Joeline Jones	TAS	8.31							
Faith Firestone	AKL	8.65							
Kirsten Mason	NTH	9.52							
Phillipa Campbell	NTH	10.47							

W45									
Phillipa Green	AKL	8.86							
Michelle Sunderland	AKL	8.98							

W50									
Louise Martin	CAN	8.50							
Dale McMillan	MWA	9.45							
Claire Furlong	NTH	10.34							

W55									
Aggie Boxall	AKL	10.24							
Judith Uhlenberg	AKL	12.53							

W65									
Veronica Gould	WLG	9.50							
Anne Deleiros	AKL	10.36							

W70									
Sheryl Gower	WBP	9.83							
Chris Waring	AKL	10.32							
Lois Anderson	CAN	11.09							

W75									
Frances Bayler	MWA	11.65							
Joan Mayall	WBP	12.38							

W80									
Judy Hammond	WLG	12.06							
Lynn Fraser	NTH	23.28							

W85									
Clasina Van der Veeken	NTH	14.48							
Marcia Petley	WBP	14.51							

M30									
Brayden Grant	MWA	7.35							
Luke Crombie	HBG	7.76							

M35									
Gideon Hanekom	NTH	7.54							
Gordon Mackenzie	WBP	7.66							
John McInnes	WLG	7.83							
Andy Mai	AKL	8.23							

M40									
Wayne Holroyd	AKL	7.41							
Mark Lambert	AKL	7.44							
Richard Swift	AKL	7.58							
Jack Donaghy	AKL	8.47							

M45									
Steven Hargreaves	AKL	7.65							
Scott Dorset	AKL	7.84							
Trevor Wilson	AKL	7.99							
Craig Seymour	AKL	8.40							
David Garnier	AKL	8.54							

M50									
Stephen Te Whaiti	WBP	7.97							
Matthew Dodd	AKL	8.65							
Gavin Hall	AKL	8.84							
James Stowers	AKL	9.03							

M55									
Bruce Solomon	WBP	8.01							
Duane Duggan	AKL	8.21							
Brian Curry	MWA	8.55							
Seelan Ramiah	AKL	8.81							
Tarmo Rajasaari	CAN	9.80							

M60									
Dennis O'Leary	HBG	8.96							
David Riddell	TAS	9.06							
Barry Smith	STH	9.67							

M65									
Ross Brown	AKL	9.35							
Paul Sharland	MWA	9.41							
David Lobb	CK	9.42							
Edgar Archibald	UA	9.62							

M70									
Trevor Guptill	AKL	8.58							
Alan Dougall	AKL	8.69							
Tony Deleiros	AKL	9.13							
David Anstiss	AKL	9.58							
David Trow	WBP	11.80							

M75									
John Lester	AKL	9.62							
Dave Eastmond	NTH	11.38							

M80									
Stewart Foster	WBP	10.86							
Jim Jones	WBP	12.43							

100m

W30									
Ugen Iyer	NTH	13.76							
Jennifer Hodgson	OTG	14.77							

W35									
Joeline Jones	TAS	13.44							
Faith Firestone	AKL	13.92							
Kirsten Mason	NTH	15.38							

W45									
Phillipa Green	AKL	14.52							
Michelle Sunderland	AKL	14.97							

W50									
Louise Martin	CAN	13.92							
Claire Furlong	NTH	16.92							

W60									
Karen Gillum-Green	TAR	16.51							

W65									
Veronica Gould	WLG	15.76							

W70									
Sheryl Gower	WBP	16.00							
Chris Waring	AKL	17.37							
Lois Anderson	CAN	18.07							

W75									
Frances Bayler	MWA	19.51							
Joan Mayall	WBP	20.72							

W80									
Judy Hammond	WLG	20.57							

W85									
Clasina Van der Veeken	NTH	24.32							
Marcia Petley	WBP	24.42							

M30									
Brayden Grant	MWA	11.52							
Luke Crombie	HBG	12.46							

M35									
Gordon Mackenzie	WBP	12.02							
John McInnes	WLG	12.45							

M40									
Wayne Holroyd	AKL	11.47							
Mark Lambert	AKL	11.53							
Richard Swift	AKL	11.57							
David Hansen	TAS	12.58							
Jack Donaghy	AKL	13.28							

M45									
Steven Hargreaves	AKL	12.01							
Lee Fairclough	AKL	12.09							
Scott Dorset	AKL	12.34							
Trevor Wilson	AKL	12.77							
Craig Seymour	AKL	13.86							

M50									
Stephen Te Whaiti	WBP	12.47							
Andrew Davenport	MWA	13.49							
Matthew Dodd	AKL	13.89							
Gavin Hall	AKL	14.19							
James Stowers	AKL	14.29							

M55									
Bruce Solomon	WBP	12.75							
Duane Duggan	AKL	13.36							
Brian Curry	MWA	14.06							

M60									
Dennis O'Leary	HBG	14.14							
David Riddell	TAS	14.50							
Barry Smith	STH	16.11							

M65									
Paul Sharland	MWA	15.39							
Ross Brown	AKL	15.41							

M70									
Trevor Guptill	AKL	13.96							
Alan Dougall	AKL	14.30							
Tony Deleiros	AKL	14.61							
Wolfgang Schenk	AKL	15.82							

M75									
John Lester	AKL	16.39							
Dave Eastmond	NTH	18.90							

M80									
Stewart Foster	WBP	18.55							
Jim Jones	WBP	20.80							
Noel Jones	WBP	21.80							

M85									
Ron Johnson	AKL	21.69							
Hector Mein	WBP	25.47							

Handicap 100m

W60									
Christine Polkinghorne	TAR	15.53							

M30									
Brayden Grant	MWA	11.42							

M35									
John McInnes	WLG	11.49							

W35									
Joeline Jones	TAS	1:02.34							
Loren Duffy	NTH	1:07.04							
Kirsten Mason	NTH	1:11.94							

W50									
Louise Martin	CAN	1:05.99							
Meghann Stewart	AKL	1:07.77							
Karen Hulena	AKL	1:20.27							

200m

W30									
Jennifer Hodgson	OTG	30.33							

W35									
Joeline Jones	TAS	27.67							
Faith									

High Jump (continued)

M50	Stephen Te Whaiti	WBP	1.45
M55	Brian Curry	MWA	1.58
	Brian Key	AU	1.50
	Seelan Ramiah	AKL	1.45
	Mark Lett	NTH	1.35
	Mark Henderson	WBP	1.25
M65	Tuariki Delamere	AKL	1.20
	Des Phillips	TAR	1.20
M70	David Anstiss	AKL	1.30
M75	Mike Shepherd	MWA	1.05
M85	Jim Blair	WLG	1.00
W35	Faith Firestone	AKL	4.56
	Kirsten Mason	NTH	3.93
	Phillipa Campbell	NTH	3.27
	Patricia Cassidy	NTH	3.15
W40	Liesel De Wet	TAS	4.59
	Kirsty Richmond	TAS	4.15
W45	Michelle Sunderland	AKL	4.33
W50	Karen Hulena	AKL	3.52
W60	Christine Polkinghorne	TAR	1.62
W65	Veronica Gould	WLG	3.37
W70	Lois Anderson	CAN	3.15
	Margaret Crooke	NTH	2.78
W75	Frances Bayler	MWA	2.67
W80	Judy Hammond	WLG	2.67
W85	Clasina Van der Veen	NTH	1.66
M30	Luke Crombie	HBG	4.36
M35	Gideon Hanekom	NTH	5.35
	Andy Mai	AKL	5.17
M40	David Hansen	TAS	5.82
	Dennis Langford	NTH	5.35
	Jack Donaghy	AKL	4.78
M45	Trevor Wilson	AKL	5.68
	Glenn Boyd	WBP	5.07
M50	Stephen Te Whaiti	WBP	5.09
	Armin Kashammer	NTH	4.18
	James Stowers	AKL	3.78
M55	Seelan Ramiah	AKL	4.88
	Mark Lett	NTH	4.71
M60	Dennis O'Leary	HBG	3.98
	Barry Smith	STH	3.81
M65	David Lobb	CK	3.73
	Des Phillips	TAR	3.24
M70	David Anstiss	AKL	3.86
	Wolfgang Schenk	AKL	3.59
	Tony Deleiros	AKL	3.56
M75	Mike Shepherd	MWA	2.68

M80	Jim Jones	WBP	2.05
M85	Ron Johnson	AKL	2.36
	Hector Mein	WBP	1.86
W40	Liesel De Wet	TAS	9.03
	Kirsty Richmond	TAS	8.77
W55	Aggie Boxall	AKL	7.03
W65	Anne Deleiros	AKL	6.56
W70	Margaret Crooke	NTH	6.61
	Lois Anderson	CAN	6.17
W75	Frances Bayler	MWA	5.67
W85	Clasina Van der Veen	NTH	4.21
M40	Dennis Langford	NTH	10.15
	Jack Donaghy	AKL	10.13
M45	Glenn Boyd	WBP	7.71
M50	James Stowers	AKL	8.14
M55	Seelan Ramiah	AKL	9.31
M60	Dennis O'Leary	HBG	8.79
	Barry Smith	STH	8.08
M65	David Lobb	CK	7.53
	Des Phillips	TAR	6.74
M70	David Anstiss	AKL	8.94
M75	Mike Shepherd	MWA	6.45
M85	Ron Johnson	AKL	5.58
W40	Sonja Bowe	AKL	2.50
W50	Delwyn Smith	NTH	2.00
W55	Anne Goulter	AKL	2.30
M40	Dennis Langford	NTH	2.20
M55	Mark Lett	NTH	3.25
	Tarmo Rajasaari	CAN	2.50
	Brian Curry	MWA	2.40
M60	Mark Judge	NTH	2.90
M70	David Anstiss	AKL	2.20
M85	Ron Johnson	AKL	1.50
W30	Anna Lynch	CAN	8.04
W35	Augusta Grayson	AKL	9.48
	Phillipa Campbell	NTH	8.30
	Emily Scanlan	AKL	8.07
	Patricia Cassidy	NTH	8.01
W40	Vavae Nuia	AKL	9.24
	Kirsty Richmond	TAS	8.73
	Tracy Morgan	NTH	7.70
	Michelle Bitcheno	WBP	7.58

Triple Jump

W45	Brenda Davis	WBP	9.79
	Peta Leitu	AKL	9.25
	Althea Mackie	AU	8.66
W50	Tania Hodges	WBP	10.32
	Tina Ryan	AKL	9.49
W55	Anne Goulter	AKL	8.62
	Aggie Boxall	AKL	8.39
W60	Theresa Large	WBP	5.98
W65	Anne Deleiros	AKL	7.74
	Tui Ashe	AKL	6.41
	Beverley Church	CAN	6.32
W70	Noni Callander	OTG	7.79
	Barbara Austin	NTH	7.53
	Annette Parlane	WBP	6.78
	Lois Anderson	CAN	6.39
W75	Glen Watts	CAN	7.26
	Justine Whitaker	CAN	7.15
	Valerie Babe	NTH	5.00
W80	Lynn Fraser	NTH	5.40
	Iris Bishop	CAN	4.22
W85	Clasina Van der Veen	NTH	5.22
M30	Luke Crombie	HBG	8.65
M35	Gideon Hanekom	NTH	10.99
M40	David Hansen	TAS	11.82
	Dave Couper	WBP	10.82
	Dennis Langford	NTH	9.48
M45	David Sexton	HBG	8.86
	Glenn Boyd	WBP	8.84
	Ian Clarke	WBP	7.68
M50	Laini Inivale	AKL	13.88
	Gavin Hall	AKL	9.78
	James Stowers	AKL	8.98
M55	Bruce Solomon	WBP	10.72
	Neil Tait	WBP	8.86
	Mark Lett	NTH	7.92
M65	Tuariki Delamere	AKL	10.28
	Christopher Thompson	AKL	8.37
	Mark Powell	AKL	6.96
M70	Peter Crawford	WBP	11.12
	John Payne	TAR	6.54
M75	Brian Senior	CAN	8.97
	Mike Shepherd	MWA	8.28
	Terrence Ryan	AKL	6.68
M80	Peter Hanson	WLG	8.29
	Jim Jones	WBP	6.55
	Noel Jones	WBP	6.39
	Bryan Mayall	WBP	5.59
M85	Ron Johnson	AKL	8.30
	Jim Blair	WLG	7.03
M90	Peter Tearle	WLG	4.85

Discus

W30	Anna Lynch	CAN	27.26
W35	Augusta Grayson	AKL	25.54
	Phillipa Campbell	NTH	23.52
	Emily Scanlan	NTH	20.67
	Patricia Cassidy	AKL	17.79

W40	Tracy Morgan	NTH	26.80
	Kirsty Richmond	TAS	25.24
	Vavae Nuia	AKL	22.83
	Michelle Bitcheno	WBP	18.67
W45	Brenda Davis	WBP	29.34
	Peta Leitu	AKL	26.80
	Althea Mackie	AU	26.11
W50	Tania Hodges	WBP	27.57
	Tina Ryan	AKL	23.49
W55	Anne Goulter	AKL	23.93
W60	Theresa Large	WBP	14.73
	Christine Polkinghorne	TAR	11.87
W65	Anne Goulter	AKL	16.13
	Aggie Boxall	AKL	15.59
W70	Noni Callander	OTG	18.62
	Annette Parlane	WBP	18.38
	Barbara Austin	NTH	17.52
	Loris Reed	CAN	16.67
	Beth Macleod	NTH	12.03
W75	Justine Whitaker	CAN	18.83
	Glen Watts	CAN	18.82
	Valerie Babe	NTH	12.33
W80	Lynn Fraser	NTH	10.39
	Iris Bishop	CAN	8.18
M30	Luke Crombie	HBG	24.64
M35	Gideon Hanekom	NTH	20.40
M40	David Hansen	TAS	36.79
	Dave Couper	WBP	30.35
	Dennis Langford	NTH	29.96
M45	David Sexton	HBG	28.15
	Ian Clarke	WBP	26.27
	Glenn Boyd	WBP	25.45
M50	Laini Inivale	AKL	35.52
	Ian Bitcheno	WBP	30.29
	James Stowers	AKL	23.31
M55	Bruce Solomon	WBP	33.77
	Brian Curry	MWA	27.12
	Neil Tait	WBP	25.74
M60	Tom Reihana	CAN	20.22
M65	Tuariki Delamere	AKL	33.73
	Christopher Thompson	AKL	29.88
	Laurie Malcolmson	MWA	26.07
	Mark Powell	AKL	25.17
M70	Peter Crawford	WBP	34.14
	David Anstiss	AKL	27.73
	Tony Deleiros	AKL	22.68
	Wolfgang Schenk	AKL	22.10
	John Payne	TAR	17.06
M75	Brian Senior	CAN	28.20
	Mike Shepherd	MWA	24.10
	Terrence Ryan	AKL	16.00
M80	Noel Jones	WBP	19.90
	Peter Hanson	WLG	16.39
M85	Ron Johnson	AKL	20.54
	Jim Blair	WLG	17.18
M90	Peter Tearle	WLG	12.94

Javelin

W30	Anna Lynch	CAN	19.82
W35	Emily Scanlan	AKL	15.92
	Kirsten Mason	NTH	15.12

W40	Kirsty Richmond	TAS	23.48
	Tracy Morgan	NTH	20.55
	Michelle Bitcheno	WBP	16.71
	Vavae Nuia	AKL	14.00
W45	Melissa Brearley-Tipene	AKL	33.35
	Peta Leitu	AKL	24.64
	Brenda Davis	WBP	22.96
	Althea Mackie	AU	19.59
W50	Tania Hodges	WBP	20.75
	Tina Ryan	AKL	17.73
W55	Anne Goulter	AKL	16.13
	Aggie Boxall	AKL	15.59
W60	Christine Polkinghorne	TAR	7.57
W65	Beverley Church	CAN	15.85
	Tui Ashe	AKL	14.34
W70	Barbara Austin	NTH	16.70
	Noni Callander	OTG	13.39
	Lois Anderson	CAN	12.70
	Loris Reed	CAN	10.57
W75	Justine Whitaker	CAN	13.57
	Glen Watts	CAN	12.57
	Valerie Babe	NTH	9.04
W80	Judy Hammond	WLG	10.95
	Iris Bishop	CAN	6.51
M30	Luke Crombie	HBG	45.43
M35	Gideon Hanekom	NTH	35.54
M40	Dave Couper	WBP	45.98
	Dennis Langford	NTH	45.69
M45	David Morgan	AKL	40.56
	Steven Hargreaves	AKL	38.51
	Ian Clarke	WBP	36.11
	David Sexton	HBG	34.85
M50	Stephen Te Whaiti	WBP	41.34
	Armin Kashammer	NTH	28.17
	Andrew Davenport	MWA	27.66
	Laini Inivale	AKL	25.58
M55	Bruce Solomon	WBP	40.32
	Brian Curry	MWA	32.76
	Mark Lett	NTH	27.73
M60	Tom Reihana	CAN	16.67
M65	Laurie Malcolmson	MWA	33.19
	Tuariki Delamere	AKL	29.90
	Mark Powell	AKL	20.63
M70	Peter Crawford	WBP	27.39
	Wolfgang Schenk	AKL	19.77
	John Payne	TAR	12.94
M75	Terrence Ryan	AKL	15.93
M80	Peter Hanson	WLG	13.52
M85	Ron Johnson	AKL	25.42
	Jim Blair	WLG	21.10
M90	Peter Tearle	WLG	10.77

Hammer

W30	Anna Lynch	CAN	33.54
W35	Emily Scanlan	AKL	19.55
W40	Michelle Bitcheno	WBP	30.60
	Tracy Morgan	NTH	30.57
	Vavae Nuia	AKL	24.13

W45	Althea Mackie	AU	38.04
	Brenda Davis	WBP	32.58
	Peta Leitu	AKL	24.22
W50	Tina Ryan	AKL	32.63
	Tania Hodges	WBP	28.96
	Joanne Inivale	AKL	18.94
W55	Anne Goulter	AKL	32.70
	Aggie Boxall	AKL	29.46
W60	Theresa Large	WBP	19.50
	Christine Polkinghorne	TAR	11.84
W65	Anne Deleiros	AKL	20.51
	Beverley Church	CAN	19.26
W70	Barbara Austin	NTH	25.50
	Noni Callander	OTG	20.48
	Annette Parlane	WBP	20.05
	Loris Reed	CAN	17.04
W75	Glen Watts	CAN	25.35
	Justine Whitaker	CAN	22.64
	Valerie Babe	NTH	17.17
W80	Iris Bishop	CAN	13.74
W85	Clasina Van der Veen	NTH	15.04
	Marcia Petley	WBP	13.38
M40	Dave Couper	WBP	31.52
M45	David Sexton	HBG	26.92
	Ian Clarke	WBP	25.22
M50	Laini Inivale	AKL	37.83
M55	Mark Cumming	AKL	46.85
	Neil Tait	WBP	33.37
	Fuzzy Maiava	AKL	29.66
M65	Christopher Thompson	AKL	35.15
	Tuariki Delamere	AKL	27.28
	Mark Powell	AKL	22.10
M70	John Payne	TAR	18.90
M75	Brian Senior	CAN	32.50
	Terrence Ryan	AKL	17.01
M85	Ron Johnson	AKL	23.93
	Jim Blair	WLG	18.75
W30	Anna Lynch	CAN	10.61
W35	Emily Scanlan	AKL	6.85
W40	Vavae Nuia	AKL	9.96
	Tracy Morgan	NTH	8.90
	Michelle Bitcheno	WBP	8.67
W45	Althea Mackie	AU	11.89
	Brenda Davis	WBP	10.95
	Peta Leitu	AKL	9.87
W50	Tania Hodges	WBP	12.01
	Tina Ryan	AKL	11.81
W55	Anne Goulter	AKL	11.52
	Aggie Boxall	AKL	10.50
W65	Veronica Gould	WLG	8.85
	Beverley Church	CAN	8.38
W70	Barbara Austin	NTH	11.02
	Annette Parlane	WBP	9.65
	Noni Callander	OTG	7.81

Weight Throw

W30	Anna Lynch	CAN	10.61
W35	Emily Scanlan	AKL	6.85
W40	Vavae Nuia	AKL	9.96
	Tracy Morgan	NTH	8.90
	Michelle Bitcheno	WBP	8.67
W45	Althea Mackie	AU	11.89
	Brenda Davis	WBP	10.95
	Peta Leitu	AKL	9.87
W50	Tania Hodges	WBP	12.01
	Tina Ryan	AKL	11.81
W55	Anne Goulter	AKL	11.52
	Aggie Boxall	AKL	10.50
W65	Veronica Gould	WLG	8.85
	Beverley Church	CAN	8.38
W70	Barbara Austin	NTH	11.02
	Annette Parlane	WBP	9.65
	Noni Callander	OTG	7.81

W75	Justine Whitaker	CAN	10.89
	Glen Watts	CAN	10.60
	Valerie Babe	NTH	

PHOTOS: Sharon Wray

PHOTOS: Sharon Wray



The W50-59 60m being led by Louise Martin (CAN)



Jack Donaghy (4014) battles with Jamie Halla (4015) in the 800m



Derek Shaw (TAS) shows us how to take the water jump



A close finish in the 100m handicap race



Liz Bently enjoys the 800m in her first masters championships



Judy Hammond (WGN) 1st W80 long jump



Anne Goulter (AKL) clears the bar in the pole vault



Dennis Langford (NTH) in the pole vault



Kirsty Richmond (2nd W40) in the shot put



Frances Bayler (MNW) 1st W75 long jump



Maggie Chorley (CAN) leads Meghann Stewart (AKL) and Cara Billen (AKL)



The Whangarei Mayor Sheryl Mai celebrates with 3000m winners: Corrine Smith (bronze) Sally Gibbs (gold) and Claire Furlong (silver)



Anne Deleiros (AKL), Veronica Gould (WGN), Chris Waring (AKL), Sheryl Gower (WBP) and Lois Anderson (CAN) in the W65-74 60m



Corrine Smith (NTH) leads Christine Fraser-Kitchen in the W30+ 1500m

The Fast and the Furious

by George White

The “Fast and the Furious” movie franchise has evolved over its eight iterations but speed remains the core theme. Maybe training should be no different. But why train faster/harder? It is easy to get bogged down in aerobic runs even though we know we should incorporate interval training to increase our lactic acid threshold.

Recently specific high intensity speed-work has become popular (many of the principles also apply to race walkers) and if you are at a stage where you feel you have plateaued, you might want to consider taking your performance to another level by including specific hard work into your training. But be careful, hard training should only be done when the body is fully recovered from any previous event or training session and avoid doing hard workouts on consecutive days or after long run/walk days. Also if you move into this type of training make sure you warm up properly.

There are many options available! Running hills emphasises hip extension and basically forces you to avoid landing on the heels. Steep slopes are great for strength, while more gradual slopes are for speed. And it's not just uphill running that can help. Running downhill will force exaggerated leg speed. Running steps is an alternative and they are great for strengthening muscles - “Rocky” couldn't be wrong! One of the major benefits of running steps is that it engages the butt muscles especially the gluteus medius which often doesn't fire very well in normal running.

Interval training has many options of different distances as well as ascending ladders which help with effort that may be needed in a race, or descending ladders which have the psychological advantage in that each element being shorter, can appear to be easier. Pyramids combine the best of both worlds! Accelerations in which you run progressively faster over a relatively short distance are great for developing speed in race-like situations.

However repeat intervals etc. will not necessarily improve acceleration and top speed. In recent years much attention has turned to High-Intensity Interval Training (HIIT). HIIT has a short period of high intensity exercise (near maximum effort) followed by short periods of recovery. An additional benefit of this type of training takes place after the workout. Your body will have an oxygen debt to repay. This creates Excess Post-exercise Oxygen Consumption (EPOC). Simply - you continue burning calories for hours. You can burn up to three times as much fat during and after a HIIT training compared to an aerobic workout of the same time.

HIIT workouts have gained popularity due to their ability to provide similar benefits to aerobic exercise in much less time.

One study showed that HIIT provided 100% of the benefits of endurance training in only 10% of the total exercise time.

HIIT is done at near maximum intensity and the recovery exercise at about 50% intensity. The number of repetitions and length of each may be as little as three repetitions with just 20 seconds of intense exercise. Perhaps the most popular variation of HIIT is Tabata. Developed in Japan by Izumi Tabata initially for speed skaters; it involves 8 sets of 20 seconds of high-intensity effort and 10 seconds of low-intensity active recovery. Total time - only four minutes.

In popular culture, “Tabata training” is now like Hoover is to vacuum cleaners! - it refers to a wide variety of HIIT ideas that may or may not have similar benefits to those found in Tabata's original work. A protocol developed at the Wingate Institute in Israel involves 4-6 sets of 30 seconds of high-intensity effort and 4 minutes of low-intensity recovery. Jorge Zuniga at Creighton University, Nebraska found that intervals of 30 seconds at 90% of effort followed by 30 seconds of rest were the best. Dr. Martin Gibala from McMaster University, Canada has developed the One-Minute Workout which uses 3 sets of 20 seconds of high-intensity effort and 2 minutes of low-intensity recovery. Total workout time including warm-up and cool-down is 10 minutes. Researchers found that this one minute HIIT protocol provided health benefits equivalent to a 45-minute aerobic effort.

So is less more?

Dr Niels Vollaard at the University of Stirling, Scotland proposed that when high-intensity intervals are done at all-out intensities, benefits plateau after performing 2 or 3 repetitions. This led to the development of a 10-minute exercise routine consisting of easy aerobic work interspersed with two 20-second all-out sprints.

But if you think you are at the pinnacle of training with HIIT! That is so last year! Today it is all about SMIT - Supra Maximal Interval Training.

Unlike HIIT, where the recovery periods are active and relatively short, with SMIT because intervals are all out you need longer recovery. The rest periods are very slow jogging, walking or even complete rest. Put simply, HIIT is a training method that involves performing high intensity intervals interspersed with low-to-moderate intensity exercise recovery phases. SMIT however takes it further into the anaerobic realm and involves performing maximal intensity bursts of work interspersed with full rest periods (no activity or very low intensity activity).

Just as with HIIT, SMIT offers efficiency - more progress in a shorter time, compared to aerobic training. A 2013 European study pitted SMIT against both HIIT and continuous running.

Researchers had runners train three times a week for six weeks either via SMIT, HIIT or continuous running. In a 3000m time trial, the group who trained via SMIT ran faster than those who did continuous running. It also found that SMIT provided the greatest benefits in sprint and repeated sprint performance.

The bottom line is HIIT and SMIT is not for everyone, but if you can do it - it will save training time and almost certainly



Start of the M60 800m at the NZMA T&F Championships in Whangarei

result in more race speed. But remember training doesn't make you stronger - it makes you weaker. Rest after training is what makes you stronger - particularly active rest. This allows muscles to flush out toxins and micro tears to repair. So make sure whatever type of training regime you use - you ensure your recovery time.



Gail Kirkman 2nd W65 at the start of the 400m sprint at the Oceania Masters Championships in Dunedin

PHOTOS: Sharon Wray

A Family Affair

by Claire Giles

We are all very mindful that athletics and the training that goes with a complete performance is usually a lonely affair. There are hours spent either on road, track or in the gym to get you into peak condition usually for one race or throw/jump. Although you may have a training partner, there are more hours spent with just yourself and your shadow for company Until you become a Masters athlete.

Now that the dust has settled on what has been a very successful Oceania athletics champs we are all mindful of the statistics that a meet like this brings.

It was brought to my attention that over the week of the champs there were at least 4 mother/daughter combinations competing throughout the week. Some shared the same surname causing confusion and hilarity when asked if they were sisters!

So it got me thinking what other combinations were there ... for statistics of course!

There were at least thirteen husband/wife athlete partners competing over various events so training tips could not be shared there.

There were at least eight where one of the couples was athlete/official. Tips could be shared but not on the day ... of course.

At a glance there were two sets of sisters competing and both of these sets of siblings shared a passion for throwing. Fortunately they were in different age groups at the time. Sibling rivalry is testy at the best of times, so can you imagine what the competition tension would be like at a big event?

Every athletic event needs officials. Masters athletics is certainly no different but the makeup is quite unique. We have officials who are the partner of the athlete so where one goes so does the other. There are husband/wife combos who have branched into officiating for various reasons, such as they are injured or retired from active participation, but still want to contribute in some way because of their love of the sport.

At the Oceania Champs we had all of the above, plus the children and grandchildren, all were roped into the other side of the sport for the love of athletics.

So when you think it is only you and your shadow think again ... it doesn't have to be in master's athletics.

NZMA Indoor Championships



After three successful, enjoyable and well supported winter indoor meetings, Auckland Masters Athletics are again holding the 4th NZMA Indoor Championships at the AUT Millennium, Mairangi Bay, North Shore, Auckland on Saturday/Sunday 4-5 August 2018.

Due to the re-configuration of the sport hall's pole vault run-up and for safety reasons the meeting will now run over two days. Saturday afternoon events will be the shot put and pole vault. Sunday's events will consist of three 50m races, triple jump, high jump, long jump and the final event will be the short hurdles.

As an insight to athletes who have not taken part in this meeting before, the 50m sprints are run in three lanes, which makes for very tight finishes. Each athlete will have three rounds if they wish. Round 1: men and women will run separately in age groups where possible, and if insufficient numbers in any age group they may be amalgamated with another age group. Rounds 2 and 3: men and women will be combined and seeded based on their times from rounds 1 and 2 (not age groups).

Normal championships rules apply to the long jump, triple jump and shot put, with each athlete allowed 6 attempts. In high jump and pole vault normal rules apply, however in the

pole vault if the officials deem that an athlete is a danger to him/herself then they will be withdrawn from of the competition.

It would be appreciated if athletes competing in the jumps would put in their run-up marks before the commencement of their events, as this will assist in running the meeting to time.

Indoor Protocol: Due to the meetings full programme of events on Sunday, warming up in the sports hall may take place but must not interfere with any of the events taking place. The outside track is available for warm up.

At the end of Sunday's events refreshments will be available in the North Harbour Bays club room upstairs at the AUT.

Please Note: - Car parking at the AUT Millennium: AUT have introduced a parking system for their carparks. On arriving **every customer must enter their vehicles number plate** at one of the parking machines located throughout the carparks.

Customers are allowed 90 minutes free parking per vehicle per day, but you still need to enter your cars number plate on arriving. At present all day parking is \$10.00.

The machines operate between 7.00am and 6.00pm, 7 days a week. Infringement fines will apply. The alternative is to find a legal parking space on the roads around the centre.

Jim Tobin (A Tribute)

by Jim Blair

The first athletic meeting for Veteran/Masters athletes was held in Christchurch prior to the 1974 Commonwealth Games. The first National Veterans' Track and Field Championships were held in Christchurch at the end of March 1975 and Jim Tobin competed there in the 5000m track event.

Initially, veteran/masters athletics was organised on a very informal basis at the National Veteran Cross Country Championships held in Wellington in 1970. Clem Green was appointed as National Coordinator and at that time various provincial centres then appointed Centre Coordinators.

Gideon Tait was appointed as the first New Zealand Veterans' President in 1980 during the build up to the 1981 World Masters Athletic (WMA) Championships held in Christchurch.

Following a very quick growth in the membership of athletes around all centres in New Zealand, there was felt a need to control and develop veteran/masters athletics. At the AGM held in Palmerston North in August 1983 there were proposals submitted to have a formal constitution and also establish a National Executive Committee. Jim was elected as a member of that first formal committee.

In 1988, Jim became the President of the Executive Committee, a position that he held for nine years. During this period Jim was also President of the Hawkes Bay/Gisborne Veterans Association, a position he held for 25 years. Jim later held the position of president of the Oceanic Veterans/Masters Association and was also on the World Masters Non-Stadia Committee.

Jim also did tremendous work as the Editor and producer of Vetline. This magazine was the envy of many of the countries around the world producing veteran/masters magazines. The content and quality of Vetline photos and articles did a great deal to publicise what was happening in veteran/masters athletics in New Zealand and Oceania.

For his long and outstanding service and contribution to veteran/masters athletics in New Zealand, Oceania and to World Veteran/Masters Athletics, Jim was awarded a gold pin for his services to World Veteran/Masters Athletics and a life membership by NZ Masters Athletics (NZMA). This year at the Oceania Masters Athletics (OMA) AGM in Dunedin, Jim was awarded a life membership.

When Jim became the President of NZMA he changed dramatically the roles and responsibilities of the Executive Committee. Previously members covered various roles on a very ad hoc basis, largely depending on their own individual interests. They also pursued the interests of their own provincial centres.

Jim introduced specific areas of responsibility for each member and these were defined as portfolios. This enabled committee members to grow in these defined roles and also gave them more confidence in the way that they then engaged in the various matters under discussion at the quarterly meetings.

Another aspect that Jim clearly pointed out to all the members, including new members, was that they did not represent their home centre or just one aspect of athletics when they joined the committee. This gave them further confidence in their roles but also allowed them to gain more knowledge in all areas of our sport and also an overall coverage of master's athletics over the country.

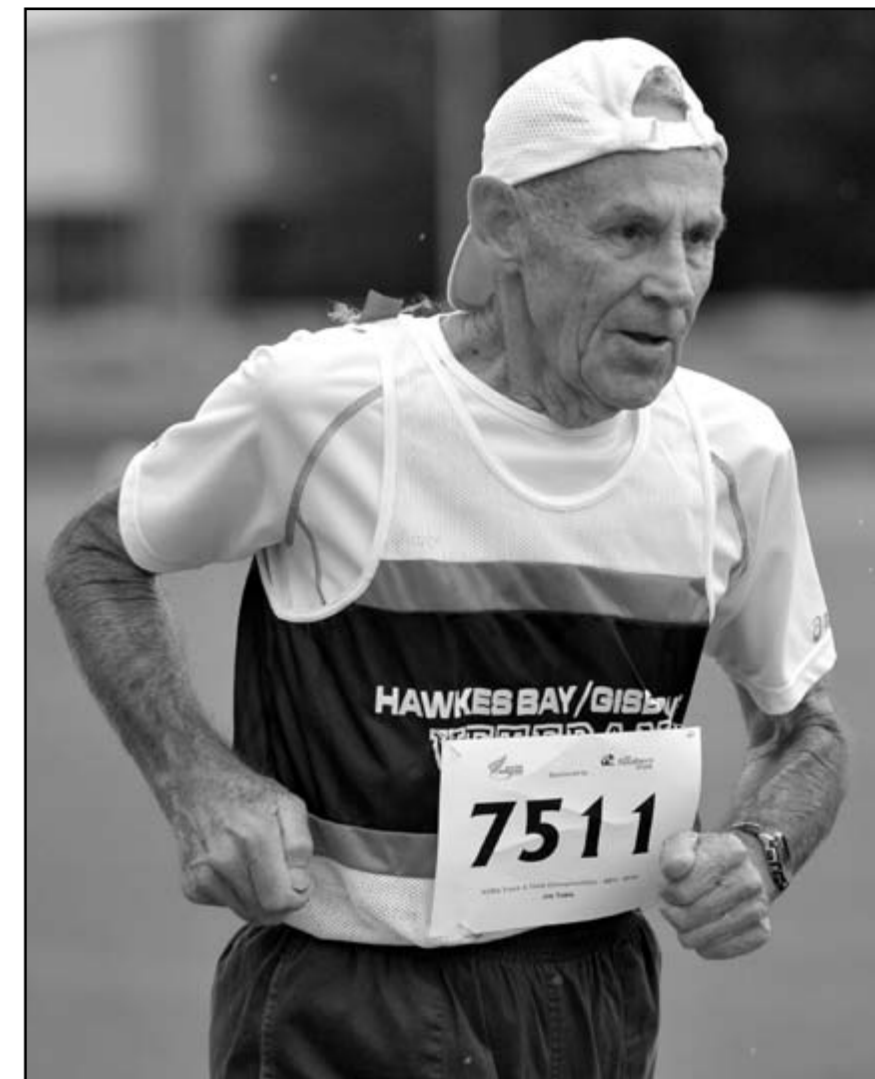


PHOTO: Gary Nesbitt

NZMA Athlete of the Year Awards (2017)

Women

Sprints - Chris Waring (Auckland)

Chris produced age graded performances in excess of 90% for 60m, 100m and 200m, took a gold and two silver medals away from the World Masters Games in Auckland and won three world titles at the World Masters Indoor Champs in Daegu, South Korea.

Other finalists were:

- Frances Bayler (Manawatu-Wanganui)
- Sheryl Gower (Waikato-Bay of Plenty)
- Veronica Gould (Wellington)
- Liz Wilson (Otago)

Middle Distance - Loris Reed (Canterbury)

Loris showed versatility by racing well in all middle distances, exceeding 90% in all distances. Most notably, her steeplechase time at the South Island Track & Field Champs was 37 seconds quicker than the current W70 world record.

Other finalists were:

- Christine Adamson (Auckland)
- Sally Gibbs (Waikato-Bay of Plenty)
- Gail Kirkman (Southland)

Long Distance - Sally Gibbs (Waikato-Bay of Plenty)

Sally won gold medals in cross country, road (5km, half marathon and marathon) and track distance races, including three at the World Masters Games in Auckland. She is a versatile competitor who regularly holds her own in the senior grades.

Other finalists were:

- Christine Adamson (Auckland)
- Judith Stewart (Northland)

Hurdles - Louise Martin (Canterbury)

Louise won medals at the World Masters Games in Auckland in both short and long hurdles and also achieved a 93% age grade performance in the 300mH.

Other finalist was:

- Gail Kirkman (Southland)

Jumps - Lois Anderson (Canterbury)

Lois won golds in the long and triple jump at the World Masters Games in Auckland and had other good performances in both vertical and horizontal jumps, topped off with a NZ record in the high jump at NZMA champs.

Other finalists were:

- Gail Kirkman (Southland)
- Judy Hammond (Wellington)

Throws - Glen Watts (Canterbury)

Shot put, hammer and the weight were three implements in which Glen consistently recorded high percentages, and won South Island and NZ titles.

Other finalists included:

- Raylene Bates (Otago)
- Marcia Petley (Waikato-Bay of Plenty)
- Justine Whitaker (Canterbury)

Combined Events - Jill Hayman (Auckland)

Jill won a gold medal in the heptathlon at the World Masters Games in Auckland and an NZ pentathlon title.

Other finalists were:

- Tui Ashe (Auckland)
- Barbara Austin (Northland)
- Raylene Bates (Otago)

Walks - Jacqueline Wilson (Wellington)

Jacqueline won two world titles at the World Masters Indoor Champs in Daegu, three gold medals at World Masters Games in Auckland, broke a national record and achieved a 95% performance.

Other finalists were:

- Daphne Jones (Wellington)
- Corinne Smith (Northland)

Men

Sprints - Trevor Guptill (Auckland)

Trevor set a new NZ record in the 60m, won medals at the World Masters Games in Auckland and the World Masters Indoor Champs in Daegu.

Other finalists were:

- Ben Potter (Auckland)
- David Reade (Wellington)

Middle Distance - Andrew Davenport (Manawatu-Wanganui)

Andrew won a toughly contested category through winning two golds at the World Masters Games in Auckland and scoring over 90% in the process.

Other finalists were:

- Ian Calder (Northland)
- Ian Carter (Tasman)
- Tony McManus (Canterbury)

Long Distance - Peter Stevens (Wellington)

Peter complemented two gold medals at the World Masters Games in Auckland with gold at NZ Cross Country Champs and silver at NZ Road Champs.

Other finalists were:

- Richard Bennett (Canterbury)
- Steven Day (Wellington)
- Michael Wray (Wellington)

Hurdles - Laurie Malcolmson (Manawatu-Wanganui)

Laurie achieved NZ titles for short and long hurdles, topped by a 94% performance for a new NZ record in the 300m hurdles.

Other finalists were:

- Paul Daborn (Waikato-Bay of Plenty)
- Andrew Davenport (Manawatu-Wanganui)

Jumps - David Anstiss (Auckland)

David won three medals at the World Masters Games in Auckland covering high jump, triple jump and pole vault and had wins in high and triple jump at NZ & North Island Championships.

Other finalists were:

- Jim Blair (Wellington)
- Brian Curry (Manawatu-Wanganui)
- Tuariki Delamere (Auckland)

Throws - Mark Cumming (Auckland)

Mark won two gold medals in the hammer and weight throws and set two national records at the World Masters Games in Auckland.

Other finalists were:

- Jim Blair (Wellington)
- Laini Inivale (Auckland)
- Brian Senior (Canterbury)

Combined Events - David Anstiss (Auckland)

David won a gold medal in the decathlon at the World Masters Games in Auckland and had pentathlon wins at North Island and NZ Championships.

Other finalists were:

- Brian Senior (Canterbury)
- Trevor Wilson (Auckland)

Walks - Mike Parker (Auckland)

Mike won three gold medals at the World Masters Games in Auckland and achieved a 94% age grade performance.

Other finalists were:

- Peter Fox (Taranaki)
- Eric Kemsley (Taranaki)

Colours

NZMA colour awards are awarded to athletes who:

- Set a world masters record
- Win a world masters title
- Achieve a performance of 95% or better on the WMA percentage tables using a GROUP percentage, not an actual age percentage

Age Group Percentages of 95% or more:

- Liz Wilson (60m & 200m) 25/11/17 Interclub at Caledonian Ground
- Veronica Gould (60m) North Island Masters Track & Field Champs
- Gail Kirkman (800m) 4/2/17 & NZ Record
- Loris Reed (1500m, 3000m & Steeples) South Island Masters Track & Field Champs & NZMA Track & Field Champs

World Title Winners:

- Chris Waring (WMIC 60m, 200m & 400m)
- Frances Bayler (WMIC 60m, triple jump & long jump)
- Jacqueline Wilson (WMIC 3000mW, 10k RW)
- Ian Carter (WMIC 800m)
- Jason Cameron (WMIC Cross country)
- Michael Wray (WMIC Cross country)
- Jim Blair (WMIC High jump, triple jump & javelin)

Coaching Corner

by Mike Weddell



If you are coached or are being coached it helps to know what coaching is. A simple definition of a coach is someone who helps you get better at what you are doing.

It is definitely not instructing, although there may be some instruction involved. Instructing is telling someone to do something. Coaching is a two way process, instruction is not. Coaching takes individual differences into account, instruction doesn't.

To get the most out of a coach athlete relationship there should be a lot of discussion and the more experienced the athlete gets the greater their input should be. At the beginning of coaching there will be more instruction as the athlete has little

knowledge or experience to base their input on but the coach should still base his or her decisions on the idiosyncrasies of the athlete.

It is not just about writing a programme and telling the athletes to follow it. The coach should make sure the athlete knows the intent with which it is written how it is meant to be executed and what thought has gone into it.

The coach coaches the mental side of the athlete as well as the physical - it has to be that way in order to help the athlete reach their potential. If it wasn't, all an athlete needs to do is download a random programme from the internet.

2018 OMA Championships – Dunedin

by Bob Schickert

Dunedin turned on great weather and a warm welcome to the over 350 entrants for the 2018 (2017) OMA championships. Dunedin is a beautiful historic city and there were many tourist attractions to visit when not competing.

The LOC headed by Joan Merrilees had done a marvellous job of arranging the program, facilities and all associated matters. The event was well supported by local government and sponsors. The dedicated and well qualified officials from New Zealand and Australia, lead by John Phillips, kept the competition running smoothly over the seven days.

Performance levels of this championship were outstanding with 64 new OMA championship records set, together with many New Zealand and Australian national and club records. The Clem Green Trophy for the highest age graded performance of 94.57% in the 1500m was awarded to Louisa Abram (W55) of Australia for her time of 4:59.36.

Having a Call Room was a new experience for some athletes, but they soon adapted to this requirement. Drug testing was conducted for the first time at an OMA championship and will be a feature for future championships.

The Opening Ceremony treated the athletes to a rousing bagpipe rendition by the Caledonian Society of Otago and a

traditional welcome was performed by a group from a local high school. The Athletes Forum with its topic of “Travelling as an Athlete”, presented by Raylene Bates, was most informative and will assist those who travel overseas for WMA competition. The Athletes Dinner held at Toitu, the Early Settlers Museum, was a very relaxed and enjoyable occasion with the Piping of the Haggis and Scottish dancing entertaining the guests. The work of the LOC was acknowledged during the evening together with thanks to Stan Perkins whose term of office as WMA President finishes in Malaga in September and to Wilma Perkins who has retired from Council.

The OMA Council met prior to the Assembly Annual General Meeting, held on the non-competition day. The next OMA championships were confirmed to be held at Mackay, North Queensland 31 August-7 September 2019, and the bid from Athletics Norfolk Island to host the 2021 OMA championships in January that year was accepted by Council. Two new Council members were elected – Joan Merrilees NZL and Tim Rogers NFI. Seven Honorary Life Memberships were awarded during the AGM.

The OMA Council thanks all who participated in making the 19th Oceania Masters Athletics Championships such a memorable event.

OMA Council Meeting Summary

by Bob Schickert

The 2019 OMA Championships will be conducted in Mackay Queensland 31 August to 7 September on a new track scheduled for completion in early 2019. This should be a great experience in sunny Queensland.

The 2021 OMA Championships have been allocated to Norfolk Island. Proposed dates are 17 to 23 January. Norfolk Island has previously hosted the OMA Championships and those, including myself, who have attended have had an experience not to be missed.

As shown in the AGM minutes there are now two Pacific Island nation representatives on the Council.

The Clem Green Trophy for the best age graded 1500 metre result in the Dunedin Championship was won by Louisa Abram AUS W55 with a 94.57% result. Her name will be engraved on the trophy which is displayed at OMA Championships.

The new OMA flag was flown in Dunedin during the Championships.

Drug testing was carried out for the first time at an OMA Championship.

The age bands for Cross Country teams need review with the WMA/OMA reduction to a 6 K for athletes 70+.

The total age for 4 X 100 and medley relays is to be calculated using actual age for each of the athletes in the team not the age group.

George White AUS a long serving Council member and President of Masters Athletics South Australia was unable to attend Dunedin due to health issues. He was greatly missed. The good news is that George is making a steady recovery.



L to R: WMA President Stan Perkins, Dunedin LOC Chairperson Joan Merrilees, OMA President Lynne Schickert and Hazel McDonnell representing Athletics North Queensland

Northland

by Margaret Crooke, Colin Macleod & Judith Stewart



Back row: L to R: Dave Eastmond, Ian Calder, Mark Lett, Judith Stewart, Nigel Stewart, Beth Macleod, Lynn Fraser, Colin Macleod
Front row: Lucy Andrews, Delwyn Smith, Margaret Crooke

Oceania Masters Champs (by Colin Macleod & Judith Stewart)

Fourteen Northland Masters Athletes plus supporters travelled south to the Oceania Masters Track and Field Championships held in Dunedin in late January. The weather was sunny and warm, like it is in Northland which made us feel at home. The event was very well organised and we congratulate the Otago Centre and all the officials.

A total of 60 medals were won by Northlanders - not bad going for the number down there. The full results give the details but special mention to:

- Mark Lett and Delwyn Smith who have persevered to master the pole vault - Mark set a new Oceania record;
- Nancy Bowmar, Dave Eastmond, Lucy Andrews, Margaret Crooke and Clasina Van der Veecken for entering so many events and completing them. Clasina set a new W85 60m record breaking the old one in half;
- Ian Calder who dominated the middle distance events in his new M60 age group;
- Judith Stewart for strong running in the longer events;
- Willie Bowmar who ran over all the steeplechase hurdles and without any swimming;
- Lynn Fraser W80 returning to masters competitions after a break.

To the Otago Masters LOC, thanks for hosting us. We all enjoyed a well organised event and may I (Judith) add the cross country course was one of the best I have run at for a long time.

The dinner with the ‘Ode to the Haggis’ (Scottish theme) was very entertaining and well done by the team, the evening was very relaxing and a great way to catch up with fellow master athletes.

Thank you for your hard work Dunedin.

NZMA Champs (by Margaret Crooke)

All the athletes who have just completed the NZMA Championships in Whangarei may not agree with the weather in Northland being sunny. Has anybody gone home with web feet? Weather did make for trying conditions for the officials to work in and we take our hats off to them for a job well done. We would like to thank all the competitors who ventured north; with the record number of entries it certainly put a strain on the resources.

I would like to say a big thank you to Peter Baillie, Ian and Heather Carter and Jodie Crooke who worked away in the control room, fixing the computer issues. Without your efforts we would not have managed to produce results. We also thank Ian Babe for keeping people informed of what was happening over the three days with no relief.

There will no doubt be other write ups on the championships but one thing that stands out is the number of people in the grandstand watching or waiting to compete and the men’s 1500m, so great to see the numbers entered and the close running. To all those who spent extra time in the north exploring our area, we hope you enjoyed it. “Love it here” Whangarei.

Waikato/Bay of Plenty

by Murray Clarkson

Since our last report, we have had an influx of new members due to the Oceania Championships and NZMA Nationals. These are approximately 50/50 NZMA & ANZ registered members. We still have some competing who have yet to join the Centre.

Centre Championships

We had a successful championships meeting in conjunction with the AWBOP Centre although the throwing events proved a challenge along with the need to make sure the computer system could handle the age criteria. We needed to transfer results to Sportscore to get % age results. With 30 competitors in the hammer throw alone it was evident that either more facilities were needed or the competition throws shortened. This would not suit the senior & junior athletes. Next year with the events being held in Tauranga the facilities to cater for this should be available.

Trophy Day

We have 16 trophies of which 12 are contested for at this meeting. Results are age-graded, 10 are for individual events and 2 for a multi-event challenge. This is conducted over 4 events, one of which must be either track or field. The overall result is not known until the end of the competition as different % age grades apply to different events. The Men's trophy was won by Bruce Solomon only 2.8% points ahead of Stephen Burdon. The Ladies trophy was won by Sheryl Gower. Congratulations to the other trophy winners, which are listed on our website. A surprise winner was John McInnes from Wellington who is staying in Tauranga and came to our event for some master's hospitality. He won our Visitors trophy and really enjoyed the day.



Winner of the Brendan Magill Trophy Presentation 2018 - Stephen Te Whaiti (centre)

New this year were the Brendan Magill/Traction Tyres Memorial trophies for the men's and women's javelin. The inaugural winners were Stephen Te Whaiti and Jill Sherburn. The above photo is of Stephen receiving the trophy holding Brendan's javelin which Brendan's family presented to him.

NZMA T&F Championships

We were again well represented at this event, supplying 37 competitors and key officials. As Track & Start Referee, I needed to rely on some more experienced officials to get the job done. I thank those involved. Our participation numbers were second only to Auckland and our athletes took home 65 gold, 37 silver and 14 bronze medals – which was a great effort.

Whangarei was not able to turn on fine weather but at least it was warm. The Northland Centre did an excellent job with limited resources available to them. We thank the other centres for assisting and especially Kent Phillips who was called in at the last minute to co-ordinate the officials. Many new masters were introduced to our type of competition and we hope they continue their support.

Local News

The Tauranga Domain has now been re-surfaced and is in the final stages of line marking (including for masters hurdles). Our whole season has been disrupted but the result has been worthwhile. We look forward to hosting a master's event here in the near future. We welcome Bev Savage back after having a forced break. She is a willing teacher, competent competitor and official who will strengthen our throws team. Our winter programme will continue this year with some events combined with club activities in the various outposts.

Manawatu/Wanganui

by Jen Fee

It's hard to believe that another summer season has pretty much been wrapped up, and in our region we have now got a new track surface to train and compete on, thanks to the lanes finally being marked last week. While the track has been being resurfaced we tried to 'take it to the regions'. However we only managed one trip to Wanganui in mid-January and since we failed to gain any new numbers this may not be a regular event...

Oceania's threw out our regular schedule with athletes making the most of having them in our own country ... and those that went were rewarded with new friendships and great competition. We ended up holding our biggest event of the summer in Cooks Gardens, Wanganui in February, with 20 athletes competing in the Colleena Blair Memorial Teams Age-Grade Shield Challenge.

This is the third year that this challenge has been held and having the Manawatu-Wanganui region host it since we are the central location between the challenging regions, it was

hoped that athletes would make it a feature on their calendars. Hopefully it will be back to Wellington Anniversary weekend again next summer. Taranaki was again missing in action but the other three regions battled it out in the bright sunshine and even with having so few athletes, Wellington managed to clean up the age-grading ... and take out the shield. Congratulations to Judy Hammond for breaking a record in the high jump and Bruce Allen (Hawkes Bay/Gisborne) for setting Club records in all of his field events.

I must congratulate our local athletes for competing well in the NZMA champs in Whangarei. Congratulations also to Laurie Malcolmson for being awarded the Male Hurdler of the Year, Andrew Davenport for Male Middle Distance Runner of the Year, and Francie Bayler for gaining her colours after great results in Daegu and a 20 Year service pin and also Laurie and Jill Evans for their 10 year pins. Great job Dale McMillan for getting gold in your first Pentathlon event! We look forward to great things!



Brayden Grant leads Adam Gallagher in the 800m at the NZMA T&F Championships in Whangarei

Auckland

by Chris Thompson

AMA Meet Two – 28 January 2018

Our second AMA Meeting was held in very warm conditions during a very hot spell of weather in Auckland. Fifty entries were received and a full meeting ensued.

The only AMA record set was Anne Goulter (W55) who threw 11.96m in the weight throw. On the track the 60m in the M40 and M45 groups had most entries with close fought finishes, with Wayne Holroyd winning the M40 in 7.56s and Steve Hargreaves the M45 in 7.86s.

Unfortunately, at times the electronic timing failed to work and some events missed any recorded times. We always try to do our best but sometimes 'gremlins' are at work and times are not recorded.

The closest race was in the M55 1500m where Alastair Prangnell won in 4:57:31 and pipped Ken Walker by one second! The margin between the two men stretched to about 8 seconds in the 3000m.

Racewalking was on our programme and drew a small number of racewalkers along with a few of our members, so we saw six complete the 3000m race walk.

Seventeen athletes took part in the discus with Megan Richardson (W45) the furthest lady with 28.85m. Laini Inivale (M50) was the best male with 37.07m. Similar numbers took part in the javelin with Andy Richardson (M50) producing the longest throw of 40.34m.

Oceania Masters Champs – Dunedin - 20-27 January 2018

Seventeen AMA athletes ventured south to attend the Oceania Masters Champs in Dunedin. It was a very successful campaign with 43 golds, 15 silvers and 14 bronzes won. The most prolific winners were: Ron Johnson (M85) with 12 golds and a silver; Andy Richardson (M50) with 6 golds and a silver; Laini Inivale (M50) with 5 golds; and David Anstiss (M70) with 5 golds and 2 silvers.

A truckload of records were broken by AMA athletes - 21 AMA records, 10 NZMA records and 11 Oceania Masters records. The most prolific record breaker was Ron Johnson with 12 AMA, 5 NZMA and 7 Oceania records.

Auckland Champs – 11 & 25 February 2018

Seventy-four entries were received over both days of our champs. The vast majority were ANZ club members, including a few new faces. We welcome Sophar Rach (Waitakere), Michelle Hopkins (NHB) and Tarres Chitar (AMA) to our fold. Unfortunately Day One was wet and got wetter with heavy

rain curtailing the high jump, 200m and hurdles towards the end of the day.

It was not a day for records, but in the throws events, Anne Goulter (W55) with 11.78m was not far short of her AMA weight throw record. WMG Champion Mark Cumming (M55) threw 17.57m in winning his M55 weight throw.

On the track, the M40 60m drew the quickest three of the day. Wayne Holroyd won in 7.56s, followed by Mark Lambert in 7.79s and Richard Swift in 7.84. All three sprinters are out of the NHB Club. Wayne also ran 11.96s in the 100m.

Day Two saw the champs completed on a warm summers' day with several NZMA and local records broken. New sprinting star Wayne Holroyd broke the NZMA M40 400m record with a new time of 52.38s. He also cleaned up in the 100m with 11.63s.

The male sprinters through the age groups of M40, M45 and M50 are growing in numbers with very competitive races. Steve Hargreaves led home four others in the M45 100m with 12.07s. New member Matthew Dodd beat three others in the M50 100m with a time of 13.80s.

The highlight in the field was Mark Cumming (M55) throwing the 6kg hammer over 50m for the first time this season. The pole vault was resurrected for our champs, with a growing renewed interest in this event now amongst masters. Three Northland athletes also participated. Sonja Bowe (W40) set a new local record with 2.30m and Mark Judge (M60) from Northland set a new NZMA record with 3.20m. Yet again this season Ron Johnson (M85) set a new NZMA record, this time in the triple jump with 5.37m.

NZMA Champs – Whangarei- 1-3 March 2018

Seventy-eight Auckland athletes ventured north to compete in the NZMA Champs hosted by Northland at Trigg Stadium. It was a very successful meet as the following data indicates - 72 athletes won 113 golds, 72 silvers and 45 bronze medals. These athletes between them also broke 17 AMA, 9 NZMA and 24 NZMA Championship records.

Newcomer Adam Gallagher (M30) set three new AMA records - 800m 2:07.17, 1500m 4:20.70 and 3000m 9:34.88. Evergreen Ron Johnson (M85) was busy collecting many titles and breaking multiple records including NZMA records in the triple jump, pole vault and javelin along with local and NZMA Champs records. Trevor Guptill (M70) had a wind reading against him when winning the 60m in 8.58s, but broke records in 100m with 13.96s and 200m in 29.38s.

PHOTO: Sharon Wray



M70 200m (L to R) Trevor Guptill (7013), Alan Dougall (7011), Wolfgang Schenk (partially obscured) and Tony Deleiros (7012) at the NZMA T&F Championships

PHOTO: Sharon Wray



David Anstiss in the M70 80m hurdles at the NZMA T&F Championships



Women's weight throwers at the Oceania Masters Championships in Dunedin

PHOTO: Sharon Wray



Wayne Holroyd (4013) leading Mark Lambert (4017) in the 200m at the NZMA T&F Championships

PHOTO: Sharon Wray



Christine Adamson 2nd woman overall in the 5000m and 1st W60 at the NZMA T&F Championships



Women's javelin throwers at the Oceania Masters Championships in Dunedin

Taranaki

by Vicky Jones

It's been ages since we've seen such a long, hot summer and boy are things heating up in more ways than one as we head into the business end of the season. I daresay the heat and humidity has had an impact on performances but then again, it is summer! This part of the season is more packed than usual with Oceania championships in Dunedin kicking off the New Year, followed by our regional championships, and NZ Masters in Whangarei capping off things.

Oceania Masters Championships, 20-27 January 2018 - Dunedin

Only 4 members ended up embarking on the trip to Dunedin donning the NZ singlet at the Oceania Championships. All 4 of us - Des Phillips (M65), Serena Coombes (W50), Alan Jones (M70) and myself - were not only regional representatives, we were all town representatives (residing in Inglewood). It became one of our most successful outings, as we each came away with 4 medals. Alan went from having 4 'tin' medals (4th placings) in Rarotonga to 4 actual medals - bronze in the 6km cross country, 400m and 1500, and a silver teams medal in the cross country. Des earned his first ever Oceania gold in the 300m long hurdles, accompanied by silver in high jump, triple jump and long jump. Serena earned silver in the 3000m walk, 5000m walk and 10km road walk, and along with myself and Wellington's Terri Grimmett earned team gold in the 10km road walk. I earned individual golds in the W35 grade for the 3000m walk, 5000m walk and 10km road walk.

Dunedin gave us a number of memorable moments. Serena had the unfortunate situation of being forced to do an extra lap in the 5000m walk, which was duly looked into and remedied. Her eventual time meant she has equalled her Taranaki record twice. Alan alas produced a Sylvia Potts moment when he was caught by surprise in his 400m by his French Polynesian rival coming up fast on the inside. Somehow he caught his foot with his spikes and took a tumble. After taking a brief moment to collect himself he was quickly back on his feet and crossed the line. The silver lining was he still claimed bronze. Despite these incidents, the overall experience was extremely positive and it was so nice to catch up with and mix with everyone, not just fellow Kiwis but the Aussies and members from the Pacific Islands.

Taranaki T& F Championships, 24 February 2018 - Inglewood

As has happened in previous years, other than the specific championships on 24 February, a number of events have been distributed between Egmont Athletics and Inglewood Athletics club nights. In addition, the centre hosted the ANZ and NZMA 10,000m championships on championship night. Entries this year were pleasing.

Conditions were absolutely perfect - hot, clear and sunny, with a bit of a breeze which died down in time for the main 10,000m event. Competition was equally as hot, with Craig Marriott and Dennis Gibbons going toe-to-toe in the M45 grade, which Craig dominated as demonstrated by the over one metre smashing of the discus record that he surpassed twice. In the W45 grade, competition was tight between Sandra Morratti and Beverley Rothe of Inglewood Athletics, with Beverley overall victor. Sandra was able to peg one back in the javelin. It was heartening to have one of the youngest masters, Hayden Shearman, flying the flag for the fledgling Kaitake Athletic club. Karen Gillum-Green marked her road back to competition in her new age group with an excellent 100m. Conversely, Des Phillips marked his penultimate outing in the M65 grade with strong performances in all the sprints, hurdles and jumps. Joy Baker's competition was remarkable for the lack of it, due to her participation in the 10,000m later on. Her 200m was her only event leading up, wisely conserving her energy.

A handful of events are yet to be held, with the pole vault and weight throw on 7 March, hammer on 13 March, and the 3000m transferred to the last night of Egmont Athletics on 20 March. This was scheduled for 20 Feb, but due to ex-cyclone Gita packing a punch with gale-force winds and power cuts, proceedings had to be cancelled that night.

ANZ/NZMA 10,000m Championships, 24 February 2018 - Inglewood

The turnout for this year's running of the combined ANZ and NZMA 10,000m was very heartening, with 17 entrants compared with 7 last year. Sally Gibbs returned to defend, and ultimately retain her title in the SW section over competitors up to 20 years her junior. There were only 3 entrants under the master's banner, two of whom were Taranaki members - Albie Jane and Joy Baker both in the 65 age brackets, so NZ honours were a mere formality. Congratulations to both!

NZMA T & F Championships, 3-5 March 2018 - Whangarei

Another small group made the trek north to support Northland in their hosting of the NZMA Championships, which for most of us marks the completion of the track and field season. For Des Phillips it marked his final outing in the M65 grade, as his birthday fell mere days afterwards. It was a typically large programme for him with all the sprints (except the 100m), plus the hurdles, steeples and all the jumps. John Payne had an equally sizable programme, muscling his way through all the throws and the 3000m walk. For Karen it was plain sailing in her 100m and 200m. Lynne Mackay claimed honours in the pentathlon, while Allan Thomas in the competitive M60 grade achieved second in the 800m and fourth in the 1500m. A big thanks and congratulations must go to the organisers, officials and volunteers in running a successful meet.

Taranaki T&F Championships Results

5000m Walk (6 Feb)

W35	Vicky Jones	58.54.50 (1)
W50	Serena Coombes	31.05.19 (1) R
W40	Rachel Gilberd	31.39.69 (1)
W65(B)	Joy Baker	39.40.30 (1)
M65	Eric Kemsley	30.01.36 (1) R
	Tony Burrell	31.43.08 (2)
M65(B)	Albie Jane	33.47.97 (1)
	Des Phillips	34.06.60 (2)
M70	John Payne	38.40.27 (1)

5000m (13 Feb)

W65	Joy Baker	25.12.91 (1)
M65	Albie Jane	24.03.02 (1)
	Des Phillips	26.06.21 (2)

1500m

M35	Hayden Shearman	4.19.03 (1)
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3000m Walk

W35	Vicky Jones	23.01.42 (1)
W40	Rachel Gilberd	17.17.52 (1)
W50	Serena Coombes	17.57.29 (1)
M65	Eric Kemsley	16.56.12 (1)
	Tony Burrell	20.01.40 (2)
M70	John Payne	20.01.80 (1)

100m

W40	Rachel Gilberd	17.10 (1)
W45	Sandra Morratti	21.92 (1)
W60	Karen Gillum-Green	16.17 (1)
W65	Lynne Mackay	18.27 (1)
M35	Hayden Shearman	14.59 (1)
M50	Mark Stott	14.39 (1)

200m

W40	Rachel Gilberd	37.36 (1)
W45	Sandra Morratti	49.70 (1)
W65	Joy Baker	36.78 (1)
M50	Mark Stott	29.95 (1)
M65	Des Phillips	35.31 (1)

2000m Steeplechase (28 Feb)

M65	Des Phillips	9.47.12 (1)
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Long Jump

W65	Lynne Mackay	2.84m (1)
M65	Des Phillips	3.53m (1)

Triple Jump

W40	Rachel Gilberd	7.23m (1)
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High Jump

M45	Craig Marriott	1.35m (1)
M65	Des Phillips	1.25m (1)

Shot Put

W45	Beverley Rothe	6.72m (1)
	Sandra Morratti	6.12m (2)
M45	Craig Marriott	9.30m (1)
	Dennis Gibbons	7.37m (2)

Discus

W40	Rachel Gilberd	17.84m (1)
W45	Beverley Rothe	15.02m (1)
	Sandra Morratti	13.59m (2)
M45	Craig Marriott	27.55m (1) R
	Dennis Gibbons	18.46m (2)

Javelin

W40	Rachel Gilberd	13.75m (1)
W45	Sandra Morratti	16.11m (1)
	Beverley Rothe	12.30m (2)
W65	Lynne Mackay	12.55m (1)
M45	Craig Marriott	33.80m (1)
	Dennis Gibbons	18.31m (2)
M70	John Payne	9.00m (1)

400m

M50	Mark Stott	1.07.40 (1)
M65	Des Phillips	1.17.40 (1)

100m Hurdles

M65	Des Phillips	23.53 (1)
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800m

W40	Rachel Gilberd	3.21.75 (1)
W65	Lynne Mackay	3.53.36 (1)
M35	Hayden Shearman	2.15.06 (1)
M60	Allan Thomas	2.41.62 (1)
M65	Des Phillips	2.55.35 (1)
M70	Alan Jones	3.46.13 (1)

Wellington

by Michael Wray

Replacement Track

The Newtown Park track surface replacement was belatedly completed in late January. It was a strangely troubled project. Work had been proceeding well with cooperation from some unusually fine weather. However, the discovery of surface water, whose source was not entirely clear, caused previously laid layers to be removed and the rework ultimately pushed the completion past both the original and contingency dates. The Capital Classic was forced to relocate from the capital and took place at Cooks Gardens in Whanganui. In the interim, Wellington had to make do without a central track and Masterton took up the slack.

Scottish Night of Miles

The Scottish Night of Miles took place at the Basin Reserve, which proved a popular and successful venue. In the master's men's mile, Andrew Wharton sat behind Stephen Day until kicking past to win in the final half lap. Michael Wray was clear in third place. The fastest master of all - M35 Rowan Hooper - chose to contest the senior B race, which he won. The master's women ran with the senior women. Tamara Winkler was the first masters woman (second overall), with Nat Hardaker and Lindsay Barwick the second and third masters. The walkers contested a combined mile, in which Sean Lake, Clive McGovern and Ian Morton were the first three master's men and for the master's women it was Jacqueline Wilson, Terri Grimmett and Daphne Jones.

Wellington Masters Track & Field Champs

Newtown Park did open in time for the weekend of the Centre Track & Field Champs, offering a full programme apart from the 5000m and 10000m that are scheduled for late March. The new track surface is very springy and I'm told is twice the thickness of before. Whether this is for longevity, performance or to better protect against mysterious water sources I cannot say. What I can say is the design department kept themselves busy while waiting and the newly painted numbers with the 3D shadowing looks very cool.

Michelle Scriven dominated the throws events, Petra Stoeveken and Veronica Gould were our lead sprinters and Helen Willis the middle distance. The steeplechase was probably the pick of the master's women events, where Lyn Clark and Jenny Mason both set new age-group records.

For the masters men, Shaun Broughton edged out John McInnes in the sprint events, Ben Winder set the tone for the middle distance in the younger set and Eddie Soria was the main man in throwing events. For the middle group, Gary Rawson was our top jumper, Graham McPhail the thrower, Alessandra Pinna was the headline sprinter and Peter Stevens decided to run just about every event. Our older masters pitted Gordon Cameron against Peter Jack in the throws and the two seemed to take turns to win. Gordon Cameron was also the lead sprinter and Marshall Clark the distance runner.

In the 3000m track walk, Peter Baillie was the clear winner in the masters but he finished behind Sean Lake (M40 but opted to contest seniors). The master's women are contesting for double honours in the 3000m walk. As well as the Wellington titles, the best age-grade percentage wins the Noeleen Perry Memorial Trophy. Since its inauguration in 2015, Jackie Wilson has won it every year. This was no exception and Jackie's 100% record was maintained as she is the award winner for the fourth consecutive year.



Judy Hammond breaking her record at the Colleena Blair Memorial Challenge



Brian Curry (MWA) at the Colleena Blair Memorial Challenge



Jim Blair (WGN) at the Colleena Blair Memorial Challenge



Veronica Gould (WGN) takes out the sprint finish in the 100m from Sheryl Gower (WBP)



Veronica Gould - 1st W65 long jump



Sharon Wray demonstrates her stylish vaulting technique



Judy Hammond was the 1st W80 in the long jump



Jacqueline Wilson relaxes with Liz Bentle in the stands after the race



Wellington 5000m walkers - Back row: Peter Tearle, Daphine Jones, John Hines, Terri Grimmett, Clive McGovern, Geoff Iremonger, Arlene Wong-Tung, Front row: Sean Lake, Jacqueline Wilson and Joseph Antcliff

PHOTOS: Kevin Blair

PHOTOS: Sharon Wray

PHOTO: Michael Wray

PHOTOS: Sharon Wray

Canterbury

by Andrew Stark



Malcolm Cornelius (1st M50) 800m

It is March 2018 and if I had been asked two years ago, "would we have a new track by now?", I would have said yes. But alas, the wet winter last year put paid to that. As I write this report it's been raining steady for 24 hours and no signs of it passing. The photo shows an aerial shot of the new track as it was on Monday 19 March. Polytan have just started pouring the gel compound that gives the track its bounce. To complete the process, they need fine and warm weather for at least two weeks before winter starts. There is still so much to do before we finally get a new track and surrounding facility. More information can be found on the Christchurch City Council website, and Nga Puna Wai Sports Hub page.

At the local level, not having an all-weather track has greatly affected participation numbers for senior and masters aged athletes, particularly in the past few seasons. During this season, we had about 40 masters competing. A far cry for the 160 registered members back in 2010.

NZMA Championships 2019

In the 2018-2019 season Canterbury is down to host the NZMA Championships.



Nga Puna Wai aerial shot

With the continual delays and uncertainty about the completion of and the availability of the new venue at Nga Puna Wai, we have reluctantly decided to move the event to Timaru. This decision was not made lightly, but in consultation with Athletics Canterbury. The reality is that we work closely together and to run NZMA Championships in Christchurch, along with three other major meetings, is too much to expect in the first season of operation in an untested and possibly incomplete venue. We are also due to have Athletic NZ Championships here in March next season, which will be a challenge!!

There are no longer enough CMA officials to run this event without the help of Athletics Canterbury. Their officials have worked hard over the past seven years, under difficult circumstances to keep the sport 'alive' in this region and they have done a fantastic job. What they need now is time to prepare the new venue and make sure it is 'fit for purpose', rather than being over committed to put on numerous major events, all in the first season of opening.

Season in review

Generally, we have had a relatively quiet season, with fewer than normal members turning up to compete at interclub. There were 40 masters who competed throughout the season, with 30 attending our CMA Championships held in February. At the time of compiling this report, I did not have all records information available, however this can be viewed on the CMA website in the near future.

The following records were broken that I do know about included the following:

1. Loris Reed (W70) 2000m steeplechase, 9:43.19 (WMA, NZMA, CMA & SI record)
2. Helena Dinnissen (W30) 60m, 8.21 (NZMA & CMA record)
3. Helena Dinnissen (W30) triple Jump, 10.84m (NZMA & CMA record)
4. Louise Martin (W50) 80m hurdles, 13.55 (NZMA & CMA record)
5. Lois Anderson (W70) pentathlon, 2764 points (NZMA & CMA record)

I finished off last April's report with a comment that we should be at the new venue by the time I write the January 2018 report. Well we weren't, so this time I will say nothing.

Tasman

by Derek Shaw

Oceania Masters Athletics Champs

The 10-person Tasman team won a total of 35 individual medals - 12 golds, 13 silvers and 10 bronzes - plus another ten team medals in the various team competitions and relays.

The in-form Joeline Jones (W35) had a clean sweep in her four sprints convincingly winning her 60m (8.34s), 100m (13.28s), 200m (27.15) and 400m (61.94s). She also won a bronze medal with her 4.30m long jump. She subsequently learned that her 60m performance was a new NZ record.

Murray Hart (M60) medalled in eight of his nine individual events. He demonstrated his versatility winning silvers in his 200m (29.45s) and javelin (23.71m), and bronzes in the 400m (64.57s) and long jump (4.11m). In his more usual events he won golds in his 8km cross country (35:15.00) and 2000m steeplechase (8:03.79) and silvers in his 1500m (5:05.78) and 5000m (19:01.88) and was sixth in a highly competitive 800m (2:35.93).

Kirsty Richmond (W40), despite being hampered by a leg injury won three of her four field events - high jump (1.30m), discus (22.03m) and javelin (23.38m) and was second in her long jump (3.83m).

Tim Cross (M55) won his 1500m (5:08.47) with a well judged finish to take the lead in the home straight and also his 3000m steeplechase (12:52.56). He was third in the 8km cross country (34:34) and a close fourth in the 5000m (19:09.53).

Dave Riddell (M60) had a full programme and won three bronze medals in his more favoured sprints - 60m (9.04s), 100m (14.61s), 200m (29.45s). He was fourth in his 400m (66.80s), and 5000m (21:43.22), fifth in 1500m (5:37.64) and seventh in 800m (2:42.40) and 1500m (5:37.64). He won silver in the half marathon (1:57:20.6). Robbie Barnes (M50) also won silver in the half marathon (1:28:39.0) in his only event at the champs.

The two athletes in the M65 age group produced a one-two result for Tasman Masters in the 2000m steeplechase with Derek Shaw (9:00.56) claiming first followed by Ian Morrison (9:19.77). In the 8km cross country Shaw was third (37:50.60) and Morrison fourth (39:07). Shaw also won a bronze in his 5000m (20:48.77) and silver in his 1500m (5:41.61). He was also fourth in his 800m (73.81s) and fifth in his 400m (73.81).

In the race walking events Jim Kerse (M65) was second in both his 10000m road walk (1:22:53.00) and 5000m track walk (40:21.03) and third in the 3000m track walk. In her first serious race walk Claire McKenzie (W55) won silver in 22:17.91.

Unfortunately Dave Riddell was disqualified in his first 3000m track walk.

In the 4 x 100m relays, Hart and Riddell were members of the winning NZ team in the 200 - 239 group, Shaw was in the NZ team that won silver in the 240+ age group and Cross was in the NZ team that was third. In the medley relay 200-239 group Hart was a member of the winning NZ team and Riddell was a member of the winning 240+ NZ team and also won a silver team medal in the M60-69 age group in the half marathon. Jim Kerse was a member of the winning NZ team in 10000m race walk.

NZMA T&F Champs

Another ten-person Tasman team participated in these champs and collectively won 23 gold, 13 silver and 2 bronze medals and three athletes set new NZ National and championship records.

Joeline Jones (W35) was informed just prior to her 60m race that she now held the W35 60m NZ National record following her 8.34s effort at the Oceania champs. Her response to this news was a scorching run of 8.31 to lower her NZ National record and her NZ Championship record of 8.80s set at last year's champs. She went on to continue her fastest times for women at the champs with decisive wins in the 100m (13.44), 200m (27.67) and 400m (62.34) to take home 4 golds.

Dave Hansen (M40) was also in record breaking form when he contested the track pentathlon on the Sunday and scored a total of 2999 points, smashing the previous record of 2286 points. This added to his M35 pentathlon record he set at last year's champs. Earlier he had won his individual high jump (1.67m), long jump (5.82m), shot put (11.82m), discus (36.79m) and was second in his 400m (54.82s). He was also fourth in his competitive 100m (12.58) and finished a gruelling weekend with 5 golds and a silver medal.

Kirsty Richmond (W40) also broke her existing pentathlon NZ national and championship records of 1919 points set at last year's champs with her 1990 points. She also won her individual high jump (1.42m) and javelin (23.48m), and was second in her shot put (8.72m) and discus (25.24m). In her long jump (4.15m) and triple jump (8.77m) she was second to fellow Tasman athlete Liezel de Wet (W40) who claimed first places with jumps of 4.59m in the long and 9.03m in the triple - the greatest distances of all the women. Richmond finished with 3 gold and 4 silver medals from her seven events.

(continued overleaf)

In the M55 age group Cliff Bowman marked his comeback with a strong run in the 3000m (10:14.55) to claim second place just under 3s behind the winner. Tim Cross (M55) was third in the 3000m (11:29.76), first in the 3000m steeplechase (11:29.76) and second in both the 800m (2:44.71) and 1500m (5:10.50).

In the M60 age group Steve Low claimed the gold in his specialist 400m (63.93) to hold off the NZMA President Andrew Stark (64.71) with Dave Riddell (66.47) third. Riddell, who had competed in the 84km Old Ghost Road event on the preceding weekend, set himself a challenge of eight races. Although he scratched from the 3000m, he completed the other seven and medalled in six of these. He won his 5000m (21:39.09), was second in his 60m (9.06), 100m (14.5) and 1500m (5:34.67) and third in his 200m (30.78).

In the M65 age group there was also two Tasman athletes – Ian Carter and Derek Shaw. After an injury break, Carter displayed the form that won him the World Indoor 800m title last year with comfortable wins in the 800m (23:36.07) and the 1500m (5:26.02) with Shaw second in both the 800m (2:51.74) and 1500m (5:45.00). Shaw won his other four races, including his first 400m title in 73.87s. Thirty minutes later he won the 3000m (12:30.35). He had his fifth win in the last six years in the 2000m steeplechase (9:09.75). His 5000m (21:43.72) in steady rain was a close tussle with Northland's John Kent during which the lead changed four times before his final kick with 300m to go.

Hawke's Bay/Gisborne

by Merv Dudley (aka Papa Moose)

We, like everyone else, have had athletes competing at various competitions over the last few months. Results have been published, so rather than reprint what's available, I have decided to give you a little light thought provoking reading. As we age everything seems to hurt more and takes longer to recover - this piece may help.

How to get back on the track from niggling injuries

Your pain signals increase your heart rate, but the sneaky thing about pain signals is that you can't always feel them. In the case of muscle tissue that has a bunch of knots, restrictions or scar tissue, there are pain receptors buried within each restriction. We've all got them.

These bad boys are called Type IV mechanoreceptors and they are there to tell you not to bump into an injury while it is healing. Unfortunately, when you work out just a bit too hard or you go for a run and get 'extra' sore on one leg, you are generally forming restrictions.

The pure nature of working out is that you create micro tears in your muscles, these tears repair, and your muscle grows or your metabolism rises, depending upon your intended effect.

So when the 'minor' injury turns to 'moderate' injury by accident, your body heals with myofascial restriction and/or scar tissue. This is just a 'bundling' type effect that takes place in order to protect the area that experienced too much stretch or compression, until it is fully healed. However, when the restriction is never released, it stays, and so do those Type IV

pressure receptors. I can feel your pain, I hear you!

Over time, you get used to this minor pull feeling, and you barely even notice it taking place. It's not until someone goes to massage the muscle that you realize how restricted you are. All the while, there are sub-sensory pain signals being sent to your brain and letting your brain know that there is an injury in this area. Your brain, in turn, sends a signal to block a strong muscle contraction from happening, thereby decreasing the risk of injuring the muscle further. Do we listen?

It's a pretty smart system, at first, but then it can actually harm your fat loss results, assuming of course, fat loss is a goal. It is for us throwers....

It's recommended you take the time to release the various restrictions your body might have. I'm not telling you to suck eggs here, but this is best done through the use of a foam roll or tennis ball, and releasing myofascial restrictions one at a time. Essentially, you're just realigning small bits of scar tissue with pressure in a perpendicular direction to your muscle fibres.

This strengthens the original muscle tissue and allows your Type IV pressure receptors to be re-absorbed back into your bloodstream. The sub-sensory pain signals go away, and your muscle recruitment improves. 'Recruit more muscle and you can lose more fat.'

Go try this out now and be surprised how much faster, stronger and athletic you'll feel.

Otago

by John Stinson

Oceania Masters Athletics Championships

The highlight of the 2017-18 track and field season for Otago Masters was the hosting of the 19th Oceania Masters Athletics Championships in Dunedin 20-27 January 2018. While the formal debrief for the championships has yet to be held, the Local Organising Committee led by Joan Merrilees can take huge satisfaction for the efficient and friendly manner in which the championships were conducted. The program flowed smoothly from day to day with all events starting promptly on time and with minimal problems. Feedback received has proved overwhelmingly positive and the glorious weather (there was the odd complaint received about the heat) capped a wonderful week of competition for everyone.

Otago athletes performed exceptionally well throughout the championships, setting numerous records and featuring regularly among the medal winners. This would have given great pleasure to local athletics stalwart Ron Cain QSM, the main medal presenter throughout the championships. With his lifetime of service to athletics and still maintaining a strong and active interest, Ron was the ideal person to fill this important role and all athletes enjoyed sharing their moments of triumph with him on the podium. A total of 8 Oceania records were set during the competition.

News from Otago Masters Committee meeting

At the monthly Committee meeting on 21 February 2018 the decision was made to postpone the Annual Peggy Calder Memorial Interclub Meeting until later in the year due to all the other commitments faced by master's athletes in what has been an exceptionally demanding season. The annual 5km self handicap race will be held at the Caledonian Ground on Thursday 8 March. A full discussion was held on the Notice of Motion from the Waikato Bay of Plenty Association



Liz Wilson wins the W55 400m sprint



Alison Newell in the Pole Vault

on the Memorandum of Understanding between NZ Masters Athletics and Athletics NZ to be presented at the NZMA AGM. While not agreeing with all the points raised by Waikato Bay of Plenty, the Otago Masters will in principle support the proposed Notice of Motion for the overall benefit of NZ Masters Athletics.

Otago Nominees

The following Otago athletes have been nominated for the NZ Masters Athlete of the Year Awards:

- Geoff Anderson - middle and long distance;
- Peter Fitzgerald - middle distance;
- Phil Napper - middle distance;
- Raylene Bates - throws and multi events;
- Claire Giles - multi events and hurdles;
- Alison Newell - jumps; and
- Liz Wilson - sprints.

Otago Championships

On 24 February when participating in the Otago Track and Field Championships held at the Caledonian Ground, Alison Newell topped off her best season by breaking her own NZ and Otago W50 pole vault record with a leap of 2.05m. Alison has only added the pole vault to her events program during the current season and is making remarkable progress in such a highly technical discipline. Alison also took out the Otago W50 triple jump with 7.57m. In total, Alison has broken two NZ and seven Otago records this season. Claire Giles also showed great form at the Otago Championships winning the W60 80m hurdles in 18.12s, the 300m hurdles in 65.59s, and the long jump with 3.55m coupled with second placings in both the 100m and 200m.

Southland

by Dwight Grieve

Track and field time - unleash the speed and strength !!!!!!!!!!!!!

Lance Smith Trophy

Recently Alistair Hatton had a great idea. He is an athlete that gives all a go and although he may not be the fastest man on the track, he is what I call "the glue" that holds a sport together as he helps and supports all that is going on. Alistair recently organised a tribute to one of Southland top coaches, Lance Smith.

Lance has been the backbone of athletics for an extended period now. Many of our young athletes have been guided and supported by him to higher honours - international scholarships, regional and national titles and records. There is little doubt that Lance has kept our sport alive and well in the south for many years.

Alistair had "The Lance Smith Trophy" commissioned and it has been nominated for first master home in the Southland 3000m champs. Gore club traditionally hosts this event and recently Craig Iverson won the masters section. As an athlete being guided by Lance, Craig's name is fittingly the first name on the trophy.

A token of Southland's appreciation of Lances work, a great win for Craig an up and coming masters runner who is improving fast, and a pat on the back for Alistair for your good idea and work.

2018 Oceania Masters Athletic Champs

Dunedin hosted the Oceania's this year and I had some real problems! Normally I can keep track of all the achievements of Southland athletes, but we had 23 athletes having a crack which was awesome. Everywhere I looked Southlanders.

I have tried to work out how all went but simply don't have room to write up all your great efforts. By my research Southland won 36 gold, 24 silver and 7 bronze medals. This covered everything from half marathon, sprints, throws and even para events where Phil Hansford took out 3 golds.

Records also fell as Gail (Fiordland Flyer) Kirkman took 5 NZ records and 5 Oceania records and Warren Green an Oceania record - simply amazing. Gail continues to be a top performer and rewarded for her dedication, even though for the first time ever I saw her beaten! Warren rewarded for his hard work and versatility in the multi events.

Kylea Gough and Scott Belesky dominated the younger age groups in the sprints while Glynss Jones and Alistair McKay did the same in the older age brackets. Alistair is over 90 and his races against another 90+ rival were great to watch. The competitive spirit doesn't wane with age as they really went hard out.

Bruce Thomson lead the middle-distance brigade but he had some tough opposition, but still managed some medals for his efforts.

Kylie Davidson also performed very well with a gold and silver. Southland stalwart Evan McIntosh sadly injured himself on day two and had to sit out the rest of the event.

The distance team gained some top results. The best performances came from Debbie Telfer, who ran very intelligently and to her strengths, making her very hard to beat. Dwight Grieve won all his events including a little dabble in the 4 x 100m. Cory Mennell made a welcome return after an extended injury break, while Barrie Sheehey topped his traditional walking events. Craig Iverson deserves an extra note. He only started about a year ago and his times are dropping fast. His enthusiasm is great to see and he was rewarded with 2 golds and 2 silvers. Even Gary Kirkman had a go using the fast track to help his up coming marathon plans.

Many missed that a NZ ultra running identity also raced for Southland. Dunedin-based Jamie Sinclair has run ultra mountain marathons for years. Now over the 60 years mark, he took on for the first time ever the dreaded "track" - 400m of scary flat oval in the 5000m. It was great to see him giving it a crack and showing our sport is universal. He did indicate afterwards that he found a nice steep mountain climb much easier?

The multi pairing of Les Scown and Warren Green had a great time, with both winning their age groups and still improving. Gail Kirkman showed her extensive skills in doing the penthalon and breaking records throughout the events.

The throwers were there in numbers. The traditional pair of Mark Flaus and Lester Laughton were their normal consistent selves, while Lee Grieve lead the way for the ladies and even had a crack at a couple of sprints. Phil Hansford took the para throws medals. Angie Patterson made a first up appearance and took a gold home while it was also great to see the return of Grant Gerkin. Grant is a previous Southland senior champ and made a return in the throws pentathlon.

Thanks also to all that helped make Southland known at the event, especially Lyla Belesky who was the brains behind the Southland tent - a home away from home including couch, TV, flowers, lava lamp etc. We are there to compete, but also for some fun. Also thanks to "The Sandfly" for turning up - a fine looking specimen indeed. A big thanks to Otago Masters for a top well organised and run event - much appreciated by team Southland.

2018 NZ Masters Games

I personally LOVE the Masters Games - it is such a blast. We are attempting to run fast but at the same time it is such a friendly event. The mix of regular athletes and people just having a crack creates the right atmosphere. A number of Southlanders backed up from the Oceania to return to Dunedin a week later and enjoy the fun.



Les Scown - Warren Green



1500m podium - Jamie Halla (AKL), Dwight Grieve (centre) and Craig Iverson (right)



Gail Kirkman



The Gerkin twins

I loved trying to follow the Gerkin twins challenge, as Grant came back after the Oceania's to take on his brother Dean - both have previously been top Southland athletes. At the games they took on the weights pentathlon, fighting out each individual discipline while also looking for the real glory in the combined total for the all-round victory. They also had another top thrower who has competed at the top level. The medal dias was hilarious as all three swapped positions for each event, it was like musical chairs as they all had a go at the top, middle and bottom. The brothers are VERY competitive with each other and in the end the deciding factor was an unlucky hammer result for Grant who hit the net and had a series of no throws. This low score being the reason he was narrowly beaten for bragging rights by Dean, who now holds the Gerkin title of being the biggest tosser.

Lee Grieve earned some infamy as well, she attempted all throwing events AND the 100m sprint. The sprint was near the end of the day and fatigue was setting in by the time the gun went off. Kylea Gough lead comfortably but the battle for silver and bronze was neck and neck. Lee gave 110% percent and dived for the line, but maybe a bit hard as her legs gave way and she fell very heavily on her head, gaining a concussion to go with some nasty bruising and grazes. To add salt to the grazes she missed silver by .01 of a second. She refused to sit and have a break and stubbornly continued onto the hammer throw straight away. I was waiting to start my own race and wondered about giving her a large spinning hammer while dizzy, but she went and won the gold medal?

Craig Iverson had to play bridesmaid to Dwight Grieve on the distance track events but made a solid Southland one - two finish, while Scott Belesky was simply outstanding in the sprints making all others look like they were standing still.

Fiordland mascot "The Sandfly" even made a 100m appearance where he disappointedly got 4th, but disappointment turned to joy as he received a gold medal from organisers as "Best mascot". As manager of "The Sandfly" I last saw him cradling his medal with a tear of pride in his eye. He also is talking about a rematch against Scott Belesky but over a longer distance.

Kepler Challenge

An annual event here in Southland and all these years later is still considered one of the top mountain runs in the country. Off-road runners compare each other on their "Kepler time". I recently attended a pub run with a great bunch of runners of all ability's and styles from ultras to track and when introduced to them, it was not my 5000m or 10km time they wished to rate me on, it was my Kepler time.

Southland masters always appear in the event and they keep coming back for more. Sometimes we wonder why after 62km, including approximately 2000m of combined vertical and descent. The race is limited to 450 competitors. This year's race was in good conditions, a bit of wind across the tops and maybe a tad warm along the back half but no excuses for bad times in regards to weather and track conditions.

I target this event and dedicate months to it as the masters race is great fun. The first master home and second overall was Australian Stuart Gibson in a time of 5 hours 10 minutes, with a simply stunning run beating many top younger runners.

I had a great battle with Christchurch runner Nathan Jones, taking an early lead on the climb but Nathan clawed back onto my tail 2/3 of the way across the tops, both going in together into the halfway Iris Burn aid station, I have raced Nathan before and knew he is a competitor and wouldn't give in easily. By the finish I had stretched out to second master in 5 hours 29 minutes (11th overall) with Nathan a mere 10 minutes behind (13th overall).

Next Southlander home was Kelly McSorily in 6 hours 26 minutes and 39th overall - a time not to be sneezed at but I know he was after more. Next year I will not be surprised to see a solid sub 6 hour effort.

Otago masters Glenn Sutton (36th), Andrew Perry (51st) and Steve Trip (57th) also appeared in the sub 7 hour bracket which is considered a very good time. Te Anau master and local doctor James McMilliam-Armstrong was 55th home also in the sub 7 club in an ever-improving effort of 6 hours 42 minutes.

The sister event is the Luxmore grunt, a 27km shorter event held at the same time that does the tough climb before a mad dash back home. Of the Southland Masters Jade Lilo was a great improver in his second grunt after starting to train seriously he took 5th place and is going to be a tough man to beat in years to come. Gary Kirkman completed yet another Kepler event, no longer a sprightly youth he well and truly out performed many younger runners with a very creditable 31st place in 2 hour 48 minutes.

Southland singlets

Look out masters NZ, we have some new tops on our way, team Southland have designed some great new singlets and you can expect to see us out there representing with pride. Any members that wish to get a singlet please contact Dwight or Lee Grieve.

Southland Athletic Champs

To be honest the Southland champs were disappointing with a very low turnout. I am not sure why? It is great fun to just get out there and have a 'race'.

Regardless Craig Iverson stood up to support the centre and run in four distances. I watched the 800m and it was very exciting as he battled a young runner the whole way, with the lead changing more than once and in the end Craig was pipped at the post, a reversal of the 1500m result.

Gail Kirkman looked very good and she is about to head to the NZ multi event champs with Les Scown and really will do well. Kylea Gough is still relatively new to the sport but her performances against the younger athletes bodes well for next season.

As Masters we really need to see what we can do to help next year and get a better turnout for the champs. How often can you walk away with a regional title?



NZ Masters games 100m - 2nd left Lee Grieve - far right Kylea Gough



Green v The fly



The spirit of masters - Michelle Bitcheno and Lee Grieve

Otago Champs

Lester Laughton and Lee Grieve represented Southland at the Otago Masters Throws Penthalon champs and both were stoked with their performances of season PB's! I love it when we fight the big boys.

Dwight Grieve also fronted in the senior 5000m champs, which turned out to be a blast. A real top young fella went well and won comfortably while the rest went to war! Great fun to "race" when you have to fight and are pushed to the limits. Dwight running down two younger runners for 2nd place.

Looking ahead

The NZMA T&F Champs are just about upon us as I write and sadly a small turn out for Southland as the travel and Oceania's have worn us out. The NZ Mountain Running Champs are also on in March and since they are being held in the Queenstown area a few Southlanders are likely to front.

Looking further ahead the thoughts start turning towards the harrier season - ah the mud and hills! Talking of mud (not so many hills) spare a thought for Lester Laughton as he continues to train right through winter here in the south for international events. Good on you Lester and I expect reports.



Trevor Guptill beats Ian Sim in the M70 100m sprint at the Oceania Masters Championships in Dunedin

PHOTO: Sharon Wray



COMING EVENTS

2018

29-29 APRIL	Australian T&F Championships	PERTH, AUSTRALIA
5 MAY	NZ Marathon Championships	ROTORUA
6 MAY	NZ 100km Championships	CHRISTCHURCH
26 MAY	Oceania Trail Championships	NOUMEA, NEW CALEDONIA
2 JUNE	World Masters Mountain Running Championships	ZELEZNIKI, SLOVENIA
7 JULY	North Island Cross Country Championships	TAUPO
7 JULY	South Island Cross Country Championships	CHRISTCHURCH
5 AUGUST	NZ Cross Country Championships	WELLINGTON
2 SEPTEMBER	NZ Road Championships	CAMBRIDGE
4-16 SEPT	WMA Stadia Championships	MALAGA, SPAIN

9 SEPTEMBER	NZ Half Marathon Championships	DUNEDIN
6 OCTOBER	NZ Road Relay Championships	CHRISTCHURCH
14 OCTOBER	NZ Trail Running Championships	CHRISTCHURCH
16-18 NOVEMBER	South Island Masters T&F Championships	INVERCARGILL (tbc)
23-25 NOVEMBER	North Island Masters T&F Championships	WELLINGTON

2019

1-3 MARCH	NZMA T&F Championships	TIMARU
24-30 MARCH	WMA Indoor Championships	TORUN, POLAND
31 AUGUST - 7 SEPTEMBER	Oceania Masters Athletics Championships	MACKAY, QUEENSLAND

