

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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JULY 2018

in this issue:

- > Australian Masters Championships
- > NZ Mountain Running Championships
- > NZ Marathon Championships





Nic Hankinson (2nd W40 - 19:35.08) leads Renae Creser (1st W40 - 19:22.20) in the 5000m at Newtown Park **PHOTO: Sharon Wray**



Marshall Clark hands over to Mel McPhee at the Masters Classic Relay in Wellington (Mel ran the fastest lap of the day) **PHOTO: Sharon Wray**

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



Cover Photo

Peter Coughan (Hagley Relay) in Christchurch
Photo - Julie Moore

Inside Back Cover

Clive Kitchingman (Lionel Fox Relay) in Christchurch
Photo - Julie Moore

Back Cover

Katy Jenkins from the Olympic club strides through the water, during the Shaw Baton Relay in Wellington
Photo - Sharon Wray



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Rowan Hooper 10,000m winner M35 in 32:18.0 at Newtown Park, Wellington

PHOTO: Sharon Wray

President's Report

by ANDREW STARK - NZMA President



Looking at the weather forecast as I prepare this report, it would appear that many cross country races organised for June throughout the country will be run in very damp conditions. Remember that if you are an Athletics New Zealand competitive member you are eligible to compete all year round in these events. All event information can be found on the Athletics NZ website.

In late June we had an NZMA Board meeting, with a focus on how we can improve how we operation and what we have to offer our members. These are the areas we are focusing on or have implemented already:

- Refining our strategic plan;
- Creating a work plan and job descriptions for the various roles;
- Completing the setting up of the NZMA Database on the Clubnet database system;
- Using the One Sport On-line entry system for all our championships;
- Working more closely with Athletics NZ to promote each master's events.

Recently I have had several conversations on various topics with Hamish Grey, the new CEO of Athletics NZ. I have explained the history behind the MoU signed in 2016 and we are both comfortable with how it is working. He is in fact looking at creating similar agreements between Athletics NZ and Centres throughout the country. We were in fact ahead of our time.

What's coming up ...

Athletics NZ Cross Country Championships – 5 August 2018 @ Grenada North Park, Tawa, Wellington. Entries for this event are on the Athletics NZ website and close Tuesday 24th July.

Athletics NZ Road Championships – 2 September 2018 @ St Peter's College, Cambridge.

Entries for this event are on the Athletics NZ website and close Tuesday 21st August.

(Remember, to enter these two events you must be an ANZ competitive member)

WMA Track & Field Championships – 4 -16 September 2018 @ Malaga, Spain. Entries for this event can be accessed via our website and close on 11th July 2018. When entering, remember to add the letters NZMA before your four digit NZMA number. After entries close, I will create a list of who is going and post that on the NZMA website.

If you are planning to go the either the South Island (Invercargill) or North Island (Wellington) Masters Track & Field Championships, we are in the process of setting up these events on our website and they will be available soon.

Personally, I have had a quiet winter regarding training so far. However, with the various roles I have within Athletics Canterbury, the administrative work required at a local & national level means I remain extremely busy. I would like to focus more energy on masters, but at the moment that's difficult. I am all too aware that there is a limit to what one person can achieve and within the current board there are also some extremely busy people working on your behalf.

How can you help? If you are in a position to help with Vetline and our website or potentially being interested in being on the Board, then I would like to hear from you.

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Opinions and comments printed in Vetline are those of the author and not necessarily those of the publisher.

NZMA is a member of
World Masters Athletics (WMA)
Oceania Association of Masters Athletics (OMA)
Council of Athletics New Zealand (ANZ)

NZMA e-mail Database

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

If you have **not** supplied your centre secretary with your e-mail address or if it has changed, please e-mail Andrew Stark (NZMA Database Conveyer)
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Legends from Past, Present and Future

by Bryan Thomas



M70 200m Trevor Guptill (NZ) and Keith Howden (VIC)

Here we were back in Perth two years after the successful World Masters Athletics (WMA) Championships. This was the 46th annual Australian Masters Athletics (AMA) Championships and the seventh conducted in the Western Australian capital. A record 573 athletes, including 31 from overseas most of whom were from New Zealand, participated in the championships and as WA had the largest contingent of 250 it meant about 320 enthusiastic athletes, family and friends crossed the Nullarbor. The four day carnival was held during the last week of April, rather than the more traditional time of Easter, so as not to clash with the Gold Coast Commonwealth Games.

The venues were the same as used for the WMA Championships. The road walks and cross-country courses were excellent but the main stadium, despite its reputation as one of the fastest sprint tracks in the nation, is uncomfortably hot for spectators in the afternoon as the grandstand faces west so there is very little shade. As is usually the case the officials and volunteers, in their blue polo and bright yellow T-shirts, were always hard working, efficient and courteous.

Older competitors appreciated the officials' common sense interpretation of the rule "requiring athletes to compete honestly with bona fide effort" and their understanding that senior racewalkers may well have "dicky knees" but they are doing their best to walk correctly and are definitely not running. It was also pleasing the distance of the cross-country race has been reduced from 8 to 6km for men and women over 70. Some local officials/volunteers were also competitors having to juggle their administrative duties with their competitions. Barbara Blurton and Bob and Lynne Schickert were just three who seemed to be always very busy.



10k Walk - Lyn Ventris

A problem facing most AMA clubs is the aging of our membership. Thus it was pleasing to note that 39 men and women in their thirties participated while at the other end of the age range 19 men and five women over 80 years-of-age demonstrated age is not a barrier to taking part in strenuous physical activity. Our two most successful octogenarians were Western Australian David Carr and Miriam Cudmore from South Australia who once again set world-class performances in the middle distances and steeplechase and in sprints and jumps respectively. Ninety-one year old Heather Lee (NSW) set a world record in the 5000m race walk with the time of 41m 4.87s while the most senior male M93 Jim Sinclair (Vic) won both his 100 and 200m sprints.

Although just short of his 99th birthday John Gilmour OAM, legendary WA athlete and one of our inaugural Hall of Fame inductees, looked spritely. John was in attendance every day sitting at a table near the athlete's entry to the track promoting two books - All in My Stride, John Gilmour's Story: Changi to World Champion by Richard Harris (pub. 1999) and Lasting the Distance, Memoirs of John Gilmour - World Champion Runner by P.D. Collier (pub. 2010). But John was more interested in chatting with athletes and spectators and when called upon to present medals many of the winning athletes were keen to include one of our sports all-time greatest in their photographs.

As always competition between runners, walkers, throwers and jumpers was fierce but friendly. Because it was a home championships the yellow, black and white competition uniform of MAWA was prominent in most events. Standards were high, producing many AMA championship, Australian and a couple of world records. Both world records were set in the 5000m race walk on the second morning when W60 Lyn Ventris (WA), who

PHOTOS: Graeme Dahl

has suffered a series of injuries over the last few years, smashed the existing record held by Victorian Heather Carr since 2011 by almost half a minute. Lyn's time was 25:41.58 which is just over 5:10 per km (how many can run at that pace?) while Heather Lee (NSW) set a new W90 record.

Two special events - the Champion of Champions Sprint and Throws Handicaps always attracts considerable interest. The ten best male and female sprinters, as determined by WMA age graded percentages, in the 100m finals are invited to participate in the handicapped Champion of Champions Sprint. Prior to the runners making their way down the track to their allocated starting positions each were introduced with a summary of their sprinting history. W50 Julie Brims (Qld) was a convincing winner in the women's race while M40 Ashley McMahon (NSW) was the men's champion. The heavy weight was the implement used in this year's Champion of Champions Throws in which the winners of the weight throw in each age group are invited to participate and like the sprint each are given a handicap distance to add to the distance they throw the implement. Big Todd Davey (M50) from Tasmania was the men's champion and W60 Dorn Jenkins (Vic) was female champion.

Two special awards are presented for performances during the championships. The Royce Foley Award is for the best male and female score in the throws pentathlon. The winners were M45 Jo Peters (WA) and W60 Dorn Jenkins (Vic). The Brian Foley (no relation to Royce) Award is for the best male and female in the 800 and 1500m. This year's winner was W70 Lavinia Petrie (Vic). Full results are available online at:

www.mastersathleticswa.org/perth2018

Every year since 1999 one of the highlights of our national championships is a special dinner where the annual AMA Awards are presented and the induction of new members to the AMA Hall of Fame. State and territory masters athletics clubs are invited to nominate athletes who have had outstanding performances during the previous calendar year (in this case 2017) for each of the eleven categories. See separate article in this issue for the award winners.



W70 200m final

PHOTO: Graeme Dahl

Perhaps the highest honour that can be bestowed upon an Aussie masters athlete is to be inducted into the AMA Hall of Fame. This year three more members were added to the fifteen who have already achieved this lofty recognition since its establishment in 2009. World champion and multi Australian and world record holder in middle and long distances as well as being a successful coach, mentor and official Victorian W70 Lavinia Petrie OAM became the seventh women athlete to be inducted.

Queenslanders Stan and Wilma Perkins qualify both as an influential couple within the wider athletics community but also as individuals. Stan has long been intimately involved as a competitor and administrator in all levels of our sport, ranging from little athletics, open and masters athletics locally, nationally and internationally for more than four decades. After serving in several capacities on the WMA Council Stan was elected president in 2009. Despite his effectiveness and popularity in this position he is constitutionally bound to stand down at the next General Assembly in Malaga. Wilma has also been a popular and progressive leader of Queensland, Australia and Oceania Masters Athletics as well as having a number of roles within our international association. Wilma is also a talented athlete having won numerous medals and set many records in sprints, jumps and throws as well as being a member of record breaking relay teams throughout her long athletics career.

Many Aussie masters are currently preparing for the WMA Championships in Malaga in September. However, before setting off to Spain you can have a final hit-out at either the 20km Road Walk Championships in Adelaide August 5 or two weeks later at the AMA Half Marathon in Canberra August 19. Then in March next year the WMA Indoor Championships will be in Torun, Poland while many more of us will be looking forward to the AMA Championships in Melbourne in late April 2019 then it's off to the Oceania Championships in Mackay (Queensland) August 31- September 7.



Cross Country medallists (from L to R): Peter Hansen (NZ), John Gilmore & Morland Smith

PHOTO: Jean Hampson

Getting Nowhere Fast

by George White

I use a treadmill on cruise ships because even if a “running track” is present it is almost impossible to dodge all the “strollers”. Apart from that, the treadmill was always an item of last resort when travelling in a place where a run wasn’t practical or the weather was just too bad. Having had a problem recently, I have been forced to reconsider the treadmill. My doctor advised me against walking alone on the streets – preferring me to continue being active around as many people as possible. While nothing beats running/walking in the fresh air with usually constant changes of scenery (unless you are in a rut and run the same course all the time!) it became necessary to re-evaluate the treadmill.

In the past I have always looked at treadmills as a human mouse wheel, staring blindly at a blank wall with the minutes dragging by at an incredibly slow rate, but with a forced exile to such a machine I now have a new outlook. I wouldn’t say I love the treadmill but I do appreciate its positive aspects. On the road, getting to a desired pace is not always easy even if you are wearing a sports watch. On the treadmill I just push a button without having to concentrate and I’m into a smooth training session with far fewer distractions than I would inevitably encounter outside.

The problem isn’t the treadmill, it’s you. The mental attitude you have when you use a treadmill correlates directly with any results. If you go into a workout dreading it, you will probably just plod along. It is oh so easy to do the same routine over and over - walk, jog, or run—which will help maintain your fitness but it will certainly not improve it. And don’t think you are missing the psychological stimulus as well – treadmill running can provide its own mental stimulus.

Treadmills are great in very hot, cold, dark, wet or dangerous places! Even if conditions are not hazardous, many places are just so busy with people that running outside can be difficult! I have a very strong memory of one time when I was in Toronto in winter – I stepped out of my hotel to go for a run and promptly went A over T on black ice. For the rest of the trip I used the treadmill!

You don’t have to think about anything but your workout on a treadmill – road traffic, dogs, potholes etc. are not an issue. Once you set a certain pace you don’t have to constantly look at your watch to see if it is maintained. Running/walking efficiency is much easier when you don’t have to focus on these other factors. Research supports treadmill workouts, continuing to show that they can help increase your lower-body strength, improve your aerobic capacity, enhance your balance and produce a more consistent stride. Overall the extra cushioning on a treadmill, results in less stress on the body especially on the hamstrings and knees.

Treadmills certainly no longer have to be boring. In most gyms today they are pretty high tech with touchscreens, dozens of workouts, inclines to make you weep and some have downhill capacity and built in fitness tracking apps. Even just reviewing the scrolling statistics on the treadmill screen can be fascinating (runners/walkers love statistics). It is worth investing in a good pair of headphones – Bluetooth are the most convenient, so that you can listen to music. Music on the treadmill goes a long way to cutting the boredom of it - or if you are like me I enjoy listening to audio books. I know some people can read on a treadmill but it is difficult because the location of the eyes relative to the text is vigorously changing and our eyes try to constantly adjust to such changes, which can be fatiguing.

In the not too distant future there will be a device that monitors the motion of a person’s head and then adjusts text on a monitor to counteract that movement. As a result, the text appears still. Proto-types already exist! You can even just watch TV or enjoy people watching – both of which will take your mind off any monotony. I know when I travel I enjoy watching CNN on hotel treadmills to keep in touch. If you don’t mind breaking gym etiquette there is also the challenge of the person on the treadmill next to you. It is considered bad form to race the person next door but it can be tempting (we are all so competitive!) as long as you are careful not to end up doing someone else’s workout and not your own.

Make the conveyer belt to nowhere your stage for intervals, accelerations, hills, tempo or long endurance sessions. HIIT is not so easy on a treadmill as they take time to crank up speed, but it is possible to do some serious interval training, either freeform or via a program on the treadmill. If you choose hills you can then bring the incline back down for all-out sprints on the back half of a session. It is certainly easier to put in a finishing kick by cranking up the pace on a treadmill. On the road moving from 10km/hr pace to 12km/hr pace can be challenging but on a treadmill it can be done incrementally with relative ease!

However be careful, don’t go into your first treadmill session expecting to smash out a hard session. Start gradually and vary the speed and incline to make the session enjoyable and build up the intensity.

One other good thing about using a treadmill in a gym is that you just might also be tempted to use the weights room which can’t be bad. But don’t forget races are not run on a treadmill – this is something you just have to experience on a regular basis so that headwinds, uneven terrain, real hills and competition are not alien to you.

David Alister Colquhoun

compiled by Derek Shaw with material kindly supplied from David Grant and Api Williams

Historian, archivist, writer and active member of the Wellington Scottish Harriers and Athletics Club David Colquhoun died in Masterston on Sunday 18 March 2018, aged 66.

In 1990, David was appointed as the curator of manuscripts and archives at the Alexander Turnbull Library in Wellington – a role he regarded as his dream job. During his twenty-five years he was responsible for a number of valuable collections and items being acquired by the library. These included material on Katherine Mansfield, Gregg Chappell’s press statement regarding the ‘underarm bowling incident’ in 1981, Maurice Gee’s literary papers, and multi-sportsman George W Smith.

He regarded Smith as New Zealand’s ‘greatest ever all-round sportsman before World War One’. He was a champion jockey, sprinter and hurdler, one of the stars of the 1905 All Blacks who toured Great Britain and was vice-captain of New Zealand’s first rugby league tour of Britain two years later. He was about half way through a biography on Smith but unfortunately his failing health prevented him from completing it.

His passions for running and history lead to his curation of an exhibition at the library in 2000 on New Zealand athlete Jack Lovelock who won gold in the 1500m at the 1936 Olympic Games in Berlin. He was encouraged to use material in the Lovelock papers and diaries held at the library to produce a book on Lovelock. At the launch of his book “As if Running on Air: The Journals of Jack Lovelock” in 2008 by prominent distance runner, writer on running and retired academic Roger Robinson, he enthused about the book.

“This is one of the great books of world running literature. Never have the private writings of such a great athlete been presented via such expert scholarship. It’s more than an excellent editing job. David Colquhoun’s introductions to each section of the journals together provide the most accurate and revealing biography ever done of Lovelock the runner. Thoughtfully and quietly he has rescued the real Lovelock from the sensationalism of some fictitious versions.”

He created a national archive of the history of athletics in New Zealand. In 2013 he was contracted to write the Athletics entry for Te Ara: The Online Encyclopedia. Employing his characteristic enthusiasm and accuracy, and spending long hours on this project, Jock Phillips, general editor of Te Ara, regarded David’s work among the top 20 of the more than 1,000 contributions. “His total commitment to get things just right in every aspect was very impressive.”

Soon after moving to Wellington David joined the Scottish Club and Marathon Clinic and pursued his passion for distance running and it dominated his spare time. He was a familiar sight to workmates at the library arriving and leaving in his running gear.

On the road, David was always motivated to get the best out of himself. John Barrington recalls that during the 1996 Nelson half-marathon they found themselves running together and despite not knowing each other, made a pact that they would ruthlessly push each other to the finishing line. This they did, with each of them finishing first in



their respective age-divisions; it cemented a friendship for life. Like the rest of his activities, David employed structured training and meticulous planning for all of his races.

Over the years he was a consistent medallist in individual and road relay races, which he often captained for his club. He was a member of the 2008 Scottish MM50 relay team at the NZ Road Relay Champs in Mosgiel. A race with plenty of drama and excitement after the two leading teams went off course in the middle of the race which resulted in his Scottish team and Tasman Tigers exchanging the lead four times during the last three laps before Scottish secured the gold on the final lap.

David also gave back to the sport by establishing the Scottish ‘Three Peaks Challenge’ in 2000. This involves a series of three events, each of which is over three Wellington Hills, and has become a permanent feature of the winter season. As event organiser he took delight in exploring Wellington’s hilly terrain in order to introduce ‘new peaks’ into the series.

Through this he developed a love of mountain running. With Des Young he trained hard for the 2006 NZ Mountain Running Champs in Marlborough. It paid off for David when he was placed second in the M55 grade. That year he also contested the World Masters Mountain Running Champs in Slovenia. He finished a very creditable 15th out of 61 finishers in his age group.

David also had a keen interest in other sports, such as cricket and football, tramping, visiting new places, watching movies, designing and building furniture, art, and music, particularly blues. He was gentle, honest, determined, thorough, trustworthy and a great friend. He will be dearly missed by his friends, sisters and former partner.

2018 Australian Masters Athletics Awards

by Wilma Perkins

The awards are based on athletics performances achieved during 2017 and were presented at the AMA Championships Dinner Function held in Perth.

Sprints/Hurdles

Final Three Nominees: Julie Brims, Sally Stagles, Peter Crombie

The winner was **Julie Brims W50** from Queensland who was in top form at the World Indoor Championships in Daegu winning gold in the 60m, 200m and relay. Her 60m time was only 0.05 sec from equaling the world record. In Darwin almost a year ago Julie won her age group 60m, 100m and 200m and completed a successful championship when she won the Champion of Champions Sprint.

Middle Distance/Steeplechase

Final Three Nominees: David Carr, Lavinia Petrie, Robyn Basman

The winner was **Lavinia Petrie W70** from Victoria who won gold at the WMA Indoor Championships with a world record in the 3000m and more gold in the 800m and 1500m with an Australian record in the latter. I must add that Lavinia was a recipient of an OAM in the Australia Day announcements along with two other masters athletes, Peter Crombie and Tom Hancock.

Distance

Final Three Nominees: Louisa Abram, David Riches, Shaun Creighton

The winner was **Shaun Creighton M50** from the ACT who broke the Australian record in the 5000m by 15 seconds and if that wasn't a big enough margin to break a record then two weeks later Shaun demolished the Australian 10000m record by 35 seconds.

Walks

Final Three Nominees: Heather Carr, George White, Heather Lee

The winner was **Heather Carr W65** from Victoria. Heather has had incredible success at world championships over the years and she maintained that high standard at the WMA Indoor Championships in Daegu. Heather won gold in the 10km road walk and set a world record in the 3000m which she won by a huge margin. Last month Heather was announced as the WMA Champion Walker for 2017.

Multi Events /Relays

Final Three Nominees: Dave Varley, Geoff Gibbons, Mary Thomas

The winner was **Geoff Gibbons M40** from Tasmania who put together an outstanding decathlon obtaining 7022 points to set a new Australian record. Geoff also won the decathlon at the World Masters Games. He was a silver medalist in the pentathlon in Daegu and also won the Queensland, Tasmanian and Australian pentathlons. Geoff took on an extra challenge during the year and competed at the World Double Decathlon Championships in Belgium which he duly won with the second highest point score ever recorded in the M40 age group.

Throws

Final Three Nominees: Byrony Glass, Mary Thomas, Jan Banens

The winner was **Mary Thomas W70** from NSW. Mary won all throwing events contested at the NSW Championships, the AMA Championships, the Winter Throws Championships and her five events at the WMA Indoor Championships. Consequently it came as no surprise when Mary was named the WMA Throws Champion for 2017.

Jumps

Final Three Nominees: Miriam Cudmore, Nick Moroney, Melissa Foster

The winner was **Melissa Foster W35** from Western Australia. Melissa competed in the WMA Indoor Championships where she won both the long jump and triple jump events. Needless to say, Melissa holds the Australian indoor records for these events. I must add that the timing of World Championships has affected Melissa in a unique way. She competed at the WMA Stadia Champs in the W35 in 2013, 2015, 2016 and will once again in 2018 and the WMA Indoors in 2014 and 2017.

Most Outstanding Individual Performance

Final Three Nominees: Todd Davey, Philo Saunders, Jeanette Flynn

The winner was **Jenny Flynn W65**, from Queensland. Jenny, who for many years was known for her 800m world records and 1500m achievements ran the 400m in Daegu where she not only won but set a new world record. Jenny also ran and won the 800m beating into second place a woman who ended the year being named the WMA best female athlete. Jenny went very close to the world record with that performance.

Administrator / Official of the Year

Nominees: Irene Davey (Qld), Val Chesterson (ACT), Steve McGugan (NT), Jill Taylor (NSW), David Bates (SA)

The winner was **Steve McGugan** from the Northern Territory. Steve was the prime mover in the acceptance of the Northern Territory as a member of AMA back in 2012. Once it was known that NT was to hold a national championship Steve worked tirelessly for the next five years to promote and build masters participation and competitions in NT. In 2017 Steve was chair of the LOC for the AMA Championships. He managed and assisted a talented and dedicate group of volunteers and Athletics NT staff in numerous convener roles from media, athlete recruitment, merchandise, pre championship mini meets and some aspects of sponsorship. The 156 NT athletes who competed far exceeded the previous best representation of 23 and resulted in NT master registrations increasing by over 100.

Most Outstanding Male Athlete

Final Three Nominees: David Carr, Geoff Gibbons, Bruce Graham

The winner was **David Carr M85** from Western Australia. This remarkable athlete broke the world record in the 800m, 1500m, one mile and twice in the 2000m steeplechase. And if that wasn't enough David also set Australian records in the 10,000m and twice in the 5000m taking an additional 30 seconds of the time he first set.

Most Outstanding Female Athlete

Final Three Nominees: Lenore Lambert, Miriam Cudmore, Byrony Glass

The winner was **Miriam Cudmore W75** from South Australia. Miriam is an athlete who can hold her own in the sprints, the jumps and the throws. In Darwin last year Miriam won three gold medals in sprint events, two in the jumps and gold and bronze in the throws. Over the year she had 16 sprint performances over 90% age grade, 9 in the jumps and 6 over 80% in the throws. Near the end of the year Miriam changed age groups and promptly set Australian records in the 100m and triple jump. I note that she has continued to set records in the early months of this year.

Special Recognition Award

For a number of years AMA has received a nomination for an athlete who has had outstanding performances in their events but on each occasion has been pipped by someone else who has had even more remarkable results. On this occasion AMA would like to recognise that person's achievements. In 2017 at the championships in Darwin, **Bruce Graham** was the fastest of all age groups in the 5000m and 10000m, against athletes up to 25 years younger. He did the same again at the World Masters Games in Auckland. Bruce was third overall in the Darwin cross country. For his state Bruce holds all records from 800m to the 10,000m. In the 2017 one hour event, he was just a few metres behind the Australian record held by Hall of Fame recipient John Gilmour. Bruce is a most worthy recipient of the Special Recognition Award.

Coaching Corner

by Mike Weddell



Quite a few masters athletes coach younger athletes which in general is a good thing as it makes us oldies think critically about our own training however the temptation is to coach others as we have been coached. Every athlete has different needs from a coach and a coaching programme.

The programme needs to take into account strengths and weaknesses. The tendency is to coach to strengths; this is all very well as long as weaknesses are not ignored. We all like to do what we are best at as we feel more comfortable than when we are doing things that we are not so good at. However, if you are a middle distance runner that depends on your finishing kick you need to be somewhere near the front to make good use of it and endurance is important to stay with the pace until the sharp end of the race.

There are two sorts of endurance needed for middle distance running speed endurance and pure endurance. The latter is most efficiently through anaerobic threshold running, which is roughly 5000m race pace for most people. Speed endurance

as its name suggests is gained by running at race pace or faster over a series of repetitions over distances up to 75% of race distance.

Speed is never a disadvantage and pure speed work which is flat out running with good technique over short distances with long recovery and a low number of reps. Middle distance runners find this hard in two ways, one is the good technique part and the other is the long recoveries. Their brains do not cope well with having 5 minutes recovery from a 50m sprint. Flat out sprints involve a different energy system from longer running and it takes a few minutes before you can run flat out again. If you are looking for pure speed there is no point in running slower than flat out.

Improvement in technique and being able to hold it under pressure pays big dividends at the end of a race. It is worth remembering that an Olympic 10,000m final has been won by 0.02 of a second.

AMA AWARDS WINNERS

Announced at the Championships dinner in Perth



Sprints
Julie Brims (Qld)



Jumps
Melissa Foster



Middle Distance
Lavinia Petrie (Vic)



Distance
Shaun Creighton (ACT)



Throws
Mary Thomas (NSW)



Walks
: Heather Carr (Vic)



Multi Events
Geoff Gibbons (Tas)



Most Outstanding Female Athlete
Miriam Cudmore (SA)



Most Outstanding Individual Performance
Jenny Flynn (Qld)



Most Outstanding Male Athlete
David Carr



Administrator of Year
Steve McGugan (NT)



Special Recognition
Bruce Graham (ACT)

2018 North Island Championships PROVISIONAL PROGRAMME

Friday	Track	Grade	Friday	Field	Grades
4:00 PM	400m heats if required		4:00 PM	Long Jump	M30-64
			4:00 PM	Hammer	M30-64
			4:00 PM	Shot Put	M65+
4:30 PM	60m heats if required		4:30 PM	Pole Vault	M30+ / W30+
			4:30 PM	Javelin	W60+
			4:30 PM	Weight	W30-59
4:45 PM	3000m Track Walk	M30+ / W30+	5:15 PM	Shot Put	M30-54
5:30 PM	400m Finals	M30+ / W30+	5:30 PM	Hammer	M65+
6:00 PM	3000m*	M30+ / W30+	6:00 AM	Weight	W60+
	* separated if numbers warrant		6:00 PM	Javelin	W30-59
			6:00 PM	Shot Put	M55-64
			6:00 PM	Triple Jump	M65+ / W65+
Saturday	Track	Grade	Saturday	Field	
9:30 AM	100m heats if required		9:30 AM	High Jump	M30-64
			9:30 AM	Long Jump	M65+ / W65+
			9:30 AM	Discus	M55-64
9:45 AM	2000m Steeplechase	M60+ / W30+	9:30 AM	Javelin	M65+
10:30 AM	3000m Steeplechase	M30-59	10:45 AM	Shot Put	W30-59
			10:45 AM	Weight	M65+
			10:45 AM	High Jump	W30-64
11:00 AM	Sprint Hurdles	M30+ / W30+	11:00 AM	Discus	M30-54
11:45 AM	60m Finals	M30+ / W30+	11:30 AM	Javelin	M55-64
			12:00 PM	Discus	W60+
			12:00 PM	High Jump	M65+ / W65+
			12:00 PM	Long Jump	W30-64
			12:30 PM	Hammer	W30-59
2:00 PM	100m Finals	M30+ / W30+	2:00 PM	Shot Put	W60+
			2:00 PM	Discus	M65+
			2:00 PM	Triple Jump	M30-64
			2:30 PM	Weight	M30-64
2:45 PM	1500m	M30+ / W30+	3:00 PM	Triple Jump	W30-64
3:15 PM	Long Hurdles	M30+ / W30+	3:15 PM	Discus	W30-59
3:45 PM	4x100m Relay	2 men/2 women	3:15 PM	Hammer	W60+
			3:15 PM	Javelin	M30-54
Sunday	Track	Grade	Sunday	Field	
8:30 AM	5000m TW	M30+ / W30+	9:00 AM	Throws Pentathlon	*M30+
			9:00 AM	Long Jump	MTP1
9:15 AM	200 Heats if required				
9:30 AM	100m	WTP1			
9:45 AM	5000m*	Mixed	10:00 AM	Javelin	MTP2
	* separated if numbers warrant		10:00 AM	Shot Put	WTP2
			10:00 AM	Throws Pentathlon	*W30+
11:30 AM	200m	MTP3	10:45 AM	Long Jump	WTP3
11:45 AM	200m Finals	M30+ / W30+			
			12:00 PM	Discus	MTP4
12:45 PM	800m	M30+ / W30+	12:15 PM	Javelin	WTP4
1:15 PM	800m	WTP5			
1:30 PM	1500m	MTP5			

Throws Pentathlon

* Start the smaller group of throwers first, so this order could be reversed once entries received.

Track Pentathlon Events

* WTP & * MTP refers to Track Pentathlon events

This is the anticipated timing of the programme and the groupings of age-groups. Final programme depends on entries.

Online entries at: <https://nitf2018.eventdesq.com/>

A History of Vetline

by Michael Wray

The print media has many challenges to meet in the coming years. Vetline is not exempt from this. Publications are increasingly moving to an electronic format to be able to maintain a cost-effective existence. Many professional publications, such as Running Times, have fallen by the wayside. Additional challenges include the reduction in volunteerism in our culture, making it increasingly difficult to source content.

In my quest to complete the results archives that we have available on-line at the Wellington Masters Athletics website, I have over the last year or so come into possession of many back copies of Vetline and even the newsletter that preceded it. This has given me a new appreciation of our history and the characters that feature in it. Vetline itself is one of those characters.

The publication has changed many times over the years in format, graphics, logo, paper quality etc. In future issues, I will produce some "from the archives" articles to cast a modern eye over some of the things masters athletes were writing about in previous decades. For this article, I decided to take a look at how the magazine, in particular the cover, has changed as it has aged.

The newsletter was originally a simple set of pages, stapled in the top left corner and consisted solely of typed content. The earliest copy I've seen is dated November 1975 and marked as newsletter number 12. At some point in early 1980, it appears the typewriter was replaced with a computer using a word processor program, as evidenced by the introduction of different font sizes, column layouts and a logo.

An actual magazine first appeared in December 1983, initially under the editorial stewardship of John Kearns and then John Gilson. This A5 format featured a glossy coloured cover, but as yet had no set name. After a couple of issues, the cover style was updated and this new format remained until 1986: a circular Kiwi logo over the word 'Newsletter' and a cover image, which from October 1984 became a photo instead of a drawing. The colour of the cover changed with every issue.



In 1986, Jim Tobin took over the editor's desk, describing the transition as something that took place with "all the democracy of a Philippines election". Jim's first innovation for the magazine was to "shed its anonymity" and to update the cover style.



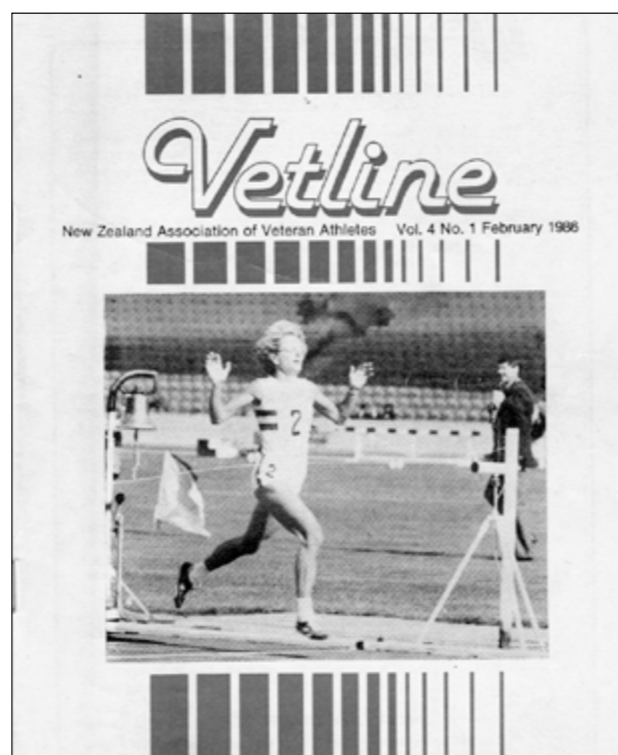
Volume 4 Issue 1, dated February 1986, was the first publication to be called Vetline.

The format itself changed little over the next few years, though as before each issue was given a different colour. There were some small changes such as the glossy cover switching to matt paper and the print

quality of the photographs improved.

The magazine's production moved from Christchurch to Hamilton in 1987. The new team made an immediate mark and in 1988 opened with a significant change; instead of an A5 format, it doubled in size to A4. Other facets of the magazine remained as before. The font size was not increased, so this was not a large-print readers digest method of adapting to any falling eye sight standards of our older membership!

I suspect it was simply a practical step designed to make stapling the pages at the magazine's spine more manageable.



The magazine gradually evolved over the following years. The paper quality varied, with some issues featuring relatively thick paper that was quite dark in colour.

The glossy cover paper returned in 1994 and from 1998 the internal pages were also glossed.



In 1997 magazine production again moved, leaving Hamilton for Hastings. From June 1997, Vetline was delivered encased in plastic. Inside, the fonts and layout style underwent an overhaul.

While it remained Vetline, the masthead graphic was also updated to become a simple use of the name in a block font. The new masthead only lasted three issues before a new font that was only used for one issue was replaced by a more professional looking logo-

style cover. The habit of rotating cover colours remained.

The 1998 logo stayed in place for five years. From June 2003, coincidentally or not the same issue featured the name change from Veterans to Masters, the cover page became a full-page photograph. The approach of changing the cover colour every issue was thus ended; instead the font colour for the word Vetline became the variable. One issue later, colour photography arrived, thus the September 2003 issue was our first full colour

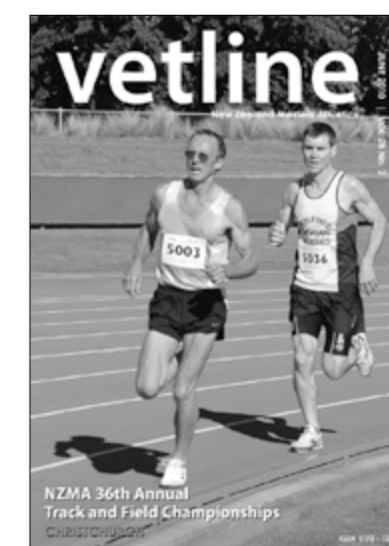


cover. The honour of being the first subject in this cover photo went to a Mexican athlete - Maria Fernandez at the Puerto Rico WMA



Champs. Also from this issue, the plastic encasing had a sticker for postage and address, freeing up the back cover for content. A colour photo of Ron Johnson competing in the shot put featured on the back cover. The masthead logo changed slightly in 2005. For two years, the V shape portion of the 1998 logo had been used over the magazine title with the association name at the bottom of the page alongside a fern/running figure.

From June 2005, the V shape was dropped. The association name and running figure were both promoted to sit alongside the word Vetline. In September 2009, the running figure logo was demoted and no longer featured on the cover and the word vetline became all lower case.



After 27 years in the big chair, Jim Tobin's last issue as editor was January 2013. It was an impressive tenure for many reasons, not least the longevity. It's difficult to see anyone else having the commitment to dedicate themselves to the task for close on three decades.

Our current layout was adopted in 2013, shortly before John Campbell took on the editorship. A white banner presents the magazine details - the name, issue number, date etc. Vetline has re-acquired its capital V and the tagline updated to say "Official Magazine" but the varying font colour remains.

Having been adopted five and a half years ago, our current cover style is second only to the 1988-1997 era in how long it has been used, so don't be surprised if the style gurus decide to update it again soon!



Coaching Where Money's Not a Hurdle

by Ian Carter

In April, I had the opportunity to attend the Aspire Sports Academy in Doha, Qatar. This came about through coaching Alex Dawson who is a member of the Athletics NZ relay development squad. The initial aim had been to qualify for the 4 x 100 at the World Junior Champs, but this didn't happen during the summer season.

However, Kerry Hill, one of NZ's top coaches, also coaches a squad member and was keen to give some of the athletes an interesting experience at the end of their season. Kerry had been an athlete development coach at the academy for eight years up until 2012 and still has contact with staff. He was able to arrange a two-week stay with all accommodation, food and internal travel paid for by the academy for eight athletes and two coaches. When the offer developed in early March, it took all of about 30 seconds for me to say "I'm on" and barely a month later, seven athletes (an injured one fell by the wayside), Kerry and I headed off.

We left Auckland on the morning of 11 April, after the airport-closing storm of the night before. The first four days were spent acclimatising and getting to know the lay-out of the place. Days three and four after flying are the most critical in terms of injury susceptibility. We visited the local mall and a traditional souk market, mixed in with a few light training and aqua sessions. From day five, the boys' training intensity increased and was similar to what they had been doing at home. There was supposed to be a track meet on the evening of the sixth day, but in apparently true Qatari way, it was put back a week to the evening of our departure.

The boys had their gaits analysed on a treadmill, one of only two in the world and worth about \$500,000. Two showed a significant variation in driving force between legs; one was recovering from a hamstring strain and the other has one leg significantly shorter. Such knowledge may enable this to be mitigated. In relation to relay change work, they were timed with speed gates over 20, 25 and 30 metres.

Friday was a rest day and Aspire provided a bus to visit downtown Doha, along the waterfront Corniche and out into the desert for the boys to ride quad-bikes on the dunes. That evening, Kerry and I went to the Rugby Club, one of the places where the expats meet and can drink. He's a life member and a whole heap of guys were really pleased to see him. It was crowded and loud, with a South African food festival on.

The last couple of days were spent with some training, and the boys making good use of the pool tables and visiting the nearby Villaggio mall buying souvenirs. The first of the Qatari Champs was on our last evening, from 4:00 to 7:00pm. The venue

was a downtown stadium where the Diamond League event was to be held the following week. We watched the Qatari world champion high jumper clear 2.28m, which was probably disappointing if you have a PB of 2.42m; he'd scissor-jumped about 2m for a warm-up jump.

The boys ran an individual 100m and a 4 x 100 relay, which went well for 350m until, with a 20m lead, the runner's hamstring gave way. So we now had a wheelchair-bound athlete for the trip home, leaving at 3:30 am. Check-in and clearing security was significantly faster as the whole group was sent through the express lane thanks to the wheelchair. Note to self: an injury on the last day of competition may have some benefits.

Aspire Academy

The Aspire Sports Academy is a large high-tech sports facility delivering to two main groups. The aim is to develop athletes who can lift the Qatari profile in international sports as diverse as fencing, table tennis and shooting, through to athletics, swimming, basketball and football.

The main group has about 225 high school boys (only) who dove-tail studies between morning and evening training sessions. They're mainly from Doha and have a daily routine of arriving early for training, breakfast, school, lunch, school, training, dinner and bus home. The others are from African countries, such as Sudan, Kenya and Guinea, and they stay in the dormitory. The boys are tested academically and physically before being selected.

Once graduating from high school, a small group of the better, mainly Qatari athletes stay on for further development.

Football is the number one sport and the academy owns a Belgium tier one team where their best young players go, hopefully to step up to the elite European level. One athlete has recently signed with Barcelona.

The other target group is international sport teams and individuals for off-season training camps. Teams such as Juventus and Manchester United make use of the facilities.

Facilities include a dormitory and canteen; the elite visiting teams stay at a flash hotel nearby. There's a full range of indoor and outdoor sports fields, all supported with state-of-the-art gyms. There's a full-sized indoor football pitch, an indoor pool complex with a ten-lane 50 m pool, a diving pool with a 10m board and other warm recovery pools, indoor and outdoor athletic tracks, and about ten outdoor football fields. There's another athletic track at the National Academy only about 100 metres away. Teaching staff, coaches, lecturers, scientists, etc out-number the students.

In addition, there are dozens of gardeners, cooks, caretakers, security personnel and the likes.

A psychologist from the University of Birmingham was taking a group of coaches through a workshop called Empowering Coaching. Kerry and I were invited to attend the two three-hour sessions and came away suitably motivated. Kerry also delivered a lecture on NZ's relay change model to the athletic staff.

Qatar

Qatar is a kingdom with a Qatari population of about 300,000, out of a total of 2.6 million. Many of the Qatari don't work. Most of the maintenance and construction work is done by indentured labour from places like Sri Lanka, Nepal, Pakistan and Iran. Most of the management, medical and educational personnel are from various European countries. Many of this latter group come for six months and six years later, they're still there.

There's a tremendous amount of construction of road, rail and buildings under way, much of it geared towards the 2022 Football World Cup. Qatar is trying to turn itself into a tourist destination before the oil runs out. They have the third largest reserves in the world and are the fourth greatest CO₂ emitter on a per-head basis.

For our first nine days, the temperature was about 32 degrees, relatively cool due to a sea breeze. Then the wind changed to come in from the desert and the temperature went up to 37. The air filled with sand and the view from the fourth floor of the dormitory became very hazy.

Friday is the religious day of the week and with Saturday makes the weekend. It was very quiet then with only the kitchen staff, cleaners and gardeners on deck. The call to prayer goes out at 3:45 every morning, disturbing an otherwise good night's sleep.

Diabetes is a major problem. Sugar was not available in the canteen as the boys would add it to everything, but was provided to us, along with the coffee to take with it. According to Kerry, if you buy a used car, the horn will need fixing but the indicators will be as new.

NZ Mountain Running Championships (17 March 2018)

by Derek Shaw

The 2018 champs were held in conjunction with the Sky Runner Cardrona event in Central Otago. The courses involved land at the Cardrona Alpine Resort and adjacent private land and were very steep and largely unformed, which involved lots of scrambling and walking by many participants. The champs were about a month earlier than usual timing in mid April and may have contributed to the relatively low number of entries, particularly those who contested track events. Seventeen contested the masters grades out of a total of 39. Congratulations to Southland Masters President Dwight Grieve who was the first of the masters men over the gruelling 12km long course and fourth male overall and his subsequent selection in the NZ senior men's team for the World Mountain Running championships.

12km long course (1200m uphill)

SM 1 Niam Macdonald	1:11:14
SW 1 Sabrina Grogan	1:20:16
M35-49	
1 Dwight Grieve	1:20:31
2 Kelvin Meade	1:22:06
3 Simon Green	1:25:32
4 Jason Crowther	1:31:50
5 Marc Scott	1:35:21
6 David O'Sullivan	2:00:23
W35-49	
1 Amber Schueker	1:36:41

8km medium course (800m uphill)

W35-49	
1 Paula Canning	1:01:13
2 Judith May	1:04:06
3 Peta Brown	1:04:12
M35-49	
1 Stephan Blair	57:22
M50+	
1 Cliff Bowman	52:50
2 Malcolm Chamberlain	55:11
3 Anthony Rogal	1:08:47

4km Short course (400m uphill)

W35-49	
1 Claire Sloan	45:49
W50+	
1 Angela Ryan	42:16
2 Viven Evers	43:49



NZ Mountain Champs Masters Men's Podium - (L to R): Kelvin Meade - Dwight Grieve - Simon Green

PHOTO: Lee Grieve

Really Want That High?

by George White

Training at high altitude or hypoxic (deficient in oxygen) training, has been used for some time by competitive athletes as a means of improving their performance. It has become a component of virtually all elite running programs with very high percentages of all medallists at the World Championships and the Olympic Games since 1968 having either lived or trained at altitude.

However, despite a good deal of research into the topic, its true effects and a common recommended approach are still not well established. Additionally, altitude training is usually expensive and fraught with logistical problems. Last year I spent 8 days at 5000 to 6500 feet after 5 days at + 3000 feet – did I get any better? It seems you should stay longer and take advantage of the effect on your body immediately. As I didn't race for nearly a month I saw no effect whatsoever.

So what can be the benefits of altitude training? Exposing the body to high altitude causes it to acclimatise to the lower level of oxygen available in the atmosphere. When it is exposed to low oxygen air (mild hypoxia), it responds by making new red blood cells to increase oxygen delivery. The adaptations start almost immediately. Levels of erythropoietin (EPO), a hormone that stimulates the production of red blood cells, rise to a maximum within 24 to 48 hours of arriving at altitude. More red blood cells in your body mean more oxygen to your muscles when you need it.

And there could be good news for many of us as there is some evidence that non-elite athletes, who have lower levels of haemoglobin to start with, may experience an even bigger and quicker boost than elite endurance athletes do.

There are also a number of other changes that happen during altitude acclimatisation which may help athletic performance, including an increase in the number of small blood vessels, an increase in buffering capacity (ability to manage the build-up of lactic acid) and changes in the microscopic structure and function of the muscles themselves.

There are various training options that have been devised in order to expose the athlete to the beneficial effects of altitude.

Live High – Train High

This gives maximum exposure to altitude. Evidence of a positive effect at sea level is controversial and there is less support for this method amongst experts.

Live Low – Train High

The idea behind this regime is that the athlete is exercising in a low oxygen environment, whilst resting in a normal oxygen environment. There have been some findings suggesting this technique might work, but there is not much evidence of improved competitive performance at sea-level. Additionally, as training intensity is forcibly reduced, some may find that they actually lose fitness using this regime.

Live High – Train Low

Under this regime the idea is that the body will acclimatise to altitude by living there, whilst training intensity can be maintained by training at lower altitudes. Hence, the beneficial effects of altitude exposure are harnessed whilst some of the negative ones are avoided. However, residence at altitude must be for more than 12 hours per day and for at least 3 weeks. With this technique, improvements in sea-level performance have been shown in some events.

A further option is simulated altitude training. This can be via an altitude simulation tent/room or a mask based system where the barometric pressure is kept the same, but the oxygen content is reduced. Finnish scientist Heikki Rusko designed a "high-altitude house". The air inside the sea level house, is at normal pressure but modified to have a low concentration of oxygen, about 15% (below the 21% at sea level), which is roughly equivalent to the amount of oxygen available at the high altitudes often used for altitude training. Athletes live and sleep inside the house, but train outside.

Simulation tents, rooms or houses have also been replicated commercially as hypoxic training chambers. While well know endurance athletes may head for the mountains, if your calendar and wallet don't permit a month long sojourn in the hills, then the hypoxic chamber might be the answer. These chambers allow the oxygen content of the air to be reduced to simulate being at altitude. Simulations of up to 6,400 metres are possible.

Research on the effects of altitude chambers indicates that the user must spend at least 16 hours a day inside them to get a measurable performance benefit. This is not surprising when 3 to 4 weeks at altitude is recommended.

What's the difference between being at real altitude and using a hypoxic training chamber? In real altitude, you'll experience hypobaric hypoxia. In other words, the concentration of oxygen in the air is the same as at sea level - 21 percent - but the air is thinner, so the oxygen is less abundant. Most altitude tents and chambers are normobaric, meaning the air inside the tent is just as thick as it is at sea level, but some of the oxygen is replaced with nitrogen so you'll breathe less oxygen.

If you really want the budget solution - Walmart in the USA sells High Altitude Training masks from as low as \$20 or you can get them on EBay for around \$50. What these really do is limit your air supply during training to try and promote increased lung capacity.

If you do go to altitude don't train too hard, think effort, not pace, the benefit largely comes from being at altitude - not the training. And remember - time at altitude won't create magic results and before considering it, be sure that you are already doing what you should to improve at sea level.

WMA Marathon Championship 2018

This event will be held in association with the Scotiabank Toronto Waterfront Marathon on Sunday 21 October 2018 in Toronto, Canada.

Gold, silver and bronze medals will be awarded to the first three male and female finishers in each age group from M35 and W35.

For further information and to enter go to the website: www.torontowaterfrontmarathon.com/register/



4th NZMA Indoor Championships 2018

These champs are being held on 4-5 August 2018 at the AUT Millennium, Mairangi Bay, Auckland. Entries online at ama.org.nz and closing date is Friday 27 July.

Shot Put is now being held on Saturday afternoon along with Pole Vault. Two new events are

being held on Sunday: Hammer and Weight Throw on the top field. See April 2018 Vetline for further details.

All enquires to Chris Thompson at chris.thompson@ama.org.nz



NZ Marathon Championships (5 May 2018)

by Derek Shaw

These championships were held in conjunction with 2018 Rotorua Marathon. A total of 126 registered masters runners (47 women and 79 men) completed the challenging Rotorua course around the lake. The medals were contested in each five-year age group with between 4 and 14 finishers in each grade except for the M75 grade which only had 2 finishers.

First masters women overall was local Johanna Ottosson (W40) in 3:05:31, which placed her 4th women overall. Auckland's Nick Moore (M40) was first masters man in 2:43:04, although it should be noted that local runner Sjors Corporal (M40) elected to run in the SM grade and was 2nd overall in 2:34:58 behind the first SM Blair McWhirter of Christchurch who ran 2:28:59.

W35	
1 Katrin Gottschalk	3:25:31
2 Bridie Hart	3:30:09
3 Tracy Hill	3:33:55
4 Anna Scarth	4:22:34
W40	
1 Johanna Ottosson	3:05:31
2 Gillian Shapley	3:48:23
3 Rachel Green	4:03:17
4 Leonie Smith	4:05:31
5 Sharon Caulfied	4:34:08
6 Nicky Kenny	4:51:10
W45	
1 Siobhan Griffiths	3:37:38
2 Annemarie Gallagher	4:59:50
3 Tammy Ashley	5:29:52
4 Rebecca Edgecombe	6:15:36
W50	
1 Jacqueline Eastman	3:44:28
2 Ingrid Frost	3:44:40
3 Valentina Missen	5:11:19
4 Kiri Price	5:14:41
5 Glennis Hennessy	5:36:03
6 Gay Timpany	6:54:30
W55	
1 Karen Crossley	4:15:59
2 Christine Butler	5:17:56
3 Robyn Skelton	5:20:15
4 Terri Jones	5:29:35
5 Louise Rickard	5:52:56
6 Marieke Wass	6:39:31

W60	
1 Michelle Allison	3:45:01
2 Sue Meltzer	4:08:48
3 Mignon Stevenson	4:13:56
4 Denise Adams	4:44:07
5 Rebecca Drage	5:18:42
6 Denise Caudwell	5:36:02
7 Jeannette Baker	6:09:37
8 Jessica Pickering	6:34:03
9 Ally Gibbons	6:59:13
W65	
1 Barbara Scarfe	4:34:04
2 Christine Munro	5:46:56
3 Chris Leahy	5:57:45
4 Colleen Donaldson	7:43:34
W70	
1 Colleen Falloon	5:37:24
2 Jan Adolph	6:39:31
3 Mary Kururangi	6:58:13
4 Linda Montgomery	7:06:12
5 Oringa Barach	7:14:51
6 Sarah Wiwarena	7:17:25
7 Doris Bragg	7:56:18
M35	
1 Matt Parsonage	2:48:01
2 Nick Pannett	2:49:02
3 Reuben Tomlinson	2:55:34
4 Adam Gallagher	2:56:36
5 Martin Ferry	2:56:57
6 Dion O'Neale	2:57:05
7 Mark Toplis	3:02:27
8 Adam Berry	3:03:33
9 Andrew Cave	3:15:51
10 Geoff Rickerby	3:19:26
M40	
1 Nick Moore	2:43:04
2 Brendon Keenan	2:51:09
3 Stephen Parker	2:57:52
4 Matt Bailey	3:13:14
5 Gene Rand	3:29:18
6 Andrew Twiddy	3:39:22
7 Dion Peters	4:46:51
M45	
1 Hugh Allison	2:50:22
2 Matt Henderson	2:57:25
3 Gaine Petterson	3:06:33
4 Greg Morris	3:09:11
5 Pete Cordes	3:41:16
6 Scott Curran	4:07:26
7 Colin Davis	4:07:59
8 Graeme Tindall	4:50:37
9 Chris Bycroft	5:11:54
M50	
1 Brent Halley	3:10:42
2 Anthony Broadhead	3:15:05
3 Dave Gunn	3:30:02

4 Dale Fairbrother	3:30:38
5 Greg Malcolm	3:35:18
6 Pietro Cariga	3:44:04
7 Erwin Blokker	3:45:41
8 Peter Frawley	3:47:05
9 Michael Stowers	4:57:58
M55	
1 Robbie Barnes	2:53:27
2 Bruce Edwards	2:58:25
3 Tony Warren	3:06:18
4 David Lear	3:12:05
5 Chris Smith	3:14:27
6 Michael Cummins	3:35:28
7 Barry Sharp	3:48:01
8 Gordon Clarke	3:48:50
9 Larry Bradley	3:52:31
10 Les Dobson	3:57:58
11 Martin Devoy	4:32:51
12 Mike Bray	4:48:13
13 Timothy Young	4:49:52
14 Desmond Hussey	5:39:32
M60	
1 Robin Grant	2:58:19
2 Kevin Knowles	3:11:30
3 Barry Watson	3:56:07
4 Neville Bassett	4:18:38
5 Toshiyuki Nakanishi	4:26:29
6 Ken Knott	4:29:13
7 David Cushing	5:29:35
8 Dennis Jordan	6:08:29
M65	
1 Andy Harper	3:33:36
2 Gavin Smith	3:34:52
3 Adrian Brouwers	3:41:10
4 Brian Barach	4:12:20
5 Keith Scholes	4:23:45
6 Evan Primmer	4:43:44
7 Paul Taylor	4:47:18
8 Ian Dale	5:10:58
9 Albie Jane	5:10:59
10 Gareth Jess	6:41:58
11 Mike Leahy	6:50:38
12 Alby Schuster	7:41:45
M70	
1 Graham Doull	4:07:29
2 Peter Willmott	4:13:17
3 Richard Sweetman	4:41:33
4 Fred Burke	5:04:07
M75	
1 John Hammond	6:18:56
2 Peter Vyver	6:43:58
M80	
1 Alec Day	4:57:38
2 Garth Barfoot	6:18:06
3 John Hines	6:22:54
4 Gary Regtien	6:42:30

Northland

by Judith Stewart & Nancy Bowmar

Greetings from the warm north. The harrier season is underway with lots of variety for those wishing to challenge themselves on hills and even some mud, the first visit to Barge Park for the season had a tough course set with a waddle through the water.

I guess those folks that are doing track events in Malaga later in the year will be training hard and I hear that our local pole vault champions often head down to Auckland for extra work. The local AGM is coming up soon so hope our new members will join us for the meeting and lunch afterwards.

Waitomo Trail Runs (NB)

Late in April six of us, including three Northland Masters, travelled to Waitomo for the very scenic Waitomo Trail Runs. I walked the 6km, Willie ran the 11km, Gill Michel ran the 22km as did 2 others of our group and another did the 35km option. The 22km and 35km runners were taken by bus to their start at the Mangapohue Natural Bridge. The longer distance ran to the Glow worm Caves Visitor Centre. The 22km run finished with the 11km circuit runners at Stubbs Farms. A large part of these events are run over private property.

I started with a bus ride, then walking into the Ruakuri Cave down into the vortex, photos taken with the stalactites and stalagmites behind me, then back up again to start the scenic Ruakuri Track back to the Glow worm Caves Visitors Centre. What a great adventure – looping up and around towering limestone cliffs and looking down at a twisting and turning fast flowing river below. Birds fluttered across the track.



Pam Graham from Scottish Harriers in the Masters Classic Relay at Wellington

There is a section for families and lots were enjoying the atmosphere. There was drizzle but no-one was deterred. An aid station on the way was manned by enthusiastic locals. At the finish we ran/walked up the steps and were welcomed in the Glow worm Caves Visitor Centre. Overseas cave visitors must have wondered what struck them, all these muddy people arriving in their midst.

The event is so popular that they have buses dropping people off continually. Everyone has a timer on their number so after walking down into the cave and back up we individually started the event, thus avoiding congestion on the narrow tracks. As the day progressed the track got progressively muddier and more slippery with the drizzle. Numerous buses went to the longer starts as well. You selected your start time and arrived at the appropriate time.

Willie had a hole in the limestone rock he squeezed through; this could be avoided if you went a longer route. They ran alongside an overhang and then downhill on a rope. They climbed a limestone rock with drop offs on both sides.

The Natural Bridge where Gill started is well worth a visit. Her 22km course was scenic and ran along DOC tracks that wind along the Marokopa River and through the Marokopa natural tunnel then onto Stubbs Farm.

Best to book into the earlier start times but anyone looking for an event with a difference should try this one!



Tony Price M60 winner of the Vosseler Sheild in Wellington

PHOTOS: Sharon Wray

Waikato/Bay of Plenty

by Murray Clarkson

As there has been no track activity during this period, I have put together some interesting results from local events. As the athletes do not have their place of abode in the results, it is difficult to identify locals. It is very interesting to note that although the distance events are held locally there are no winners who have dominated the events. Each event has had a different winner apart from Luke Williams in each of the age grades recorded. Some have 5 year brackets and others 10 or more.

Rotorua Off-Road Half Marathon

M35-44	Steve Morrow	1.35.12
M45-54	Luke Williams	1.31.17
M55+	Dave Cronshaw	1.38.48
W35-44	Roisin McQuillan	1.52.14
W45-54	Siobhan Griffiths	1.49.19
W55+	Diane Bulled	1.53.35

Tauranga Open Cross Country

Men 8km

M35-49	Michael Pugh	30.08
M50-64	Tony Broadhead	31.57

6km

M65+	Gavin Smith	26.53
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Women 4km

W35-44	Katrina Shores	18.24
W45+	Sally Gibbs	15.26

Mt Joggers Half Marathon

M35-39	Marcus Robertson	1.21.06
M40-44	Corey Hinde	1.23.06
M45-49	Stewart Simpson	1.26.44
M50-54	Luke Williams	1.26.31
M55-59	Terry Furmage	1.33.16
M60-64	Max Ball	1.34.55
M65-69	Alan Shadbolt	1.53.40
M70-74	Graham Malaquin	1.52.59
W35-39	Lisa Cross	1.20.33
W40-44	Tanja Miller	1.36.19
W45-49	Lesley Van Blerk	1.37.36
W50-54	Yoko Miya	1.41.42
W55-59	Kathy Jackson	1.53.43
W60-64	Karen Crossen	1.58.29

The Rotorua Marathon has another list of different winners. Refer to the ANZ website for results.

Local News

Our Masters Cross Country event is scheduled for 24 June and we are looking forward to a good turn-out. We will be having an interesting AGM in August with a change of leadership and the need to address diminishing numbers joining the Centre. We will be able to take full advantage of the two venues next summer season with a full range of events.

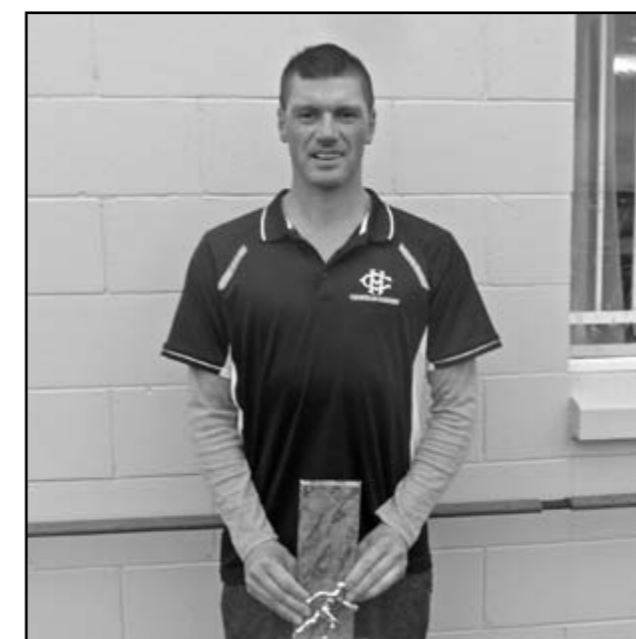


PHOTO: Julie Moore

Lionel Fox Relay - Christchurch

Otago

by John Stinson



Zeddrick Osten winner of the Sanderson Trophy Masters Men's Sprints

The official review of the 2018 Oceania Track and Field Championships was held in mid March with a hugely satisfactory outcome. Overall one World Masters and 64 Oceania Masters records were broken during the champs - a result that exceeded all expectations. The organization of the champs received much praise and it was pleasing for the work put in by the local organizing committee to receive generous congratulations from the Oceania Masters Council.

Correspondence has been received from Mackay the venue for the 2019 Oceania Championships looking for advice and assistance with their own organization. The financial result also proved satisfactory especially given the expenses involved in running an event of such magnitude. In light of the champs success it has been suggested that the OMA should begin operating their own website as a continuation from the information provided on the Oceania website. Another suggestion was to have a link on the website to purchase the Vetline magazine along with subscription renewal to help boost sales.

At the April Otago Masters Committee Meeting a frank discussion was held on the NZMA/ANZ MOU with the majority of the opinion that it may not be working as intended and thus needs to be reviewed. The current system presents difficulties in finding out who is competing as a masters athlete through their club registration, and is also difficult for the trophy steward to keep track of points for trophies.

Concern was also raised that it would become difficult to keep track of eligibility for Service Awards.

The following are the Otago Masters Awards recipients for the 2017-18 year:

Geoff Capon Beach Race 5K Trophy - Rob Homan / Dalise Sanderson

Sanderson Trophy Masters Women's Sprints - Claire Giles

Sanderson Trophy Masters Men's Sprints - Zeddrick Osten

Otago Masters Women's 6 race Summer Trophy - Myrtle Rough

Bob Lindsay Trophy Port Road Race Masters Men Sealed Handicap - Ken Pullar

Women's 5k Self Handicap Trophy - Dalise Sanderson

Otago Masters Field Events Trophy - Paula Cotter / Carolyn Wills

Civil Service Harrier Club Trophy Masters Women Sealed Handicap - Sue Kim

Olsen Memorial Trophy Masters Men's Winter Aggregate Trophy - Phil Morris

Joe Cowie Memorial 6 Race Summer Trophy - Phil Napper

Otago Masters Athletes Trophy Winter Aggregate - Claire Anderton

Otago Masters Marathon Trophy - Gene Sanderson

Merrilees Masters Summer Trophy - Liz Wilson

Graeme Murphie Masters Winter Athlete of the Year - Brent Halley

Otago Masters Athlete of the Year Shield - Liz Wilson

Sometime later this year a discussion will be held as to the future format of masters athletics over the summer months in light of the consistently low turnout at the Wednesday night track and field sessions and also at the 5km self handicap race held on a perfect evening in early March.

Taranaki

by Vicki Jones

Like summer came with the flick of a switch, so did the change to autumn and the cross country season got underway. As is becoming traditional, the Peter Cattley Memorial was the first regional contest, followed by the combined Dr Davie/Brenda Ballinger Memorial race and the regional mountain/trail champs. And that's only the beginning!

Peter Cattley Memorial – 28 April 2018

A good crowd descended upon Frankley School in New Plymouth for the running of the Peter Cattley Memorial. Peter couldn't quite deliver the good weather as in previous years, with rain dampening those setting up and then putting away. However, he held it off for competition - just! This meant conditions were overcast, cool and calm.

Competition itself was fast and furious, made interesting by seeing who would be disqualified for going 4% faster than their estimated time. In the walk it would fall to fifth place, Barry Hosking. In the men's race it also fell to fifth place, and third place for the women's. Alan Jones was pleased to be one of the first few disqualified, having done his best time on the course despite coming off a slightly off track season. Jason Cressingham was first over the line but he was also too fast!

In the women's race, Diane Kowolewski took the trophy after the first two over the line were disqualified. Masters athletes made up the entire walk race, and were well represented in the other races. At the post race afternoon tea, Peter Cattley's widow, Karen Eliason made her customary speech of thanks, solo this year as her children are overseas expanding their horizons (her son Matthew Baxter doing particularly well in the US college cross country circuit).

4km Walk

DQ	Peter Sheaf	43.26/35.26
DQ	Kate Payne	43.57/43.57
DQ	Dennis Jordan	44.38/32.08
DQ	Vicky Adams	44.56/32.26
1	Barry Hosking	46.18/34.18
2	Martyn Schneider	46.21/33.56
3	Sandra Heal	46.02/44.02
4	Cathy Prankard	46.46/33.46
5	Judith Duffy	47.05/42.30
6	Vicky Jones	47.08/31.08
7	Dennis Kowolewski	47.21/32.21
8	Gaylene Anderson	47.24/26.54
9	Briar Sutherland	47.48/34.48
10	Roger Mackaty	48.07/29.37

4km Run (Men)

DQ	Jason Cressingham	22.49/18.49
DQ	Albie Jane	23.37/20.07
DQ	Alan Jones	23.42/23.42
5	John Nolly	24.27/15.14
10	Trevor Hepburn	24.41/22.26
11	Murray Laird	24.42/19.22
15	Richard Brewer	25.09/17.34
19	Steven Dixon	25.53/24.33
23	Rodney Gillum	30.38/26.08

4km Run (Women)

1	Diane Kowolewski	31.05/23.05
3	Kirsten Foley	31.54/18.45
13	Lynne Mackay	33.27/28.07
15	Karen Eliason	34.23/27.18

The results shown are the placings in the field of the individuals with the total elapsed time followed by the actual time completed.

Brenda Ballinger/Dr Davie Memorials – 12 May 2018

Rain was the main feature for the Energy City Harriers annual running of the combined Dr Davie and Brenda Ballinger Memorial races. The circuit was adjusted to encompass the entire Highlands Intermediate sports ground meaning a running of 3 laps of a 1.33km circuit, as conditions in the Pukekura Park section of the course was deemed unfavourable due to recent gravel resurfacing.

The rain also played a part in the more modest turnout, particularly for the walk which was the first race. I had the exhilarating pressure of being a front runner (well, front walker) for the first time ever, leading the entire way until half a lap to go when lead filled my legs and the unaccustomed pressure of being out front resulted in being overtaken by Dennis Jordan, who with his marathon experience had the stamina. Although, I did attempt a last gasp effort to close the gap to 8 seconds.

As usual masters athletes made up the majority of the field. In the men's race the pace was hot, with a handful holding their own amongst the young ones, with the rest battling amongst themselves towards the rear. Meanwhile Kirsten Foley continued her scintillating form crossing the line second, but by virtue of being the first registered athlete claimed both the Dr Davie and Brenda Ballinger trophies. Joy Baker made her comeback from a bicycle accident finishing middle of the field, while Vicky Adams had her first running race in her recovery from injury woes, and Lynne Mackay valiantly completed the course.

4km Walk

1	Dennis Jordan	31.11
2	Vicky Jones	31.19
3	Martyn Schneider	34.39
5	Dennis Kowolewski	34.40
6	Peter Schaeff	35.44

4km Run (Women)

2	Kirsten Foley	16.59
10	Diane Kowolewski	21.35
11	Joy Baker	21.54
12	Ra Rubick	23.14
14	Vicky Adams	24.12
15	Lynne Mackay	24.47

4km Run (Men)

14	Richard Brewer	16.33
17	Murray Laird	17.35
19	Albie Jane	18.55
24	Des Phillips	20.45
25	Alan Jones	21.15
26	Trevor Hepburn	21.17
27	Steven Dixon	21.32
28	Kevin Mace	24.03

Results shown are the overall placings in the field of competitors.

TET Athletics Taranaki Mountain Championships – 26 May 2018

After a week of rain, the day of the mountain/trail champs at Lake Mangamahoe was cold, clear and sunny, with the course conditions suitably muddy and mountainous. A small but hardy group took part, with the majority being masters. The masters races were divided into two sections: grades 35-64 and 65 plus, who did 8km and 4km respectively over the 4km circuit. Des Phillips and Albie Jane continue to amaze with their endurance, with both competing in the walk and the run.



Grant McLean (1st M50 17:02.74) leads Michael Wray (2nd M50 17:10.30) in the 5000m at Newtown Park, Wellington

The women in both age sections proved equal to the task to the men in their races, while no women took part in the walk.

While competition was completed with no incident, there was drama on the sidelines. Vicky Adams was preparing a primus to boil the billy (as it were), the canister she was connecting exploded causing burns to her arms and face significant enough to need transporting to Waikato Hospital. After a day or two she was transferred back to Taranaki Base Hospital and then home to recover, which we all hope will be swift.

8km Run (Men 35-64)

1	Rodney Baldcock	41.05.98
2	Richard Brewer	44.02.75
3	John Nolly	45.09.23
4	James McKillop	53.53.86
5	Trevor Hepburn	58.16.00

4km Run (Men 65 plus)

1	Albie Jane	24.30.42
2	Des Phillips	25.13.87
3	Kevin Mace	30.11.26

8km Run (Women 35-64)

1	Kirsten Foley	49.43.57
2	Nicola Smith	50.26.93
3	Maree Rawles	50.50.01

4km Run (Women 65 plus)

1	Joy Baker	29.09.02
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4km Walk

1	Albie Jane	30.07.36
2	Des Phillips	31.27.14
3	Alan Jones	36.15.25

So with temperatures dropping, competition is only just beginning to heat up with many more mainstays of the regional calendar still to come. Masters athletes are sure to be there in force to anchor the fields.



Kate Jenkins of Olympic Harriers in the Wellington Masters Classic Relay

Wellington

by Michael Wray

End of Track Season

The Wellington track season finished with a flurry. The unavailability of Newtown Park earlier in the season meant we held our 10000m and 5000m champs on consecutive weekends. The 10000m walk featured only six contestants, one of whom (Corinne Smith) had travelled from Northland for the chance to go for the NZ W50 record. As far as Wellington is concerned, Peter Baillie (M65) finished first in 1:01:10, while Jackie Wilson (W70) was first women in 1:08:50. The run, combined with the senior grades, produced 25 contestants – something like two or three times the national entries and as a result talk was of how the nationals should be held in Wellington. The most notable masters performances were from M35 Rowan Hooper in 32:18.0 and Stephen Day won the M40s in 32:59.5.

The 5000m run had 55 entries so had to be split into separate races. The M35-49 race was won by M40 Andrew Wharton (15:48.38), from M35 Alasdair Saunders (16:03.22) and M40 Stephen Day (16:04.29). W40 Renae Creser was first MW (19:22.20), ahead of Nic Hankinson (19:35.08). For the older masters men, Grant McLean (17:02.74) held off Michael Wray (17:10.30).

Mountains & Hills

The Wellington Mountain Running Champs were held in Wainui on a new course. While the middle of the course was the same as previous years, the start/finish area was different. The start was on a steep incline, throwing runners into the thick end immediately.



Winning women's team from Olympic Nic Hankinson, Jo Doherty, Kate Jenkins, Michelle Van Looy and Deb Platts-Fowler

The younger masters men (35-49) ran 11.5km. In this category, Stephen Day (Scottish) won by over three minutes from Olympic's Joe Fowler, with Andrew Thompson third. Grant McLean, Peter Stevens and Michael Wray were the top contenders for the M50s. Grant led up the hills, followed by Michael. Grant held his lead to win but Peter showed his downhill prowess to move into second in the final descent. Mark Handley was dominant in the M60s, over five minutes ahead of Peter Sparks.

Olympic's Nic Hankinson finished two minutes ahead of Renae Creser in the W35-49 grade, while Victoria Humphries had six minutes to spare in the W50s. Kapiti's Judith Taylor had the biggest winning margin of the day – securing W60 gold by 23 minutes!

The Vosseler threatened lots of mud thanks to the heavy rain during the week. However, the strong winds managed to keep the worst away and the course was a lot firmer than 2017. In the single lap races, Mel MacPhee and Nat Hardaker put on an exciting race for the W35-49 title, decided by just two seconds in Mel's favour. Renae Creser was third. For the W50s, Carline Thomas and Victoria Humphries were well clear of both each other and everyone else in first and second. Lyn Clark held off Jan Sheppard to claim third by one second. Only two W60s ran, in which Michele Allison won comfortably. Tony Price was a comfortable winner in the M60s, with Malcolm MacDonald second. Third place was tight. Jonathon Harper was just one second ahead of Duncan Matthews, with several others only a few more seconds behind. Brian Hayes won the M70+ grade by three minutes and club mates Jeff Annan and Tony Dawbin followed him in.

For the two lap races, the M35-49 race was evenly spaced. Dougal Thorburn won by 56s ahead of Stephen Day, who was 46s ahead of Rowan Hooper. In the M50s, Peter Stevens came from behind to beat Grant McLean and Michael Wray was third.



Winning men's team from Scottish Todd Stevens, James Turner, Michael Wray, Geoff Ferry and Peter Stevens



Winning Scottish walking team: Peter Baillie, Phillip Grimmer, Terry Grimmer

Cross Country Relays

The Shaw Baton Relay is a 2km cross country race with jumps, water crossings and a steep hill to go up and down for teams of four. Previously men ran in teams of six, so this is a change from 2018.

The W35-49 race started with Renae Creser leading for Kapiti, handing Hannah Burger-Devereux a seven second lead to defend. Michelle Van Looy took five seconds out of the lead for Olympic and handed over to Tracy Berghan, who brought Olympic into the lead. Olympic finished almost two minutes ahead as winners. Kapiti had to settle for third after WHAC passed them in the final lap.

The W50+ grade was less exciting. Hutt Valley (Brigitte Murdoch, Vanessa Trompeter, Marion Goodwin, Trish Coley) held first place throughout. Olympic finished second and their B team were third.

In the M35-49 grade, Scottish's team ran (Rowan Hooper, Stephen Day, Ben Winder, Andrew Wharton) the fastest individual times. WHAC finished a distant second, while Victoria Uni staged a late surge to come through for third.

In the M50+ grade, three of Scottish's team (Peter Stevens, Michael Wray, Grant McLean) were the fastest three individuals and their other runner (Jim Jones) was seventh individually so they won convincingly over WHAC and Olympic.

The Uni Relays are 4km laps for teams of four without any jumps or water to get in the way. In the W35-49 grade, Renae Creser gave Kapiti the first lap lead. Olympic's Kate Jenkins ran second fastest time overall to take the lead in the second lap. The lap changed again on lap three, to WHAC's Sophie Lee. When WHAC's Nat Hardaker ran fastest time, their victory was secured with over 90s to spare. Olympic and Kapiti finished second and third respectively.



Renae Creser - 3rd W35-49 in the Vosselere Shield

For the M35-49, Rowan Hooper ran fastest time to set Scottish up for success. With each successive lap, Stephen Day, Alasdair Saunders and Ben Winder added to the lead. Olympic finished second while Trentham were third.

Scottish looked good after one lap in the W50+ grade; Lyn Clark ran fastest time for a 72s lead. Olympic's Sheryne Coverdale, Cathy Alderton and Jan Sheppard were the next three fastest times so after Geraldine Smith moved them into the lead on lap two, victory was assured. Hutt Valley finished third behind Scottish.

The fastest M50+ times all came from Scottish (Dave Kettles, Michael Wray, Grant McLean, Peter Stevens) for a winning margin not far short of five minutes. WHAC were second, Olympic third.

The 33rd Masters Classic X/C Relay had 17 teams take part. Fastest laps for the runners were Brian Garmonsway (Trentham) 13:31 and Mel MacPhee (Scottish) 16:29. Fastest walkers were Peter Baillie (Scottish) 23:50 and Jackie Wilson (Trentham) 27:57. Olympic (Kate Jenkins, Nic Hankinson, Michelle Van Looy, Deb Platts-Fowler, Jo Doherty) were clear winners in the women. For the men Scottish (Peter Stevens, Michael Wray, James Turner, Geoff Ferry, Todd Stevens) came from behind to win in the final lap. Olympic also came from behind in the final lap to win the mixed grade, Hutt Valley won the 250+ and Scottish won the 300+. In the walking races, Scottish (Terry Grimmer, Phillip Grimmer, Peter Baillie) won the open walk and Trentham (Joe Antcliffe, Val Buddle, Jackie Wilson) won the 150+ grade.

Canterbury

by Andrew Stark



Nga Puna Wai aerial shot

The 2018 cross country season is well underway. For the second year in a row we are having one of wettest winters on record, but fortunately most events have been held on clear and relatively fine days. Several of our regular track athletes are using the winter races to build strength for the summer. However, as I look through the results there are numerous Athletics NZ masters athletes competing in these events who we never see on the track. Hopefully that will change when the Nga Puna Wai Sports hub is completed. A full list of results can be found on the Athletics Canterbury website.

Canterbury Masters is basically fully incorporated within Athletics Canterbury, helped by the fact that many of us in masters also run the Centre. Athletics Canterbury have employed a marketing and promotional person whose role is to capture what these events look like, come up with a description of the course and update the website in an effort to attract more non-club athletes to 'have a go' at these events. The event photos with this report have all been taken by this person, Julie Moore. If you go to the Athletics Canterbury website, you can view numerous photos of athletes of all ages competing in our winter events.

The completion of the Nga Puna Wai Sport Hub continues, but as mentioned before, the wet weather has been causing major headaches for the contractors involved. The predicted date for completion of the new track was initially January 2018, then March 2018, May 2018 and now it's been pushed out to October 2018! An additional problem was some recent vandalism on the freshly completed track surface, prior to the hardening progress that required repairing and further delayed the build by almost three weeks.

PHOTO: Alan Radford



John Gamblin leading the pack (Jane Paterson Race)

Canterbury is hosting the NZ Masters Track & Field Championships in March 2019. As indicated in the last issue of Vetline, this event is now being held in Timaru. This decision was made in conjunction with Athletics Canterbury. I appreciate that travelling to Timaru is more difficult for some. However, as there is so much to do to get Nga Puna Wai up and running, it is a sensible decision for the Centre. There were simply too many major events timetabled this season, more than expected in the first year of operation, including the Athletics NZ Championships.

As I prepare this report, it's been raining steadily all night, so once again minimal work will be occurring at Nga Puna Wai site. I can't wait until spring!

PHOTO: Julie Moore

Tasman

by Derek Shaw



Shaw Baton Relay (Wellington): A young runner falls in front of Ray Wallis almost taking him out. Thankfully Ray is still agile on his feet even at 78!

PHOTO: Sharon Wray

NZ Mountain Running Champs – 17 March 2018

Two Tasman Masters who have a special interest in mountain running events, both in New Zealand and at World Masters Mountain Running Champs, ventured down to Wanaka to take on the challenging course at Cardrona. Both Paula Canning (W45) and Cliff Bowman (M55) ran the 8km course. Paula (1:01:13) was first women in the W35-49 grades with a margin of nearly 3 minutes from next the second women. Cliff (52:50) was the first masters man with a winning margin of 2:21 over second place.

NZ Marathon Champs – 5 May 2018

Robbie Barnes claimed his fifth NZ marathon title in the last six years at the NZ Marathon Champs held this year in conjunction with the Rotorua Marathon on 17 March 2018. Now in the M55 age group he added to his impressive record of his four wins (and a second) in the M50 age group. His winning time of 2:53:27 was 5 minutes faster than the silver medal winner in the most highly contested masters grade at the champs with 14 finishers. His time would have won him the M50 age group by over 17 minutes and placed him second in the M40 grade and third in both the M35 and M40 grades.

Fire Fighters Sky Tower Challenge – 19 May 2018

Tasman Master runner Murray Hart, who is also a voluntary and professional fire fighter took part in the gruelling challenge

of running up the Sky Tower in Auckland in full fire fighting kit for the second year. With additional training this year he managed to complete the challenge in 14 minutes, a minute and a quarter quicker than last year, to win the silver medal in the M60-9 age group and was placed 99th overall in the field of 960 participants. Each fire fighter who enters the challenge is also given the target of raising \$1000 for child cancer and this year a total of \$1.4m was raised for this very worthy charity.

Christchurch Marathon – 3 June 2018

Two weeks after the Sky Tower Challenge, Murray Hart ran the half marathon in the Christchurch Marathon event and despite very limited distance training was second in the M60-9 age group with a time of 1:34:32. Nelson runner and keen triathlete Stuart Hague was 31st in the M50-9 age group in 1:40:37, while partner Meryl Hague was 12th in the MW and 25th overall (based on net time) in the half marathon walk in 3:04:48. Another keen runner and triathlete Graeme Sellars ran the 10km event in 42:56. The official results list him as 10th in M40-99 age group, but if this age group had been divided into 10 year bands as was done for the half and full marathon it seems that he could well have been first in his 60-69 age group. For Graeme the 10km was a warm up for the Ironman 70.3 in Cairns the following weekend where he was placed 12th in the M60-65 age group for the 1.9km swim (43:17), 90km bike (2:57:14) and half marathon run (1:54:51) for a total time of 5:54:28.

Southland

by Dwight Grieve and Barry Smith

Here we go, Southland Masters blast, the blast bit being the winter weather arriving! I think we should approach a thermal manufacturer and have some merino singlets made sometime? Speaking of singlets the new Southland ones have arrived and if I do say so myself they look pretty good, if anyone wants one be in quick as they are going fast.

Below is a great report from Barry Smith on the nationals.

NZMA Track & Field Champs - 2018 – Northland

The whole Southland team for the NZ Masters champs arrived on the evening of Wednesday 28 February ready to do battle with the other regions. When I say whole team I basically mean me, as I was the whole team. As for the doing battle part, I knew the guys in my age group were all faster and could jump further than me, it proved not to be much of a battle but more of just trying to stay in the hunt. But I turned up, had a go, had fun and got some medals for being last ?.

Weather wise: Hmmm! Whangarei is completely different to Invercargill. From when I arrived and left on the 4 March, the humidity hovered between 99.9% and 100.1%. In that time we saw the sun for perhaps 2 minutes, thick heavy cloud prevailed. Whilst on Friday and Saturday it hovered between occasional showers and drying out, Sunday was another matter and there was constant heavy rain. However Whangarei has an entirely different manner of recording rainfall than we do. Firstly, they empty the rain gauge and then they read it. Net result: No rainfall recorded for the entire time the event was held. The nearest I can compare is Kerikeri 1.5 hours up the road which got 47mm on Sunday. How this all works I'm not sure but Whangarei still managed to have 50% more rain than Invercargill for the previous month. But (bending my arm up my back) I have to admit, it was a tad warmer up there and easier to warm up for events.

Northland	44	Wellington	14
Auckland	78	Tasman	13
Waikato Bay of Plenty	37	Canterbury	22
Taranaki	6	Otago	4
Hawkes Bay Gisborne	4	Southland	1
Manawatu Whanganui	8	Overseas	3

Attendees: In some ways Northland is a bit like Invercargill, only able to draw entries from one direction, the south (or in our case, the north). However, Whangarei has one great big advantage - Auckland is just a couple of hours down the road and Waikato Bay of Plenty just a little further on meaning a great representation from that end of the country. Comparing this with the Oceania's in Dunedin in January, Dunedin had 224 entries, Northland had 228 and there were only 77 who attended both events.

The dinner on Saturday Night was attended by about 70 people and it was a great chance to meet people on a more social Level. One was Ian Babe, a running companion of (and 10 years younger than) Derek Turnbull. There is a photograph on their club room walls of the two of them and two other NZ athletes at the world masters about 20 years ago. Actually Ian put me on a bit of a spot (before I knew of the photograph) "how old do you think I am?" he asked at one stage. I looked at him with a bit of a smirk thinking I'm going to be a bit rude here "72" I answered. With a big grin on his face he replied "I'm 82". (To be honest he looks more like 65).

Events: I'd entered the 60m & 100m (was last of 3) as well as the triple jump and long jump (last of 2). I then got talked into doing the 100m handicap and to me this was the most exciting race of the lot. This is the first time I'd done this and to be fair it is more a skill of the handicapper than the runners themselves. There were 5 of us, Brayden Grant MWA (3006) off scratch, John McInnes WLG (3514) off 10m, Gavin Hall AKL (5023) off 20m, myself (6015) off 27m & Christine Polkinghorn TAR (6002) off 40m. With less than 5m to go three images appeared simultaneously in my peripheral vision. Gavin crossed 1st (11.3s), Brayden 2nd (11.42s), me 3rd (11.46s), John 4th (11.49s) & Christine 5th (15.53s). What an adrenalin rush that was!

Summarising: I had a great time and the Organising Committee in Whangarei can be proud of the event they planned and executed - well done people and bugger the weather anyway.

After the events: Northland is a bit of a stretch from Invercargill for a lot of people (as can be judged from the number of Southland attendees) and as this was our first visit to Northland it was more than appropriate to spend a bit of time in the region. On Sunday 4th my wife flew into Kerikeri and we visited the Old Stone Store. Monday 5th: Cape Reinga tour with a bus driver who was a mate of Tim Shadbolt. Tue 6th & Wed 7th: Cycled the Twin Coast Cycle Trail which has been newly established. Thur 8th: The cultural thing, a day at Waitangi. Fri 9th: A visit to Tane Mahuta and the Kauri Museum. Sat 10th: Visiting Waipu (A town with a strong Scottish heritage), also Waipu Gorge and Waipu Caves before returning to Whangarei. Sun 11th: Fly Home. Mon 12th:reality bites.... Back to work!

Australian Track & Field Champs – 2018

Lester Laughton (M65) and Mark Flaus (M55) travelled across the ditch to take on the Aussie throwers in their championships, being Southlands winter it isn't always easy to train so their results are pretty outstanding. Lester - 2nd in discus and 3rd in shot put, plus a bad day in the office for the throws pentathlon with 5th. Mark - 1st in shot put, 2nd in discus and weight throw, 3rd in javelin with another bronze in throws pentathlon. A good team effort.

NZ Mountain Running Champs 2018

This year's mountain running champs were held on the Cardrona ski field. Pulling up at the start line about 1km up on the access road you can look straight up at the ski field buildings in the far distance, a daunting prospect. The race course itself had been kept secret as it crossed private land was only given out in the race packs and the daunting run to the ski field got worse as the course continued past the ski field to the very top of the mountain before returning back down for 1.5km to the ski field base and finish line. The numbers for the race were not high sadly but there is no doubt those that turned up had to earn their placings with 13km and 1300m vertical in the long course.

In short, the course was brutal with an undulating traverse across farm land before a right hand turn and straight up to the top before the sprint down to the line. Actually a great test of endurance and mental strength but to be honest maybe a bit steep to be a pure "running" course as a fair bit of walking was required. Although it was pretty cool to see the challenge from the bottom. With the low numbers the racing turned out to be between every one of all grades as the masters tried to match the seniors, juniors and women.

For Southland the results were great with Angela Ryan taking out the W50+ bragging rights in the 4km race. Meanwhile Kelvin Meade and Dwight Grieve did their best to make the seniors work for results, Dwight first master male home in third overall, Kelvin Meade the silver, and Queenstown's Simon Green third master.

As a side note, Dwight's placing on top of other results over the last couple of years has just earned him selection into the NZ senior team for the World Mountain Running Champs in Andorra in September. Very much a huge honour to wear the silver fern and gaining his first ever NZ selection at 40 years of age!!

Southland Half Marathon Champs – Gore

The Gore Half Marathon is a long-standing event that is also the Southland Champs. The race is well supported with many runners from all over Southland and quite a few from Dunedin. The course is great, with plenty of undulating hills to really make you work and the last third generally downhill to blast home, which makes for some tactical racing. As always the masters seem to love this event and the racing is tight.



Gore Half 2018 - what Masters is about - Fiordland meeting mates from Caversham, Dunedin

The overall race was won easily by senior runner Jonah Smith from Dunedin but Fiordland's Dwight Grieve coasted in for second in 1.17. The fight for third was epic, with Gore's Shannon Gutsell and Invercargill's Kelvin Meade going toe to toe for the whole race, Shannon only breaking away towards the end for the placing, both home in 1.19. The battle for 4th and 5th was equally as tough as Fiordland's Scott Underhay and Invercargill's Craig Iverson pushed each other for the whole race with Craig getting home just in front of Scott. Craig dry reaching once home, with bragging rights well earned but look out now as Scott has a target.

The women's racing was also interesting but more clear cut by the finish, with Roanna Porter comfortably home as first female master and first female overall in 1.36. The minor placings went to Tracey Ross and Racheal Scott. Meanwhile a real battle took place for the W60+, running legend Val Muscott taking the win in 1.55 with Linda Te Au making a running return in second and the lovely Dorothy Horrel third.

South Island Masters Track & Field Championships

Don't pencil it in people, use a pen! Southland is hosting the South Island Champs on 16 -18 November 2018 in Invercargill. Don't panic I have even sorted out the weather (I promise - you can trust me :-), plans are under way and we want to try to make it a fun weekend, please look at making the effort to come down and we will see what we can do about making the whole weekend a blast.

Looking Ahead

Harriers season well under way with Southlands handicap series roaring along. The club cross country and road championships are looking like they are going to have the best team competition seen for many years, with four clubs at this stage that could take the honours with some new runners signing up and getting involved.

The NZ Cross Country Champs are in Wellington and the Roads in Cambridge - at least one or two looking at making the trip and possibly a masters team for the cross country champs? Anyone keen, contact Dwight asap. Could be first opportunity to show the country the new singlets? Meanwhile there is talk of an end of season harrier trip, be prepared the rest of NZ, Southland may appear on a roadie!



Craig Iverson - Gore Half Marathon Champs 2018



M35-49 5000m - Stephen Day (16:04.29) leads Andrew Wharton (15:48.38) at Newtown Park, Wellington

PHOTO: Sharon Wray



COMING EVENTS

2018

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
21 OCTOBER	WMA Marathon Championships	TORONTO, CANADA
16-18 NOVEMBER	South Island Masters T&F Championships	INVERCARGILL
23-25 NOVEMBER	North Island Masters T&F Championships	WELLINGTON

2019

1-3 MARCH	NZ Masters Athletics T&F Championships	TIMARU
24-30 MARCH	WMA Indoor Championships	TORUN, POLAND
31 AUGUST - 7 SEPTEMBER	Oceania Masters Athletics Championships	MACKAY, QUEENSLAND
5-15 SEPTEMBER	European Masters Championships	VENICE, ITALY
27-29 SEPTEMBER	World Masters Mountain Running Championships	GAGLIANO DEL CAPO, ITALY

2020

20 JULY - 1 AUGUST	WMA Stadia Championships	TORONTO, CANADA
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