

# Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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in this issue:

- > World Masters Championships
- > NZ Cross Country Championships
- > NZMA Indoor Championships





Christine Lear - 9th W55 in the Half Marathon at the World Championships in Malaga, Spain

PHOTO: Sharon Wray



Start of the M50+ race at the North Island Cross Country Championships in Taupo

PHOTO: Sharon Wray

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



**Cover Photo**

Ian Carter in the M65 1500m at the WMA Champs in Malaga, Spain  
Photo - Sharon Wray

**Inside Back Cover**

Peter Stevens - 12th M50 in the Cross Country at the WMA Champs in Malaga, Spain  
Photo - Sharon Wray

**Back Cover**

Sally Gibbs - 1st in the W55 1500m at the WMA Champs in Malaga, Spain  
Photo - Sharon Wray

**REGULARS**

President's Report	3
Committees / Contacts	4
Calendar/Coming Events	44

**NEWS**

Otago	John Stinson	33
Taranaki	Vicky Jones	34
Wellington	Michael Wray	36
Manawatu/Wanganui	Jen Fee	38
Canterbury	Andrew Stark	39
Tasman	Derek Shaw	40
Southland	Dwight Grieve	42

**ARTICLES**

2018 World Masters Athletics Championships	Michael Wray	6
2018 WMA General Assembly	Michael Wray	8
John Gilmour - Obituary	Bryan Thomas	10
2018 Asia Pacific Games	Laini Inivale	12
Coaching Corner	Mike Weddell	13
NZ Cross Country Championships	Michael Wray	14
NZ Cross Country Championships Results	Derek Shaw	18
NZ Half Marathon Championships Results	Derek Shaw	19
NZ Road Championships	Derek Shaw	20
30th IAU/WMA 100K Championships	Bob Schickert	22
Does My Bum Look Big In These Genes?	George White	23
North Island Cross Country Championships	Michael Wray	24
Why and How Do We Keep Going?	George White	27
WMA General Assembly and Council Meetings	Lynne Schickert	28
NZMA Indoor Championships 2018	Chris Thompson	30





Johnny Hines (M80) competing in the Half Marathon at the World Masters Championships in Malaga, Spain

PHOTO: Sharon Wray

# President's Report

by ANDREW STARK - NZMA President



As I write this report, the winter events are almost over, with only the NZ Road Relay Championships being held in Canterbury to go. The course from the Sign of the Takahe to Akaroa Relay is iconic and many of you will have run this event numerous times.

I first competed in this event back in 1975 as a junior. As a competitor, I just turned up to run and gave no thought to the effort that went on behind the scenes to make sure the event ran smoothly. As I am involved more as an administrator than an athlete these days, I now fully understand the complex organisation that goes on behind the scenes, so an event runs smoothly.

Non-stadia events generally require fewer officials than stadia events. We are about to move into the summer season with track & field meetings occurring throughout the country. Having recently returned from Malaga where 8000 athletes competed, it would have been a challenge for this event to run smoothly. No doubt there were organisational issues, but without a huge team of volunteers these events would simply not happen, so it is unfair to be too critical.

One of the reasons I moved the 2019 NZMA Track & Field Championships from Christchurch to Timaru was because of the demands our event would place on the aging population of officials in Canterbury. This group have generously given their time for numerous years and have travelled the country to national events for the past seven years. There is a nationwide shortage of officials.

The intention of the MoU between Athletics NZ and NZMA is that we work more closely together. I challenge all masters who currently just turn up, compete and go home. Why not give something back to the sport and help out as an official at not only our events, but also those events run by your Athletics NZ Centre.

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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  
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# 2018 World Masters Athletics Championships

by Michael Wray

Malaga 2018 is my third experience of a World Masters Athletics Championship. It was the least enjoyable of the three, with the organisation not being as slick as at Perth or Daegu. I understand from the report at the General Assembly that the LOC were somewhat stretched by this being the third major event they had organised this year. New Zealand had 52 athletes entered with a total event count of 174, though not everyone who had entered made the trip.

The accreditation process was somewhat chaotic. The main issues were a combination of the collection site not being big enough to handle the number of people collecting race packs on day one and an ill-thought out processing system. This latter aspect was where we had approximately 10 region-specific accreditation stations feeding just two transport pass stations. The bottle-neck at the transport desk was exacerbated by the mislabelling of the desk, where one station that was not actually capable of issuing transport passes had amassed the largest queue before the mislabelling became apparent. Whereas the large queues at the region desks were taken in good humour, the transport process exhausted the patience of most people and tempers were lost – I was glad to get free of the whole area.

Unlike the last two Worlds, athletes were required to confirm their participation for all stadium events. You could do this for all events en-masse at accreditation and the signs at accreditation did say to remember to do all three parts. We also reminded our people via the Facebook Group that had been set-up for the NZ team. Hopefully this change in procedure will become the norm, as it ensures that heats for track events are more evenly worked out and are of similar size..

It was difficult to get across the NZ team. There were four stadiums being used and competition was held morning, afternoon and evening. I also found it difficult having the team manager meetings at 5pm, especially when all but one of my own events was away from the main stadium and I had an evening race scheduled. The absence of wi-fi at the stadiums added to the challenge, especially if people wanted to contact me via Facebook or email instead of text, in which case I would not know of any message until the evening when back at my accommodation.

For the first time, I did not get to attend the athletes party; Malaga had it take place while events were taking place, whereas Perth and Daegu held theirs outside of competition. In the end, I don't think any NZers were able to go, which is a shame when we had such a good team turnout for the previous two champs. Instead a large number of us were cheering on team mates at the steeplechase races that took place at that time.

Our first medal winner was Jacqueline Wilson, with the 5000m walk that took place on 11am of day one. Jackie walked 32:48.17 to find herself roughly equidistant between the first and third placed in silver medal position.

The cross country course was not good. A taped circuit through a forest that did not follow a pre-established path, the course featured no grass and lots of rocks. This proved to be, in the words of the WMA council “dangerous” and the ambulances were kept busy taking the wounded to hospital, with particular concern for an Italian athlete rushed away with a broken femur. The number of accidents was so high that races began to run behind. By the time the later races started, we were an hour behind schedule. There were a number of issues with lap counting. I understand the most serious errors took place in the early races but later on, in the M50 race, second place Paul Yego (Kenya) finished fourth after losing two places because he started an extra lap before being directed back to the finish. Unfortunately for Yego, the Kenyan team manager did not protest until the team managers meeting, which was long after the two hour window in which protests must be lodged.

Judith Stewart won silver in the W70 grade for the cross country, finishing over a minute ahead of third place. Alastair Prangnell was another who coped well with the course. He led the way for New Zealand in the one age-group where we had a complete team (M60). Alastair secured an individual bronze, just four seconds behind second place. Alastair, Geoff Anderson and Tony Price placed second in the M60 teams.

It was a good time for our women sprinters. In the W75s, Chris Waring won the 200m bronze medal in a race where the provisional results indicate the world record was broken. Chris also picked up the silver 100m and 400m medals. Sheryl Gower (W70) went even better, matching Chris' silvers in the 100m and 400m but winning the 200m gold. Clasina van der Veeken, who had previously won an unchallenged gold in the W85 hammer throw, picked up the 100m silver while Liz Wilson (W55) produced a double silver in the 200m and 400m.

Clasina was our only member to win a medal in the throwing disciplines, taking the W85 shot put silver in addition to the gold hammer throw medal. M90 Peter Tearle had an unfortunate accident, which I believe took place in the hammer throw. It was serious but a knock to his arm started to bleed a lot and after a hospital visit, he had to scratch from his remaining events after being able to only complete the shot put.

Peter Stevens came close to a bronze in the M50 3000m steeplechase, sitting in third until the final lap. In the end, the Argentinian in fourth kicked past with ease and Peter had to work hard to hold on to fourth himself as a British runner closed hard for a photo finish.



Christine Adamson 5th W60 in the 1500m

With an upset ankle after being one of the accident statistics at cross country, I scratched from the 10km road race and did not make the journey to the stadium to watch the race. I understand it was a very crowded race, particularly in the first few kilometres. While the men didn't trouble the podium, our women performed very well. Sally Gibbs won the W55 grade by a minute and 48 seconds, finishing in 37:10. Christine Adamson could see the W60 winner, who was only 15 seconds ahead, but was comfortably clear in second to take silver. Judith Stewart added another silver medal to her collection in the W70s.

Alan Dougal had an unfortunate experience in the 300m hurdles. Alan left the stadium, having finished second in his race and qualification from his heat. He only discovered when he returned for the final that he had been disqualified. What had happened was the starter had positioned Alan in a different lane to that which he had been assigned; the finishing official disqualified Alan for leaving his lane. Because Alan had left the stadium without checking the results, he did not know of his DQ until the next day by which time the window in which a protest could have been placed had closed and there was no longer any possible action he could take.

The 10km road walk used the same course as the run. Jacqueline Wilson suffered a disqualification late on while two of our three M65s did not finish so we had no teams. Eric Kemsley came closest to a medal, finishing sixth his grade. When it came to the 20km road walk, Jackie made up for her earlier disappointment by finishing second in 2:17:27.

It was a shame to have the 5000m races scattered across the four stadiums as well as spread out across the whole day; it meant being unable to cheer on team mates unless they happened to be at the same stadium and at a similar time. The men had mixed results, with three entered not contesting their event and the others finishing outside of the medal places (Mat Rogers 20th M35, Michael Wray 14th M50, Tony Price 22nd M60). While Tina Faulkner just missed out by placing fourth W35, Sally Gibbs won W55 gold by a large margin and was joined on the podium by Christine Adamson (3W60) and Judith Stewart (2W70).



Ian Calder - 3rd M60 in the 1500m

Our jumpers had a good time. Delwyn Smith was unlucky to miss the podium, finishing joint fourth in the W50 pole vault. Clasina van der Veeken won an unchallenged gold in the W85 triple jump, to which she added the long jump silver. The most impressive performer was Margaret Croke, who faced stiff competition and came away with the long jump silver and triple jump bronze in the W70 grade.

The classic middle distance races were a mixed bag. Only three contested the 800m finals of their age groups, in which Ian Calder produced the only medal (2M60). Ian added the 1500m bronze too, in a tactical race where he made his bid for the win about 250m out. Christine Adamson front ran the W60 1500m final, building up a large lead that her opponents whittled down in the third lap and relegated her to fifth by the finish. Sally Gibbs won her third gold medal, losing two opponents that had stuck doggedly to her shoulder until 800m.

The half marathon was another area with organisational problems. The 9am start featured 91% humidity and temperatures in the 30s; a 7am start would have been far more sensible. Another sensible change would have been to start the men and women 15 minutes apart to reduce the crowding. Instead, they tried to separate us into different starting berths by 10 year age bands. This failed. Results were gun times, not net, and many people ignored the instruction. In my 50s berth, I was stood behind many 60s. It also failed to acknowledge that an M50 is normally faster than a W40. With the start not being wide enough to cope, the first two or three kilometres produced what I can only describe as “extreme elbow wars” and it was about another three kilometres before the runners in my area thinned out to a manageable size. We had three teams for the half marathon. Unfortunately a combination of DNFs and DNSs meant only one finished. Peter Sparks, Brendan Gibbs and John Hines finished eighth in the M55 teams.



# 2018 World Masters Athletics General Assembly

by Michael Wray

The General Assembly of the World Masters Athletics, equivalent to an AGM – technically a BGM (Biennial General Meeting) – was held at the NH Hotel in Malaga on the first rest day of the champs.

After the heated debate at the 2016 Assembly over the replacement of the 10000m with a 10km road race the British Masters had told me they were going to put forward a remit to reverse that change, so I was surprised to see no such remit on the agenda. When I chatted to the British manager, I was led to understand that the proposal to put forward such a remit had been defeated at their own GM.

This Assembly was the last to be conducted under the presidency of Stan Perkins, who had served his maximum term. In his report, he spoke to various matters. The problem of the Masters Games remains, not least because the Masters Games refuses to cooperate with either WMA or IAAF. The WMG have an ambition of partnering with the Olympics, in the same way as the Paralympics has done, though it is hard to believe any Olympic host city would be willing to commit themselves to hosting three consecutive events on such a scale.

The management of the WMA Champs is something that the WMA Council intend to take more control over, rather than delegating to the host city. This is to ensure a greater consistency of quality control over the champs, given the issues some cities have (as indeed Malaga did) in comparison to others. One aspect that needs work is the area of entry visas; many athletes who had entered were denied visas by the Spanish embassies in their country because the embassy concerned did not believe that masters athletics was a thing. (It was certainly noteworthy that in their reports the upcoming host cities had already worked with their respective governments to prevent a repeat of this problem.)

The final entry date of future championships is likely to be extended back to give the LOC more time to convert the entries into a workable programme, something that was an issue for Malaga.

The relationship with the IAAF has weakened in the last few years, purely because the IAAF has been distracted by dealing with a significant number of internal issues. This topic was taken further by the IAAF representative, who spent time on the ban of Russian athletes and how this was not intended to extend to masters. Masters athletes are not able to meet the requirement to be formally tested 10 times in two years to be permitted Authorised Neutral Athlete status and lack the recourse of the elite IAAF athletes from Russia. A highlighted issue was the IAAF notification process to WMA for masters who have failed doping tests.

Another problem for athletics is that for many countries, just as in NZ, there is a separate body for senior and masters athletics. The sports that are the most successful, with gymnastics provided as an example, do not have separate bodies. I did note that not all countries who have this separation have made the progress that we in New Zealand have with improving the relationship between masters and senior bodies; it appeared from the discussion that Britain have a serious problem.

With Stan stepping down, an election took place for his replacement. The three contenders were current VP Margit Jungmann, former VP Vesa Lappalainen and former USATF Masters Chair Gary Snyder. It was a resounding win (110 votes to 19 votes to 12 votes, respectively) for Margit, who becomes the first female President of the WMA. The post of VP therefore becomes a casual vacancy that will be elected at the next General Assembly in Toronto 2020.

After the Treasurer's report, where we heard that the WMA has regained a very sound financial status after a period of various challenges, the main business that remained was the bidding for future championships and the consideration of the submitted remits.

2019 (Torun) and 2020 (Toronto) hosts submitted reports on their preparations to date. It sounded like they were ready to go, although let's not forget Malaga said the same thing in 2016 and this was a champs that was far less organised than either 2016 or 2017.

The 2021 Indoor Champs had just one bidder, just as was the case for 2019. As such, Alberta in Canada won without a vote being required. It is interesting to find we will have two Canadian championships just six months apart, although Alberta and Toronto are in different parts of the country and are very different cities with very different experiences to offer.

All three bids for 2022 came from European cities, which means a return to Europe once more after Canada. The three bids came from Gothenburg in Sweden (who lost the 2020 bid to Toronto), Tampere in Finland and L'Aquila in Italy. I found it very interesting that Gothenburg abandoned their slick presentation style from last time to take a less formal presentation approach (perhaps influenced by their loss to Toronto). I wondered if this would cost them, as the feeling at 2016 was Toronto's win was greatly assisted by being from outside Europe. Gothenburg's bid was essentially the same in substance as before. The Tampere bid showcased a championship that would be similar to Gothenburg's but had the distinction of being held at a time when daylight hours would be 22 per day! The L'Aquila bid took an emotional turn, emphasising how hosting would help them rebuild after a devastating earthquake a few years ago; unfortunately that did raise the question of how ready they would be to host.

The voting was resolved in one round, with Gothenburg winning by 80 votes to Tampere's 22 and L'Aquila's 37.

We learned that one of the cities in South Korea is preparing to put in a bid for 2024 when the hosts are selected at the 2020 Assembly.

The first remit was on whether to dissolve the WMA Council position of Women's Representative. This was a difficult issue, as the council member positions are divided equally between the genders but gender equality has not been achieved within all member countries. The current incumbent, who was due to step down in any case having served her maximum term, spoke in favour of retaining the position. In contrast, her predecessor supported its dissolution. It's important to note the Women's Committee would remain and that it was only the Council position under review. Ultimately the position was dissolved by 115 votes to 10 (with abstentions uncounted).

The remit that consumed the vast majority of time was submitted by Australia. It concerned the number of delegates that a member country is entitled to have at the General Assembly. The current rule is that a country is assigned an additional delegate to the standard one, for each 100 athletes

it has at the last three outdoor WMA champs, up to a maximum of five in total. Australia proposed to make an additional delegate available if the total number of athletes at the last three Champs was 300 to 449 and two additional delegates if the total was over 450. This would limit one country to three maximum, as opposed to the current five. Personally, I don't think Australia's case was helped by presenting a stretched analogy to a 200m race with competitors starting from handicapped positions. Belgium proposed an amendment to the remit to make it a fixed one country/one delegate assignment but this was not accepted. As a constitutional change, such remits require a two thirds majority. 79 voted for and 45 voted against, meaning the remit was not passed.

The remaining three remits were withdrawn: the expulsion of the existing Greek masters body (the intention being instead to work with resolving issues instead of replacing them with a new body), the creation of a new clause to formalise the ability to withdraw WMA membership from a body (not considered necessary) and the reinstatement of one year age-gradings & review of age grading tables (this work is already underway so did not need a remit).



Tina Faulkner 4th W35 in the 1500m at the World Masters Champs



Mathew Rogers M35 in the 1500m at the World Masters Champs



Peter Sparks M65 in the Cross Country at the World Masters Champs



Keryn Morgan in the Cross Country at the World Masters Champs

PHOTOS: Sharon Wray

# John Gilmour

by Bryan Thomas

## We have lost one of our greats – just shy of a century

Although just short of his 100th birthday John Gilmour OAM, legendary WA athlete and one of our inaugural AMA Hall of Fame inductees, died Wednesday 1 August 2018.

I had long been an admirer of John Gilmour and had met him on several occasions, usually at national or international championships where he was always one of the star performers while I was a much younger middle-of-the field “trier”.

I met up with John at both the 2016 World Masters Athletics Championships in Perth and at the recent AMA Championships, also in Perth. As an ambassador of the WMA Champs, John was always available to chat with anyone interested in him or athletics in general as well as being kept busy as a medal presenter. Who will forget the standing ovation 97-year-old John received as he jogged down the final straight in each of his 800 and 1500m events?

My next meeting with John was during the 2018 AMA Champs where I thought he looked and sounded more spritely and healthier than he had two years earlier. Although now just short of his 99th birthday John was in attendance every day sitting at a table near the athlete’s entry onto the track promoting his 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 at the podium many of the winners were keen to include one of our sports all-time greatest athletes in their commemorative photographs.

John was perhaps one of the most successful Australian athletes of all time. If it had not been for the Second World War, when he was interned for three and a half years as a POW in Changi and then as a slave in Japan from which he returned suffering malnourishment and almost blind, he would most likely have represented Australia at an Empire and/or Olympic Games.

He certainly is the most prolific and successful Australian male veteran / masters athlete in the history of our sport. John set twenty-nine world records in middle and long distance races and even many more national, championship and state records. At the time of his death he still held four world records – the M60, M65 and M70 for the one hour run and the M70 half marathon and also held seventeen Australian records ranging from the M55 to M70 age groups for the 1500m, mile, 3000m, 5000m, 10000m and one hour run on the track as well as for the half marathon and marathon.

However, apart from his outstanding running achievements, John will also be remembered for his contributions to the evolution of Veteran / Masters Athletics as an administrator, coach and inspirational mentor to junior, senior and veteran athletes. In 1950, John founded the Canning District AAC and twenty-four years later was one of founding members (the others being Cliff Bould, David Carr, Jack Collins, Dick Horsley, Keith MacDonald and Jim Smith) of the veterans’ athletics club in Western Australia (WAVAAC) in which he served six terms on committee. Many years later the club changed its name to Masters Athletics WA (MAWA) and in 2009 John became its patron.

Because of his outstanding contributions to athletics John was honoured with life memberships of the Canning District Athletics Club, Western Australia AA, WA Marathon Club and of course MAWA. He was also patron of the ‘WA Lest We Forget Run’ conducted annually by Athletics WA on behalf of Athletics Australia while the annual Athletics WA State 10000m Championships is named in his honour.

In 1975 John was bestowed with an OAM by Prince Charles and a few months later announced as WA Sportsman of the Year where the citation stated: The lifetime commitment to athletics by John Gilmour, and his involvement in administration and coaching, makes him an extraordinary example to other sportsman and illustrates a dedication found in few people. Such words of praise about John could be repeated for all of the many awards he had won throughout his long and brilliant athletics career. In 1987 he was the ‘WA Visually Impaired and Community Newspapers Sportsman of the Year’ as well as being presented with an ‘Advance Australia Award’ by the WA Governor.

John was very involved in the early years of veteran athletics and therefore was part of establishing the sport within Australia and even internationally. In 1969 he accompanied Cliff Bould and Col Junner to the USA Masters Championships in San Diego, California where all three were successful. Three years later John linked up with a select Australian contingent organized by Jack Pennington and Wal Sheppard, incidentally also members of our Hall of Fame, for an historic tour of Europe. The team was to participate in the first international track and field championships for veteran athletes (men over 40) at Crystal Palace in London and Cologne in Germany to coincide with the 1972 Munich Olympic Games. Following the Games forty-eight Australians participated in the International Athletics Championships for men over 40 years-of-age conducted in Cologne.

The championships were a far cry from what they have since become. Competition was conducted in four 10 year age-groups for men M40-49, M50-59, M60-69 and M70+. Despite wet and cold conditions and competing under floodlights on a cinders track the Australians performed well, winning five gold, seven silver and two bronze medals across a variety of disciplines. John won the M50-59 5000m. According to Jack Pennington: It was a tour never to be forgotten and the championships in Cologne were reported as being the World Championship in the New York Times, the London Guardian, several German newspapers and even in the Canberra Times. Veteris, the magazine of the Association of Veteran Athletics (UK), also reported favourably on the historically significant events that had occurred in Europe during the late summer of 1972. When US and Canadian Masters, and Australian Vets visited Europe in 1972 the move towards competition for men over 40 really took off.

The inaugural Australian Veterans’ Championships was held over a weekend in December 1973 at Box Hill in Melbourne. A large team of USA masters participated alongside athletes mainly from Victoria and NSW but several were from both South and Western Australia. John was one of the stars of these championships for men over 40 years-of-age conducted in ten year age-groups when he romped home for an easy win

in the 50-59 5000m in 16:22. John would go onto being successful in another eighteen annual national championships where he set numerous championship and Australian records and was acknowledged as ‘athlete of the meet’ on several occasions.

The first World Veterans’ Track and Field Championships held in Toronto, Canada in August 1975 was a great success. There were more than 1400 competitors, including 80 women, from 27 countries. The Australian team was very successful, winning 16 gold, 12 silver and 12 bronze medals. Four Aussies were multi-gold medalists - among them was M55 John who won both the 3000 and 5000m. John went onto run at another ten world championships never coming home without a couple of medals, most of course were gold.

By participating in the 1993 World Championships in Miyazaki, Japan John was one of only twenty competitors, of which three were Aussies (M55 NSW sprinter Reg Austin, John and Victorian middle distance runner M75 Jack Stevens) had competed at all ten world championships. John was apprehensive about entering for these championships considering his war-time experiences at the hands of the Japanese. Nevertheless, he had a memorable meet; winning the M70 10km cross-country on a hilly course that was especially difficult for John to navigate because of his limited eyesight. He also won the 10000m and was third in both the 5000 and 1500m and to wind up his Miyazaki experience he was invited to be a member of the Australian M65 4x400m relay team that finished sixth. Apart from his guest appearances in the 2016 WMA Championships in Perth John’s final international race was at the 1997 world championships in Durban, RSA where he finished second in the M75 10km cross-country.

We have lost one of our greatest. Thanks for the memories John. A quote by Herb Elliot (Olympic gold medalist and multi sub four minute miler who retired undefeated) in the Foreword of Richard Harris’s book All in My Stride concludes this summary of John Gilmour - champion athlete and good bloke. ...people like John make me determined that I will not consider to be old. His inspiration wants me to look forward to all of the possibilities that are ahead. John Gilmour is an ideal role model...



1981 WAVA (WMA) Championships, Christchurch, John Gilmour (007) winner 10km



1993 – John Gilmour (No. 149) M70 – competing at the AMA Nationals in Perth 10km track race

# Asia Pacific Masters Games 2018

by Laini Inivale

After finding very cheap flights and accommodation, I ended up being a late entrant to the inaugural Asia Pacific Masters Games 2018 (APMG 2018) in Penang, Malaysia 7-15 September 2018.

Ahh Penang. As soon as I decamped the plane, the sights, noise, aromas, tastes, activity and movement assaulted my senses. It was over stimulating, from which I never recovered. This is one place I could live, especially for the food.

Steeped in British colonial history, a potpourri of migration, fractured by internal and international politics, world wars, sectarian division and fighting for a distinct voice, Penang has matured its own unique modern harmonic flavour of many voices vibrantly speaking as one both within Malaysia and upon the world's stage. Penang hasn't let a lack of land resource stop its urban and industrial growth as it just keeps reclaiming more land from the sea. I found Penang's State flag interesting, with an image of the Betel nut tree in the centre.

Although currently not the rainy season, Penang did a pretty good job impersonating its rainy season. Tuariki Delamere's (M65) high jump on Day 1 was accompanied by thunder, lightning, and driving rain. He half expected a ferry to appear to take them to the high jump. It was in these conditions that Tuariki got the first medal (a gold) of the APMG 2018 Track and Field meet and NZ's first medal. By sheer coincidence he also got the NZ team's last medal on Day 8. Both Tuariki's discus gold (9cm difference) and shotput silver (3cm difference) were good old ding dong battles, with only a few centimetres separating gold and silver. Tuariki's bronze in the hammer prevented a clean sweep by Kazakhstan of all three medals. Thankfully this time, Tuariki resisted the urge to repeat a visit to the hospital. In any scenario, the Chief is a hard act to follow.

My first event was the discus on Day 5, gained me a silver (M50) with an average throw of 35.27m. Day 7 was gold medal day for both shot put (14.25m) and hammer (37.50m). There was an undercurrent buzz of chatter as these athletes had never seen anyone throw far in crocs. In the shot put I was fortunate to come out on top over a great thrower Nimesh Desai (India), who I had previously tangled with at the 2016 World Masters Champs in Perth. It was he who had earlier beaten me into silver with the discus. I had pulled my groin muscle throwing in the shot put, which is why at the medal ceremony I fell off the wet podium thereby crash dummy testing the podium backdrop. Later that same day for the hammer medal ceremony, the officials took no chance of an encore performance and in a military operation a crack team ably assisted myself up to the first place podium.

The NZ team did very well with Jim Blair and Anne Deleiros taking out the most medals:

In between competing we played the tourist card for all it was worth. In three days we saw why Penang was awarded the UNESCO World Heritage Site in 2008. There was so much to see and yet we hardly made a dent: Penang Hill, Kek Lok Si Buddhist Temple, Upside Down Museum, Coffee House, Dhammikarama Burmese Temple, The Reclining Buddha Temple (Wat Chayamangkalaram), Botanical Garden Penang, Delicious Spa, Armenian St, Chinatown, Little India, Cocoa Boutique, Batu Ferringhi Beach, Floating Houses Chew Jetty, Pinang Peranakan Mansion, Glass Museum Penang. I came home to rest.

Penang is well worth a visit, just for the food. Did I tell you about the cheap crayfish I had? Living in Penang would be extremely dangerous for my finely balanced figure. With the quality, range, freshness and low cost of food I would end up really fat. Hang on, I mean even fatter than I am. Masters Games didn't have my ordered 2XL shirt when I registered at the beginning of the week, so they gave me a 4XL shirt instead. Going home it fitted like a dream. One of my more witty supporters rationalised it this way, 4XL Penang is 1XL Kiwi, so in reality I had actually lost weight.

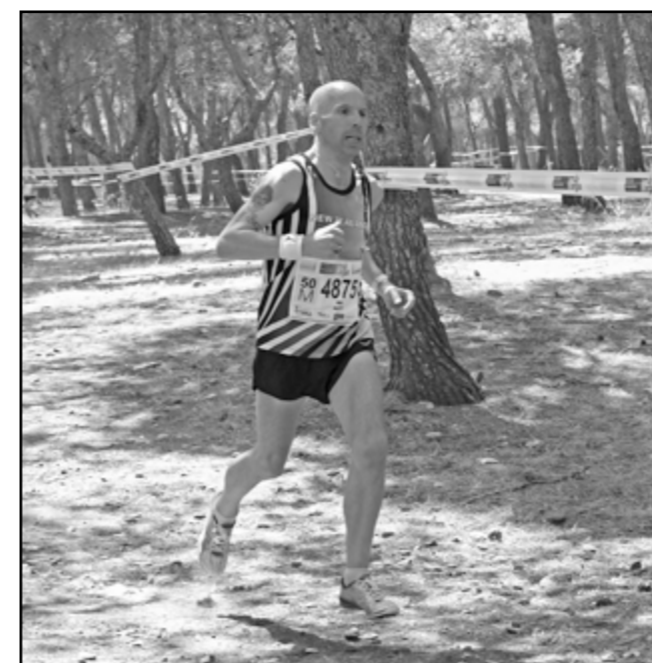
The throws were well officiated. May Penang be awarded another international meet in the near future as I would love another excuse to compete there again. Good memories, new friends.



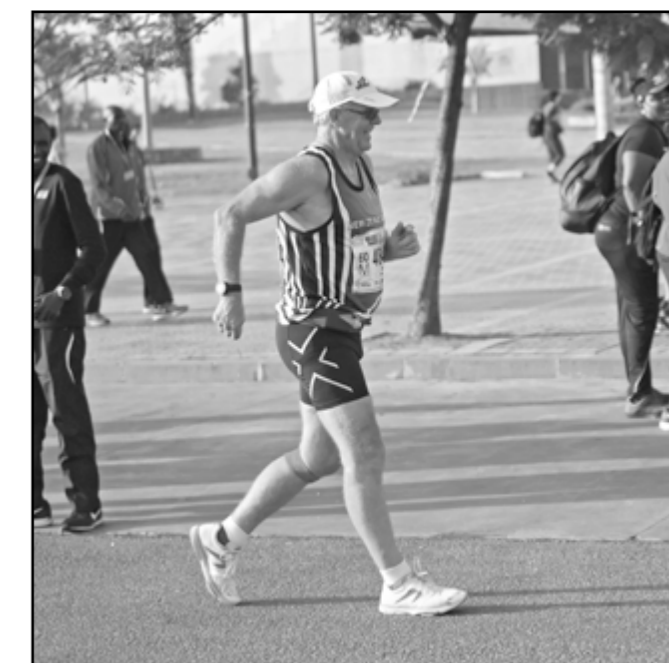
Guangzhou Airport, China. A few shotput drills enroute to APMG 2018

## Medal Table of New Zealanders at the 2018 APMG

Total Medals	Gold	Silver	Bronze	Surname	First Name	Grade	100M	200M	400M	800M	1500M	High Jump	Pole Vault	Long Jump	Triple Jump	Discus	Hammer Throw	Shotput	Javelin	Gold	Silver	Bronze	Total Medals
3	3	0	0	Bayler	Frances	W75	1	1						1			1	2	1	4	1	0	5
4	4	0	0	Callander	Noni	W70										1	1	1	1	4	0	0	4
4	2	1	1	Delamere	Tuariki	M65						1				1	3	2	5	2	1	1	4
5	3	2	0	Deleiros	Anne	W70	1						1		1		2	2		3	2	0	5
3	0	2	1	Deleiros	Anthony	M70	3	2												0	2	1	3
3	2	1	0	Inivale	Laini	M50										2	1	1		2	1	0	3
4	0	3	1	Sheaf	Peter	M80			3	2	2			2						0	3	1	4
31	18	10	3																				
Total	Gold	Silver	Bronze																				



Michael Wray M50 in the Cross Country at the World Championships



Brendan Gibbs M55 in the Half Marathon at the World Championships

PHOTOS: Sharon Wray

## Coaching Corner

by Mike Weddell



Coaching is both an art and a science. The science bit covers physiology, kinesiology, biomechanics and nutrition. The art is using this knowledge to mould an athlete so that he or she can perform as close to their potential as they can get at the most important competition of the season.

The science bit is easy as you can read about it. There are endless books and articles on training sessions and their effects on athletes. The art bit is not so easy. Athletes vary in the sort of training they like to do and even in the amount of effort they put into their sessions. Some will give everything in every session. Others blow hot and cold while some just cruise.

Those that give everything know what they want to achieve and are prepared to make the effort to reach their goals. They are committed to do whatever it takes. Others are not so committed but as long as they are getting what they want out of the sport that is fine it's their choice. I knew an athlete who trained regularly, never competed, but they got what they wanted out of it.

For sporting success there needs to be a meeting of minds between the athlete and the coach. If the competitive athlete wants to achieve their potential, the athlete chooses the goal and the coach provides the guidance to get there, and there must be agreement for it all to work



# NZ Cross Country Championships

by Michael Wray

The NZ Cross Country Championships returned to Wellington for the first time since 2010. Eight years ago, the Waikanae course was used, whereas this year we were closer to town and running at Grenada Park in Tawa.

The Waikanae course is one many runners think of fondly. It contains some mud, but not too much, some hills and jumps, balancing out “true” cross country characteristics with runnability. However, there are problems with the course. It stopped being used for Wellington Centre Champs after 2015, when host club Kapiti served notice that they could no longer manage the event. And the location is a little too far out of Wellington for any other Club to take over course management. For nationals, the course has not been one for which Athletics NZ have been enthusiastic due to the need to have a location within easy access of the ANZ AGM, which usually takes place on the morning of the race.

This year ANZ decided to hold the AGM at the end of the Club Connect Conference (historically the day after the race but for the third year in a row, the race was held on Sunday so the AGM was held the day before). I provided feedback to Hamish Grey, ANZ CEO, that holding the AGM on a different day to the race is a positive change and frees up a greater range of courses for organisers. Whether this is relevant to Waikanae (or other locations, such as Upper Hutt) is not yet certain and much depends on the LOC for the 2019 Champs. I bring this up because Wellington is hosting again next year and the Grenada course used for 2018 is disliked by many.

In winter Grenada Park is prone to flooding and very deep mud. The course does not drain well so any rain in the weeks before a race creates a swamp. The Wellington Centre Champs had been held on the same course and the mud was extreme. Here we were, three weeks later, and the park had not recovered.

Where possible, the course was re-routed to avoid the worst sections from Wellington Champs and the first jump was moved away from its customary position in “the lake” to just before a descent. The Wellington photographers were sad to see the downhill left turn that at Centre Champs had challenged the ability of many to stay upright was not being used!

When I did a pre-race inspection of the course, I initially thought it was in a better state than the Wellington Champs but once I started running on it I realised this was wishful thinking.

I suspect the LOC will need to reconsider course options for 2019 given the noise from many athletes post-race. The oldest competitor was 78-year-old Ray Wallis from Aurora Harriers, a man who has run cross country for more years than many of us have been alive. His judgement was “the thickest mud I have ever run through”. Some of the masters men from Canterbury

and Southland delivered a verdict of “if it is held on this course next year, I won’t come back”. And one of the Wellingtonians who helped with publicity said, “I don’t think we’ll be able to fool the country into coming back to this course for a second year!”

This would be a shame as the number of competitors was at its highest for many years. I only have numbers for the last decade but it’s the highest in all that time. Including the 38 that ran in the enter-on-the-day community fun run, we had about 600 entries. The fun run was a good innovation. While some participants were club athletes who didn’t fancy lining up in the championship race, most were “civilians” experiencing their first exposure to the club scene, including the barefoot Wellington mayor.

The LOC are going to need to balance off the ease of using the same course as the one used for Centre Champs with the feedback that the course appears to be unpopular and the knowledge it does not cope with being used twice in three weeks.

Another question for 2019 is whether the race will be held on Saturday or Sunday. Wellington had originally scheduled for Saturday but ANZ opted to hold Club Connect on Saturday, forcing the race to shift to Sunday. There’s a good case to return to Saturday, as it allows for a post-race social gathering either within or across teams. After three years of the NZXC being held on Sunday, this is an aspect I have missed. And while it wasn’t relevant to me this year, being a Wellingtonian, having to go to the airport from the race instead of returning to the team motel for a shower makes for a less enjoyable post-race experience.

The M35-64 race was the first race for masters. Having seen the number of juniors who finished their race with only one shoe, laces were tightened and/or duct tape applied in an effort to ward off the mud’s vacuum-like suction power. The organisers had decided to merge races that had the same distances so the masters men ran in company with the MU20s, just as the MW would run with the M65+ later on. Personally I think this was a good move. It saves the day from being unnecessarily lengthened and while the majority of the MU20s left behind almost all the MM, so that the mixed field was soon rendered irrelevant, it did give some company for those few who were in the crossover zone. I can understand, however, that some purists might oppose the approach.

The large field of MM and MU20 snaked around the starting field to a short, steep climb. Mud was flicked up in large quantities, covering the singlets and faces of most runners almost immediately.

The published Wellington Masters Athletics preview called out three M40s as the overall pre-race favourites. On such a muddy course, predictions are more easily broken but in this aspect



Nicola Hankinson 3rd W40

they were spot-on. M40 Steve Rees-Jones (Waikato) went to the front of the masters and at 1km he still held his own with the fastest MU20s. Wellington’s Brian Garmonsway (M40) kept Steve in his sights, while fellow Wellingtonian and M40 Stephen Day sat a little further back.

M35s Nick Pannett (Auckland) and Nathan Foley (Taranaki) ran together amongst a group of MU20s. Five seconds behind them, Andrew Lonie (Otago M45), Dwight Grieve (Southland M40), David Fitch (Canterbury M40), Josh Campbell (Wellington M40), Shane Reed (Manawatu M45) provided the first masters pack. Peter Stevens (Wellington M50), Andrew Wharton (Wellington M40) and Richard Swan (Wellington M35) were a little behind being chased by Nick Moore (Auckland M40), Richard Bennett (Canterbury M50), Dean Chiplin (Waikato M45), Sasha Daniels (Auckland M45) and Tony Broadhead (Waikato M50).

Further back in the field Alastair Prangnell (Auckland) had a 10s lead in the M55s, where Graeme Butcher (Auckland) and Richard Seigne (Canterbury) ran together. Otago’s Geoff Anderson was leading the one age group with poor numbers (just three M60s) with a very slender lead on Tony Price (Wellington).

At half-way Steve Rees-Jones had a 17s lead with only two MU20s ahead of him. Stephen Day had moved up into second, a handful of seconds ahead of Brian Garmonsway.



John Skinnon 3rd M70



Brian Hayes 2nd M70

For the M35s, Pannett had opened up 5s on Foley. The next group of masters was a pack of four M40s (Grieve, Fitch, Moore, Wharton) but running 30s behind the front three in their age group meant this was merely a personal contest for bragging rights and team points. Richard Swan was holding third M35 by 10s ahead of team mate Tom Bland.

Self-confessed mud lover and LOC chair Todd Stevens had moved to the front of the M45 race. Almost 20s behind, three M45s chased. Lonie, Reed and Chiplin had dropped last year’s first two M45s (Daniels and Mardon).

Broadhead was running at the front of the M50s with Peter Stevens on his shoulder, Surprisingly, Richard Bennett was struggling to keep up some 10s behind. Prangnell was proving adept at dealing with mud. The M55 had moved ahead of many younger competitors, extending his lead over the next M55 to 26s. The chasing M55s remained Butcher and Seigne running together.

Most of the standings were thus set by this stage but the second half of the race did see some surges, counter-surges and changes.

For the M35s, Nick Pannett continued to pull away from Nathan Foley and won by almost a minute. Foley’s second spot proved safe. Instead of challenging Nathan, Richard Swan faded and found himself unable to counter when Tom Bland came past. Tom claimed the bronze medal by 9s.



Sasha Daniels (66) 4th M45 leads Richard Bennett (94) 3rd M50

PHOTOS: Sharon Wray

PHOTOS: Sharon Wray



Katie Jenkins (29) 2nd W45 and Mel MacPhee (40) 5th W40



Paula Canning 1st W45



Michelle Hopkins 2nd W40



Derek Shaw 4th M65



Michele Allison 2nd W60



Kathy Howard 2nd W65



Johanna Buick 1st W40

The front three M40s, leading the whole field of masters men, increased the gaps between themselves. Steve Rees-Jones won by 36s ahead of Stephen Day. Brian Garmonsway allowed Nick Moore to close up but with 8s in hand, his bronze was not under serious threat.

Todd Stevens maintained his advantage at the front of the M45s. The race for the minor medals became the finish of the day. Daniels and Mardon recovered from their deep positions to get past Lonie. Reed was able to ease up a little to finish second. Just 2s behind him, Chiplin had to dig in for some finishing speed to get to the line just 1s ahead of a sprinting Daniels. Mardon was not able to match the finish, coming in 4s behind.

Peter Stevens made a bid for glory in the M50s, surging to the front in lap three. Post-race, Peter said he had miscounted and thought it was the fourth and final lap. Having spent his energy early, Stevens was powerless to prevent Tony Broadhead returning to the front in the real last lap. Richard Bennett was uncharacteristically some way behind and instead of seeing an opportunity to challenge for a more valuable medal, had to remain alert to a fast-finishing Dave Kettles. Bennett took the bronze by 2s.

Alastair Prangnell retained his comfortable lead for the M55s. In lap three Graeme Butcher pushed on to pass Richard Seigne and maintained a narrow lead to the line. The M60s had little excitement. Pre-race favourite Tony Price was unable to put pressure on the winner Geoff Anderson. Steve Bligh was able to benefit from the lack of competition - last M60, getting lapped by Geoff and Tony, finishing over 12 minutes behind and still winning the bronze.

The teams competition proved decisive in both races. Wellington (Stephen Day, Brian Garmonsway, Andrew Wharton, Josh Campbell) all finished in the top 10 overall for a winning margin of 15 points. Auckland were second, 24 points ahead of third place Canterbury. Wellington were also dominant in the M50 teams, taking half of the top 8 spots through Peter Stevens, Dave Kettles, Nick Hegan and Michael Wray. Auckland were 10 points behind, so closer than the younger teams, with Canterbury 22 points behind in third.

The masters women's field didn't produce the numbers of the men, unfortunately. They ran their three lap race with the M65+ grades for company. Some weren't happy at being the last race of the day, thus experiencing the course at its worst. I believe the justification was the expectation that the M75s would take a long time to finish and having them run last would reduce "dead-time" between races or the risk of sending fast runners into the back of older runners still on the course, which would be a potential safety concern on such a demanding course.

By 800m, W55 Sally Gibbs (Waikato) took the early lead and the field was soon a long single file of followers. Canterbury's Johanna Buick (W40) lead Wellington's Mel MacPhee (W40), W35 Carla Denneny (Wellington), Nelson's Paula Canning (W45), W40 Nic Hankinson (Wellington) and W45 Katie Jenkins (Wellington). M65 Graeme Lear (Nelson) lead club-mate Ian Carter with a decent gap back to M70 Trevor Ogilvie (Waikato). Ian withdrew shortly after completing one lap,

leaving Graeme an unpressured run at the front of the M65+ field.

Around half way, Sally remained at the front overall by about 5s and first W55 by just over a minute. Johanna continued to chase at the front of the W40 field, alongside first placed W45 Paula. Carla remained the first W35, despite becoming isolated some 15s behind the front bunch and 10s ahead of anyone behind. Maggie Chorley was also isolated but led the W50s by 30-odd seconds. Auckland's Margie Peat was in front for the W60s by a margin of over 90s. Second W60 was Michele Allison, who was clearly finding the mud a challenging surface. In the W65s, New Brighton's Margaret Flanagan held a 20s advantage over Kathy Howard.

Following Ian's withdrawal, Graeme Lear's lead at the front of the M65s grew from 11s to 40s, with Waikato's Gavin Smith taking on the role of chaser. Otago M65 John Thomson was another 20s behind. Trevor continued to lead the charge of the M70s with a 35s gap to Brian Hayes. Brian had John Skinnon on his shoulder so was less concerned with catching Trevor as he was with defending second place.

The gaps between the placers within each age group had been too firmly established by this stage and the age group medals could have been distributed without running lap three. The smallest gap between any medal place in the men was Brian Hayes over John Skinnon by 30s in the M70s. For the women, the smallest gap was in the W35s when Bridie Hart finished 19s ahead of Sally Duffy.

The only positional changes were between those racing different age groups, most noticeably at the front of the race. Sally maintained her lead until the third lap and with 1.5km to go, the gap back to Johanna had not changed since lap one. Whether it was a factor or whether Johanna had just been patient before I couldn't say, but Sally lost a shoe in the second half of the final lap and Johanna swept past Sally to be the first MW overall. Sally still finished second MW and first W55.

Karen Gillum-Green, who finished sixth in the W60s deserves a special mention. Karen started the race with a long sleeve polyprop under her Taranaki singlet. By half way Karen was feeling a bit warm; the long sleeves had been rolled up above her elbows. When she came through to start the final lap, the polyprop had gone. I can solve the mystery of the miraculously disappearing polyprop... I was positioned in the lower part of the course with Derek Shaw's camera at a point where spectators were at their scarcest when Karen performed an impromptu striptease to remove the polyprop and throw it to her supporters. I think this is the first in-race striptease I've ever witnessed!

Just as they did with the men, Wellington won teams in the masters women, scoring 26 points through Carla Denneny, Nic Hankinson, Katie Jenkins and Sally Duffy. It was a close win, as Canterbury were just two points behind. The decisive contest was Nic Hankinson finishing one position ahead of Maggie Chorley and Kate Jenkins finishing one position ahead of Natasha Mitchell. Auckland secured the team bronze with 41 points.

# NZ Cross Country Championships

## Age Group medallists

Men		Women	
M35 8km		W35 6km	
1 Nick Pannett	31:26	1 Carla Denny	29:15
2 Nathan Foley	32:23	2 Bridie Hart	30:13
3 Tom Bland	33:51	3 Sally Duffy	30:32
M40		W40	
1 Steve Rees-Jones	30:10	1 Johanna Buick	28:17
2 Stephen Day	30:46	2 Michelle Hopkins	29:31
3 Brian Garmonsway	31:20	3 Nicola Hankinson	29:53
M45		W45	
1 Todd Stevens	33:02	1 Paula Canning	28:46
2 Shane Reed	33:30	2 Katie Jenkins	30:21
3 Dean Chiplin	33:32	3 Andrea Harris	33:26
M50		W50	
1 Anthony Broadhead	33:18	1 Maggie Chorley	29:56
2 Peter Stevens	33:32	2 Ariana Summers	31:07
3 Richard Bennett	34:20	3 Jan Sheppard	33:54
M55		W55	
1 Alastair Prangnell	34:10	1 Sally Gibbs	28:36
2 Graeme Butcher	35:01	2 Carolyn Smith	31:06
3 Richard Seigne	35:09	3 Christine Lear	35:49
M60		W60	
1 Geoff Anderson	36:13	1 Margie Peat	31:17
2 Tony Price	37:09	2 Michele Allison	35:04
3 Steve Bligh	48:43	3 Karen Crossan	35:47
M65 6km		W65	
1 Graeme Lear	28:15	1 Margaret Flanagan	37:05
2 Gavin Smith	30:05	2 Kathy Howard	37:26
3 John Thomson	30:46	3 Joy Baker	39:02
M70			
1 Trevor Ogilvie	31:09		
2 Brian Hayes	32:55		
3 John Skinnon	33:25		
M75			
1 Peter Ellis	43:47		
2 Ray Wallis	55:18		



Johanna Buick (95) 1st W40 and 1st MW overall and Graeme Lear (411) 1st M65

PHOTOS: Michael Wray



Andrea Harris (21) 3rd W45



Dwight Grieve (202) 7th M40, Andrew Wharton (59) 6th M40, David Fitch (106) 5th M40

PHOTO: Sharon Wray

# NZ Half Marathon Championships

## Age Group medallists

Men		Women	
M35		W35	
1 Sam Wreford	1:07:10	1 Kirsty Eyles	1:32:35
2 Mark Paterson	1:15:40		
3 Damien Cook	1:17:55	W40	
M40		1 Natasha Mitchell	1:32:58
1 Tim Bolter	1:18:05	2 Caroline Guy	1:41:27
2 Craig Iverson	1:22:41	3 Rachele Green	1:43:33
3 Matyas James	1:34:59	W45	
M45		1 Julie Edmonds	1:30:39
1 Andrew Lonie	1:21:35	2 Donna Young	1:32:48
2 John Marshall	1:22:41	3 Rebecca Edgecombe	2:15:57
3 Andrew Kerr	1:23:48	W50	
M50		1 Susan Craig	2:20:14
1 Greg Monk	1:25:35	W55	
2 Brent Halley	1:28:53	1 Adrienne Smith	1:47:15
3 Paul Stevens	1:34:03	2 Andrea Wreford	1:48:42
M55		3 Linda Te Au	2:20:24
1 Robbie Barnes	1:23:38	W65	
2 Drew McRae	1:29:03	1 Dorothy Horrell	2:24:14
3 Gordan Tocher	1:36:13	W70	
M60		1 Barbara Patrick	1:54:55
1 Malcolm Chamberlain	1:42:29		
2 David Green	2:03:44		
M65			
1 John Thomson	1:34:09		
2 Gavin Smith	1:38:59		
3 Adrian Brouwers	1:44:46		
M70			
1 Evan MacIntosh	2:15:55		

The 2018 NZ Half Marathon champs were held on Sunday 9 September in conjunction with the annual Dunedin Marathon and Half Marathon organised by the Caversham [full name]. Timaru's Sam Wreford, a prominent marathoner, had the distinction of being the first male and master overall in 1:07:10. The host club's Julie Edmonds (W45) was the fastest masters women in 1:30:39.



Margaret Flanagan (213) 1st W65 and Karen Crossan (143) 2nd W60 at the NZ Road Champs

PHOTOS: Derek Shaw



Katrin Gottschalk (145) 3rd W40, Andrea Harris (614) 4th W45, & Carolyn Smith (150) 1st W60 at the NZ Road Champs



Start of the NZ Road Champs with overall winner M40 Brian Garmonsway (603) already in the lead

PHOTO: Tim Cross

# NZ Road Championships (Cambridge - 2 September 2018)

by Derek Shaw

The picturesque and sprawling campus of St Peters College, outside Cambridge and adjacent to the Avandome was the location of the 2018 NZ Road Champs on Sunday 2 September. An undulating 2km circuit utilising sealed roads within the extensive school facilities provided an interesting course with plenty of variety and a short challenging uphill at the back of the course. For those with some fast twitch fibres there was a nice downhill section leading to the start / finish line that partially offset the more twisty uphill sections. However, it was not a course that many would have achieved PBs on as it did tend to test masters runners by the last couple of laps in the 10km races judging by aging men that I spoke to.

The weather gods were not entirely friendly and the intermittent showers became fairly steady during the masters men's race making conditions rather unpleasantly cool and necessitated finding dry clothes pretty promptly after finishing. Despite the adverse weather the champs were generally well run. Well done to all the officials who donned coats and spent much longer out on the course than the athletes.

Athletics NZ and the LOC would be pleased with the total number of participants especially given that Cambridge is not the easiest place to get to. The commencement of the World Masters Athletics champs in Spain two days later undoubtedly took out some masters athletes who would otherwise have been competing which provided medal opportunities for those who might otherwise have not been expecting to be in the hunt. It is interesting to note that the NZ Cross Country Champs attracted significantly larger numbers of entries from masters - 160 compared to 115. Whether that is due to Wellington being more central or there being more fondness generally for cross country (and mud this year) is a good point to ponder.

Not surprisingly there were relatively few athletes from the South Island, but they included some top runners who collectively claimed five age group titles - Ariana Summers (W50), Debbie Telfer (W60) and Margaret Flanagan (W65), Chris Mardon (M45) and Peter Richards (M60). In the teams competition the only SI team to feature was the winning Otago team in the SM grade, who not only had the winner Oli Chignell but three others in the top 10 finishers. In the three masters team competitions - MW, M35-49 and M50+ it was the same three centres Auckland, Waikato Bay of Plenty and Wellington that had teams. The home centre Waikato Bay of Plenty claimed the team golds in the MW and M50+ grades and Wellington the gold in the M35-49 grade.

Wellington's Brian Garmonsway (M40) was the fastest masters men with 33:07 for the 10km which would have placed him 16th in the SM field of 46 finishers. Garmonsway, Levente Timar, Andrew Wharton and Valentino Luna Hernandez comfortably won the M35-49 teams competition with 14 points from the Auckland (Nick Moore, Nick Pannett, Adam Gallagher & Mark Patterson) 29 points and Waikato BoP (Craig Kirkwood, Brad Dixon, Dean Chiplin) 59 points. In the M50+ team competition Waikato BoP took home the golds (Tony Broadhead, Chris Myland, Kent Hodgson & John Crane) with 14 points, followed by Wellington (Grant McLean, Paul Hewitson, Graeme Butcher & William Twiss) with 24 points and Auckland (Richard Conyngham, Bruce Duncan, Tony Warren & Rudy Baptist) with 50 points.

In the women masters team competition Waikato BoP (Tanja Miller, Judith May, Veronica Maree & Krissey Tanner) with 14 points were first, followed by Wellington (Lindsay Barwick, Michelle Van Looy, Andrea Harris and Carline Thomas) with 32 and then with 37 points

Auckland (Bridie Hart, Katrin Gottschalk, Jacqueline Eastman and Carolyn Smith). Lindsay Barwick (W40) with 18:47 for the 5km was just over minute ahead of the next fastest masters women.

In the masters race walks the fields were small with Australian visitor David Smyth taking line honours in the M35-49 10km in 62:45 with Scott Dixon taking the title in 71:49. Clive McGovern (62:45) won the M50+ division from Joseph Antcliff (68:58) with Ross Allen DQ. In the MW 10km all three Taranaki walkers Helen Baverstock, Serena Coombes and Anne Fraser were DQ. Tony Sargisson elected to enter the SM grade and won in 55:37. The age group medallists were:

## 10km

M35		
1 Nick Pannett	33:42	
2 Valentino Luna Hernandez	33:58	
3 Adam Gallagher	24:01	

M40		
1 Brian Garmonsway	33:07	
2 Levente Timar	33:19	
3 Craig Kirkwood	33:23	

M45		
1 Chris Mardon	34:50	
2 Simon Yarrow	35:27	
3 Sascha Daniels	35:32	

M50		
1 Tony Broadhead	35:44	
2 Chris Myland	35:57	
3 Grant McLean	36:22	

M55		
1 Paul Hewitson	36:52	
2 Richard Siegne	37:04	
3 Graeme Butcher	37:14	

M60		
1 Peter Richards	39:04	
2 Kevin Knowles	41:23	
3 Malcolm Chamberlain	47:18	

M65		
1 Eric Phimister	42:33	
2 Derek Shaw	43:28	
3 Gavin Smith	45:58	

M70		
1 Peter Willmott	48:45	
2 Fred Needham	49:14	
3 Robin Reed	53:51	

## 10km (continued)

M75		
1 Peter Vyer	62:19	

M80		
1 Dave Eastmond	62:51	

## 5km

W35		
1 Veronica Maree	20:13	
2 Krissy Tanner	20:15	
3 Bridie Hart	20:31	

W40		
1 Lindsay Barwick	18:47	
2 Tanja Miller	19:49	
3 Katrin Gottschalk	21:12	

W45		
1 Judith May	20:18	
2 Natasja Barclay	20:13	
3 Michelle Van Looy	20:29	

W50		
1 Ariana Summers	21:03	
2 Jacqueline Eastman	21:33	

W55		
1 Carolyn Smith	21:36	
2 Carline Thomas	21:50	
3 Maureen Leonard	22:13	

W60		
1 Deborah Telfer	21:55	
2 Karen Crossan	23:31	
3 Sue Meltzer	25:02	

W65		
1 Margaret Flanagan	24:20	
2 Kathy Howard	24:30	
3 Barbara Scarfe	24:57	



Fred Needham (923) 2nd M70, Peter Willmott (139) 1st M70 and Colin King (561) 6th M65



Chasing bunch after first lap - Levente Timar (607), Andrew Wharton, Valentino Luna Hernandez (605), Nick Moore (125), Craig Kirkwood (507) and Nick Pannett (127)



Malcolm Chamberlain (135) 3rd M60 & Gavin Smith (520) 3rd M65



Damien Cook (202) 6th M35 and Jason Baillie (201) 4th M45



Eric Phimister (303) 1st M65

PHOTOS: Tim Cross

# 30th IAU/WMA 100K World Championships

by Bob Schickert



Saturday 8 September 2018 was a picture-perfect day for around 400 athletes including approximately 160 Masters competitors entered for the 30th IAU 100K, the WMA 100K World Championships and the 6th Croatian National Championships, held at Sveti Martin na Muri in Croatia, 180 km north east of Zagreb. The event was situated in the heart of the Medimurje region and close to Slovenia, Austria and Hungary - three ultra running strongholds.

The 100k distance is a formally recognized road running discipline under the patronage of the IAAF, therefore annual national, continental and world championships are staged under the tutelage of the International Association of Ultra runners (IAU).

The event started at 7.00 am and the cut-off time for Open athletes was 12 hours and for Masters 13 hours. The course consisted of 14 loops, a 2.5 km 'prologue', and thirteen 7.5 km loops. It gently undulated with 60 m of elevation per loop (0.8% gradient). The route was closed to traffic for the entire duration of the race. The Start/Finish of every loop and the entire race was located in front of the Hotel "Golfer" in Sveti Martin so spectators enjoyed a continuous good view of the race.

The event was very well organized and Masters athletes welcomed by the IAU and the LOC. On behalf of Brian Keaveney, WMA Vice President Competition, WMA was represented at this event by Bob Schickert of Australia, an ultra runner in his younger days.

Masters featured in the overall results with German athlete Nele Alder-Baerens W40 finishing second in the Open race with a time of 7:22:41 and Mthembu Bongmusa M35 of South Africa finishing third in the Open race with a time of 6:33:47. Provisionally, Jan-Albert Lantink of the Netherlands has set a new M60 World best time of 7:29:35.

Medals for the Masters age groups were presented at the Closing Ceremony and athletes, officials and supporters then enjoyed a traditional area display of lights, smoke and mythical creatures. There are no team medals for Masters in the 100K.

The event was very successful and WMA congratulates the IAU and the LOC headed by Pavao Vlahek. WMA also thanks members of the IAU for their assistance and support.

The new president of the IAU is Nadeem Khan.

## WMA 100K CHAMPIONSHIPS: SVETI MARTIN, CROATIA 8 September 2018

### PROVISIONAL FEMALE RESULTS

1	251	Japan	KANEMATSU	AIKO	W35	7:44:58
2	254	Japan	KUSUNOSE	YUKO	W35	7:49:33
3	260	Canada	HAMULECKI	JULIE	W35	7:58:11

1	278	Germany	ALDER-BAERENS	NELE	W40	7:22:41
2	252	Japan	FUJISAWA	MAI	W40	7:39:07
3	253	Japan	OTA	MIKIKO	W40	7:39:45

1	240	France	GUILLOU	GWENAELLE	W45	8:17:07
2	289	USA	HOWARD	LIZA	W45	8:31:16
3	241	France	KLEIN	LAURENCE	W45	8:33:41

1	210	Australia	JONES	TIA	W50	8:33:42
2	233	Denmark	SORENSEN	PIA JOAN	W50	8:45:47
3	238	France	JAEGER	EMMANUELLE	W50	8:54:52

1	290	USA	LAWS	MEGHAN	W55	9:00:30
1	453	Spain	MOLLER PARERA	MERCEDES	W60	10:59:11

### PROVISIONAL MALE RESULTS

1	79	South Africa	MTHEMBU	BONGMUSA	M35	6:33:47
2	76	Japan	KAZAMI	NAO	M35	6:42:30
3	152	Spain	REQUEJO	JOSE ANTONIO	M35	7:04:29

1	165	Great Britain	CLARK	ANTHONY	M40	6:43:22
2	150	Spain	HERNANDO	DANIEL	M40	6:53:43
3	82	South Africa	MOSIEA	THUSIO	M40	6:59:00

1	121	Germany	COLLET	ANDRE	M45	7:01:07
2	153	Spain	RAMOS	JULIAN ANTONIO	M45	7:08:37
3	114	Netherlands	NORDEN, VAN	PASCAL	M45	7:11:35

1	425	Spain	FIOL SOLER	TOLO	M50	7:21:32
2	413	Spain	CAROL	BRUGUERAMIA	M50	7:33:44
3	479	Spain	VELASCO	GOMEZ Eduardo	M50	7:43:49

1	99	Latvia	LAUCIS	NORMUNDS	M55	7:48:08
2	405	Spain	ARZUBIALDE	JON	M55	7:58:49
3	13	Austria	HARTL	HERBERT	M55	9:32:16

1	113	Netherlands	LANTINK	JAN-ALBERT	M60	7:29:35
2	410	Germany	BRAUN	WOLFGANG	M60	9:00:18
3	408	Croatia	BELOSEVIC	ANTUN	M60	9:50:33

1	433	Germany	JANCKER	HANS-DIETER	M65	9:50:59
2	403	France	AILLERY	PAUL	M65	10:12:30
3	464	Spain	RICO	FRANCS MANUEL	M65	11:46:45

1	483	France	VUILLEMENOT	ROLAND	M70	11:05:18
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# Does My Bum Look Fat In These Genes?

by George White

You all know the joke about "diarrhoea runs in your jeans" - well it turns out that how we run may be more related to our genes than many of us think. Indeed the next best thing in fitness may not be a gadget - but your genes. How much does environment and experience effect what we do or are we just puppets of our DNA?

There are untold thousands of different types of workouts and methodologies and generally we latch on to something that seems to have worked for someone else. However what works for one person with the same level of effort doesn't necessarily work for somebody else. Also, remember that while you may have a very well structured training program with regards to volume, frequency, rest, recovery etc your training only amounts to about 1 or 2/24ths of the day. What are you doing with the rest of the day? Do you allow sufficient time for recovery? There is a whole new fitness industry developing which can monitor all these parameters to optimise your every move.

On a basic level is your body really built for endurance, speed or power? Olympians may have been tested for some time, but sophisticated laboratory tests are now widely available. There are a growing number of companies that will read your "biological tea leaves" via your saliva - and the process is getting cheaper all the time. A simple DNA test may be able to customise the way we train, eat and sleep.

It makes sense - we can all see that genetically there are differences, such as eye and hair colour, and it stands to reason that there are differences we don't see - because of our genetic make-up we all interact with the environment in our own unique way. There is only one Usain Bolt but even if you didn't win the genetic lottery, don't give up hope because, although we can't change our genes, we can change our habits. Most of us train to the demands of a sport we enjoy, rather than listening more closely to our own bodies. Knowing our genetic aptitudes may not turn us into another Usain Bolt, but it can help us train better and maybe even push the limits we have set ourselves. A full understanding of your body's strengths and weaknesses may find that you are not be suited for marathons that require only endurance, but a mix of strength and endurance that could be ideal for a triathlon.

The theory behind the industry for physical activity is that there are genes that are linked to a predisposition to develop certain types of muscle fibre. People with the R version of a gene called ACTN3 have a higher likelihood of developing fast twitch muscles - but only if they do the right sort of training. Carrying the ACTN3 variant has been associated with elite sprinters. However an estimated 30% of the population has the ACTN3 variant, but only a tiny fraction are elite athletes. This same version has also been linked to increased muscle growth from strength training. People without that version may need a

different approach to weight training. It may be that you have the right gene for middle distance running so you will probably never excel at 5000m or the marathon. Your profile may suggest you are a high injury risk, so will you get injured - not if you take the right precautions! The basic premise is that when you tailor exercise to your body's specific needs, results will be quicker and longer lasting.

It all starts with a simple saliva collection and then the various companies will analyse your DNA and generate personalized recommendations for the three most important functional components of performance - what exercise to do, what to eat and what if any, supplements to take. In the last 20 years, research has established over 100 genetic markers which have been linked with elite athlete status. Of these, a smaller number of genetic markers have been shown to be significant across several studies and it is these smaller groups that companies are in the business of advocating to the public.

If you believe all the hype they will detail the type, duration, intensity and frequency of exercise that is most efficient for you, arguing that everybody will react differently to various types of exercises. We all know people who work out twice a week and stay slim, while others exercise daily and never achieve the desired results. Similarly people have different sensitivities to macronutrients, this being the reason certain diets work for some people and not others. They will also argue that the efficacy of supplements will vary based on your genetics. Overall health is also a key selling point. Possibly you are lactose intolerant and you are genetically inclined to be an early bird. You may be more prone to injury and need to establish prevention programs.

In summary, the sales pitch is that doing the wrong types of exercise can increase fatigue, following the wrong diet can increase cravings and taking the wrong supplements will waste money.

The costs begin at under \$50 depending on the level of service paid for. Reporting could detail what sort of training, recovery, eating, sleeping and injury prevention should be undertaken. But remember, be cautious in how you view the results as the genetic code is only part of the equation. DNA may tell you that you are pre-disposed to lower than average strength, but that shouldn't stop you training to increase it. Despite your genes, consistent dedicated effort can still win through. Also many genetics experts caution that scientific evidence hasn't caught up with all the hype yet and indeed the evidence may be extremely weak that some common gene variants have a favorable or detrimental effect on physical performance.

Bottom-line (no pun intended in relation to the title of this article) - with all the best genes in the world - if you don't have passion, you're not going to succeed.

# North Island Cross Country Championships

by Michael Wray

Taupo Harriers have been organising the North Island Cross Country Championships since it was first run in 1977. Last year they received criticism for taking over a month to release results. This year there were greater problems, with athletes assigned to the wrong age groups – at both the junior and masters levels. Many discovered this when collecting race bibs but a significant number did not realise the error until prizegiving. The age group podiums were wrong to such an extent that prizegiving had to be abandoned so the organisers could take a week to work out the real results.

It is laudable for such a small club to be undertaking the large job of organising these championships every year but they clearly need some help, either in the form of assistance from the Waikato/BOP Centre or in the implementation of technology other races commonly use e.g. electronic timing to facilitate the generation of results and to correctly/reliably assign athletes to their correct age groups. The innovation introduced a few years ago of bib colours indicating age grade thus became a point of confusion amongst both spectators and athletes, where assumptions that someone was “not in your race” proved incorrect. I can’t say whether anyone’s race tactics fell foul of thinking someone was or was not in their race; for myself I recognised my competitors so knew to ignore the colours but I couldn’t assume that was the case for all.

Another concern has to be the disproportionate level of support given to the event by the competing centres. There’s a reason why Wellington tend to win the Centre Championship category; they seem to be the only centre to nominate a team and award centre singlets. Even though all registered individuals count towards the centre scores, this elevates the competition as something to aim for and Wellington uses its own Dorne Cup as the main qualifying competition through which to earn selection. The NIXC is therefore seen as worth supporting by Wellington clubs, as demonstrated by the high level of Wellington participation. It does not seem that a centre the size of Auckland is providing a proportional level of athletes.

The race itself was dry and, as usual, cool this year; the rain that has visited in recent years took the year off. The price for no rain in Taupo in July is usually a ground frost for the early races but it was warm enough to avoid that too.

The course only varies slightly from year to year, following a well established route around Spa Park. The 2018 variation

was caused by some construction work taking place near the hot pools, so the steep downhill half way through the lap took a more direct route to the foot of the hill instead of following the border alongside the path. Consequently, the laps were a tad shorter than before, albeit not significantly, allowing most repeat runners from 2017 to shave a few seconds off their previous times.

For the masters, the 35-49 men started things off. Of the 44 entrants, 42 ran and the numbers were pretty evenly distributed between the three age groups. Pakuranga’s M35 Nick Pannett led the initial stages of the race, heading a thin line of chasers in close company. Shane Reed (Moa Harrier, racing in an Airforce singlet) sat in second place overall for first M45.

A series of small jumps and sweeping bends takes the course to a final jump in a dip at the foot of the first hill, which coincides with the one kilometre mark. By this point, Pannett had given himself a 3s advantage and Hutt Valley’s Mat Rogers (also M35) had moved up to head the chasers. Reed remained at the front of the M45s with Todd Stevens from Wellington Scottish second M45 back by 3s. Glen Eden’s Andrew Sexton had a 4s advantage in the M40s over Tauranga’s Brad Dixon.

When the long descent from the top of the hill began, to approach the half way point of the first lap, Taranaki’s Nathan Foley moved himself up into second place (M35 and overall), with Mat Rogers and Adam Gallagher in close attention. The M45 position had not changed but Dixon had seized control of the M40s by passing Sexton. At the conclusion of lap one, Foley had become the only chaser with Pannett still in his sights. Rogers and Gallagher were now some 20-odd seconds back and more concerned with determining who was going to finish third M35. Todd Stevens had taken control of the M45s, having opened up nearly 10s on Reed and Hutt Valley’s Darren Gordon. Similarly, Dixon was now stretching away from Sexton. Hamilton Hawks runner Les Miller was third M40 by about 10s.

Little changed in the final lap. Nick Pannett extended his lead a little to win the race overall and secure M35 gold, just as Nathan Foley was second both in the M35s and overall. Adam Gallagher moved up to put Mat Rogers under pressure and eventually the Wesley runner claimed M35 bronze 5s in front of Rogers. Todd Stevens won the M45s, 25s ahead of early leader Shane Reed. Rather than think about catching Stevens, Reed had to concentrate to hold silver M45 as bronze M45 medallist Darren Gordon came in just 1s behind.

The biggest movement came in the M40s. Brad Dixon stayed first, comfortably ahead of second placed Andrew Sexton but for the final podium place, Les Miller faded in the final lap just as Papakura’s Glen McLuckie hit his stride. McLuckie completed the second lap some 20s faster than Miller, to move up to the M40 bronze with 10s to spare.

The second masters race is contested by the women. For years now, whenever Sally Gibbs has run she’s set the pace and held on to win. Sally is a W55 this year and Wellington Scottish’s Tina Faulkner has now turned 35. Tina front ran from the gun and won the entire race without ever coming under pressure. Sally was a clear second, first W55, and her finishing time of 19:25 took more than two minutes from the W55 course record, making it the third age group course record that Sally now owns at Taupo.

W40 Nic Hankinson from Olympic spent the early stages of the race clear in third overall, commanding a 6s lead in the W40s over Hamilton Hawks Tania Miller at 1km. Kapiti’s Renae Creser and Hawera’s Kirstin Foley were keeping tabs on Tania in a group that included second placed W35 Krissy Tanner (Tauranga) and first placed W45 Katie Jenkins (Olympic).

For the W45s, Olympic’s Michelle Van Looy chased from a few seconds back, as did Wairarapa’s Andrea Harris in third. With a 20s gap back to the fourth W45 (Leanne Porritt) it seemed the podium placers had been identified early.

In W50s, Jan Sheppard had grabbed an early lead with a 30s advantage over Dale McMillan (Palmerston North) and Lyn Clark (Scottish). Jo Speary, W60 from Feilding, was running a few seconds ahead of Karen Crossan (YMCA). In the oldest MW grade, the W65s, Barbara Scarfe (YMCA) had both Lake City’s Kathy Howard and Scottish’s Pam Graham on her heels.

The pack of W35s, W40s and W45s had splintered after a couple of kilometres as Katie Jenkins and Tania Miller pushed on to close down Nic Hankinson. In addition, Leanne Porritt closed the gap to Andrea Harris so the two were side-by-side.

In the second half of the race, Tania Miller surged to pass Nic Hankinson and powered home to win the W40s by 14s, finishing third overall a couple of minutes behind W35 Tina and W55 Sally. Katie Jenkins held her first place in the W45s, winning by 23s as she gradually expanded her initial lead. Leanne Porritt continued her improvement in the second lap to earn a podium place by a big margin but had to settle for bronze when she couldn’t make up the early ground she’d given up to Michelle Van Looy.

Jan Sheppard had secured the W50 title by the end of lap one and maintained her lead of almost one minute over Lyn Clark to

the finish. Karen Crossan used the hill section of lap one to turn Jo Speary’s early lead into a 30s deficit and almost doubled that lead again in the second lap for a comfortable win in the W60s.

The W65 race provided more excitement. By the end of the first lap, Pam Graham had moved from third to first and with two kilometres remaining, Pam had a lead of 3-4s over Barbara Scarfe with Kathy Howard another 10s behind. In the final stages of the race, the finishing order returned to its early state: Barbara came through to win and Kathy then pushed Pam into third.

The M50+ race featured a number of M50s at its head. The initial lead pack consisted of four runners – Michael Wray (Scottish), Peter Stevens (Scottish), Tony Broadhead (Lake City), Andrew Davenport (Palmerston North) – with Bill Twiss (Scottish) very close trying to hang on. In the second kilometre, Wray raised the pace pulling Stevens and Broadhead away from the rest of the field. Towards the end of the first lap, Stevens and Broadhead opened up a gap of several seconds over Wray to make it a two-horse race. Stevens pushed on and made certain of the win by surging with two kilometres remaining, while Broadhead and Wray kept their places of second and third, respectively.

Graham Pearson was the early leader in the M55s, opening up 3s on local Taupo runner Graham Green. Green used the company of some “young” M50s to help him chase and in the process earned himself a 5s lead over Victoria’s Phillip Wallace at the first kilometre point. However, Pearson struggled up the hill, allowing Green to take the lead and Wallace also gradually started to close. Wallace didn’t take long to pass Pearson and then produced a strong second lap to sweep past Green for a 30s win.

The M60 race produced little excitement. Masterton’s Tony Price was 25s ahead by 1km, giving Hamilton Hawk Kevin Knowles no chance. Kevin instead concentrated on putting himself a little away ahead of Rodney Poulgrain (Thames). They could have called it there and then - the last 5km of the six did nothing but stretch the gaps between them. Similarly, Tauranga’s Gavin Smith was dominant in the M65s and second place Trevor Ogilvie (Lake City) was never pressured by third place Energy City Harrier Murray Laird.

The M70s and M75s were no better for spectators. In the former, John Skinnon (Scottish) charged into a lead over Fred Needham (Cambridge) and extended it as the race proceeded. The M75s had two contestants, pitching Peter Vyver against Ray Wallis. This is a contest we’ve seen many times. Ray got a little closer to Peter than in recent years; Peter’s winning margin of 3:18 is the closest they’ve been since 2013.



Rena Creser (190) 3rd W40, Krissy Tanner (387) 2nd W35, Michele Van Looy (793) 2nd W45, Kirsten Foley (083) 4th W40



Nathan Foley (570) 2nd M35 Mat Rogers (370) 4th M35

PHOTOS: Sharon Wray

# Why And How Do We Keep Going?

by George White

With an inevitable general decline setting in once we become masters what can we do to maintain motivation? Obviously there are strategies to minimise the predictable slowing but perhaps the better approach is to embrace that slowing and measure not direct times but comparative performances against our fellow competitors and at the same time appreciating the benefits of running/walking.

Some things we have no control over! After age 25-30, the average maximum heart rate declines by about one beat per minute per year, and the heart's peak capacity to pump blood drops by 5-10% per decade. Starting in middle age, blood vessels begin to stiffen and blood pressure often creeps up. Blood becomes more viscous and is harder to pump. Loss of muscle starts from about the age of 35, eventually reducing musculature by up to 50%. At the same time, muscles and ligaments get stiff and tight. Bone density, especially for women declines, increasing the risk of fractures. The nervous system also changes - reflexes are slower, coordination suffers, and memory lapses often crop up at embarrassing times. One of the greatest contributors to the slow-down is the loss of aerobic capacity - we lose about 10% of our VO2 max each decade.

Much of these declines are the same whether you are active or sedentary. So why bother exercising when the same fate awaits both the athlete and the couch potato? If the aging athlete notices a gradual decline in strength and conditioning, just imagine the health and fitness deterioration of a forty-five-year-old who eats poorly, is overweight, and hasn't worked out in twenty years. A simple task like climbing stairs could feel like climbing a mountain.

Aerobic exercise combined with strength training will help prevent age-related problems - and will help reduce the risk of heart disease, stroke, diabetes, obesity, osteoporosis, depression and several types of cancer. Your heart and bones will grow stronger. You will have more red blood cells to transport nutrients and oxygen, helping muscles work longer and harder. You will have improved mental alertness. You will want to eat healthier foods. Your body will burn fat more efficiently. Your immune system will be given a natural boost, providing better protection from common ailments like colds or allergies.

Put simply, running/walking can prolong your life! While obese people getting to a healthy weight can reduce mortality by 8% and giving up smoking can reduce mortality by 11% - running can reduce it by 30%. Running makes you fitter as well as Not Dead! Studies which account for smoking status, alcohol consumption, socioeconomic variables, BMI, and other types of physical activity still suggest running reduces mortality by over 25%. Active people live perhaps 3 years longer than their inactive counterparts. Some would argue that the "extra time" gained is lost on the time spent exercising, however recent studies show a net gain of 7 hours for every hour spent exercising.

Running/race walking may only add a few years to your life but it will certainly put more life into the years. Health and the ability to remain active are far more important than whimpering on to 100. The body inevitably slows down but the desire to be competitive can burn as bright as it always did. Enjoy where you are now in life rather than obsess over diminished times.

It has been over 30 years since I first competed in a world championship. Since then I have probably entered over 1000 races with many wins and many losses. But more importantly there were some great moments amongst them. Winning is great but it is certainly not everything. I have raced against a lot of people from 1987 onwards and many of them are recurring competitors. At the world level there are 3 in particular that I remember - an Irishman, an American and a Swiss (no this is not a 3 people walk into a bar joke!). The Swiss guy doesn't speak English but that doesn't stop the camaraderie. I have also had the privilege of walking in the same races as the great Heather Carr since 1989 in San Diego. We have a humorous rivalry over our times with Heather easily faster than me on short races and me usually faster in the longer races. At the Oceania championships there are a few Kiwi's that I have raced regularly. They may not be in the same age group but race walks usually combine age groups so many of them I have raced against for decades. It is these sorts of shared experiences that help me to come to terms with a significantly slower me. No one likes slowing down but stopping is even worse! That's where racing people from way back and age grading kick in to keep the motivation going. And don't forget we all get to set a PB every day - even if it is just for the number of days alive!

Also as masters athletes we can be positive about getting older because we get a great boost when we enter a new age group. All of a sudden we have a chance of a better place, maybe even a medal at a national or international championship. Even without moving into a new age group we can use age grading tables to measure ourselves. While your actual time may be slower, your age-grading could show that your performance is maintained or even improved.

Another factor that should not be played down is how important we all are in races. Most people will be average runners or walkers but they are still racing either against other plodders or against the clock and when they cross the finish line there is just as much satisfaction as there is for the winner. They also help the winners look good! Marathons may be won in close to 2 hours but how much better does it look if it is at the front of 20,000 others like you and me and sometimes the greatest stories are with those still out there 3 hours later.

So don't be disheartened about slowing times. Be grateful that you will live longer, healthier lives than your sedentary counterparts and most of all enjoy racing against your colleagues and the clock for your age graded results.



Tony Price 1st M60



Nicola Hankinson 2nd W40



Katie Jenkins 1st W45



Jan Sheppard 1st W50



Joy Baker (592) W65, Kathy Howard (593) 2nd W65, Sue Meltzer (247) 3rd W60, Marketa Langova (384) W40

# WMA General Assembly & Council Meetings

by Lynne Schickert

The WMA Malaga 2018 General Assembly was well attended by 143 delegates from member countries. Oceania was represented by five delegates from Australia: Wilma Perkins, Donna Hiscox, Janet Naylor, Stuart Patterson and Jim Langford and two delegates from New Zealand: Michael Wray and Ian Carter. These delegates are thanked for their attendance.

The meeting commenced with reports tabled by the WMA Executive and the IAAF Representative on Council, outlining the many masters activities which have been undertaken over the last two years. These included details of visits to cities bidding for future championships. All reports were accepted as was the financial statements tabled by Jean Thomas, WMA Treasurer. Delegates were informed that WMA is now in a sound financial position.

Brian Keaveney, Vice-President Competition reaffirmed the changes in the Stadia championship program – the marathon and 10,000 m track race have been deleted, and a 10km road race included instead. In addition to the WMA Mountain Running Championship and the WMA 100km and 24 hour events, the Marathon is now a stand-alone event and will be held in 2018 as part of the Scotia Bank Waterfront Marathon in Toronto on 21 October. An updating of the WMA Rules of Competition has been done and can be found on the WMA website.

## Constitutional Amendments

The motion to remove the position of the Women's Representative was presented prior to the Council elections. As a result of the decision at the General Assembly, this position has been discontinued and changes will now be required in the WMA Constitution and By-Laws. It was with much sadness that the delegates acknowledged Selma Turkkal of Turkey who has now retired from this role which she has held since 2009.

## Elections

Elections were then called for the position of WMA President, with Margit Jungmann (Germany), Vesa Lappalainen (Finland) and Gary Snyder (USA) standing for election. All were worthy candidates with a long commitment to and a high level of experience in masters athletics. Election counting is always an exciting moment and the Council applauded Margit Jungmann, WMA Executive Vice President, who was elected as WMA President replacing Stan Perkins whose term of office has now finished. Jean Thomas of France was unanimously re-elected as Treasurer.

## Awards

### Honorary Life President

- Stan Perkins (Australia) - in honour of his retirement as WMA President after 24 years on the WMA Council.

### WMA Silver Pin

- Sandy Pashkin (USA) – in honour of her work as Chair of the WMA Records Committee and her service to the Council as a previous regional representative for North and Central America and the Caribbean.
- Winston Thomas (UK) – in honour of his work as a previous WMA Secretary and ongoing participation on several WMA committees.

### Bronze Pin

- Bob Banens (Australia) - for his services to WMA through his development of the new Constitution and By-Laws.
- Carl Heinz (Germany) – for photographic services to EMA, WMA and IAAF.

### 2017 Best Masters Athlete of the Year

- Bob Lida (USA) was presented with his award at the General Assembly but Kathy Martin (USA) was not present as she was unable to attend the Malaga championships. Her award will be presented at the next regional championships.

## Motions for Constitutional Amendments

Following modifications as agreed at the GA in Perth 2016, the 2016-2018 WMA By-Laws were presented again for adoption subject to the deletion of clause 4.2 and accepted.

The motion by Australian Masters Athletics to reduce the number of delegates from the larger participating countries from 5 to 3 at a General Assembly was defeated. However there was significant support for this concept and it may be presented again at a future General Assembly.

The other motion from the Oceania region was to have the age grading tables updated and the one year age grading reinstated. This motion was withdrawn as the Competition Committee has already established a sub-committee to undertake this project.

## Presentations by Future Championship hosts and bidders

The afternoon session of the General Assembly saw presentations by:

**2019** - WMA Indoors, Torun Poland: 24-30 March  
– entries opening soon

**2020** - WMA Stadia, Toronto Canada: 22 July – 1 August

**2021** - WMA Indoors, Edmonton Canada

**2022** - Bidder presentations were made by Gothenburg (Sweden), Tampere (Finland) and LAquila (Italy). Voting again was exciting, with Gothenburg being the clear choice of delegates. The dates for Gothenburg will be 17-27 August 2022.

## WMA Council meeting – new appointments

Following the close of the championships, the WMA Council met, firstly for Stan Perkins to formally hand over the Presidency to Margit Jungmann and then for the new Council to review and make appointments for the various WMA committees.

The major change to the Council Executive was the appointment of Lynne Schickert as Executive Vice President until 2020 when WMA will hold elections again in Toronto. The position of Executive Vice President involves management of all organisational matters other than competition and to chair and manage the work of the Organisational Advisory Committee. Lynne has been a member of this committee since Perth 2016, following her contribution in this area for the Perth 2016 WMA championships. Lynne will remain as the Oceania representative on the WMA Council until her term of office as President finishes in Mackay next year and will continue to support the WMA Competition Committee with

the management of appointments for officials at the WMA Indoor championships in Torun, Poland.

## Other WMA committee appointments

The WMA Women's Committee will continue as part of the management structure of WMA and Wilma Perkins, currently the OMA representative on this committee was subsequently appointed by the Council as Chair of that committee. Congratulations Wilma.

Bob Schickert has been re-appointed to the WMA Competition Committee for Non Stadia matters and re-appointed to the WMA Law and Legislation Committee. He has also been appointed to manage the updating and new items on the WMA website in conjunction with the WMA webmaster.

## Conclusion

Oceania athletes competing in Malaga are to be congratulated on their outstanding results at this championship. As always, Oceania featured well in the medal tally. Oceania continues to be heavily involved in the management of our sport from grassroots to world level. Stan Perkins will still be influential in the region as he supports and promotes the growth of masters athletics in Asia – a project in which the Oceania Council can contribute for the benefit of both regions.



Jan Sheppard 3rd W50 in the Wellington Cross Country



Paul Hewitson followed by Dave Creamer in the Wellington Masters Johnsonville 8km

PHOTOS: Sharon Wray



# 2018 NZMA Indoor Championships

by Chris Thompson

The fourth NZMA Indoor Champs were held in the Sports Hall at the AUT Millennium in Mairangi Bay, Auckland on 4 and 5 August 2018. Sixty entries were received from around New Zealand, including entrants from Queenstown, Dunedin and Christchurch, and for the first time there were 4 athletes from Australia.

These champs were the largest to date and with the addition of two outside throws events, brought more throwers to the champs with up to three events to participate in. The Indoor shot put was brought forward to the Saturday afternoon along with the pole vault. The shot put competition drew 28 competitors, making it the most popular event of the meet.

The **Shot Put** saw 7 new NZMA records and 2 first up best performances with Justine Whittaker (W75) throwing 7.60m and Jacob Potgieter (M35) with the 7.26kg shot 8.42m. The longest throw by a woman was Tania Hodges (W50) with 11.23m and Laini Inivale (M50) with 13.98m in the men's section.

The **Pole Vault** drew 10 competitors, up from 5 in 2017, and thus gaining popularity again in masters ranks, along with junior and senior athletes. One NZMA record and 5 new best performances were recorded. We saw Sonja Bowe (W40) vault 2.50m, Anne Goulter (W55) get over 2.30m, Anne Deleiros (W70) 1.60m, Mark Judge (M60) 3.05m and Davis Anstiss (M70) with 2.10m. The pole vault competition was overseen by officials from the Auckland Centre and I wish to thank them again for managing this event on our behalf.

Sunday morning saw wet weather and the two new events, the hammer and heavy weight were held in continuous drizzle. Sixteen competitors commenced in the hammer followed by 17 in the heavy weight. Three of our Australian entrants took place in these events.

As these were outdoor events, any performances were up against current NZMA outdoor records. The wet conditions always make throwing difficult and being early season all performances were short of any NZMA records. Best of the ladies in the **Hammer** were Althea Mackie (W45) with 38.68m and Anne Goulter (W55) with 38.47m. In the men's group Mark Cumming (M55) with 46.55m and Jamie Muscat (M40) with 45.61m were the best.

The **Heavy Weight** saw Brenda Davis (W45) throw 12.73m and Althea Mackie (W45) 12.25m for the best of the ladies, with Mark Cumming (M55) 16.43m and Jamie Muscat (M40) 13.02m the best of the men.

Day Two saw the traditional Indoor events with the 50m and 50m hurdles events. The **50m Sprint** saw 27 competitors of both sexes between W35 and M70 take part. Five new NZMA records were broken with David Garrett (M35) setting a new best performance of 6.51s. This was the fastest time of the day followed by Mark Lambert (M40) with 6.54s and Steve Hargreaves (M45) with 6.66s.

The **50m Hurdles** saw 7 competitors with 2 new NZMA records and 3 new best performances, namely Faith Firestone (W35) with 9.16s, Phillipa Green (W45) 10.06s and Trevor Wilson (M45) 9.65s.



Delwyn Smith, Mark Lett (NTH) and Anne Goulter (AKL) waiting their turn to vault



Mark Lett takes down the bar in the pole vault



Justine Whittaker



Anne Goulter competing in the indoor shot



Noni Callanderc

The long jump, triple jump and high jump made up the remainder of the programme. Three women and 8 men made up the **Long Jump**. New NZMA records were set by 3 athletes and a new best performance by Trevor Wilson (M45) with a 5.23m leap - the longest of the day. Faith Firestone (W35) with 4.49m was the leading lady.

Seven athletes competed in the **Triple Jump** with one new NZMA record being set and a new best performance. Anne Deleiros (W70) jumped 6.43m. Daniel Bediako (M40) was the longest to triple jump with 11.94m followed by Jack Donaghy (M40) with 10.21m.

The **High Jump** saw larger numbers, with 4 women and 8 men competing. Three new NZMA records were set and 5 new best performances were achieved - both Jacob Potgieter (M35) and Trevor Wilson (M45) cleared 1.55m, Stephen Te Whaiti (M50) 1.50m, Mark Lett (M55) 1.35m along with Bruce Solomon (M55) 1.35m.

In summary the meeting went well. The photo finish equipment worked well along with the electronic gun on loan from the Waitakere club. Our thanks to Paul Lunny and Rob Taylor from the same club who managed the photo finish and starting respectively. Many thanks to all the other officials and volunteers who helped make the day and of course the local club, North Harbour Bays for allowing us use of their Sports Hall. Barfoot and Thompson were keen sponsors of the meeting and hopefully that will continue in the future.

In going forward, we hear of the probability of another Indoor Centre at Hastings being developed. This could provide another option for holding these Champs or an alternative meeting?



PHOTOS: Mark Lambert

# NZ Cross Country Championships Photos



PHOTO: Sharon Wray

Ray Wallis - 2nd M75



PHOTO: Michael Wray

Kirsten Foley - 7th W40



PHOTO: Derek Shaw

David Creamer - 8th M55



PHOTO: Derek Shaw

Paul Hewitson - 4th M55



PHOTO: Michael Wray

Trevor Ogilvie - 1st M70



PHOTO: Michael Wray

Ariana Summers (130) 2nd W50 leading Jennie Nicholson (124) 8th W40



PHOTO: Sharon Wray

Steve Rees-Jones - 1st M40



PHOTO: Sharon Wray

Richard Bennett (94) 3rd M50, Dean Chiplin (236) 3rd M45, Tony Broadhead (235) was 1st M50



PHOTO: Sharon Wray

Johanna Buick - 1st W40

# Otago

by John Stinson



Ilan Sim in the 60m sprint

**Ilan Sim** (31/07/1947 - 07/06/2018)

The Otago masters athletics community was saddened to learn of the passing in June of Oamaru's Ian Sim following a short illness. Ian was a talented and consistent masters athlete who reached the highest level in his specialist long and triple jump events and also the 60m sprints. Ian was setting Oceania, New Zealand and Otago masters records as recently as the 2018 Oceania Championships in Dunedin in January.

Below are a summary of Ian's recent records:

**Otago Records:**

<b>60m</b>	9.05	M70
<b>Long Jump</b>	4.41m	M60
	4.31m	M65
	4.10m	M70
<b>Triple Jump</b>	10.25m	M50
	9.06m	M55
	9.60m	M60
	9.32m	M65
	9.07m	M70



Ilan Sim competing in the Long Jump

**South Island Championship Records:**

<b>60m</b>	9.20	M70
<b>Long Jump</b>	4.40m	M60
	4.18m	M65
	4.06m	M70
<b>Triple Jump</b>	10.25m	M50
	8.44m	M70

**New Zealand Records:**

<b>Long Jump</b>	4.10m	M70
<b>Triple Jump</b>	9.32m	M65

**Oceania Championship Records:**

<b>Triple Jump</b>	9.07m	M70
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As can be seen from these records, Ian achieved ongoing success in masters athletics as he moved through the various age groups. His unexpected passing will leave a big hole in the ranks of Otago Masters athletes.

**Otago Masters competing overseas**

Otago athletes sprinter Liz Wilson and middle distance runner Geoff Anderson are competing at the World Masters Athletics Championships in Malaga, Spain in

September. They are both looking forward to the experience and seeing how well they fare on the world stage. Geoff warmed up for the championships by winning the M60 age group at the NZ Cross-Country Championships in Wellington completing the 8k distance in 36:13.

Another well known Otago masters athlete and former Athletics Otago President, Brent Halley, is leaning towards a first time appearance in the 2019 Boston Marathon. Brent finished third in the M50 grade and first in the NZ Championship at this year's Rotorua Marathon in a time of 3:10, using this event as a serious trial for Boston. More recently Brent was also first in the M50 grade at the Otago Road Championships in a time of 43:20 for the 10km. All Otago athletes wish Brent well in his ongoing preparation towards this prestigious international marathon.

**Summer season**

The summer season for Otago athletes will start on Saturday 13 October. On 28 October the Peggy Calder Memorial will be held at the Caledonian Ground. With such a crowded programme over last summer, it was decided to postpone the Peggy Calder Meeting until the next season and hold it at the Caledonian rather than the traditional venue of Memorial Park in Mosgiel. Dates are yet to be confirmed for the two other popular fixtures held annually prior to Christmas - the Bill Kenny Memorial Steeplechase and the 5m beach run.

The Annual General Meeting of Otago Masters Athletics will be held on Wednesday 19 September at the Athletics Otago rooms, Logan Park Drive, Dunedin, starting at 7pm.

# Taranaki

by Vicki Jones

Cross country events have come thick and fast with the majority of events taking place in this 3 month period. Well done to those who competed in the North Island Cross Country and NZ Cross Country Championships on the muddy and somewhat treacherous course. Some highlights include the awarding of life membership at the ANZ AGM to Jason Cressingham (at only 35!) and Richard Brewer to the Taranaki Centre. Falling in amongst this was the annual Centre Awards on 6 June with guest speaker, Commonwealth gold medalist in the hammer, Julia Radcliffe, and her father. Congratulations to Des Phillips, who won Masters Sportsman of the Year, Joy Baker who was Masters Sportswoman and Karen Gillum-Green for Coach of the Year.

## Hughes Memorial – 3 June 2018, Hawera

The day was cool and clear for the annual running of the Hughes Memorial. The event marked a dilemma for walkers as the Taranaki Open Walks were held at the same time. Turnout was very pleasing from most clubs who have the event on their calendars. As always, the walk race was a "hooded rooster" - estimated time, no watches. Estimates varied wildly from actual times, despite the deceptively easier 2x2km circuit. The running race was more straightforward, with some of the most furious competition coming in the M70 grade, with Des Phillips and Alan Jones and a couple of strong runners from Feilding Moa. They were very relieved that they only had to endure 4km.

### 4km Walk (All Masters Grades)

Women		
2	Gaylene Anderson	31.08
3	Karen Gillum-Green	32.46
5	Vicky Jones	34.51
10	Judith Duffy	49.55
11	Sandra Heal	50.11

Men		
1	Albie Jane	27.16
4	Dennis Jordan	34.18
6	Peter Schaeff	40.16
7	Martyn Schrider	41.13

(placings are by actual vs estimated time, Times are actual times)

4km Run		
M65	Murray Laird	18.09 (1)
M50	Richard Brewer	35.02 (1)
M70	Des Phillips	20.49 (1)
	Alan Jones	22.12 (3)

W40	Kirsten Foley	18.12 (1)
	Nicola Carver	20.14 (2)
W60	Bev Landers	23.08 (1)
W65	Lynne Mackay	26.57 (1)

8km Run		
M35	Nathan Foley	29.14 (1)
	JP Heather	31.29 (2)
	Matt Cleaver	34.57 (3)
M40	Oli Vincent	31.23 (1)
	Mike O'Sullivan	34.25 (2)
	Damien Dravitski	35.25 (3)
	Jason Werder	40.55 (5)
M45	John Nolly	35.06 (3)
	Greg Chapman	48.57 (8)
M50	Richard Brewer	35.02 (1)
M60	Allan Thomas	42.12 (1)

## Taranaki Open Walks - 3 June 2018, New Plymouth

While the Hughes Memorial was taking place in Hawera, it was a small turnout for the annual Open Walks, held this year on the Kaimata St circuit near the Bowl of Brooklands. Eric Kemsley claimed the 15km Hawera Cup in a time of 1.29.30, while Peter Fox (1.00.00), Ross Allen (1.04.31) and Tony Burrell (1.05.06) contested the 10km Suthon Cup, with Ross claiming the silverware on handicap. In the women's section, Anne Fraser (1.13.50) and Serena Coombes (1.05.53) contested the 10km Campbell Cup, with Sue Park competing over 5km in a time of 43.42.

## Tom Verney Memorial – 8 June 2018, Stratford

A week after than the Hughes, conditions were again clear and calm for the annual Tom Verney Memorial. Stratford continues to try and keep things interesting with the course, using a 2km lap at the Stratford Race Course. This year we had extra runners in the guise of a flock of sheep weaving and skirting around the course markings. The awarding of the trophy is decided by a complex calculation based on placings and competitor numbers. This year Egmont Athletics claimed the silverware, tough it was tightly contested. As for the racing, the M65 plus grades found they had to endure an 8km race, rather than the 6km that they thought was arranged.

4km Walk Women		
1	Gaylene Anderson	29.25
2	Vicky Jones	33.01
3	Karen Gillum-Green	39.57
4	Kate Payne	43.31
5	Judith Duffy	45.20
6	Sandra Heal	47.30

Men		
1	Rodney Gillum	27.16
2	Chris Pankhard	28.58
3	Dennis Jordan	32.59
4	Roger Mckay	33.43
5	Martyn Schrider	39.25
6	Dennis Kowolewski	39.32
7	Peter Schaeff	40.12

4km Run		
W35	Tracy O'Sullivan	30.00
W55	Stella Bond	24.30
W60	Dianne Kowolewski	22.55
W65	Joy Baker	22.37
	Lynne Mackay	27.03

8km Run		
M45	John Nolly	34.11
M50	Richard Brewer	34.48
	Jason Reid	37.43
M60	Allan Thomas	40.28
	Trevor Hepburn	46.40
M65	Murray Laird	38.20
	Albie Jane	41.42
M70	Alan Jones	49.25

## TET Athletics Taranaki Cross Country Championships – 24 July 2018, Stratford

Despite a rainy week leading up to the annual Cross Country champs, the 2km circuit wasn't too bad underfoot aside from a small section of the actual racetrack, which is regularly turned over by horse hooves. The 2km circuit was different to the Tom Verney with another change in direction. Turnout was rather poor, particularly amongst the walkers, numbering four in total - all masters! It marked Vicky Adams's return to competition - albeit gently after her accident with a primus stove back in May. She has healed and continues to heal well.

In the running, masters women ran with the young guns of women over 4km. Times for everyone were slow. Karen Gillum-Green held off Joy Baker to take overall honours in the MW section. In the men, the M65 plus grades raced 6km which was a great relief, while the younger masters raced 8km. Des Phillips took the honours in the M70 grade over Alan Jones, while the most noteworthy performance was of 82-year-old Peter Schaeff who is proof positive that there is no upper age limit to running in masters.

4km Walk		
W35	Vicky Jones	33.13 (1)
W60	Vicky Adams	34.45 (1)
M60	Trevor Hepburn	33.11 (1)
M65	Dennis Jordan	32.54 (1)

8km Run		
M35	Kane Bretherton	33.32 (1)
M40	Mike O'Sullivan	37.17 (1)
	Jason Werder	40.56 (2)
M50	Richard Brewer	34.57 (1)

4km Run		
W45	Suzie Price	39.04 (1)
W60	Karen Gillum-Green	32.44 (1)
	Dianne Kowolewski	36.04 (1)
W65	Joy Baker	33.44 (1)

6km Run		
M65	Murray Laird	29.21 (1)
	Albie Jane	32.46 (2)
M70	Des Phillips	35.23 (1)
	Alan Jones	35.51 (2)
M75	Barry Hosking	52.10 (1)
M80	Peter Schaeff	58.49 (1)



Des Phillips M70 at the NZ Cross Country Championships

## TET Athletics Taranaki Road Championships – 18 August 2018, Hawera

Hawera Harriers was this year's organisers of the regional road champs. The course consisted of 2 circuits: 1 for walkers, 1 for runners. Walkers had a 1km circuit of a 500m there and back - 10km for A graders and 5km for B. Conditions were overcast and cold with a strong bitter wind straight off the mountain. Runners had a 2km loop for the young masters up to age 64 who did 8km while the M65 plus grades and all women's masters grades did 5km (which also included a 1km loop). Turnout was much improved from cross country and the general consensus on the course was positive, the wind aside. The highlights were Kirsten Foley taking line honours in the W40 grade, Karen Gillum-Green making a triumphant return to form, and Vicky Adams's valiant return to running - managing the 5km course without stopping.

5km Run		
W40	Kirsten Foley	21.34 (1)
W45	Nicola Carver	23.37 (1)
W55	Stella Bond	29.07 (1)
W60	Karen Gillum-Green	23.41 (1)
	Vicky Adams	30.06 (2)
M65	Murray Laird	21.56 (1)
M70	Alan Jones	28.31 (1)
M75	Barry Hosking	37.34 (1)

10km Run		
M35	Nathan Foley	34.41 (1)
	Kane Bretherton	37.50 (2)
	JP Heather	37.53 (3)
M40	Mike O'Sullivan	38.02 (1)
	Jason Werder	48.28 (2)
M45	Tony Brownrigg	37.11 (1)
M50	Richard Brewer	40.21 (1)
	Trevor Hepburn	53.42 (2)

5km B Grade Walk		
W75	Sue Park	43.19 (1)
M70	Dennis Jordan	38.23 (1)

10km A Grade Walk		
W35	Vicky Jones	1.19.41 (1)
W50	Serena Coombes	1.05.31 (1)
W60	Helen Bavistock	1.09.21 (1)
	Anne Fraser	1.14.25 (2)
M60	Ross Allen	1.05.24 (1)
M65	Alan Clarke	1.02.59 (1)
	Tony Burrell	1.05.50 (2)
M70	Dave Barrett	1.27.08 (1)

To cap off the winter season, a small but plucky group made the trip to compete in the NZ Road Champs, the majority of whom were walkers, with Mike O'Sullivan the only Masters runner in the very wet conditions. It was a disappointing end for the walkers, as all fell foul of the judges. And so ends the action-packed winter season. Time now to focus and sharpen up for track and field, which means looking forward to longer days and fairer weather!

PHOTO: Sharon Wray

# Wellington

by Michael Wray



Paul Rodway - 3rd M70 in the Wellington Road Champs



Pam Graham - 3rd W60 in the Wellington Road Champs

PHOTOS: Sharon Wray

## Cross Country

The **Dorne Cup** took place in early June in firm conditions. The only part of the course to offer treacherous footing was the entry to the stream crossing and as usual there were one or two to take a dunking. Usually the best thing to do is to commit to the water; those that went down were mostly caught out by slowing down on the entry, planting a heel on the unstable bank and sliding under as the mud gave way.

In the women's 6km race, the first master to finish was Tina Faulkner (Scottish). Tina had elected to run in the SW grade, however, in which she finished fourth. Tina was still the third Wellington woman; visiting SW Kara Macdermid having won. In the W35-49 grade, Mel MacPhee (Scottish) front-ran the whole race to win with a comfortable margin. WHAC's Nat Hardaker finished almost a minute behind and with an 18s advantage over third place Renae Creser (Kapiti). Victoria Humphries (WHAC) was first W50, 90s ahead of Lyn Clark (Scottish). Olympic's Jan Sheppard finished third with a minute in hand over fourth. The W60 grade produced a huge win for Sheryn Coverdale (Olympic) over Pam Graham (Scottish). Wanganui's Mignon Stevenson defended her third place by a few seconds to complete the podium.

Both the M60 and M70 grades (6km) produced comfortable winners. Tony Price (Masterton) won the M60s by more than two minutes over Dave Hatfield and Marshall Clark (both Scottish). Wellington Harriers swept the M70 podium. Brian Hayes beat Jeff Annan by three minutes and Tony Dawbin claimed third a few seconds later.

In the M35s (8km), Rowan Hooper (Scottish), Brian Garmonsway (Trentham) and Stephen Day (Scottish) contested a fast race well ahead of any other master before finishing in that order. The M50 race (8km) had more drama. While Peter Stevens (Scottish) ran from the front to hold the lead from start to finish, the second-place contest was only decided two kilometres from the end when Michael Wray (Scottish) passed Grant McLean (Scottish).

The **Wellington Cross Country Champs** offered swamp-like conditions. The W50s, W60s, M60s and M70s raced 5km, while the younger masters grades joined the seniors for 10km.

Carline Thomas (WHAC) won the W50 grade and was the only MW to break 25 minutes for 5km in the mud, so club-mate Victoria Humphries had to settle for an unfamiliar medal colour in second place. Jan Sheppard (Olympic) finished third. Michele

Allison (Scottish) won the W60 grade, well ahead of Olympic's Sheryn Coverdale. Pam Graham (Scottish) completed the podium with the rest of the field several minutes behind.

Tony Price arrived late and missed the M60 race, opening the way for a change of line-up at the front. His club mate from Masterton, Malcolm Macdonald, took full advantage and secured a rare win. Marshall Clark (Scottish) finished second and the most grateful of all was third place Dave Hatfield (Scottish). Brian Hayes (WHAC) continued his winning ways in the M70s. John Skinnon (Scottish) made sure that Brian had to work for the gold and was himself two minutes clear of third place Tony Dawbin (WHAC).

Trentham's Brian Garmonsway took some revenge on Scottish's Stephen Day in a great contest at the front of the M35-49 race, winning by 28s. Trentham also produced the bronze medallist through Josh Campbell. It's been nine years since Trentham put a runner on MM medal of the Wellington Cross Country Champs and the first time since at least last century, if not ever, they've had two.

The M50s started out in the same fashion as Dorne and once again produced an all-Scottish podium. Peter Stevens led from the off, tracked by Grant McLean. Around half way, Michael Wray passed Grant to take second place. Unlike at Dorne, however, Grant was passed by Dave Kettles in the final lap in the race for bronze.

## Road

The mass participation **Wellington Marathon** event doubled-up as the Wellington Half Marathon Champs this year. The bays don't offer any shelter from the wind on a blustery day and this was a typical June day in the capital with a strong southerly.

Trentham's Brian Garmonsway won the M35 grade by six minutes, finishing in 1:13. Scottish runner Dave Parsons finish second, with Andrew Thompson (Olympic) 30s behind. The W35 podium was spaced out but featured a rare look with all three runners representing Kapiti: Renae Creser 1:33, Hannah Buglass-Devereux 1:42 and Joanne Jenkins 1:43.

The newly-introduced 50+ grade was won in the men by Grant McLean (Scottish) 1:20, ahead of Nick Hegan (Olympic) 1:23 and Kevin Thompson (Trentham) 1:32. For the women it was Ross Gammie (WHAC) 1:39, Michele Allison (Scottish) 1:42, Sheryn Coverdale 2:03 (Olympic).

The **Masters Johnsonville Road Race** managed to finish before the rain forecast struck. Fastest male walker over the hilly four-lap course was Rob McCrudden (Olympic) and Jackie Wilson (Trentham) was the fastest women. Joseph Antcliff was officially awarded the first male walker due to Rob's racewalking technique falling foul. Fastest male runner over the five-lap course was Brian Garmonsway (Trentham) and the fastest women was Jacqui Cope (Olympic). The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was won by Brian Garmonsway. The club team for the runners was won by Olympic and Trentham won the club team for the walkers.

The Bays Relays offered a glorious sunny winters day with little wind. The MW grade saw Scottish score a dominant win through Carla Denny, Mel MacPhee, Lindsay Barwick, Emma Bassett and Helen Willis. All but Helen ran fastest MW times; the fastest leg five runner was WHAC's Sophie Lee. WHAC finished second, the position they held for the whole race, as did Olympic in third.

The M60 grade was introduced in 2015 and since then only one team has won: WHAC. This year was no different. All five WHAC runners (Geoff Smith, Brian Hayes, Duncan Matthews, Des Young, Mike Winsborough) ran fastest legs, setting a new course record. Mike also improved the M60 leg five record. Scottish were second and Olympic third, something else that the M60 has produced since 2015.

Brian Garmonsway got the Trentham MM off to a great start, breaking a leg one record that has stood since 1996. Dougal Thorburn had to settle for handing over second place for Scottish. For the remaining legs, the Scottish runners (Valentino Luna Hernandez, Levente Timar, Alasdair Saunders, Andrew Wharton) held an interrupted lead to break their own course record. Valentino, Levente and Andrew ran fastest legs. The leg four fastest run came from WHAC's Richard Swan when he moved WHAC ahead of Trentham to establish the finishing order for the minor places.

The M50 grade was dominated by Scottish (Grant McLean, Peter Stevens, Michael Wray, Michael Cummins, Dave Kettles). Grant and Peter set new leg records and the team broke the course record. Grant, Peter, Michael W and Dave ran fastest laps. Curiously the leg four fastest lap came from the Scottish B team (James Turner). The minor placings swapped around. At the end of leg one, it was Olympic and WHAC. Jim Jones moved Scottish B from fifth into third on leg two only for Olympic's Graeme Moss to regain third and Scottish B slipped back to third on leg three. After leg four Scottish B regained third and stayed there, not being able to challenge WHAC for second.

The **Wellington Road Champs** were held on a course in Wainui with a 2.5km hill out and back, climbing/descending around 20m per lap and tight turns at each end. The fastest masters were Nick Horspool and Tina Faulkner but both had elected to compete in the senior grades in which they both finished third. In the W50s, Vickie Humphries won for the fifth consecutive year, almost a minute ahead of Jan Sheppard and Marian Goodwin in the 5km. Michele Allison was first W60, over two minutes quicker than Sheryn Coverdale and Pam Graham. Also running 5km, the M60 grade was a two minute win for Tony Price over Malcolm MacDonald and Marshall Clark. M70 Brian Hayes won his grade, while John Skinnon took silver with a tactical race in which he outkicked Paul Rodway at the finish. Lindsay Barwick made it back-to-back wins for the masters women in the 10km with Nat Hardaker and Carla Denny following. The masters men winner was Brian Garmonsway in 31:49, 25s ahead of Rowan Hooper with a similar gap back to Stephen Day in third. Michael Wray won the M50 10km in 34:50. Teammates Peter Stevens and Grant McLean were second and third.

## Wellington's Dorne Cup & Cross Country Champs Photos



Mel MacPhee 1st W35 - Dorne Cup



Tony Price 1st M60 - Dorne Cup



Nat Hardaker 2nd W35 - Dorne Cup



Victoria Humphries 1st W50 - Dorne Cup



Mel MacPhee W40 - Wgtn XC Champs



Tony Price and Kevin Thompson - Wgtn XC Champs

PHOTOS: Sharon Wray

# Manawatu/Wanganui

by Jen Fee

Over the last three months we have been very quiet, but highlights have included the following.

Andrew Davenport reached the finals for Sport Manawatu's Master Athlete of the Year and Laurie Malcolmson and Dale McMillan were finalists for Sport Tararua's Athlete of the Year. (They didn't have a Masters category, and were up against an Olympian!) Judges applauded Laurie's achievements, saying "While not necessarily the oldest finalist, master's athlete Laurie Malcolmson is hailed as a local

legend with five current Nationals Masters records under his belt and holding the number one world ranking for 300m hurdles for 9 months".

We look forward to the new season and kick it off with our throws pentathlon where athletes will compete for the Laurie Devlin Shield, a name many of you may remember. Then a couple of pentathlon events before heading to Wellington for the North Island Track and Field Champs 23-25 November 2018 to catch up with old friends and meet some new ones!

# Canterbury

by Andrew Stark



With our masters athletes integrated within Athletics Canterbury during winter events, there are no Canterbury Masters Athletics stand alone events except for a very small group of throwers who held a throws pentathlon event once a month.

What has been taking up an enormous amount of time is the ongoing build at the new home of the athletics, the Nga Puna Wai Sports Hub. Like any major projects, it always taken longer than expected to complete. It was suggested we might have access for training on the new track as early as May, but we are still waiting!

The 2018 - 2019 season is due to start on 20th October. While the track and infield is completed, as I walked around the site in late September, there was still so much to complete such as the embankments parallel with the home straight and outer throwing zone area. When we hold our first Athletics Canterbury event,

it will still be within a building site as work continues on the administrative building, changing rooms, and the hockey, rugby league and tennis playing surfaces.

The photos are the control room during construction in May 2018 (top) and how it looks now (above right).

The other photo (above left) is of the outer throw zone. In this area we will have all throwing circles, plus a javelin run way, a long / triple jump pit and a high jump apron. It is set up in such a way that a six-lane track could be built there one day in the future. But for now, it will just be grass.

From an administrative point of few, I will be pleased when it is all completed, so that we can enjoy the new facility and I can refocus on being an athlete.

# Tasman

by Derek Shaw

## NZ Cross Country Championships

A contingent of Tasman athletes joined in the mud plug at these champs in Tawa on 5 August. Two managed to more successfully negotiate the course than the others in their age groups to take home gold medals for their efforts. Paula Canning continued her good record at the champs finishing third masters women overall in the 6km race in 28:46 to comfortably claim the W45 age group title. Fellow Tasman athlete Graeme Lear, a recent resident in the Top of the South, demonstrated his class with a comfortable win in his new M65 age group getting around the 3 lap 6km course in 28:15. He finished 1:50 ahead of Gavin Smith who took over second place after fellow Tasman master Ian Carter withdrew on the second lap due to injury. Derek Shaw was fourth in 31:44.

Christine Lear made it two medals to the Lear household with a fine run to claim the bronze in her W55 age group 6km race. A team of 4 M50 Tasman athletes had entered the 8km but an injury during the preceding week ruled out Cliff Bowman. Tim Cross was the best performed of the remaining three with 6th place in the M55 grade in 37:42, followed by Patrick Meffan (15th M55 40:47) and Don Bate (17th M55 44:09).

## NZ Road Championships

Tim Cross and Derek Shaw travelled to Cambridge for these champs on Sunday 2 September. After their direct flight from Nelson to Auckland was cancelled and their rebooked flights via Wellington were both delayed they finally arrived in Cambridge around 9pm on the Saturday. Still recovering from a severe winter bug Tim decided to just watch proceedings – mostly while sheltering from the cold rain. After the initial settling down period Derek was in second place thanks to a struggling Gavin Smith being stricken with a heavy cold. He kept within about 30m of the leading M65 leader Eric Phimister for the first half of the 10km race but lost ground over the second half to claim silver 55s behind Eric in 43:28 with Gavin gallantly battling on to claim third place a further two and half minutes back.

## NZ Half Marathon Championships

Robbie Barnes ventured down to Dunedin for the NZ Half Marathon champs on 9 September which were held in conjunction with the Dunedin half and full marathon. His fine run of 1:23:38 placed him 34th overall in the combined Dunedin and NZ half marathon field and 23

overall in the NZ half marathon champs, second in the overall M50+ division and winner of the M55 age group gold medal. In the associated 10km event Don Bate was third in the M50+ division in a time of 44:55.

## Tasman Cross Country Championships

These champs were held on Branford Park on 21 July in wet and muddy conditions. In the 3 lap 6km race the first M60+ runner was Ian Carter with 23:10, followed by Andrew Barker (24:26), Derek Shaw (26:03), Stu Hague (29:07), Geoff Eban (29:07) and Hugh Neill (31:09). In the 6km MW race Fran Kerse (29:34) was first followed by Tania Gardner (29:46), Odette Llewellyn (30:50), Lisa Wilson (32:01) and Pam Barker (39:57)

In the 8km M35-59 race Brian Kemp was first in 29:36, with Cliff Bowman 11s back, then Rob Leffering (30:57), Tim Cross (31:14), John Kennedy (31:20), Gavin Lambert (32:40), Charlie Squance (33:10), Marty Moran (33:11), Stu Cottam 33:17, Don Wardle 35:33, Alistair Cotterill (38:50) and Steven Bailey (39:02).

## Swan Trophy Athletics Nelson Road Champs

Masters athletes featured prominently in this event held on 19 August in the Maitai Valley as a new system developed by Patrick Meffan was trialled. It involved starting runners according to their age with the oldest runner heading off first followed by next oldest etc down to the seniors. Separate laptops provided the countdown for masters men and women. If everyone performed according to the average for their age then in theory everybody would have crossed the 10km finish line together. Naturally that didn't happen but it was interesting as to who caught and passed who. Individual times were recorded and an age graded % was subsequently calculated.

New member Graeme Lear had the distinction of producing the highest age % of 89% as a 65-year-old who ran 40:23. He was followed by Mike Morrissey (65 42:13) and Barry Dewar (68 44:03) both with 85%, then Murray Hart (61 41:06) 84%, Wayne Leighton (58 40:13) 83%, Derek Shaw (65 43:52) 82%, Andrew Barker (62 43:09) 81% with Alistair Dickson (70 47:49) and Hayden Squance (20 35:11) both on 80%, Graeme Sellars (61 43:54) and Dave Riddell (64 45:56) both on 78% and Christine Lear (55 47:47) on 77% to round out the top dozen.

## 2018 WMA Champs

Four Tasman masters ventured off to Malaga in Spain for these champs and some sightseeing. It was apparently pretty warm in Spain (30 degrees) which on top of jet lag provided trying conditions, particularly for those who travelled over only a day or before their first event.

Joeline Jones (W35) decided to concentrate on the 200m and 400m. She was 2nd in her 200m heat in 27.65 and 8th in the semi-final with 27.65. The winner in the final for her age group ran 25.51. In her 800m heat she was 3rd in 62.27 and then 7th in the semi-final with a time of 62.35. The winning time in the final was an impressive 56.75. Christine Lear (W55) completed all her scheduled events and was placed 22nd in the 8km cross country

(38:40), 19th in 10km road race (48:06), 14th in 5000m (23:22) and 9th in the half marathon (1:46:12).

Graeme Lear (M65) was 9th in the cross country (32:22) and 6th in the 10k road race (41:07). An injury forced him to pull out of the 5000m and he consequently scratched out of the half marathon. Ian Carter (M65) was 3rd in his 800m and his time of 2:30 was fast enough to qualify for the final. However with the reappearance of an injury he decided to scratch and save himself for the 1500m, in which he was 5th in his heat (5:19) and qualified for the final. He managed a time of 5:08 (fastest time for 2 years) in the final which placed him 11th.



Tim Cross - 6th M55 at the NZ Cross Country Championships in Wellington

PHOTO: Derek Shaw

# Southland

by Dwight Grieve

Things are all go down here in the deep South! Organisation for the South Island Masters T&F Champs are underway and the Southland and NZ harrier champs in full swing. This harrier season has really been interesting as a few of the masters have really put their hands up and the battles on the course have been great to watch.

## 2018 ILT South Island Masters Champs – Invercargill 16-18 November 2018

The champs are all go! The entry portal is open at - <https://nzmastersathletics.org.nz/event/south-island-championships/>

Lets get into it people, I understand it is a wee way to travel. I appreciate this because team Southland travel everywhere else every other time so please support us back and try to get down. Why not make a holiday out of it - visit Bluff and grab some oysters, the Bill Richardson Transport Museum and motorcycle mecca are amazing, there are a heap of great things to do while down here. In fact do the round trip and take the southern scenic route and visit Te Anau and Milford. Fiordlanders are friendly!

The champs are supported by ILT Invercargill and they have offered us a great deal on accommodation, it is on the entry website and when compared to elsewhere ....

Anyone with any questions or who wishes to know more on where is great to visit etc just contact Dwight.

### Meanwhile!

While we battle the winter cold Lester Laughton has continued to compete in throwing events around the world. He recently attended the Canadian Masters Championships and proudly won a silver and two bronze medals. Next up being the worlds! Doing Southland proud. Also helping the sport as he has constructed a training circle for throwers in Manapouri.

## 2018 Southland Cross Country and Road Championships

The harrier season this year started with a number of masters athletes getting back into it. This led to some jovial banter throughout the season and everyone having wee battles amongst themselves, the Invercargill club especially gaining a resurgence. Watching from afar some friendly grudge matches formed and the real bragging rights of course are at the sharp end of the season and the championships!

The cross country champs were first at Waimumu, the Gore club again organised a great event and the course is always a good tough hit out. This year we had a nice dry lead up and the course for the first time I can remember could have been called "hard and fast" (ish).

The master's battles went as expected – full on with time for talk to end and medals to be won. For the women the over 50s were the ones to beat, we have some top runners in the older

bracket, the fight was great with Angela Ryan coming home first less than a minute ahead of Debbie Telfer and Gail Kirkman third. All three are highly respected national age group runners. The younger ones also had a good fight with Sara Wallis gaining a mere 11s win over Lisa Simpson and Amy Iverson third.

The men's race was equally great to watch. Dwight Grieve and Kelvin Meade took to the front together with Dwight getting home with a last lap burst but the real fight was behind them for the bronze. Scott Underhay had decided to throw down the gauntlet and went hard early with the pack chasing - Glenn McIntosh, Craig Iverson, Warren Ross, Shannon Gutsell, Jason Russell, Tyrone Lake and others all close together. As the race developed the gap behind Scott closed but he held on for the bronze with Glenn coming home hard behind. Team racing went the way of the Invercargill club.

The road champs were hosted in stunning conditions on a Te Anau course that is simply spectacular as it runs beside Lake Te Anau with open views of Fiordland National Park. The course being flat and fast and taking runners from the local marina into the town centre and back again in a 2km loop. This year it was decided to trial an 8km race instead of 10km to create more competitive racing between age groups and teams.

The women's title was a bit easier this time with Kylie Davidson dominating the race with Debbie Telfer equally as dominate in the over 50s race. Linda Te Au, Dorothy Horrell, Amy Iverson and Lee Grieve also took home medals.

The men's racing had some of the best racing in recent memory. At the front Dwight Grieve took the masters honours but had a great race against senior winner Jason Hall from Queenstown, only just being beaten for overall honours by the younger runner, home over the 8km distance in 25:54. Meanwhile the real fun was behind them as the other masters men caused each other some pain. Scott Underhay again went for the strike early plan and lead the pack before a group of Scott, Kelvin Meade, Kelly McSorily and Glen McIntosh caught up and they all went into the final kilometre together. Scott surged again but Kelvin and Kelly managed to answer back, Kelvin taking the silver looking shattered at the finish line. Kelly, who won the over 50 age group next, was followed by Scott who held off Glenn for the 35-49 bronze medal. The over 50 silver went to Ricky Gutsell, who is making a welcome return from injury, and in the process come very close to running down his son Shannon who is in the 35-49 bracket! The over 50 bronze went to John Wallace. The teams went yet again to the Invercargill club in both men's and women's races. The club has done well this season and the trophy's earned, the rest are not far behind and the team competition next year looks exciting.

Many thanks to the Southland Harrier committee for their efforts this season, many hours go into organising all the events and the attitude and efforts are helping bring interest into our sport.

## NZ Cross Country and Road Championships

This year Southland couldn't get a team together for either champs with travel being hard with both events in the North Island, but we had an official discussion on this and next year plan a trip to the road champs regardless of location. This was done over a few beers and all agreed regardless even if they couldn't remember agreeing the next morning. The NZ Cross Country champs were in Wellington and Dwight Grieve attended to represent Southland along with U20 runner Buddy Small. With no speed work under his belt Dwight was disappointed with his 7th placing in the heavy mud but enjoyed the trip regardless.

Debbie Telfer is representing Southland in Cambridge at the road champs and we have no doubt she will perform well as a previous repeated podium winner – good luck Debbie.

## Looking ahead

Some of the team are starting the track and field training already so all is go for the up and coming season. Some fun ahead and plans underway for good turn outs for the SI champs and NZ Champs in Timaru, plans also underway for a group gathering at both for team Southland!

The Southland Festival of Running is on in October and includes NZ's oldest marathon – a great well run event that is worth the effort - <http://www.southlandfestivalofrunning.co.nz/>

Meanwhile, we are looking forward to seeing you all in November in sunny Invercargill for the South Island T&F Champs.



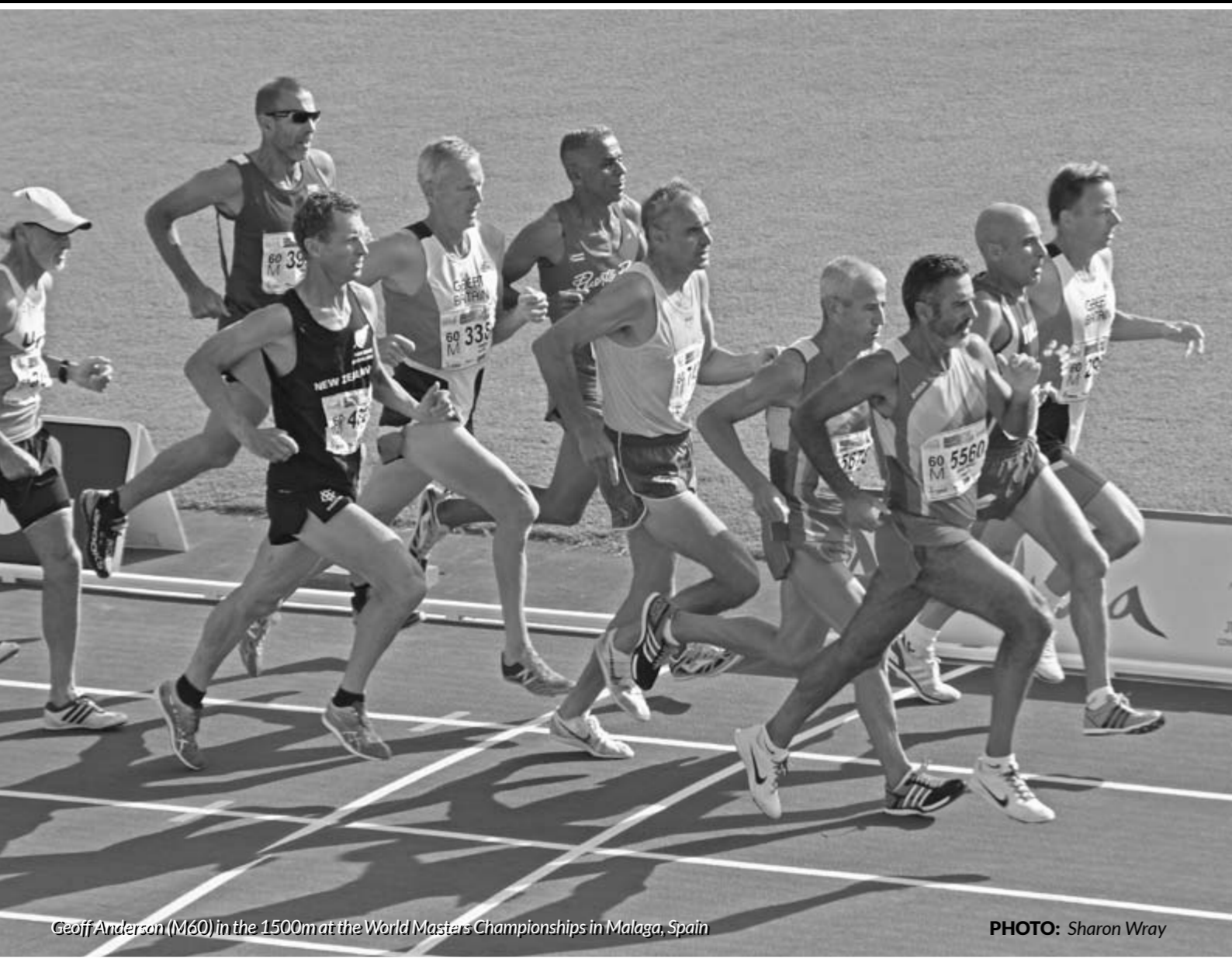
Southland road champs start



Scott Underhay, Kelvin Meade, Kelly McSorily & Shannon Gutsell



Southland road champs - 1st km



Geoff Anderson (M60) in the 1500m at the World Masters Championships in Malaga, Spain

PHOTO: Sharon Wray



## COMING EVENTS

### 2018

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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