

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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- > NZ 10000m Championships
- > WMA Master of the Year Awards



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John Campbell breaking the M55 NZ record in the 60m sprint at the NZMA Championships in Timaru

PHOTO: Murray Wilson

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



Cover Photo

Seelan Ramiah in the M55 Long Jump at the NZMA T&F Championships
Photo - John Campbell

Inside Back Cover

Claire McKenzie and Daphne Jones in the 3000m race walk at the NZMA T&F Championships
Photo - John Campbell

Back Cover

Emily Scanlan in the Weight Throw at the NZMA T&F Championships
Photo - John Campbell





Start of M50-59 800m - Malcolm Cornelius (CAN), Anthony Rogal (CAN), Andrew Davenport (MWA), William Twiss (WGN), Tim Cross (TAS), Graham Ross (AKL), Allan Moulai (CAN) and Robert Homan (OTG)

PHOTO: Derek Shaw

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Jacqueline Wilson (WGN), Claire McKenzie (TAS) and Daphne Jones (WGN) in the 3000m race walk

PHOTO: John Campbell

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Council of Athletics New Zealand (ANZ)

President's Report

by ANDREW STARK - NZMA President



Since my last report in January, it has been a busy time with most weekends taken up with athletics events. As previously explained, the NZMA Track & Field Championships were moved from Christchurch to Timaru to take the pressure off Athletics Canterbury. I am pleased to report it was a successful event that would not have been possible without the help of the Mid-South Canterbury Sub-Centre, plus the numerous volunteers who stepped up to help. The fantastic weather during the weekend certainly also helped.

During the past year, the Board has continued to look at how we can best run the organisation and support Centres more. We have done this in several ways.

1. Online entries for all events are via the SportsTG system, simplifying the process for all. We can also assist with the creation of programme booklets, certificates and race numbers.
2. We have continued to make minor modification to the generic Championship programme, based on actual attendance numbers over the past seven years, to ensure the programme fits our needs and runs more smoothly.
3. We have redesigned our logo and created a new generic medal. The Board has purchased medals that will be gifted to the Centre hosting the NZMA Championships. Centres will be responsible for purchasing the ribbon only.
4. We have explored the concept of changing how the NZMA Board would be elected. Instead of electing nominated key roles, up to eight people would be elected to create the Board. Once elected, the key roles would be decided by the newly elected board. We would also introduce the option of being able to co-op someone to the board if a particular skill is required. We see this as a way of broadening the skills set of those on the Board, by sharing the roles as part of succession planning. This was discussed at the AGM and those present believed it was an option worth considering, so before the next AGM we will finalise the concept to bring to the 2020 AGM.

At the recent NZMA AGM, Claire Giles (Otago) was elected onto the Board. I look forward to working with her over the next few years.

Looking towards the future, the Oceania Masters Athletics is aiming to work more closely with Oceania Athletics to investigate if it is possible to hold a joint event. To the end, David Lobb (Cook Islands) and I travelled to the Gold Coast to attend the OAA Congress (16 – 19 March), where representatives from all Oceania Federations were present. We had an opportunity to present to the group where we see masters fitting in with their events. There will be some challenges to make it happen, but from an economical point of view it would make sense.

I also had an opportunity to talk with Tim Rogers (LOC Norfolk Island Athletics) at the Congress. As part of my role with OMA, I will be working with him to create the programme for the 2021 OMA Championships. We are currently looking at a five day programme, to fit in with the available flights in and out of the island. It is possible that we could charter a flight if there was a demand. Our aim is to have the programme almost finalised by Mackay, the venue of the next OMA Track & Field Championships (31 August – 7 September 2019).

As I prepare this report, we have sixteen competitors at the World Indoor Championships in Torun (Poland) and I know a few athletes are going to the Australian Masters Track & Field Championships in Melbourne (late April). I look forward to seeing how everyone performs.

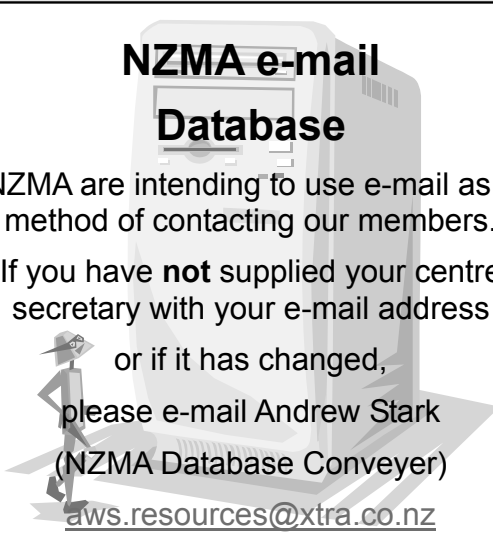
As you can see It been a very busy season.

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

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

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NZ Masters Athletics Track & Field Championships

by Michael Wray



Brenda Davis (WBP) in the W45 weight throw



Chris Thompson (AKL) in the M65 hammer throw

PHOTOS: John Campbell

The NZ Masters Track & Field Championships in 2019 offered us something we hadn't experienced in a few years ... good weather! None of the rain from 2018 and none of the wind from 2017. The law of averages suggests it had to happen sometime and this was it. If we're splitting hairs, it got a little warm at times but let's leave those hairs unsplit and say: thank you Timaru!

The event as a whole was executed smoothly with only two minor hiccups. One was the electronic timing failing on one of the 800m races when the signal for the starting gun failed (it happens - technology!) and the other was far more amusing. Our erstwhile President may take some flack for this for a little while; as a former maths teacher who miscounted the number of gold medals to take to Timaru ... does this explain the "former" status of your mathematics career, Andrew?

The championships were started by field athletes in the long jump (M30-69), hammer throw (M30-69) and shot put (M70+), closely followed by javelin (W55+) and weight throw (W30-54).

M40 David Hansen managed the longest jump, being the only one to break 5 metres. Most of the long jump age groups produced gold medallists with clear winning margins but the M55 group featured Bruce Solomon, Seelan Ramiah and Mark Macfarlane in close order. Bruce's winning margin over Seelan was just 40 cm. The M65 age group was the one to watch in the hammer throw, where Chris Thompson held off Richard Davison by 16cm. While South African visitor Borg Stannius dominated the M90 contest, Peter Tearle produced the first championship record of the weekend. Peter later added the M90 hammer and throws pentathlon to his CR achievements.

The competitive spectacle in the javelin was in the battle for W70 bronze. Barbara Austin and Noni Callander were comfortably first and second but that third spot was very close. Ultimately Annette Parlane edged out Bev Church by 3cm. In the second round of javelin throws later that afternoon, W50s Tania Hodges and Dale McMillan were similarly close when Tania won by 5cm. The closest gap to decide a medal was 1cm when the M55s took up the shot put. Wellington's Finlay Abbott beat Auckland's Seelan Ramiah by that narrowest of margins.

We had something of an unusual occurrence in the first track event, when the 3000m Walk concluded without any disqualifications. Wellington's Clive McGovern was first overall followed by fellow Wellington master Jacqueline Wilson and Tasman's Claire McKenzie.

The women's 400m sprints produced some quality. Liz Wilson (W55), Sheryl Gower (W70) and Chris Waring (W75) all collected championship records. While the men missed out on such crowns, we had some great times, particularly from David Hansen (M40), Andrew Davenport (M50) and Allan Moulai (M50) who all broke the 60s barrier. The M45s just missed out but with 0.16s separating first (David Garnier) and second (Andrew Sexton), it was an entertaining heat.

The 3000m was making its second appearance in as many years after its reinstatement in 2018 ended an absence of 38 years. Consequently there were softer than usual championship records up for grabs. (Unfortunately some of us missed this target, well, me - but several others succeeded where I failed.) CRs went to W65 Margaret Flanagan, W70 Judith Stewart, W75 Julie Roots, M60 Peter Richards, M65 Ian Carter, M70 Brian Warren and M75 Dave Eastmond.

The W60s didn't make a CR but they were too busy fighting for the win to worry about such extras. Julie Wilson came through to take the win from Deborah Telfer by less than a second. Third place Bernadette Jago was only 28s further back, making this the hardest contested grade in the women's race.

The men put on some racing too. In the M60s, Tony Price stayed close to Peter Richards but couldn't prevent Peter from pulling away by 6s in the final kilometre, with third place Murray Hart not too far behind. The M65 race was a "club race" for Nelson, where Ian Carter led Derek Shaw in a gap that reduced to just 6s by the end as Barry Dewar gave chase.

The "club race" formula was repeated by Wellington Scottish in the M50s where Michael Wray ran ahead of Bill Twiss and Jim Jones finished third. The best race of the second heat was the M45 race, where Andrew Kerr and Darren Gordon finished just 4s apart and Mark Reid was third another 3s behind.

The 2000m steeplechase was one of the first events of Saturday. This is one of the least popular events at masters, typically producing just one entrant per age group. Runners must find their own contests and there were two noteworthy sub-races. M75 Michael Bond was racing the clock to claim a CR, which he duly made. W45 Michelle Van Looy and M60 Murray Hart were in direct competition with each other, with Michelle finishing 0.24s ahead of Murray.

David O'Sullivan was first overall in the M30-59 3000m steeplechase, a performance that raised eyebrows because he ran over the 3000m fences in a time somewhat faster than he ran in the previous day's 3000m flat race!

In the women's high jump, our biggest leaps came from W30 Helena Dinnissen (1.55m) and W45 Carolyn Wills (1.45m), both for championship records.

The M65 javelin featured regular Welsh guest Mark Wyndham-Jones. While Keith Hutton was the comfortable winner and Mark's guest status meant he couldn't demote Tuariki Delamere's medal colour, I'm sure Tuariki still wanted to beat Mark. Mark secured a guest silver medal by 7cm.

The 60m sprints produced some great runs and seven championship records. The M45 race was a fierce duel between Nick Bolton and Mark Lambert, decided by 0.10s. For depth, the M60 race was the one to watch. We had less than half a second between first and fourth, and only 0.23s between first and third.

David Anstiss continued his proven prowess in jumping high, improving the M70 championship record, while Helena Dinnissen equalled the W30 long jump record. Helena later added some distance to her own triple jump record.

Peter Crawford took the M75 discus CR but it was the W70 discus throwers who provided competitive excitement. Just as they did in the javelin, they produced a tight contest. Annette Parlane took gold from Noni Callander by 23cm; Bev Church made up for her javelin disappointment and threw for the bronze, pipping Barbara Austin by 3cm.

Liz Wilson added the W55 100m CR to her earlier 400m and had a great race with W50 Phillipa Green, which the younger woman won by 0.17s. (This and several other 100m races were videoed and loaded to our Facebook page, which I recommend you watch.) We had other close races, such as the run for M60 gold in which Dennis O'Leary beat Uros Sumar by 0.07s. In the M65s, Mark Wyndham-Jones recorded the same time as Vince Paddam, only getting the nod by a thousandth of a second.

Three of the 1500m races were also close. Deborah Telfer took revenge for her W60 3000m loss to Julie Wilson by securing gold by a little over a second. Barry Jones beat Michael Bond by less than a second in the M75s. In the M50 race, Andrew Davenport ran his trademark "just fast enough to win" strategy, outkicking Malcolm Cornelius by 0.90s.

The walkers were unable to avoid picking up disqualifications in the 5000m walk. Geoff Iremonger recorded a M70 championship record, while Daphne Jones beat her own W75 national record. The 5000m run was fairly uneventful but one notable run came from Judith Stewart as he picked up the W70 national record.

In the 200m races, M40s Wayne Holroyd and David Hansen were separated by 0.06s, and M45s Mark Lambert and Nick Bolton were only 0.10s apart. John Campbell was the clear winner in the M55s, but Mark Macfarlane secured silver from Bruce Thomson by just 0.07s.

Sunday's field events were dedicated to the two pentathlons. David Hansen (M40) and John Rawcliffe (M60) had no age group competition but this didn't stop them from contributing NZ records.

One area where there was competition was the M65 throws pentathlon. Richard Davison held the lead after the hammer throw but from the shot put this passed to Tuariki Delamere. Lester Laughton was close behind in second until Tuariki surged ahead through the javelin. Lester's challenge was not over, however - he earned 120 more points in the final event, the weight throw, than Tuariki. The problem for Lester was he needed 122 points for the win, so he stayed in second place by just one point.

The W35 throws pentathlon was an intriguing contest. Nicola Jennings led Emily Scanlan after the hammer, only for Emily to reverse the standings with the shot put. The clincher proved to be the discus. Unfortunately for close competition, Emily was unable to produce a legal throw and the 200-odd points for Nicola was most of the final gap.

For the W40 throws, Michelle Bitcheno took advantage of her best event to lead after the hammer. Vavae Nuia moved just five points ahead of Michelle with the shot put. The discus had Toni Oudemans move narrowly ahead of Michelle and with the javelin, Toni claimed the lead. Vavae re-claimed the win with the weight throw and while Michelle closed the gap to Toni with the best weight throw score, Toni claimed silver and Michelle bronze.



Lucy Anderson (NTH) in the 3000m



Michael Bond (CAN) negotiating the water jump



Mark Lambert receiving the baton from Faith Firestone during the 4x100m relay



Alison Wright in the W70 javelin throw



Clive McGovern (WGN) in the 3000m race walk



Lyn Osmer (CAN) won the W55 javelin throw



Michael Wray (WGN) in the 3000m steeplechase



David Anstiss (AKL) clears the bar in the high jump



Ian Carter (TAS), Dave Eastmond (NTH) and Jos Galavazi (CAN) in the 3000m



Jamie Halla (AKL) shows great form in the 3000m steeples



Rick Davison (CAN) throws the hammer



Gillian Evans (MNW) in the W65 javelin



Jack Donaghy (AKL) in the 400m sprint



Andrew Davenport (MNW) clears the final hurdle in the 400mH



Terry Ryan (AKL) won the M80 javelin

NZMA Championship Results 2019

60 Metre Sprint

W30			
1 Fiona Centers	Otg	8.00	
2 Helena Dinnissen	Can	8.28	
W35			
1 Tracy Excell	Sth	8.58	
2 Sophanna Blakie	Otg	9.67	
W40			
1 Faith Firestone	Akl	8.84	
2 Kylea Gough	Sth	9.48	
3 Lee Grieve	Sth	10.35	
W45			
1 Carolyn Wills	Otg	9.15	
W50			
1 Phillipa Green	Akl	8.74	
2 Dale McMillan	Mwa	9.54	
W55			
1 Liz Wilson	Otg	8.95	
2 Jill Hayman	Akl	9.23	
W60			
1 Claire Giles	Otg	10.30	
W65			
1 Noeline Burden	Otg	11.02	
2 Beryl McMillan	Mwa	11.99	
W70			
1 Sheryl Gower	Wbp	9.75	
2 Margaret Crooke	Nth	10.92	
W75			
1 Chris Waring	Akl	10.38	
2 Frances Bayler	Mwa	11.62	
3 Glenyss Jones	Sth	12.11	
M30			
1 Luke Crombie	Wbp	8.04	
M35			
1 Andrew Weekes	Akl	7.60	
2 Nathan Robinson	Can	8.02	
3 David O'Sullivan	Otg	8.64	
M40			
1 Wayne Holroyd	Akl	7.59	
2 Zeddrick Osten	Otg	8.66	
3 Allan Staite	Can	8.85	
M45			
1 Nick Bolton	Can	7.68	
2 Mark Lambert	Akl	7.78	
3 Scott Dorset	Akl	8.07	
4 Jonny Baird	Can	8.16	
5 David Garnier	Akl	8.51	
6 Craig Seymour	Akl	8.55	
M55			
1 John Campbell	Akl	7.71	
2 Bruce Solomon	Wbp	8.28	
3 Mark Macfarlane	Wlg	8.52	
4 Bruce Thomson	Sth	8.62	
5 Timothy Turner	Akl	8.75	
6 Brian Curry	Mwa	9.06	
M60			
1 Dennis O'Leary	Hbg	8.46	
2 Uros Sumar	Akl	8.60	
3 John Rawcliffe	Tas	8.69	
4 Trevor Watson	Wbp	8.98	
5 Bryan Good	Akl	9.21	
6 Barry Smith	Sth	9.49	
7 Don Garland	Can	13.60	
M65			
1 Mark Wyndham-Jones	Gbr	8.93	
2 Vince Paddam	Otg	9.43	
3 David Lobb	Cki	9.84	
M70			
1 David Anstiss	Akl	9.61	
2 Wolfgang Schenk	Akl	9.87	
M75			
1 Barry Baxter	Otg	10.17	
2 Peter Crawford	Wbp	10.83	
M80			
1 Jim Jones	Wbp	11.30	
2 Dave Eastmond	Nth	11.71	
M80			
1 Max Wood	Can	11.55	

100 Metre Sprint

W30			
1 Fiona Centers	Otg	12.56	
2 Helena Dinnissen	Can	13.25	
W35			
1 Tracy Excell	Sth	13.57	
2 Sophanna Blakie	Otg	16.06	
W40			
1 Faith Firestone	Akl	14.22	
2 Kylea Gough	Sth	15.55	
3 Lee Grieve	Sth	16.69	
W45			
1 Carolyn Wills	Otg	14.54	
W50			
1 Phillipa Green	Akl	13.74	
2 Dale McMillan	Mwa	15.38	
3 Lucy Andrews	Nth	16.33	
W55			
1 Liz Wilson	Otg	13.91	
2 Jill Hayman	Akl	14.67	
W60			
1 Claire Giles	Otg	16.84	
W65			
1 Noeline Burden	Otg	18.21	

W70			
1 Sheryl Gower	Wbp	16.11	
2 Margaret Crooke	Nth	18.48	
3 Lois Anderson	Can	19.11	
W75			
1 Chris Waring	Akl	17.02	
2 Frances Bayler	Mwa	20.00	
3 Glenyss Jones	Sth	20.35	
M30			
1 Mandeep Singh	Otg	12.12	
2 Luke Crombie	Wbp	12.95	
M35			
1 Andrew Weekes	Akl	12.11	
2 Nathan Robinson	Can	12.70	
3 David O'Sullivan	Otg	13.81	
M40			
1 Wayne Holroyd	Akl	11.99	
2 David Hansen	Tas	12.51	
3 Zeddrick Osten	Otg	13.47	
4 Jack Donaghy	Akl	13.80	
M45			
1 Nick Bolton	Can	11.98	
2 Mark Lambert	Akl	12.06	
3 Scott Dorset	Akl	12.75	
4 Jonny Baird	Can	12.98	
5 David Garnier	Akl	13.35	
M50			
1 Andrew Davenport	Mwa	14.14	
M55			
1 John Campbell	Akl	12.29	
2 Bruce Solomon	Wbp	13.28	
3 Mark Macfarlane	Wlg	13.54	
4 Bruce Thomson	Sth	13.78	
5 Brian Curry	Mwa	14.31	
M60			
1 Dennis O'Leary	Hbg	13.91	
2 Uros Sumar	Akl	13.98	
3 John Rawcliffe	Tas	14.12	
4 Trevor Watson	Wbp	14.56	
5 Bryan Good	Akl	14.96	
6 Barry Smith	Sth	15.75	
M65			
1 David Riddell	Tas	14.59	
2 Mark Wyndham-Jones	Gbr	14.82	
3 Vince Paddam	Otg	14.82	
4 David Lobb	Cki	16.29	
M70			
1 Wolfgang Schenk	Akl	16.33	
2 John Mulvaney	Can	20.14	
M75			
1 Barry Baxter	Otg	17.01	
M80			
1 Jim Jones	Wbp	18.85	
2 Dave Eastmond	Nth	18.98	
M80			
1 Max Wood	Can	19.27	

200 Metre Sprint

W30			
1 Helena Dinnissen	Can	27.55	
W35			
1 Tracy Excell	Sth	28.18	
2 Sophanna Blakie	Otg	32.76	
W40			
1 Faith Firestone	Akl	29.33	
2 Kylea Gough	Sth	32.77	
3 Lee Grieve	Sth	35.89	
W45			
1 Raewyn Grigg	Mwa	37.06	
W50			
1 Phillipa Green	Akl	28.62	
W55			
1 Liz Wilson	Otg	28.84	
W60			
1 Claire Giles	Otg	34.74	
W65			
1 Noeline Burden	Otg	39.67	
W70			
1 Sheryl Gower	Wbp	33.06	
2 Lois Anderson	Can	40.23	
W75			
1 Chris Waring	Akl	36.17	
2 Glenyss Jones	Sth	44.43	
M30			
1 Mandeep Singh	Otg	24.24	
2 Luke Crombie	Wbp	27.02	
M35			
1 Andrew Weekes	Akl	25.64	
2 Nathan Robinson	Can	26.39	
3 David O'Sullivan	Otg	28.98	
M40			
1 Wayne Holroyd	Akl	24.54	
2 David Hansen	Tas	24.60	
3 Zeddrick Osten	Otg	27.97	
4 Jack Donaghy	Akl	28.58	
M45			
1 Mark Lambert	Akl	24.44	
2 Nick Bolton	Can	24.54	
3 Scott Dorset	Akl	26.63	
4 Andrew Sexton	Akl	27.86	
5 Craig Seymour	Akl	28.94	
M50			
1 Andrew Davenport	Mwa	27.71	
M55			
1 John Campbell	Akl	24.98	
2 Mark Macfarlane	Wlg	27.47	
3 Bruce Thomson	Sth	27.54	
4 Brian Curry	Mwa	29.32	

M60			
1 Trevor Watson	Wbp	29.03	
2 Murray Hart	Tas	30.08	
3 Bryan Good	Akl	31.60	
4 Barry Smith	Sth	32.91	
M65			
1 David Riddell	Tas	30.56	
2 Keith Hutton	Otg	31.51	
M70			
1 Wolfgang Schenk	Akl	34.05	
2 John Mulvaney	Can	44.84	
M80			
1 Dave Eastmond	Nth	40.87	
1 Max Wood	Can	43.47	

400 Metre Sprint

W55			
1 Liz Wilson	Otg	1:06.50	
2 Karen Hulena	Akl	1:20.24	
W60			
1 Claire Giles	Otg	1:28.48	
W70			
1 Sheryl Gower	Wbp	1:20.51	
W75			
1 Chris Waring	Akl	1:28.54	
M35			
1 David O'Sullivan	Otg	1:02.61	
M40			
1 David Hansen	Tas	54.24	
2 Zeddrick Osten	Otg	1:01.94	
3 Jack Donaghy	Akl	1:04.73	
M45			
1 David Garnier	Akl	1:00.48	
2 Andrew Sexton	Akl	1:00.64	
M50			
1 Andrew Davenport	Mwa	58.04	
2 Allan Moulai	Can	59.13	
3 Malcolm Cornelius	Can	1:00.66	
M55			
1 Bruce Thomson	Sth	1:01.24	
2 Timothy Turner	Akl	1:03.18	
3 Anthony Rogal	Can	1:05.11	
4 Robert Holland	Can	1:08.20	
5 Robert Homan	Otg	1:10.16	
M60			
1 Murray Hart	Tas	1:04.65	
2 Steve Low	Tas	1:05.07	
3 Willem Van Den Worm	Hbg	1:09.11	
4 Trevor Watson	Wbp	1:10.41	
M65			
1 Phil Napper	Otg	1:04.84	
2 David Riddell	Tas	1:07.24	
3 Warren Green	Sth	1:11.04	
M70			
1 Brian Warren	Tar	1:19.43	
2 Wolfgang Schenk	Akl	1:21.56	
3 John Mulvaney	Can	1:32.24	
M75			
1 Barry Jones	Akl	1:18.41	
2 Michael Bond	Can	1:22.34	
M80			
1 Jim Jones	Wbp	1:27.42	
2 Dave Eastmond	Nth	1:29.28	

800 Metre Run

W30			
1 Helena Dinnissen	Can	2:48.0h	
W40			
1 Faith Firestone	Akl	2:52.0h	
W45			
1 Michelle Van Looy	Wlg	2:49.0h	
W50			
1 Maggie Chorley	Can	2:31.0h	
2 Lucy Andrews	Nth	2:59.3h	
W55			
1 Karen Hulena	Akl	3:08.0h	
W65			
1 Margaret Flanagan	Can	3:21.0h	
W75			
1 Julie Roots	Can	4:38.0h	
M30			
1 Jimmy George	Otg	2:36.26	
M35			
1 David O'Sullivan	Otg	2:28.71	
M40			
1 David Fitch	Can	2:07.78	
2 Mike Wrigley	Can	2:19.17	
3 Jamie Halla	Akl	2:22.90	
M45			
1 Wim Luijpers	Akl	2:14.39	
2 Andrew Sexton	Akl	2:15.87	
3 Andrew Kerr	Wlg	2:20.03	
4 Nick Bolton	Can	2:27.90	
M50			
1 Andrew Davenport	Mwa	2:11.40	
2 Malcolm Cornelius	Can	2:15.33	
3 Allan Moulai	Can	2:20.19	
4 William Twiss	Wlg	2:31.17	
M55			
1 Anthony Rogal	Can	2:32.68	
2 Robert Homan	Otg	2:34.74	
3 Tim Cross	Tas	2:38.13	
4 Graham Ross	Akl	2:45.66	
M60			
1 Murray Hart	Tas	2:35.02	
2 Willem Van Den Worm	Hbg	2:43.03	

M65			
1 Phil Napper	Otg	2:30.36	
2 Rodger Ward	Can	2:36.54	
3 David Riddell	Tas	2:42.02	
M70			
1 Brian Warren	Tar	3:06.99	
2 Murray Clarkson	Wbp	3:20.73	
3 John Mulvaney	Can	3:48.87	
M75			
1 Barry Jones	Akl	3:07.12	
2 Michael Bond	Can	3:11.59	
M80			
1 Dave Eastmond	Nth	4:03.09	

1500 Metre Run

W35			
1 Nicola Jennings	Can	7:16.27	
W40			
1 Jo Ramsay	Can	5:27.73	
W45			
1 Michelle Van Looy	Wlg	5:44.61	
W50			
1 Maggie Chorley	Can	5:08.95	
2 Lucy Andrews	Nth	6:06.65	
W60			
1 Deborah Telfer	Sth	6:01.06	
2 Julie Wilson	Otg	6:02.47	
3 Bernadette Jago	Can	6:14.58	
W65			
1 Margaret Flanagan	Can	6:30.82	
2 Carey Dickason	Tas	7:29.48	
W70			
1 Judith Stewart	Nth	6:48.61	
W75			
1 Julie Roots	Can	9:18.83	
M75			
1 Barry Jones	Akl	6:16.58	
2 Michael Bond	Can	6:17.25	
M80			
1 Dave Eastmond	Nth	7:57.07	

3000 Metre Run

W35			
1 Melanie Angland	Can	10:52.57	
W40			
1 Michelle Van Looy	Wlg	12:07.64	
W50			
1 Lucy Andrews	Nth	13:35.29	
W60			
1 Julie Wilson	Otg	12:31.69	
2 Deborah Telfer	Sth	12:32.61	
3 Bernadette Jago	Can	13:00.61	
W65			
1 Margaret Flanagan	Can	13:39.52	
2 Carey Dickason	Tas	17:47.18	
W70			
1 Judith Stewart	Nth	14:26.98	
W75			
1 Julie Roots	Can	20:00.00	
M35			
1 David O'Sullivan	Otg	12:03.03	
M40			
1 Dwight Grieve	Sth	9:21.78	
2 Allan Staite	Can	9:45.01	
3 Craig Iversen	Sth	10:01.64	
4 Jamie Halla	Akl	10:38.20	
5 Leyton Tremain	Can	13:13.45	
M45			
1 Andrew Kerr	Wlg	9:55.37	
2 Darren Gordon	Wlg	9:59.68	
3 Mark Reid	Can	10:02.23	
4 Roland van der Tillaar	Akl	12:01.86	
M50			
1 Michael Wray	Wlg	10:00.60	
2 William Twiss	Wlg	10:13.14	
3 Jim Jones	Wlg	10:23.28	
M55			
1 Tim Cross	Tas	11:31.45	
2 Graham Ross	Akl	12:22.72	
M60			
1 Peter Richards	Can	11:02.45	
2 Tony Price	Wlg	11:08.01	
3 Murray Hart	Tas	11:48.68	
M65			
1 Ian Carter	Tas	11:58.07	
2 Derek Shaw	Tas	12:04.50	
3 Barry Dewar	Tas	12:30.67	
M70			
1 Brian Warren	Tar	13:33.20	
2 Jos Galavazi	Can	19:43.32	
M80			
1 Dave Eastmond	Nth	17:43.56	

3000 Metre Race Walk

W65			
Claire McKenzie	Tas	20:57.28	
Iona Moody	Wbp	24:37.75	
W70			
1 Jacqueline Wilson	Wlg	20:30.69	
W75			
1 Daphne Jones	Wlg	21:01.99	
M65			
1 Clive McGovern	Wlg	17:59.39	
M70			
1 Geoff Iremonger	Wlg	21:34.80	
2 Tom Cockerill	Otg	22:58.79	
M80			
1 John Hines	Wlg	24:29.49	

5000 Metre Run

W35			
1 Melanie Angland	Can	18:41.13	
W45			
1 Michelle Van Looy	Wlg	20:54.85	
W60			
1 Deborah Telfer	Sth	21:36.72	
2 Bernadette Jago	Can	21:46.44	
W65			
1 Carey Dickason	Tas	26:02.44	
W70			
1 Judith Stewart	Nth	23:54.27	
M35			
1 David O'Sullivan	Otg	20:55.67	
M40			
1 Dwight Grieve	Sth	16:18.24	
2 Allan Staite	Can	16:44.89	
M45			
1 Darren Gordon	Wlg	17:19.00	
2 Jason Baillie	Can	17:32.48	
3 Mark Reid	Can	17:49.39	
M50			
1 Michael Wray	Wlg	17:39.23	
2 William Twiss	Wlg	18:17.87	
M55			
1 Tim Cross	Tas	20:47.74	
M60			
1 Peter Richards	Can	18:57.09	
2 Tony Price	Wlg	19:24.20	
M65			
1 Barry Dewar	Tas	20:48.57	
2 Derek Shaw	Tas	21:00.31	
M70			
1 Brian Warren	Tar	25:12.99	
2 Jos Galavazi	Can	33:52.93	
M80			
1 Dave Eastmond	Nth	30:07.84	

5000 Metre Race Walk

W60			
1 Claire McKenzie	Tas	35:28.61	
W70			
1 Jacqueline Wilson	Wlg	33:37.28	
W75			
1 Daphne Jones	Wlg	35:30.14	
M65			
1 Clive McGovern	Wlg	30:30.96	
M70			
1 Geoff Iremonger	Wlg	37:40.27	

80m Short Hurdles

W40			
1 Faith Firestone	Akl	14.14	
W45			
1 Carolyn Wills	Otg	15.38	
M70			
1 David Anstiss	Akl	17.12	

110m Short Hurdles

M35			
1 David O'Sullivan	Otg	22.85	
M40			
1 Zeddrick Osten	Otg	23.20	
M45			
1 Nick Bolton	Can	15.94	
2 Roland van der Tillaar	Akl	22.54	

300m Long Hurdles

M65			
1 Keith Hutton	Otg	1:02.42	
M70			
1 David Anstiss	Akl	1:07.24	

400m Long Hurdles

W40			
1 Jo Ramsay	Can	1:15.92	
M35			
1 David O'Sullivan	Otg	1:13.23	
M45			
1 Roland van der Tillaar	Akl	1:13.14	
M50			
1 Andrew Davenport	Mwa	1:09.55	

2000 Metre Steeplechase

W45			
1 Michelle Van Looy	Wlg	8:45.29	
M60			
1 Murray Hart	Tas	8:45.53	
M65			
1 Derek Shaw	Tas	9:22.32	
M70			
1 John Mulvaney	Can	12:07.51	
2 Jos Galavazi	Can	14:18.90	
M75			
1 Michael Bond	Can	9:43.96	
M80			
1 Dave Eastmond	Nth	12:07.59	

3000 Metre Steeplechase

M35			
1 David O'Sullivan	Otg	11:40.84	
M40			
1 Jamie Halla	Akl	11:53.90	

M50			
1 Michael Wray	Wlg	12:16.53	
M55			
1 Graham Ross	Akl	14:19.03	

Long Jump

W30			
1 Helena Dinnissen	Can	5.10m	
W35			
1 Sophanna Blakie	Otg	4.18m	
W40			
1 Faith Firestone	Akl	4.59m	
2 Kylea Gough	Sth	4.13m	
W55			
1 Karen Hulena	Akl	3.63m	
W65			
1 Noeline Burden	Otg	2.75m	
2 Carey Dickason	Tas	2.26m	
W70			
1 Margaret Crooke	Nth	3.09m	
2 Lois Anderson	Can	2.70m	
W75			
1 Frances Bayler	Mwa	2.34m	
2 Glenyss Jones	Sth	2.07m	
M35			
1 Nathan Robinson	Can	4.84m	
2 Jacob Potgieter	Akl	4.56m	
M40			
1 David Hansen	Tas	5.64m	
2 Zeddrick Osten	Otg	4.96m	
3 Jack Donaghy	Akl	4.49m	
M45			
1 Jonny Baird	Can	4.98m	
M55			
1 Bruce Solomon	Wbp	4.81m	
2 Seelan Ramiah	Akl	4.77m	
3 Mark Macfarlane	Wlg	4.44m	
M60			
1 Dennis O'Leary	Hbg	4.18m	
2 Murray Hart	Tas	3.86m	
3 Barry Smith	Sth	3.67m	
4 Don Garland	Can	2.55m	
M65			
1 Mark Wyndham-Jones	Gbr	4.05m	
2 David Lobb	Cki	3.62m	
3 Tuariki Delamere	Akl	3.38m	
M70			
1 David Anstiss	Akl	3.63m	
2 Wolfgang Schenk	Akl	3.26m	
M75			
1 Mike Shepherd	Mwa	2.38m	
M80			
1 Jim Jones	Wbp	2.41m	
2 Alan Hunter	Can	1.11m	

Triple Jump

W30			
1 Helena Dinnissen	Can	11.38m	
W35			
1 Sophanna Blakie	Otg	8.92m	
W40			
1 Kylea Gough	Sth	8.37m	
W55			
1 Lyn Osmer	Can	7.96m	
W65			
1 Noeline Burden	Otg	6.41m	
2 Carey Dickason	Tas	5.56m	
W70			
1 Margaret Crooke	Nth	6.57m	
2 Lois Anderson	Can	5.81m	
W75			
1 Frances Bayler	Mwa	5.38m	
2 Glenyss Jones	Sth	4.71m	
M40			
1 Jack Donaghy	Akl	9.56m	
M55			
1 Seelan Ramiah	Akl	9.75m	
M60			
1 Barry Smith	Sth	8.08m	
M65			
1 David Lobb	Cki	7.56m	
2 Tuariki Delamere	Akl	7.37m	
3 Barry Dewar	Tas	6.45m	
M70			
1 David Anstiss	Akl	8.84m	
M75			
1 Mike Shepherd	Mwa	6.16m	

High Jump

W30			
1 Helena Dinnissen	Can	1.55m	
W40			
1 Faith Firestone	Akl	1.35m	
W45			
1 Carolyn Wills	Otg	1.45m	
2 Raewyn Grigg	Mwa	1.25m	
W55			
1 Lyn Osmer	Can	1.25m	
2 Karen Hulena	Akl	1.20m	
M35			
1 Jacob Potgieter	Akl	1.55m	
2 Grant Excell	Sth	1.50m	
M40			
1 David Hansen	Tas	1.50m	
2 Zeddrick Osten	Otg	1.40m	

High Jump (cont.)

M50			
1 Glenn Bishop	Can	1.40m	
M55			
1 Brian Curry	Mwa	1.55m	
2 Seelan Ramiah	Akl	1.45m	
M65			
1 Mark Wyndham-Jones	Gbr	1.36m	
2 Tuariki Delamere	Akl	1.20m	
3 Keith Hutton	Otg	1.15m	
4 David Lobb	Cki	1.10m	
4 Barry Dewar	Tas	1.10m	
M70			
1 David Anstiss	Akl	1.34m	
M75			
1 Mike Shepherd	Mwa	1.05m	
2 Roy Skuse	Hbg	1.00m	
M80			
1 Alan Hunter	Can	0.60m	
M85			
1 Jim Blair	Wlg	0.95m	

Pole Vault

M45			
1 Roland van der Tillaar	Akl	2.70m	
M55			
1 Tarmo Rajasaari	Can	2.60m	
2 Bruce Solomon	Wbp	1.60m	

Hammer Throw

W30			
1 Kelley Charles	Can	30.54m	
W35			
1 Nicola Jennings	Can	22.19m	
2 Emily Scanlan	Akl	19.57m	
W40			
1 Michelle Bitcheno	Wbp	31.66m	
2 Vavae Nuia	Akl	26.48m	
3 Lee Grieve	Sth	25.41m	
4 Dena Miller	Can	20.07m	
5 Toni Oudemans	Can	19.05m	
W45			
(1) Althea Mackie	Aus	37.34m	
1 Brenda Davis	Wbp	32.00m	
2 Raewyn Grigg	Mwa	26.25m	
3 Elisapeta Leitu	Akl	23.89m	
W50			
1 Lucy Andrews	Nth	25.04m	
2 Denise Fellows	Wbp	21.91m	
3 Jenny Fee	Mwa	21.12m	
W60			
1 Winifred Harding	Otg	28.44m	
2 Claire Giles	Otg	19.32m	
W65			
1 Gillian Evans	Mwa	24.62m	
2 Carey Dickason	Tas	17.82m	
3 Beryl McMillan	Mwa	14.62m	
W70			
1 Barbara Austin	Nth	23.14m	
2 Annette Parlane	Wbp	22.10m	
3 Noni Callander	Otg	19.45m	
4 Beverley Church	Can	18.73m	
5 Alison Wright	Can	16.95m	
W75			
1 Glen Watts	Can	23.88m	
2 Julie Roots	Can	16.63m	
M35			
1 Jacob Potgieter	Akl	24.15m	
M40			
1 Michael Scholten	Otg	39.96m	
M45			
1 Roland van der Tillaar	Akl	24.54m	
M50			
1 Adrian Stockill	Wlg	37.84m	
2 Laini Inivale	Akl	34.13m	
M55			
1 Finlay Abbot	Wlg	23.08m	
M60			
1 James Thomas	Akl	36.38m	
M65			
1 Chris Thompson	Akl	33.67m	
2 Richard Davison	Can	33.51m	
3 Lester Laughton	Sth	30.46m	
4 Tuariki Delamere	Akl	29.81m	
M70			
1 Mark Powell	Akl	28.04m	
2 Glen Church	Can	19.51m	
M75			
1 Brian Senior	Can	32.38m	
2 Didimo Tonelli	Aus	26.89m	
M80			
1 Terrence Ryan	Akl	20.37m	
2 Alan Hunter	Can	19.34m	
M85			
1 Jim Blair	Wlg	18.63m	
M90			
1 Borg Stannius	Rsa	22.34m	
2 Peter Tearle	Wlg	13.84m	

Shot Put

W30			
1 Kelley Charles	Can	8.35m	
W35			
1 Emily Scanlan	Akl	7.47m	

2 Nicola Jennings	Can	5.74m	
W40			
1 Toni Oudemans	Can	8.98m	
2 Vavae Nuia	Akl	8.69m	
3 Michelle Bitcheno	Wbp	7.37m	
4 Dena Miller	Can	6.64m	
W45			
1 Brenda Davis	Wbp	9.60m	
2 Elisapeta Leitu	Akl	9.37m	
(3) Althea Mackie	Aus	8.09m	
3 Raewyn Grigg	Mwa	7.95m	
W50			
1 Dale McMillan	Mwa	8.57m	
2 Jenny Fee	Mwa	8.09m	
3 Denise Fellows	Wbp	4.37m	
W55			
1 Lyn Osmers	Can	9.81m	
W60			
1 Winifred Harding	Otg	8.04m	
2 Claire Giles	Otg	7.08m	
3 Iona Moody	Wbp	5.68m	
W65			
1 Gillian Evans	Mwa	7.66m	
2 Beryl McMillan	Mwa	7.05m	
3 Noeline Burden	Otg	6.03m	
W70			
1 Noni Callander	Otg	7.54m	
2 Barbara Austin	Nth	6.91m	
3 Annette Parlane	Wbp	6.67m	
4 Lois Anderson	Can	6.55m	
5 Beverley Church	Can	5.40m	
6 Alison Wright	Can	4.75m	
W75			
1 Glen Watts	Can	6.47m	
2 Julie Roots	Can	6.41m	
M30			
1 Luke Crombie	Wbp	8.64m	
M35			
1 Nathan Robinson	Can	9.76m	
2 Jacob Potgieter	Akl	9.00m	
M40			
1 David Hansen	Tas	11.46m	
2 Chandan Ohri	Akl	8.43m	
M45			
1 Barry Baxter	Can	10.16m	
2 Roland van der Tillaar	Akl	8.13m	
M50			
1 Laini Inivale	Akl	13.65m	
2 Adrian Stockill	Wlg	12.38m	
M55			
1 Bruce Solomon	Wbp	10.41m	
2 Brian Curry	Mwa	9.74m	
3 Finlay Abbot	Wlg	9.37m	
4 Seelan Ramiah	Akl	9.36m	
M60			
1 James Thomas	Akl	11.44m	
2 Joe Tasker	Can	10.47m	
M65			
1 Tuariki Delamere	Akl	10.16m	
2 Mark Wyndham-Jones	Gbr	10.00m	
3 Keith Hutton	Otg	9.70m	
4 Lester Laughton	Sth	9.01m	
5 Chris Thompson	Akl	8.18m	
6 Richard Davison	Can	7.76m	
M70			
1 Mark Powell	Akl	7.85m	
2 Glen Church	Can	6.67m	
M75			
1 Peter Crawford	Wbp	10.07m	
2 Didimo Tonelli	Aus	8.43m	
3 Mike Shepherd	Mwa	8.13m	
4 Roy Skuse	Hbg	7.13m	
M80			
1 Terrence Ryan	Akl	7.42m	
2 Alan Hunter	Can	5.77m	
M85			
1 Jim Blair	Wlg	7.02m	
M90			
1 Borg Stannius	Rsa	8.27m	
2 Peter Tearle	Wlg	5.15m	

Discus Throw

W30			
1 Kelley Charles	Can	24.98m	
W35			
1 Emily Scanlan	Akl	20.96m	
2 Nicola Jennings	Can	20.38m	
W40			
1 Toni Oudemans	Can	22.40m	
2 Vavae Nuia	Akl	22.02m	
3 Dena Miller	Can	19.39m	
4 Michelle Bitcheno	Wbp	18.69m	
W45			
1 Carolyn Wills	Otg	30.95m	
2 Brenda Davis	Wbp	26.78m	
(3) Althea Mackie	Aus	26.16m	
3 Elisapeta Leitu	Akl	25.10m	
4 Raewyn Grigg	Mwa	22.12m	
W50			
1 Tania Hodges	Wbp	25.18m	
2 Jenny Fee	Mwa	22.02m	
3 Denise Fellows	Wbp	16.14m	
W60			
1 Winifred Harding	Wtg	19.49m	
2 Claire Giles	Otg	15.54m	

W65			
1 Gillian Evans	Mwa	19.30m	
2 Beryl McMillan	Mwa	16.04m	
W70			
1 Annette Parlane	Wbp	17.73m	
2 Noni Callander	Otg	17.50m	
3 Beverley Church	Can	16.27m	
4 Barbara Austin	Nth	16.24m	
5 Alison Wright	Can	12.47m	
W75			
1 Glen Watts	Can	16.25m	
M30			
1 Luke Crombie	Wbp	25.54m	
M30			
1 Nathan Robinson	Can	29.37m	
2 Jacob Potgieter	Akl	25.89m	
M40			
1 David Hansen	Tas	34.73m	
M45			
1 Barry Baxter	Can	31.81m	
2 Roland van der Tillaar	Akl	26.45m	
M50			
1 Adrian Stockill	Wlg	43.60m	
2 Laini Inivale	Akl	36.40m	
3 Andrew Davenport	Mwa	25.16m	
M55			
1 Finlay Abbot	Wlg	32.36m	
2 Brian Curry	Mwa	27.25m	
3 Seelan Ramiah	Akl	24.21m	
M60			
1 James Thomas	Akl	39.64m	
2 Joe Tasker	Can	38.35m	
3 Don Garland	Can	17.29m	
M65			
1 Lester Laughton	Sth	34.53m	
2 Tuariki Delamere	Akl	34.29m	
3 Mark Wyndham-Jones	Gbr	32.73m	
4 Richard Davison	Can	32.15m	
5 Chris Thompson	Akl	29.09m	
6 Barry Dewar	Tas	21.64m	
M70			
1 Mark Powell	Akl	25.44m	
2 David Anstiss	Akl	24.94m	
3 Wolfgang Schenk	Akl	21.20m	
4 Glen Church	Can	17.05m	
M75			
1 Peter Crawford	Wbp	34.23m	
2 Mike Shepherd	Mwa	25.60m	
3 Brian Senior	Can	24.30m	
4 Didimo Tonelli	Aus	20.25m	
5 Roy Skuse	Hbg	16.78m	
M80			
1 Terrence Ryan	Akl	15.50m	
2 Alan Hunter	Can	14.31m	
M85			
1 Jim Blair	Wlg	17.01m	
M90			
1 Borg Stannius	Rsa	19.81m	
2 Peter Tearle	Wlg	10.31m	

Javelin Throw

W30			
1 Helena Dinnissen	Can	21.20m	
2 Kelley Charles	Can	19.36m	
W35			
1 Emily Scanlan	Akl	20.59m	
2 Nicola Jennings	Can	18.30m	
W40			
1 Toni Oudemans	Can	27.63m	
2 Vavae Nuia	Akl	20.30m	
3 Dena Miller	Can	17.57m	
4 Michelle Bitcheno	Wbp	16.94m	
W45			
1 Brenda Davis	Wbp	23.13m	
2 Elisapeta Leitu	Akl	21.47m	
(3) Althea Mackie	Aus	20.18m	
3 Raewyn Grigg	Mwa	19.68m	
W50			
1 Tania Hodges	Wbp	20.50m	
2 Dale McMillan	Mwa	20.45m	
3 Denise Fellows	Wbp	11.33m	
W55			
1 Lyn Osmers	Can	27.15m	
W60			
1 Claire Giles	Otg	14.35m	
W65			
1 Gillian Evans	Mwa	18.55m	
W70			
1 Barbara Austin	Nth	15.89m	
2 Noni Callander	Otg	13.48m	
3 Annette Parlane	Wbp	12.77m	
4 Beverley Church	Can	12.74m	
5 Alison Wright	Can	11.29m	
W75			
1 Glen Watts	Can	12.85m	
2 Julie Roots	Can	9.84m	
M30			
1 Luke Crombie	Wbp	44.05m	
M35			
1 Jacob Potgieter	Akl	31.42m	
2 Nathan Robinson	Can	28.30m	
M45			
1 Barry Baxter	Can	37.16m	
2 Jonny Baird	Can	34.36m	
3 Roland van der Tillaar	Akl	29.22m	
M50			
1 Andrew Davenport	Mwa	28.97m	



Laina Inivale (AKL) in the M50 hammer throw



Tony Price (WGN) and Peter Richards (CAN) in the 3000m



Geoff Iremonger (WGN) in the 3000m race walk



Jason Baillie (CAN) in the 5000m



Barry Jones (AKL) striding out in the 400m



Annette Parlane (WBP) in the W70 javelin



Jen Fee (MNW) in the W50 weight throw

Javelin Throw (cont.)

M55		
1 Bruce Solomon	Wbp	42.69m
2 Brian Curry	Mwa	30.50m
M60		
1 James Thomas	Akl	31.53m
2 Murray Hart	Tas	19.55m
M65		
1 Keith Hutton	Otg	33.91m
2 Mark Wyndham-Jones	Gbr	30.07m
3 Tuariki Delamere	Akl	30.00m
4 Warren Green	Sth	29.46m
5 Richard Davison	Can	26.29m
6 Lester Laughton	Sth	22.99m
M70		
1 Mark Powell	Akl	22.47m
2 Wolfgang Schenk	Akl	21.31m
3 Glen Church	Can	17.53m
M75		
1 Peter Crawford	Wbp	30.01m
2 Didimo Tonelli	Aus	27.99m
3 Brian Senior	Can	21.45m
M80		
1 Terrence Ryan	Akl	16.45m
2 Alan Hunter	Can	10.84m
M85		
1 Jim Blair	Wlg	20.65m
M90		
1 Borg Stannius	Rsa	21.81m
2 Peter Tearle	Wlg	9.13m

Weight Throw

W30		
1 Kelley Charles	Can	10.19m
W35		
1 Emily Scanlan	Akl	8.60m
2 Nicola Jennings	Can	8.15m
W40		
1 Michelle Bitcheno	Wbp	10.16m
2 Vavae Nuia	Akl	9.74m
3 Toni Oudemans	Can	7.97m
4 Lee Grieve	Sth	7.86m
5 Dena Miller	Can	6.49m
W45		
(1) Althea Mackie	Aus	12.04m
1 Brenda Davis	Wbp	11.03m
2 Raewyn Grigg	Mwa	9.41m
3 Elisapeta Leitu	Akl	9.39m
W50		
1 Tania Hodges	Wbp	12.03m
2 Jenny Fee	Mwa	8.60m
3 Denise Fellows	Wbp	7.81m
W60		
1 Winifred Harding	Otg	11.45m
2 Claire Giles	Otg	8.57m
W65		
1 Gillian Evans	Mwa	9.82m
2 Beryl McMillan	Mwa	7.09m
W70		
1 Barbara Austin	Nth	10.37m
2 Annette Parlane	Wbp	9.91m

3 Noni Callander	Otg	7.83m
4 Beverley Church	Can	7.17m
5 Alison Wright	Can	6.90m
W75		
1 Glen Watts	Can	9.41m
2 Julie Roots	Can	7.67m
M35		
1 Jacob Potgieter	Akl	8.16m
M50		
1 Adrian Stockill	Wlg	14.97m
2 Laini Inivale	Akl	14.31m
M60		
1 James Thomas	Akl	13.22m
2 Joe Tasker	Can	7.15m
M65		
1 Lester Laughton	Sth	12.60m
2 Chris Thompson	Akl	12.50m
3 Richard Davison	Can	12.40m
4 Keith Hutton	Otg	11.77m
5 Tuariki Delamere	Akl	10.34m
M70		
1 Mark Powell	Akl	10.84m
2 Glen Church	Can	7.50m
M75		
1 Brian Senior	Can	11.99m
2 Didimo Tonelli	Aus	9.81m
3 Roy Skuse	Hbg	8.33m
4 Mike Shepherd	Mwa	8.23m
M80		
1 Terrence Ryan	Akl	9.00m
2 Alan Hunter	Can	8.12m
M85		
1 Jim Blair	Wlg	8.49m
M90		
1 Borg Stannius	Rsa	8.88m
2 Peter Tearle	Wlg	5.89m

Pentathlon

W45		
1 Carolyn Wills	Otg	2779 pts
W50		
1 Dale McMillan	Mwa	2576 pts
W55		
1 Karen Hulena	Akl	2528 pts
W65		
1 Carey Dickason	Tas	1735 pts
W70		
1 Margaret Crooke	Nth	2396 pts
M30		
1 Luke Crombie	Wbp	1717 pts
M40		
1 David Hansen	Tas	3147 pts
M45		
1 Jonny Baird	Can	1946 pts
M55		
1 Bruce Solomon	Wbp	3002 pts
M60		
1 John Rawcliffe	Tas	2677 pts
M65		
1 Mark Wyndham-Jones	Gbr	2450 pts
M70		

1 David Anstiss	Akl	1958 pts
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Throws Pentathlon

W30		
1 Kelley Charles	Can	1932 pts
W35		
1 Nicola Jennings	Can	1509 pts
2 Emily Scanlan	Akl	1315 pts
W40		
1 Vavae Nuia	Akl	2268 pts
2 Toni Oudemans	Can	2133 pts
3 Michelle Bitcheno	Wbp	2127 pts
4 Dena Miller	Can	1684 pts
5 Lee Grieve	Sth	1677 pts
W45		
(1) Althea Mackie	Aus	3052 pts
1 Brenda Davis	Wbp	2890 pts
2 Elisapeta Leitu	Akl	2590 pts
3 Raewyn Grigg	Mwa	2208 pts
W50		
1 Tania Hodges	Wbp	2677 pts
2 Jenny Fee	Mwa	2145 pts
3 Denise Fellows	Wbp	1732 pts
W60		
1 Claire Giles	Otg	2302 pts
W65		
1 Gillian Evans	Mwa	3301 pts
2 Beryl McMillan	Mwa	2294 pts
W70		
1 Barbara Austin	Nth	3249 pts
2 Annette Parlane	Wbp	3164 pts
3 Noni Callander	Otg	2996 pts
4 Lois Anderson	Can	2550 pts
5 Beverley Church	Can	2431 pts
6 Alison Wright	Can	2186 pts
W75		
1 Glen Watts	Can	3334 pts
M35		
1 Jacob Potgieter	Akl	1607 pts
M40		
1 Michael Scholten	Otg	2614 pts
M45		
1 Roland van der Tillaar	Akl	1864 pts
M50		
1 Adrian Stockill	Wlg	3144 pts
M60		
1 James Thomas	Akl	3301 pts
M65		
1 Tuariki Delamere	Akl	2861 pts
2 Lester Laughton	Sth	2860 pts
3 Richard Davison	Can	2415 pts
M70		
1 Mark Powell	Akl	2285 pts
2 Glen Church	Can	1638 pts
M75		
1 Didimo Tonelli	Aus	2791 pts
M80		
1 Terrence Ryan	Akl	2204 pts
M85		
1 Jim Blair	Wlg	2659 pts
M90		
1 Borg Stannius	Rsa	3738 pts
2 Peter Tearle	Wlg	1913 pts

PHOTOS: John Campbell



Murray Hart (TAS) in the 3000m



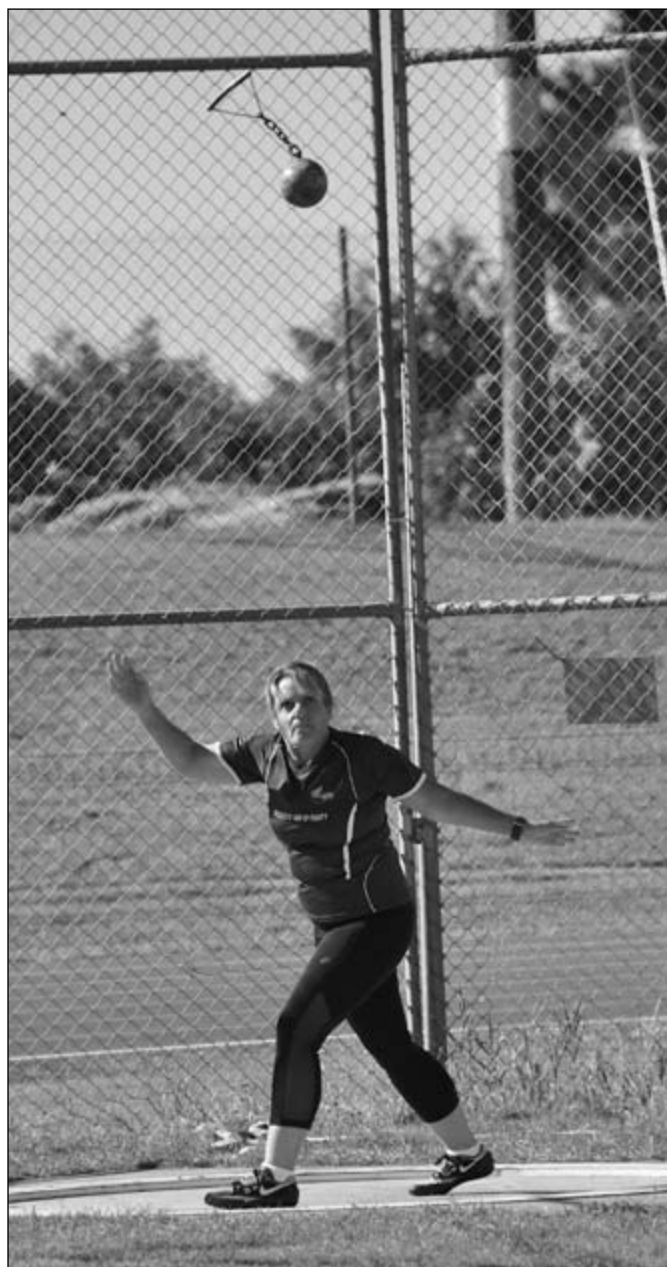
David O'Sullivan (OTG) in the 3000m



Tony Price (WGN) in the 5000m



Toni Oudemans was 3rd in the W40 weight throw



Denise Fellows (WBP) was 3rd in the W50 weight throw



Mark Wyndham-Jones M65 (GBR) in the high jump



Michael Bond (CAN) in the 400m at the NZ T&F Championships in Timaru



A tight finish to the M35 - M40 100m sprint



Nick Bolton (CAN) edges ahead of Mark Lambert (AKL) and Scott Dorset (AKL) in the M45 100 sprint



The M60 100m sprint finish

Combined Events with a Difference

by Wilma Perkins

Queensland Masters Athletics introduced **three new concepts** at their State Combined Events Championships on the weekend 2nd and 3rd February.

Firstly, the decathlon and heptathlon were opened up to both men and women.

Secondly, athletes had the option to compete in the decathlon and heptathlon but with lower hurdle heights.

Thirdly, athletes could nominate for individual events in the decathlon or heptathlon and then be placed in a team that would compete in all the events between them. The decathlon teams could have two to four members and the heptathlon teams could have two to three members.

The Outcome

Eight men competed in the individual decathlon and two women competed in the individual heptathlon. One male athlete took up the option to compete in the heptathlon. One female participated in the throwing events in the decathlon for her team. Seven teams competed in the decathlon and two teams participated in the heptathlon. Each team contained a range of age groups but each athlete scored points according to their own actual age group. Consequently team scores and totals had to be calculated manually.

Problems?

The usual one occurred of not enough officials, particularly on the second day of competition.

Officials were stretched thinly as individual events were also offered on the program so that non combined event athletes were catered for.

Would you believe rain? It had been so dry in Brisbane but rain arrived on the second day as the heptathlon 800m was about to commence and as the pole vault was getting under way.

Four athletes did not show up for their teams. In all but one case the other team members were able to cover for this.

The Future?

Yes, there is future for the above initiatives. Next year a lot more notice will be given to alert athletes about the event and to encourage more participation. Promotion will be more widespread so that athletes and or teams can plan this into their schedules and travel. In time teams could be made up of athletes from the same age group. Until then the highest team score wins.

The team's concept adds a fun aspect to the combined events as well as provide an increased number of competitors in events. It also provides a challenge for teams to try and score more points than the individuals. On this occasion the top point scorers were a M55 decathlete and W70 heptathlete. Maybe next year a team will have the highest score.



Zeddrick Osten (OTG)



Bernadette Jago (CAN)



Carey Dickason (TAS)

PHOTOS: John Campbell

The Magnificent Three

by Laini Inivale

They say you always remember your first time. How apt, when celebrating three Auckland Masters Athletics throwers whose names we don't normally see in bright lights and who achieved a difficult feat.

Timaru laid out perfect weather conditions at the 45th NZMA T&F Championships, setting the stage for M80 Terry Ryan, M70 Mark Powell and M60 James Thomas for their first time Throwing a Grand Slam (TGS) - 1st/gold in the six throwing events: hammer throw, shot put, discus throw, javelin throw, weight throw and throws pentathlon. For all of them these results were no foregone conclusion.

M80 Terry - in most of the individual throws there was about a metre separating first and second. M70 Mark - similarly to Terry about metre stood between one and two in most individual throws. M60 James - James was pushed very hard by Joe Tasker in the shot put and discus (just under 40m).

Those discerning amongst you will have noticed a certain symmetry and pleasing pattern. What comes after M80, M70 and M60? I'm sorry Auckland Team but I couldn't front up replicating an M50 TGS, because a certain NZ M50 discus

record holder Wellington athlete Adrian Stockill used his birthday to go off the hook, unleashing PBs to win multiple throwing events.

Who is Terry? Well let me tell you

Although very active in his prime, playing rugby league, Terrence Ryan comes late to competing in masters athletics.

He was the numbers guy, supporting and traipsing around everywhere to help his daughter become the NZ senior women's discus champ three decades ago. He again supported her W50 masters comeback ambitions in the 2014-15 season being seen dutifully recording the stats in a real notebook and cheering from the sidelines, déjà vu.

Nekminit under "peer encouragement", a few years later he catches the bug and starts throwing. Reaching his pinnacle, Terry achieved his first TGS at the National champs.

Better and louder than a Mexican wave, the family chant "Team Ryan" is never far away. The force is strong in this one, the head of this sporting dynasty showing us how to get business done.

Now about Mark

Better work stories. Since his masters athletics debut in 2014-15 season, Mark Powell M70 has been diligently plugging away mastering his craft. At the 45th NZMA T&F Champs he reached the pinnacle of his journey so far. A TGS, something I'm still yet to achieve myself as a thrower.

And for a very short time he also held the World Record for M70 weight throw and throws pentathlon, until he came clean and asked the officials to reduce the weight throw result to 1/10th, down to 10.45m. Nice work Mark, creating memories like a boss.

James, James, James

Yes his first masters athletics season was filled with breakout performances, all built on a lifetime foundation of physical pursuits. A dream run culminating in his first TGS at his first Nationals.

Enroute to the TGS he even increased his own M60 AMA throws pentathlon record by 28 points to 3301, but his sights and internal messaging are set for much higher. There is unfinished business afoot. Watch this space. Oh and as an aside, although James concentrated on just throwing events at these Nationals, he can also run and jump well.

PHOTO: Laini Inivale



Terry Ryan



Mark Powell

The others

Other non Aucklanders also achieved a TGS at these Nationals. M85 Jim Blair, Wellington, needs no introduction with a lifetime of service speaking volumes. M90 Borg Stannius, international elite South African athlete. Borg even had another M90 to compete against.

W65 Gillian Evans, Manawatu Wanganui, a very dominant display at this outing. W75 Glen Watts, Canterbury, as befitting the 2018 NZMA Female Thrower of the Year. That shot put win by 6cm was too close for comfort.

The end

Throwing Grand Slammers remember your first time. It was a pleasure to throw at the same Nationals. I hope you inspire others to give it a go, the way you all inspire me.



James Thomas

NZ 10000m Championships

by Michael Wray



Dwight Grieve (STH) in the 3000m at the NZ T&F Championships in Timaru



Tim Cross (TAS) in the 3000m at the NZ T&F Championships in Timaru

PHOTOS: John Campbell

For the second year we held the NZMA 10000m Championships in partnership with Athletics NZ. The 2019 edition was held at Mount Smart stadium in Auckland in atmospheric flood-lit conditions.

It was a shame not to see larger fields. Of the 17 total entries, only five were masters and two of those were women who contested the senior grade. Personally I had hoped to see a bigger turnout from the Auckland Masters distance runners, some of whom had been opposed to the distance being dropped from the standard weekend programme.

Conditions were cool but pretty windy, making it a good day to hide in a pack ... if only there were enough entries to support the formation of packs!

The fast half of the senior men field set off together and kept each other honest. It was interesting to see their pack gradually lose members with each successive circuit as they lapped me. I set off with the front three senior women, which included

W35 Lisa Cross and W40 Penny Peskett. Unfortunately for me, Lydia O'Donnell was dictating their pace and it was a little too fast for this M50. I fell off to run the final 7km without company but managed to be the first master's man.

Penny finished second woman and Lisa Cross was third woman. Penny's finishing time of 34:30.57 was the standout performance of the day, a W40 national record by 18s to improve a Bernie Portenski record that had stood for 26 years.

Andrew Sexton found running mates with the fourth senior woman and a couple of senior men. This pack stayed in formation until the final kilometre and Andrew reportedly enjoyed the event and set a new M40 club record.

Christine Adamson had to run her whole race alone as no-one in her peer group entered but it was heartening to see the respect she was accorded by the younger competitors with the first three finishers in the senior women specifically cheering and applauding Christine on for her final few laps.



Melanie Angland (CAN) in the 3000m at the NZ T&F Championships in Timaru



Iona Moody (WBP) in the 300m race walk at the NZ T&F Championships in Timaru



Mark Reid (CAN) in the 3000m at the NZ T&F Championships in Timaru



Wolfgang Schenck (AKL) in the 400m at the NZ T&F Championships in Timaru

2018 WMA Best Master of the Year Awards

by Graeme Dahl

Congratulations to Oceania athletes Lyn Ventris (Aus) and David Carr (Aus) for their outstanding performances during 2018, which saw them taking out category awards. The category awards were based on the two best performances for the year, if they were a world record and whether the athlete set the record in Malaga.

Lyn Ventris (W60): winner of the Walks category

10km race walk **53:26** 1st in Malaga
(WR: 53:26)

5000m race walk **25:41.58** 1st in Malaga
(WR: 25:41.58)

David Carr (M85): runner-up in the Middle Distance category

2000m steeplechase **11:24.55** 1st in Malaga
(WR: 10:53.3)

800m **3:33.03** 1st in Malaga
(WR: 3:06.69)

Both Lyn and David returned from the 2018 World Masters Championships in Malaga with three gold medals each. Lyn is a dual winner of the WMA Athlete of the Year Awards and David was nominated for the WMA Athlete of the Year Award in 2011.

The West Australian Masters track and field magazine (TFNL) has produced a photographic feature on all winners and runners-up which can be found by the following link.

<https://www.flipsnack.com/A95BC9BA9F7/>



PHOTO: Graeme Dahl



PHOTO: Emmanuel Tard

Coaching Corner

by Mike Weddell



Teaching skills is an important part of coaching whether it be running technique, throwing the hammer or pole vaulting. Learning new skills involves making mistakes. Athletes get demoralised when they make mistakes and coaches get exasperated.

Learning skills is not just listening to instructions then following them to the letter at the first attempt. It takes many repetitions to establish the neural pathways that allow an athlete to execute skills effectively. Some or even many of these repetitions will be far from perfect especially at the beginning.

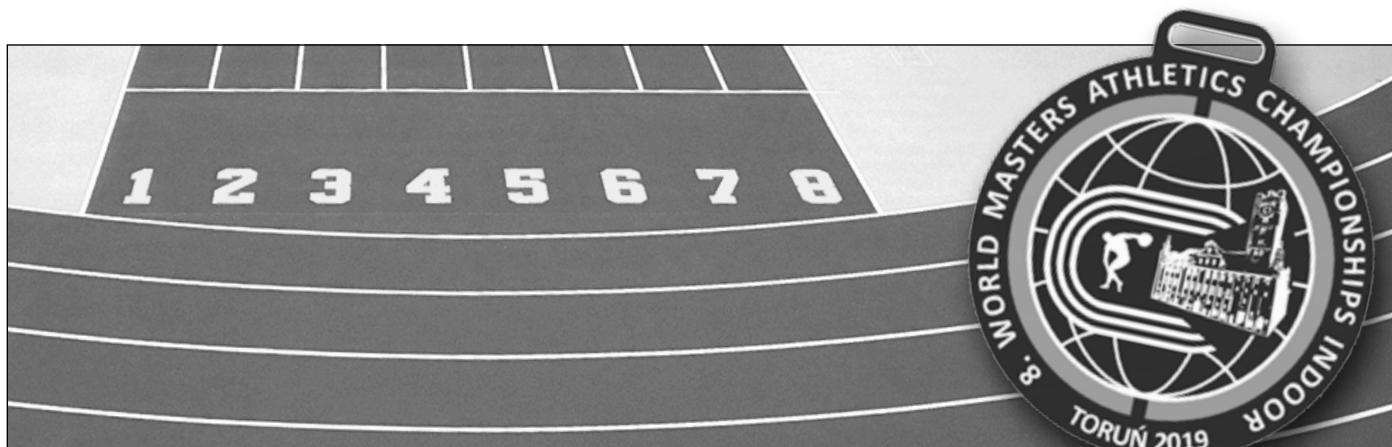
On the coach's part he or she searches for the cues that help an athlete improve and patiently provides encouragement.

On the athlete's part they need to persevere and concentrate and make the necessary number of attempts until the skill is learned.

If an athlete performs a skill correctly every time they are no longer learning and it is time to push on to higher level by making more mistakes. Athletes rarely make mistakes on purpose so should not be criticised for unsuccessful efforts.

Coaches should not yell at athletes when they make a mistake but through encouragement and finding the right cues take the athlete to a new level. The higher the level of the athlete the greater the input they should have into the learning process. Communication needs to be both ways. Go out and boldly make mistakes.

Kiwis in Torun



Day One Results

W45 3000m – Andrea Harris – 10th (11:35.96)
W55 3000m – Karen Petley – DNF
W60 3000m – Christine Adamson – Silver (12:07.38 NZR)
M85 High Jump – Jim Blair – Bronze (1.02)
M75 Weight Throw – Roy Skuse – 11th (7.12 NZR)
M85 Weight Throw – Jim Blair – Silver (8.28)

Day Two Results

W40 400m – Vanessa Story – 3rd R1 heat (64.81)
W70 Shot Put – Noni Callander – 10th (7.35)
M70 60m – Trevor Guptill – 1st R1 heat, qualifies for final (8.92)
M50 3000m Walk – Joseph Antcliff – 21st (19:28.45 NZR)
M85 Long Jump – Jim Blair – Bronze (2.18 NZR)

Day Three Results

W70 Weight Throw – Noni Callander – 10th (7.38 NZR)
W90 Weight Throw – Marcia Petley – Gold (5.79 NZR)
W70 3000m Walk – Jacqueline Wilson – Silver (19:23.71)
W70 400m – Sheryl Gower – Silver (1:22.55 NZR)
W75 400m – Christine Waring – Silver (1:32.10 NZR)

Day Four Results

M85 Javelin – Jim Blair – Silver (21.29)
W55 10km – Karen Petley – 11th (50:05)
W60 10km – Christine Adamson – Gold (41:55)
W70 60m – Sheryl Gower – Gold (9.86 NZR)
W75 60m – Christine Waring – Gold (10.30 NZR)
W90 60m – Marcia Petley – Gold (15.82 NZR)
M70 60m – Trevor Guptill – Bronze (8.67 NZR)
M60 800m – Ian Calder – 2nd R1 Heat, qualifies for final (2:18.03 NZR)

Day Five Results

M75 Shot Put – Roy Skuse – 16th (6.78)
M85 Shot Put – Jim Blair – 6th (7.54)
M70 200m – Trevor Guptill – 1st R1 Heat, qualifies for semi final (30.53)
W40 200m – Vanessa Story – 3rd R1 Heat
M60 800m – Ian Calder – Bronze (2:18.69)
W45 800m – Andrea Harris – 8th (2:32.65)

Day Six Results

W70 10km Road Walk – Jacqueline Wilson – Silver (1:06:07)
M50 10km Road Walk – Joseph Antcliff – 18th (1:08:07)
W70 Hammer – Noni Callander – 8th (19.45)
M85 Hammer – Jim Blair – Silver (20:10)
W90 Hammer – Marcia Petley – Gold (14.28)
W70 200m – Sheryl Gower – Gold (34.13 NZR)
W75 200m – Christine Waring – Gold (37.50 NZR)
W90 200m – Marcia Petley – Gold (1:03.52 NZR)
M70 200m – Trevor Guptill – 2nd Semi, qualifies for final (28.58 NZR)
M70 200m – Trevor Guptill – Bronze (28.64)
M60 1500m – Ian Calder – 1st R1 Heat, qualifies for final (4:51.27)
M65 1500m – Rodger Ward – 8th R1 Heat (5:40.75)

Day Seven Results

M75 Discus – Roy Skuse – 17th (18.84)
M85 Discus – Jim Blair – Bronze (18.79)
W70 Discus – Noni Callander – 9th (17.27)
M60 1500m – Ian Calder – Silver (4:48.31)
W45 1500m – Andrea Harris – 10th (5:17.01 NZR)
W60 1500m – Christine Adamson – 4th (5:37.20 NZR)

NZMA Athlete of the Year Awards for 2018

Women

Sprints – Liz Wilson (Otago)

Liz consistently scored age group percentages over 90%, including one in excess of 95%. She set NZ records for 60m, 100m, 200m and 400m and in addition to a set of 4 gold medals at the Oceania Champs she won two silver medals at the World Masters Champs in Malaga.

Other finalists were:

- Gail Kirkman (Southland)
- Sheryl Gower (Waikato Bay of Plenty)

Middle Distance – Sally Gibbs (Waikato Bay of Plenty)

Sally celebrated entering a new age group by setting NZ records for 1500m, 3000m and 5000m, and in each case exceeding 95% for her age group percentages. She also won World Masters titles in the 1500m and 5000m.

Other finalists were:

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

Long Distance – Sally Gibbs (Waikato Bay of Plenty)

Amongst Sally's numerous honours, were two NZ records, a 98.03% score, an Athletics NZ senior women's title in the 10000m and a World Masters title in the 10km.

Other finalists were:

- Judith Stewart (Northland)
- Penny Peskett (Auckland)

Hurdles – Gail Kirkman (Southland)

Gail achieved new national records in both the short and long hurdles and produced age group scores of 92.57% and 94.94% in the 300mH.

Other finalists were:

- Claire Giles (Otago)
- Louise Martin (Canterbury)

Jumps – Clasina van der Veeken (Northland)

Clasina started the year with a NZ record in the long jump and a 94% triple jump, and finished her year with a World Masters silver in the long jump and a World Masters gold in the triple jump.

Other finalists were:

- Judy Hammond (Wellington)
- Margaret Crooke (Northland)

Throws – Glen Watts (Canterbury)

Glen won a selection of gold and silver medals with four implements (shot, discus, hammer and weight) at the Oceania Masters champs and repeated this for three implements at both the 2018 NZMA and South Island Champs.

Other finalists were:

- Justine Whitaker (Canterbury)
- Tania Hodges (Waikato Bay of Plenty)

Combined Events – Gail Kirkman (Southland)

Gail achieved a new national record in the heptathlon, an Oceania Masters gold medal and an average per event score of 800.

Other finalists were:

- Carolyn Wills (Otago)
- Judy Hammond (Wellington)

Walks – Jacqueline Wilson (Wellington)

Jacqueline won gold at the Oceania, NZMA and North Island Champs, picking up a NZ record on the way. In addition she won two silver medals at the World Masters Champs.

Other finalists were:

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

Men

Sprints – Trevor Guptill (Auckland)

Trevor consistently scored over 90% age group percentages for 60m and 100m, events in which he also set national records.

Other finalists were:

- Bruce Solomon (Waikato Bay of Plenty)
- Stephen Te Whaiti (Waikato Bay of Plenty)



Middle Distance – Nick Willis (Wellington)

Nick achieved four NZ records – 800m, 1500m, mile and 5000m – all exceeded 90% with two over 95%. He is still holding his own with some of the world's best seniors.

Other finalists were:

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

Long Distance – Nick Horspool (Wellington)

Nick produced three NZ records - 10km, 10000m and marathon. His 2:18 marathon was run in the silver singlet of Athletics NZ and his 29:50 for 10000m has secured him selection to the ANZ senior men's team for the IAAF World XC Championships.

Other finalists were:

- Glen Ferguson (Otago)
- Sam Wreford (Canterbury)

Hurdles – Stewart Foster (Waikato Bay of Plenty)

Stewart set a NZ record for the 200m hurdles, produced age group scores of 91.15% and 93.94% in a category where the next highest athlete's percentage was a wind-assisted 86%.

Other finalists were:

- David Anstiss (Auckland)
- Stephen Te Whaiti (Waikato Bay of Plenty)

Jumps – David Anstiss (Auckland)

David had performances in all four jump events good enough to make the long list and claimed a couple of NZ records to go with a collection of age group wins at Oceania, NZMA and North Island Champs.

Other finalists were:

- Mark Lett (Northland)
- Ron Johnson (Auckland)

Throws – Mark Cumming (Auckland)

Mark is consistently one of our best throwers with the hammer and weight, scoring percentages that are the envy of the country regardless of implement. He won golds at Oceania Masters Champs and both the NZMA Indoor and Outdoor Champs.

Other finalists were:

- Laini Inivale (Auckland)
- Ron Johnson (Auckland)

Combined Events – Ron Johnson (Auckland)

Ron showed versatility with NZ records for both the decathlon and throws pentathlon and Oceania gold medals in both these events.

Other finalists were:

- Bruce Solomon (Waikato Bay of Plenty)
- Stephen Te Whaiti (Waikato Bay of Plenty)

Walks – Peter Baillie (Wellington)

Peter scored the best walking age group percentages and won his age group at both the NZMA and North Island Champs.

Other finalists were:

- Clive McGovern (Wellington)
- Eric Kemsley (Taranaki)
- Peter Tearle (Wellington)

Colours

NZMA Colour awards are awarded to athletes who:

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

Age Group Percentages of 95% or more:

- Nick Willis achieved 96.04% in August (mile) & 95.61% in September (1500m).
- Liz Wilson achieved 95.55% in January (60m)

World Title Winners:

- Sheryl Gower - 98.85% in August (50m indoor) & 1st W70 in 200m in WMA champs.
- Sally Gibbs - 96.39% in November (3000m), plus both 95.97% (1500m), 97.68% (5000m) & 98.03% (10km road) at WMA champs in being 1st W55.
- Clasina van der Veeken 1st W85 in the triple jump at WMA champs.

When Is The Best Time To Work Out?

by George White

Are you a morning person or a night owl?

Research shows that focus, drive and energy peak at the same time every day and it is probably different for everyone. The optimal time of day to train is not usually something that people think about, yet there is a science to optimizing your training times. Is there some kind of magic to it? Why would the time of day affect how effective your training is?

It's because of your circadian rhythm! Your circadian rhythm is why you feel sleepy at certain times of the day and why you can concentrate better at other times. It also determines the best time to exercise. By carefully orchestrating your training schedule in accordance with your circadian rhythm, you will be stronger, faster and more powerful. After training, you will recover better and gain more muscle. You will also increase your flexibility and reduce your chance of injuries.

Everyone's rhythm is unique! However there is a general rule that physical coordination and reaction times peak in mid-afternoon. Also the heart is generally at its most efficient and the muscles strongest at about 5pm to 6pm. Another boost for physical strength comes from the lungs, which function far more efficiently in the evening than at midday. And joints and muscles are as much as 20% more flexible in the evening, lowering the risk of injury.

Several studies have looked at long term muscle size and strength gains in groups training at different times of the day. Even when people are consistent with their training times, strength increases are generally slightly higher and muscle gains significantly higher when training in the evening instead of the morning. Studies have also looked at the effectiveness of a training program performed in the morning between 6:30am – 10:00am, or in the evening between 4:30 pm – 8:00pm for a 24 week period. While endurance performance improved similarly across the groups, those training in the evening gained notably more strength and muscle mass.

The circadian rhythm is a daily cycle of biological activity. The biological activity with the most obvious circadian rhythm is your sleep-wake cycle. Think of your body as having an internal clock that regulates when to activate every major system in your body, including hormone production and central nervous system activity. For athletes, systematic daily variations in core body temperature, metabolism and hormonal settings are the most important factors influenced by your circadian rhythm.

Looking at hormones - high testosterone levels are beneficial for muscle growth and strength development, whereas with cortisol, excess levels can be detrimental. Accordingly, the testosterone to cortisol (T/C) ratio is commonly used as a factor in training

i.e. it may be beneficial to train at a time of day when your T/C ratio is highest. Testosterone production is high at night and low during the day whereas cortisol output is low at night, rises rapidly upon awakening and then gradually decreases during the day. Therefore the T/C ratio is highest in the afternoon and evening. Exercise at this time relates to the smallest rise in cortisol and the largest increase in testosterone.

Optimal core body temperature is relatively high for the biological systems involved in high intensity physical exercise. The daily peak of core body temperature improves joint mobility, glucose metabolism, and muscle blood flow – hence it correlates with exercise performance. It is low at night, rises during the day and reaches a peak in the evening. It is not surprising that most sports records seem to be broken in the evening. However the only way to accurately determine your core body temperature is with a rectal thermometer – but are any of us that serious? Fortunately resting heart rate and core body temperature are strongly related - the time of day when your resting heart rate peaks is often the best time to train - without the rectal discomfort.

Although the majority of studies show peak performance in strength, anaerobic output, and joint flexibility generally occurs in the late afternoon/evening, your own individual peak time may differ depending on your personal circadian programming. And what if you can't train at the optimal time? Personally my biological messages are saying "red wine" at this optimal time. Fortunately peak performance and exercise adaptations correlate strongly, so a good rule is to train when you personally can.

Some people really are early birds and can do just fine training in the early morning - and not everyone has the luxury of planning their training sessions during the physiologically optimal times. Our schedules have to consider our work, study, family and other day to day activities. Of course training in the first place has to be more important than when you train, so if your schedule prevents you from training in the afternoon, getting in your workouts whenever you can is priority number one.

Caffeine may help as it effectively forces your body into daytime mode. That's why it helps counteract sleep deprivation so effectively. However caffeine in the morning may not be optimal as it decreases the T/C ratio. Another strategy to increase your performance when training at a suboptimal time is to make sure you always train at that time. Your body will adapt its circadian rhythm to the specific time training stress and reduce the performance negatives at that time.

So early birds take heart: morning workouts can be successful too. In the end, it's most important to find a realistic, consistent workout schedule, no matter what the time.

Waikato/Bay of Plenty

by Bruce Solomon

We currently have 55 paid up members. We had our WBOP Champs meeting in Tauranga on 20 January 2019 and annual Trophy Day in Hamilton on 17 February 2019.

Waikato Bay of Plenty Championships

Our WBOP Champs recorded some great electronic times in the 60m sprints with Sheryl Gower (M70) 11.02sec, Bruce Solomon (M55) 8.39sec and Trevor Watson (M60) 9.28sec, with age % times well over 85%. Gavin Smith's 9:02.67 for 2000m steeplechase achieved 80%.

In the throws events it was great to see Bev Savage (W70) back again throwing the shot 7.08m and hammer 24.93m achieving 73% and 69% respectively. Both Brenda Davis (W45) and Marcia Petley (W90) having huge results in the hammer throwing 36.01m (82%) and 14.70m (86%) and weight throw Brenda 10.65m (77%), Tania Hodges (W50) 69.10m (69%), Bev 10.29m (78%) and Marcia 5.27m (83%)

Full results at: <http://athleticswaikatobayofplenty.org.nz/Portals/12/Masters%20WBOP%20Champs%202019%20results1.pdf>

Trophy Day

Trophy Day resulted in 24 new records/best performances. Our entries were down from last year. We usually get support from Auckland Masters but due to a clash with their Auckland competition this wasn't to be.

The Cuthbertson Memorial Trophy for top percentage female athlete went to Marcia Petley M90 and the George De Bell Male trophy was awarded to Jim Jones M80. Sprints were hand timed and the top percentage track athletes went to Female: Sheryl Gower (W70) 100m, 16.50s (91%) and Male: Bruce Solomon (M55) 100m, 12.80 (89%). Top field athletes went to Female: Marcia Petley (M90) WT 5.7m (90%) and Male: Jim Jones (M80) SP 7.65m (69%).

Full results at: <http://athleticswaikatobayofplenty.org.nz/Portals/12/trophy%20day%202019.pdf>

PHOTO: Derek Shaw



Sheryl Gower dominated the W70 sprints in Timaru



Bruce Solomon with Marcia Petley (winner of the Cuthbertson Memorial Trophy)

Auckland

by Chris Thompson

AMA Meet Two – January 2019

This meeting drew 38 entries and was held at the AUT Millennium as Mount Smart was still being re-surfaced. One NZMA record was set by Chris Waring (W75) in the 60m of 10.54s followed by James Nightingale (M40) with 7.32s and breaking his recent local record by a few hundredths of a second. Other quick times saw David Garrett (M35) through in 7.57s and Mark Lambert winning the M45 in 7.81s.

To the 100m and again James Nightingale (M40) was the quickest of all age groups with 11.47s. In the 1500m newcomer Anwen Robinson (W35) ran 5:10.30 with the fastest male being Wim Kuipers (M45) with 4:48.98.

In the jumps, the highest in the high jump with 1.50m was Jacob Potgieter (M35) and Andy Richardson (M50). In the long jump Andy was furthest with 4.95m and Trevor Walker (M55) 4.81, was second best.

The throws programme started with the hammer, with Mark Cumming (M55) a solid 46.77m and Anne Goulter (W55) the leading lady with 37.73m. This was followed by the javelin where Andy Richardson (M50) threw the furthest with 37.72m followed closely by Murray Free (M55) throwing 37.24m. The discus saw two 32m throws with Tuariki Delamere (M65) with 32.65m and Tarres Chitar (M40) throwing 32.53m.

AMA Champs – February 2019

A recent record of 78 entries were received for the two day Auckland Masters Athletics Champs and competing back on a newly repaired Mount Smart track. Day One saw the popular 60m draw many entries including 18 from the North Harbour Bays Club.

A new NZMA record was set by newcomer Rochelle Coster (W30) with 7.84s. Phillipa Green (W55) created a new AMA record with 8.78s. Another quick time of 8.97s went to Faith Firestone (W35). In the men's sections we saw Sam Patterson (M30) through in 7.71s, Andrew Weekes (M35) in 7.74s and Wayne Holroyd (M40) 7.67s. The M45 race saw four runners finish in the 8s and all within 0.66s of each other.

In the 200m Phillipa Green (W50) was the quickest lady with 28.62s. The W35 ladies, Faith Firestone and Anwen Robinson had a tight tussle to record 29.30s and 29.43s respectively. In the men's groups Sam Paterson (M30) went through in 24.68s, Wayne Holroyd (M40) in 24.03s and Richard Swift (M40) in 24.53s.

The 800m saw Wim Luijpers (M45) the quickest for the day in 2:16.22 with Jared Letica not far behind in 2:18.51. Of the ladies Anwen Robinson (W35) had the quickest time of 2:27.21.

The 5000m saw Chris Robb (M45) through in 18:21.35s and Ken Walker (M55) with 18:31.39s.

In the high jump Jacob Potgieter (M35) leap 1.55m and Andy Richardson (M50) get over 1.50m. The long jump saw a NZMA record with Rochelle Coster (W30) jumping 5.74m. The best males were Trevor Wilson (M45) with 5.73m and Trevor Walker (M55) with 5.12m.

In the discus, James Thomas (M60) with the 1 kg implement in his hand was the best on the day with 38.33m. Tarres Chitar (M40) got the 2 kg discus out to 36.13m. In the weight throw Mark Cumming (M55) was the best on the day with 18.16m and James Thomas (M60) set a new AMA record with 15.58m.

Day Two saw the 100m run with Phillipa Green (W50) the quickest at 13.89s. Jill Hayman (W55) ran 14.85s with Michelle Dunn and Ai Osugi running 15.02s and 15.29s respectively. In the men's section, Wayne Holroyd (M40) with 12.10s headed off Scott Dorsett, Trevor Wilson and Cameron French (all M45) running slower than Wayne.

The 400m saw Anwen Robinson (W35) the quickest lady with 65.92s followed by Meghann Stewart (W50) with 67.58s. Two men broke the one minute barrier, Wayne Holroyd (M40) with 57.81s and Trevor Wilson (M45) with 57.81s. In the M75 Barry Jones set a new AMA record of 1:21.82s.

To the 1500m Anwen Robinson (W35) was the fastest lady with 4:54.66s. Five men also ran around the 4:50s mark, Wim Luijpers, Jared Letica, Chris Robb, Jamie Halla and Richard Conygham.

The pole vault saw Anne Goulter (W55) with 2.25m and David Anstiss (M70) with 2.25m the leading athletes in their sex. A new NZMA pole vault record was set by Aggie Boxall (W60) with 1.60m beating a record that had been set in 1994.

The triple jump saw a new NZMA record set by Trevor Walker (M55) with a leap of 11.55m. This distance was bettered by Daniel Bediako (M40) with 13.18m.

The shot put saw Megan Richardson (W45) throw 8.71m to be leading lady and three male throwers who threw over 10m - Tarres Chitar (M40) with 10.78m, Laini Inivale (M50) with 13.93m and James Thomas (M60) with a personal best of 11.61m.

The javelin was a popular event with 19 throwers. Megan Richardson (W45) threw 25.18m to be top lady. Minos Liarokapis, a new male competitor from the Lynndale Club, set a new M30 AMA record of 44.27m. Andy Richardson (M50) reached 42.86m and Murray Free (M55) 38.51m.

To the hammer where Anne Goulter (W55) threw 36.43m and in the men's section Mark Cumming threw 49.27m.



The best of Auckland/Canterbury rivalry and camaraderie



Start of the 1500m at Mt Smart, Auckland



100m sprint finish at Mt Smart, Auckland



Rick Davison (CAN), Chris Thompson (AKL) and Lester Laughton (STH)



Murray Free



Margaret Crooke, Karen Hulena, Carey Dickason, Carolyn Wills, Maggie Chorley

New Zealand Masters Championships – Timaru (Mar 2019)

A team of 37 Auckland athletes ventured south to Aorangi Park, Timaru to participate in this year's NZMA Championships. Our athletes competed in 162 events bringing home 142 medals with 86 gold, 43 silver and 13 bronze. The best performers were Faith Firestone and David Anstiss with 7 gold medals each.

Along the way, 2 new NZMA records and 4 NZMA Champs records were set and 10 AMA records were broken with John Campbell and Chris Waring outstanding.

The spreadsheet below, outlines all Auckland performances. *(Thanks to Laini Inivale for preparing the results spreadsheet)*

Surname	First Name	Grade	Event	Notes	Result	Auck Rec	NZ Rec	NZ Champs Rec		Old Auck Rec	Old NZ Rec	Old NZ Champs Rec
Waring	Chris	W75	400M		1:28.54			✓				1:41.0h
			60M	Wind 0.5	10.38	✓ 1 Auck	✓ 1 NZ	✓ 2 NZ Champs		10.54	10.54	11.13
Firestone	Faith	W40	60M	Wind 1.2	8.84	✓ 1 Auck				9.72		
Leitu	Peta	W45	Shotput		9.37	✓ 1 Auck				9.25		
Jones	Barry	M75	400M		1:18.41	✓				1:21.82		
			1500M		6:16.58	✓ 2 Auck				6:35.05		
Green	Phillipa	W50	60M	Wind -0.6	8.74	✓ 1 Auck				8.78		
Campbell	John	M55	60M	Wind 0.1	7.71	✓	✓	✓		8.14	7.89	7.92
			100M	Wind -0.3	12.29	✓				12.8H		
			200M	Wind -0.3	24.98	✓ 3 Auck	1 NZ	1 NZ Champs		25.9H		
Anstiss	David	M70	High Jump		1.34			✓ 1 NZ Champs			1.33	
Thomas	James	M60	Throws Pent		3301	✓ 1 Auck						3273
				Total Records		10 Auck	2 NZ	4 NZ Champs	16 All			



Manawatu/Wanganui

by Jen Fee

Another summer winds to a close and we reflect on our small group of athletes and their accomplishments. In any sport, having the support of family members for what we are doing means we can focus on achieving our goals within a positive environment and get regular encouragement.

In some families that play, or in this case throw or run together we not only see the positive encouragement but the competitiveness that is brought out, even at training! With lowering implement weights and age grading it means that the competitiveness is a real thing and in the case of our small club our 2 mother-daughter combos make club nights and competitions a lot of fun.

In Timaru at the NZMA champs we watched Beryl and Dale McMillan supporting each other and gaining massive personal bests. Watching Beryl calmly throw bigger and better each time I see her is amazing, and scoring 2294pts in her throws pentathlon was massive. Dale also had some huge improvements and scored 2576pts in her track pentathlon.

Of course Beryl was competing against fellow club member Jill Evans who has taught most of us selflessly over recent

years. Jill was carefully watching her daughter Raewyn Grigg, comparing their results, which are often very close. I am privileged to throw with these ladies and to be welcomed like family at all times.

Timaru was a successful weekend for our club members. Nine members travelled south, five also helping out with officiating when and where required.

Andrew Davenport's light footwork again caused his competitors strife, one commenting that he had a "gear the rest didn't know about". He wasn't content with specialising in middle distance events instead entering 8 events ranging from 100m to 1500m plus the long hurdles, javelin and discus. Impressively for me adding a flight of hurdles around the 400m track only slowed him by 11.5s!

Well done to all of our athletes. Enjoy the rewards of your hard work. Thank you to the Canterbury Masters for a marvellous weekend.

Good luck to all during the "off-season"! We hope to hold monthly meets to keep us on our toes so keep an eye out!

Northland

by Judith Stewart

The track season in Northland is coming to an end. Five members travelled south to Timaru for the NZMA champs and enjoyed good weather, meeting up with fellow master athletes and some managed to get personal best times along with bringing home heaps of medals. Many thanks to Canterbury and Timaru for a successful weekend we wish you success for the following weekend when most of the officials will be on duty in Christchurch.

We decided to add a bit of travel to our trip and headed to Greymouth via Arthur's Pass, where we have family. I managed to get a bit of running on long flat roads which reminded me of when I started running all those years ago in Ashburton. Then on to Christchurch and a look around the new city before heading home.

As we look forward we wish Ian Calder success with his training for the World Masters Indoor Championships in Poland and hope he enjoys his first indoor champs.

We are planning on having a track meeting with a road race in August to assist those members who are going to Mackay for the Oceania Masters Champs.

We are about to start the harrier season so hope to see lots more masters showing the younger athletes how to run hills and maybe some mud. Best wishes to all for your coming events and keeping injury free.



Northland Trio of Dave Eastmond, Lucy Andrews and Judith Stewart

Wellington

by Michael Wray



Michael Wray

The Night of Miles took place at the Basin Reserve for the second consecutive year. In the master's men, Andrew Wharton, Stephen Day and Andrew Ford all finished a second apart in that order as a tactically slow race ignited into a drag race after one kilometre. Lindsay Barwick was the first master's woman, seeing off Nat Hardaker by nine seconds. The fastest master overall was Dougal Thorburn, who ran in the senior men A race and finished second in a tight contest.

The Wellington 10000m Champs were originally due to be held as part of the Agency Group 10000m in November but the use of pacemakers meant the officials objected to this. With the event's primary purpose being for a big 10000m to help people run their best times, the decision was made to defer the Centre 10000m Champs until 18 December. This did not work, with only four runners willing to enter another 10000m, somewhat less than the 106 who entered the 10000m in November. Ultimately it meant the cancellation of the event and we will complete this season without a 10000m champs this season.



Michelle Van Looy

We were able to put on a 10000m Walk Championship. Clive McGovern finished as first man and Daphne Jones was first woman.

The Wellington Track & Field Champs were held unusually early this year, being held over the first weekend of February. We always have to avoid clashing with the Porritt Classic and the behemoth Round the Bays event, which can make scheduling tricky, but in hindsight the last weekend of February may have produced a better turnout.

Jenny Mason (60m), Liz Bentley (60m) and Daphne Jones (3000mW) were the best performing master's women on age-grading. For the master's men, the best performances came from Mark Macfarlane (60m), Mathew Rogers (800m) and Andrew Wharton (1500m).

We have one major track & field event left this season when the 5000m and 5000mW Centre Championships will be held at the final meet of the season.

PHOTOS: John Campbell

Otago

by John Stinson

Congratulations are in order for former OMA President Claire Giles who has accepted the opportunity to become a new member of the NZMA Board. With a strong administrative background as well as being a high achiever in both track and field events Claire would seem an ideal person to be involved at the top level of master's athletics. The OMA wishes Claire all the best on her new appointment.

Competition has been on going over the summer months at the Caledonian Ground. The weather has been generally kind leading to many competitors recording personal best performances in their respective events. Masters competitors have often outnumbered senior athletes in both track and field competition with 14 Otago records ratified prior to Christmas. Two new Otago Masters records were set at the Otago Track and Field Championships held on 23-24 February. Zeddrick Osten, a standout over the sprint distances throughout the season, set a new M43 time of 8.40s for the 60m dash. In the women's weight throw Winifred Harding broke her own W60-64 record with a distance of 11.61m.

On 13 February the Annual Kenny's Canter Bill Kenny Memorial Steeplechase was held at the Caledonian Ground. The event

is held in recognition of the late Bill Kenny a dedicated and colourful Otago Masters Athlete who enjoyed a particular affinity with the steeplechase event. Teams of three consisting of two runners and one walker lined up for the start with the runners completing two laps and the walkers one. Each team member had to negotiate a steeple placed strategically in the front straight. Thanks to Claire Giles the principal event organizer and to all competitors who made the evening so much fun to participate in.

The Otago contingent enjoyed three wonderful days at the NZ Masters Championships held in Timaru on 1-3 March. Brilliant weather combined with superb competition made for a memorable weekend for everyone. All Otago athletes performed with distinction throughout the championships which were run in an efficient but always friendly manner. Thanks to all the officials who put in so much work "behind the scenes" and on the field to make the championships run so smoothly over the entire three days.

The Otago Masters Awards Night for summer season trophies will be combined with the Otago Athlete of the Year Dinner on Friday 12 April.



Debbie Telfer (STH) and Julie Wilson (OTG)



Tom Cockerill

PHOTOS: John Campbell

Taranaki

by Vicki Jones

It's been a long, hot summer here in the 'Naki and competition has been equally so! A number of regional records have fallen both in club championships and regional championships proper. As ever, a set of championship events have taken place on Egmont Athletics club nights leading up to the Centre championships on 16 February. Every master's member seems to have had a great season performance-wise as indicated by the number of records falling and being close to falling. I myself have had my best season time-wise in 2 years - and I've gone 'up' a grade! A number of members are mentioned by virtue of being ANZ members and are adding to the quality of the season.

Records were broken on 29 January by Alex Fahey (M90) in the discus with a throw of 9.21m, Des Phillips in the 80m hurdles in 19.51sec and the 800m with 2.59.10, and Peter Schaeff with 1.15m in the long jump. Records also fell on 5 February by Peter Schaeff in the M80 100m in 24.35sec as well as the javelin with a throw of 9.69m. Lionel Haldane also set records in the M35 grade with a time of 13.83sec in the 100m and a javelin throw of 24.04m.

TET Athletics Taranaki Track & Field Champs Results:

100m

W40	Rachel Gilberd	17.70 (1)
W45	Sandra Morratti	21.80 (1)
W65	Joy Baker	17.21 (1)
	Lynne Mackay	18.83 (2)
M80	Peter Schaeff	24.12 (1)

200m

W40	Rachel Gilberd	46.28 (1)
W45	Sandra Morratti	51.92 (1)
W60	Karen Gillum-Green	34.36 (1)
W65	Lynne Mackay	37.36 (1)
	Joy Baker	41.10 (2)
M50	Stephen Foreman	33.04 (1)
M70	Des Phillips	33.94 (1)

400m

W65	Joy Baker	1.35.50 (1)
M70	Des Phillips	1.16.15 (1)
	Brian Warren	1.25.41 (2)

800m

W65	Joy Baker	3.26.50 (1)
M50	Stephen Foreman	2.20.01 (1)
M70	Brian Warren	2.58.58 (1)

TET Athletics Taranaki Track & Field Champs 16 February 2019 - Inglewood

Entries were modest for this year's championships. Joy Baker and Des Phillips carried on their tradition of a fulsome programme - and with good results. The weather was hot which had the most impact on the walkers who had the longest race of the proceedings.

Vicky Adams continues her progress back to fitness by competing 'B' grade in the walk, along with a set of throws events. The strongest master's group competition came in the W65 grade with Vicky, Joy and Lynne Mackay going toe to toe. Brian Warren, who has just moved into the M70 grade, went head to head with Des Phillips in a number of events. Brian smashed the 1500m record. Alan Jones took a rest this year for medical reasons. Peter Schaeff (M80) and Alex Fahey (M90) broke new ground in their age groups and provided continued inspiration to keep on doing what we do while we can still can.

Long Jump

W65	Joy Baker	3.01m (1)
M70	Des Phillips	3.70m (1)
M80	Peter Schaeff	2.08m (1)

High Jump

M45	Craig Marriott	1.48m (1)
M70	Des Phillips	1.25m (1)

Triple Jump

W40	Rachel Gilberd	6.76m (1)
W65	Joy Baker	6.51m (1)
M70	Des Phillips	7.04m (1)

Javelin

W40	Rachel Gilberd	13.30m (1)
W45	Sandra Morratti	15.79m (1)
W65	Joy Baker	12.78m (1)
	Vicky Adams	11.72m (2)
	Lynne Mackay	10.85m (3)

Shot Put

W40	Rachel Gilberd	6.60m (1)
W45	Sandra Morratti	6.76m (1)
W65	Vicky Adams	5.57m (1)
	Joy Baker	5.54m (2)
	Lynne Mackay	4.18m (3)
M45	Craig Marriott	9.88m (1)
M90	Alex Fahey	3.40m (1)

1500m

W65	Joy Baker	7.26.68 (1)
M70	Brian Warren	6.08.18 (1)
	Des Phillips	6.54.50 (2)

3000m Walk

W40	Rachel Gilberd	18.05.99 (1)
	Vicky Jones	22.49.58 (2)

B Grade

W65	Vicky Adams	23.36.66 (1)
M80	Peter Schaeff	27.53.77 (1)

100m Hurdles

M70	Des Phillips	18.07 (1)
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Discus

W40	Rachel Gilberd	17.96m (1)
W45	Sandra Morratti	11.71m (1)
W65	Vicky Adams	14.06m (1)
	Joy Baker	11.76m (2)
M45	Craig Marriott	24.19m (1)
M90	Alex Fahey	7.12m (1)

Championship events held on Egmont Athletics Club nights
10,000m (18 Dec)

W65	Joy Baker	53.36.15 (1)
M35	J P Heather	37.70.04 (1)
M40	Mike O'Sullivan	36.12.71 (1)
	Olly Vincent	36.38.14 (2)
M65	Brian Warren	45.47.66 (1)
	Tony Green	46.17.64 (2)
M70	Des Phillips	55.11.89 (1)

Pole Vault (12 Feb)

M70	Des Phillips	1.62m (1)
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Weight Throw (12 Feb)

W65	Joy Baker	7.80m (1)
	Vicky Adams	7.55m (2)
	Lynne Mackay	6.86m (3)
M70	Des Phillips	9.35m (1)
	John Payne	8.99m (2)
M80	Peter Schaeff	5.97m (1)
M90	Alex Fahey	5.62m (1)r

Long Hurdles (300m) (18 Dec)

M70	Des Phillips	1.07.18 (1)
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2000m Steeplechase (22 Jan)

M70	Des Phillips	9.57.44 (1)
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5000m Walk (5 Feb)

W40	Vicky Jones	38.45.51 (1)
M65	Eric Kemsley	30.00.28 (1)r

B Grade

W65	Joy Baker	43.03.65 (1)
M70	Alan Jones	33.28.45 (1)r
	Des Phillips	35.22.30 (2)
M80	Peter Schaeff	44.42.94 (1)r

3000m (19 Feb)

W65	Joy Baker	14.37.98 (1)
M35	J P Heather	9.56.60 (1)
M70	Brian Warren	12.21.01 (1)
	Des Phillips	14.13.13 (2)
	Alan Jones	15.48.09 (3)

NZ Masters Track & Field Champs
1-3 March 2019 - Timaru

Only one master ended up flying the flag for Taranaki at this year's championships. Des Phillips would have also been there but extenuating circumstances prevented him from attending. That left Brian Warren who entered the 3000m, 5000m, 1500m, 400m and 800m - a blistering programme! Competition was fierce in his M70 grade, but he rose to the challenge blitzing his fellow competitors.

As the season winds up and the weather turns, our focus will soon shift once more to cross country and the rain and mud. As they say a change is as good as a holiday!



Brian Warren (TAR) and Margaret Flanagan (CAN) in Timaru

Tasman

by Derek Shaw

The 12 person Tasman Masters team had a successful weekend at the NZ Masters Athletics annual track and field championships held in Timaru 1-3 March 2019. Collectively they won a total of 45 medals – 22 gold, 14 silver and 9 bronze.

The most successful athlete was the former NZ decathlon champion Dave Hansen (M40) with 6 golds and 2 silvers from his eight events. He began his busy schedule with a good win in his long jump (5.64m) and was the only person to exceed 5m. An hour later he won his shot put (11.46m) closely followed with an impressive 400m in 54.23s, the fastest 400m of the weekend and more than 7s ahead of second place in his age group. On the Saturday morning he won his high jump (1.50m), followed by another gold in the discus (34.73m), and then in the afternoon he was second in his 100m (12.51). On the Sunday morning he won his 6th gold in the pentathlon (3147 pts) including his second silver in the 200m (24.60), 0.06 behind the winner.

Murray Hart (M60) also had a busy weekend and again added long jump and javelin to his more usual track events. He medalled in all eight events beginning on the Friday with a silver in his long jump (3.86m). This was followed by another close 400m race with fellow Tasman athlete Steve Low in which he repeated his narrow win in the North Island champs with a slightly stronger finish to record 1:04.65, with Steve claiming the silver in 1:05.07. A short time later he won bronze in the 3000m (11:48.68).

On the Saturday morning Murray had a close race with Michelle van Looy, the only women in the 2000m steeplechase, and like a true gentleman finished just behind her to claim the gold in his age group (8:45.53). Later in the morning he won silver in the javelin (19.55m) and in the afternoon claimed another silver with a well judged race in the 1500m (5:15.20) to head off Tony Price by 0.5s and reverse their order in the 3000m. On the Sunday he won his fourth silver in the 200m (30.08) and second gold in the 800m (2:35.02).

In her impressive debut at the champs Carey Dickason (W65) demonstrated her versatility in winning her 5000m (26:02.44) and pentathlon (1735 pts), and being 2nd in the 1500m (7:29.48), 3000m (17:47.18), long jump (2.26m), triple jump (5.56m) and hammer throw (17.82m) to make it 2 gold and 5 silver medals.

Tim Cross (M55) won 3 gold medals in his 5 year age group with good runs in the 1500m (5:08.78), 3000m (11:31.45) and 5000m (20:47.74) and was 3rd in the 800m (2:38.13). After a 5 year absence, sprinter Mark Smith (M60) made a return to the

track in the 60m but unfortunately pulled up short of the finish line with a leg injury and was forced to withdraw from his other races.

In another impressive debut at the champs Claire McKenzie (W60) comfortably won both her race walks with personal best performances over both distances – 3000m (20:57.28) and 5000m (35:28.61). Fellow debutant John Rawcliffe (M60) despite a niggling back that limited his field events won his pentathlon (2677 pts) and was 3rd in both the 60m (8.69s) and 100m (14.12s).

In addition to four Tasman athletes in the M60 age group, there were another four in the M65 age group, which resulted in some intriguing contests. In the M65 3000m it was an all Tasman affair with Ian Carter setting the pace and establishing a handy lead over Derek Shaw and Barry Dewar not far behind. As the race progressed Barry drifted back and Derek tried to reduce the gap to Ian. However despite his best endeavours Ian claimed the gold in 11:58.07, comfortably breaking Derek's championship record set in Whangarei, with Derek a further 6.43s back and Barry third in 12:30.67.

A foot injury unfortunately forced Ian to withdraw from his other events (1500m, 5000m and 800m). Barry also withdrew from the 1500, leaving Dave Riddell and Derek as the Tasman reps to see if they could challenge Canterbury's Rodger Ward. However Rodger quickly established a comfortable lead over Derek who was closely tracked by Dave. This order was maintained until the last 25m when Dave's superior sprinting kicked in and he passed Derek to claim the silver in 5:36.11 with Derek 1.18s further back. In the M65 5000m it was another Tasman contest this time between Barry and Derek. Barry stuck with pacemaker Lucy van Looy with Derek a few metres back for the first 8 laps and then surged to establish an unassailable lead to claim the gold in 20:48.57 with Derek recording 21:00.31.

Dave had good wins in both his 100m (14.59) and 200m (30.56) and was second in his 400m (1:07.24) and third in the 800m (2:42.02) to cap off a successful champs. Barry was 3rd in his triple jump (6.45m), 4th in high jump (1.10m) and 6th in discus (21.64m). Derek safely completed the 2000m steeplechase (9:22.32) to claim his 6th gold in this event over the last 7 years.

In the fun 4x100m relay that closed the championships the Tasman team of John Rawcliffe, Murray Hart, Dave Riddell and Dave Hansen claimed 2nd place behind the fast Auckland team of generally much younger and specialist sprinters.

Canterbury

by Andrew Stark



Fiona Morrison (middle) in the 100m



Max Wood receiving his award from CMA President, Andrew Stark



Nick Bolton in the 110m hurdles

PHOTOS: Andrew Stark

As I look back on the 2018 – 2019 season, it hard to image that for seven years we were without an all-weather track. The new Nga Puna Wai venue already feels like home.

As time marches on, several of the 'regular' attendees have stopped competing for a variety of reasons. Interestingly, many of athletes my age who have stopped competing on the track since 2011, have not returned, yet still compete in cross country and road events. Some have made 'guest' appearances early in the season to have a go on the new track, but it would have been great if they raced more regularly.

What has been interesting to see is the way our youngest master's athlete has embraced being a 'masters' athlete. Often those who have just turned 30, think they are not ready to be thought of as 'old', as the name masters implies.

Fiona Morrison (W30) turned 30 this season and has competed regularly all season, including at several of the Classic Meetings and the Athletic NZ Championships. She has broken the CMA & NZMA 60m record three times (7.90, 7.85 & 7.76), the 100m hurdles record twice (14.09 & 13.74) and the long jump record on one occasion (5.51m). She has had a long running battle with Rochelle Coster (Auckland), who also just turned 30. Rochelle has recently broken Fiona's 100m hurdles (13.72) and long jump (5.74m) records. I am sure this battle will continue.

Our second most successful athlete this season has been Nick Bolton (M45). Nick has competed regularly for the past 25+ years and I simply don't know how he does it! His specialty event is 110m hurdles. One two occasions he has broken the CMA & NZMA record with times of 16.41 & 16.02. Given Nick has only had limited opportunities to compete over hurdles in the past seven years, it would have been interesting to see

how much faster he could have gone if we had had a proper track. Mind you, he does suffer a few injuries and hurdling is a challenge, so maybe it's been a help rather than a hinderance.

Our oldest competitor this year has been Max Wood (M85), who turned 86 in March. He has raced sparingly to ensure he 'survived'. Early in the season he broke the CMA & NZMA 60m record (11.56) and again at the NZMA Championships he set a new CMA & NZMA record (11.55). He also set CMA records in the 100m (19.05) & 200m (43.03) and a NZMA Championship record in the 100m (19.27).

Part way through the season, we introduced a Masters Athlete of the Week award, sponsorship by Muscle People Physiotherapy. I would like to acknowledge and thank them for their sponsorship.

With the MoU now firmly in place, there are more Athletics NZ club athletes making an appearance on the track. We had 65 masters aged athletes compete throughout this season, which is up on the 55 last year. Given there were almost 20 athletes who competed in the 2017 – 2018 season not there, that is an increased in participation number by about 50%.

The challenge for Athletics Canterbury and Canterbury Masters going forward is to encourage more community participation at Nga Puna Wai. There are six retirement villages close to the venue. What we are looking at doing to creating community fitness programmes, to encourage this group to take up the sport and often mid-week events they can attend.

Finally, CMA organised the NZMA Track & Field Championships in Timaru. The feedback I have had is that it was a well-run event. Thank you to all those who contributed in helping make that possible.

Southland

by Dwight Grieve

Whew, just home from National champs, great weekend in Timaru with sun and fun. Track and field season done and dusted already - seems to have flown by!

Southland Track and Field Champs

Again for what ever reason the Southland champs had a low turnout, really sad as the officials put so much effort in. As a positive there is a real change with Queenstown now having a fast growing club, under Neville Britton they seem to be thriving and have a great team culture, looking forwards this may have some positive effects Southland wide. They also are FAST!

I am not sure who "upstairs" we have upset but the story of the weekend was wind. For some reason this season has been plagued with average conditions. Masters wise we turned up to put some pressure on the younger competitors. Linda Te Au entered many events and showed great support to the organisers. She was also joined by Debbie Telfer in a couple of races. Tracy Excell tackled the 100m coming in second overall in an impressive 13.12.



Lester Laughton in the M65 hammer throw at Timaru

Craig Iverson again entered a number of events and showed steady improvement since joining the sport. He also dragged along mate Andrew Horton for a race or two. Dwight Grieve also fronted up for the 5000m and played wind break for a couple of Queenstown's crew, going down by 0.2s in an exciting finish.

Queenstown/Fiordland/Gore Track and Field

For the first time for many years Queenstown and Fiordland hosted track and field events. The first words are "simply stunning" as you stand at the grounds and the scenery is breath taking. The two events had contrasting weather as well.

Fiordland had a real Fiordland rain day, but it didn't hold anyone back with a good turnout and everyone simply got stuck into it. It was old school grass track fun, every step in the runs had water splashing everywhere, with the end of the home straight nearly ankle deep in lane 8. But instead of it being a negative it was a positive as everyone just laughed and did it. A crew from Dunedin and even David O'Sullivan come all the way from Wanaka. At the end we had an extra event in the programme of the grass water slide on the home straight - run hard and throw yourself along the grass/water. Officially Dwight Grieve has the title and new grass slide record of over 11m.

The Queenstown event had stunning weather and some top performances. The masters had Tracy Excell and Lee Grieve in the sprints, while Dwight Grieve and David O'Sullivan took on the distance fun. The feature event was a mile race with a solid field, top NZ senior Daniel Balchin arrived for a hit out pre the NZ 10,000m champs, Wow a stunning 4.17 on grass for the win, then a nice run by a junior from Wanaka before a real fight for 3rd, one of the fastest and most competitive open races down here for a long time.

Gore hosted the Southland 3000m champs as part of their yearly Presidents Shield event, another grass track race. A small but highly competitive field took part. Debbie Telfer claimed first master's women and second female overall. The men's field was the best for a Southland champs for many a year - St Pauls Buddy Small was joined by Dwight Grieve, Craig Iverson and Andrew Horton for the masters while Queenstown attacked with a good crew. The racing was very tactical with a bunch of 4 taking the front and a second bunch chasing hard, the last two laps were blown wide open by a great surge by Buddy and Queenstown senior Raitis Kraslovskis. Buddy took the win by 6s from Raitis, 3s further back. Dwight took master's honours taking the Lance Smith Masters Trophy off last year's winner Craig Iverson.

The three events were fun and had the relaxed atmosphere that grass tracks seem to have. Look ahead to next year as all three are likely to be on again. Honestly have a go at one of these grass meets - they are a fun family day out.



2019 3000m champs - Lance Smith trophy
(L) Craig Iverson, (R) Dwight Grieve



L to R - Craig Iverson, Dwight Grieve and
Allan Staite (CAN)



Southland's Lester Laughton on left

Kepler Challenge

Te Anau's Kepler Challenge is an iconic "must do" for distance runners in the south. It has been around for a long time and holds its status as one of the top trail events in the country.

This year the masters race was a classic. Canterbury's Tim Wright has been in great form with a 2nd in the NZ Trail Champs in October and was looking for the title here. Local Dwight Grieve was in for his 9th Kepler and looking for a new PB. Dwight and Tim were close on the climb and Tim moved out into a lead on the descent into Iris Burn. This is the half way mark in the 62km event but as anyone who has done the event tells you, it really is the start of the race as the first half is about surviving while staying consistent.

As the back half unfolded Tim remained narrowly ahead of Dwight as each aid station was passed and with 10km to go the lead was less than 2 minutes. Dwight's local knowledge took over and dragged in Tim with about 7km to go and proceeded to get far enough ahead to get out of his sight. In this race when you are really tired it is important to not just pass people but also make sure they can't see you, as it tends to break the spirit. In the end a great result for both, Dwight home 5th overall, while Tim was 8th, 3rd masters male was Australian Granantan Boyle. Guy Bonner was 4th home and also broke the 6 hour mark.

For the women, Racheal Tucker of Australia was first master home, going sub 7 hours, then Britt Caling, also from Australia, with Lisa Brignall 3rd. All three home less than 10 minutes apart. Over 62km that's brutal.

NZ Masters Championships – Timaru

I mentioned earlier the sun and fun of Timaru, the weather was stunning and was matched by the social aspect of the event as well. It really is amazing when you turn up to these events how you end up catching up with so many great people and can end up yarning forever. So many long term friendships are made at these events - athletes are just simply positive people.

Southland had 12 present to have a crack and I know many have spent the whole season building for the weekend. It is hard to pick a couple of standouts, but for the runners Tracy Excell was in great form taking out the 60m, 100m and 200m in great times despite an ankle injury that has been holding her back.

For the throwers Lester Laughton has continued his good form. Lester has been travelling all over the place competing and flying the Southland flag, as well he has also been helping many others at trainings in Fiordland. Lester took home 2 golds, a silver and a bronze. It all culminated in a tight last day with the weights pentathlon. The competition was as close as you could get with Tuariki Delamere taking the gold from Lester by one solitary point - WOW!

All the Southland team took home medals - Glyness Jones had a pile of silver and bronze, while regulars Barry Smith, Warren Green, Kylea Gough, Lee and Dwight Grieve, Craig Iverson, Debbie Telfer, Bruce Thomson and the Sandfly all made appearances. Grant Excell also made his Nationals debut, relieving former high jump glory with a nice 1.50m jump to claim silver. Southland's medal total was 34 - 12 gold, 10 silver and 12 bronze.

Yet again many thanks to team Canterbury, Andrew Stark and the many officials for the many hours effort it takes to organise and run such champs.

Looking ahead

As the days get shorter, the focus starts on the winter harriers. Even the throwers shouldn't sit back with their feet in front of the fire. Keep up the social aspect of our sport and turn up at the harrier events, not only is it fun and social but come spring you will have a huge base fitness to call upon. You don't even have to run, turn up and walk, jog, talk and laugh at those hurting themselves going fast.

Way out, Invercargill have the South Island Masters Champs again in November - pencil it in. Thanks again for the fun weekend in Timaru and see you all soon.



Derek Shaw (TAS), Barry Dewar (TAS), Michelle van Looy (WGN) in the 5000m at the NZMA Championships

PHOTO: John Campbell

COMING EVENTS

2019

26-29 April	Australian Masters T&F Championships	Melbourne, Australia
4 May	Rotorua Marathon	Rotorua
5 May	NZ 100km Championships	Christchurch
2 June	NZ Marathon Championships	Christchurch
6-7 July	Australian Masters Marathon Championships	Gold Coast, Australia
4 August	NZ Cross Country Championships	Wellington
10-11 August	British Masters Outdoor Championships	Birmingham, England
31 August - 7 September	Oceania Masters Athletics Championships	Mackay, Australia
5-15 September	European Masters Championships	Jessolo, Italy
1 September	NZ Half Marathon Championships	Dunedin
15 September	NZ Road Championships	Auckland
27-29 September	World Masters Mountain Running Championships	Gagliano Del Capo, Italy
28 September	NZ 24 Hour Championships	Auckland
5 October	NZ Road Relay Championships	Feilding

9 November	NZ 10000m Championships	Wellington (TBC)
13 October	NZ Trail Running Championships	Christchurch
15-17 November	South Island Masters T&F Championships	Invercargill
29 Nov - 1Dec	North Island Masters T&F Championships	Hamilton

2020

Feb/March (tba)	NZ Masters Athletics T&F Championships	Hastings
30 July - 1 August	WMA Stadia Championships	Toronto, Canada

2021

17 - 23 January	Oceania Masters Athletics Championships	Norfolk Island
6-12 April	WMA Indoor Championships	Edmonton, Canada

2022

17-17 August	WMA Stadia Championships	Gothenburg, Sweden
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