

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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- > South Island Masters Championships
- > NZ Road Relay Championships





The Javelin (W40+) women competitors at the North Island Championships in Wellington

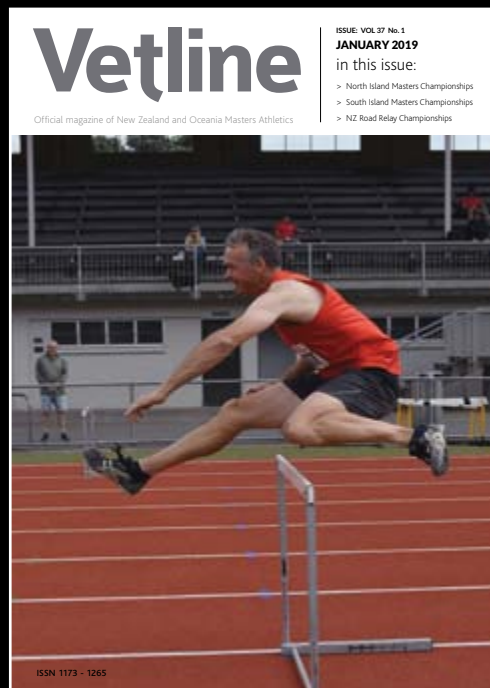
PHOTO: Sharon Wray



Track Pentathlon men Warren Green, David Anstiss, Stephen Te Whaiti, John Rawcliffe and Mark Wyndham-Jones

PHOTO: Sharon Wray

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



Cover Photo

David Hansen M40 110m hurdles at the North Island Championships
Photo - Sharon Wray

Inside Back Cover

Emily Scanlan in the women's Throws Pentathlon Javelin at the North Island Championships
Photo - Sharon Wray

Back Cover

Dale McMillan 100m Track Pentathlon at the North Island Championships
Photo - Sharon Wray



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Brayden Grant (M30 - 3003) just tips Mark Lambert (1st M45 - 4507) at the finish line of the 100m

PHOTO: Sharon Wray

President's Report

by ANDREW STARK - NZMA President



Welcome to the New Year. Since my last report, both the Island track & field championships have been held. Thank you to the Southland and Wellington centres for hosting these two events. Both events were mainly master's only events. Given the SI event was so far south, we expected fewer entries from Tasman masters and this was the case. However, some Tasman athletes went to the NI event, which helped boost the attendance to the highest number this century, with 140 entries. There still seemed to be a lot of 'down time' between track events, so I would suggest that more effort is made to incorporate local interclub events within our programme, such as has been done in Canterbury when hosting the South Island event there. Inviting local secondary school athletes would be advantageous as our events are one and two weeks out from their main championship for the year. As well as showing them that you are never too old to compete, we could use their help moving gear around. Something to think about for next season.

We have prepared a paper about the structure of Board elections which has been distributed to all centres via your secretaries and is on the NZMA website (NZMA e-News section). This will be discussed at the AGM, but if you are unable to attend the AGM, you are welcome to offer your feedback directly to me via e-mail.

If the new election format is to be adopted, it will require updating our Constitution. It is also time to review and update our Handbook, and we are still working on the next challenge which is to identify key roles and create job descriptions for these roles. All of this is part of the succession planning required to ensure that when members of the current Board step down, it is easier for new Board members to take our place.

If you have any further ideas as to how we can improve how we operate and what we can offer our members, please let me know.

Finally, I look forward to seeing many of you in Timaru.

Vetline

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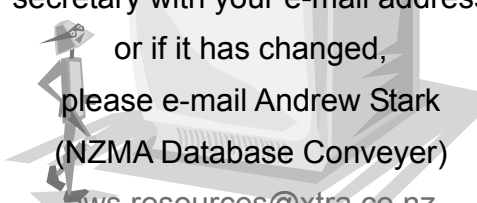
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North Island Masters Track and Field Championships

by Michael Wray

For the first time since 2011, Wellington played host to the North Island Masters Track and Field Championships on 23-25 November 2018. It was the fifth North Islands to be hosted by Wellington and the fourth held at Newtown Park.

We had estimated, based on averaging the recent years, that a sensible expectation would be 110 to 120 entrants. It was pleasing then to see our organisational efforts rewarded with more entries than the previous four championships in Wellington, just a handful more than our previous best in 1987. We had 140 entrants, the second highest North Island Masters turnout this century and the largest since Whakatane had 157 in 2006. Of our 140 entrants, 12 came from the South Island (we had every NZ centre except Otago represented) and one from the UK. The membership split for the 139 Kiwis was 93 ANZ and 46 NZMA-only. As you would expect, Wellington had the most entrants with 63. Wellington Scottish contributed the most with 22 members.

What really surprised us was how many events entrants selected. It meant trying to adapt the standard schedule to accommodate an aggregate 550 starts, as opposed to the average of 390 from the last few years. One athlete entered 14 events!

The real challenge was to work around the availability of officials. Peter Maunder corralled the officials for the Friday while Jim McIlroy, who had given us a scare a week out when he let us know he had become unavailable, agreed on the Tuesday before the event to take charge for Saturday and Sunday after all. We were grateful for the athletes pitching in with assisting the officials as required.

Our thanks go to our event sponsors (Wellington City Council, Armstrong Downes Commercial, The Agency Group and Men in White), partners Te Aro Physio and The Coffee Guy, as well as the Shoe Clinic and Lifestyle Sports. The latter donated the 20 spot prizes with which we were able to surprise randomly selected athletes when they collected race packs.

I discovered that being the primary organiser made competing very difficult, especially when I had to start several races without the benefit of a warm up. However, it was worth it when the feedback we've had has been overwhelmingly positive. There are a couple of scheduling matters we've noted for improvement for next time but overall we're pleased with how the weekend went.

We over-catered for the officials so invited the athletes to help us polish off the extra food at the end of each day, particularly on the Sunday - no doubt the women's throw pentathlon will think kindly of us after we compensated them for being the last event to finish with a surprise afternoon tea!

The weather was mostly good. As is usual for Wellington, the wind got up at times but it was never too strong and despite gloomy forecasts from the Met Service, the only time it rained during competition was Saturday afternoon.

We started the event with four field events on the Friday. The younger men went to the long jump pit. The most impressive performance came from M55 Gary Rawson with a 72.58% rating from a 4.95m jump. M50 Richard Takurua was the one to beat in the hammer throw, where Laini Inivale improved with each legal throw but couldn't match Richard. The older men were busy with the shot put, where M60 James Thomas went furthest and scored the highest age-grade. The M65 shot put was dominated by guests Mark Wyndham-Jones (GBR) and Lester Laughton (Southland). A large group of women throwers were taking on the javelin, where W65 Gillian Evans edged out W35 Kullike Puks, W70 Barbara Austin and W75 Justine Whitaker for the best percentage.

Mark Lett arrived on crutches, while Ron Johnson did not arrive at all, leaving only a couple of pole vaulters. M70 David Anstiss cleared his first two heights with just one failure, to set-up three attempts at the championship record, which he was unable to claim. W50 Delwyn Smith cleared her first three attempts without any issues and claimed the championship record.

The first track event was the 3000m walk. Both 70 championship records fell, with Jackie Wilson taking the women's and Peter Baillie the men's plaudits. M45 Sean Lake was first overall. In the 400m finals, Auckland's Meghann Stewart set a new championship record in the W50 grade.

A large field lined up in the 3000m run, including Wellington Mayor Justin Lester. Nick Horspool, who recently set the NZ M35 records for the marathon, 10km and 10000m, was targeting the national record. As it happened, Nick was not on form this day and he instead had to settle for only setting a new championship record. M40 Levente Timar and M80 Dave Eastmond were others that improved on the championship records. Levente was first overall, while W45 Michelle Van Looy was first woman but the races to watch were the battles for second place in both the M35 and M40 grades. Alasdair Saunders claimed second M35 by just 1.25 seconds over Andrew Ford and in the M40s Andrew Wharton took second place ahead of Stephen Day by just 0.36 seconds.

Day one concluded with more throws and the older triple jump. For the triple jump, Frances Bayler held off Jill Sherburn and David Anstiss dominated for the men. Tania Hodges saved her best weight throw for last, breaking the W50 championship record with her sixth attempt. At the other end of the stadium, Peter Tearle was setting a new championship record for the M90 hammer throw.



Laurie Malcolmson takes Mark Windham-Jones from Wales in the M65-74 100m

Day two produced some fine results. In the morning, the high jumpers set the tone. It took Mark Tinkle until his third attempt at the height, but his successful clearance of 1.80m established a new NZ M30 record. Jacob Potgeiter also contributed the M35 championship record. The older men responded in the afternoon with David Anstiss improving the M70 record and Jim Blair equalling his own M85 record. Brian Curry scored the best age percentage (80.00%) and after struggling to get past 1.55m and 1.60m, he decided to skip to 1.65m in an attempt to better his own record but couldn't quite make it.

We didn't get any more championship records from the field for the Saturday but Peter Crawford produced the best discus performance; the M70 scored 60.71%. M55 Stephen Te Whaiti, who had a busy weekend, was the top performer in the javelin (53.85%) while Laini Inivale did the same for the weight throw (59.89%). The women were at the shot put, where Barbara Austin's 64.89% was the standout, a little ahead of Justine Whitaker and Tania Hodges. In the women's discus, the honours went to Justine Whitaker who scored just 0.49% more than Annette Parlane. Justine also claimed the hammer throw stats with 58.85%, while Barbara Austin (56.81%) and Tania Hodges (56.02%) were also in the mix.

Anyone with an eye for coincidences might be amused to note that Kullike Puk's best discus throw was 29.61m, the exact same distance as her best javelin effort the day before. (I must admit when I compiled the results I thought this was an error and had to go back to the original field recording sheets to check!)

The women's long jump was held up when Tasman athlete Kirsty Richmond suffered an awful injury. Kirsty, fresh from completing the shot put and discus, was warming up and yet to take her first jump when she ruptured her Achilles tendon. Kirsty was in a lot of pain and our ambulance crew, assisted by local athlete and nurse Sean Lake, took her to the hospital. We can only wish Kirsty a swift and successful recovery.

Saturday's track action started with the steeplechase. Michael Wray for the men and Michelle Van Looy for the women scored



Kirsty Richmond 1.35m High Jump

the highest percentages but M35 Mat Rogers and M80 Dave Eastmond were able to boast new championship records. Lyn Clark also improved her own Wellington W50 record, albeit by just 0.41 seconds.

The 60m sprints experienced swirling winds, fortunately not too strong as the extremes were -1.2 and +1.2. M30 Brayden Grant produced the fastest absolute time. Mark Lambert (M45) scored 91.14% on his way to a new championship record. Stephen Te Whaiti (M55) ran 7.89 for 93.16%. Granted that the 60m is an event whose age grade percentages are relatively soft in comparison to other events, as a result of the event only being properly established in the last 10 years, but Stephen's performance stood out as a NZ M55 Record. For the women, Petra Stoeveken took out the W50 championship record.

After lunch, the 100m sprints took place with more or less the same line-ups as the 60m. Mark and Stephen added the 100m championship records to complement their earlier achievements from the 60m. Stephen's 90.14% is arguably more impressive than his earlier 93.16%. Petra was denied the double championship record achievement by finishing just 0.08 seconds shy of the W50 100m record, no doubt partly attributable to the -0.9 head wind. M30 Brayden Grant was once again the fastest and this time he was rewarded with the M30 championship record.

As the rain settled in for a period, our middle distance runners took back the track. W50 Meghann Stewart outkicked W45 Andrea Harris to be first across the line, collecting the championship record on the way. In the men's race, Mathew Rogers pulled away from fellow M35 Andrew Ford to be fastest but M50 Andrew Davenport claimed the best age grade.

The last championship event of day two was the long hurdles. In the M70 300m hurdles, David Anstiss and Des Phillips put on an exciting show. It looked like David's hurdling had secured him the win but a late charge by Des to the line meant we had



Andrew Wharton (1st M40) leads Mathew Rogers (1st M35) (Andrew Ford obscured) and Alisdair Sauders (3rd M35) in the M30-54 1500m

to wait for the photo finish to determine the win; David had held on for the win by 0.42 seconds. Stephen Te Whaiti ran the 400m hurdles and added yet another championship record to his haul – Stephen seems to be loving the new age group!

In the final action of day two, the 4x100m relay took place. As this is not a championship event, there was no real pressure and the disqualification (for one runner starting outside of the allowed zone before receiving the baton) of the only team to enter caused a bit of mirth on the sidelines.

Sunday morning began with the 5000m track walk. As a fairly recent addition to the North Island event programme, there were attainable records to be had. Five of our walkers took advantage, either populating a vacant spot or beating an old mark; Arlene Wong-Tung (W45), Terri Grimmett (W60), Joe Antcliff (M50), Clive McGovern (M65) and Peter Baillie (M70) all set championship records.

In the 5000m run, Simon Keller (M45) started fast and despite slowing considerably for the final two kilometres, finished first. Michael Wray (M50) crossed the line in second place a few seconds behind to score the highest percentage in the race.

Brayden Grant and Mark Lambert set new championship records again, this time in the 200m, as they contested a close race between themselves. In the 800m, Meghann Stewart ran away from Andrea Harris to finish strongly. Meghann missed improving her own championship record by 0.51 seconds. Andrew Davenport produced the best 800m percentage, while Brayden Grant ran the fastest time after sitting with the pack for a lap then kicking on. Dave Eastmond ran the slowest time but that was only because he's an M80 with the next oldest



James Thomas was first in M60 javelin with 34.14m

competitor a couple of grades younger. Dave's time was good enough for a new championship record.

The remainder of the Sunday was made up of the two pentathlon events. In the throws pentathlon, M90 Peter Tearle produced a championship record, as did M60 James Thomas. W35 Vanessa Pendergrast and W55 Tina Ryan were also record breakers.

Dale McMillan became the only woman to contest the track pentathlon. Despite the lack of competition, Dale still produced a W50 championship record.

In the men's track pentathlon there were three notable performances. The first was a M55 NZ and championship record from, as eager readers will no doubt have guessed, Stephen Te Whaiti. Tasman's John Rawcliffe, ineligible for a North Island championship record as a guest athlete from the South Island consoled himself by instead taking the NZ M60 Record.

The other notable pentathlon performance was from our British Masters guest, the Welshman Mark Wyndham-Jones. Mark entered both the track and the throws pentathlon and somehow managed to run between events to be able to complete the events, though he did produce a DNF in the 1500m when he declared he was too tired to finish. This cost him the first place in his age group, allowing Southland's Warren Green 455 points in the 1500m to overtake Mark by 147 points in the final M65 standings. I don't think I've seen someone juggle two pentathlons simultaneously – perhaps next year we should just combine the two and call it a Welsh Decathlon!

PHOTOS: Sharon Wray

PHOTOS: Sharon Wray



The team of officials set to measuring the high jump - Bev Hodge, Jim McIlroy and Graham Gould



Tina Ryan 1st W55 Javelin



Dave Eastmond 1st M80 in the 3000m



David Anstiss M70 Pole Vault



Sean Lake -1st overall 3000m walk



Meghann Stewart leads Michelle van Looy in the 1500m



Jenny Mason leads Francis Bayler, Judy Hammond and Jill Sherburn in the W60+ 100m

Pentathlon

W50 McMillan, Dale	W51	MNW	2309
M55 Te Whaiti, Stephen	M55	WBP	3262
M60 Rawcliffe, John	M60	TAS	2584
M65 Green, Warren Wyndham-Jones, Mark	M66 M68	STH INTL	2589 2442
M70 Anstiss, David	M73	AKL	2408

100m

W35 Puks, Küllike	W38	WGN	16.66
W40 Story, Vanessa	W44	MNW	14.08
W50 Stoeveken, Petra Campbell, Deidre	W52 W54	WGN AKL	14.26 16.24
W55 Bentley, Liz	W57	WGN	17.06
W65 Mason, Jenny	W66	WGN	17.30
W70 Su, Sue	W73	WBP	20.85
W75 Bayler, Frances Sherburn, Jill	W78 W78	NW WBP	20.49 22.16
W80 Hammond, Judy	W81	WGN	21.27
M30 Grant, Brayden	M33	MNW	11.55
M40 Hansen, David	M41	TAS	12.65
M45 Lambert, Mark	M45	AKL	11.81
M50 Roberts, Chris Macfarlane, Mark	M52 M54	WGN WGN	13.57 13.83
M55 Te Whaiti, Stephen Rawson, Gary Curry, Brian	M55 M59 M57	WBP WGN MNW	12.48 13.26 14.14
M60 O'Leary, Dennis Rawcliffe, John Cameron, Gordon Thomas, James	M63 M60 M62 M60	HBG TAS WGN AKL	13.75 13.84 14.72 14.96

M65 Malcolmson, Laurie Wyndham-Jones, Mark	M69 M68	MNW INTL	14.03 14.67
M70 Anstiss, David McBeth, Ross	M73 M72	AKL MNW	16.29 18.80
M75 Silvester, Alan	M77	WBP	18.57
M80 Hanson, Peter	M81	WGN	21.70

200m

W40 Story, Vanessa	W44	MNW	28.39
W45 Grigg, Raewyn	W49	MNW	37.50
W50 Stoeveken, Petra Campbell, Deidre Clark, Lyn	W52 W54 W53	WGN AKL WGN	29.54 32.93 33.09
M30 Grant, Brayden	M33	MNW	23.11
M45 Lambert, Mark	M45	AKL	23.90
M50 Davenport, Andrew Macfarlane, Mark Roberts, Chris	M51 M54 M52	MNW WGN WGN	27.40 28.10 28.77
M55 Curry, Brian	M57	MNW	27.74
M60 O'Leary, Dennis Hart, Murray Thomas, James	M63 M61 M60	HBG TAS AKL	28.51 30.47 31.06
M70 Phillips, Des McBeth, Ross	M70 M72	TAR MNW	34.42 39.87
M75 Silvester, Alan	M77	WBP	38.03

M80 Jones, Jim Hanson, Peter	M84 M81	WBP WGN	40.49 42.57
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3000m

W40 Humphries, Heidi-	W40	WGN	13:02.82
W45 Van Looy, Michelle	W47	WGN	12:01.12
W55 Uhlenberg, Judith	W59	AKL	16:42.27
M35 Horspool, Nick Saunders, Alasdair Ford, Andrew Lester, Justin	M36 M37 M38 M39	WGN WGN WGN WGN	8:59.86 9:40.02 9:41.27 11:54.35
M40 Timar, Levente Wharton, Andrew Day, Stephen Keller, Simon	M40 M43 M43 M44	WGN WGN WGN WGN	8:54.58 9:11.98 9:12.34 9:52.52
M45 Gordon, Darren Kerr, Andrew	M45 M46	WGN WGN	10:05.42 10:16.27
M50 Twiss, William Wray, Michael Wallis, Glen	M50 M51 M54	WGN WGN WGN	10:00.15 10:13.74 12:23.05
M60 Hart, Murray	M61	TAS	11:57.15
M65 Warren, Brian	M69	TAR	13:04.79
M70 van Veen, Albert	M72	WGN	17:06.35
M80 Eastmond, Dave	M80	NTH	17:43.97

3000m Race Walk

W35 Jones, Vicky	W39	TAR	22:42.68
W45 Wong-Tung, Arlene	W46	WGN	20:17.94
W60 Grimmett, Terri Large, Theresa	W60 W62	WGN WBP	19:56.84 20:04.72
W65 Rolston, Shirley	W69	CAN	21:31.79
W70 Wilson, Jacqueline	W72	WGN	18:46.68
W75 Jones, Daphne	W77	WGN	21:09.22
M45 Lake, Sean	M47	WGN	17:00.83
M50 Antcliff, Joseph McCrudden, Rob	M52 M53	WGN WGN	19:02.99 19:30.51
M60 Soper, Ron	M64	WGN	18:29.33
M65 McGovern, Clive	M68	WGN	17:33.14
M70 Baillie, Peter Iremonger, Geoff	M70 M72	WGN WGN	17:29.04 22:12.22

400m

W40 Story, Vanessa	W44	MNW	1:04.22
W50 Stewart, Meghann Stoeveken, Petra	W54 W52	AKL WGN	1:06.49 1:09.15
M40 Hansen, David	M41	TAS	54.47
M45 Russell, Cameron	M47	AKL	1:03.25
M50 Gerber, Ivor Macfarlane, Mark	M50 M54	AKL WGN	1:03.34 1:06.55
M60 Hart, Murray Low, Steve	M61 M62	TAS TAS	1:06.05 1:06.34
M70 Phillips, Des Anstiss, David	M70 M73	TAR AKL	1:15.37 1:17.95
M75 Silvester, Alan	M77	WBP	1:26.18
M80 Jones, Jim Eastmond, Dave	M84 M80	WBP NTH	1:29.37 1:32.73

1500m

W40 Humphries, Heidi- Morgan, Keryn	W40 W40	WGN WGN	6:00.78 7:12.02
W45 Harris, Andrea Van Looy, Michelle	W47 W47	WGN WGN	5:19.94 5:35.60
W50 Stewart, Meghann Murdoch, Brigitte	W54 W51	AKL WGN	5:17.00 6:34.02
W55 Willis, Helen Uhlenberg, Judith	W56 W59	WGN AKL	6:24.63 7:51.75
M35 Rogers, Mathew Ford, Andrew Saunders, Alasdair	M39 M38 M37	WGN WGN WGN	4:22.88 4:27.85 4:35.75
M40 Wharton, Andrew	M43	WGN	4:24.45
M45 Sexton, Andrew Gordon, Darren	M45 M45	AKL WGN	4:40.72 4:46.28
M50 Davenport, Andrew Twiss, William Wray, Michael Cargin, Mark Wallis, Glen	M51 M50 M51 M52 M54	MNW WGN WGN CAN WGN	4:39.18 4:42.77 4:52.54 5:03.27 5:45.04
M55 Fee, Kevin	M56	MNW	5:08.95
M60 Hart, Murray Price, Tony Clark, Marshall Thomas, Allan	M61 M62 M63 M62	TAS WGN WGN TAR	5:13.73 5:15.02 5:31.30 5:51.07
M65 Warren, Brian M70 Jones, Alan M80 Eastmond, Dave	M69 M73 M80	TAR TAR NTH	6:10.10 6:56.95 8:01.23

5000m

W55 Uhlenberg, Judith	W59	AKL	29:19.16
M30 Wong, Steffan	M30	WGN	19:28.08
M40 Keller, Simon	M44	WGN	17:11.59
M45 Kerr, Andrew Gordon, Darren	M46 M45	WGN WGN	17:43.75 17:53.83
M50 Wray, Michael Twiss, William Martin, Richard	M51 M50 M53	WGN WGN WGN	17:34.61 18:40.01 20:10.79
M55 Gray, Mark	M58	WBP	27:55.39
M60 Price, Tony Hart, Murray	M62 M61	WGN TAS	19:35.24 22:06.42
M65 Warren, Brian	M69	TAR	22:46.26
M70 Hayes, Brian van Veen, Albert	M71 M72	WGN WGN	21:34.19 29:24.71
M80 Eastmond, Dave	M80	NTH	30:54.78

5000m Race Walk

W35 Jones, Vicky	W39	TAR	39:29.03
W45 Wong-Tung, Arlene	W46	WGN	34:49.08
W60 Grimmett, Terri	W60	WGN	34:00.56
W70 Wilson, Jacqueline	W72	WGN	32:03.72
W75 Jones, Daphne M45 Lake, Sean	W77 M47	WGN WGN	36:19.24 30:09.51
M50 Antcliff, Joseph McCrudden, Rob	M52 M53	WGN WGN	33:07.87 36:51.70
M55 Jowett, Warren	M58	WGN	38:06.03
M60 Soper, Ron	M64	WGN	31:27.62
M65 McGovern, Clive	M68	WGN	30:51.23
M70 Baillie, Peter Iremonger, Geoff	M70 M72	WGN WGN	30:39.13 38:55.72

60m

W35 Pendergrast, Vanessa Puks, Küllike	W38 W38	MNW WGN	9.53 10.23
W40 Story, Vanessa	W44	MNW	8.79
W50 Stoeveken, Petra McMillan, Dale	W52 W51	WGN MNW	8.87 9.65
W55 Bentley, Liz	W57	WGN	10.32
W65 Mason, Jenny	W66	WGN	10.3
W70 Su, Sue	W73	WBP	12.12
W75 Bayler, Frances Sherburn, Jill	W78 W78	MNW WBP	11.84 12.63
W80 Hammond, Judy	W81	WGN	12.46
M30 Grant, Brayden	M33	MNW	7.50
M40 Singer, Lorne	M42	WGN	8.27
M45 Lambert, Mark	M45	AKL	7.56
M50 Roberts, Chris McPhail, Graham Macfarlane, Mark Stockill, Adrian	M52 M51 M54 M52	WGN WGN WGN WGN	8.39 8.40 8.67 8.91
M55 Te Whaiti, Stephen Rawson, Gary Curry, Brian	M55 M59 M57	WBP WGN MNW	7.89 8.17 8.87
M60 O'Leary, Dennis Rawcliffe, John Cameron, Gordon	M63 M60 M62	HBG TAS WGN	8.59 8.70 9.09

M65 Malcolmson, Laurie Wyndham-Jones, Mark	M69 M68	MNW INTL	8.75 8.79
M70 Anstiss, David McBeth, Ross	M73 M72	AKL MNW	10.13 11.44
M75 Silvester, Alan	M77	WBP	11.22
M80 Hanson, Peter Jones, Jim	M81 M84	WGN WBP	11.44 11.49

110m Hurdles

M40 Hansen, David	M41	TAS	18.91
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100m Hurdles

M55 Te Whaiti, Stephen	M55	WBP	17.76
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300m Hurdles

M70 Anstiss, David Phillips, Des	M73 M70	AKL TAR	1:00.55 1:00.97
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400m Hurdles

M55 Te Whaiti, Stephen	M55	WBP	1:09.43
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80m Hurdles

M70 Anstiss, David Phillips, Des	M73 M70	AKL TAR	16.39 20.39
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800m

W40 Morgan, Keryn	W40	WGN	3:34.45
W45 Harris, Andrea Van Looy, Michelle	W47 W47	WGN WGN	2:35.72 2:44.67
W50 Stewart, Meghann Murdoch, Brigitte	W54 W51	AKL WGN	2:31.31 3:09.70
W55 Bentley, Liz Willis, Helen	W57 W56	WGN WGN	3:01.01 3:05.93
M30 Grant, Brayden	M33	MNW	2:06.42
M35 Rogers, Mathew Saunders, Alasdair Ford, Andrew	M39 M37 M38	WGN WGN WGN	2:08.57 2:12.22 2:12.44

M40 Wharton, Andrew	M43	WGN	2:11.58
M45 Sexton, Andrew	M45	AKL	2:14.48
M50 Davenport, Andrew Cargin, Mark Wray, Michael Wallis, Glen	M51 M52 M51 M54	MNW CAN WGN WGN	2:12.43 2:21.61 2:29.55 2:47.81
M60 Hart, Murray Clark, Marshall Thomas, Allan	M61 M63 M62	TAS WGN TAR	2:32.94 2:36.69 2:42.31
M70 Jones, Alan	M73	TAR	3:26.61
M80 Eastmond, Dave	M80	NTH	3:48.28

2000m Steeplechase

W40 Humphries, Heidi-	W40	WGN	9:41.50
W45 Van Looy, Michelle	W47	WGN	8:40.46
W50 Clark, Lyn	W53	WGN	9:25.61
M70 Phillips, Des	M70	TAR	10:21.79
M80 Eastmond, Dave	M80	NTH	12:33.58

3000m Steeplechase

M35 Rogers, Mathew	M39	WGN	11:04.67
M50 Wray, Michael	M51	WGN	12:02.43
M55 Gray, Mark	M58	WBP	18:55.79

Throws Pentathlon

W35 Pendergrast, Vanessa Scanlan, Emily	W38 W37	MNW AKL	1643 1497
W40 Bitcheno, Michelle	W44	WBP	2076
W45 Leitu, Elisapeta Grigg, Raewyn	W46 W49	AKL MNW	2500 2417
W50 Hodges, Tania Fee, Jenny	W54 W53	WBP MNW	3116 2272
W55 Ryan, Tina	W55	AKL	2744
W65 Evans, Gillian	W69	MNW	660
W70 Austin, Barbara Parlane, Annette	W73 W71	NTH WBP	3486 3115
W75 Whitaker, Justine Sherburn, Jill	W77 W78	CAN WBP	3407 2639
M35 Potgieter, Jacob	M38	AKL	1485
M50 Inivale, Laini Stockill, Adrian	M51 M52	AKL WGN	3224 2762
M55 Free, Murray	M55	AKL	2658
M60 Thomas, James	M60	AKL	3273
M65 Laughton, Lester Wyndham-Jones, Mark Orman, Peter	M67 M68 M67	STH INTL WGN	2692 2673 2008
M70 Cook, Graham	M74	WGN	1574
M85 Blair, Jim	M87	WGN	2609
M90 Tearle, Peter	M92	WGN	1982
W40 Richmond, Kirsty	W43	TAS	1.35m
M30 Tinkle, Mark	M32	WGN	1.80m
M35 Potgieter, Jacob Mai, Andrew	M38 M39	AKL AKL	1.62m 1.50m
M40 Hansen, David	M41	TAS	1.60m

High Jump

M45 Soria, Eddie	M47	WGN	1.45m
M50 Stockill, Adrian Macfarlane, Mark	M52 M54	WGN WGN	1.40m 1.35m
M55 Curry, Brian Te Whaiti, Stephen Rawson, Gary	M57 M55 M59	MNW WBP WGN	1.60m 1.50m 1.45m
M60 Morton, Ian	M62	WGN	1.10m
M65 			

Shot Put (cont.)

W50 Hodges, Tania Fee, Jenny McMillan, Dale	W54 W53 W51	WBP MNW MNW	10.86m 8.02m 7.94m
W55 Ryan, Tina	W55	AKL	9.24m
W60 Large, Theresa	W62	WBP	6.65m
W65 Evans, Gillian McMillan, Beryl	W69 W68	MNW MNW	7.99m 6.81m
W70 Austin, Barbara Parlane, Annette	W73 W71	NTH WBP	7.91m 6.99m
W75 Whitaker, Justine Sherburn, Jill	W77 W78	CAN WBP	7.55m 6.07m
W80 Hammond, Judy	W81	WGN	5.59m
M35 Potgieter, Jacob	M38	AKL	8.48m
M40 Hansen, David	M41	TAS	11.14m
M45 Soria, Eddie Sexton, David Russell, Cameron	M47 M46 M47	WGN HBG AKL	9.84m 9.14m 8.72m

M50 Inivale, Laini Stockill, Adrian McPhail, Graham	M54 M52 M51	AKL WGN WGN	13.19m 11.89m 9.24m
M55 Curry, Brian Free, Murray Abbot, Finlay	M57 M55 M55	MNW AKL WGN	9.40m 9.26m 8.73m
M60 Thomas, James Forbes, Neil Morton, Ian	M60 M61 M62	AKL WGN WGN	11.18m 8.03m 6.15m

M65 Wyndham-Jones, Mark Laughton, Lester Thompson, Chris Orman, Peter	M68 M67 M65 M67	INTL STH AKL WGN	10.17m 9.28m 8.71m 7.33m
M70 Crawford, Peter Cook, Graham	M74 M74	WBP WGN	10.52m 7.10m
M75 Shepherd, Mike	M76	MNW	7.83m
M80 Hanson, Peter	M81	WGN	8.82m
M85 Blair, Jim	M87	WGN	7.39m
M90 Tearle, Peter	M92	WGN	5.35m

Discus Throw

W35 Puks, Küllike Pendergrast, Vanessa Scanlan, Emily	W38 W38 W37	WGN MNW AKL	29.61m 19.84m 18.49m
W40 Richmond, Kirsty Bitcheno, Michelle	W43 W44	TAS WBP	22.18m 17.79m
W45 Leitu, Elisapeta Grigg, Raewyn	W46 W49	AKL MNW	24.60m 19.23m
W50 Hodges, Tania Fee, Jenny Stoeveken, Petra	W54 W53 W52	WBP MNW WGN	26.59m 20.68m 20.37m
W55 Ryan, Tina	W55	AKL	21.06m
W65 Evans, Gillian	W69	MNW	17.95m
W70 Parlane, Annette Austin, Barbara	W71 W73	WBP NTH	18.86m 17.27m
W75 Whitaker, Justine Sherburn, Jill	W77 W78	CAN WBP	18.15m 14.43m
M35 Potgieter, Jacob	M38	AKL	21.46m
M40 Hansen, David	M41	TAS	38.94m
M45 Soria, Eddie Sexton, David	M47 M46	WGN HBG	33.21m 27.47m

M50 Stockill, Adrian Inivale, Laini McPhail, Graham	M52 M51 M51	WGN AKL WGN	42.63m 36.75m 29.24m
M55 Abbot, Finlay Free, Murray Curry, Brian Rawson, Gary	M55 M55 M57 M59	WGN AKL MNW WGN	30.64m 28.62m 26.88m 26.76m

M60 Thomas, James Rawcliffe, John Forbes, Neil Morton, Ian	M60 M60 M61 M62	AKL TAS WGN WGN	41.13m 29.23m 25.14m 9.31m
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M65 Wyndham-Jones, Mark Laughton, Lester Thompson, Chris Orman, Peter	M68 M67 M65 M67	INTL STH AKL WGN	35.96m 33.46m 30.64m 24.96m
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M70 Crawford, Peter Anstiss, David Cook, Graham	M74 M73 M74	WBP AKL WGN	35.19m 21.25m 18.04m
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M75 Shepherd, Mike	M76	MNW	24.29m
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M80 Hanson, Peter	M81	WGN	16.83m
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M85 Blair, Jim	M87	WGN	16.37m
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M90 Tearle, Peter	M92	WGN	12.34m
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Hammer Throw

W35 Pendergrast, Vanessa Scanlan, Emily	W38 W37	MNW AKL	20.28m 19.27m
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W40 Bitcheno, Michelle	W44	WBP	32.52m
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W45 Grigg, Raewyn Leitu, Elisapeta	W49 W46	MNW AKL	24.10m 21.78m
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W50 Hodges, Tania Fee, Jenny	W54 W53	WBP MNW	33.60m 28.02m
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W55 Ryan, Tina	W55	AKL	26.94m
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W60 Large, Theresa	W62	WBP	18.71m
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W65 Evans, Gillian McMillan, Beryl	W69 W68	MNW MNW	23.75m 15.08m
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W70 Austin, Barbara Parlane, Annette	W73 W71	NTH WBP	22.83m 20.51m
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W75 Whitaker, Justine	W77	CAN	23.95m
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W85 Petley, Marcia	W89	WBP	13.68m
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M45 Sexton, David	M46	HBG	25.71m
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M50 Takarua, Richard Inivale, Laini Stockill, Adrian	M52 M51 M52	MNW AKL WGN	38.01m 33.91m 28.36m
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M55 Free, Murray Abbot, Finlay Fee, Kevin	M55 M55 M56	AKL WGN MNW	26.69m 25.14m 20.97m
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M60 Thomas, James Morton, Ian	M60 M62	AKL WGN	29.42m 13.83m
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M65 Thompson, Chris Laughton, Lester Orman, Peter	M65 M67 M67	AKL STH WGN	35.92m 28.96m 20.61m
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M70 Cook, Graham	M74	WGN	21.50m
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M85 Blair, Jim	M87	WGN	18.40m
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M90 Tearle, Peter	M92	WGN	12.68m
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Javelin Throw

W35 Puks, Küllike Pendergrast, Vanessa Scanlan, Emily	W38 W38 W37	WGN MNW AKL	29.61m 18.66m 16.53m
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W40 Bitcheno, Michelle	W44	WBP	16.71m
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W45 Leitu, Elisapeta	W46	AKL	23.03m
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W50 Hodges, Tania McMillan, Dale	W54 W51	WBP MNW	20.39m 16.53m
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W55 Ryan, Tina	W55	AKL	16.86m
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W65 Evans, Gillian Rolston, Shirley	W69 W69	MNW CAN	18.31m 9.81m
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W70 Austin, Barbara Parlane, Annette	W73 W71	NTH WBP	15.29m 12.68m
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W75 Whitaker, Justine Sherburn, Jill	W77 W78	CAN WBP	13.52m 12.52m
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M35 Potgieter, Jacob	M38	AKL	29.39m
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M45 Sexton, David	M46	HBG	33.66m
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M50 Davenport, Andrew	M51	MNW	25.34
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M55 Te Whaiti, Stephen Free, Murray Curry, Brian Rawson, Gary	M55 M55 M57 M59	WBP AKL MNW WGN	39.63m 35.96m 30.77m 23.66m
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M60 Thomas, James Rawcliffe, John Hart, Murray Morton, Ian	M60 M60 M61 M62	AKL TAS TAS WGN	34.14m 33.90m 25.71m 13.64m
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M65 Wyndham-Jones, Mark Orman, Peter Laughton, Lester	M68 M67 M67	INTL WGN STH	29.38m 23.45m 21.31m
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M70 Crawford, Peter Cook, Graham	M74 M74	WBP WGN	30.18m 13.92m
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M85 Blair, Jim	M87	WGN	20.41m
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M90 Tearle, Peter	M92	WGN	8.89m
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Weight Throw

W35 Pendergrast, Vanessa Scanlan, Emily	W38 W37	MNW AKL	6.88m 6.80m
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W40 Bitcheno, Michelle Leitu, Elisapeta	W44 W46	WBP AKL	9.70m 9.75m
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W50 Hodges, Tania Fee, Jenny	W54 W53	WBP MNW	13.13m 10.08m
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W55 Ryan, Tina	W55	AKL	10.33m
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W60 Large, Theresa	W62	WBP	7.51m
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W65 Evans, Gillian Rolston, Shirley McMillan, Beryl	W69 W69 W68	MNW CAN MNW	10.50m 7.42m 6.64m
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W70 Austin, Barbara Parlane, Annette	W73 W71	NTH WBP	10.10m 9.35m
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W75 Whitaker, Justine	W77	CAN	9.81m
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W85 Petley, Marcia	W89	WBP	5.46m
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M45 Sexton, David	M46	HBG	9.04m
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M50 Inivale, Laini Takarua, Richard Stockill, Adrian	M51 M52 M52	AKL MNW WGN	14.77m 14.17m 11.67m
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M55 Free, Murray	M55	AKL	10.50m
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M60 Thomas, James	M60	AKL	12.91m
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M65 Thompson, Chris Laughton, Lester Orman, Peter	M65 M67 M67	AKL STH WGN	12.54m 11.36m 9.52m
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M70 Cook, Graham	M74	WGN	8.86m
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M75 Shepherd, Mike	M76	MNW	8.42m
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M85 Blair, Jim	M87	WGN	8.02m
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M90 Tearle, Peter	M92	WGN	6.00m
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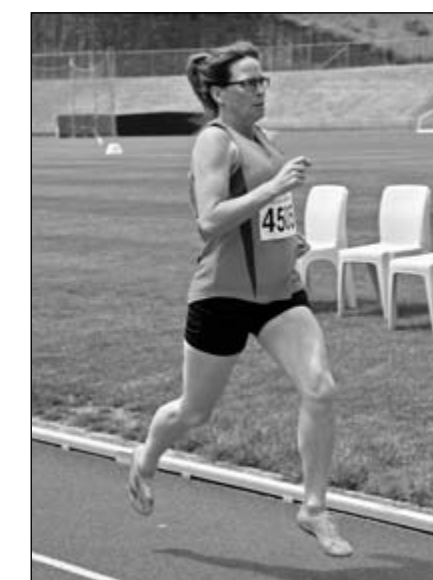
W60+ 60m left to right Judy Hammond, Jill Sherburn, Francis Bayler, Jenny Mason and Sue Su



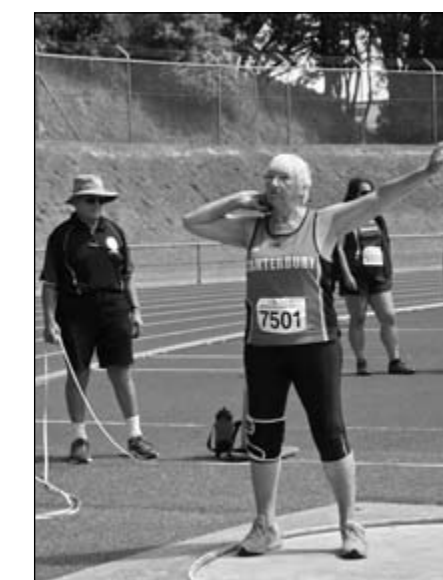
Andrew Davenport (1st M50) keeps a watchful eye on Bill Twiss (2nd M50) in the M30-54 1500m



Brian Hayes 1st M70 5000m



Andrea Harris 800m 1st W45



Justine Whitaker 1st W75 Throws Pentathlon



Murray Hart leads Allan Thomas and Marshall Clark in the 800m



Deidre Campbell (Akl) 2nd W50 and Lyn Clark (Wgtn) 3rd W50 in the 200m

PHOTOS: Sharon Wray



200m M70+ Jim Jones, Peter Hanson, Alan Silvester, Des Phillips and Ross McBeth



Barbara Austin in the women's Throws Pentathlon Javelin

PHOTOS: Sharon Wray



Emily Scanlan in the women's Throws Pentathlon Javelin



Alan Jones starts the 800m



David Eastmond in the 800m



Peter Bailie 1st M70 5000m walk



5000m walkers



2019 NZMA Track & Field Championships

March 1st 2019 - March 3rd 2019 @ Aorangi Stadium, Timaru



Friday	Track	Grade	Friday	Field	Grade
4:00 p.m.	400m heats if required		4:00 p.m.	Long Jump	M30-69
			4:00 p.m.	Hammer	M30-69
			4:00 p.m.	Shot Put	M70+
			4:30 p.m.	Javelin	W65+
4:45 p.m.	3000m Track Walk	M30+ / W30+	4:30 p.m.	Weight	W30-64
5:30 p.m.	400m Finals	M30+ / W30+	5:15 p.m.	Shot Put	M30-54
			5:30 p.m.	Hammer	M70+
6:00 p.m.	3000m	W30+ or mixed	6:00 a.m.	Weight	W65+
6:20 p.m.	3000m	M30+ or mixed	6:00 p.m.	Javelin	W30-64
			6:00 p.m.	Shot Put	M55-69
			6:00 p.m.	Triple Jump	M70+
Saturday	Track	Grade	Saturday	Field	Grade
9:30 a.m.	60m & 100m Heats if required		9:30 a.m.	High Jump	M30-64
9:45 a.m.	2000m Steeplechase	M60+ / W30+	9:30 a.m.	Long Jump	W65+ / M70+
10:15 a.m.	3000m Steeplechase	M30-59	9:30 a.m.	Discus	M55-69
			9:30 a.m.	Javelin	M70+
10:45 a.m.	Sprint Hurdles	M30+ / W30+	10:45 a.m.	Shot Put	W30-64
			10:45 a.m.	Weight	M70+
			10:45 a.m.	High Jump	W30+
11:15 a.m.	60m Finals	M30+ / W30+	11:00 a.m.	Discus	M30-54
			11:30 a.m.	Javelin	M55-69
			12:00 p.m.	Discus	W65+
			12:00 p.m.	High Jump	M65+
			12:00 p.m.	Long Jump	W30-64
			12:15 p.m.	Hammer	W30-64
			12:30 p.m.	Pole Vault	M30+ / W30+
2:00 p.m.	100m Finals	M30+ / W30+	2:00 p.m.	Hammer	W65+
			2:00 p.m.	Discus	M70+
			2:00 p.m.	Triple Jump	M30-69
2:40 p.m.	1500m	M30+ / W30+	2:15 p.m.	Weight	M30-69
			3:00 p.m.	Triple Jump	W30+
3:15 p.m.	Handicap 100m	M/W or mixed	3:15 p.m.	Discus	W30-64
			3:15 p.m.	Shot Put	W65+
			3:15 p.m.	Javelin	M30-54
Sunday	Track	Grade	Sunday	Field	Grade
8:30 a.m.	5000m TW	M30+ / W30+	9:00 a.m.	Throws Pentathlon	# M30+
9:00 a.m.	Long Jump	*MTP1			
9:15 a.m.	100m	*WTP1	10:00 a.m.	Throw Pentathlon	# W30+
9:20 a.m.	200 Heats if required				
9:30 a.m.	5000m	M30+ / W30+			
9:45 a.m.	Shot Put	WTP2			
10:00 a.m.	Javelin	MTP2			
10:30 a.m.	Long Jump	WTP3			
11:30 a.m.	200m	MTP3			
11:35 a.m.	200m	M30+ / W30+			
12:00 p.m.	Discus	MTP4			
12:00 p.m.	Javelin	WTP4			
12:30 p.m.	800m	M30+ / W30+			
1:00 p.m.	800m	WTP5			
1:10 p.m.	1500m	MTP5			
1:30 p.m.	Long Hurdles	M30+ / W30+			
1:45 p.m.	4 x 100m Relays	M/W or mixed			

Organised by Canterbury Masters Athletics & Mid South Canterbury Sub Centre



Enter ONLINE via the NZMA website

Enquires - Andrew Stark (aws@xtra.co.nz or 03 338 0516)

Throws Pentathlon
The smaller group of throwers will start first, i.e. this order could be reversed once entries are finalised.

*WTP & *MTP refers to Track Pentathlon events

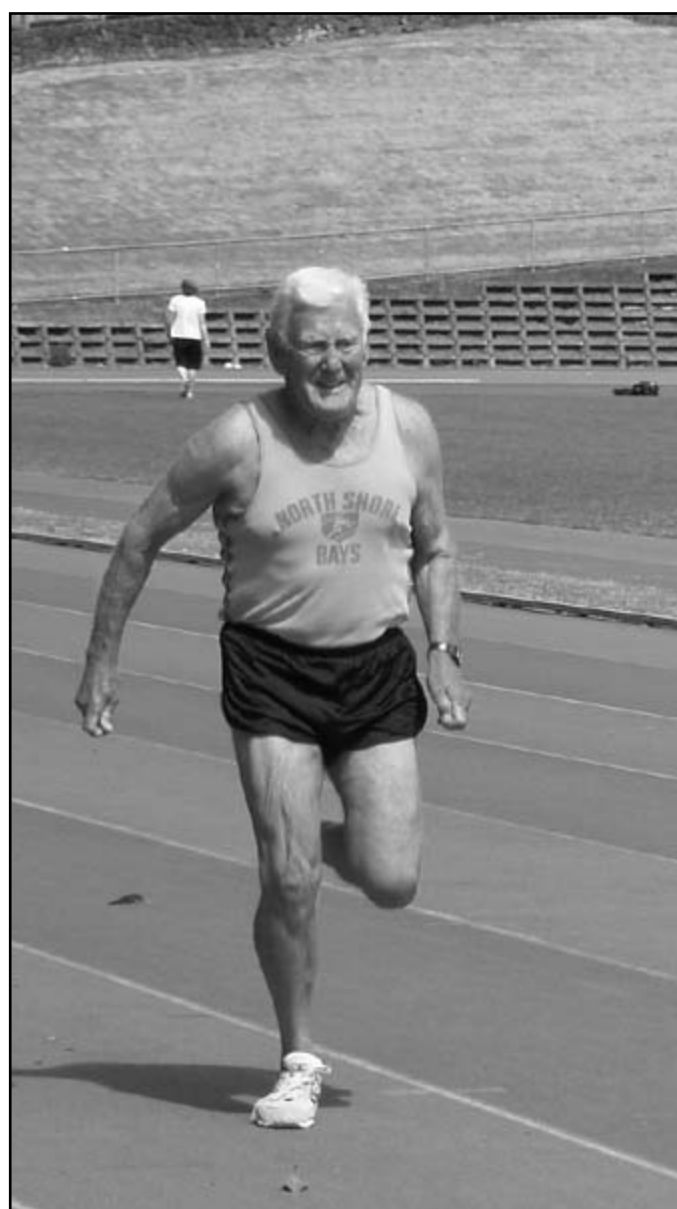
NOTE: The final timing of events will be confirmed once entries have closed.

Wallace Opperman

by Tony Deleiros

Wallace Opperman was born 2 January 1926 and passed away on 8 December 2018 - just a few weeks away from his 93rd birthday. Wally, as he was known to most people, was a foundation member of the North Shore Track and Field Club established in 1972, as one of the five-person committee. In 1978, this club merged with East Coast Bays Athletics Club to form North Shore Bays Athletics which later became North Harbour Bays Athletics. Wally didn't stay involved in the administration of the combined club but remained a loyal club member throughout that time until his death.

Wally had been involved in athletics since 1940. In 1975 when New Zealand Veterans Athletics was established, he travelled the world to master's events with his long-time partner Margaret Peters who won many World Masters titles.



In 2011 Wally won the pole vault gold medal at the WMA Championships in Sacramento.

He currently holds the NZMA M60 3000m steeplechase record set at the National Track and Field Championships in 1986 and held the NZMA M85 pole vault record from 2007 until 2017. In 2012 he was awarded the NZMA gold award for services to master's athletics.

Wally was a staunch supporter of the Auckland Masters Athletics and attended as many meetings as he could with Margaret and was made a life member in 2014. Wally's other main passion was horology and repaired many an athlete's problem clock or watches.

Condolences go out to Margaret and Wallace's family.



PHOTOS: John Campbell

Malcolm Clark

by Sally Gibbs

I first met Malcolm Clark in Sacramento, when I was a first-timer at the 2011 World Masters Athletics Champs and he was our New Zealand team manager. He was also a fellow entrant - on the start list for the M60 800m. But that was as far as he got. He'd registered as a competitor solely to be sure of an "access all areas" pass.

Access all areas he certainly did, to support the Kiwi athletes around the various track and field and out-of-stadia venues. He also fostered team spirit, especially by maintaining a blackboard in the lobby of our main hotel listing daily who was competing, when and where. This encouraged us to support each other and made it easy to commute around with team mates. Later the results were added, too, keeping us up-to-date and involved.

Malcolm's own athletics career began with sprints successes and trophies while at boarding school in Auckland. He continued to enjoy running, but back on home ground in Whakatane his commitments as a farmer and a local dairy board director limited his major events focus to the off-season.

As a master, his forte was middle and long distance, with noteworthy placings at NZ, Oceania and world champs between 1990 and 2000. One of his rivals, Murray Clarkson, remembers Malcolm as a doggedly fierce competitor who couldn't be taken lightly. "He was always there if you dared turn around".

His love of speed extended to racing cars (and accumulating a number of tickets in his own cars) and yacht racing. He was an avid supporter at Americas Cup regattas and also travelled to Commonwealth and Olympic Games.

Malcolm's sporting experience, knowledge and passion added to the personal qualities that made him an exceptional team manager. He was generous with his time and his money

in order to "get there" for others, and took pride in their achievements. He was caring, unruffled, unassuming, down to earth, diplomatic, astute, and quietly organised; his No.8 wire practicality was invaluable. All this was evident when he managed the Kiwi team at numerous championships - with even the unique challenges of Brazil in 2013 taken in his stride.

His presence was assured both on the sideline and in case of disputes, recalls Murray. "He understood the protocols, and his attention to detail solved many a problem before it escalated".

Although ill health slowed him down and Lyon and Perth were Malcolm's final World Masters Champs wearing the manager's hat, he was there again sporting his trademark silver fern cap in Malaga, with longtime partner Sue. He still managed somehow to be at every stadium supporting as many of the Kiwi athletes as possible, then typically sharing dinner with team members before doing it all again the next day. From team manager to friend was a very short step, and this final trip - including a post-champs tour in Morocco - was a chance for many masters to make the most of social time with Malcolm.

However it wasn't just at international events that Malcolm's efforts were appreciated. Throughout New Zealand but especially in the Waikato Bay of Plenty and then Northland during his Whangarei 'retirement' years, he was an unstinting supporter and popular official and manager at countless meets for athletes of all ages.

Many of those athletes, running contemporaries, and fellow officials were among hundreds of friends and family who farewelled Malcolm at his funeral service in Whakatane on 15 November. At age 70 his long run has ended, and regrettably I never did get to see him race - in that 800m or any of the distance events he favoured - as he'd retired his spikes and flats years back. But he has truly left big shoes to fill.

WMA Athlete Of Year Nominations 2018 from OMA

OVERALL

Lyn Ventris AUS - David Carr AUS

SPRINTS

Julie Brims AUS - Trevor Young AUS

MIDDLE DISTANCE

Gillian Young AUS - David Carr AUS

DISTANCE

Sally Gibbs NZ - Alastair Prangnell NZ

THROWS

Jan Banens AUS - Mark Cumming NZ

JUMPS

Margaret Taylor AUS - Geoff Shaw AUS

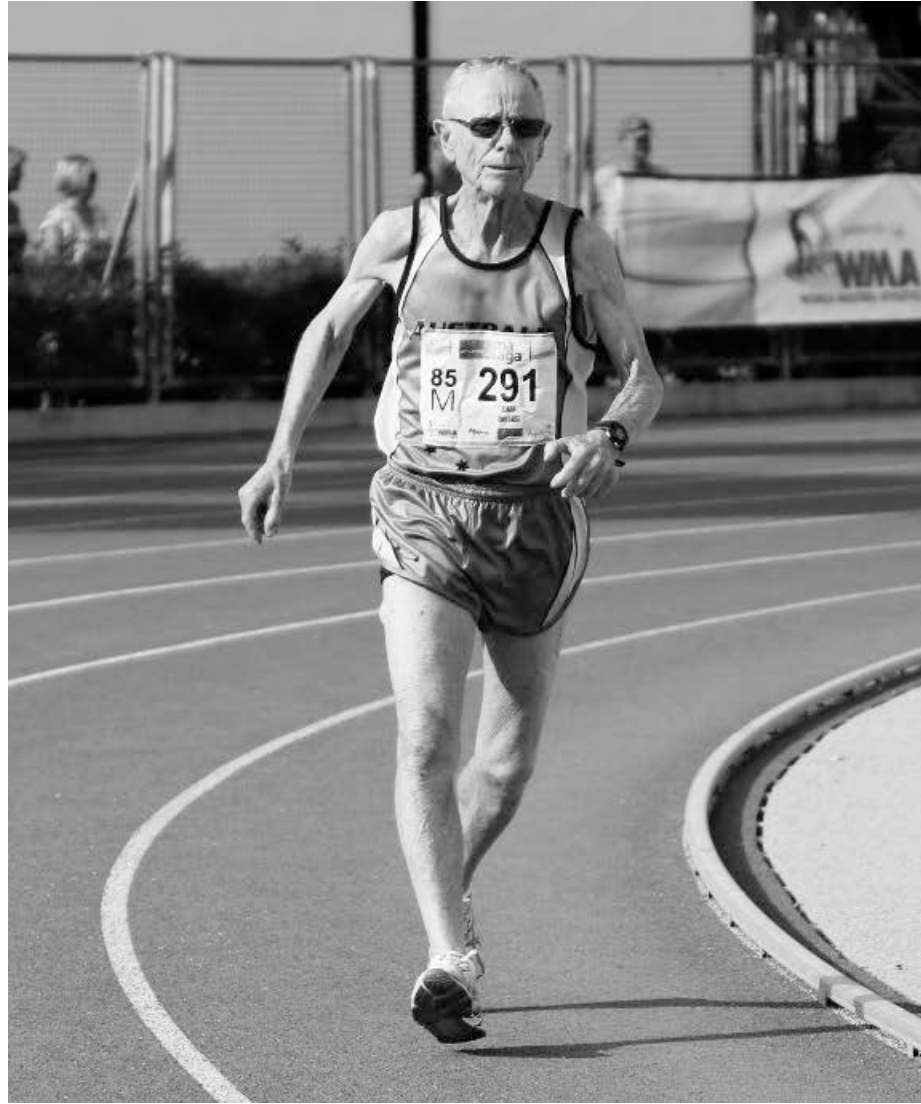
RACE WALKS

Lyn Ventris AUS - Ralph Bennett AUS

COMBINED EVENTS

Gaby Watts AUS - Geoff Shaw AUS

MAWA athletes head OMA awards



MAWA athletes feature in the OMA nominations for WMA awards. Lyn Ventris and David Carr have been nominated for the overall category and their categories of walks and middle distance. Gillian Young has also been nominated for the middle distance category.

Nominations for categories are Sally Gibbs, Alastair Prangnell and Mark Cumming (NZL) and Julie Brims, Gillian Young, Jan Banens, Margaret Taylor, Gabi Watts, Trevor Young, Geoff Shaw and Ralph Bennett (AUS).

The WMA Council will make their decision for the Awards by mid January and the winners will then be notified and announced shortly afterwards.

Presentations will be made at the World Indoor Championships at Torun in Poland if the two winners are there. For the category awards, each winner or runner up will receive a certificate which their region will present at an appropriate time (eg national championship etc).

Lyn Ventris is a dual winner of the WMA Athlete of the Year Award and David Carr was nominated for the WMA Athlete of the Year Award in 2013 and 2015.

LEFT: David Carr and (lower) Lyn Ventris each won three gold medals at the World Championships in Malaga. *Photos: GRAEME DAHL*

LOWER LEFT: Gillian Young competes in the 1500m in Spain.



Photo: EMMANUEL TARDI

WMA Athletes of the Year Nominations

Overall		Throws	
 LYN VENTRIS	 DAVID CARR	 JAN BANENS	 MARK CUMMING
Sprints		Jumps	
 JULIE BRIMS	 TREVOR YOUNG	 MARGARET TAYLOR	 GEOFF SHAW
Middle distance		Race walks	
 GILLIAN YOUNG	 DAVID CARR	 LYN VENTRIS	 RALPH BENNETT
Distance		Combined events	
 SALLY GIBBS	 ALASTAIR PRANGNELL	 GABI WATTS	 GEOFF SHAW

NZ Road Relay Championships

by Michael Wray



Christine Jones - 3rd placed Woman & 1st W60 Wgtn Masters 10km



Ray Wallis M75 Wgtn Masters 10km

PHOTOS: Sharon Wray

The National Road Relays returned to Canterbury for 2018. The relay from the Sign of the Takahe to Akaroa is run every year. It has been going since 1935 and 2018 was the 78th time the event has been held. Since its incorporation, the event has only been cancelled for the five years of World War II and then again because of the 2010 earthquake.

This was the thirteenth time the Akaroa Relay has hosted the NZ Road Relays Championships. When these championships were founded in 1977, the Akaroa Relay played host. A pattern was soon established where the Akaroa Relay doubled as the Nationals every four years and was a provincial relay in other years. This pattern was disrupted a few years ago when Nationals were held here for three consecutive years. Given the difficulty in ad hoc hosts coming forward and the fact that Akaroa is held every year, Akaroa is pretty much the default option whenever no-one else has a viable hosting bid.

The masters grades were first introduced to the NZ Road Relays Champs in 1983, with a masters men and a masters women grade. The 50s grade, which is not specifically men or women but an open 50, was added in 1993 and then in 2012 a 60s grade was also added. Don't bet against a 70s grade becoming a reality at some stage given our changing population demographics.

Curiously, the NZ Road Relays are the only national championship where the age for masters men has retained the original age. While the road, cross country, mountain, trail and track/field championships all switched to 35 when World Masters switched from 40 in 2003, the relays has stayed with 40 for men and 35 for women. I'm told there was a year when

Akaroa tried 35 for masters men but the impact on the senior grades was such that the change was reversed.

The Akaroa course has some demanding laps. The eight-leg long course starts with a 9.6km leg that starts with nearly 3km uphill and then 3km of steep downhill. Leg two is 10.4km but features a large hill to ascend and descend. The next three legs are all flat, with lengths of 10km, 9.4km and 10.7km. Leg six is the shortest leg, just 6.8km, but it's all uphill and it's steep. The penultimate leg is 9.5km but after a warm-up of a few undulating kilometres, there's about six kilometres of steep downhill. (Leg seven has a reputation of its runners being unable to walk for a few weeks due to wrecked quads.) The final leg is only 9.9km but features three steep hills, each a little over 1km, to climb and descend. As such, the specialist assignment to legs becomes important to teams with podium aspirations.

The 60s run the short course of six legs. This starts near the start of leg two in the long course. The first leg is 4.6km and is mostly the first half of the course second leg, which is mostly flat. The second leg is the last 6.1km of the long course second leg so it is mostly a case of up the hill and down the hill. Legs three and four are the same as the long course, being the flat 10km and flat 9.4km. The final short course leg is the long course leg five (10.7km flat) dissected into two – the first half being 6.55km and the second half being 4.15km.

The initial team declarations submitted during the entry process had team lists that in many cases featured significant changes to who eventually lined up, particularly for teams expected to compete at the sharp end. This is masters athletics – you can guarantee some teams will have suffered injuries to key team members in the time since putting in the original entry and the time of the race.

The day itself was bright and sunny but a stiff north-east wind made life difficult for some laps, especially lap five of the long course (five and six of the short course) where runners faced an unrelenting head wind for their entire run. Lap four produced a mixed experience, providing a lovely tail wind until the turn to the long finishing straight put them into the head wind.

The M40 grade gold medal has gone to Wellington for each of the last three years, switching between Wellington Harriers and Wellington Scottish. Eleven teams had entered but by the time the race started, we were down to nine. Wellington Scottish and Wellington Harriers were the only clubs to field more than one team.

Andrew Wharton got Scottish off to a roaring start on leg one. He produced a good lead by the top of the hill in order to have a buffer for the downhill. This buffer was useful as New Brighton's Granantan Boyle closed up for the descent. Boyle was incredibly lucky to avoid a penalty as he cut the downhill bends at every opportunity, ignoring the runners from the other teams crying foul and timing his transgressions for the areas unpoliced by the marshalls. Such behaviour did not sit well with the observers after the race referee stressed that the existence of the race itself is under threat because of a fallout with traffic management over 2017 offences; a zero tolerance approach saw two Auckland teams disqualified for doing the same thing on the course. From the bottom of the hill, Wharton put the hammer down and handed over a 27 second advantage. In third place, Cambridge's Dean Chiplin came in a second ahead of Owairaka's Julian Ng. Wellington Harriers were fifth, almost a minute behind.

Cambridge's Steve Rees-Jones ran the fastest masters lap on the second leg, bringing his team up to third. Ahead of him, New Brighton had moved into the lead as Chris Mardon came past Paul Barwick (Scottish). Owairaka and Wellington Harriers kept their places but had closed up.

The fastest lap three performance came from Wellington Harriers, from Roussos Alexapoulos. Jason Baillie kept New Brighton at the front, turning a 29 second head start into a lead of one minute 46 seconds. Andrew Kerr kept Scottish in second but Cambridge were now only five seconds back in third with Wellington Harriers only six seconds behind them.

The fastest masters men leg four time came from the Senior Mens race, where Sasha Daniels was running for ACA. The fastest time in the grade was almost a minute slower but John Beale moved Wellington Harriers past Cambridge and Scottish. Mark Reid finished with New Brighton holding a 65 second lead at the front. Todd Stevens (Scottish) started the race with a calf injury, hence being used on leg four, but kept Scottish in third. By now both Owairaka and Cambridge were out of the running for a podium spot unless injuries or penalties intervened to their advantage.

Nick Burrow kept New Brighton in the lead through leg five but a good run from Dan Clendon meant Wellington Harriers were now only 18 seconds behind. The best run came from Scottish, where Levente Timar produced the fastest run but Scottish were still a full minute behind Wellington Harriers.

On the leg six hill climb, Owairaka put in the fastest time from John Munro. Of the three teams in the medal spots, Dan Clendon (Wellington Harriers) had the best run and he closed the gap to New Brighton to six seconds. Although he lost ground on Clendon, Scottish's Dave Parsons kept pace with New Brighton running three seconds quicker.

Leg seven is down the hill and Simon Keller ran fastest time, smashing his way past New Brighton to hand over second place. Wellington Harriers had put M50 Paul Hewitson on this leg. Paul is a strong downhill runner and produced the fastest M50 time, only 25 seconds slower than Keller. As a result, the last leg started with Wellington Harrier leading by 44 seconds over Scottish. New Brighton had lost the lead they'd held since leg two and found themselves just about two minutes behind Scottish.

Scottish and New Brighton had saved their best for last. New Brighton's Mark Bailey ran fastest lap, with a time only bettered by three seniors, while Stephen Day from Scottish was second fastest M40. Wellington Harriers had Alex Jones who, despite running the fourth fastest time, found himself up against runners some three minutes faster. Alex knew his advantage over Stephen could not last, especially given the hills on the last leg would play to Stephen's strengths; the question is whether he had a big enough head start on Mark. The answer was no. Bailey brought New Brighton in 41 seconds ahead of Wellington Harrier for second place, while Day gave Scottish the win by 91 seconds.

Eight teams lined up in the O50 grade. Wellington Harriers had won four times in the preceding five years and were looking to be the first team to make it four in a row.

Peter Stevens got Scottish off to a good start and claimed the M50 leg record in the process. Chris Smith from Hamilton Hawks came through in second place, 96 seconds behind. Wellington Harriers were third, as Dave Creamer handed over the baton a second ahead of Papanui Toc H's Steve Darby.

On leg two, the fastest time once again went to Scottish and Grant McLean increased the lead to 3:02. Hawks remained the chasing team, once again running the second fastest time as Glenn Sexton increased the gap back to third. Third place and fourth place had swapped places, Papanui's Ian Curd coming past Wellington's Todd Krieble.

The pattern of the first two legs seemed stuck on repeat. Jim Jones (Scottish) ran fastest, ahead of second fastest Norm Robbins (Hamilton Hawks). The order behind had changed. Lake City's Alan Crombie ran over four minutes faster than Papanui's Mark Cargin to move up to third. Wellington Harriers had moved up to fourth, while Papanui found themselves only 12 seconds ahead of sixth.

The mantle of fastest time switched clubs in lap four, coming this time from Lake City. Greg Malcolm kept the Rotorua club in third place and closed the gap to Hamilton by a couple of minutes. Scottish's Phil Sadgrove was second fastest M50, so the gap between first and second had grown to almost five minutes. Papanui suffered on leg four, when Anthony

Duncraft was unable to continue and Darren Hoolahan had to take over early.

Christchurch Avon, despite being a long way back in the field, claimed the fastest leg five time through Richard Seigne. Hoolahan, despite finishing Duncraft's leg, was second fastest. At the front, Bill Twiss was three and a half minutes quicker than Hamilton's Kevin Knowles so the lead had grown to eight and a half minutes. Hamilton were still second by a comfortable 1:24 over Lake City.

Dave Kettles ran fastest time on leg six at the front of the race for Scottish, extending the lead to over 12 minutes. Hamilton remained comfortable in second, while Shane Grose took nearly two minutes out of Lake City to bring Papanui just 27 seconds away from third place on course (remembering that Papanui would have a seven minute penalty for their substitution).

With the fastest M50 time for leg seven coming in the M40 grade, the fastest in-grade times were at the front of the race. Andrew Wark took nearly a minute out of Scottish's lead but James Turner ensured Hamilton were still 11 minutes back. Don Greig, despite being an M60, ran fourth fastest 'M50' time on the downhill leg to bring Papanui past Lake City.

This all meant that Michael Wray started the final leg for Scottish safe in the knowledge that he only had to finish safely to win. Michael ran the second fastest M50 time to extend the final winning margin to 11:17. Kent Hodgson ran fourth fastest to give Hamilton second spot. Papanui's Richard Bennett was fastest M50. He took over a minute from Lake City to cross the line in third but knew the seven minute penalty would prove insurmountable unless Tony Broadhead – as he did the last time the race was in Akaroa – needed a substitution. Tony ran third fastest time to cross the line in fourth, two and a half minutes behind Richard, meaning Lake City had the bronze after the seven minute penalty had been applied.

Unfortunately there was a real lack of entries in the masters women. Something seems to have gone awry with masters women recently as this dearth is merely the continuation of a theme we've seen in 2018. There were only five teams entered and one of those withdrew or changed grades, leaving only four starters. There were lots of masters women in other grades but not entered as complete teams. All teams used W50s, though Wellington Harriers failed to specify the correct grade for theirs (costing themselves the official status of fastest W50s), while New Brighton included a W60.

At the end of leg one, Katie Jenkins from Olympic crossed the line 2:20 ahead of Caversham's Alice Barach. Wellington Harrier's Onur Oktem was another 28 seconds back while New Brighton's Stephanie Rumble was fourth by another 67 seconds. The fastest MW time came from the SW grade, where Tina Faulkner was running leg one for Scottish in their SW A team.

New Brighton went from last (fourth) to first on leg two when renowned triathlete Andrea Hewitt broke the leg record for fastest time. Over four minutes behind, Caversham held their place against the other three as Kristy Eyles was third fastest MW overall. Olympic had slipped to third, with Michelle Van Looy keeping Caversham in sight by 21 seconds. Wellington Harriers (Sophie Lee) were now fourth and behind Olympic by a little shy of two minutes.



Brian Hayes - 1st overall and 1st M70 Wgtn Masters 10km

Carolyn Forsey ran the fastest W50 time on leg three, preserving New Brighton's lead. All the other teams closed up, however. Olympic's Liz Eade came up to third when she passed Caversham's Kerry Rowley. Wellington remained in fourth, this time trailing Caversham by 2:05. The fastest MW time once again came from the Scottish SW A team, 41:30 by Carla Denny.

New Brighton used W60 Margaret Flanagan on leg four, who broke the W60 record. Wellington's Gabrielle O'Rourke ran the fastest in-grade time and brought her team into second place and within a minute of New Brighton. Olympic slipped back to fourth place, over four minutes behind Caversham. The fastest MW time came from Fiona Love, running SW for North Harbour Bays.

After leg five, New Brighton's Tina Cox had added almost a minute back to the lead. Wellington's Dorota Starzak kept Wellington ahead of Caversham, for whom Julie Edmunds ran well. Olympic's Deborah Platts-Fowler couldn't close the gap with Olympic now fourth and over six minutes behind third. Lindsay Barwick ran the fastest MW time, making it the third fastest MW leg that the Scottish SW team had contributed.

A great run from Vickie Humphries (fastest W50 time) broke the race and moved Wellington Harriers into the lead, beating New Brighton's Christine Stowell-Collett by over four minutes. Tracy Berghan moved Olympic into third as the lack of depth in Caversham's team told over the final three legs. Fastest time came from Nicole Jackson running for Ashburton in the social grade.

Carline Thomas added to Wellington's leg by a whopping four minutes. Rather than close the gap to the front, New Brighton's Ronald Reid lost time to Olympic's Jan Sheppard. Alex Williams from University of Canterbury, running in the winning SW team, was the fastest master.

PHOTOS: Sharon Wray

2019 Australian Masters Athletics Championships

26th - 29th April 2019



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On the final leg, Wellington's Nat Hardaker finished off Wellington's win without coming under any pressure. New Brighton surrendered more time but had a big enough buffer to hold onto second place, despite Olympic's Nic Hankinson taking two minutes out of Melanie Angland. Caversham therefore became the only MW team to miss the podium. University of Canterbury's Fiona Crombie was the fastest MW.

The seven years in which we've had a 60s grade has seen Nelson win six times. WHAC, in 2016 when Nelson failed to get a team to Rotorua, are the only club to have ever broken the monopoly. There were 13 teams entered, which is impressive even though that represented just six clubs. Nelson managed to enter four teams! We lost a couple of teams by the time the race took place, one of which belonged to Nelson, so the final count was 11 teams with three from Nelson.

The Nelson teams started off as they intended to go on. Andrew Barker (Nelson A) finished leg one with a 94 second lead and second to cross the line was Chris Bolter (Nelson B). Andrew also took the M60 leg record. Bryan Bates was third to complete leg one, putting Auckland University in third place 23 seconds further back and nine seconds ahead of New Brighton's Paul Senior.

Nelson A produced the fastest leg two runner as Bill Revell extended their lead. Auckland Uni's Steve Fairley moved up to second, 20 seconds ahead of Nelson B and 37 seconds ahead of Wellington Harriers.

The title of fastest M60 runner switched to Auckland Uni for leg three. Gavin Stevens reduced Nelson's lead, running 80 seconds faster than Graeme Lear. The Nelson B team consolidated their third place with Graeme Sellars running 1:40 faster than Wellington Harriers' Paul May.

Auckland continued their charge back towards Nelson on leg four. Graham Macky ran fastest leg, 1:18 quicker than Nelson's Murray Hart, but Nelson's advantage remained a full two minutes. Nelson B were enjoying an even bigger lead over fourth, safely placed third by over three minutes.

For the final two legs, Nelson reversed the gains that Auckland had been making. Ian Carter ran the fastest time on leg five and Derek Shaw did the same for the final leg. Nelson took the gold by 5:20 leaving Auckland with silver. Richard Brent ran a good leg six, recording the second fastest time, for Wellington but by then the gap was too big and Nelson B finished in third place. I think this is the first time a club has put two teams on the podium in the same grade, at least as far as the masters grades are concerned. (I should state there are two years in 90s and four in the 80s for which I only know the winning teams.)

Wellington Scottish won the Top Club prize. In addition to the M40 and M50 wins, they won the SM, placed second in the JM and third in the SW. The SW team that came third included four MW.

Next year the race will be hosted by Feilding in Manawatu. The long course will consist of seven legs and the short course will be six legs.

Coaching Corner

by Mike Weddell



Probably, the majority of master's age athletes are harriers and train at a relatively slow pace, assuming that they do not need to run at a faster pace as their races if any are longer and slower than track races. There is also the assumption that slow running alone keeps you fit. Fit for what? For running slowly, you would think? It actually makes you run slower and slower.

Constant slow running has two detrimental effects on the body. It contributes to loss of range of motion especially in the hips and to muscle wastage. Presumably no one actually sets out to lose muscle and range of motion, so I can only presume they do not know what they are doing.

I see a couple of blokes run past my office several days a week and they have been doing it for years and over that time their "run" has become a shuffle, no knee lift and no back kick. Their "run" is no faster than walking pace.

There are two things that can be done to slow this decline and even reverse it. The first is working on hip flexibility by

stretching the hip flexors and hamstrings. Everyone knows how to stretch hamstrings, but few do it correctly. Place your heel on something stable at about knee height, then keeping your knee straight lean gently forward until you feel a gentle stretch, not pain, then hold it for at least twenty seconds then do the other leg.

The easiest hip flexor stretch is to lunge forward as far as you can and drop the knee of the rear leg towards the ground until you feel a stretch in front of your hip and hold for a few seconds, then the other leg. Do this every day and your running will improve.

To counteract muscle wastage, do some short sprints up a slope. Start with about 20 metres and to no more than about 40metres try and run a fast as possible 3 or 4 times. Gradually extend the distance to no more than about 40metres. It will feel uncomfortable and the more uncomfortable it feels the more you need to do it.

Revitalise yourself and run faster.

Where do Oceania Masters stand in the World?

by George White

For those Australian and New Zealand masters recently returned from Malaga in Spain and others that attended the World Championships in Lyon, France in 2015, you will no doubt be in awe of the numbers that attended these championships (around 8000 each time) and the high standard of competition. Standards of any competition depend to a large degree on the pyramid of participation - with the level at the top of the pyramid at least partially dependant on the size of lower level of competition at the base of the pyramid.

The IAAF recently released its membership numbers for 2017.

	Total Athletes	Total Masters	% Masters
AFRICA	418,264	59,431	14%
ASIA	1,095,953	109,336	10%
EUROPE	3,704,964	1,827,579	49%
NORTH & CENTRAL AMERICA	265,798	40,240	15%
OCEANIA	75,970	3,607	5%
SOUTH AMERICA	225,238	34,415	15%

GRAND TOTAL	5,786,187	2,074,608	36%
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While there are many errors in these numbers, they are a guide. In Oceania, Australia is shown as having zero masters and yet the Cook Islands are said to have 400. If 3000 Masters for Australia are added, then the total for Oceania becomes around 6600 and 9%. Oceania is still however by far the smallest region in terms of total athlete numbers and masters athlete numbers.

Australia	35,352	3000	8.5%
New Zealand	19,258	2514	13%

There are some amazing individual country numbers, particularly in Europe.

	Total Athletes	Total Masters	% Masters
Denmark	42,000	30,100	72%
Great Britain	995,173	851,017	86%
Germany	815,627	338,704	42%
France	307,952	123,195	40%
Sweden	598,000	184,000	43%
Spain	80,225	12,549	16%
USA	130,913	31,400	24%
Thailand	56,070	23,130	41%
Japan	424,365	58,584	14%

While the numbers for host country Spain are not large by comparison with other European countries they still have 4 times the number of master's athletes in Australia or New Zealand. Also add in the fact that for many, travelling in Europe is cheap and local, and it is no surprise that huge numbers attend these championships. Europe in total has over 300 times more masters athletes than Oceania.

Looking at the medal tally for Malaga:

Position	Country	Gold	Silver	Bronze	Total
1	Great Britain	80	66	57	203
2	Spain	80	65	59	204
3	Germany	74	77	65	216
4	USA	61	51	46	158
5	Australia	32	36	37	105
25	New Zealand	6	19	5	30

The host country always does well - but apart from their home town advantage remember they also have 4 times more masters athletes than Australia or New Zealand. The other countries above Australia have between 10 and 280 times more masters athletes than Australia. New Zealand at position 25 was only beaten by 4 countries with less masters athletes than they have.

So Oceania can rightly feel proud of its performance at the World Championships.

South Island Masters Track and Field Championships

by Derek Shaw

Southland Masters kindly offered to give Canterbury Masters a break from organising these champs after three years in a row. With Canterbury Masters being responsible for organising the 2019 NZMA T&F Champs in Timaru on the first weekend in March, I'm sure this offer was gratefully received.

Whenever the SI Champs are held at one end of the island it feels like a long way and potentially expensive for athletes at the other end to travel to them and as a consequence the number of participants is usually lower than when they held in a more central location. This year was no exception with 59 entries with 45 of them from Otago and Southland.

Despite the low numbers participating those who attended the AGM of SI Masters meeting were keen to see the annual champs continue. There was agreement that each SI centre would host the champs for 2 years in a row with the 2019 champs again being in Invercargill. Then they would move northwards up the island ie Otago 2020 and 2021, Canterbury 2022 and 2023 and Tasman 2024 and 2025 before heading back to Southland. So start planning your November breaks in the various host centres now. Southland would love to see an increased number next year.

Somebody must have offended the weather gods as the locals were adamant there was nice summer weather leading up to the champs as the conditions on Friday 16 November were windy and cold and Sunday was windy, cold and wet. Saturday was a lot more pleasant with periodic appearances of sunshine. However these conditions didn't prevent some fine performances and 22 new championship records being established by thirteen different athletes. The hardy Southland athletes seem to thrive in the conditions as seven of them broke 15 of the records between them, with five breaking multiple records.

Te Anau's Gail Kirkman (W65) led the way with four new SI championship records as she celebrated moving into a new grade. On the Friday she broke the 400m record by over 6s with a time of 73.69s. On Saturday, she established a new record for the 300m hurdles with an equally impressive performance of 58.40s and closely followed this with a new height of 1.18m in the high jump to add to her W45 and W50 records in this event. On Sunday morning she broke the 800m record with a time of 3:02.56 which lowered the previous records by 12s. She also won the javelin with a throw of 13.22m to cap off a very successful weekend.

Southland's Cassandra Scobie (W30) established three new records in her age group with good performances in her three middle distance events – 1500m (5:54.53), 3000m (13:36.15) and 5000m (23:15.30). Fellow Southlander David O'Sullivan (M30) identified a couple of gaps in the championship records and established new marks with good runs in both the 3km

steeplechase (12:10.07) and 400m hurdles (76.12). Southland's Glenyss Jones (W75) also established new records in her two events on the Friday afternoon - the 400m (2:00.40) and the long jump (2.13m).

Southland thrower Jackie Knowles (W45) smashed the eight year old record in the throws pentathlon with 2395 points, 964 more points than the old record. She also broke a ten year old record in the weight throw with 8.89m. Canterbury's Justine Whitaker (W75) extended her javelin record set last year with a throw of 14.85m. She also broke fellow Canterbury thrower Glen Watts championship record for the weight throw with a 10.73m.

Southland legend Angus Mackay (M90) notched up another championship record to bring his total to 11, establishing a new record with his throw of 7.55m in the javelin. Fellow Southland master Bruce Thomson (M55) had a great race with Dave Rondon in the 60m dash with Dave just edging out Bruce to win by 0.02s to record 8.46. Both were under the previous championship record of 8.53 but since Dave hails from the Waikato Bay of Plenty centre he was not eligible for the SI championship record, leaving Bruce to claim his first SI championship record. In their 100m race Dave maintained his winning edge with a time of 13.41, 0.05s ahead of Bruce.

Three other Canterbury masters added or maintained their name in the championship records. Julie Roots (W75) established a new record for the 800m (4:56.52), while Toni Oudemans (W40) added 375 points to the record for the throws pentathlon with a total of 1938. Shirley Rolston (W65), who had the distinction of the busiest schedule of 11 events including both the 3000m run and 3000m track walk in close succession on the Friday evening, established a new record of 37:33.24 for the 5km track walk. In the same race she lost her 2013 W60 record when Tasman's Claire McKenzie lowered the record to 36:45.93 in her first ever competitive 5km track walk. Otago's Jimmy George (M30) took the opportunity at the champs to establish a new record for the 3000m.

Ten athletes achieved performances that were greater than 85% on the age grading percentage. Not unsurprisingly Gail Kirkman topped the list with 89.70% for her 400m and 89.62% for 300m hurdles with all her championship record performances exceeding 83%. The next highest were Dave Rondon with 86.88% in the 60m, followed by Bruce Thomson's 86.67% in his 60m, Debbie Telfer's 86.58% in her 3000m, Warren Green's 86.42% in the 60m, and Barbara Patrick's 86.41% in her 3000m. Leading the 85%'s was Uros Sumar with 85.59% in his 100m which equalled the SI championship record of 13.60 that is already shared by 3 athletes – B McPhail, K Rozecki-Pollard and K Hutton - but was not recognised as there was 3.8m/s tail wind. Jonny Baird's 8.06 in his 60m gave him 85.48%, followed by Claire Giles with 85.19% and Tracey Excel with 85.05%

60m	Tracy Excell	STH	8.23
W35	Joeline Jones	TAS	8.32
W35	Paula Cotter	OTG	9.88
W40	Kylea Gough	STH	9.64
W40	Julie Edmunds	STH	9.93
W40	Lee Grieve	STH	9.98
W55	Shirley Rolston	OTG	9.97
W55	Sherron Tamatea-Scown	STH	11.70
W60	Claire Giles	OTG	9.99
W65	Noeline Burden	OTG	10.95
W65	Mary Marshall	STH	13.43
W75	Glenyss Jones	STH	12.10
M35	David O'Sullivan	STH	8.61
M45	Jonny Baird	CAN	8.06
M45	Michael Cop	OTG	8.75
M55	Dave Rondon	WBP	8.46
M55	Bruce Thomson	STH	8.48
M60	Barry Smith	STH	9.66
M60	Uros Sumar	STH	8.71
M65	Warren Green	STH	9.13
M65	Barrie Sheehy	STH	11.62
M70	Evan MacIntosh	STH	11.00
100m	Tracy Excell	STH	12.93
W35	Joeline Jones	TAS	13.32
W40	Kylea Gough	STH	15.7
W40	Lee Grieve	STH	16.43
W55	Alison Newall	OTG	16.01
W55	Sherron Tamatea-Scown	STH	33.49
W60	Claire Giles	OTG	16.12
W65	Noeline Burden	OTG	17.94
W65	Mary Marshall	STH	23.8
W75	Glenyss Jones	STH	19.55
M35	David O'Sullivan	STH	13.9
M45	Jonny Baird	CAN	12.89
M45	Michael Cop	OTG	14.05
M55	Dave Rondon	WBP	13.41
M55	Bruce Thomson	STH	13.46
M60	Uros Sumar	STH	13.6
M60	Barry Smith	STH	14.84
M65	Warren Green	STH	14.77
M70	Evan MacIntosh	STH	17.90
200m	Tracy Excell	STH	27.93
W35	Joeline Jones	TAS	28.51
W40	Kylea Gough	STH	34.57
W55	Alison Newall	OTG	34.69
W60	Claire Giles	OTG	36.52
W65	Mary Marshall	STH	57.64
M30	Mandeep Singh	OTG	25.43
M35	David O'Sullivan	STH	30.51
M45	Jonny Baird	CAN	28.92
M60	Andrew Stark	CAN	29.11
M60	Barry Smith	STH	31.60
M65	Warren Green	STH	31.06
M70	Evan MacIntosh	STH	40.66
400m	Dalise Sanderson	OTG	1:32.37
W65	Gail Kirkman	STH	73.69
W65	Mary Marshall	STH	1:55.86
W70	Barbara Patrick	OTG	1:40.41
W75	Glenyss Jones	STH	2:00.40
M70	Evan MacIntosh	STH	1:30.78
W35	Claire Nichols	OTG	63.87
W35	Joeline Jones	TAS	65.30
M35	David O'Sullivan	STH	62.91
M55	Bruce Thomson	STH	63.01
M60	Andrew Stark	CAN	64.06
M65	Mike Weddell	OTG	71.80
M65	Warren Green	STH	72.04
800m	Claire Nichols	OTG	2:25.04
W35	Kylie Davidson	STH	2:35.85
W60	Dalise Sanderson	OTG	3:28.46
W65	Gail Kirkman	STH	3:02.56
W65	Mary Marshall	STH	4:28.23
W65	Shirley Rolston	CAN	4:42.57
W70	Barbara Patrick	OTG	3:51.47
W75	Julie Roots	CAN	4:56.52
M35	David O'Sullivan	STH	2:54.85
M40	Craig Iversen	STH	2:32.74
M40	Jason Russell	STH	2:40.52
M50	Malcolm Cornelius	CAN	2:23.36
M60	Andrew Stark	CAN	2:27.88
M60	Peter Richards	CAN	2:44.76
M70	Evan MacIntosh	STH	3:49.76

1500m	Cassandra Scobie	STH	5:54.53
W30	Kylie Davidson	STH	5:26.48
W35	Julie Edmunds	STH	5:25.42
W40	Deborah Telfer	STH	6:13.83
W60	Dalise Sanderson	OTG	6:49.47
W65	Mary Marshall	STH	8:21.94
W65	Shirley Rolston	CAN	8:44.71
W75	Julie Roots	CAN	9:58.36
M30	Jimmy George	STH	5:29.94
M40	Craig Iversen	STH	4:42.11
M40	Andrew Horton	STH	5:37.67
M50	Malcolm Cornelius	CAN	4:41.54
M65	Derek Shaw	TAS	6:01.99
M70	Evan MacIntosh	STH	7:28.59
3000m	Cassandra Scobie	STH	13:36.15
W35	Claire Nichols	OTG	10:58.88
W60	Deborah Telfer	STH	12:58.45
W60	Dalise Sanderson	OTG	14:47.63
W65	Shirley Rolston	CAN	19:11.47
W65	Mary Marshall	STH	17:11.00
W70	Barbara Patrick	OTG	15:13.57
M30	Jimmy George	STH	11:58.50
M35	David O'Sullivan	STH	10:45.93
M40	Craig Iversen	STH	10:12.20
M40	Jason Russell	STH	11:34.86
M40	Andrew Horton	STH	12:14.20
M65	Derek Shaw	TAS	13:14.64
M70	Evan MacIntosh	STH	16:02.92
5000m	Cassandra Scobie	STH	23:13.30
W30	Deborah Telfer	STH	22:55.62
W60	Mary Marshall	STH	29:12.10
W65	Shirley Rolston	CAN	37:33.25
W70	Barbara Patrick	OTG	26:06.11
M35	David O'Sullivan	STH	23:13.73
M40	Dwight Grieve	STH	17:27.69
M40	Craig Iversen	STH	18:16.81
M40	Andrew Horton	STH	21:37.08
M55	Peter Richards	CAN	20:15.66
100m H	Dave Rondon	WBP	19.79
110m H	David O'Sullivan	STH	34.02
300m H	Gail Kirkman	STH	58.4
400m H	David O'Sullivan	STH	76.12
3000m SC	David O'Sullivan	STH	12:10.1
3000m W	Claire McKenzie	TAS	21:23.53
W60	Shirley Rolston	CAN	22:41.26
W65	Barrie Sheehy	STH	21:48.45
5000m W	Claire McKenzie	TAS	36:45.93
W60	Shirley Rolston	CAN	37:33.24
W65	Barrie Sheehy	STH	40:03.97
Shot Put	Kelley Charles	CAN	8.26m
W30	Amy Iversen	STH	6.14m
W35	Toni Oudemans	CAN	8.35m
W40	Jackie Knowles	STH	8.47m
W45	Alison Newall	OTG	7.17m
W55	Fiona Harvey	OTG	7.04m
W60	Winifred Harding	OTG	7.33m
W65	Shirley Rolston	CAN	5.12m
W65	Noeline Burden	OTG	6.13m
W75	Glen Watts	CAN	7.05m
W75	Justine Whitaker	CAN	6.63m
M55	Julie Roots	CAN	6.28m
M55	Mark Flaus	STH	10.84m
M65	Lester Laughton	STH	8.80m
M65	Richard Davison	CAN	7.94m
Discus	Kelley Charles	CAN	23.04m
W30	Paula Cotter	OTG	21.64m
W35	Amy Iversen	STH	17.32m
W40	Toni Oudemans	CAN	21.55m
W45	Jackie Knowles	STH	22.94m
W55	Fiona Harvey	OTG	21.58m
W55	Sherron Tamatea-Scown	STH	16.03m
W60	Winifred Harding	OTG	18.59m

W65	Shirley Rolston	CAN	15.32m
W65	Noeline Burden	OTG	14.85m
W75	Glen Watts	CAN	18.16m
W75	Justine Whitaker	CAN	17.36m
M55	Mark Flaus	STH	30.41m
M55	Dave Rondon	WBP	27.60m
M65	Lester Laughton	STH	33.86m
M65	Richard Davison	CAN	31.27m
M65	Barrie Sheehy	STH	18.27m
Javelin	Kelley Charles	CAN	19.43m
W30	Toni Oudemans	CAN	28.69m
W40	Jackie Knowles	STH	24.65m
W45	Fiona Harvey	OTG	20.85m
W55	Alison Newall	OTG	18.33m
W55	Sherron Tamatea-Scown	STH	16.45m
W65	Gail Kirkman	STH	13.22m
W65	Shirley Rolston	CAN	11.64m
W75	Justine Whitaker	CAN	14.85m
W75	Glen Watts	CAN	13.11m
W75	Julie Roots	CAN	9.76m
M45	Jonny Baird	CAN	32.13m
M55	Mark Flaus	STH	29.73m
M65	Warren Green	STH	31.54m
M65	Richard Davison	CAN	25.71m
M65	Lester Laughton	STH	23.43m
M65	Barrie Sheehy	STH	18.16m
M90	Alistair Mackay	STH	7.55m
Hammer	Kelley Charles	CAN	27.37m
W30	Lee Grieve	STH	24.30m
W40	Toni Oudemans	STH	15.87m
W60	Winifred Harding	OTG	30.08m
W75	Glen Watts	CAN	27.33m
W55	Fiona Harvey	OTG	25.39m
W75	Justine Whitaker	CAN	24.78m
W45	Jackie Knowles	STH	22.27m
W65	Shirley Rolston	CAN	17.98m
W75	Julie Roots	CAN	15.73m
M55	Mark Flaus	STH	30.36m
M65	Richard Davison	CAN	32.48m
M65	Lester Laughton	STH	28.98m
Weight	Kelley Charles	CAN	9.74m
W30	Toni Oudemans	CAN	7.81m
W40	Lee Grieve	STH	6.56m
W45	Jackie Knowles	STH	8.89m
W55	Fiona Harvey	OTG	8.76m
W60	Winifred Harding	OTG	11.55m
W65	Shirley Rolston	CAN	8.11m
W75	Justine Whitaker	CAN	10.73m
W75	Glen Watts	CAN	9.71m
W75	Julie Roots	CAN	7.71m
M55	Mark Flaus	STH	11.89m
M65	Richard Davison	CAN	12.51m
M65	Lester Laughton	STH	11.86m
Long Jump	Kylea Gough	STH	4.01m
W40	Alison Newall	OTG	3.26m
W55	Glenyss Jones	STH	2.13m
W75	Barry Smith	STH	3.55m
High Jump	Alison Newall	OTG	1.12m
W55	Gail Kirkman	STH	1.18m
M35	Grant Excell	STH	1.45m
M55	Dave Rondon	WBP	1.36m
M65	Lester Laughton	STH	1.00m
Triple Jump	Kylea Gough	STH	8.51m
W40	Alison Newall	OTG	7.47m
W65	Noeline Burden	OTG	5.90m
W75	Glenyss Jones	STH	4.31m
M60	Barry Smith	STH	8.30m
Pentathlon	Toni Oudemans	CAN	1778 pts
W40	Lee Grieve	STH	1342 pts
W45	Jackie Knowles	STH	2395 pts
W55	Fiona Harvey	OTG	2283 pts
W65	Shirley Rolston	CAN	1664 pts
W75	Justine Whitaker	CAN	3320 pts
W75	Glen Watts	CAN	3164 pts
M65	Richard Davison	CAN	2672 pts
M65	Lester Laughton	STH	2509 pts

in their 60m events. Tracey's time of 8.23 was under her SI championship record of 8.26 but was ruled out by the 2.3m/s wind.

Amongst the many other impressive performances was Southland's Craig Iversen's win in the combined 3000m race in the windy conditions on the Friday evening in 10:12.22. Southland Masters President Dwight Grieve (M40) displayed a clean pair of heels in the combined 5000m race in a fine exhibition of front running to record a time of 17:27.69. It was his last hit out before he tackled the 60km Kepler Challenge on his Te Anau back doorstep two weeks later in which he finished 5th overall in the great time of 5:39:26.

In the combined 1500m a close and exciting finish saw Canterbury's Malcolm Cornelius (M50) claim line honours with a time of 4:41.54 just 0.18s ahead of Craig Iversen. Otago's Julie Edmonds (W40) and Southland's Kyle Davidson (W35) also had a close race for first women overall with Julie finishing just over a second in front of Kylie.

NZMA President Andrew Stark (M60) showed strong signs of his former form in his three races with 64.06 (82.67%) in his 400m, 29.11 (79.66%) in his 200m and 2:27.88 (84.07%) in the men's combined 800m where he finished 4.5s behind winner Malcolm Cornelius.

Former President Mike Weddell (M65) returned to the track after an injury break to just head off Warren Green in their close 400m to record 71.80, with 72.04 for Warren. Also hailing from the active Te Anau club, Warren had a busy schedule of both track and field events and demonstrated his versatility in winning the M65 javelin with a throw of 31.54 nearly 6m

clear of his three rivals which included a couple of specialist throwers.

Regular participants at recent SI champs Otago masters Claire Giles, Alison Newall. Noeline Burden, Dalise Sanderson and Barbara Patrick continued to support the champs and performed well in their track events with Claire and Alison again having some close races even though they are in different age groups. Similarly, regular Otago and Canterbury throwers Winifred Harding, Fiona Harvey, Justine Whittaker and Glen Watts continued to perform well. Justine and Glen continued their friendly rivalry in the W75 age group with the honours being shared as Justine triumphed in the javelin, weight throw and throws pentathlon and Justine in the hammer, shot and discus.

A younger group of women throwers that included Canterbury's Kelley Charles (W30) and Toni Oudemans (W40), Otago's Paula Cotter (W35) and the host centre's Amy Iversen (W35), Lee Grieve (W40) and Jackie Knowles (W45) had some close contests and shared the honours around, with Jackie achieving the highest points total of 2395 in the throws pentathlon.

Amongst the male throwers Canterbury's Ric Davidson and Southland's Lester Laughton vied for best performances in the M65 age group with Ric finishing ahead of Lester in the javelin, hammer, weight throw and the throws pentathlon, while Lester took the honours in the shot and discus as well as giving the high jump a go again. Although Southland's Mark Flaus only had competition in his age group in the discus he continues to be a consistent performer.

South Island Masters Track & Field Combined Events Championships – Invercargill (18/11/2018)

W40		Hammer	Shot	Discus	Javelin	Weight	Points
Toni Oudemans	Can	16.37	8.23	21.74	24	5.12	
		264	473	355	430	256	1778
Lee Grieve	Sth	21.91	5.98	15.33	10.71	5.12	
		402	311	226	147	256	1342
W45		Hammer	Shot	Discus	Javelin	Weight	
Jackie Knowles	Sth	21.24	9.31	21.39	21.68	8.56	
		429	602	384	421	559	2395
W55		Hammer	Shot	Discus	Javelin	Weight	
Fiona Harvey	Sth	21.90	6.86	18.96	18.47	7.32	
		507	490	412	415	459	2283
W65		Hammer	Shot	Discus	Javelin	Weight	
Shirley Rolston	Can	ND	5.38	15.71	10.52	7.69	
		0	460	428	272	504	1664
W75		Hammer	Shot	Discus	Javelin	Weight	
Justine Whittaker	Can	25.59	7.14	15.39	11.15	10.48	
		897	733	522	390	778	3320
Glen Watts	Can	25.94	6.56	16.39	10.00	9.43	
		912	662	563	341	686	3164
M65		Hammer	Shot	Discus	Javelin	Weight	
Rick Davison	Can	30.57	8.04	27.99	24.08	11.58	
		591	542	515	408	616	2672
Lester Laughton	Sth	24.92	8.91	28.03	20.07	11.40	
		456	614	516	318	605	2509



NZMA President Andrew Stark (M60) leading Warren Green (M65) in the wet 200m



A close finish in the W45+ 60m by Otago sprinters (L to R) Claire Giles, Alison Newall and Julie Edmonds



Gail Kirkman (W65) in the high jump



Canterbury's Peter Richards (M60) in the 5000m



Otago's Mandeep Singh (M30) in the 200m



Toni Oudemans (W40) in the javelin



Tasman's Claire McKenzie (W60) leading Canterbury's Shirley Rolston (W65) in the 5000m track walk

2019 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS MACKAY

EVENT GUIDE

Saturday 31 August 2019 to
Saturday 7 September 2019

(Information as at 26 Sept 2018)

Mackay is one of Australia's fastest growing, yet most idyllic regions, where lifestyle and prosperity are the daily currency and the world is increasingly gathering to meet, work and play. A fresh new event destination, Mackay boasts affordable world-class facilities and services with small town hospitality and excellence in customer service.

- Rainforests with Platypus viewing
- Spectacular salt and freshwater fishing
- The sparkling blue of the Pioneer River
- Spot migrating whales
- An impressive marina village with alfresco dining
- Admire Queensland's best collection of art deco architecture (20 lovingly restored heritage listed buildings)
- Southern Hemisphere's largest Coal Export Facility and largest bulk sugar terminal
- The gateway to the mining trail
- 120km from Airlie Beach – the gateway to the Great Barrier Reef

Climate

MONTH	MEAN TEMP (C)	HUMIDITY (%)	RAINFALL (MM)
August	22	14	30
September	25	16	15
October	27	20	38



Accessibility & Airport

Mackay is one of Queensland's most accessible regional destinations by air, road or rail.

Affordable and frequent air services into Mackay Airport with more than 110 flights to the region each from Brisbane, Rockhampton, Townsville and Cairns - serviced by Virgin Australia, QantasLink and Jetstar airlines. Mackay Airport is located 5km kilometres from the Mackay CBD. Rail access is also available via Queensland Railways "Spirit of Queensland" train service which travels the state's coastline from Cairns to Brisbane and all regions in between.

Accommodation Options

The Mackay Tourism Information link on the event website has a list of accommodation options and contacts

Looking for more information?

- facebook.com/oceaniamastersathleticschampionships2019
- athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019
- oceaniamastersathletics2019@gmail.com
- (+61) 0419 66 11 91

2019 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS MACKAY

EVENT GUIDE

Saturday 31 August 2019 to
Saturday 7 September 2019

(Information as at 26 Sept 2018)

Mackay Aquatic, Sport & Recreational Centre

The new \$24 million dollar Mackay Aquatic, Sport & Recreational Centre commenced development at CQUniversity Mackay's Ooralea Campus in Mackay, Queensland, Australia and is located 7km from the Mackay CBD. The precinct is due for completion in February 2019.



IAAF Class 2 Athletics Facility consisting of:

- a synthetic surface running track consisting of an eight lane x 400 metre track, a nine lane 113 metre main sprint straight and an eight lane 103 metre secondary sprint straight;
- four long jump pits and two triple jump options;
- a steeplechase water jump;
- one discus circle; •one discus/hammer circle;
- three shot put circles; •two javelin runways;
- two high jump fans;
- one dual pole vaulting runway



Aquatic Centre consisting of:

- one 50 metre, 10 lane outdoor heated competition pool;
- one 25 metre, 6 lane covered heated warm-up program pool;
- one 15 metre, 5 lane covered heated pool

Program / Dates

Day 1—Saturday 31 August

- Registration
- 5000m
- Weight Throw (Men & Women)
- Triple Jump (Men & Women)

Day 2—Sunday 1 September

- Opening Ceremony
- 10km Road Walk
- Heptathlon—Day 1
- Decathlon—Day 1
- 60m Heats & Finals
- 800m Heats
- Long Hurdles
- Hammer (Women)
- Discus (Men)

Day 3—Monday 2 September

- Heptathlon—Day 2
- Decathlon—Day 2
- 800m Finals
- Sprint Hurdles
- Shot Put (Women)
- Hammer (Men)

Day 4—Tuesday 3 September

- 6/8km Cross Country
- 100m Heats & Finals
- 200m Heats
- 5000m Track Walk
- Long Jump (Women)
- High Jump (Men)
- Javelin (Women)
- Shot Put (Men)
- Formal Dinner

Day 5—Wednesday 4 September

- General Assembly

Day 6—Thursday 5 September

- Pentathlon (Men & Women)
- 200m Finals
- 400m Heats
- Steeplechase
- Javelin (Men)
- Discus (Women)
- Long Jump (Men)
- High Jump (Women)

Day 7—Friday 6 September

- Throws Pentathlon (Men & Women)
- 400m Finals
- 3000m Race Walk
- 1500m
- 4 x 100m Relays
- Medley Relays (800/400/200/200)
- Pole Vault (Men and Women)
- Closing Ceremony

Day 8—Saturday 7 September

- Half Marathon

These events have been timetabled on these days but may change due to the number of entries received in events.

Event Registration & Fees

Registrations are taken online on the event website. Refer to the website for closing dates .

OMA Registration Fee	AU\$40.00
Administration Fee	AU\$50.00
Total Registration Fee	AU\$90.00
Entry Fee per Event	AU\$10.00

Entry Fee per Combined Event AU\$20.00
(Heptathlon, Decathlon, Pentathlon, Throw Pentathlon)



Good News for Middle Aged Runners

by Barry Rait

The academic and scholarly world of sports and health research and writing is becoming replete with studies of willing senescent masters athletes keen to be attended upon and have their efforts to be scientifically recorded. No doubt the broad demographic changes as in 'the silvering of the population' is creating an increasing demand as are the soaring ill-health costs for this sector of western nations. Researchers find the field of masters sports and particularly those sports that can be easily measured (e.g. weightlifting; track and field athletics; swimming) a treasure trove of applicable potential studies.

We all know that there are irrefutable primary ageing effects that gradually diminish athletic performance. The question of what other factors or variables that contribute to this reduction of performance for well performed middle-aged masters runners, are addressed by the authors noted below. Their expressly put aim "was to examine the relative contributions of both training and age to the explanation of running performance for a sample of active, continuously involved Masters in the middle years of life." (p.740). Specifically, they were interested in the relative contributions of training over the last five years and then in the longer term, had on athletic performance in middle age and how well this performance could be predicted.

In a recently published article in the Journal of Sport and Exercise Psychology (2008, 30, 737-754), 'Explaining Performance in Elite Middle-Aged Runners: Contributions from Age and From Ongoing and Past Training Factors', Young, Medic, Weir and Starkes examined afresh the relationship between age-related decline and the factors associated with it. They employed some powerful statistical analysis to their findings and reached certain conclusions that extend our known information about early gerontological knowledge (not geriatric, because that term refers to an actual array of diseases).

Through 226 questionnaires they examined the training logs of 43 (also noted as 30) masters runners who participated in several Canadian and USA championships in 2004 and 2005. This study was thus retrospective in nature and mainly relied on male athletes. The selected athletes were between 40 and 59 years old, average 50 years, and were participating in the 10 km competition event with an average time of 39:19 and were mainly males.

The researchers based much of their study on the 1996 Kramp and Ericsson findings that proposed: "...skilled performance could be retained at older ages as long as individuals have continuously practised across the life span in a particular domain of expertise, and have engaged in specific practice activities that are most relevant for improving performance.

The concept of preservation of the effects of training was promoted including an accumulation effect throughout life. This recent study also extends rather than simply to infer a preservation effect. The researches were keen to distinguish between the 'inferred preservative or moderating role of career-span training on age decline' as assumed in many studies and the scientifically discovered effects of training. So the study was geared towards 'Analysis 1 dealing with ongoing training factors and Analysis 2 dealing with the effect of past cumulative training from (a) total cumulative training and (b) training in the last 5 years.

For the dependent measure they examined 'the performance time that each participant recalled having achieved at the oldest age during the 40-59 years period' (= the performance). For the independent measure they considered 'age was entered for each participant based on the year in which the performance was achieved (= ongoing weekly training...). Further to this, the independent measure was divided into (a) training for all running done in the past five years and (b) training for all running done earlier in a career.

Their findings are instructive and reinforce experienced master's runners' intuitions. For Analysis 1, the amounts of weekly training completed over a year in which the top performance was achieved, was accountable for more variance in performance than age alone. For Analysis 2, past performance accounted for more variance of performance than age alone. Cumulative training explained more about performance than age alone. Thus the role of this training was more significant in explaining performance than the increase in age.

Intensive training as exemplified by the present subjects showed significant modification on the process effects of "primary aging". The researchers held the view that: Whereas aging is inevitable, training is, to a certain degree, under the control of the individual if they are motivated; have access to adequate resources such as equipment, coaching, and facilities; are able to remain free of injury; and are not compromised by the effects of "secondary processes of aging" (p.749)

The 'secondary effects are excessive and incorrect training and then there is the down-time from training resulting from those injuries. These factors are described as 'self-damage'. The crucial factor of continuity of training was emphasised by the authors. They cited three related aspects: "many years of uninterrupted practice, shorter off-season periods, and higher weekly amounts of practice." How to allow for occasional injury remains a problem was a challenging problem that was dealt with satisfactorily.

Waikato/Bay of Plenty

by Bruce Solomon

Currently we have 45 members. While our funds are in a healthy state, we have made the decision not to charge for the "give it a go" meetings or the WBOP Champs in January 2019.

The WBOP members who competed at the North Island T&F Champs in Wellington in November achieved great results. In particular Stephen Te Whaiti, now in the M55 age category, who achieved first placings in almost all his events, as well as setting a few NI Championship records and NZ records in the pentathlon and 60m.

The five Frankton club female members who competed achieved fifteen 1st placings and nine 2nd placings. Special congratulations also to Tania Hodges (W50) who broke the NI championship record in the weight throw with a throw of 13.13m.

The results attained at the NI Champs also determines the winner each year of the WBOP/Auckland Trophy Challenge. This year the winner was Auckland with 225 points versus 162 points for WBOP. Full results for the NI champs can be found elsewhere in this edition of Vetline or at: <https://nzmastersathletics.org.nz/wp-content/uploads/2018/11/2018-North-Island-Masters-Track-Field-Results.pdf>

Coming Events

WBOP Champs:

20th January, Tauranga Domain - Free Entry

Trophy Day:

17th February, Porritt Stadium, Hamilton - \$10 Entry



Stephen te Whaiti leading the M55+ 100m sprint at the North Island Championships in Wellington

PHOTO: Bruce Solomon

Continued from page 32

The effect of enjoyment and a high level of participation in running can result from years of continuous exercising. This consequential effect has its own built-in benefits and so can be self-perpetuating. The crucial element of continuity of training in the maintenance of performance is highlighted. It was concluded that: They acquire their performance capabilities by training intently and without interruption for many years, and the past five years appeared in the current study to be most important for bolstering running performance in the middle years of life. (p. 751)

The maintenance of top competitive performances is dependant on the continuity of uninterrupted training with little time-off between seasons, well planned training and insignificant injury. There is nothing new in this rather obvious conclusion because this applies to 'peak-of-life-performances' too, so why not to masters athletes?

This study shows that middle-aged well performed masters athletes can maintain their top times by maintaining

uninterrupted and correct (non self-damaging) training particularly in the previous five years. 'Maintenance' training was also useful and reduced the stress to excel particularly when injury intervened.

As is par-for-the-course of such studies there are more questions arising, such as, how is the early-life training/practice reflected in later-life skilled performance? What are the variables for the 60+ year athletes? What are the female performances showing? Another angle for enquiry is, what does research mean for the field events athlete, particularly throwers, where the effect of cardio-respiratory fitness is far less evident? A ready answer is for the throwers to compete in the multi-events particularly the pentathlon where there is sufficient cardio-respiratory challenge to make a difference.

Whatever the scientific findings, the old adage "if you do not use it, then you lose it" comes to mind, so one can hope for a preservation and practice effect from earlier times.

This article was previously published in an earlier issue of Vetline

Auckland

by Chris Thompson

Gideon Tait Meeting – 14 October 2018

Our first meeting of the 2018/19 season saw a warm sunny day await the 40 athletes who turned up to compete. The Gideon Tait Meeting is a trophy day whereby those who wish to enter need to compete in four events, one track, one jump, one throw and one event of their choice. Five athletes competed for the GT Trophy with Anne Goulter (W55) coming out on top with a 77.37%, followed by Tony Deleiros (M70) with 69.17% and Mark Lambert (M40) with 69.16%.

Two NZMA records were set at the meeting. Christine Adamson (W60) broke the 1500m with 5:37.61, taking 5.4 seconds off the former record and lowered the AMA record by 5.41sec. James Nightingale (M40) flew home in the 60m in 7.34s to set new NZMA and AMA records.

Other performances of note in the 60m came from Sam Patterson (M30) with 7.69s to break a local record. Sam is out of the North Harbour Bays club and new to masters. The quickest lady on the day was Faith Firestone (W35) with 8.68s.

This event drew good numbers in the M40 and M70 age groups.

AMA Meet One – 4 November 2018

Numbers entered for this meeting were up to about 48 and the meeting was held in beautiful weather. Highlights of the meeting were two new NZMA records. Anne Goulter (W55) threw the weight throw 12.57m and Sonja Bowe (W40) cleared 2.50m in the pole vault.

Unfortunately, the electronic timing had gremlins in the system so we reverted back to hand timing for many events. The wind from behind was also too strong for any record performances on the track. We welcomed two members to our fold, namely Gavin Jensen (M50) and Dudley Young (M55), both sprinters who recorded times of 8.6s and 8.7s (HT) respectively in the 60m.

In the jumps and throws, the best on the day were Mark Lett (M55) down from Northland, with 2.80m in the pole vault. The triple jump saw Trevor Walker (M55) stretch out to 11.09m. In the shot put Tarres Chitar (M40) threw 10.65m and James Thomas (M60) with 10.25m. Murray Free (M55) throw 37.66m in the javelin, while in the weight throw James Thomas (M60) again featured with 12.74m.

Pan Pacific Masters Games – 2-11 November 2018

Twelve Auckland athletes travelled to the Gold Coast to participate in the Pan Pacs. Between them they collected 22 golds, 18 silvers and 3 bronze medals. Along the way three new

AMA records were set and a NZMA record equalled - Aggie Boxall (W60) with 13.13m in the weight throw, Carol Conte (W75) with a long jump of 1.94m and Anne Goulter (W55) equalled her AMA and NZMA weight throw mark of 12.57m.

North Island Championships – 23-25 November 2018

Sixteen Auckland masters ventured south to Newton Park in Wellington for the North Island Masters Track and Field Championships. Eight new NI Champs records were set by 5 of the athletes. Mark Lambert (M45) broke the 60m, 100m and 200m records, Meghann Stewart (W50) broke the 400m and 1500m records, Jacob Potgieter (M35) the high jump, and Tina Ryan (W55) and James Thomas (M60) the throws pentathlon records.

James and Mark also broke Auckland records, with Mark recording 23.90s for the 200m, and Justin a new weight throw distance of 14.22m and throws pentathlon total of 3273 points - a record that has stood since 1993.

Special mention to James Thomas, very new to masters throwing who achieved results well beyond his limited experience and has much potential to go far better. He also broke 5 club (NHB) records as well. Welcome to your first major meet and more highlights to come!

Pentathlon/Throws Pentathlon/10000m Champs – 9 December 2018

Over 40 members took part in the annual AMA Pentathlon/Throws Pentathlon and 10000 metres Championships.

Three women and two men contested the 10000 metres which saw Christine Adamson (W60) the quickest lady home in 43:50.60 and Alistair Prangnell (M60) the fastest male in 38:49.33m. In doing so, Alistair broke the M60 AMA record.

The Pentathlon Champs had four women and five men competing with an even contest amongst the three top ladies who all managed just over 2000 points, the best being Karen Hullena (W50) with 2156 points. Of the men the highest total was recorded by Trevor Walker (M55) with a new Auckland record of 2913 points. Both Trevor Wilson and David Anstiss totalled in the 2500's.

In the throws pentathlon Anne Goulter (W55) with 3310 points was the clear winner amongst the four women. The biggest group of the day was the men's throws group which saw 11 competitors. The leading total was 3255 points by Laini Inivale (M50) followed by Mark Cumming (M55) with 3251 points, James Thomas (M60) with 3240 points and Tuariki Delamere (M65) with 3216 points.



Jacob Potgieter in the M35 Shot Put



Chris Thompson in the M65 Shot Put



Judith Uhlenberg W55



Christine Adamson W60



Faith Firestone W35



Murray Free in the M55 Javelin



David Anstiss winning the Pole Vault at the North Island Championships

Wellington

by Michael Wray

Wairarapa Marathon

The road season finished with the Wellington Marathon Champs for which the Wairarapa Marathon played host. Unfortunately the numbers were low, as they generally are for this race. I suspect Wellington has more runners in the Auckland Marathon, held a few weeks later, than in Masterton making me wonder whether the Wellington Champs should be hosted by Auckland!

There were no senior men or senior women from Wellington clubs in the race, so the senior medals went to the fastest masters: M35 Brian Garmonsway (Trentham) finished in 2:50:51 to take gold and W35 Carla Denneny (Scottish) was first woman in 3:16:36. The "promotion" of these masters meant the gold M35 medal went to Michael Eyre (Scottish) in 3:31:00 and W35 to Rebecca Edgcombe (Masterton) in 4:58:14. The M50 winner was Graeme Butcher (Masterton) in 3:19:41 and there were no W50+ runners.

Lower Hutt 10km

The Lower Hutt 10km took place on a sunny, albeit windy, day. We only managed to attract 19 competitors to this year's race, which is a concern as it is our lowest turnout. Perhaps we erred in moving from October to November, which we did to avoid both the long weekend and the races scheduled during the October period, albeit that we ended up clashing with a new 10000m track race. It is also likely a reflection of our failure to promote the race properly, due to our focus on organising the North Island Masters Track and Field Championships - to be honest, we almost forgot ourselves that the 10km was scheduled! Brian Hayes was fastest male runner (47:12) and Marketa Langova the fastest female (51:34), with Christine Jones scoring the highest age grade (78.84%). Geoff Iremonger was the fastest male walker (80:27), while Jacqueline Wilson was fastest female (69:17) and fastest overall, as well as the best on age-grade (83.86%).

Agency Group 10000m

The new event that pulled competitors away from our 10km was the Agency Group 10000m put on by Wellington Scottish. This was put together with the aim of recreating a Wellington version of the annual Highgate Harrier's Night of 10000m PBs that has been a huge success in the UK. Apart from the resident football club, whose liquor licence was to be used, discovering at short notice that their licence had expired, the event was a fantastic success. The intention is to make this an annual event.

It attracted 106 runners, which must make it the biggest 10000m race NZ has held for many years, if not ever. The field was seeded into three separate races. The first race was for runners expected to be 40 to 60 minutes, the second 34 to 40

minutes and the final race for those faster. Each race offered pacers, with times on offer ranging from 30 minutes to 40 minutes. Several runners were targeting the qualification mark required to qualify for the 2019 IAAF World Cross Country Champs. Senior women needed to run sub-35, senior men sub-30 and junior men were required to run 32. Athletics NZ selectors were on hand to ensure the event was to the required standard to be eligible and they were rewarded with five qualifiers. The five comprised three junior men, one senior man and one senior woman; both seniors were actually masters.

W35 Lisa Cross (Pakuranga) ran 34:23.51 to earn the qualification standard. Lisa eschewed the option to run with the 35:00 pacer and instead went out ahead. What seemed a risky strategy paid off and she never looked in danger of fading. Mel Aitken was third woman overall and the second masters woman to finish, crossing the line in 36:56.85. Third master's woman was Lindsay Barwick (37:47.71). Sally Gibbs was the sole W50+, running 39:13.69.

M35 Nick Horspool (Scottish) was the fastest man overall. He was paced by Olympian Hamish Carson until late on and when Hamish stepped off the track, Nick actually sped up! Nick's 29:50.71 earns him the right to be selected by Athletics NZ for the IAAF World Cross Country and also took the M35 NZ 10000m national record. Levente Timar was the second master, finishing in 31:52.84, and Andrew Wharton was third master in 33:11.06. First M50+ was Michael Wray in 35:02.25, second was Peter Stevens (35:23.56) and third was Bill Twiss (36:52.52).



Jacqueline Wilson (1st walker & 1st W70) collects her prize at the Wgtn masters 10km

PHOTO: Sharon Wray

Taranaki

by Vicki Jones

The track and field season in the Taranaki started under cold - make that freezing - conditions, but thankfully not much rain. But the lead up to track was marked with highs and tinged with lows.

On 29 August, Karen Gillum-Green was awarded a prestigious Citizens' Award by the New Plymouth District Council for all the efforts she puts into athletics. Vicky Adams, who nominated her, was beside herself when she discovered Karen had got the nod but had to keep mum for some time until the announcement. She was so happy to share the news when she could!

As for lows we were saddened by the news of the passing of Trevor Suthon on September 27 after a short sharp battle with Alzheimers'. He will be sorely missed for his gentle wit and always willing to jump in wherever he could. And who could forget the time one club night when he had a tussle with a discus and got himself knocked out - resulting in the need for an ambulance!

On 17 November Alex Fahey marked a milestone birthday, turning 90 - and still walking! He was nowhere to be found that day on the track (being a club night), but I heard that he had a long line of people toasting him with a wee dram, which ended up to quite a string of wee drams! Then on 27 November, a large group of kids lined up waiting for the end of the 1km walk and their 100m sprints escorted Alex down the home straight with much cheering and encouragement - a very moving moment.

Karen has been busy with her coaching and I'm sure she is working on a comeback! Vicky Adams continues to work on her comeback, using the walks and the 2000m and 3000m on the track to assist. Lynne Mackay is working on her return after taking a break to visit the UK.

Eighty-two year old Peter Schaeff marvels with his stamina, regularly competing in a number of track races each club night. He had a successful outing in Pengang, having attended the inaugural Asia Pacific Masters Games. He tells a story of feeling cheated into earning a silver medal in one of his races, with his rival in the silver medal position slowing to allow Peter to overtake him just so he could have a full set of medals - a gold, silver and bronze - instead of another silver!

NI Masters Track & Field Champs - 23-25 November 2018 - Wellington

Six members entered the annual North Island Champs. Weather forecasts did not bode well but in the events turned out quite nice - no wind even!

Des Phillips had a typically full programme and he held up well considering a foot injury. His speed work is coming along well, despite coming second in most events to rival David Anstiss in the M70 grade. He did pull out of his 800m but not because of injury - he decided to take advantage of tickets he had received to visit the Seal Colony.

Allan Thomas was left with the stiffest competition of all, coming 4th in his 800m and 1500m in the M60 grade. Brian Warren had good easy runs taking out the M65 grade in the 1500m, 3000m and 5000m. In the M70 grade Alan Jones had a satisfying meet, achieving his goals for his 1500m (going under 7 minutes) and his 800m - though no longer having Des to chase!

Two walkers entered the competition - Serena Coombes and myself. Due to a shoulder injury Serena opted to pull out of competing in favour of gaining judging experience, which she enjoyed and did well. As for myself I was recovering from a foot injury and experienced improvement in my performances - doing some of my best times in up to 2 years. I did have my eye on improving my 5000m track walk NI championship record in the W35 grade but it turned out not to be.

All in all the Taranaki contingent had a most satisfying weekend. Our thanks go to all the organisers, officials and volunteers who ensured a well-run meeting.

This all bodes well as we all gear up towards Christmas and the business end of the season in the New Year.



Allan Thomas and Marshall Clark in the 800m at the North Island Championships in Wellington

PHOTO: Sharon Wray

Manawatu/Wanganui

by Jen Fee

Wow, what a couple of months we have had! Although a small Centre we managed to hold our Oceania Throws challenge in conjunction with a spring pentathlon to gain more entrants. And then a further event a few weeks later. Thanks to the Wellington members who come and join us for these.

Congrats must go to Francie Bayler who travelled over to the Asia-Pacific Games in September and brought back 3 gold medals – from 3 events! What can't this pocket rocket do? She not only competes in her main events but also gives all the throws a go when we have our local event - improving nearly every time!

It was wonderful to see that we had 16 regional members competing at the North Island Masters Track and Field Championships including our ANZ counterparts. Pleasing to see ¾ of us are still NZMA members, which seems to be a dwindling thing. Long may it continue.

Fantastic to see Laurie Malcolmson competing just 6 months post a knee replacement with not too shabby times! Brayden Grant is always a pleasure to watch run and managed to break records in his 60, 100 and 200m events - seemingly improving with age!! Long may this continue also.

Talking of records – sisters Vanessa Pendergrast and Dale McMillan both earned North Island Championship records in their respective pentathlons! Vanessa in her throws pentathlon and Dale improving her track pentathlon record. Jill Evans was unlucky that after bettering the W65 javelin mark by 83cm the tape had been removed before they realised it was a record – but we all know!

And as for master's family, our women's throwing group consisted of 2 mother-daughter groups - Beryl McMillan and her daughters Vanessa Pendergrast and Dale McMillan; and Jill Evans and her daughter Raewyn Grigg. I feel privileged being a member of this group! May family rivalry keep producing the results as it has been, Vanessa only joining in with us a month prior to champs and now holding a record!

We must also welcome Ross McBeth back into the Manawatu-Wanganui family after a decade or so competing for Wellington! And Kevin Fee put his spikes on for the first time in many years to run the 1500m, but unfortunately scratching from his preferred 800m due to a ferry crossing clash - track running being very different from his usual pursuits.

I know I haven't mentioned everyone – next time. Happy competing to you all!

Northland

by Judith Stewart

It is with much sadness that I have to report that we lost one of our most loyal members on the 11 November - many of you would have known that Malcolm Clark passed away after a short battle with cancer.

I first met Malcolm and Sue when we were all competing in the younger age groups and was lucky enough to share some wonderful trips to Oceania and WMA Champs together in different parts of the world.

As a team manager at many of our champs he was well known and respected for his knowledge of the rules. He always offered encouragement to each member of the team, somehow managing to pop up at the many different events often at different venues miles apart.

The respect that our masters athletes had for him was highlighted at his service at which Brendan Gibbs did an amazing job. RIP Malcolm, we will miss you.

I would like to extend congratulations to all our Northland members who travelled to Malaga - for 7 competing members we did well!!

I have also heard that those who had extended holidays have some good tales to tell and most are talking about the next trip. We must not forget those husbands and wives who were dragged along and expected to know how to use the train system and order taxis to make sure the athletes arrived calm and ready.

Our track season has been a bit late getting underway but I am aware we have a few members travelling to Wellington for the North Island Champs so we wish you well and sorry that Mark Lett will just have to carry the bags - do hope you won't suffer for too long Mark (or you Delwyn).

We have a Xmas meet on the 9 December and our champs will be on the 6 February.

Have a Merry Xmas all and try to get some kind of training over the holiday season.

Otago

by John Stinson

Having just completed what has been officially recorded as the wettest November Dunedin has experienced since records were taken it is fair to say the month has been a challenging one for athletes and officials alike. Here's hoping for better things in the summer months ahead.

On Sunday 28 October the annual Peggy Calder Memorial Interclub Track and Field Meeting was held at the Caledonian Ground. Peggy Calder was a passionate supporter of masters athletics being a founding member of the now defunct Eastern Districts Athletic Club and the original organizer of the Women's Coast Road Relay a popular event in its formative years unfortunately no longer part of the Otago Athletics scene.

The day was enjoyed by all participants and some hidden talents were on display particularly in the throwing events. The long jump competition provided some techniques not prescribed in any coaching manual. A number of first time competitors were involved and become more aware of how much fun master's athletics can be and the wide range of events on offer. The winning club was Caversham with an overall tally of 302 points who retained the handsome Peggy Calder Cup for another year. Thanks to Claire Giles who organized the programme and ensured all events ran to time and to David Jackson and John Stinson who assisted with timing and recording duties.

The South Island Masters Track and Field Championships held in Invercargill over the weekend of 16-18 November was notable for the extreme variety of weather on offer. Claire Giles reports that the quick changing conditions requiring gumboots, umbrellas, sun hats, sunscreen and back again provided their own unique set of challenges for everyone. Claire also reports doing sprint events for the first time wearing tights, thermals and gloves. The SI Championships are on again in Invercargill

next year when more normal conditions have been promised. Southland Athletics are also holding a track and field meeting in Te Anau on Saturday 19 January 2019.

On the local track and field scene master's competitors have been among those competing well on a consistent basis since the opening of the 2018-19 season in October. Alison Newall and Claire Giles have been featuring week in and week out in sprints, jumps and throwing events. Claire's daughter Paula Cotter is also performing consistently well in shot put, discus and hammer throw. Dalise Sanderson is another still looking to improve her track times over a number of distances often under the disadvantage of having little or no age group competition. Paula Cotter has also kindly agreed to co-ordinate and update the Otago Masters Athletics website, so important in these times of immediate communication.

On Wednesday 5 December the annual Geoff Capon Memorial 5km Beach Run will be held on St. Clair and St. Kilda Beaches. Always a popular pre Christmas event, the run will be followed by a meal at the Equinox Restaurant in the Forbury Park Raceway complex.

Unfortunately the Kennys Canter (Bill Kenny Memorial) Steeplechase Relay set down for 21 November was unable to be held due to the prolonged period of inclement weather. The event has now been rescheduled for 13 February 2019.

Athletics Otago is once again hosting a major national event with the NZ Secondary Schools Athletics Championships being held in Dunedin from 30 November to 2 December. It will be exciting to watch the best future NZ senior athletes on display and also future masters further down the track.

Merry Christmas and a happy and prosperous 2019 from Otago Masters Athletics



Otago's Mike Weddell and Southland's Warren Green in a close race for line honours in the M65 400m



Otago's Alison Newall (W55) in the high jump

PHOTOS: Derek Shaw

Tasman

by Derek Shaw

South Island Masters Track and Field Championships

A small contingent of three Tasman Masters made the long road trip to Invercargill to support these champs. The less than ideal weather made conditions challenging for good performances. However former Southland resident Claire McKenzie seemed to thrive in the cold, wet and windy conditions on the Sunday morning to claim a South Island championship record in the W60 5000m race walk in her first SI champs. Her time of 36:45.93 took an impressive 30s off the previous record and added another Tasman name to the championship records in the race walking events. Tasman athletes now hold 8 of the 12 5000m SI championship records and 8 of the 20 3000m SI championship records – pretty impressive for a small centre. Claire recorded a creditable time of 21:23.53 in her warm-up 3000m race walk on the Friday evening to lead home the small master's field of three.

Joeline Jones (W35) had close races with Southland's Tracey Excell, the only NZ women in her age group who has ever previously beaten her. Coming off limited preparation following a break after going to the WMA champs in Malaga, Joeline ran well but was not able to match Tracey's early season form in the 60m, 100m or 200m. In her 400m she was up against Otago's Claire Nichols who was making a comeback to competition. After a close contest in the testing conditions on the Friday night Claire finished in 63.87s while Joeline recorded 65.30s. Derek Shaw struggled in the cold conditions in the 3000m on Friday evening and decided to limit his other races to the 1500m on Saturday and spend his time more usefully on obtaining some photos for Vetline.

North Island Masters Track and Field Championships

Half a dozen Tasman Masters ventured across Cook Strait to take part in the NI Champs. First timer John Rawcliffe (M60) had a successful re-entry into athletics and demonstrated his versatility in totalling 2584 points in the pentathlon – long jump 4.39, javelin 33.49m, 200m 28.79, discus 17.71m and 1500m 6:39.45). He also contested two other sprints finishing second to Dennis O'Leary after close races in both the 60m (8.70) and 100m (13.84) and was second in both his discus (29.42m) and javelin (33.96m).

The equally versatile Dave Henson (M40) had a busy schedule of seven events and came away unbeaten over the weekend – finishing first in them all with an impressive string of fine performances. On the track these were 100m (12.65), 110m hurdles (18.91) and 400m (54.47) and in his field events long jump (5.73m), high jump (1.6m), discus (38.94m) and shot put (11.14m).

Murray Hart (M60) also had a busy schedule with eight events, six on the track and two field events to help fill a couple of gaps. His first event the 400m was an all Tasman affair with Murray and fellow M60 Steve Low racing side by side practically the whole lap with Murray just piping Steve for line honours in 66.05s and Steve finishing in 66.34s. In his 200m he was second in a time of 30.47s behind perennial winner Dennis O'Leary who was nearly 2s quicker. He also won his 800m in 2:32.94, 4s ahead of Wellington's Marshall Clark. He also had a good run in his 1500m (5:13.73) to claim first place ahead of Tony Price from Masterton, who however managed to reverse the order in their 5000m race. He also won his 3000m (11:57.15) and long jump with 3.85m. He maintained his top 3 finishes with third place in the javelin (25.71m).

Kirsty Richmond (W40) won her first three events – high jump (1.35m), shot put (8.32m) and discus (22.18m) before unfortunately seriously injuring her Achilles heel in her long jump and having to withdraw. Liezel de Wet (W45) continued her good form from the NZMA champs in March 2018 with an improved triple jump of 9.22m and long jump of 4.25m.



Southland's Tracey Excel (W35) leading Tasman's Joeline Jones (W35) in the 200m

PHOTO: Derek Shaw

Canterbury

by Andrew Stark



PHOTOS: Andrew Stark

Finally, after seven years of waiting Canterbury has a new all-weather track and field facility at the Nga Puna Sports Hub.

On the Opening Day of the season we had about 250 athletes of all ages participate, compared to the 57 last season. I had been told that those athletes who had deserted the track because we raced on grass would reappear when the new track was completed. Sadly, that is not the case. While we did have a group of 30 attend the Opening Day, the number of masters athletes returning is down overall. It would appear that numerous athletes have simply given the sport away.

The majority of master's athletes within Canterbury are now Athletics NZ club athletes, generally the 'younger' ones under 60. Our 'mature' athletes are turning out less and less often, which is hardly surprising. The highlight of the opening day was the performance by Max Wood (M85) who broke the CMA & NZMA 60m record with a time of 11.56. Two further CMA / NZMA records have been broken by Canterbury athletes – Fiona Morrison (W30 60m, 7.85) and Nick Bolton (W45 110mH, 16.41).

With the South Island Masters Track & Field Championships being held in Invercargill, only eleven from Canterbury made the trip south. Our most successful athlete was Justine Whitaker (W75) who broke the W75 javelin (14.85m) weight throw (10.73m) South Island championship records. Not an easy weekend for competitors, nor officials given the weather on Friday night and all-day Sunday was pretty unpleasant.

On 16 December we held the Jack King Memorial Throws Pentathlon. While only five throwers took part, it was a close-run competition with Justine Whitaker (W75, 3545 pints) just pipping Glen Watts (W75, 3542 points) on the last event with better weight throw.

In February we have our CMA championships which will be held at our new venue. Let's hope more masters make a return to the track.

With Canterbury hosting the next NZMA Championships, planning is well underway for that event and we look forward to seeing you in Timaru.

BELOW: Nga Puna Wai - "in action" on opening day.

ABOVE: Canterbury Interclub Day



Southland

by Dwight Grieve

Vetline time again, comes around fast. Track season now in full swing as the long distance runners take a big deep breath and the speed demons take the stage with the throwers. The longer days are a welcome release along with the nice warm sunshine.

2018 ILT South Island Masters T&F Championships – Invercargill 16-18 November 2018

Invercargill hosted the event for 2018 and as promised the sunshine hit in full force ... well the liquid sunshine did, and even some sideways liquid sunshine! It wasn't ideal weather and I do promise it isn't always like this, just seems to be the luck of the masters? Regardless there was a heap of fun had as well as some great competitions.

The event was still a success with 59 entrants and lots of good tight battles and records taken. Another great positive was the many new Southland faces at the event, many of our harriers and supporters stood up and had a go. One in particular is Jackie Knowles. She has two daughters that have been training away and Jackie has been helping, then it got to a point she thought she would have a go, and ... records in the weight throw and throws pentathlon. She also has the most amazing attitude.

Many thanks go to a few people. The event was run with the amazing Lillian and Henry Tudor, many of you will know them and they simply make things happen. The youth from the Southland development squad did a heap of work as well from setting up to being officials. Michael Wray did a heap of work on the entry's for us and last and not least the Invercargill Licensing Trust helped make the event financial with sponsorship.

A personal highlight for me was a great battle in the men's 800m race, Andrew Stark (Canterbury) went hard early with Craig Iverson (Southland) and Malcolm Cornelius (Canterbury) trailing behind, the first lap in a solid time. Then as the race progressed Malcolm's strength come through as firstly Andrew dropped off then in the last 150m Malcolm moved ahead, Craig really put in a valiant fight to the finish but Malcolm's smooth running stride had him home first. Brilliant for the spectators.

It has been decided Invercargill will again host the champs next year and it will be bigger and better (and sunny).

Southland Festival of Running

Every year the festival is held incorporating the Southland marathon champs as well as a half marathon, 10km and fun 5km event.

The marathon was won in a stunning solo effort by master runner Stephen Day from Wellington, young Dunedin runner Jonah Smith run with Stephen through the half way mark but from there Stephen was going solo and home in 2hours 31 minutes, a great effort and a PB. Stephen is one of NZ's top master's runners and he proved it yet again.

The first Southland registered runner and second master home was Scott Underhay (Fiordland), bringing home the Southland championship medal in 2 hours 58 minutes, Scott has been nursing an injury so was happy to walk away with his name on the trophy. It wasn't an easy win though with the top 4 Southland masters coming home within 20 minutes of each other, Gore's Shannon Gutsell was only 4 minutes behind Scott, Jason Russell and Craig Iverson also chasing hard not that far behind.

For the masters notable finishes were Warren Ross third in the half marathon, while Ian Densie was third in the 10km.

Also the work behind the scenes needs to be acknowledged – the last couple of years Lyla Belesky has done a HEAP of organising for the Festival of Running and the Southland harriers in general. The other huge influence is Grant Baker who has been on the harrier committee longer than I can remember, week in week out he is always there, he has been the go to guy for so many years and the hours he has given could never be counted. Both are looking at taking a step back and I just wish to thank both for their efforts and dedication to our sport. Hmmm maybe this means I will see them running and competing more?

NZ 24 hour Champs

Not mainstream and a real test of what you are made of, the NZ 24 hour running champs is just what it sounds like. It is run on a track, at 9am the gun goes off and 24 hours later you stop - simply brutal. I have done it once and it really is an amazing experience and shows you what you can do. This year the winner was master runner from the Leith club in Dunedin, Greg Yee who covered 188.288 km, second home was Croydon Paton of Fiordland club in 183.649 km, and third was Aaron Heather of Egmont Athletics in 176.266 km.

Well done not only to those who won medals but all who pushed themselves into a life memory and achievement.

Looking Ahead

While I type the North Island champs are on and a good sized crew from the South has headed up, which is great to see.

Of course the NZMA Champs are looming in the New Year in Timaru which is going to be fun. Love away trips and Timaru's fast track.

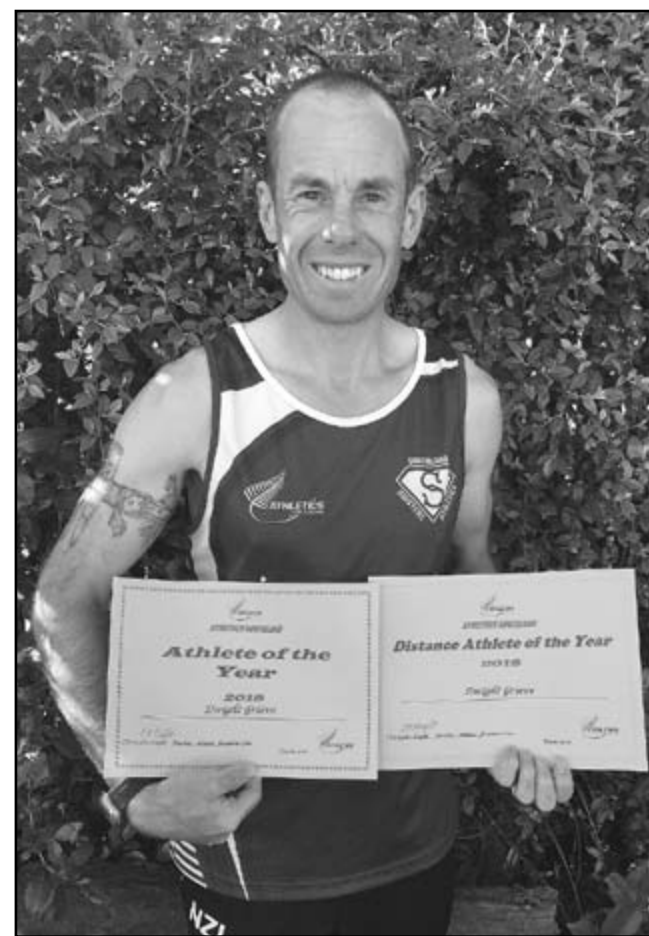
Meanwhile lots of events on out there to get stuck into. For the Southland team lets look at a good turnout for Gore's President Shield including the Southland 3000m champs. The young ones are backing themselves this year so lets show them grey power! As well as the NZMA champs, book in the Southland champs. A few masters from the south are taking on The Kepler Challenge this year.

For any interested athlete on 19 January there is an old school fun track and field meet in Te Anau. The Fiordland club are hosting it on their grass track with a shortened programme, followed by a meal together and social jog in the morning. A fun weekend away.

Also for FYI – the NZ Mountain Running Champs are in Wellington next year and anyone interested please contact me and we can look at travelling together from the deep south.



Jackie Knowles



Dwight Grieve with his 2018 awards

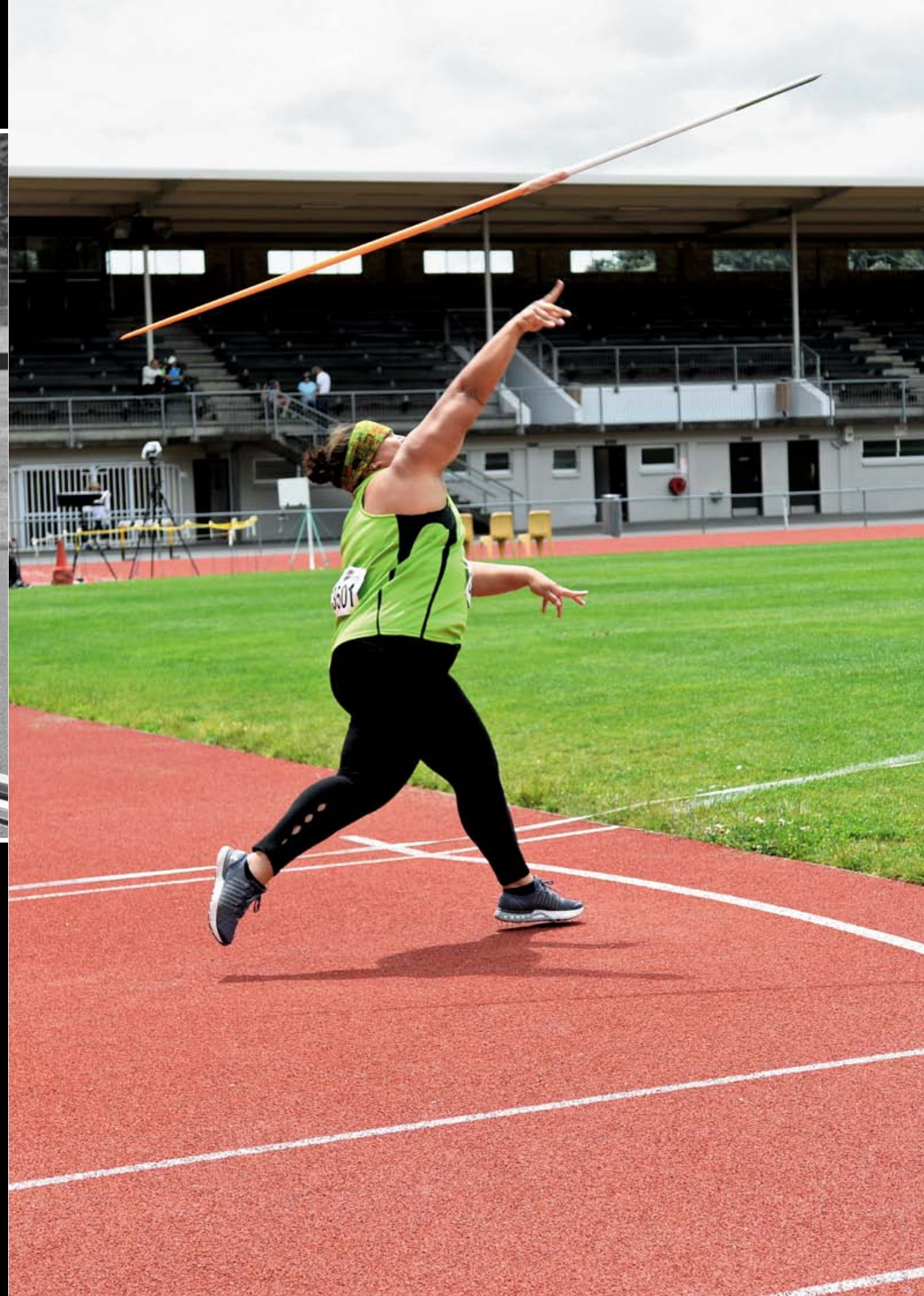


Croydon Paton - 24 hour runner



Andrew Ford (3rd M35) leads Brayden Grant (1st M30), Mathew Rogers (1st M35), Andrew Wharton (1st M40), Alisdair Saunders (2nd M35) and Andrew Sexton (1st M35) into the second lap of the 800m

PHOTO: Sharon Wray



COMING EVENTS

2019

10 February	2019 Oceania Race Walking Championships	Adelaide, Australia
16 February	NZ Distance Carnival & NZ 10,000m Championships	Auckland
16-17 February	NZ Combined Events Championships	Christchurch
1-3 March	NZ Masters Athletics T&F Championships	Timaru
8-10 March	NZ T&F Championships	Christchurch
24-30 March	WMA Indoor Championships	Torun, Poland
13 April	NZ Mountain Running Championships	Wellington
26-29 April	Australian Masters T&F Championships	Melbourne, Australia
2 June	NZ Marathon Championships	Christchurch
6-7 July	Australian Masters Marathon Championships	Gold Coast, Australia
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
27-29 September	World Masters Mountain Running Championships	Gagliano Del Capo, Italy

2020

30 July - 1 August	WMA Stadia Championships	Toronto, Canada
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2021

Dates TBC	WMA Indoor Championships	Edmonton, Canada
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2022

17-17 August	WMA Stadia Championships	Gothenburg, Sweden
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