

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 38 No. 2

APRIL 2020

in this issue:

- > NZMA T&F Championships
- > NZ Athlete of the Year Awards
- > Stewart Foster - Life Membership





Race walkers start the 3000m at the NZMA T&F champs in Hastings

PHOTO: Sharon Wray

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



Cover Photo

Stephen Te Whaiti and Paul Daborn (foreground) in the M55 100m hurdles at the NZMA T&F Championships in Hastings

Photo - Sharon Wray

Inside Back Cover

Mark Lett, Kola Ogundipe, Stephen Te Whaiti, and Timothy Turner sharing a moment at the NZMA T&F Championships in Hastings

Photo - Sharon Wray

Back Cover

Katie Jenkins 1st W45 1500m at the NZMA T&F Championships in Hastings

Photo - Sharon Wray





Start of the men's M30-65 3000m at the NZMA T&F champs in Hastings

PHOTO: Sharon Wray

REGULARS

President's Report	3
Committees / Contacts	4
Calendar	48

NEWS

Northland	Judith Stewart	31
Taranaki	Vicky Jones	32
Waikato/BOP	Dave Couper	34
Manawatu/Wanganui	Jen Fee	35
Wellington	Michael Wray	36
Canterbury	Andrew Stark	38
Hawke's Bay/Gisborne	Maurice Callaghan	39
Tasman	Derek Shaw	40
Otago	John Stinson	41
Southland	Dwight Grieve	43

ARTICLES

46th NZMA T&F Championships	Michael Wray	6
Results, Records and Rankings	John Campbell	18
Runners High - Fact or Fiction	George White	20
Arno Van Der Westhuizen	Laini Inivale	21
NZMA Athlete of the Year Awards (2019)	Michael Wray	22
Getting Older? - Must Get Stronger	George White	28
Stewart Foster - Life Membership	Andrew Stark	30
Coaching Corner	Mike Weddell	43



It was a very close contest for 3rd in the M55 100m with Duane Duggan (far right) just squeezing out Mark Macfarlane (5517), and Kola Ogundipe (5519) at the NZMA T&F champs in Hastings

PHOTO: Sharon Wray

Vetline

EDITOR & ADVERTISING

John Campbell
john39296@gmail.com

ASSISTANT EDITOR

Derek Shaw
PO Box 602
Nelson 7040
03 548 7537
03 548 7535 fax
nikau@ts.co.nz

GRAPHIC DESIGN

John Campbell
john39296@gmail.com

REGULAR CONTRIBUTORS

John Stinson
Ian Carter
Bryan Thomas
George White
Andrew Stark
Michael Wray
Vicky Jones
Judith Stewart

Mike Weddell
Lynne Schickert
Derek Shaw
Dwight Grieve
Wilma Perkins
Jen Fee
Dave Couper
Murray Clarkson

REGULAR PHOTOGRAPHERS

Sharon Wray
Derek Shaw

MAILING LIST

Please advise immediately,
changes of address to -
Andrew Stark
Tel: 03 338 0516
aws.resources@xtra.co.nz

PUBLISHER

New Zealand Association of Masters Athletics Inc.
www.nzmastersathletics.org.nz

PRINTERS



NEW ZEALAND VETLINE

Is published quarterly in January, April, July and October.
The deadline for material is the first day of the preceding month.
All advertising and letters to be sent to the Editor and all articles, photos and other material to be sent to the Assistant Editor.

DISCLAIMER

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

NZMA is a member of

World Masters Athletics (WMA)
Oceania Association of Masters Athletics (OMA)
Council of Athletics New Zealand (ANZ)

President's Report

by ANDREW STARK - NZMA President



The 2019-2020 track and field championships held in Hastings was a very successful event with just over 200 competitors. On behalf of the athletes, I thank the LOC for organising this event. For several athletes, attending either the AMA or the WMA 2020 Championships was also part of the plan for 2020. However, the outbreak of the coronavirus and the worldwide effect this is having, plus the current travel restrictions, means that attending these events could be difficult. In fact, just now while writing this report, I have received an e-mail stating that the AMA Championships have been cancelled!! I guess by the time you read this, we will know whether the WMA event is happening or not. A bit frustrating, but there is no point worrying about it as it is completely out of our control.

NZMA Board: At the NZMA AGM held in Hastings, all Centres agreed with the proposed changes to the election process of the NZMA Board. We will no longer nominate people for key positions, but up to eight people will be elected and those elected will decide who holds what position within the Board. The aim is to allow for great flexibility within the Board by allowing all Board members an opportunity to experience different roles. We also have now added the option to co-opt people to the Board, if there is a particular skill we require. During the next few weeks we will complete update of the NZMA Constitution and By-laws to reflect the new way forward.

Vetline: All NZMA members receive Vetline as part of their annual subscription. However, the number of non-NZMA or ANZ club members taking up the option to purchase Vetline has decreased. To ensure the on-going success of this magazine, if you are reading this now, please encourage your non-NZMA friends who belong to clubs, to

also subscribe via the shop on the NZMA website.

NZMA going forward: There is still quite a bit to do involving succession planning and change to the election process is the first step. To ensure new board members coming onto the Board have clear guidelines and directions to follow, we will work on creating documents outlining the processes.

Life Membership Award: I would like to acknowledge the contribution that Stewart Foster has made to the running of NZMA for numerous years. He was acknowledged at the AGM with Life Membership of NZMA.

The winter season is almost upon us, but with the current 'gathering' restrictions, I am not sure how this will impact of events going forward. Good luck to those brave souls who enjoy the longer races... assuming we are allowed to hold these events.

NZMA e-mail Database

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

If you have **not** supplied your centre secretary with your e-mail address or if it has changed,

please e-mail Andrew Stark
(NZMA Database Conveyer)

aws.resources@xtra.co.nz

Centre Committees

Northland

Judith Stewart *President*
9 Karanui Road
R D 1 Kamo
Whangarei
021 215 1508
judithstewart@gmail.com

Lucy Andrews *Treasurer*
027 397 639
lucyvandrews@xtra.co.nz

Auckland

Mark Lambert *President*
76 Schnapper Rock Road,
Schnapper Rock, Auckland
027 5351282
markwlambert37@gmail.com

Phillipa Green *Vice President*

Faith Firestone *Secretary*
021 160 1111
faifire1@ama.org.nz

Anne Goulter *Treasurer*

Waikato/Bay of Plenty

Dave Couper *President*
dab.couper@gmail.com

Murray Clarkson *Vice President*
37 Pillans Road
Otumoetai Tauranga 3110
07 576 9575
wbopmasters@xtra.co.nz

Fay Riley *Treasurer*
37 Pillans Road
Otumoetai Tauranga 3110
07 576 9575
wbopmasters@xtra.co.nz

Hawkes Bay/Gisborne

Dennis O'Leary *President*
8 Tollemache Road East, Hastings
06 876 1134
027 497 7081
dj.jaoleary@gmail.com

Murray Andersen *Treasurer*
64 Endsleigh Drive
Havelock North
06 877 7460 ph/fax
021 773 480
murray@timeit.net.nz

Mike O'Leary *Secretary*
miker.oleary@xtra.co.nz

Taranaki

Vicky Adams *President*
20A Waiwera Place
New Plymouth 4312
06 758 9326

Lynne Mackay *Secretary*
6A Mallinder Place
Oakura 4314
06 763 8658 bus
06 752 7782 hm
lynnemackay@xtra.co.nz

Manawatu/Wanganui

Francie Bayler *President*
PO Box 5369
Terrace End
Palmerston North 4441
mwmasters@gmail.com

Matt Hillas *Treasurer*

Jen Fee *Secretary*
PO Box 5369
Terrace End
Palmerston North 4441
027 478 7235
mwmasters@gmail.com

Centre Committees

Wellington

Michael Wray *President*
7 Navigation Drive, Whitty
04 234 7972
michaelwray@xtra.co.nz

Albert Van Veen *Secretary*
95 Kamahi Street
Stokes Valley
Lower Hutt 5019
04 563 8450
albertvv@gmail.com

Graham Gould *Treasurer*
PO Box 5887 Lambton Quay
Wellington 6145
Telephone 04 973 6741
gvgould@xtra.co.nz

Tasman

Derek Shaw *President*
PO Box 602
Nelson 7040
03 548 7537
nikau@ts.co.nz

Ian Carter *Secretary*

PO Box 602
Nelson 7040
03 574 1184
hicarter.nz@gmail.com

Canterbury

Andrew Stark *President*
12 Highcrest Heights
Westmorland
Christchurch 8025
Tel: 03 338 0516
aws.resources@xtra.co.nz

Anne Davison *Secretary*
27 Ormand Road
Lincoln 7608
email: hawrut@gmail.com

Anna McNab *Treasurer*
PO Box 31251 Ilam
Christchurch 8444
03 366 0169 (wk) or 027 469 3276 (a/h)
anna@hmconsultants.co.nz

Otago

Robert Homan *President*

Claire Giles *Secretary*

Fiona Harvey *Treasurer*
03 455 3028
nona.harvey@xtra.co.nz

Southland

Dwight Grieve *President*
21 Gunn Street
Te Anau 9600
03 249 4357
dwightandlee@gmail.com

Lee Grieve *Secretary/Treasurer*
21 Gunn Street
Te Anau 9600
03 249 4357
dwightandlee@gmail.com

District Contacts

Northland

Len Field
5 Johnson Road
Kawakawa 0210
09 404 0989

Margaret Crooke
1236 State Highway 10
RD3 Kerikeri 0293
09 407 7551

Waikato/Bay of Plenty

Trevor Ogilvie
10A Otonga Road
Rotorua 3015
07 347 8181

Heather O'Hagan
PO Box 106
Paeroa 3640
07 862 7163 ph/fax
ohagan@visique.co.nz

Rene Otto
5 Eleanor Place
Whakatane 3120
07 308 0674

Hawkes Bay/Gisborne

Mike O'Leary *Secretary*
miker.oleary@xtra.co.nz

Taranaki

Alan Jones
26 Kowhai Street
PO Box 107 Inglewood 4347
06 756 7051
alan_j666@hotmail.com

Eric Kemsley
5 Kenmore Street
New Plymouth 4310
06 753 4674
ekemsley@xtra.co.nz

Manawatu/Wanganui

Jen Fee
216 Kahuterawa Rd
RD2
Palmerston North 4472
06 3537739
0274 787 235

Francie Bayler
141 Mt View Road
Bastia Hill
Wanganui
06 343 1124
francieb@slingshot.co.nz

Tasman

Derek Shaw
PO Box 602
Nelson 7040
03 548 7537
03 548 7535 fax
nikau@ts.co.nz

Ian Carter
257 Moetapu Bay Rd
RD 2 Pictou 7282
ph 03 574 1184
hicarter.nz@gmail.com

Canterbury

Lorraine Menzies
54 Joyce Crescent
Greymouth 7805
03 768 4871

Brian Senior
PO Box 15
Methven 7745
03 302 9629

NZMA Board

Andrew Stark *President*
12 Highcrest Heights
Westmorland
Christchurch 8025
03 338 0516
aws.resources@xtra.co.nz

Michael Wray *Vice President*
7 Navigation Drive, Whitty
04 234 7972
michaelwray@xtra.co.nz

Stewart Foster *MBE Secretary/Treasurer and Life Member*
PO Box 8002 Urich
Hamilton 3245
07 843 6121
nzmathletics@xtra.co.nz

Directors

John Campbell
john39296@gmail.com

Ian Carter
257 Moetapu Bay Rd
RD 2 Pictou 7282
ph 03 574 1184
hicarter.nz@gmail.com

Claire Giles

Derek Shaw
PO Box 602
Nelson 7040
03 548 7537
nikau@ts.co.nz

New Zealand Masters (NZMA)

Jim Blair *MNZM Patron and Life Member*
4/39 Kiln Street
Silverstream
Upper Hutt 5019
04 528 2992

Rob McGregor *Life Member / Reviewer*
5 Panorama Grove
Lower Hutt 5010
04 569 6316
shirley1947@ihug.co.nz

Alan Galbraith *Legal Adviser QC*
PO Box 4338
Auckland 1030
09 309 1769
agalbraith@xtra.co.nz



Oceania Masters Athletics (OMA)

Jim Blair MNZM *Patron*
4/39 Kiln Street
Silverstream
Upper Hutt 5019
+64 4 528 2992

David Lobb *President*
c/- PO Box 814
Rarotonga
Cook Islands
+682 26335
lobby@oyster.net.ck

Ttaua Juventin *Vice President*
Tahiti

Hazel McDonnell *Secretary*
Australia
hazelmcd@bigpond.com

David Benjimen *Treasurer*
Vanuatu

Council

Joan Merrilees
269 Dukes Road South RD2
Mosgiel 9092
+64 3 484 7030 (h)
+64 27 222 0317 (M)
alexandjoan@xnet.co.nz

Tim Rogers
26 Captain Cook Rd Anson Bay
Norfolk Island 2899
+6723 54369
trogers@ninet.nf

George White *Statistician*
12A Gulfview Road
Blackwood 5051
Australia
+61 8 8178 0639
gwhite@adam.com.au

Nemani Tukunia
Fiji

WMA Committees

Competition
Lynne Schickert (*Secretary*) Australia
Bob Schickert Australia

Women's
Wilma Perkins (*Chair*) Australia
Heather Carr Australia

Records
George White Australia

Organisational Advisory
Lynne Schickert (*Chair*) Australia

Law and Legislation
Bob Schickert Australia

Anti Doping and Medical
Roger Parrish Australia

Race Walk Panel
Marion Buchanan Australia

World Masters Athletics (WMA)

Margit Jungmann *President*
Germany
margit-jungmann@kreis-saar-louis.de

Lynn Schickert *Executive Vice President*
Australia
lynn.4@bigpond.com

Brian Keaveney *Vice President Competition*
Canada
masters@sympatico.ca

María Alfaro *Secretary*
Mexico
wmasec16@gmail.com

The information provided here, is correct at the time of printing. Please check the official websites for further information or updates.



KEEP UP WITH THE LATEST NEWS!
Australian Masters Athletics
Quarterly E-Newsletter
<http://www.australianmastersathletics.org.au/e-newsletters/>

What better way to advertise.
Distributed to master's athletes nationwide.
January | April | July | October

ADVERTISING RATES

INSIDE FRONT COVER	Single Issue Only - \$497
INSIDE BACK COVER	Single Issue Only - \$497
SINGLE PAGE INSIDE	Single Issue Only - \$320
HALF PAGE INSIDE	Single Issue Only - \$200
QUARTER PAGE INSIDE	Single Issue Only - \$135
SMALLER ADVERTISEMENTS	85mm wide - \$12.00 per column cm 175mm wide - \$20.00 per column cm (full page width)

These rates are for Black & White advertisements. Colour material can be accepted by negotiation. Contributions and advertising to the editor by the first day of the preceeding month. Terms of payment: 20th of the month following invoice date.

Contact: admin@nzmastersathletics.org.nz



46th NZMA Track and Field Championships

by Michael Wray

The Hawke's Bay/Gisborne Centre is a small centre but the organising team did a great job and ensured we had an enjoyable weekend of competition at the 2020 NZMA Track & Field Championships.

They have a good athletics stadium in Hastings but you could be forgiven for wondering if the finishing straight of the track needs flattening... Beryl McMillan was the first to create this idea when she managed to trip and fall just a couple of steps from the finish in the 60m. It looked like a painful landing and Beryl was sporting an impressive array of grazes on her face afterwards. Beryl's momentum took her across the line, so she was able to take solace in earning a silver medal.

Mark Macfarlane fell in the 100m and performed an impressive belly slide just past the line. He finished fourth, missing bronze by 0.03s. In the 200m, one of the Canterbury sprinters (I think it was Janis Russell) also fell before the finish. Unlike Beryl and Mark, Janis came to a halt on the wrong side of the line and needed to step off the track to inspect her wounds, which fortunately did not appear serious.

The most impressive acrobatic performance came from David Hansen in the 400m hurdles. David (M40) had a clear lead over all of the other participants, who were W40s, M45s, M50s and M55s. David hit the penultimate hurdle hard and went to ground. He got up and started running again but his body wasn't ready and he fell straight back down. With the crowd wondering if he was seriously hurt, David managed to get up and jump the final hurdle. Except the 400m hurdles are bit high to jump from a standing start; David failed to clear it and hit the deck for the third time. Andrew Davenport had caught up by this time and seemed to be distracted by the show, clipping his final hurdle, only just recovering his balance to stay upright. David, now sporting knees and elbows that had left most of their skin on the track, managed to get up and finish his race, albeit some 15-16s slower than intended.

The weekend as a whole got off to a start with the men's 30-65 long jump. There was a strong wind on the back straight of the track where the long jumpers were competing. M60 Gary Rawson jumped quite a bit further than a long standing Wellington record only to be denied the record by a +2.5 wind reading. The M30-65 hammer throw took place at the same time. The stand out performance came from Auckland's Arno van der Westhuizen, throwing 52.03 to break Mark Cumming's 2004 championship record. The women throwing the weight were also enjoying record setting performances. Brenda Davis (W50) and Justine Whitaker (W75) both improved the existing championship records, while Tania Hodges went one step further and added two centimetres to the W55 NZ Record.

The 3000m track walk produced a good size field of 15 competitors with 13 different age grades being contested. It was interesting to see Mark Gray and Des Phillips, both known more for running, trying this event. All six starting women made it to the finish without being disqualified. The men had three DQs and one DNF, so we ended up with one finisher per age group. W55 Julie Edwards walked the fastest time for the women, 4s ahead of W60 Terri Grimmatt. M30 Miguel Angel Blanco Rodriguez produced a fast time of 16:17.21, with M45 Sean Lake second overall in 17:58.68. Taking age into account, Daphne Jones (W75) and Clive McGovern (M65) were probably the top performers.

The 400m produced some great racing. The M55 race had eight runners. Stephen Te Whaiti won gold, finishing less than a second ahead of Paul Daborn with Allan Moulai just 0.37s further back. The M60s put on a good race. Bruce Thomson was pushed all the way by Andrew Stark and Ian Calder. All three finished with times faster than a very old championship record (set by Stewart Foster in 1997). M85 Jim Jones also set a new record, taking out Eric de Lautour's mark from 2007.

The 3000m has only been back on the programme since 2018, 37 years after its removal, so some age groups present more attainable championship records than other events. Sally Gibbs dominated the first 3000m race, setting a championship record in the W55s that will likely stand for a long time and improving the old mark by almost three minutes. Ian Carter improved his own M65 record. In the M70s, Brian Warren chased Graeme Adams as Brian tried to defend his win from 2019 and his record; Graeme stretched out to a lead of 34s to claim both the gold and the record from Brian. The biggest improvement came from Anson Clapcott, whose M75 win in 13:32.52 was 3:16.20 quicker than the previous record. Allan Staitte (M40) and Michael Wray (M50) ran around at the front of the second 3000m race, but the notable performance came from M60 Peter Richards as he eked out another 4s from his existing record.

The 60m races on the Saturday morning were well timed, taking place with a pleasant tail wind. This contrasted with the conditions after lunch where the 100m used the same direction and ran into a fierce head wind.

Effie Milne and Joeline Jones, both Tasman, went head-to-head in the W35 grade for the first of several races in which they pushed each other to some impressive times. Effie claimed first blood, winning the 60m by 0.06s to also break Joeline's NZ record. Effie also won the 100m contest, in which a tough headwind (-3.0) made any record idea an ambitious target. The 200m on Sunday pitted the two against each other again and over this longer distance, Joeline came through for the win by 0.07s.



Peter Stevens leads the start of the M55-M65 1500m



Start of the women's 1500m

There were several other NZ records in the 60m: Brayden Grant (M30), Mark Lambert (M40), Gary Rawson (M60), Laurie Malcolmson (M70). Second placed M60, Stephen Burden, also ran faster than the previous NZ record.

Christine Adamson showed that she has range; the accomplished distance runner competed in the 60m and the 100m. Christine seemed to find the 60m a little too short to trouble her competitors but her 100m run claimed the silver medal and was only 0.08s behind gold. The W70 100m race was a close one and Veronica Gould beat Sheryl Gower by 0.04s. The closest finish of all was the rematch between Gary Rawson and Stephen Burden. Gary won the 60m contest but in the 100m, Stephen came through to win by 0.01s.

The wind was very strong later in the afternoon when the 1500m races were held. The first race, M70+, had Graeme Adams and Brian Warren running a close race at the front of the M70s, finishing in that order 1.4s apart. Barry Jones bided his time in the M75s with Anson Clapcott before kicking to a fast finish to open a three second gap.

M55 Peter Stevens was in a class of his own in the M55-69 race, running alone at the head of the field from start to finish. The M60 race was more tactical. Ian Calder, Andrew Stark and Peter Richards ran as a pack to the bell, with Todd Kriebel trying unsuccessfully to close the gap. Over the final lap, Ian kicked and Andrew did his best to hold on, while Peter was left to settle for bronze. Ian gradually opened a gap on Andrew to win by 4s. The M65 was another close race. David Riddell won by 1.5s over Rodger Ward. Noel Burr was third by a similar gap and only a couple of seconds ahead of fourth placed Derek Shaw.

The younger masters men (M40-50) raced the third 1500m. A front pack of Allan Staite (M40), Cameron Mumby (M45), Wim Luijpers (M50), Andrew Davenport (M50) and Michael Wray (M50) soon opened a small gap on a group of chasers headed by

Andrew Sexton (M45) and Malcolm Cornelius (M50). When the leading pack slowed into the strong wind with two laps to go, Michael surged to the front until the approach to the bell when Wim took off for a fast last lap and Andrew Davenport gave chase with Cameron. Wim ran that final 400m some 5s faster than anyone else to win overall. Andrew Sexton also closed fast but had left his surge a little too late and Cameron won the M45 race by 0.25s. Allan was next in for an untroubled M40 gold.

In the high jump we saw a range of experiences. M50 Anthony Bishop missed out on a medal despite being alone in his age group when he was unfortunate to not record a successful jump. Seelan Ramiah and Mark Macfarlane had to share the M55 bronze medal. Murray Andersen set a new M70 record of 1.37m. The M70 high jump is an interesting one; up to 2015, no M70 had made 1.30m or more in the championship and we have now seen this mark reached in each of the last five years. Murray went straight from the high jump to the pole vault, where he added 0.30m to a NZ record that Ron Johnson set in 2002. Delwyn Smith had the misfortune to suffer a hamstring injury during the pole vault but not before she was able to take sole possession of the W50 pole vault championship record. Previously, Delwyn shared the record with a 2002 Joanne Andersen performance.

The triple jump produced a tie for M65 gold when Anura Puliayadda and Tuariki Delamere, both from Auckland, each jumped 7.59m. Anura's was into a -3.3 wind, while Tuariki faced -2.1, so perhaps Anura can claim the bragging rights. Curiously, and I wonder if this might be a typo given all the other wind readings are negative, David Lobb is recorded as jumping with a wind reading of +5.8. If this is correct, it must have been a turbulent time over at the sand pit.

The 5000m walk on Sunday morning had 10 starters, a drop on the numbers in the 3000m. Miguel Angel Blanco Rodriguez



Tania Hodges at the shot put

(M30) was once again the first to finish, crossing the line over three minutes ahead of Sean Lake (M45). Despite being the oldest competitor in the field, W75 Daphne Jones was first woman.

After sitting behind Michael Wray (M50) for most of the 5000m, Peter Stevens (M55) and Andrew Sexton (M45) surged past to race for the overall win in the last 600m. Peter produced the fastest final lap to take first. For the women, Sally Gibbs (W55) was the clear winner and set a new championship record of 17:59.90.

The W40 200m race required the photo finish to separate first, second and third. Faith Firestone won by 0.10s, while Ai Osugi was only 0.07s ahead of third placed Emma Akeripa. The M55 race was also a hot one as first to fourth were less than a second apart. Championship records went to Brayden Grant (M30), Alan Dougall (M70) and Jim Jones (M85).

In the 800m, it was a case of keeping up with the Joneses. The same race featured M85 Jim Jones, M80 Noel Jones, M75 Barry Jones and M75 Alan Jones, where they finished in the order of Barry, Alan, Jim and Noel. Katie Jenkins (W45) won the women's race, in which Loris Reed set a new W70 championship record.

Guest athlete Mark Wyndham-Jones was at it again. In the 2018 North Islands we celebrated his decision to contest both the track pentathlon and the throws pentathlon, which are held concurrently, by dubbing it the Welsh Decathlon. Mark took up the gauntlet and repeated the feat, taking his distinctive yellow and red singlet to all four corners of the stadium. Mark finished with the guest gold in both pentathlons, though he did make one concession by pulling out of the 1500m after 300m.

Arno van der Westhuizen led the M40 throws pentathlon from the first implement and by the last he'd secured a NZ record. The M50 contest between Adrian Stockill and Laini Inivale was a closer one. Laini took a slender two point lead from the hammer, which he extended in the shot. Adrian grabbed the



Mark Wyndham-Jones crosses the finish line ahead of Trevor Watson in the M65 60m

lead from Laini in the discus and seemed to make it secure with the javelin, which is Laini's least favourite implement. Adrian settled the contest with a good weight throw to clinch gold.

The W50 throws pentathlon was even tighter. From the hammer, Jen Fee had a 92 point lead on Raewyn Grigg. The shot saw Jen's lead cut to 35 points and Raewyn had third placed Theresa Bartlett only one point behind. Theresa took the lead, by 36 points with the discus. Raewyn stayed in second, just two points ahead of Jen. With the javelin, Theresa moved to 98 points ahead of Raewyn. Raewyn's weight throw gave her the lead for the first time and she won gold by 12 points over Theresa. In the W75s, Glen Watts led from start to finish but the final margin was a mere four points on Barbara Austin.

We had eight women take part in the track pentathlon, where Joeline Jones (W35) and Faith Firestone (W40) scored NZ records. In the W55s, Jill Hayman was enjoying a good contest with Karen Hulena. Jill was scoring better on the 100m and long jump, and Karen on the shot. When Jill managed to win the javelin component, it seemed she would take gold but Jill seemed to pick up an injury and was only able to complete one lap of the 800m.

Gary Rawson's suspect hamstring and dislike of the 1500m in the pentathlon seems to have cost him the M60 gold. Gary had been swapping places with Michael O'Leary throughout but with a 59 point advantage at the start of the 1500m, it looked like Gary had possibly enough of an advantage to hold on to first place. Instead, Gary withdrew from the 1500m almost immediately, allowing Michael the luxury of choosing his own 1500m pace.

In the M70 pentathlon, David Anstiss and Wolfgang Schenk had a good tussle. David won the long jump but Wolfgang pulled back to within two points in the javelin, then moved 91 points ahead from the 200m. The discus enabled David to return into the lead, but with just five points to his advantage it meant whoever won the 1500m would take gold. David ran 16s quicker to keep his first place.

Results

Female - 60m

W30		wind	
1	Anna Lynch	CAN	9.58
W35			
1	Effie Milne	TAS	8.26
2	Joeline Jones	TAS	8.32
3	Vanessa Pendergrast	MWA	9.56
W40			
1	Faith Firestone	AKL	8.78
2	Emma Akeripa	HBG	8.97
3	Ai Osugi	AKL	9.01
W50			
1	Phillipa Green	AKL	8.68
2	Petra Stoeveken	WLG	9.05
3	Dale McMillan	MWA	9.47
W55			
1	Jill Hayman	AKL	9.32
2	Liz Bentley	WLG	9.99
W60			
1	Janis Russell	CAN	9.96
2	Claire Giles	OTA	10.02
3	Christine Adamson	AKL	10.27
W65			
1	Nancy Bowmar	NTH	11.89
2	Beryl McMillan	MWA	12.23
3	Judy Macdonald	HBG	12.37
W70			
1	Veronica Gould	WLG	9.82
2	Sheryl Gower	WBP	10.08
3	Margaret Crooke	NTH	11.34
W75			
1	Chris Waring	AKL	10.45
2	Frances Bayler	MWA	12.32
W80			
1	Judy Hammond	WLG	13.48
Male - 60m			
M30			
1	Brayden Grant	MWA	7.35
2	Reece Little	HBG	8.40
M35			
1	Andrew Weekes	AKL	7.68
M40			
1	Benjamin Potter	AKL	7.54
2	Wayne Holroyd	AKL	7.61
3	Steve Kumarich	AKL	8.27
M45			
1	Mark Lambert	AKL	7.46
2	Nick Bolton	CAN	7.59
3	Hayden Robinson	MWA	8.00
4	Craig Seymour	AKL	8.61
M50			
1	Steven Hargreaves	AKL	7.72
2	Scott Dorset	AKL	7.80
3	Tony Tan	OTA	7.84
4	Gary Nairn	HBG	8.56
5	James Stowers	AKL	8.69
M55			
1	Stephen Te Whaiti	WBP	8.10
2	Duane Duggan	AKL	8.33
3	Kola Ogundipe	AKL	8.47
4	Mark Macfarlane	WLG	8.55
5	Timothy Turner	AKL	8.64
6	Graham Ross	AKL	8.71
7	Seelan Ramiah	AKL	8.96
M60			
1	Gary Rawson	WLG	8.15
2	Stephen Burden	WBP	8.24
3	Uros Sumar	AKL	8.47
4	Bruce Thomson	STH	8.53
5	Warren Edlin	HBG	10.36
6	Barry Smith	STH	13.03
M65			
1	Mark Wyndham-Jones	GBR	8.76
2	Trevor Watson	WBP	8.99
3	David Lobb	CKI	9.91
M70			
1	Laurie Malcolmson	MWA	8.70
2	Alan Dougall	AKL	8.76
3	Vincent Paddam	OTA	9.28
4	David Anstiss	AKL	9.74
5	Wolfgang Schenk	AKL	9.81
6	Martin Bryant	HBG	14.71
M75			
1	Alan Silvester	WBP	10.92
M80			
1	Stewart Foster	WBP	12.41

M85		WBP		11.79		1.4	
Female - 100m							
W35							
1	Effie Milne	TAS	13.37	-3.0			
2	Joeline Jones	TAS	13.71	-3.0			
W40							
1	Faith Firestone	AKL	14.30	-3.0			
2	Ai Osugi	AKL	14.51	-3.0			
3	Emma Akeripa	HBG	14.80	-3.0			
W45							
1	Vanessa Story	WLG	14.45	-3.0			
W50							
1	Phillipa Green	AKL	14.39	-2.3			
2	Petra Stoeveken	WLG	14.78	-2.3			
3	Dale McMillan	MWA	15.55	-2.3			
W55							
1	Jill Hayman	AKL	15.55	-2.3			
2	Liz Bentley	WLG	16.53	-2.3			
3	Deidre Campbell	AKL	16.82	-2.3			
W60							
1	Janis Russell	CAN	16.53	-3.3			
2	Christine Adamson	AKL	16.61	-3.3			
3	Claire Giles	OTA	17.04	-3.3			
W65							
1	Lynne Mackay	TAR	19.12	-3.3			
2	Nancy Bowmar	NTH	19.88	-3.3			
3	Judy Macdonald	HBG	20.07	-3.3			
W70							
1	Veronica Gould	WLG	16.42	-4.0			
2	Sheryl Gower	WBP	16.46	-4.0			
3	Margaret Crooke	NTH	19.70	-4.0			
W75							
1	Chris Waring	AKL	17.80	-4.0			
2	Frances Bayler	MWA	21.17	-4.0			
W80							
1	Judy Hammond	WLG	23.16	-4.0			
Male - 100m							
M30							
1	Brayden Grant	MWA	11.60	-2.9			
M35							
1	Andrew Weekes	AKL	12.43	-2.9			
M40							
1	Wayne Holroyd	AKL	12.09	-2.9			
2	Benjamin Potter	AKL	12.13	-2.9			
3	Steve Kumarich	AKL	13.60	-2.9			
M45							
1	Mark Lambert	AKL	11.71	-2.9			
2	Hayden Robinson	MWA	12.71	-2.9			
3	Craig Seymour	AKL	13.66	-2.9			
M50							
1	Steven Hargreaves	AKL	12.18	-0.9			
2	Scott Dorset	AKL	12.43	-0.9			
3	Tony Tan	OTA	12.65	-0.9			
4	Gary Nairn	HBG	13.37	-0.9			
5	Chris Roberts	WLG	13.69	-0.9			
6	Geoff Burke	HBG	14.93	-0.9			
M55							
1	Stephen Te Whaiti	WBP	12.88	-1.6			
2	Timothy Turner	AKL	13.63	-1.6			
3	Duane Duggan	AKL	13.68	-1.6			
4	Mark Macfarlane	WLG	13.71	-1.6			
5	Kola Ogundipe	AKL	13.71	-1.6			
6	Graham Ross	AKL	14.16	-1.6			
7	Brian Curry	MWA	14.72	-1.6			
M60							
1	Stephen Burden	WBP	13.56	-3.4			
2	Gary Rawson	WLG	13.57	-3.4			
3	Bruce Thomson	STH	14.14	-3.4			
4	Uros Sumar	AKL	14.17	-3.4			
5	Warren Edlin	HBG	17.62	-3.4			
M65							
1	Trevor Watson	WBP	14.20	-2.9			
2	Mark Wyndham-Jones	GBR	14.52	-2.9			
3	Anura Puliayadda	AKL	15.15	-2.9			
4	David Riddell	TAS	15.29	-2.9			
M70							
1	Trevor Guptill	AKL	14.30	-3.8			
2	Alan Dougall	AKL	14.92	-3.8			
3	Vincent Paddam	OTA	15.44	-3.8			
4	Wolfgang Schenk	AKL	17.10	-3.8			
M75							
1	Alan Silvester	WBP	18.96	-2.6			
M80							
1	Stewart Foster	WBP	22.31	-2.6			
M85							
1	Jim Jones	WBP	20.20	-2.6			

Female - 200m

W35		TAS		27.25		1.1	
2	Effie Milne	TAS	27.32	1.1			
W40							
1	Faith Firestone	AKL	29.30	1.1			
2	Ai Osugi	AKL	29.40	1.1			
3	Emma Akeripa	HBG	29.47	1.1			
W50							
1	Phillipa Green	AKL	29.06	2.3			
2	Petra Stoeveken	WLG	30.00	2.3			
3	Dale McMillan	MWA	31.34	2.3			
4	Raewyn Grigg	TAR	35.15	2.3			
W55							
1	Deidre Campbell	AKL	34.06	2.3			
W60							
1	Claire Giles	OTA	35.16	2.0			
	Janis Russell	CAN	DNF	2.0			
W65							
1	Lynne Mackay	TAR	40.59	2.0			
2	Judy Macdonald	HBG	47.86	2.0			
W70							
1	Sheryl Gower	WBP	33.47	2.0			
2	Veronica Gould	WLG	34.89	2.0			
3	Margaret Crooke	NTH	42.30	2.0			
W75							
1	Chris Waring	AKL	36.65	2.0			
Male - 200m							
M30							
1	Brayden Grant	MWA	23.01	0.2			
M35							
1	Andrew Weekes	AKL	25.54	0.2			
M40							
1	Benjamin Potter	AKL	24.10	0.8			
2	Wayne Holroyd	AKL	24.16	0.8			
3	Steve Kumarich	AKL	27.86	0.8			
M45							
1	Mark Lambert	AKL	23.39	0.8			
2	Hayden Robinson	MWA	25.33	0.8			
	Craig Seymour	AKL	DNF	0.8			
M50							
1	Steven Hargreaves	AKL	24.78	1.5			
2	Tony Tan	OTA	25.88	1.5			
3	Scott Dorset	AKL	26.40	1.5			
4	John Bohl	WBP	30.71	1.5			
M55							
1	Paul Daborn	WBP	26.95	1.1			
2	Timothy Turner	AKL	27.38	1.1			
3	Kola Ogundipe	AKL	27.77	1.1			
4	Mark Macfarlane	WLG	27.97	1.1			
5	Graham Ross	AKL	28.35	1.1			
6	Brian Curry	MWA	30.42	1.1			
M60							
1	Stephen Burden	WBP	27.16	1.7			
2	Bruce Thomson	STH	27.44	1.7			
3	Gary Rawson	WLG	28.60	1.7			
4	Warren Edlin	HBG	35.58	1.7			
M65							
1	Trevor Watson	WBP	28.73	1.6			
2	David Riddell	TAS	30.98	1.6			
M70							
1	Alan Dougall	AKL	29.25	1.1			
2	Vincent Paddam	OTA	30.89	1.1			
3	Wolfgang Schenk	AKL	32.85	1.1			
4	Des Phillips	TAR	34.28	1.1			
5	Trevor Guptill	AKL	1:07.02	1.1			
M75							
1	Alan Silvester	WBP	38.37	1.7			
M80							
1	Noel Jones	WBP	1:00.91	1.7			
M85							
1	Jim Jones	WBP	40.60	1.7			
Female - 400m							
W35							
1	Joeline Jones	TAS	1:03.23				
W40							
1	Emma Akeripa	HBG	1:06.60				
2	Ai Osugi	AKL	1:08.99				
W45							
1	Vanessa Story	WLG	1:05.87				
2	Andrea Harris	WLG	1:09.04				
W50							
1	Dale McMillan	MWA	1:12.27				
W55							
1	Karen Hulena	AKL	1:20.23				
W60							
1	Claire Giles	OTA	1:27.17				

Female - 400m (cont.)

W70			
1	Sheryl Gower	WBP	1:27.58
2	Shirley Rolston	CAN	2:06.28
W75			
1	Chris Waring	AKL	1:36.98

Male - 400m

M40			
1	Wayne Holroyd	AKL	55.08
2	Jamie Halla	AKL	1:05.24
M45			
1	Andrew Sexton	AKL	1:03.05
M50			
1	Andrew Davenport	MWA	1:00.80
2	Geoff Burke	HBG	1:01.12
3	John Bohl	WBP	1:08.04
M55			
1	Stephen Te Whaiti	WBP	1:00.71
2	Paul Daborn	WBP	1:01.47
3	Allan Moulai	CAN	1:01.84
4	Timothy Turner	AKL	1:03.16
5	Graham Ross	AKL	1:04.60
6	Craig Wilson	WBP	1:06.27
7	Mark Henderson	WBP	1:12.31
8	Grant Unkovich	WBP	1:22.41

M60			
1	Bruce Thomson	STH	1:00.87
2	Andrew Stark	CAN	1:01.41
3	Ian Calder	NTH	1:01.74

M65			
1	Anura Puliyadda	AKL	1:08.74
2	David Riddell	TAS	1:10.12
3	Trevor Watson	WBP	1:10.66
4	Malcolm Chamberlin	AKL	1:20.73

M70			
1	Laurie Malcolmson	MWA	1:12.38
2	Des Phillips	TAR	1:17.98
3	Wolfgang Schenk	AKL	1:23.49

M75			
1	Barry Jones	AKL	1:20.95
2	Alan Silvester	WBP	1:29.05
3	Michael Bond	CAN	1:29.06

M80			
1	Noel Jones	WBP	2:06.42

M85			
1	Jim Jones	WBP	1:32.86

Female - 800m

W40			
1	Ai Osugi	AKL	2:47.56

W45			
1	Katie Jenkins	WLG	2:32.12
2	Andrea Harris	WLG	2:41.50

W50			
1	Maggie Chorley	CAN	2:36.91
2	Lucy Andrews	NTH	3:03.66

W55			
1	Sally Gibbs	WBP	2:39.15
2	Liz Bentley	WLG	3:00.50

W60			
1	Christine Adamson	AKL	3:00.33
2	Terri Grimmett	WLG	4:10.86

W65			
1	Margaret Flanagan	CAN	3:27.69

W70			
1	Loris Reed	WBP	3:23.24
2	Shirley Rolston	CAN	4:28.16

W75			
1	Julie Roots	CAN	4:48.49

Male - 800m

M30			
1	Brayden Grant	MWA	2:00.65

M40			
1	Allan Staite	CAN	2:20.81
2	Jamie Halla	AKL	2:22.58

M45			
1	Andrew Sexton	AKL	2:21.81
2	Brad Thompson	WLG	2:46.44

M50			
1	Wim Luijpers	AKL	2:15.01
2	Andrew Davenport	MWA	2:16.19
3	Malcolm Cornelius	CAN	2:21.78
4	Bazyl Piotrowski	AKL	2:24.27
5	Tim Morrison	AKL	2:28.09
6	Michael Wray	WLG	2:38.32

M55			
1	Peter Stevens	WLG	2:19.63
2	Allan Moulai	CAN	2:25.81
3	Craig Wilson	WBP	2:31.10
4	Graham Ross	AKL	2:41.26
5	Robert Homan	OTA	2:44.66

M60			
1	Ian Calder	NTH	2:22.92
2	Peter Richards	CAN	2:32.83
3	Allan Thomas	TAR	2:48.76
4	Tony Snell	HBG	3:13.02

M65			
1	David Riddell	TAS	2:45.88
2	Noel Burr	CAN	2:51.32
3	Jonathon Harper	WLG	2:59.22

M70			
1	Graeme Adams	WBP	3:07.03
2	Des Phillips	TAR	3:09.42
3	Brian Warren	TAR	3:09.54
4	Dave Clark	WBP	3:23.79

M75			
1	Barry Jones	AKL	3:05.62
2	Michael Bond	CAN	3:26.59
3	Alan Jones	TAR	3:30.25

M80			
1	Noel Jones	WBP	5:34.39

M85			
1	Jim Jones	WBP	4:04.37

Female - 1500m

W40			
1	Heidi-Jane Humphries	WLG	6:19.01

W45			
1	Katie Jenkins	WLG	5:15.15
2	Andrea Harris	WLG	5:43.54

W50			
1	Maggie Chorley	CAN	5:20.02
2	Lucy Andrews	NTH	6:29.96

W55			
1	Sally Gibbs	WBP	5:05.46

W60			
1	Bernadette Jago	CAN	6:21.40
2	Terri Grimmett	WLG	8:10.39

W65			
1	Margaret Flanagan	CAN	6:45.56
2	Carey Dickason	TAS	7:26.61

W70			
1	Loris Reed	WBP	6:52.00
2	Shirley Rolston	CAN	8:53.33

W75			
1	Julie Roots	CAN	9:58.03

Male - 1500m

M40			
1	Allan Staite	CAN	4:48.96
2	Jamie Halla	AKL	5:10.38

M45			
1	Cameron Mumby	WBP	4:45.79
2	Andrew Sexton	AKL	4:46.04
3	Darren Gordon	WLG	4:58.57
4	Brad Thompson	WLG	5:42.84

M50			
1	Wim Luijpers	AKL	4:40.98
2	Andrew Davenport	MWA	4:45.43
3	Michael Wray	WLG	4:50.23
4	Malcolm Cornelius	CAN	4:54.12
5	Tim Morrison	AKL	4:57.73
6	Bazyl Piotrowski	AKL	5:08.00
7	Russell Lake	WBP	5:18.27

M55			
1	Peter Stevens	WLG	4:47.30
2	Robert Homan	OTA	5:49.17

M60			
1	Ian Calder	NTH	4:55.56
2	Andrew Stark	CAN	4:59.70
3	Peter Richards	CAN	5:10.38
4	Todd Kriebel	WLG	5:13.49
5	Allan Thomas	TAR	6:03.78
6	Tony Snell	HBG	6:38.17

M65			
1	David Riddell	TAS	5:49.72
2	Rodger Ward	CAN	5:51.35
3	Noel Burr	CAN	5:52.63
4	Derek Shaw	TAS	5:55.19
5	Gavin Smith	WBP	5:55.93
6	Ron Mctaggart	CAN	5:59.73

M70			
1	Graeme Adams	WBP	6:21.85
2	Brian Warren	TAR	6:23.25
3	Dave Clark	WBP	6:56.31

M75			
1	Barry Jones	AKL	6:26.17
2	Anson Clapcott	NTH	6:29.43
3	Michael Bond	CAN	6:51.42
4	Alan Jones	TAR	7:32.88

Female - 3000m

W40			
1	Heidi-Jane Humphries	WLG	13:31.90

W50			
1	Tracey Sims	TAS	15:15.34

W55			
1	Sally Gibbs	WBP	10:39.97

W60			
1	Christine Adamson	AKL	12:31.92
2	Bernadette Jago	CAN	12:50.93
3	Terri Grimmett	WLG	17:14.26

W65			
1	Margaret Flanagan	CAN	14:10.35
2	Carey Dickason	TAS	15:45.69

W70			
1	Loris Reed	WBP	14:46.43

W75			
1	Julie Roots	CAN	21:29.49

Male - 3000m

M40			
1	Allan Staite	CAN	9:57.19
2	Jamie Halla	AKL	10:51.48

M45			
1	Andrew Sexton	AKL	10:23.68
2	Darren Gordon	WLG	10:31.22

M50			
1	Michael Wray	WLG	10:15.43
2	Tim Morrison	AKL	10:41.60
3	Russell Lake	WBP	10:53.84
4	Bruce Atmore	WLG	11:06.32

M55			
1	Mark Gray	WBP	15:42.89

M60			
1	Peter Richards	CAN	10:58.48
2	Tim Cross	TAS	11:33.03

M65			
1	Ian Carter	TAS	11:40.62
2	Gavin Smith	WBP	12:10.91
3	Derek Shaw	TAS	12:22.15
4	Ron Mctaggart	CAN	12:37.52
5	Malcolm Chamberlin	AKL	14:24.44
6	Ian Martin	WBP	16:00.01
7	John Dickason	TAS	16:16.86

M70			
1	Graeme Adams	WBP	13:03.60
2	Brian Warren	TAR	13:37.60
3	Dave Clark	WBP	14:31.89

M75			
1	Anson Clapcott	NTH	13:32.52
2	Alan Jones	TAR	15:56.65

Female - 5000m

W40			
1	Shannon-Leigh Litt	CAN	23:22.84

W50			
1	Tracey Sims	TAS	28:10.11

W55			
1	Sally Gibbs	WBP	17:59.90

W60			
1	Christine Adamson	AKL	21:02.27
2	Bernadette Jago	CAN	21:37.27

Male - 5000m

M45			
1	Andrew Sexton	AKL	17:30.72
2	Darren Gordon	WLG	18:09.23

M50			
1	Michael Wray	WLG	17:38.83
2	Tim Morrison	AKL	18:33.14
3	Bruce Atmore	WLG	18:56.73
4	Russell Lake	WBP	18:59.27

M55			
1	Peter Stevens	WLG	17:24.55

M60			
1	Todd Kriebel	WLG	18:19.83
2	Peter Richards	CAN	18:55.94
3	Tim Cross	TAS	19:44.15

M65			
1	Ian Carter	TAS	19:52.07
2	Gavin Smith	WBP	21:03.11
3	Derek Shaw	TAS	22:07.39
4	John Dickason	TAS	27:27.97
5	Ian Martin	WBP	30:49.52
	David Riddell	TAS	DNF

M70	1	Graeme Adams	WBP	22:25.65			
	2	Brian Warren	TAR	22:43.52			
	3	Dave Clark	WBP	23:53.58			
Mixed - 4x100m Relay							
	1	Auckland		50.71			
	2	Tasman		51.34			
Male - 4x100m Relay							
M55	1	Mixed Centre Team		51.82			
Female - 80m Hurdles							
W40	1	Ai Osugi	AKL	15.81	0.2		
W60	1	Claire Giles	OTA	18.77	0.2		
Male - 80m Hurdles							
M70	1	Laurie Malcolmson	MWA	15.75	0.2		
	2	David Anstiss	AKL	16.77	0.2		
	3	Alan Dougall	AKL	17.42	0.2		
Male - 100m Hurdles							
M50	1	Andrew Davenport	MWA	20.96	0.9		
M55	1	Paul Daborn	WBP	17.78	0.9		
	2	Stephen Te Whaiti	WBP	18.27	0.9		
Male - 110m Hurdles							
M45	1	Roland van der Tillaar	AKL	20.79	0.9		
Female - 300m Hurdles							
W60	1	Claire Giles	OTA	1:11.53			
Male - 300m Hurdles							
M70	1	Laurie Malcolmson	MWA	58.08			
	2	Des Phillips	TAR	1:03.75			
Female - 400m Hurdles							
W40	1	Faith Firestone	AKL	1:14.99			
Male - 400m Hurdles							
M40	1	David Hansen	TAS	1:16.87			
M45	1	Roland van der Tillaar	AKL	1:17.87			
M50	1	Andrew Davenport	MWA	1:10.69			
M55	1	Paul Daborn	WBP	1:10.80			
	2	Craig Wilson	WBP	1:20.24			
Female - 2000m Steeplechase							
W70	1	Loris Reed	WBP	10:28.35			
Male - 2000m Steeplechase							
M60	1	Tim Cross	TAS	8:15.71			
M65	1	Gavin Smith	WBP	9:05.96			
	2	Derek Shaw	TAS	9:42.60			
	3	Malcolm Chamberlin	AKL	10:22.26			
	4	Ian Martin	WBP	12:25.98			
M70	1	Graeme Adams	WBP	10:08.96			
	2	Des Phillips	TAR	11:02.91			
M75	1	Michael Bond	CAN	10:31.72			
Male - 3000m Steeplechase							
M40	1	Jamie Halla	AKL	12:41.81			
M45	1	Cameron Mumby	WBP	10:57.60			
M55	1	Peter Stevens	WLG	11:05.61			
Female - 3000m Track Walk							
W40	1	Vicky Jones	TAR	22:17.90			
W50	1	Jane Tait	WBP	28:54.33			
W55	1	Julie Edwards	WLG	20:59.17			
W60	1	Terri Grimmett	WLG	21:03.34			
W70	1	Shirley Rolston	CAN	23:41.75			
W75	1	Daphne Jones	WLG	21:48.57			
Male - 3000m Track Walk							
M30	1	Miguel Ángel Blanco RodrÁguez	HBG	16:17.21			
M45	1	Sean Lake	WLG	17:58.68			
M50	1	Joseph Antcliff	WLG	20:55.92			
M55	1	Mark Gray	WBP	20:50.84			
M65	1	Clive McGovern	WLG	18:38.99			
		Rodney Thorne	AKL	DQ			
M70		Geoff Iremonger	WLG	DNF			
		Des Phillips	TAR	DQ			
M85		Ron Johnson	AKL	DQ			
Female - 5000m Track Walk							
W40	1	Vicky Jones	TAR	37:28.86			
W50	1	Jane Tait	WBP	50:12.79			
W60		Terri Grimmett	WLG	DQ			
W70	1	Shirley Rolston	CAN	39:21.48			
W75	1	Daphne Jones	WLG	36:54.80			
Male - 5000m Track Walk							
M30	1	Miguel Ángel Blanco RodrÁguez	HBG	27:00.25			
M45	1	Sean Lake	WLG	30:23.67			
M55	1	Mark Gray	WBP	36:57.08			
M65	1	Clive McGovern	WLG	30:47.42			
		Rodney Thorne	AKL	DQ			
Female - Long Jump							
W40	1	Emma Akeripa	HBG	4.20	1.6		
	2	Ai Osugi	AKL	4.10	1.4		
	3	Marjorie Mckee	WBP	3.35	1.2		
W50	1	Raewyn Grigg	TAR	3.19	1.3		
W55	1	Karen Hulena	AKL	3.54	1.1		
W65	1	Nancy Bowmar	NTH	2.73	-0.3		
	2	Carey Dickason	TAS	2.24	0.5		
W70	1	Veronica Gould	WLG	3.38	0.4		
	2	Margaret Crooke	NTH	2.87	-0.2		
W75	1	Frances Bayler	MWA	2.53	0.4		
W80	1	Judy Hammond	WLG	2.23	0.7		
Male - Long Jump							
M30	1	Reece Little	HBG	5.06	3.4		
	2	Luke Crombie	HBG	4.41	1.8		
M45	1	Roland van der Tillaar	AKL	4.14	3.2		
M50	1	James Stowers	AKL	4.34	3.2		
	2	Chris Roberts	WLG	4.17	3.9		
M55	1	Stephen Te Whaiti	WBP	5.06	2.5		
	2	Seelan Ramiah	AKL	4.77	2.3		
	3	Mark Macfarlane	WLG	4.70	2.8		
	4	Kola Ogundipe	AKL	4.45	2.9		
M60	1	Gary Rawson	WLG	4.88	2.5		
	2	Stephen Burden	WBP	4.84	2.7		
	3	Michael O'Leary	HBG	4.20	2.9		
	4	Dennis O'Leary	HBG	3.86	2.5		
	5	Barry Smith	STH	3.60	2.6		
M65	1	Mark Wyndham-Jones	GBR	3.86	2.5		
	2	David Lobb	CKI	3.61	3.0		
	3	Tuariki Delamere	AKL	2.82	3.0		
M70	1	David Anstiss	AKL	3.67	0.3		
	2	Wolfgang Schenk	AKL	3.40	0.4		
	3	Des Phillips	TAR	3.34	0.0		
M75	1	Mike Shepherd	MWA	2.26	0.0		
M85	1	Jim Jones	WBP	2.43	1.0		
Female - High Jump							
W40	1	Faith Firestone	AKL	1.40			
	2	Ivana Erceg Floerchinger	AKL	1.30			
W50	1	Raewyn Grigg	TAR	1.20			
W55	1	Karen Hulena	AKL	1.15			
W65	1	Nancy Bowmar	NTH	1.05			
W70	1	Gillian Evans	MWA	0.95			
Male - High Jump							
M40	1	Jacob Potgieter	AKL	1.50			
M45	1	David Sexton	HBG	1.40			
	2	Roland van der Tillaar	AKL	1.25			
M50		Anthony Bishop	WBP	NH			
M55	1	Brian Curry	MWA	1.50			
	2	Stephen Te Whaiti	WBP	1.45			
	3	Seelan Ramiah	AKL	1.35			
	=	Mark Macfarlane	WLG	1.35			
	5	Mark Henderson	WBP	1.20			
M60	1	Gary Rawson	WLG	1.40			
	2	Michael O'Leary	HBG	1.30			
M65	1	Mark Wyndham-Jones	GBR	1.30			
	2	Tuariki Delamere	AKL	1.20			
	3	Lester Laughton	STH	1.15			
	4	David Lobb	CKI	1.10			
M70	1	Murray Andersen	HBG	1.37			
	2	David Anstiss	AKL	1.30			
	3	Des Phillips	TAR	1.25			
M75	1	Mike Shepherd	MWA	1.00			
M85	1	Ron Johnson	AKL	0.95			
Female - Pole Vault							
W50	1	Delwyn Smith	NTH	2.40			
Male - Pole Vault							
M45	1	Roland van der Tillaar	AKL	3.00			
M55	1	Mark Lett	NTH	3.10			
	2	Brian Curry	MWA	2.40			
M70	1	Murray Andersen	HBG	2.70			
	2	David Anstiss	AKL	2.30			
Female - Triple Jump							
W35	1	Joeline Jones	TAS	9.23			
W65	1	Carey Dickason	TAS	5.73			
	2	Nancy Bowmar	NTH	5.44			
W70	1	Margaret Crooke	NTH	6.39			
W75	1	Frances Bayler	MWA	5.25			
Male - Triple Jump							
M55	1	Seelan Ramiah	AKL	9.32	-2.9		
	2	Mark Macfarlane	WLG	9.06	-4.0		
	3	Brian Curry	MWA	8.41	-3.0		

W50			
1	Brenda Davis	WBP	38.86
2	Lucy Andrews	NTH	32.57
3	Jenny Fee	MWA	26.46
4	Theresa Bartlett	WLG	23.27
5	Raewyn Grigg	TAR	22.60

W55			
1	Tania Hodges	WBP	33.09

W60			
1	Claire Giles	OTA	19.09

W65			
1	Carey Dickason	TAS	18.62

W70			
1	Gillian Evans	MWA	21.76
2	Annette Parlane	WBP	20.25
3	Noni Callander	OTA	18.42
4	Shirley Rolston	CAN	15.80

W75			
1	Glen Watts	CAN	28.61
2	Justine Whitaker	CAN	23.91
3	Barbara Austin	NTH	23.61
4	Julie Roots	CAN	18.49

Male - Hammer

M40			
1	Arno van der Westhuizen	AKL	52.03
2	Dave Couper	WBP	31.46
3	Jacob Potgieter	AKL	27.68

M45			
1	Roland van der Tillaar	AKL	24.47

M50			
1	Laini Inivale	AKL	36.57
2	Adrian Stockill	WLG	35.47
3	Tim Lowrey	AUS	25.96

M55			
1	Neil Tait	WBP	19.71

M60			
1	James Thomas	AKL	41.27

M65			
1	Lester Laughton	STH	30.55
2	Tuariki Delamere	AKL	28.41

M70			
1	Richard Davison	CAN	36.05

M75			
1	Brian Senior	CAN	33.32
2	Mike Shepherd	MWA	19.45

M85			
1	Ron Johnson	AKL	21.28
2	Jim Blair	WLG	19.41

M90			
1	Peter Tearle	WLG	12.18

Female - Weight Throw

W30			
1	Anna Lynch	CAN	11.91

W35			
1	Kelley Charles	CAN	9.11
2	Emily Scanlan	AKL	7.98
3	Vanessa Pendergrast	MWA	7.91

W40			
1	Flo Alesana	AKL	8.93

W45			
1	Elisapeta Leitu	AKL	9.53
2	Michelle Bitcheno	WBP	9.23

W50			
1	Brenda Davis	WBP	13.26
2	Lucy Andrews	NTH	10.13
3	Jenny Fee	MWA	9.42
4	Theresa Bartlett	WLG	7.97
5	Raewyn Grigg	TAR	7.41

W55			
1	Tania Hodges	WBP	12.59

W60			
1	Claire Giles	OTA	8.30

W65			
1	Beryl McMillan	MWA	7.26

W70			
1	Annette Parlane	WBP	9.72
2	Gillian Evans	MWA	9.45
3	Noni Callander	OTA	8.26
4	Veronica Gould	WLG	8.02
5	Shirley Rolston	CAN	7.51

W75			
1	Justine Whitaker	CAN	11.07
2	Barbara Austin	NTH	10.86
3	Glen Watts	CAN	10.15
4	Julie Roots	CAN	9.19

Male - Weight Throw

M40			
1	Arno van der Westhuizen	AKL	15.24
2	Dave Couper	WBP	10.54
3	Jacob Potgieter	AKL	7.71

M45			
1	David Sexton	HBG	8.70
2	Roland van der Tillaar	AKL	5.38

M50			
1	Adrian Stockill	WLG	13.83
2	Laini Inivale	AKL	13.24
3	Tim Lowrey	AUS	9.96

M55			
1	Neil Tait	WBP	8.87

M60			
1	James Thomas	AKL	16.00

M65			
1	Lester Laughton	STH	11.28

M70			
1	Richard Davison	CAN	12.86
2	Laurie Malcolmson	MWA	11.90

M75			
1	Brian Senior	CAN	12.90
2	Mike Shepherd	MWA	7.96

M85			
1	Ron Johnson	AKL	10.46
2	Jim Blair	WLG	8.51

M90			
1	Peter Tearle	WLG	5.27

Women's Pentathlon - Total Points

W35			
1	Joeline Jones	TAS	2169

W40			
1	Faith Firestone	AKL	2208
2	Heidi-Jane Humphries	WLG	1405

W50			
1	Dale McMillan	MWA	2488

W55			
1	Karen Hulena	AKL	2297
2	Jill Hayman	AKL	2175

W65			
1	Carey Dickason	TAS	1812

W80			
1	Judy Hammond	WLG	1875

Men's Pentathlon - Total Points

M30			
1	Reece Little	HBG	1525

M40			
1	Jamie Halla	AKL	1692

M55			
1	Stephen Te Whaiti	WBP	3188
2	Mark Lett	NTH	2283
3	Brian Curry	MWA	2002

M60			
1	Michael O'Leary	HBG	2426
2	Gary Rawson	WLG	2142

M65			
1	Mark Wyndham-Jones	GBR	2404

M70			
1	David Anstiss	AKL	2251
2	Wolfgang Schenk	AKL	2177

Throws Pentathlon - Total Points

W30			
1	Anna Lynch	CAN	2615

W35			
1	Kelley Charles	CAN	2094
2	Emily Scanlan	AKL	1655
3	Vanessa Pendergrast	MWA	1599

W40			
1	Flo Alesana	AKL	1766

W45			
1	Elisapeta Leitu	AKL	2513
2	Michelle Bitcheno	WBP	2137

W50			
1	Raewyn Grigg	TAR	2519
2	Theresa Bartlett	WLG	2507
3	Jenny Fee	MWA	2307

W55			
1	Tania Hodges	WBP	3130

W65			
1	Beryl McMillan	MWA	1934

W70			
1	Gillian Evans	MWA	3180
2	Annette Parlane	WBP	3018
3	Noni Callander	OTA	2988
4	Shirley Rolston	CAN	2391

W75			
1	Glen Watts	CAN	3574
2	Barbara Austin	NTH	3570
3	Justine Whitaker	CAN	3486

M40			
1	Arno van der Westhuizen	AKL	3240
2	Dave Couper	WBP	2674
3	Jacob Potgieter	AKL	1943

M45			
1	David Sexton	HBG	2203

M50			
1	Adrian Stockill	WLG	3201
2	Laini Inivale	AKL	2878
3	Tim Lowrey	AUS	2194

M55			
1	Neil Tait	WBP	1952

M60			
1	James Thomas	AKL	3591

M65			
1	Mark Wyndham-Jones	GBR	3080
2	Tuariki Delamere	AKL	2849
3	Lester Laughton	STH	2803

M70			
1	Richard Davison	CAN	3104

M75			
1	Brian Senior	CAN	3319

M85			
1	Jim Blair	WLG	2769

M90			
1	Peter Tearle	WLG	1615





Michael Wray, Peter Stevens, Andrew Sexton, Sally Gibbs, and Todd Kriebel in the 5000m



Dave Riddell has time for a thumbs up followed by Ian Martin in the 5000m



Michael O'Leary 3rd M60 long jump



Faith Firestone completes the 800m of the Women's Pentathlon



Sally Gibbs holding a smile in the 5000m



Starting line-up for the M30-M45 800m - Brad Thompson, Andrew Sexton, Allan Staitte, Jamie Halla, and Brayden Grant



Start of the combined 5000m



Bruce Atmore followed by Russell Lake and Christine Adamson in the 5000m



Mark Wyndham-Jones 1st M65 long jump



Ai Osugi and Laurie Malcolm lead the 80m hurdles followed by David Anstiss in lane 2 and Alan Dougall in lane 3 with Claire Giles following up in lane 8

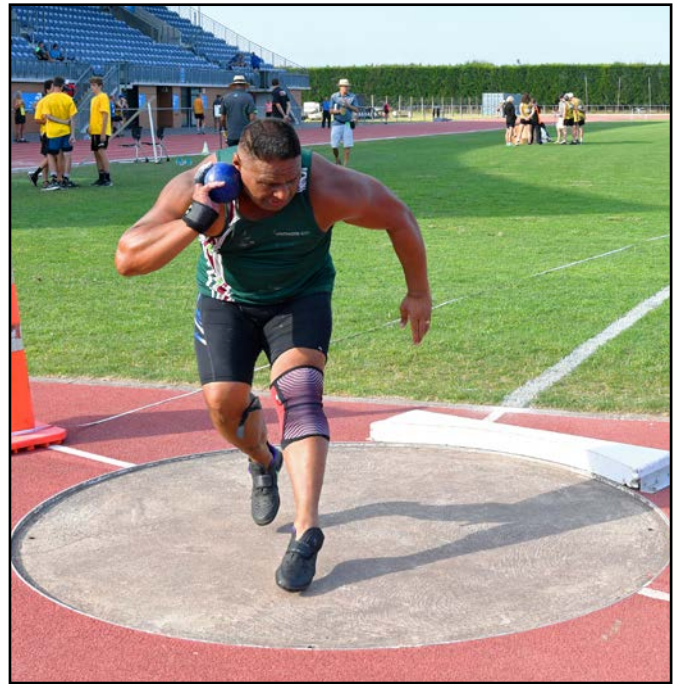


Todd Krieble 1st M60 in the 5000m

PHOTOS: Sharon Wray



Andrew Stark starts the 400m (2nd M60)



Laini Inivale prepares to unleash the Shotput (1st M50)



Theresa Bartlett and Heidi-Jane Humphries



Bruce Thomson leads in Andrew Stark in the 400m



Faith Firestone in the Women's Pentathlon 100m



Christine Adamson finishes the 3000m (1st W60)



100m women's pentathlon Joelene Jones W35 comes in ahead of Faith Firestone W40



Andrea Harris and Ai Osugi fight it out in the 400m



Andrew Davenport in the 100m hurdles



Wayne Holroyd takes the win in the 400m



Andrew Davenport leads Geoff Burke in the 400m



David Anstiss in the long jump



Anson Clapcott in the 3000m (1st M75)



Darren Gordon in the 3000m

Results, Records and Rankings

by John Campbell

As competitive human beings, it's natural to want to see our results. Not only to compare where we are in relation to our previous performances, but also to compare with our peers (or rivals, as the case may be). We take it for granted that the technical aspects of timing, measuring and recording are going to be taken care of. Most of the time this is done with great care and skill on the part of the officials and, as a track official and photo finish timekeeper, I can attest to this.

There are a number of regular volunteers that freely give up their time to provide us with this service and I thank them for their tireless efforts. How many of us would want to bake in the sun for hours, watching out for stray javelins and other throwing implements, while being relied upon to accurately measure someone's potential record breaking throw? Likewise with the photo finish. As a competing athlete I, of course (like everyone else), expect to see my times within a few minutes of the race. Again, this is usually no problem until there is a glitch with the timing system (usually the signal from the gun not being transmitted), or perhaps the wind gauge not recording. While operating the photo finish camera, I have had the unpleasant task of informing runners that we didn't capture their times and seeing the look of anguish on their faces, especially when they have 'left everything on the track' after a brutal 400m.

Some of you may remember the days when we used hand held stopwatches to record races. This seems antiquated now, with today's sophisticated systems that have wireless transmitters etc.

While hand timing may have been the only method that we had at that period, we all know the variability of human reaction times with the watch which, coupled with anticipating the runner crossing the finish line, often results in stopping the watch a fraction early. There are some wild and crazy hand times out there, for sure! With that in mind, I wonder whether archiving our records, to reflect the change and improvements in technology, would be a better option?

We have done just that, with records that were using outdated age graded performances for throws, pentathlons, or events that have had implement weight changes over the years. As an organization, we owe it to our athletes to stay current and compare 'apples with apples'. I believe that comparing electronic times with hand times, is like comparing throws measured with a steel tape measure, to those measured with a piece of string!

My suggestion is that we keep these historical records, but archive them alongside the other archived records that used previous age-graded tables, and to list only electronic timed records in our current system.

Recently, the track events at the North Island championships in Whakatane, were hand timed, however the published results appear to be electronic times, because they are listed to two decimal places. To maintain consistency, these should have been adjusted and corrected to reflect the hand times. The rule is that, for the short sprint events (60m to 200m), an additional 0.24 is added to account for the human reaction factor and for 400m, an additional 0.14 is added. Thereafter, the final result must be rounded up to the nearest tenth of a second. The naming convention is that they should be listed in the results with an 'h' after them eg. 10.4h.

Unfortunately, this did not happen and the results were published online 'as is', directly from the stopwatches, with the consequence that many athletes did not understand why their performances were not eligible for records. Moreover, no wind readings were taken, that I am aware of, and there were certainly none published. These hand times were corrected for the last Vetline edition, but not before some athletes innocently uploaded their times to the World Masters Rankings website, which made their performances look better than they actually were.

This brings me to the subject of rankings.

Since 2016, the Masters Rankings website has had a policy that illegal wind readings (readings over 2.0m/s) for events should not be submitted. Unfortunately, this is still happening and I noted a recent performance with a wind reading of 6.7m/s! Surely there could be a simple filter on the wind reading input that won't accept anything over 2.0, nor accept the performances with no wind readings, which are officially expressed as NWI. In my view, it would be a fairer system that allows for a proper comparison and correct ranking. Currently, membership to the mastersrankings.com website costs \$25 USD and for that subscription, you'd think that it would be possible to have some kind of filtering system on those input fields.

Taking this one step further, what about the possibility of adjusting for wind on those performances to further even out the comparison for the rankings website? When running into a strong head wind, an athlete's time will be slower than if they had a favourable tail wind. This also applies to the distance achieved in the long jump and triple jump.

If we compare two seemingly identical performances, when you adjust for the wind assistance/resistance, the 'true' performances look very different.

For example; two sprinters run 100m races a few minutes apart. Sprinter A runs 15.00 (+2.0 m/s) and Sprinter B also runs 15.00 (-2.0 m/s). When converted, to allow for the wind factor, Sprinter A's performance is 15.21, while Sprinter B's performance is 14.71. As you can see this could cause issues

when using results from different races, for progressing to a final, or when final results are taken from the best heat or semi final times. I'm not suggesting that we override the official IAAF and WMA rules and make those adjustments for record purposes, but it would be an interesting exercise to see the online rankings lists 'evened out' for better comparison purposes only.

Of course there are other factors that come into play, such as altitude, humidity, temperature etc... I mean, how far do we go with this? In the final analysis, it's not an exact science, so

in essence, similar to the age gradings, it's more for a ballpark comparison than anything else.

For example, we can't say for sure that a performance at the age of 70 years of age, directly compares to Usain Bolt (or any other athlete for that matter) but it's fun to work out the comparison.

These conversions are unlikely to be implemented in the near future. In the meantime, I'll continue to do my own so that I can get some more meaningful comparisons with my peers and my own past performances.

* Source: jmureika.lmu.build/track/wind/index.html
 Also: maximmoinat.github.io/windCalculator.html



Team mates Effie Milne and Joeline Jones battle it out in the W35 60m



An early lap in the 1500m (L to R) Michael Bond (7508) Graeme Adams (partly obscured), Anson Clapcott (7509) Dave Clark (7016) and Brian Warren (7026)



Emma Akeripa at the long jump



Alan Dougall 2nd in the M70 100m



Maggie Chorley 1st W50 1500m

PHOTOS: Sharon Wray

Runners High – Fact or Fiction?

by George White

It's called a "runners high", but you can get the same high from any long aerobic exercise of any type. Having said that, while ultimately it is all about chemicals in the brain, you are far more likely to achieve it on a long run on wooded trails or a scenic rural road than in the pool or the gym. The good news of course is that it can also be called a "walkers high"! So what is this "high"? Basically it is a neurobiological reward that occurs during and after distance running, creating a sense of euphoria.

However, many people still question whether or not they feel anything at all even when their endorphin levels rise. Those who do claim to experience it, say that a runner's high is a feeling of invincibility and superior performance. Throughout time, runner's high has been debated and there is still no general definition as to what it is, or even if it exists. It appears to be a state of euphoria caused by the biological aspects of stress and environmental stimuli i.e. physical and physiological elements. The environment affects everybody in both positive and negative ways. Running on a beautiful, sunny day in a place where the scenery is pleasant you are more likely to experience exhilaration than when running on a cold, rainy day, along dark, dismal scenery.

Recently, researchers studied how the brain responds to running and found that the ability to get "high" might be hard-wired within us. In early history our ancestors' survival depended on chasing down food, or outrunning a predator/ rival. The desire to live was possibly the motivation to run and run fast and the feel-good brain chemicals released when they did so may have helped them achieve the speed and distances required. The runner's high may have served (and still does) as a natural painkiller, masking tired legs and blistered feet. Even though we no longer have to chase down dinner, learning how happy brain reactions are sparked may help you achieve the runner's high more often.

Are endorphins responsible? The word endorphin is actually a contraction of "endogenous morphine," and like real morphine, endorphins reduce pain and create feelings of euphoria. So, the more endorphins in the brain, the happier and more energised you will feel. Research today however suggests there's more to runner's high than just endorphins.

A class of chemicals called endocannabinoids are involved as well. Endocannabinoids cause similar effects to the active compounds in cannabis: stress reduction, pain relief, a sense of well-being and relaxation—i.e. that post-long-run bliss, where you're tired and mildly sore, but feeling like everything is all right. A runner's high is a complex interaction of psychoactive compounds that boost your mood, raise your energy level and also relieve anxiety and make you feel calm and relaxed. Whereas endorphins can be created only by specialized neurons, pretty much any cell in the body is capable of making endocannabinoids, which means they have the potential to

make a bigger impact. Further, endocannabinoid production is believed to react more strongly in response to stress as opposed to pain (the stronger endorphin activator).

A short, casual run probably won't produce enough discomfort to trigger a rush and likewise a punishing effort won't produce the euphoria. Training too hard – rather than giving a high it may just give a fitness hangover with all the symptoms such as being anxious, nauseated and sore. Running at 70 to 85 percent of your maximum heart rate is optimal in spiking the primary stress hormone cortisol, and producing endocannabinoids. As stress may increase endocannabinoid production - pre-race jitters could have a payoff. However, chronic stress can dull this effect. Another factor that may determine whether you experience a high is the timing of your run. Research shows that endocannabinoid levels are three times greater first thing in the morning compared with the evening, meaning that a morning run may be more likely to produce a high than an afternoon or evening run.

Like all drugs, the biggest downside of all this appears to be the negative effects of not getting your regular dose of runner's high. The opiate-like effects of runner's high might be responsible for the withdrawal-like symptoms when you stop exercising on a regular basis.

Here are a few things that may increase your chances of a high:

1. Make sure your easy days are slow enough. Many end up running hard days and harder days, which puts you at risk of overtraining. By setting aside a few easy runs each week, you will enjoy them more and increase the endorphins. You will also run faster on your harder days, increasing the feel good factor on those days too!
2. Run with others. Easy days are a great time to train with friends. If you are running easy enough, you will be able to have a full conversation, and before you know it, the run will be finished.
3. Research shows that listening to your favourite music may also spike endorphins.
4. Explore a new place to run. Find a trail, path or a park to take in the benefit of nature.
5. Eat a good pre-run meal. The only way your body is going to reach a state of comfort is if it has enough fuel to keep going.

In conclusion, while running there may be a point when a person's body undergoes some type of change. The cause of this change may be because of a combination of physiological and environmental factors and what may be a high for one person may only be a feeling of happiness for another person. And of course there is still the possibility that there is no such thing as runner's high – for me at least I have that pleasant feeling that I have earned a beer or a cream cake.

Arno Van Der Westhuizen

by Laini Inivale

Arno Van Der Westhuizen (M40) cut loose at his first nationals, the 2020 NZMA Track and Field Championships in Hastings over the weekend 28/02-1/03/2020. Hammer gold (NZ Championship & Auckland records), shot put gold, discus 4th, weight throw gold, throws pentathlon gold (NZ & Championship records). Where had he come from? I had asked myself the same question only a few months before.

I have seen the future and it works. - Steffens.

Raised in the athletics cauldron of South Africa, his prodigious throwing ability was recognised with a university scholarship stint to the USA. Returning to South Africa after, life happened ... and he gave throwing away in his mid-twenties. Emigrating to NZ with his young family a few years ago, Arno just decided one day, to scratch a long dormant itch, 17 years since his last competitive meet.

On the 13 October 2019 stranger Arno turned up unexpectedly and nonchalantly unleashed his throwing prowess on us, the unsuspecting throwers at the Auckland Masters Athletics, Mt Smart 2019 Oceania Postal Throws Pentathlon. He was flanked by a vocal entourage - Candice and the kids. A pity he hadn't joined an athletics club prior to this meet, as he went on to lazily exceed the NZMA M40 throws pentathlon record. Rectifying this oversight, he proudly represents the colours of the mighty North Harbour Bays Athletics Club and at the nationals, officially made the NZ & Championship record his own.

Well that didn't take long! Naais one boet. - Riaan Van Rooyen.

Arno's exploits in such a short time, haven't gone unnoticed by the beautiful people, culminating in already being nominated for the 2019 NZMA Male Throws Athlete of the Year Award. I wager not only future nominations, but multiple wins as Arno goes on to fulfil his destiny in the world of throwing.

I thought this piece would be a great bookmark, not to expound on exploits yet to be achieved, pregnant with promise. But so he can look back, remember and treasure the beginning of his masters journey. Getting to know him, I've been blown away by the professionalism, strategy, focus that he applies to the craft of throwing. It's certainly at a higher level than I practice and I can learn much from watching and listening to him.

I can see the clinical competitive drive in him to win, but since joining masters, Arno's throwing has been reinvigorated in a way he hasn't experienced before. I think, like it was to me, the camaraderie has been a revelation.

You are and always will be the King at that event. - Carl van Rosenveldt.

No doubt, lucky for us, he'll soon wear the NZ singlet at an international masters meet. Welcome back to athletics. Earn the fern Arno!



NZMA Athlete of the Year Awards for 2019

The Process

- The Awards Panel maintain a list of notable performances from the various ANZ Champs, all four NZMA Champs, the Oceania Masters Champs, the World Masters Champs and any NZ records.
- Nominations are also invited to ensure we don't miss any notable performances from other events.
- The Panel weighs up a combination of championship placings and age group percentage achievements, then argue until the accepted short list of nominees and final winners are determined.

Women

Sprints - Chris Waring (W75 - Auckland)

World Indoor Gold Medals in 60m, 200m & Silver Medal in 400m
NZ Records: 60m, 50m Indoor, 60m Indoor, 200m Indoor, 400m Indoor

NZMA Gold Medals in 60m, 100m, 200m, 400m, 50m Indoor
OMA Gold Medals in 60m, 100m, 200m, 400m

Age group performances of 99% (50m), 97% (60m), 91% (400m), 90% (200m, 100m)

Other finalists were:

- Liz Wilson (W55 - Otago)
- Marcia Petley (W90 - Waikato-Bay of Plenty)
- Sheryl Gower (W70 - Waikato-Bay of Plenty)

Middle Distance - Sally Gibbs (W55 - Waikato-Bay of Plenty)

NZ Record: 3000m

Three North Island titles (1500m, 3000m, 5000m)

Age group performances of 97% (3000m), 95% (5000m), 93% (1500m)

Other finalists were:

- Christine Adamson (W60 - Auckland)
- Judith Stewart (W70 - Northland)
- Meghann Stewart (W55 - Auckland)

Long Distance - Sally Gibbs (W55 - Waikato-Bay of Plenty)

1000m World Record

Age group performances of.... **A WORLD RECORD!**

Three National titles: Road, Cross Country and Half Marathon

One North Island title: Cross Country

Other finalists were:

- Christine Adamson (W60 - Auckland)
- Lisa Cross (W35 - Auckland)
- Mel Aitken (W40 - Wellington)

Walks - Jacqueline Wilson (W70 - Wellington)

World Silver Medals in 3000mW Indoor & 10km Road Walk

Three Silver Oceania Medals in 3000mW, 5000mW & 10km Road Walk

NZMA Gold Medals in 3000mW & 5000mW

Two North Island titles (3000mW, 5000mW)

Age group performances of 88% (10km RW), 85% (3000mW), 83% (5000mW)

Other finalists were:

- Claire Mckenzie (W60 - Tasman)
- Corinne Smith (W50 - Northland)
- Daphne Jones (W75 - Wellington)

Hurdles - Faith Firestone (W40 - Auckland)

Oceania Gold (80mH)

Two New Zealand titles (80mH, 50mH Indoor)

Age group performances of 83% (50mH Indoor), 75% (80mH), 73% (400mH)

One North Island title (400mH)

NZ Record (50mH Indoor)

Other finalists were:

- Carolyn Wills (W45 - Otago)
- Helena Dinnissen (W35 - Canterbury)
- Jo Ramsay (W40 - Canterbury)

Jumps - Margaret Croke (W70 - Northland)

Two Oceania Silver Medals (Long Jump, Triple Jump)

Two New Zealand titles (Long Jump, Triple Jump)

Age group performances of 77% (Triple Jump) & 69% (Long Jump)

Other finalists were:

- Carolyn Wills (W45 - Otago)
- Helena Dinnissen (W35 - Canterbury)
- Phillipa Green (W50 - Auckland)

Throws - Gillian Evans (W65/70 - Manawatu-Wanganui)

Three Oceania titles (Weight, Hammer, Shot Put)

Three New Zealand titles (Weight, Hammer, Shot Put)

Three North Island titles (Weight, Hammer, Shot Put)

Age performances of 66% (Shot Put & Weight), 63% (Hammer)

Other finalists were:

- Brenda Davis (W45/50 - Waikato-Bay of Plenty)
- Glen Watts (W75 - Canterbury)
- Tania Hodges (W45/50 - Waikato-Bay of Plenty)

Combined Events - Carolyn Wills (W45 - Otago)

Two NZ titles (Heptathlon & Track Pentathlon)

NZ Record (Heptathlon)

Other finalists were:

- Aggie Boxall (W60 - Auckland)
- Glen Watts (W75 - Canterbury)
- Gillian Evans (W65/70 - Manawatu-Wanganui)

Men

Sprints - John Campbell (M55 - Auckland)

NZ Records: 60m, 60m Indoor, 100m, 200m

NZMA Gold Medals in 60m, 100m, 200m, 60m Indoor, 200m Indoor

Age group performances of 95% (60m), 92% (100m), 89% (200m)

Other finalists were:

- Mark Lambert (M45 - Auckland)
- Tony Deleiros (M70 - Auckland)
- Trevor Guptill (M70 - Auckland)

Middle Distance - Ian Calder (M60 - Northland)

World Indoor Silver Medal (1500m) & Bronze Medal (800m)

NZ Record: 800m Indoor

Age group performances of 90% (800m), 89% (1500m)

Other finalists were:

- Andrew Davenport (M50 - Manawatu-Whanganui)
- Nicholas Willis (M35 - Wellington)
- Peter Richards (M35 - Canterbury)

Long Distance - Peter Stevens (M55 - Wellington)

Two National titles: Road Champs & Cross Country Champs, plus fastest leg at NZ Road Relay

Age group performances of 88% (10km Road)

Other finalists were:

- Brian Garmonsway (M40 - Wellington)
- Graeme Lear (M65 - Tasman)
- Nick Moore (M45 - Auckland)

Walks - Peter Fox (M65 - Taranaki)

Two Oceania titles (3000mW, 5000mW) & one Oceania silver (10km Road Walk)

Age group performances of 84% (3000mW), 82% (5000mW), 79% (10km RW)

Other finalists were:

- Clive McGovern (M65 - Wellington)
- Eric Kemsley (M65 - Taranaki)
- Lyndon Hohaia (M50 - Auckland)

Hurdles - Nick Bolton (M45 - Canterbury)

NZ Record: 110m Hurdles

Age group performances of 91% (110mH)

South Island Record (110mH)

Other finalists were:

- Alan Dougall (M70 - Auckland)
- David Anstiss (M70 - Auckland)
- Stephen Te Whaiti (M55 - Waikato-Bay of Plenty)

Jumps - Stephen Burden (M70 - Waikato-Bay of Plenty)

Oceania Male Jumper of the Year for World Masters Athletics Awards

Oceania Gold Medal in Triple Jump

NZMA Gold Medal in Triple Jump (Indoor)

NZ Records Triple Jump, Triple Jump (Indoor)

Age group performances of 80%

Other finalists were:

- David Anstiss (M70 - Auckland)
- Jim Blair (M85 - Wellington)
- Trevor Walker (M55 - Auckland)

Throws - Laini Inivale (M50 - Auckland)

One Oceania title (Weight) & one silver (Shot)

Two New Zealand titles (Shot & Indoor Shot) & one silver (Weight)

Two North Island titles (Shot & Weight)

Age performances of 71% (Shot)

Other finalists were:

- Kevin Bradley (M75 - Waikato-Bay of Plenty)
- Mark Cumming (M55 - Auckland)
- Peter Crawford (M75 - Waikato-Bay of Plenty)

Combined Events - James Thomas (M60 - Auckland)

North Island Throws Pentathlon title

NZMA Throws Pentathlon title

Oceania Throws Pentathlon title

Other finalists were:

- Arno van der Westhuizen (M40 - Auckland)
- David Hansen (M40 - Tasman)
- James Thomas (M60 - Auckland)

Colours

NZMA Colours are awarded to athletes who:

- Set a world masters record
- Win a world masters title
- Achieve a performance of 95% or better on the WMA percentage tables using a Group percentage.

Chris Waring (W75 - Auckland)

- Indoor 60m World Champion
- Indoor 200m World Champion
- Indoor 50m Performance of 99.11% (on 11 August)
- 60m Performance of 97.09% (on 19 October)

Marcia Petley (W90 - Waikato-Bay of Plenty)

- Indoor 60m World Champion
- Indoor 200m World Champion
- Hammer Throw World Champion
- Weight Throw World Champion

Sheryl Gower (W70 - Waikato-Bay of Plenty)

- Indoor 60m World Champion
- Indoor 200m World Champion
- 60m Performance of 96.09% (on 2 March)

Sally Gibbs (W55 - Waikato-Bay of Plenty)

- 10000m World Record
- 5km Performance of 97.40% (on 15 September)
- 3000m Performance of 97.63% (on 2 November)
- 1500m Performance of 95.90% (on 1 December)

Christine Adamson (W60 - Auckland)

- 10km Road Run World Champion

John Campbell (M55 - Auckland)

- 60m Performance of 95.32% (on 2 March)



M60 60m (L to R) Bruce Thomson (STH), Barry Smith (STH), Uros Sumar (AKL), Warren Edlin (HBG)



W40-50 60m (L to R) Petra Stoeveken (WLG), Dale McMillian (MWA), Phillipa Green (AKL), Ai Osugi (AKL), Faith Firestone (AKL) and Emma Akeripa (HBG)



Murray Andersen (HBG) on his way to a new record in the M70 high jump of 1.37m



Murray Andersen (HBG) set a new record in the M70 pole vault



David Anstiss in action in the M70 high jump



W55-65 60m (L to R) Beryl McMillian, Judy Macdonald, Nancy Bowmar, Janis Russell, Claire Giles, Christine Adamson, Jill Hayman and Liz Bentley



W70-80 60m (Lane 5 to 1) Chris Waring, Frances Bayler, Sheryl Gower, Veronica Gould and Margaret Crooke



M55 100m (L to R) Kola Ogundipe, Mark Macfarlane, Brian Curry and Duane Duggan



M65 200m Mark Wyndham-Jones (GBR) and David Riddell (TAS)



M60 200m Bruce Thomson (STH) and Gary Rawson (WLG)



M30-45 100m (L to R) Andrew Weeks, Craig Seymour, Hayden Robinson, Mark Lambert, Brayden Grant, Benjamin Potter, Steve Kumarich and Wayne Holroyd



M55 60m (L to R) Stephen Te Whaiti (WBP), Graham Ross (AKL), Seelan Ramiah (AKL), Kola Ogundipe (AKL), Mark Macfarlane (WLG)



Northland's Mark Lett who won the M55 pole vault



100m Sheryl Gower (WBP) and Veronica Gould (WLG)



5000 track walk (L to R) Mark Gray (WBP), Rodney Thorne (AKL) and Terri Grimmett (WLG)



M50 60m (L to R) Tony Tan (OTA), James Stower (AKL), Gary Nairn (HBG), Steven Hargreaves (AKL) and Scott Dorset (AKL)



M40-45 60m (L to R) Craig Seymour, Hayden Robinson, Mark Lambert, Nick Bolton, Benjamin Potter, Steve Kumarich and Wayne Holroyd



Janis Russell in the W60 200m



M65 200m winner Trevor Watson (WBP)



(L to R) Andrea Harris (WLG) 2nd in W45 800m, Sally Gibbs (WBP) 1st M55 in 800m



Joeline Jones and Effie Milne atop the podium in the W35 100m



Phillipa Green takes out 1st place in the W50 100m followed in 2nd place by Petra Stoeveken



Jill Hayman just holds out Dale McMillan in the Women's Pentathlon 100m



Wim Luijpers takes out the M50 1500m



Delwyn Smith easily clears the pole vault



Rodger Ward leads Tony Snell in the 1500m



Ian Calder leads Andrew Stark and Peter Richards in the 1500m



Kola Ogundipe 4th M55 long jump



Barry Jones starts the 400m (1st M75)



Michael Bond starts the 400m



Jill Hayman leads the W55-W65 60m



Phillipa Green leads Faith Firestone closely followed by Ai Osugi and Petra Stoeveken in the W40-W50 60m



Murray Andersen clears the pole vault



Cameron Mumby leads Peter Stevens at the jump



Des Philips takes the steeple



Women's Pent: Jill Hayman, Carey Dickason, Judy Hammond, Faith Firestone, Heidi-Jane Humphries, Joelene Jones, Karen Hulena, and Dale McMillan



A hard fought finish in the M60 100m with Gary Rawson (left) just being pipped by Stephen Burden (6006)



David Hansen competes in the 4 x 100m relay



Robert Homan leads Graham Ross in the 800m



Loris Reed in the 800m

Getting Older? – Must Get Stronger

by George White

At least relatively!

“It is not how old you are but how you are old” - Jules Renard

While it is a privilege, getting older also sucks! It results in changes to just about every system of the body at every level, from the ones you can plainly see to those only visible under a microscope and unfortunately most of these changes are undesirable. There are cosmetic changes like greying hair and wrinkles and there are more fundamental changes with implications for athletic performance.

- The most important muscle – the heart loses some of its vigour. The maximum attainable heart rate falls steadily after 30, starting, for most of us, around 200 beats per minute and then falling by about 1 BPM per year.
- Lung capacity diminishes and together with heart rate results in a steady decrease in VO₂ max, the body’s ability to use oxygen during activity.
- Bones lose density, making them more susceptible to fracture and after the mid 40’s, osteoarthritis becomes much more common.
- Any sort of injury, from muscle strain to ligament sprain to a simple cut or bruise, heals more slowly.
- By 50 the spine is probably suffering. You may have at least one bulging disk and suffer low-back pain at some point.
- The nervous system is changing, too with reaction times at their best around the mid 20’s but deteriorating from there on.
- The need for reading glasses to see up close typically starts around age 40.
- On average we gain around 0.5 kilo’s a year from our early 20’s. While this may reverse in our 60’s and 70’s it is still not good news – as it is muscle wasting away. Loss of muscle starts from about the age of 35, decreasing at about 8% per decade and the loss is normally greater in the lower limbs. This rate of loss increases in the 60’s and after 70 increases alarmingly up to 30% per decade. This is critical!
- Even some of the muscles remaining may work against you. It appears that when older people contract muscles, the opposing muscle may also activate e.g. in a biceps curl the triceps would be firing at the same time, resisting the action.

While getting older sucks – it is also a gift and most of the major changes can be attenuated, delayed, or reversed by frequent and vigorous exercise. You won’t keep your hair dark or prevent the need for bifocals, but - muscle wasting, bone thinning, cardiovascular impairment and cognitive decline - just

don’t happen as fast in people who work out frequently and hard. In particular as we age, strength training becomes more important, as aerobic work doesn’t particularly protect against the loss of muscle. Aerobic exercise gives you endurance, good circulation, and potentially longevity, but you need strength training for power and neural coordination. Aerobic exercise saves your life; strength training makes it worth living.

To run and walk faster and for longer, as well as to prevent the overall decline of your body’s functions – strength training is needed. If you strengthen your muscles and connective tissues your neuromuscular power will improve – helping speed. It will also limit injuries due to muscle imbalances by targeting muscles neglected by running - especially the glutes, hip adductors and core muscles. Upper body strength training will help running efficiency, posture, respiratory efficiency, balance, coordination and resistance to arm fatigue over long distances. It also assists in injury prevention. Strength training has been shown to improve running economy by up to 8% but averages about 4.6% - about 30 seconds in a 5k.

For a long time there has been controversy over whether light weights and lots of reps or heavy weights and fewer reps were best. In particular fewer reps and heavy weights were supposed to be the key for strength gain. Recent studies however suggest the same gains can occur with more reps and lighter weights. The key is basically to go to failure i.e. the point at which you cannot do another rep - pushing to the point of muscle fatigue – a real burning in your muscles. It’s how you intentionally damage your muscle cells and that’s what your body needs to force it to repair the damage and thus gain strength.

There is probably no one best form. Machines, free weights, resistance bands or body weight are all good. Your body cannot really tell the difference. The other key factor that everyone seems to agree on is that good form in lifting is critical. One of the fears of weightlifting is bulking up, but if you design your strength program properly, you can build strength without bulking. You will only develop unwanted muscle if you weight train 4 or more times a week. 2 sessions a week will maintain strength and 3 times a week seems optimal for gains.

The old idea was to do strength training on off days but current thinking by some suggest doing it after a serious run/walk the same day (maybe a few hours later). This allows a better recovery from both on your light day.

There are certain exercises that are particularly beneficial for runners/walkers, but all major muscle groups (including the upper body and the core) should be worked on. The following exercises target the legs but because they are compound exercises (working multiple joints and muscle groups) they are beneficial to the whole body.

- **Squats.** These in particular hit a lot of specific muscles as well as helping balance and stabilise the pelvis. Begin with body weight squats and progress to using weights and then single - leg squats. Make this harder by starting basically in a lunge position, with the toes of the back foot on chair. Lower the torso straight down by bending the front knee.
- **Deadlifts.** Barbell from the floor to the thighs. A great general workout for the hamstrings, glutes, lats (upper back) and the core.

- **Lunges.** The lunge is a great movement for developing the glutes, hamstrings, and quads.
- **Plank.** For the core.
- **Bridge.** For the glutes.

Remember decline is optional - you can skip most of it and grow old, not just gracefully but with real zest. So you will look old, no matter what, but you do not have to act old or feel old – strength training may just be the key!

Hop, skip, jump to the...2021 Oceania Masters Athletics Championships on Norfolk Island

You may not have realised it, but over recent years Norfolk Island has begun to be appreciated for features it has always naturally possessed yet had remained hidden to many travellers. Today, Norfolk is known as an unspoiled environmental playground with lush rainforests and coral filled waters; as a fresh, seasonal foodie haven where food miles are counted in metres; and an intriguing community with a culture and language of its own.

This January, the 2021 Oceania Masters Athletics Championships will be held on Norfolk Island. This event is expected to attract over 300 athletes travelling from all over the Oceania region and other parts of the world.

The Championships will include a condensed five-day program. The full list of events can be found on the Athletics Norfolk Island website www.athleticsnorfolkisland.com. Track and field events will be held on Malcolm Champion Oval, one of the best grass tracks to experience! The distance runs and road walk will wind through spectacular World Heritage listed Kingston, providing a unique and stunning backdrop for athletes and spectators. The track takes athletes past old soldier's barracks and officer's houses and then turns past the convict gaol ruins opposite some of Norfolk's most idyllic beaches.

Well known for its iconic Norfolk Island Pine trees, there is much to explore and enjoy on this little island located only 2hrs flying time from Auckland or 2hrs from Brisbane and Sydney. Far from city lights, traffic and crowds, Norfolk offers a safe and unspoiled destination. You'll find fresh seasonal meals at the cafes and restaurants; snorkelling is as easy as walking in off the beach and there are many beautiful National Park rainforest walks. And of course, there's the World Heritage listed convict site at Kingston to explore by yourself or on a guided tour.

The 2021 Oceania Masters Athletics Championships will have something for all athletes and their supporters, combining fabulous competition with an enviable holiday destination. Join us this January for the athletics highlight of the year!

For travel package prices and details, contact their preferred travel partner Norfolk Island Travel Centre at maria@travelcentre.nf or on freecall from NZ 0800 0088 10, from Australia 1800 140066, or (Int)+6723 22502.



Life Membership Nomination: Stewart Foster

by Andrew Stark

Stewart first became involved in athletics back in 1950 whilst at Hamilton Boys High School. In 1951 he won the inter-secondary schools cross country championship. He joined Hamilton Harriers in 1953 and won several Waikato junior events.

He represented Waikato at the NZ Cross Country Championships in Auckland and Timaru with a highest placing of 6th. In recent years he has confined himself to running the short events and hurdles.

This man was ahead of his time! To improve his athletic ability, he headed off to Kashmir with the UN in 1969 / 1970, working at an altitude of over 12,000 feet and trekking over 100 miles per week. The Chief Military Observer was impressed to see one of his staff running the streets of Rawalpindi on a daily basis. When he returned to New Zealand in 1970, he wasted all the training and took up golf!

A motorcycle accident in 1971 almost brought any thought of athletics to an end. The advice of an orthopedic surgeon was to never run again! If you know this man, he is not great on taking advice from anyone!

His return to athletics came via his son competing and he thought "I'm going run again". This time his interest was hurdling. Since that day, he has never stopped trying to compete, unless health issues got in the way. He has passed Athletics NZ level 2 coaching for racewalking, plus he is an A grade walks judge. He is also a graded out of stadia and track official.

This sport is fortunate that people step up to help, such as coaches and officials, but we are especially appreciative of those that get involved in the administration of the sport. Working behind the scenes can be a very time consuming and often thankless task.

Stewart has held various positions within Athletics Waikato management, including President and Treasurer of the Frankton club. He was elected a Life Member in 2001.

More importantly, in March 2004 he was elected secretary of New Zealand Veteran Association, now called the New Zealand Masters Athletics. The combined secretary / treasurer role was established in 2009 and it has remained his role until this day. From 2009 to 2019 he has been the treasurer of Oceania Masters Athletics.



PHOTO: Sharon Wray

On a personal note, I first meet Stewart at the 2010 NZMA T&F Championships in Christchurch. He had an interesting reputation! Not one to be crossed and rather grumpy! When I was first elected to the NZMA Board in 2011, it was a challenge. It may surprise you that Stewart and I clashed. Sometimes he probably wound me up on purpose, which was pretty easy at times.

He is a stickler for the rules, whereas I am not so. I can remember talking to Mike Weddell (past President) about him. How do you put up with him? He said, "His bark is worse than his bite!"

He will voice his opinion, however if others think differently, he will accept it and move on. They are the type of people you want on any committee not the fence sitters!

Once I was elected President, I saw a different side of Stewart. Loyalty, which I presume must have come from his army background. We did not always agree, but he would listen. If you are a hard worker, you gain his respect.

New Zealand Masters Athletics has been fortunate to have you serve our sport for so long. It is with pleasure that I ask those present here today to honour you by electing you a LIFE MEMBER of our association.

Northland

by Judith Stewart

Our thanks go to the Hawkes Bay / Gisborne Centre for hosting the 2020 NZMA Track and Field Championships. There was lots of good competition, a bit of wind and sunshine, and plenty of friendship.

Northland Masters had 9 entered and 8 members actually competed. Their results were good and all enjoyed themselves, along with the support team doing officials duties.

Congratulations to Ian Calder and Margaret Crooke who both

received Athlete of the Year Awards for Middle Distance and Jumps respectively.

The track season in the north has finished and the program is out for the harrier season so plenty of events available to suit everyone.

Delwyn Smith has been nominated for Master's Sports person of the Year for her efforts in the pole vault so we wish her well for the awards.



Claire Giles presenting the Jumps Award to Margaret Crooke



Acting officials Nigel Stewart & Mike Austin.



Local pole vaulters Delwyn and Mark Smith



Barbara Austin who won in her new age group

Taranaki

by Vicky Jones

A new year, a new decade and now we enter the sharp end of the track and field season with all the championship events taking place. The weather has had some impact on some events going from cold and miserable to stifling humidity.

One or two events were subject to rescheduling, specifically the 5000m walk which was due to take place on 4 February but which will now take place on 10 March - watch out for this in the next instalment! Steeplechase, weight throw and throws pentathlon will also take place in March.

A number of us have been battling injuries and niggles but given the never say die attitude the desire to stay competitive means a lot of hard work. As we all know these things happen and while we still can we will!

As usual, some of the longer and more involved events took place aside from the centre track and field championships proper which took place on 21 February.

5000m (11 February)

M35	JP Heather	17.23.94 (1)
M40	Mike O'Sullivan	18.21.34 (1)
M50	Stephen Foreman	19.50.02 (1)
M70	Brian Warren	21.12.80 (1)
M75	Alan Jones.	28.40.16 (1)

3000m (18 February)

M35	Wayne Guest	9.58.54 (1)
	JP Heather	10.20.01 (2)
M70	Brian Warren	12.54.69 (1)
M75	Alan Jones	15.47.05 (1)

TET Athletics Taranaki T & F Champs (21/02/20), TET Stadium, Inglewood

Weather conditions were overcast with strong winds up the home straight to begin with as the annual championships took place, which turned out to be a rather low key affair competitor wise, with many donning many hats to make the meet run as smoothly as possible. The first round of field events, along with the 3000m walk, hurdles and 800m were dry with those strong winds being the main challenge. Then the rain set in, providing a different set of challenges, with the high jump mats becoming increasingly slippery and the discus circle resembling a small pond despite regular brooming to remove the excess.

Competition wise, Peter Shaeff had a crack at the 3000m walk but found the distance too much of a challenge in the conditions. Des Phillips was plagued by a calf injury, while

Alan Jones continues to battle through hamstring issues, having a satisfying 800m run and running alongside Vicky Adams in the 1500m who is staging her comeback to competition. Alan also had a crack in the field by throwing the discus.

3000m Walk

W40	Vicky Jones	21.24.25
W45	Rachel Gilberd	18.47.14
W50	Serena Coombes	20.03.65
M65	Eric Kemsley	18.00.05
M70	Dave Barrett	22.32.57

100m

W45	Rachel Gilberd	20.63
W50	Raewyn Grigg	18.19
	Sandra Morratti	25.71
M80	Peter Schaeff	35.01

200m

W45	Rachel Gilberd	45.32
W50	Raewyn Grigg	40.00
	Sandra Morratti	59.55

400m

M70	Brian Warren	1.32.56
-----	--------------	---------

800m

W65	Vicky Adams	3.47.04
M70	Brian Warren	3.24.13
M75	Alan Jones	3.35.06

1500m

W65	Vicky Adams	8.01.60
M70	Brian Warren	6.43.70
M75	Alan Jones	8.01.50

Javelin

W45	Fiona Black	14.03m
	Rachel Gilberd	12.27m
W50	Raewyn Grigg	20.81m
	Sandra Morratti	14.21m
W65	Lynne Mackay	8.64m
M50	Craig Marriott	29.81m

Discus

W45	Fiona Black	21.69m
	Rachel Gilberd	13.86m
W50	Raewyn Grigg	19.92m
	Sandra Morratti	11.60m
W65	Vicky Adams	12.84m
M50	Craig Marriott	24.70m
M75	Alan Jones	12.08m



Shot Put

W45	Fiona Black	8.18m
	Rachel Gilberd	6.18m
W50	Raewyn Grigg	8.77m
	Sandra Moratti	6.07m
W65	Vicky Adams	5.75m
M50	Craig Marriott	8.54m

High Jump

W50	Raewyn Grigg	1.20m
M50	Craig Marriott	1.35m
M70	Des Phillips	1.15m

Long Jump

W50	Raewyn Grigg	3.17m
M80	Peter Schaeff	1.43m

NZMA T & F Champs (28/02/20-01/03/20), Mitre 10 Sports Park, Hastings

It was a comparatively large contingent of Taranaki Masters who made the journey to Hastings for the annual national master's track and field champs, with 7 of us in total.

Conditions were hot on the Friday and competition kicked off with Raewyn Grigg in the field and Vicky Jones and Des Phillips in the 3000m walk. Vicky got through clean to claim gold in the W40 grade while Des unfortunately fell foul of the judges. Both Des and Raewyn kicked off the competition with the biggest workload - Des in the 80m (which he scratched) and 300m hurdles, 2000m steeplechase, 400m, 800m, high jump, triple jump and long jump while Raewyn entered all the throws (discus, javelin, shot put, hammer, weight), throws pentathlon, 200m, high jump and long jump).

After the walk Des was well warmed up for his 400m in which he earned silver. Alan Jones, Lynne Mackay and Brian Warren scratched the 400m before Alan and Brian lined up for the 3000m in which both earned silver.

Saturday dawned cool and overcast which would have helped Raewyn and Des with their programmes, both adding to their medal tallies. Brian, Alan and Allen Thomas lined up for the 1500m, with Brian coming second, Alan fourth, as did Allen Thomas. Lynne Mackay rounded out Taranaki's Saturday outing with gold in the 100m. Rarely have I seen her smile so widely after a race!

Sunday was just as cool and calm early on to help those embarking on the pentathlon and throws pentathlon, but particularly helpful for the long distance racers in the 5000m and 5000m walk. Vicky continued her good form in the walk claiming gold cleanly and a significant PB by about 20 seconds. In the run Brian continued his efforts chasing down

Tauranga's Graeme Adams, earning another silver. Taranaki was out in force in the 800m with Alan, Des, Brian and Allen Thomas in action. Both Alan and Allen came away with bronze in their grades while Des and Brian had a battle in their attempt to chase down Graeme Adams once more which turned into the question of who would get silver and bronze - reminiscent of Mackay. In the end Des managed to pip Brian on the line.

Earlier on Des and Lynne featured in the 200m with Des running strong for silver while Lynne earned her second gold. In the meantime Raewyn Grigg worked through her throws pentathlon (taking a break to do the 200m with Des and Lynne) to round off Taranaki's participation along with Des doing the 300m hurdles.

Overall Taranaki had a very successful meet with everyone coming away with at least one medal. Thank you to all the organisers, officials and volunteers for a well run championships.

With an action packed end to the season we can soon catch our breaths and plan for cross country - bring it on!



Des Phillips and Brian Warren battle it out for 2nd and 3rd in the M70 800m



Theresa Bartlett 2nd, Raewyn Grigg 1st and Jenny Fee 3rd in the Throws Pentathlon

PHOTOS: Sharon Wray

Waikato/Bay of Plenty

by Dave Couper



Sally Gibbs, Russell Lake and Gavin Smith enjoy a warm down together



Tania Hodges in the Javelin

PHOTOS: Sharon Wray

Firstly, a big thank you to Hawke's Bay/Gisborne for hosting the 2020 nationals - a well run and enjoyable event. A strong team of 34 WBOP athletes entered and had a measure of success. Congratulations to Sally Gibbs (distance) and Stephen Burden (jumps) for winning 2019 Athletes of the Year Awards, as well as Sheryl Gower and Marcia Petley on receiving their NZMA Colours for sprints. Thank you as well to all of the officials and the yellow shirt helpers. These events can simply not run without the time that you all volunteer.

WBOP Masters Champs

Our centre masters champs were held at Tauranga in mid January. It was a beautiful day to kick off the New Year. Fields were down a little with a number of athletes still away enjoying their summer holidays.

Some strong performances on the track with Sheryl Gower and Stephen Te Whaiti scoring over 90% in the 60m and Morgan Foster close behind with 89.5%, plus Trevor Watson also in the 80s. The strong sprinting continued in the 100m and 200m. The longer races saw good performances in the 800m from Craig Wilson and Gavin Smith in the 1500m and 5000m.

In the field, Brenda Davis continued her strong form this season with 13.37m in the weight throw and 34.05m in the hammer. Peter Crawford had an excellent 35.22m discus backed up with 10.30m in the shot put. Dave Couper's 42.64m javelin was fractionally ahead of Stephen's 42.09m.

Trophy Day

Trophy Day would have to be WBOP's premiere meet of the season. Athletes enter 4 events being a mixture of track and field and the highest average age graded percentage takes the goodies. This year saw a record number of entries with a large visiting

contingent. Thank you to Murray Clarkson for spending most of the day in front of the computer crunching out the figures.

Congrats to the following trophy winners:

- George De Bell Trophy - **Stephen Te Whaiti** (Men's Overall)
- Cuthbertson Memorial Trophy - **Sheryl Gower** (Women's Overall)
- Ted Hamilton Memorial Trophy - **Wayne Doyle** (Visiting Men's Overall)
- Mary Hamilton Memorial Trophy - **Faith Firestone** (Visiting Women's Overall)
- Allen Woodhead Trophy - **Stephen Burden** (Men's Triple Jump)
- Kathleen Woodhead Trophy - **Chris Waring** (Women's 400m)
- Gower Trophy (Men) - **Cameron Mumby** (800m)
- Gower Trophy (Women) - **Karen Hulena** (800m)
- Brendan Magill /Traction Tyres Memorial Trophy (Men) - **Stephen Te Whaiti** (Javelin)
- Brendan Magill /Traction Tyres Memorial Trophy (Women) - **Jill Sherburn** (Javelin)
- Waikato Women's Field Trophy - **Annette Parlane** (Discus)
- Waikato Men's Field Trophy - **Kevin Bradley** (Weight Throw)

Well done to all that competed and we look forward to hosting you again next season.

Coming Up

To finish off the track and field season we are holding a new event in March. This will include the Throws and Track Pentathlons as well as some track events. Heading into the winter season the committee are hard at work planning some events for our harriers.

Manawatu/Whanganui

by Jen Fee

Annual Report 2019/20

We have had another positive year with 11 full memberships and 4 ANZ members that compete in masters events, one of which buys Vetline through the club, plus we also have 4 associate members. We lost 3 of our full members from last year – one transferring back to Taranaki, one on NZ Defence Deployment overseas, one unknown and one ANZ member opting not to get the Vetline. To balance this, we gained 2 new members, both new to master's athletics.

Some of our athletes competed very well in Mackay at the Oceania Championships, congratulations were given on their results. Our ANZ members had fantastic results during the year and featured in the media with their results and we offer them hearty congratulations.

As usual we have held a few events in preparation for North Island Champs, where we have Wellington athletes coming to

compete with us. This included the popular Oceania Throws Challenge event, and 2 Spring Pentathlon events. We also hosted the annual Colleena Blair Memorial Challenge in January. This event welcomed 29 athletes from Wellington, Taranaki, Hawkes Bay/Gisborne and Manawatu/Whanganui, with Manawatu/Whanganui again taking out the trophy.

We look forward to another exciting year where athletes again travel overseas to compete and to have more people entering Indoor events in the future with the new centre in Hawkes Bay.

We must give thanks to our Patron Jim Blair. His knowledge and assistance is a major reason that our events are well attended by Wellington members which adds competition for our local athletes.

Our Centre is financially well off and is planning new uniforms and replacing some aging equipment in the next year.



Brayden Grant making it look easy in the 800m



Ai Osugi (obscured) and Laurie Malcolmson are almost in line in the 80m hurdles

Wellington

by Michael Wray

Night of Miles

After two years running round the Basin Reserve Cricket Ground, the Night of Miles returned to Newtown Park this season. The miles started with the walkers. M65 Clive McGovern finished first master in 9:28.34, a little ahead of W70 Jackie Wilson (9:53.27).

For the runners, M35 Dougal Thorburn won the master's mile in 4:43.13. Dan Clendon (M40) finished second in 4:46.05, narrowly ahead of M45 Jerome Edwards (4:46.77). W35 Tamara Winkler won the master's women in 5:03.57 with a large margin over second placed Katie Jenkins (5:44.52). Emily Solsberg was third in 5:52.82.

Wellington Masters Track & Field Champs

The Centre Track and Field Champs were held over the first weekend of February. It was a very Wellington day with gale force winds testing the resolve of many.

Despite the conditions there were some notable performances. Chris Roberts won the M50 100m in a close finish ahead of Mark Ford before repeating the feat in the 200m. In the 60m,

Chris lost out to Alessandro Pinna. The M60 60m was closely fought and Peter Orman came in only 0.04s ahead of Gordon Cameron.

Dan Clendon front ran the masters 1500m, holding onto victory by less than a second from Andy Ford. The M50 grade went to Michael Wray; second place Dave Creamer found himself behind M60 winner Todd Kriebel. Peter Stevens won the M50 800m, pushing the younger Dan Clendon. Peter also claimed a new Wellington M55 record in the steeplechase. Geoff Ferry won the masters 3000m, while Grant McLean won the M50 grade on his way to beating several from the younger grades.

Several records fell to women sprinters. Liz Bentley ran 10.08s to set a new W55 record. Veronica Gould grabbed multiple records: 60m, 100m, and long jump. Heidi-Jane Humphries branched out from her usual running activities, winning her age group in the long jump, javelin and shot put as well as 1500m.

Gary Rawson was the sole master in the pole vault but that didn't deter him from setting a new M60 Wellington record.

Only the 5000m and 5000mW champs remain and these will be held in late March.

PHOTO: Sharon Wray



3000m Track Walkers from Wgtn - Back row: Julie Edwards, Terri Grimmatt, Daphne Jones, and Jacqui Wilson. Front row: Clive McGovern, Joseph Antcliff, Geoff Iremonger and Sean Lake



Peter Stevens follows Cameron Mumby through the water jump



Gary Rawson in the Men's Pentathlon long jump



Adrian Stockill in the shot put (2nd M50)



Veronica Gould (7004) leads the W70-W80 60m ahead of Sheryl Gower and Chris Waring



Judy Hammond in the Long Jump



Daphne Jones in the 5000m Track Walk - 1st W75 and 2nd woman overall

Canterbury

by Andrew Stark



Nick Ash competing in the Canterbury 4x400m relay who won gold



Sarah Douglas (274), 5000m

PHOTOS: Dennis Gin

The second full season as Nga Puna Wai has just been completed. My observations would be that we have just experienced one of the windiest summers for years and for some that has been rather off-putting. Fortunately, depending on the wind direction, we have the facility to run the sprint events down the back straight, but that does not help the distances athletes cope with the wind.

We have seen a decrease in the number of competitors across all grades from children to masters, but particularly fewer masters than every have been competing this season. Canterbury Masters have only 23 members! When I looked up the 30+ membership numbers for Athletics Canterbury, there are a further 265 masters who could potentially compete at interclub events throughout the summer.

However, the number of athletes who competed at any given meeting ranged from as low of members 10, with a maximum of 35. Where are the rest of the masters athletes and why are they not competing? It was understandable that track athletes left the sport when QEII was destroyed because of the earthquakes, preferring not to race on grass. However, to have so few members return to the track once the new venue was competed is pretty disappointing!

At the time of writing this report I don't have a full list of record breakers for the season. Our once a year 'Cant-A-Long' magazine is currently being compiled and a PDF version will be

available to view on the Canterbury Master's website. This will have all masters performances and records for the 2019-2020 track and field season. What I will mention in this report are the master athletes who are still competitive enough to compete within the senior ranks.

Nick Ash (M30) competed in the 400m, made the final and came seventh in a time of 50.69 (new CMA record). Nick was also part of the winning Canterbury teams in the 4 x 100m and 4 x 400m relays.

Fiona Morrison (W30) competed in the 100m and came seventh in the final in a time of 12.17, narrowly missing the CMA record that has stood since 1992 (12.01, held by Bev Peterson). She also went on to win the 100m hurdles event in a time of 13.62.

Sarah Douglas (W35) competed in the 5000m and was placed third in a time of 18:01.19.

Helena Dinnissen (W35) competed in the 100m, 100m hurdles (5th), long jump (4th) and triple jump (7th). Both Fiona and Helena were part of the winning 4 x 100m relay team.

Nick Bolton (M45) competed in the 110m hurdles event, an event he has won several times many years ago.

As I write this report, we are all in lockdown, with limited opportunity to continue our normal training routines. It will be interesting to see how all sports recover from this 'forced' rest period.



Helena Dinnissen competing in the 4 x 100m relay, winning gold



Fiona Morrison already ahead after the second flight of hurdles in the 100m SW hurdles and went on to win gold. Helena Dinnissen (273) was also in this race and finished fifth.

Hawke's Bay/Gisborne

by Maurice Callaghan

Phew! That was the collective expression uttered by the LOC after the last event and the packing away of the equipment signalled the conclusion of the NZ Masters Athletics Track and Field Championships staged at Mitre 10 Park in Hastings 28 Feb – 1 March 2020.

Conducted in glorious weather the event proceeded very smoothly with any hiccups being very minor ones. Watching the huge array of skills and abilities across a wide range of disciplines was a real pleasure, and one could only marvel at the dedication and effort each and every competitor had put in to be part of the competition.

Not all ended up on the dias with medals around their necks, but all were winners on the day, just by participating. What an inspiration athletes like Jim Jones are - dashing through the sprint events - and Jim Blair and Ron Johnson tossing implements with gay abandon. The oldest competitor was 90-year-old Peter Tearle, who entered in field events, and it is that 'can do' attitude that is so inspirational. Age certainly is no barrier.

Athletes I spoke to all commented on the enjoyment they got from the competition and camaraderie of the event and this was very gratifying. The LOC put many hours into organising this

event and the number of jobs to tick off in order to stage it at first was quite daunting, but the old adage of 'where there is a will there is a way' prevailed.

Special mention should be made of three members of the LOC in particular:

- Mike O'Leary, the Chairman/secretary, who kept a steady hand on the helm and ensured allocated tasks were completed;
- Murray Andersen, who ran all the results compilation and technical data;
- and Sharee Jones who seems to have an insatiable appetite for doing the myriad of jobs that go to making a meet like this run successfully.

However all this would be without foundation if it were not for the willingness of competitors to turn up and participate, so all who did take a pat on the back.

We now hand the baton on to the Taranaki Centre, who are running the next NZMA champs, and wish them well in their endeavours and hope they have as much fun and enjoyment in staging the champs as our LOC did.

Tasman

by Derek Shaw

2020 NZMA Track & Field Championships in Hastings

A team of 10 Tasman Masters headed to Hawke's Bay to take part in these champs hosted and well organised by the Hawke's Bay / Gisborne Masters. Collectively they headed home with 33 medals – 19 gold, 11 silver and 3 bronze. Leading the medal table were Joeline Jones with 4 golds and 2 silvers and Carey Dickason with 3 golds and 3 silvers, who both had a busy schedule as their events included the pentathlon.

Joeline and fellow Tasman athlete Effie Milne, both now in the W35 age group and the two fastest women sprinters at the champs, had close races. Effie took the line honours in the 60m and 100m while Joeline just edged past Effie in the last 20m of the 200m to win by 0.07s. Joeline claimed another gold in the 400m which Effie did not contest. At the time of entering the champs Joeline decided to have a go at the triple jump instead of her favoured long jump and achieved a very creditable 9.23m in winning the gold. She also achieved 2169 points in winning her pentathlon to increase her W35 NZ record set at the SI Masters T&F champs in November by 34 points. However she lost her NZ record of 8.31s for the W35 60m to Effie who got her first masters record when she ran 8.26s.

In her first NZMA champs Tracey Sims (W50) returned home very happy with her two gold medals from her 3000m and 5000m races. Carey Dickason (W65), like Joeline, had the distinction of either winning a gold or silver medal in all her 6 events - with gold in the pentathlon, triple jump and hammer throw, and silver in her long jump, 1500m and 3000m.

Dave Riddell (M65) also had a busy schedule and was 2nd in both the 200m and 400m, plus 1st in the 800m and 1500m plus 4th in his 60m. The effects of this schedule and the 85km Old Ghost Ultra event the weekend preceding the champs took its toll by Sunday's 5000m when he withdrew four laps from the end. His 1500m race on Saturday was a closely contested race with all six M65 entrants, which included fellow Tasman master Derek Shaw, in podium positions during the last lap before the finishing order was sorted. Dave held 2nd place during most of the race and his superior kick carried him to the front in the last 200m. Derek sat in 4th place during the first 3 laps and moved up to 3rd after the bell but by the end of the shuffling over the 150m from the 300m mark on the final lap was back into 4th place. All six M65s finished within 10s.

In the men's 3000m Tasman's Tim Cross (M60) and Ian Carter (M65) had a close race with Tim finishing 7s ahead of Ian to claim the silver medal in his M60 grade. Ian ran very well to comfortably win the M65 grade and lower his NZ championship record of 11:58.07 set at last year's NZMA champs to 11:40.62. Fellow Tasman runners Derek Shaw and John Dickson finished 3rd and 7th respectively. In the 2km steeplechase Tim won the gold in the M60 grade and Derek the silver in the M65 grade.

In the combined men's 5000m Tim and Ian again had a close race with Tim again easing ahead of Ian by the end to claim the bronze in the M60 grade to complete his suit of medals and Ian again a clear winner in the M65 grade. Derek and John were 3rd and 4th respectively. It was interesting to note that all the starters in the M65 grade 5000m were either from Tasman or Waikato-Bay of Plenty with Gavin Smith taking 2nd place and Ian Martin 5th.

David Hansen (M40) scratched out of his 400m race on the Friday afternoon as he had decide to run the 400m hurdles at the Capital Classic in Wellington that evening as preparation for an attempt on the NZMA M40 400m hurdles record. The 400m hurdles were on the Sunday afternoon and David looked in fine form and like he was under the record time until the second to last hurdle which unfortunately he hit and crashed to the ground removing quite a lot of skin and suffering several bruises. He immediately got up, staggered forward and again hit the deck. After again getting to his feet he tried to clear the last hurdle but unfortunately fell over the hurdle and again staggered to his feet and finally made it across the finish line to the amazement and relief of those anxiously watching.

About 5-6 minutes later and despite the bruises and abrasions, David ran a fast first leg of the 4 x 100m fun relay for the Tasman team who were up against a crack team of fast Auckland male sprinters. He passed the baton off to his 14-year-old son (and honorary master) James, who relished the opportunity to stretch his legs, and very capably maintained the fast start and superior baton changes as he handed off to Joeline, who continued Tasman's lead through the third lap. The Auckland men didn't manage to get ahead of Effie, Tasman's last runner, until about half way down the home straight - a very creditable performance by the mixed Tasman team to end the champs on.



Tim Cross leads fellow Tasman runner Ian Carter followed by Gavin Smith of WBP in the 5000m

PHOTO: Sharon Wray

Otago

by John Stinson

Since Christmas Otago masters athletes have been involved in an intense period of competition, including the Otago Athletics Championships held over the weekend of 15-16 February. The standard of performance has been consistently high along with the enjoyment factor so clearly in evidence from all competing athletes.

At the Otago Championships the following Otago Masters records were established:

W40	Jody Robinson	60m:	9.20
W35	Jennifer Hodgson	60m:	8.39
		200m:	29.71
M75	Barry Baxter	200m:	31.14
M70	Vincent Paddam	200m:	31.16
M30	Nathan Shanks	1500m:	4.22.85
		3000m:	9.35.31
M65	Phil Napper	3000m:	11.50.94
W60	Winifred Harding	Weight Throw:	11.96m
W60	Fiona Harvey	Discus:	22.38m
		Javelin:	30.89m
W65	Noeline Burden	High Jump:	1.03m

The Otago Masters Weight Pentathlon Championships were held at the Caledonian Ground on Saturday 8 February. Jody Robinson took out the W40 with 1718 points. Fiona Harvey won the W60 with 2951 points with Winifred Harding 2nd on 2812 points, while Noni Callender, who has enjoyed a wonderful season, took out the W70 with 2986 points.

The Otago Multi Event Championships held over the weekend of 25-26 January and saw Jody Robinson win the W35-49 with 1833 points and Alison Newall win the W50+ with an impressive tally of 2423 points.

Noni Callender attended the Fiordland Throws Pentathlon held prior to Christmas which she described as great fun with Lester Laughton proving an excellent host.

On 26 February the Otago Masters Self Handicap 5k race was held starting at the Caledonian Ground in Logan Park. Estimated times are recorded prior to the start with all time pieces removed accordingly. The course involved an initial lap and a half of the athletics track before heading out for 2 laps of the Logan Park area and finishing on the back straight of the track. The nearest time estimate was recorded by Barbara Patrick who was 3s outside her estimated time of 27 min. Gene Sanderson was 2nd 7s outside his estimated time of 25 min. Barbara and Gene were presented with their respective trophies by OMA President Rob Homan. Thanks to Fiona Harvey for organizing the prizes for this event.

The Memorandum of Understanding (MoU) between Athletics Otago and Otago Masters Athletics (OMA) is close to completion. The MoU states that both parties agree to form a partnership to better service and recognize masters athletics in Otago by the sharing of membership information benefits between the two groups. The intention is to establish clear roles and responsibilities between Athletics Otago and OMA to successfully support and promote the needs of masters athletes within Otago. The agreement will take effect from 31 March 2020 in line with the Athletics Otago financial year.



Gene Sanderson being presented with his trophy by OMA President Rob Homan following the Otago Masters Self Handicap 5K held on Feb 26th.



Barbara Patrick being presented with her trophy. Gene and Barbara were the closest to their projected times for completing their 5K.

PHOTOS: John Stinson

Southland

by Dwight Grieve

Here we are again with another season flying past us with the days starting to shorten already. The long run season began with the Southland marathon champs (covered in January 2020 Vetline) followed by the Kepler Challenge, then the recent NZMA Track and Field Champs.

2019 Kepler Challenge and Luxmore Grunt

The famous trail ultra was on again in December with a new surprise this year, it rained! Well a bit of an understatement really, as building up to the race it rained as only Fiordland can, with Lake Te Anau rising to the highest it has been for many years. Long sections of the track were under water and the race day forecast not ideal. The organisers did an amazing job and the race went ahead with an alternative route. This involved the runners going to Luxmore Hut before returning to the control gates and doing another out and back to Motarau Hut, a similar distance but different terrain. The water was up to waist deep and made it exciting, as did the mud. A real highlight was being able to see all the other runners as the legs were out and backs.

Daniel Jones was untouchable to win overall. For the M40+ Dwight Grieve was first (6th overall) followed by Yoshito Yamatani and Granantan Boyle. First W40+ was Janine Payner followed by Tania Miller and Judith May.

A special mention has to go to Nelson's Graeme Taylor who is in the 50+ category, but ran an amazing race for 7th overall and only lost the masters battle with Dwight Grieve in the last kilometre or so.

The sister event the Luxmore Grunt is 27km long and the course was unchanged, although a bit damper and muddier than normal. It was a great race with Sam Tosh taking the overall race win with first master Scott Underhay home second overall beating out Fiordland club mate Richard Ford. Kelvin Meade backing up from his marathon silver was fourth home overall and second master.

For the women, Sarah Douglas was first overall with the first master home and second overall being a lovely local lady Sally McMillan-Armstrong. Also great to see home in 6th place was Devon Grant who is Derek Turnbull's granddaughter - maybe one to watch in years to come?

Track and Field

This year has been a tough one with the Invercargill track being ripped up and replaced, which has meant the track season being a bit disjointed. With the NZMA champs being in Hastings attending involved a bit of a travel to get there for the southern team.



PHOTOS: Dwight/Lee Grieve

Kepler 2020 - Dwight Grieve 1st local and 1st Master.



Lester Laughton

The NZ Masters Games were in Dunedin and as always great fun. Many laughs and many medals won, with a good crew from Southland attending and some rivalry's continuing. Lester Laughton and Lee Grieve did the throwers proud along with some jumping and sprinting, while Sherron Tamatea-Scown proudly took home some medals as well. Glenys Jones from Gore was in attendance and going well. Craig Iverson and Dwight Grieve fought away in the M40+ distance races making sure the racing was honest. The Fiordland club mascot The Sandfly even gaining a silver in the 400m

The NZ Masters Champs had 3 Southlanders in attendance with Barry Smith, Bruce Thomson and Lester Laughton having a crack. Bruce took home a "set" of medals with gold, silver and



Kepler 2020

bronze. His 400m win in 60.87s was very impressive in the M60 age group.

Lester Laughton has been consistent the last couple of years and has a large haul of medals to prove it again, returning home with a mixture of colours.

Looking ahead

The track season ends and the harrier one begins. Early in the season Queenstown is hosting the NZ Mountain Running Champs, while the NZ Cross Country Champs are in Dunedin and NZ Road Champs in Auckland. The Southland masters are already in talks to commit to teams for the Cross Country and Road Champs so some road trips ahead ... and fingers crossed we hope to be competitive.

Coaching Corner

by Mike Weddell

I coach on Tuesday and Thursday evenings at the Caledonian track in Dunedin. I have a large group of middle distance runners, both male and female and varying in age from 13 to mid- sixties. Most attend regularly, others less so as it is entirely up to the individual. We train regardless of the weather although we did call off one evening when Dunedin roads were flooded.

A few weeks ago, it was very wet and cold and there was a very strong wind - yes it does happen in Dunedin occasionally. I turned up as I always do, happy to be there for just one person who makes the effort. Everyone turned up, bar two who had already told me that they would be away. I was really happy with that as I always tell them that if they train in any conditions, they are mentally

prepared for anything that Mother Nature can throw at them on race day.

There is no way nationals will be delayed until the weather is optimum. Those that don't train because the weather is not pleasant will be at a disadvantage when competing in foul weather. Also, if an athlete trains in bad weather they will have a greater sense of achievement once they have dried off and warmed up.

Mental toughness is important for athletes to do well and training in any conditions helps build that toughness. Having the group as a whole train in poor weather helps build mutual support which can be important on race days too. It can also serve well when it comes to "remember when" stories.





Top row - Jill Hayman, Judy Hammond, Carey Dickason, Dale McMillan. Bottom row - Heidi-Jane Humphries, Karen Hulena, Joelene Jones and Faith Firestone - competitors in the Women's Pentathlon

PHOTO: Sharon Wray

COMING EVENTS

With the recent advent of the COVID-19 virus, these events may be subject to change, postponement or even cancellation. Please check with the event organisers directly, as we have no control over the decisions made by the individual event organisers.

2020

2 May	ANZ Marathon Championships	ROTORUA
1 August	ANZ Cross Country Championships	DUNEDIN
13 September	ANZ Road Championships	AUCKLAND
3 October	ANZ Road Relay Championships	FEILDING
18 October	NZ Trail Running Championships	CHRISTCHURCH

2021

17 - 23 JANUARY	Oceania Masters Athletics Championships	NORFOLK ISLAND
6-12 APRIL	WMA Indoor Championships	EDMONTON, CANADA

2022

16-28 AUGUST	WMA Stadia Championships	GOTHENBURG, SWEDEN
--------------	--------------------------	--------------------

☎ 1800 1400 66



18 - 22 Jan 2021

Norfolk Island to host
OCEANIA
MASTERS ATHLETICS CHAMPIONSHIPS



There's more to
NORFOLK ISLAND

DON'T MISS OUT ON THE SOUTH PACIFIC ATHLETICS EVENT OF 2021!

from
\$1199 pp
7 nights - twin share

**DEPART
BRISBANE**
16 - 23 Jan 2021

from
\$1299 pp
8 nights - twin share

**DEPART
SYDNEY**
17 - 25 Jan 2021

AUCKLAND FLIGHTS
Enquire today for more information

Return airfares · Meet&Greet at Norfolk Airport · Return Norfolk Airport transfers · Accommodation · Car hire + Norfolk Island Travel Centre Bonuses



We are Owned & Operated by friendly Norfolk Island locals

www.norfolkislandtravelcentre.com / Call : 1800 1400 66 / Email : maria@travelcentre.nf
Conditions apply - Prices are current at time of printing, subject to availability & change without notice



