

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 37 No. 4

OCTOBER 2019

in this issue:

- > Oceania Masters Championships
- > NZ Masters Indoor Championships
- > NZ Road Championships





Sally Gibbs (1st W50+) leads the front group through the first km at the NZ Road Champs

PHOTO: Sharon Wray



Kevin Henderson, Susanne Wilson (2nd W50), Joanna Bailey (3rd W50), Robert Saliba (4th M60) in the Ross Country at the Oceania Championships

PHOTO: Sharon Wray

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

Cover Photo

Mel Stevens (1st W35) in the Wellington Road Championships
Photo - Sharon Wray

Inside Back Cover

Peter Richards (2nd M60) leads Andrew Stark (1st M60) in the 1500m at the Oceania Masters Championships in Mackay, Australia
Photo - Sharon Wray

Back Cover

Jess Dux (Aul 2nd W35) and Ugen Iyer (1st W35 100m) at the Oceania Masters Championships in Mackay, Australia
Photo - Sharon Wray



REGULARS

President's Report	3
Committees / Contacts	4
Calendar	52

NEWS

Hawke's Bay/Gisborne	Maurice Callaghan	35
Northland	Judith Stewart & Judith Bradshaw	36
Taranaki	Vicky Jones	38
Waikato/BOP	Dave Couper & Murray Clarkson	41
Wellington	Michael Wray	42
Tasman	Derek Shaw	44
Manawatu/Wanganui	Jen Fee	45
Canterbury	Andrew Stark	46
Otago	John Stinson	47
Southland	Dwight Grieve	48

ARTICLES

Oceania Masters Athletics Championships	Michael Wray	6
2016 NZ Road Championships	Michael Wray	10
2019 NZMA Indoor Champs	Mark Lambert	14
Trying Not To Get Sunburnt At The OMA Championships	Bryan Thomas	16
A New Zealander in North York	John Campbell	20
NZ Cross Country Championships	Michael Wray	22
Hands Up, Those That Have Run a Real 'Marathon'	George White	24
NZ Half Marathon Champs	Derek Shaw	25
Lone Aussie Thrower at the 5th NZ Indoor Champs 2019	Laine Inivale	26
North Island Cross Country Championships	Michael Wray	28
Gold Medal Feast and Tumbling Records...	Janet Naylor	32
Coaching Corner	Mike Weddell	40



Sasha Daniels (Auck), Dean Chiplan (Waikato Bay of Plenty), Paul Barwick and Mathew Rogers (Wgtn) at the NZ Road Championships

PHOTO: Sharon Wray

President's Report

by ANDREW STARK - NZMA President

It is hard to believe that the 2019 – 2020 track & field season is almost upon us. Recently, about 90 New Zealanders attend the Oceania Masters Track & Field Championships in Mackay. A full report on that event has been compiled by Michael Wray and is in this issue. Personally, I enjoyed the warmth of Mackay and managed to survive three races, which hopefully signals the beginning of my long awaited comeback. I am already planning my trip to Canada for the world champs. I just need to stay injury free, which is easier said than done!

The next OMA event will be in Norfolk Island in 2021 and this may well be the last time the event is held in its present format. At the OMA AGM, there was a changing of the guard on the OMA Council with many of the establishment being replaced by newcomers, who have limited knowledge and experience of master's athletics. There have been discussions about holding a joint OMA & OAA event. If this is to occur, it will always be in the June / July window, which rules New Zealand out as being a venue. I wish the new Council well for the future and wait with interest to see the new structure of the event, as from 2023.

Due to the potential resurfacing of the Invercargill track, the South Island Masters Track and Field Championships are now being held in Christchurch. This season the North Island champs are being held in Whakatane. I would like to thank both Centres for hosting these events and I encourage you to attend.

No doubt many of you will be helping officiate at your local Centre. On behalf of all athletes, thank you for all you do. The sport would not survive if it was not for masters involvement.

Good luck to you all for the season ahead.



Vetline

EDITOR & ADVERTISING

John Campbell
admin@nzmastersathletics.org.nz

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
Ilan Carter
Bryan Thomas
George White
Andrew Stark
Michael Wray
Vicky Jones
Judith Stewart
Mike Weddell
Lynne Schickert
Chris Thompson
Derek Shaw
Dwight Grieve
Wilma Perkins
Jen Fee
Bruce Solomon

REGULAR PHOTOGRAPHERS

Sharon Wray

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)

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

Bruce Solomon *President*
25 Ventura Key
Papamoa 3118
bruce@play-time.co.nz

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

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
djjaoleary@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*
24 Fitzroy Street, Wadestown
04 471 2775
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
03 548 7535 fax
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*
93 Bibiana Street
Aidenfield Christchurch 8025
03 339 6969
hawrut@snap.net.nz

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 4077551

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 Picton 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*
24 Fitzroy Street, Wadestown
04 471 2775
michaelwray@xtra.co.nz

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

Directors

John Campbell
john39296@gmail.com

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

Claire Giles

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

Chris Thompson
10 Toledo Avenue
Henderson
Auckland 0612
09 8378053
gay.chris@xtra.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 / Auditor*
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

Lynne Schickert *President and OMA Representative to WMA Council*
11A Dandenong Road
Attadale WA 6156
Australia
+61 (0) 8 9330 3803 H
+61 (0) 438 38 6563 M
lynne.4@bigpond.com

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

Bob Schickert *Secretary*
11A Dandenong Road
Attadale WA 6156
Australia
+61 (0) 8 9330 3803 H
+61 (0) 438 38 6563 M
rschicke@bigpond.net.au

Stewart Foster *MBE Treasurer*
PO Box 8002
Urlich
Hamilton 3245
07 843 6121
nzmathletics@xtra.co.nz

Council

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

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

Alan Galbraith *QC Legal Advisor*
New Zealand

OAA Representative
Yvonne Mullins
139 Varsity Parade
Varsity Lakes
Queensland 4227
Oceania@attglobal.net

WMA Committees

Stadia
Wilma Perkins Australia

Womens
Wilma Perkins Australia

Records
George White Australia

Organisational Advisory
Judy Cooper Australia

Law and Legislation
Bob Schickert Australia

Anti Doping and Medical
Roger Parrish Australia

Constitutional Transition Group
Bob Banens Australia

World Masters Athletics (WMA)

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

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

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

Maria 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 preceding month. Terms of payment: 20th of the month following invoice date.

Contact: admin@nzmastersathletics.org.nz



Oceania Masters Athletics Championships

by Michael Wray

Generally speaking Mackay put on a good Oceania Masters Championships but there were some areas where it could have been improved. The track was a pleasant place to be thanks to the large number of gazebos placed around it. With the fierce sun, these were invaluable. The nearby aquatic centre proved a popular place to get refreshments – lunch, drinks, ice cream – or a post-race swim.

One thing that couldn't be helped was the wind, which never ceased to blow, picking up dirt from the construction site near the track and creating a dust storm round the top bend. It was the first Oceania Champs in a while to have decent representation from across the Pacific Islands. I understand there was an OAA function shortly before the shamps so it was timed well for this purpose.

However, the timing of the champs, being at the business end of the harrier season, was less than optimal for the distance runners. For NZ these champs clashed with the NZ half marathon champs and were also very close to the NZ road champs. Similarly, the Australian mountain running, half marathon and road champs were all in September too. This probably explains the very small number of runners in the 5000m, cross country and half marathon. The podiums for these, plus to some extent the middle distances, rarely featured three athletes and in many cases we had just one athlete per age group. I understand the OMA programme is under review but if the distance athletes are to be attracted, national championship timing needs to be considered.

One operational area that needed improvement was the timing of the 800m and 1500m events. Instead of each age group being given their start times, it was all a bit generic and start times were changed on the fly. There were no announcements, so start time changes were easily missed. It made timing a warm up difficult to get right and not everyone got to warm up before running.

There was mass confusion and a few frayed tempers over the 1500m start times with different officials giving out different information. After the officials at the finish line telling me they no longer knew what was supposed to be happening, I decided to report to the start area early. Here the starter was obviously frustrated, being very aggressive in insisting the original times still applied and then, just a few minutes later, calling people up to the start line 15 minutes earlier than published.

The M35-59 race was called up to start some 15 minutes early but ended up going nearly 15 minutes late when an issue with the timing/photo system in the previous race caused a delay. This last issue couldn't be helped but after the earlier confusion with unreliable start times, athletes were frustrated - especially those turning up as per the published schedule being lectured by one official on how "kids turn up to the start line an hour

before the race" in their junior meets so why can't masters!

If there had been a call room procedure, perhaps these issues might have been circumvented. It is odd how different OMA champs treat the call room procedure differently. I have been attending the OMAs since 2012. In that time, NZ hosts have been very strict and applied World Masters standards, the Islands have had no call room at all and Bendigo in 2014 had a call room but allowed athletes to come and go at will. Mackay went with no call room.

A printed brochure would have been good to include with the race pack. While a PDF had been placed on the website, many masters have yet to adopt computers and expected to have programmes.

This year's athlete's dinner function was lacking. From trying to promote it, I know it can be difficult to get our athletes to pay for the dinner and one of the things that can help is the entertainment, which has been a component of the function in the years I have attended. At \$A60 per ticket, the absence of this meant it just felt like an overly expensive buffet.

For the events themselves, it was good to catch-up with old rivals and friends from previous champs, even if I found almost all of my peer distance runners were absent.

We started on day one with the 5000m races, weight throw and triple jump. The 5000m was held in three heats. The first race had the M75+ and the W50+ competitors. Aussie M80 Michael Jukes was one of the standout performers of the meet. In this first race he won his age group by nearly four minutes and his 26:03.74 broke a Championship Record that had stood since 2000. The best age-graded performances came from W55 Louisa Abram, W60 Bernadette Jago and W70 Judith Stewart, all scoring mid-80 percentages. Louisa ran ahead of the field, chased by W50 Susanne Wilson.

In the second race, the M65-74 age group put up good numbers, running alongside the W40-49s and M65 Yassine Belaabed finished first overall. The final 5000m had the M30-64s and W30-39s. The low numbers meant every finisher claimed a podium spot in all but the M60 age group – in fact, of the seven age groups M30-M59, five had only a single competitor. Overall, M30 Shane Ward and M50 Michael Wray run at the front without company, Shane pulling away in the final lap to be first across the line. The M60s, fuelled by having to race for their medals, produced the best age grades with Trevor Scott outsprinting Peter Richards for the win.

In the triple jump, the women were in record form. W65 Carol Davis pushed the record from 7.14m up to 7.90m. Both Margaret Taylor and Margaret Croke bettered the W70 record, with Australian Taylor jumping 7.77m for the win. Ruth Johnson joined the record club with 6.16m in the W75 group.



Alan Provenzano (1st M55) battles with Mark Macfarlane (2nd M55)

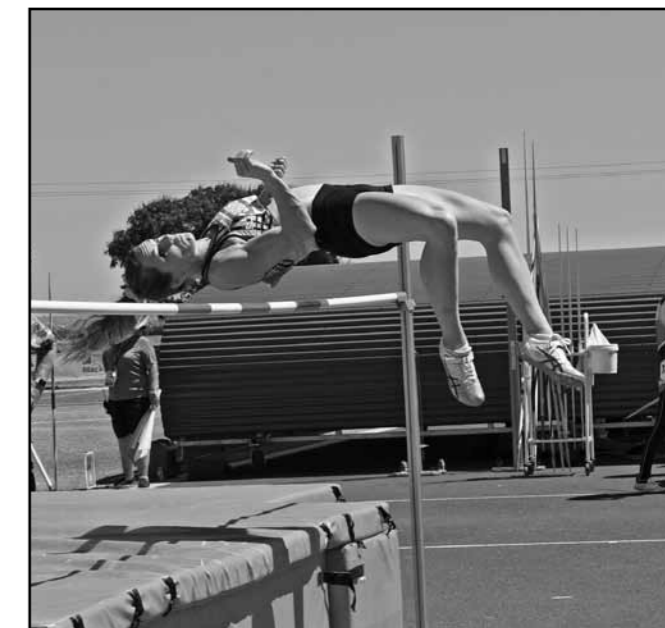
W80 Miriam Cudmore's 6.64m potential record, unfortunately for her had a +3.9 tail wind. The men weren't up for records but the M35s put on a good contest, with 1cm separating James Stewart from Tim Johnstone and 2cm being the difference between gold (Brad Krawczyk) and silver (Leigh Harlow) in the M40s.

In the weight throw, Jayne Hardy (W55) threw 12.73m for a new record, while Heather Doherty set a new W85 record of 6.82m.

During the week, the female throwers developed a penchant for producing ties. We had a tie for the W70 bronze in the weight throw, where Beverly Hamilton and Barbara Austin both threw 9.75m. The deadlock was established early - on Barbara's first and Beverley's second throw. The W70 throwers were at it again later in the week, this time in the discus. Beverley Savage's second successful throw, for 18.19m, put her in a clear third place until Noni Callander threw the exact same distance with her last attempt. In the W65 shot put, Australia's Maureen Keshwar also tied with visiting Mongolian athlete Narantsetseg Galsandorj in joint second place. The W55 hammer throwers tried to get in on the act, coming close to staging a joint silver when Annette Wilson threw for just 2cm more than Sue Tucker.

On day two, we had the 10km road walk. The two M80s fell foul of the judges but the rest of the field completed without being disqualified. Daphne Jones bettered her own W75 championship record, only to finish behind Australian W75 Gwen Steed.

I had a weird experience on day three. Still suffering with an illness that I'd picked up shortly before travelling to Mackay and having spent the whole of the previous day in bed with a bit of a fever, it was overly optimistic of me to even be at the track. I realised I wasn't up to racing and wandered down to the start area to let the officials know. I was unaware the 800m start time had been brought forward but when I mentioned I was going to scratch, they told me that of the four M50s entered none of



Helena Dinnissen (1st W30 1.71m)

the others had arrived yet and the start was seconds away. So I said in that case, I could jog round a couple of laps for a cheap medal, which is what I did – to the amusement of Helena, Faith and Sharon! I was expecting the remaining M50s to report in for the original programmed start time, in which case I'd decided I would support any argument for the race to be re-run but they never appeared. I've never seen an entire field fail to start before.

New Zealand W30 Helena Dinnissen had a great championship, competing in nine events and winning them all. Helena's main focus was on the sprints, both with and without hurdles, and horizontal jumps. Her high jump on day five drew the most attention, as she worked through 1.65m, 1.68m and 1.71m, each on the second or third attempt. Helena's excitement at each successful jump was visible – and audible! – from across the track. Any onlookers not watching the high jump when Helena was jumping 1.60m found themselves paying keen attention from 1.65m onwards.

The cross country took place on day four, using a 2km circuit of the Black Springs golf course. With no hills, other than a handful of gentle rises, and no jumps or mud (mud in Mackay?), it was a fast course. To comply with the golf club conditions, the course itself could not use fencing or tape, so the route was laid out by plastic disc cones. During a warm-up sighting lap, it was pretty hard to see where to go. Visibility was particularly bad when running east where the low rising sun produced dazzling sun strike reflecting off the dewy grass. Fortunately the organisers were aware of this, so for the first lap of each race a golf cart was used as a lead vehicle for the runners to follow. Somehow M80 John Hines and M75 Alan Eustace went wrong in their final lap. We're not sure how but the most likely cause was a service vehicle cutting through the course obscuring the view of the route and led the guys to miss a turn, so they ran a long cut for an extra few hundred metres to appear from the wrong direction at a dog-legged section of the course.



Carol Davis



Michael Bond



Peter Sandery (3rd M75) leads Barry Jeffs (8th M70)



Richard Wearmouth (1st M65 100m), David Riddell (2nd M65) and Desmond Walsh (3rd M65)



Elsie Norbury (1st W45 1500m)



Peter Sandery (Aul) (2nd M75) with Barry Jones (NZ) (1st M75) leads Michael Bond (3rd M75) 1500m



Cassie Neubauer (3rd W40 4.27m)



Stewart Foster starts the next race



Helena Dinnissen (1st W30 100m)



Graham Durant, David Riddell, Yassine Belaabed, Hayden Harrell, Robert Saliba, Ron Schwedel and Malcolm Chamberlin in the 1500m

As with the 5000m, the men's 30-50 age groups required competitors to merely finish for a podium but the numbers were good in the over 60s. The women had a little more depth but only four runners missed out on a medal. The M65 race put on the best spectacle. Yassine Belaabed established an early lead in the first lap, holding a 5s advantage on Ron Schwebel with Graham Durant another few seconds back in third. Gene Sanderson sat back in fourth, unable to put the front three under real pressure. Over the second lap, Yassine's lead shrank. Ron had surged to be running level while Graham closed to be within a couple of seconds. It all came down to a finishing straight sprint between the three. Yassine secured a 1s win ahead of Graham, with Ron third only 2s behind Yassine.

On the final day of track competition, Andrew Stark won the Clem Green Trophy for the best age-graded 1500m result. The pick of the 1500m races was the M55 tussle, where Andrew Egginton outkicked Denis Couture by 0.62s.

The final event of all took place on the Bluewater River Paths, where we ran four laps in the half marathon. Either the course

was sheltered or this was the first day without strong winds. Unfortunately the numbers were very low, continuing the theme for the distance events. No women's grade had more than two competitors and only one woman was not Australian. The only grades to start more than three runners were the M60-74 group. In the race, two M45s, Geoff Ford and Shane Hutchison, ran together for the overall lead until Geoff made a break in the second half that he was able to extend for the win.

At this time, we don't know where 2023 will be held or in what format, as the OMA Council announced they are looking at some significant changes and have decided to suspend the by-law on rotation, so don't assume it will be in New Zealand. For 2021, we do know the OMA Championships will be held in Norfolk Island. It will be the first championships since 2004 to use a grass track and held at the same location used in 2000. The marketing material presented by Norfolk Island showed an attractive venue and with the uncertainty over championships beyond that, it could be a good one to attend.

NZ Road Championships – 15 September 2019

by Michael Wray

The 2019 NZ Road Champs took place at Bruce Pulman Park in Takanini, Auckland. As with the NZ Cross Country Champs, Athletics NZ arranged for free professional live streaming through Facebook and once again the coverage and commentary were top notch.

For the most part, the course followed a circuit of the park's interior road. The 2km lap started by running from just outside the rugby club's clubrooms to circle round the cricket pitches to come back to a turnaround back at the clubrooms. There was also a short dog-leg with a turnaround incorporated into the outer part of the course. I assume this wasn't for distance, as it would have been simpler to manipulate the distance by adjusting the position of the turnaround at the end of each lap. While the dog-leg forced you to check your pace to get round without slipping, this wrinkle in the course was useful to get a look at what was happening with the runners behind. The outbound part of each lap was slower than the return, being slightly inclined but into a wind.

I said "for the most part" because the master's women, running 5km, needed to have a shortened lap at the start of their race. I was surprised at how this was incorporated but given the road width dictated where turnarounds could realistically be placed, the only other thing they could have done would have been to start half way round the normal lap, which may have been impractical because you need the start area to have good width. So the shortened lap started around the corner and ran in the "wrong" direction for about 100 metres, before returning back to run 300m out of the standard lap with an early turn. The initial out and back was interesting. The return started with an 80m stretch of an all weather track – presumably created for the rugby club to do sprint workouts - followed by crossing a small patch of grass.

Auckland suffered some heavy rain the day before race and the weather served up several showers during the masters women's race. Several parts of the road course were uneven, so the rain pooled in large puddles. Runners could choose to weave around or run through most of them. One puddle that could not be avoided was the small lake that covered the entire width of the course at the end of each lap. From the second lap on, there was no point in weaving around puddles – your socks were already wet through from the lake.

The W35-49 master numbers were low. Later on the senior women's race was also very low. I don't know what the issue is that's driving this. I do know, anecdotally, that some of the W35-49s that could have run don't consider travelling for 5km that attractive, given how many 5km races are available in most cities, but I don't think it's that simple. The SW race featured a sum total of eight runners and that's 10km. The W50+ race had better numbers than we've seen for many years but only just.

I'd like to know what we can do, or ask ANZ to do, to boost the numbers for the senior and masters women.

The master's women ran with the W18s and W20s. Within a large group of 15 or so junior women, only two master's women maintained the early pace set by this group: W55 Sally Gibbs and W40 Mel Stevens. By around the first kilometre, Sally had actually gone to the front to lead all the W18s and W20s. Mel was only 3s behind, still very much in touch. W40 Mel Aitken and W45 Lindsay Barwick were the next masters, a further 5s back. The third master at this stage was W35 Melanie Angland. In the W50+ section, W55 Vickie Humphries was second (to Sally) with Auckland W55 Carolyn Smith and Waikato W50 Bridget Deverell running together around 10s behind. In the W60s, Margie Peat had Debbie Telfer on her shoulder. Our oldest age group was the W65s and the early leader was Canterbury's Margaret Flanagan who held a 5s advantage on Sue Meltzer closely followed by Judith Bradshaw.

At the bell some of the age groups contests were already settled while others remained up for grabs. Sally continued to lead the masters overall, with two junior women by her side. W40 Mel Stevens remained in second overall, 10s behind Sally but about 10s ahead of second W40, clubmate Mel Aitken. Lindsay Barwick was just a few seconds behind and first W45. The W35s were still being led by Canterbury's Melanie Angland, albeit a little way behind W45 Lindsay. Margie Peat still had Debbie Telfer on her shoulder in the W60s.

Little changed in the last lap. One of the W20s outspined Sally but Sally crossed the line second overall as first master, completing the 5km in 17:56. Sally finished 2:08 ahead of second W55, Wellington's Victoria Humphries. The first W50, Bridget Deverell from WBOP, came in 20s behind Victoria, underlining how strong our top W55s are at the moment.

In the W40s, Mel Aitken put on a fast finish as Mel Stevens seemed to be suffering from trying to chase Sally. Mel Stevens still managed to come in ahead of Aitken but the final difference was just 4s. Third finisher in the W35-49 range was W45 Lindsay Barwick, easing in 16s ahead of first W35 Melanie Angland. The final lap saw Margie Peat put in a decisive move to win the W60s by 11s over Debbie Telfer. Similarly, Sue Meltzer surged to pass Margaret Flanagan to win the W65s by 7s.

There was only one team in the W35-49s, so Wellington won gold unchallenged. Auckland claimed the W50+ teams the same way.

The master's men put up good numbers. When they ran the rain had stopped and the sun came out. At 10km, all age groups would complete five laps. I have been approached by some runners from the older age groups, asking if we could see if ANZ would switch to a shorter distance for our elders. Given we

have the M65+ running shorter than the M35-64s, competing alongside the MW, in cross country, the idea seems to me to have some merit.

Brian Garmonsway (M40) took up the lead early, front running aggressively. At the end of the first lap he was a few seconds ahead of M45 Nick Moore, M40s Jonny McKee and Dan Nixon. The lead M35 was Auckland's Mark Paterson, already 30-odd seconds ahead in his age group.

The lead 50s and 55s were still together: M55s Peter Stevens and Paul Hewitson with M50s Richard Bennett, Grant McLean and Tony Broadhead. Five seconds behind, M50 Michael Wray and M55s Chris Smith and Cliff Bowman were trying to keep up.

Canterbury's Peter Richards held the M60 lead a couple of seconds in front of Gavin Stevens, while the race for the bronze M60 medal seemed to be settling into Tim Cross against Todd Kriebel some 10s behind. M65 Graeme Lear held a 7s lead on Auckland's Graham Macky. M75 Anson Clapcott found himself a minute ahead of both age group rival Michael Bond and the sole M70 runner, Fred Needham, effectively deciding this race after one lap.

In the second lap, things mostly stayed the same. In the M50 and M55 races, Tony Broadhead had fallen back a few seconds but was still in second, as Grant McLean had slipped back a further 8s. Paul Hewitson, while still second M55, had also fallen back with Grant. Chris Smith had established himself in third M55 position, having dropped Cliff, who was still running with Michael. For the M60s, Todd Kriebel had dropped Tim Cross to surge past Gavin Stevens to take up second place in age.

After a 6:20 first lap and 6:38 second lap, Brian Garmonsway's pace dipped to complete lap three in 6:46. Jonny McKee and Nick Moore wasted no time taking advantage and cruised past Brian to lead the race overall, now 3s in front of Brian. Dan Nixon, third placed M40, would have been able to see Brian's slip and considering if he could close down the 9s gap.

With Nick running alongside Jonny, the M45 title was looking secure. Second placed Sasha Daniels was now a minute behind, only a second or two ahead of Dean Chiplin. The M35 race was pretty much over, with Mark Paterson all but declared the winner.

Richard Bennett and Peter Stevens were still together, leading the M50 and M55 races and had left far behind their respective chasers. Paul Hewitson in the M55s was 17s back and for the M50s Grant McLean was 20s behind. For the bronze medal position M55 Chris Smith and M50 Tony Broadhead were still holding, now running together, another 12s or so behind.

The M60 contest was also a done deal, with Peter Richards safe at the front; Todd Kriebel and Gavin Stevens were also well clear of each other and the rest of the M60s, for second and third. In the M65s, Graeme Lear had stretched out to hold over 20s on Graham Macky so also looked assured of the win. The battle for M65 third was still on; Nick Braithwaite had only a half second lead over John Kent.

At the bell, Jonny had gone to the front alone and there was no doubt he was going to win both the M40s and overall. Dan Nixon had closed another few seconds on Brian. With the gap down to 5s, was Brian slipping down to third or saving something for the final lap? As it turned out, Brian was taking a wee breather. After a seven minute lap four, he raised his pace somewhat for the final lap and earned himself the M40 silver by crossing the finish line 17s ahead of Dan.

Nick Moore may have fallen off Jonny but he had a huge lead in the M45s. Sasha was comfortable for second but third was wide open. Dean Chiplin had Timothy Goodwin alongside and James Parker was also in the chase and trying to close the 50m gap. James would have preferred to have had Dean and Timothy apart. The two picked up to make it a head-to-head sprint off for third, leaving James well behind. In the sprint off, Dean won the bronze by 2s.

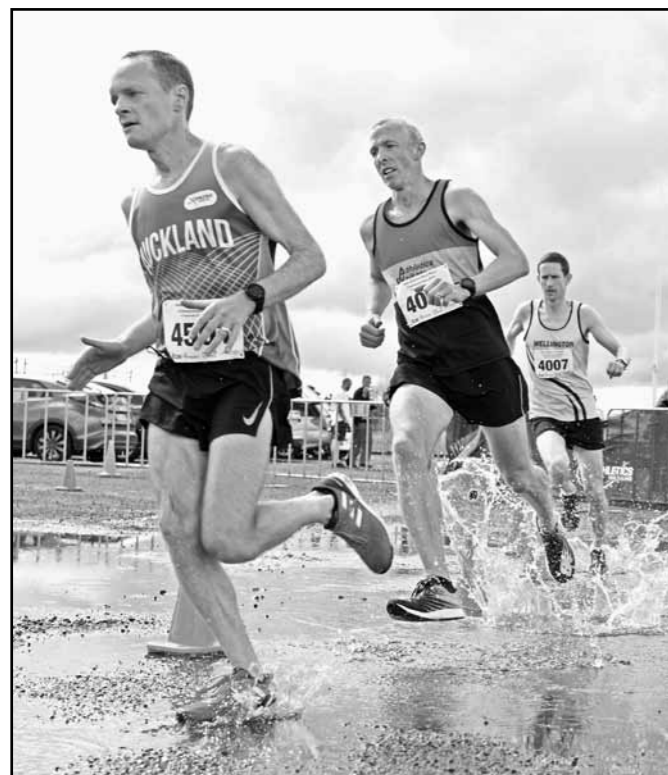
For the M50s, Richard Bennett's lead over Grant McLean was now 30s. Grant's pace was slipping so Richard ultimately won by over 50s. A further 45s behind Grant, Michael Wray had just passed Tony Broadhead for third to set-up a head-to-head for the final podium spot. As it turned out, Tony was running on fumes and Michael safely secured that third place just a few hundred metres into the final lap. Grant claimed silver but had his advantage over Michael reduced to 21s.

M55 Peter Stevens broke away from M50 Richard Bennett shortly before the bell to win the M50+ grade overall. In the M55 age group, Peter received the bell with a 40s lead on Paul Hewitson and added another 14s by the finish. Paul would have been more concerned with staying ahead of Chris Smith, who was now within 80m. The gap didn't really change in the final lap, as Paul claimed silver by 12s.

Peter Richards safely finished the M60s with his large lead intact, followed by Todd Kriebel and Gavin Stevens. The first and second M65, as already established, went to Graeme Lear and Graham Macky. In the race for third, Nick Braithwaite managed to eke out 7s on John Kent. And being the only M70 allowed Fred Needham to put in as much effort as he felt he wanted, while Anson Clapcott finished comfortably ahead of his only M75 rival, Michael Bond.

Only two centres had teams in the M35-49 race and it was a close result. Ultimately the contest came down to one sub-battle, though the two runners would not have known it at the time. M45 Sasha Daniels and M40 Paul Barwick ran together for most of the race and with a mere two points separating the team, it transpired that the winner of this sub-race would determine the teams. Sasha came through for Auckland for gold, by 7s, leaving Wellington with silver by just two points. Wellington had the best placed count-back runner so had Paul managed to beat Sasha, the medals would have been reversed.

We had four teams in the M50+ race. Wellington placed their first four in the top six overall to claim a decisive win. Canterbury were fairly comfortable in silver medal position. That left Auckland and Waikato for third. The bronze medal was pretty much decided by Chris Smith, whose outstanding run earned Waikato-Bay of Plenty the third spot by five points.



Nick Moore (2nd M35-49) leads Jonny McKee (1st M35-49) and Dan Nixon (5th M35-49)

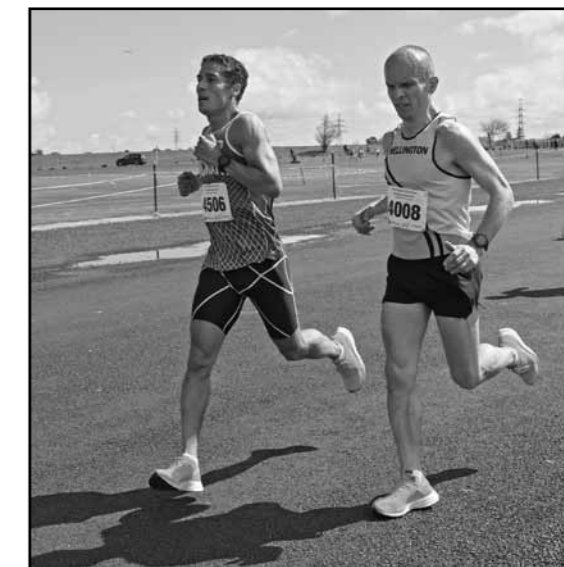


Margie Peat leads Deborah Telfer

PHOTO: Sharon Wray



Mel Aitkin (2nd W35-49)



Sasha Daniels (Auck) with Paul Barwick (Wgtn)

PHOTOS: Sharon Wray

Athletics NZ have already confirmed that we will be back at the same course for 2020, with the later mid-September timing repeated. The Club Connect Conference and AGM will be held alongside Road Champs next year, rather than Cross Country.

Our final thoughts go out to the friends and family of Canterbury's M55 Anthony Rogal. Anthony completed the race and we had no indication of the tragedy that would strike. At some stage later in the day, it seems Anthony suffered a fatal heart attack. It was a shock to hear the news the evening after the race from one of Anthony's team mates. Like many, I've raced with Anthony many times over the years and he will be missed.

Age Group medallists

10km

M35	
1 Mark Paterson	33:15
2 Michael Wanden	36:20
3 David Catherwood	36:36

M40	
1 Jonny McKee	33:05
2 Brian Garmonsway	33:30
3 Dan Nixon	33:47

M45	
1 Sasha Daniels	34:42
2 Dean Chiplin	35:02
3 Timothy Goodwin	35:04

M50	
1 Richard Bennett	36:02
2 Grant McLean	36:54
3 Michael Wray	37:15

M55	
1 Peter Stevens	35:26
2 Paul Hewitson	36:33
3 Chris Smith	36:45

M60	
1 Peter Richards	39:13
2 Todd Kriebler	40:09
3 Gavin Stevens	40:45

M65	
1 Graeme Lear	41:18
2 Graham Macky	42:30
3 Nick Braithwaite	45:04

M70	
1 Fred Needham	51:17

M75	
1 Anson Clapcott	48:41
2 Michael Bond	51:36

5km

W35	
1 Melanie Angland	18:55
2 Rachel Eade	21:17

W40	
1 Mel Stevens	18:18
2 Mel Aitken	18:22
3 Vicki Rees-Jones	20:06

W45	
1 Lindsay Barwick	18:39
2 Michelle van Looy	21:21
3 Nicola Carver	22:05

W50	
1 Bridget Deverell	20:24
2 Melissa Norris	20:52
3 Jacqueline Eastman	21:36

W55	
1 Sally Gibbs	17:56
2 Victoria Humphries	20:04
3 Carolyn Smith	20:57

W60	
1 Margie Peat	21:00
2 Deborah Telfer	21:11
3 Judith Uhlenberg	26:08

W65	
1 Sue Meltzer	24:12
2 Margaret Flanagan	24:19
3 Judith Bradshaw	24:30



Gavin Stevens



Richard Bennett (2nd M50+) leads Grant McLean (5th M50+), Dave Catherwood (obscured) and Tony Broadhead (11th 50+)



Michael Bond



Mathew Rogers (Wgtn) and Dean Chiplan (Waikato Bay of Plenty)

2019 NZMA Indoor Championships

by Mark Lambert



Chris Waring helping with registration



Phillipa Green and Graham Ross



Anne Deleiros, Chris Waring and Aggie Boxall



David Anstiss (M70) set a new NZ record at 1.31m for High Jump

PHOTOS: Mark Lambert

Early August was a busy time for many masters' athletes at the AUT Millennium Stadium in Auckland. With a collective effort the 5th NZMA Indoors Championships were launched with great success. Boasting record numbers of participants and an abundance of broken NZ records, athletes came from all parts of both islands. There was even the bonus of attracting an Aussie from across the ditch.

A total of 22 new NZ records were broken and 10 NZ best performances were set, with the 50m sprints being the most popular event topping out at 35 athletes competing and the shot put following close behind with 26 athletes.

The event started off on Saturday 10 August with the shot put and pole vault and saw 34 athletes arrive, eager to start their events. Pole-vaulters, Delwyn Smith (W50) and Anne Goulter (W55) started the day off both clearing 2.45m and setting new NZ records in their respective age groups.

The shot put also proved no easy throw as the athletes battled it out, breaking five NZ records and with Peter Crawford (M75) showing perfect style as he broke the NZ record with a distance of 9.68m. Special mention needs to be made of Tim Lowrey who came from Queensland to compete in the Indoor champs and broke the Australian M50 indoor shot put record at 10.23m.

Once again Sunday saw another record-breaking day with 14 NZ records being shattered. The day started off with 16 athletes competing in the high jump which resulted in six NZ records being broken accompanied by cheers of encouragement from all especially as David Anstiss (M70) broke the NZ record with a height of 1.31m.

The 50m sprint heats followed starting with the young guns like Ugen Iyer (W36) and moving onto the young at heart like Phillipa Green (W50), who set a new NZ record at 7.54s, and finally closing off with the more experienced like Chris Waring (W76) breaking the NZ record with 8.95s and pushed the total NZ broken record count in the 50m to five.

The triple and long jump proved that age is just a number with 25 athletes jumping and keeping the officials and track sweepers on their toes. Trevor Walker (M55) set a NZ record in the triple with 10.95m and Karen Hulena (W55) who after breaking the NZ record in long jump with 3.39m, could not keep the smile and sand off her face.

The champs closed with the 50m hurdles and saw Stephen Te Whaiti (M55) breaking the NZ record with 9.17s and Faith Firestone (W40) flying over the hurdles and setting the fastest time out of all participants with an impressive time of 8.62s.

With performances and turnouts like this we look forward to an exciting season ahead.



Mark Lett (M55) warming up for Pole-vault

NZMA Indoor Championships

AUT Millennium, Auckland
10th & 11th August 2019

NZMA Records

50m					
Ugen Iyer	Northland	W35	7.20	NZMA	
Faith Firestone	Auckland	W40	7.64	NZMA	
Phillipa Green	Auckland	W50	7.54	NZMA	
Christine Adamson	Auckland	W60	8.53	NZBP	
Chris Waring	Auckland	W75	8.95	NZMA	
Sam Paterson	Auckland	M30	6.55	NZBP	
Mark Lambert	Auckland	M45	6.59	NZMA	
50m Hurdles					
Faith Firestone	Auckland	W40	8.62	NZBP	
Stephen Te Whaiti	Waikato/Bay of Plenty	M55	9.17	NZMA	
Long Jump					
Faith Firestone	Auckland	W40	4.23	NZBP	
Karen Hulena	Auckland	W55	3.39	NZMA	
Triple Jump					
Aaron Jack	Waikato/Bay of Plenty	M45	9.02	NZBP	
Trevor Walker	Auckland	M55	10.95	NZMA	
Stephen Burden	Waikato/Bay of Plenty	M60	10.25	NZBP	
High Jump					
Faith Firestone	Auckland	W40	1.35	NZBP	
Phillipa Green	Auckland	W50	1.25	NZMA	
Karen Hulena	Auckland	W55	1.20	NZMA	
Jacob Potgieter	Auckland	M35	1.63	NZMA	
Andy Richardson	Auckland	M50	1.55	= NZMA	
Stephen Te Whaiti	Waikato/Bay of Plenty	M55	1.50	NZMA	
James Thomas	Auckland	M60	1.45	NZMA	
David Anstiss	Auckland	M70	1.31	NZMA	
Pole Vault					
Delwyn Smith	Northland	W50	2.45	NZMA	
Anne Goulter	Auckland	W55	2.45	NZMA	
Roland van der Tillaar	Auckland	M45	2.75	NZBP	
Shot Put					
Kathleen Saifiti	Auckland	W30	9.11	NZBP*	
Emily Scanlan	Auckland	W35	8.51	NZMA	
Anne Goulter	Auckland	W55	8.79	NZMA	
Aggie Boxall	Auckland	W60	8.82	NZBP	
Jacob Potgieter	Auckland	M35	9.36	NZMA	
James Thomas	Auckland	M60	11.40	NZMA	
Peter Crawford	Waikato/Bay of Plenty	M75	9.68	NZMA	

Trying Not To Get Sunburnt At The OMA Championships

by Bryan Thomas

Eighteen nations were represented at the recent 20th Oceania Masters Athletics Champs in Mackay but several could hardly be classified as Oceanic! As is normally the case Australia and New Zealand were the dominant teams but the islands of Oceania had their best combined representation in the history of these championships that began in Suva in 1982. The island nations were Cook Islands, Fiji, Guam, Nauru, New Caledonia, Norfolk Island, PNG, Tahiti, Tonga and Vanuatu. A handful of athletes came from the Czech Republic, India, UK and the USA while a larger group were from the mystical Asian landlocked country of Mongolia.

Competitors ranged in age from 30 years old to a couple of gold medal winning Aussie nonagenarian sprinters – M95 Jim Sinclair and W90 Gwen Gleeson from the ACT. However, the M85 sprinter from Mongolia was the stand-out senior citizen easily winning his 60, 100 and 200m races. So dominant was he and his youthful looking athletic body that some spectators were overheard to jokingly suggest that he must have forged his birth certificate.

The championships seemed to run well and the officials were friendly and efficient. Most events had sufficient participants to ensure that the medallists had to perform well in order to appear on the podium – this was especially true in the sprints and throws.

However, the lack of a printed program was missed as it made it difficult for interested persons to know who the competitors were and when they were competing unless they scrolled through many digital pages of information. It could have been partially alleviated by posting each day's program on the wall of the official's building as was done for the throwing events. In fact such a program was posted on the afternoon of the second day but unfortunately was overlooked for most of the remainder of the week. The same criticism could be made of the tardiness in posting copies of results early in the week – the number of interested persons scanning the result pages when posted indicated their popularity.

All the venues were excellent. The track and field facilities at the brand new Mackay Aquatic and Recreation Complex was very good for competition but the comfort of spectators was poor due to limited seating and insufficient shaded areas. Why the person or persons responsible for designing the administrative building overlooking the track decided not to incorporate a urinal in the male toilet is baffling. On the other hand the cool and shady area adjacent to the excellent cafe at the swimming pool complex was a welcome place to rest and socialise.

The 10km road walk was conducted early in the morning along the breakwater at the Mackay Marina. It is one of the most attractive race-walk courses on which I have ever participated – so on a free day I returned to the marina and casually strolled along it again but this time taking more attention of the surroundings! The cross-country, also an early morning start, was held on the Black Springs Golf Course. Both the 6 and 8km events were run concurrently on a gently rolling 2km grass track within the golf course.

The official dinner held at the North Mackay Bowling Club was an enjoyable evening. It was an opportunity to get out of competition gear and socialise with other athletes and friends. ACT athlete Bob Banens was presented with a special commemorative pin for his many years of service to Oceania Masters Athletics. A highlight of the night was a report by Norfolk Island representatives on the promised delights of attending the next Oceania Championships and the fun of competing on an old fashioned grass track on their beautiful little island in January 2021 - only eighteen months away. This will be the third occasion Norfolk Island has hosted the championships having previously done so in 1992 and 2000.

Some local fauna made a hit at the championships. Any time you visited the athletics venue it was possible to see a pair of wedge tail eagles circling high above but one afternoon a cane toad was bold enough to hop onto the track just before the 60m sprinters were due to come hurtling down. Fortunately, a brave spectator was able to remove the unwanted intruder by forcing it into a plastic bag and taking it away. Some of the Canberra contingent had close encounters with the local animal world. While entertaining her grandchildren at the Botanical Gardens Caroline Campbell came face to face with a python that suddenly dropped from an over-hanging tree. On another occasion a group of champion women sprinters were enjoying lunch at the marina and keeping an eye on the ever-present hungry sea gulls when a large inquisitive goanna emerged from the nearby rock wall to show off its beautiful body.

The AGM of Oceania Masters Athletics was held during the champs and as Lynne Schickert (WA) had served her maximum three terms as president an election for the position was necessary and David Lobb from the Cook Islands was chosen as the new leader.

The championships in Mackay were enjoyable and a success so now we should think of visiting Norfolk Island in January 2021 to participate in the 21st OMA Championships.



Peter Hansen (2nd M80) leads Morland Smith (3rd M80)



Faith Firestone (NZ 2nd W40) and Catrina Blacklaw battle it out for 2nd



Phillipa Green (1st W50 100m)



Alan Dougal (2nd M70) just pips Tony Deleiros (3rd M70)



Graeme Brent Sayer



Andrew Stark comfortably finishes while Graeme Adams and Barry Jeffs have a lap to go in the 1500m

PHOTOS: Sharon Wray



M40 200m Travis Venema (1st M40) leads David Benjimen (VAN) over the line followed by Chris Carney (3rd M40)



Lois Anderson



Frank Prouse and Malcolm Chamberlin



Noel Barff (PYF) (3rd M60) fights for the line with Anthony Keeghan (2nd M60) 200m



Phillipa Green (2nd W50 1.35m)



Lenore Lambert (1st W45 1.58m)



Karen Long (1st W40 200m 26:28)



Helena Dinnissen finished 1st while Ugen Iyer (1st W35) battles with Jess Dux (2nd W35) for the W35 honours



Cristine Suffolk at the water jump



Susan Howell (2nd W55) leads Joanna Bailey (2nd W45) and Susan Wilson (1st W50) in the 1500m



Bernadette Jago (1st W60)



Stephen Burden just pips Uros Sumar followed by Andrew James Watts in the M60 100m

A New Zealander in North York

by John Campbell

4am – Friday, 19th July. Lansing, Michigan, USA. The alarm is set to go off at 5, but I'm awake before then. I didn't sleep that great. Perhaps it is pre-competition jitters, because this is my first international competition in almost six years.

The last time that I faced a large international field was October 2013, at the World Masters Athletics championships in Brazil. After my forced 'retirement' due to injury, I hadn't raced until August 2018, so my 'so-called' comeback was a long time coming!

The road back, was a long one. To heal my hamstring tendon tears, it took four PRP (Platelet-Rich Plasma) injections, two MRI scans, two ultrasound scans and several shockwave therapy sessions over a five year span. Despite all that treatment, my left tendon was still uncomfortable occasionally, after sitting for long periods of time.

Back around April 2018, I decided to try the Keto diet, in an effort to lose a few kilos and get down to my competition weight. To my surprise, an additional benefit of the diet, was reduced inflammation in my body. I noticed that my tendon was not sore anymore and all my annoying aches and pains had disappeared. I felt great, so I decided to start running again and then introduced some speed-work into my training. It was amazing to be able to run fast again.

The term 'fast' is of course a relative one, because whereas I was consistently breaking 12 seconds for the 100m, on my first outing at the track, I clocked 14.95. Yikes...I was SLOW!!

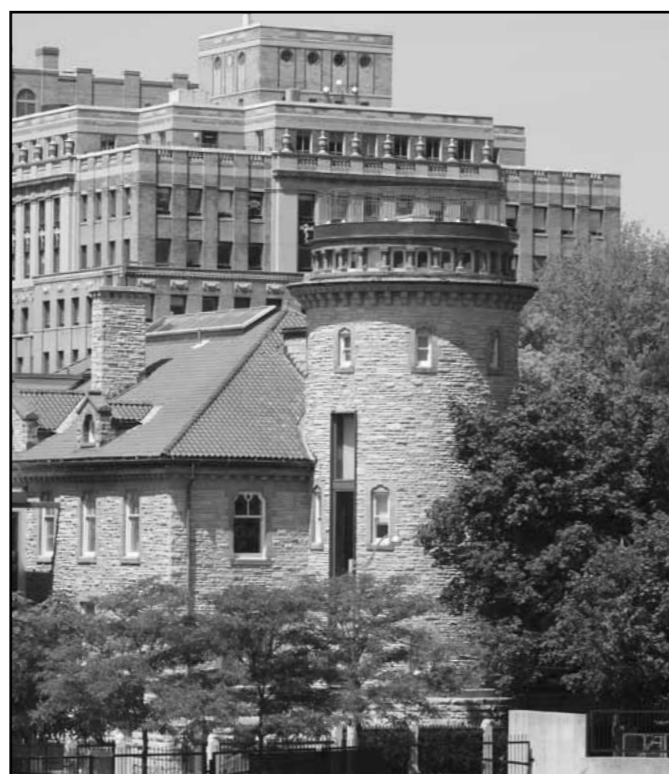
I knew it was going to be difficult to get back to my best, but this was ridiculous! Surely I could never get even close to my old times, let alone be competitive in my age group.

They say that there is something called 'muscle memory' which means that your muscles remember the motor patterns required to do an activity, or in the case of runners – how to run fast. I guess my muscles had just forgotten how to go fast!

For some reason, I refused to accept that I would never be competitive again. One of my strengths is the ability to focus to the point of almost being obsessive, which meant that I was like a dog with a bone.

Over the course of a year, I trained religiously and in sometimes inhospitable conditions. Michigan is known for its bitterly cold winters and jogging through snow and ice is no fun. Luckily, there is an indoor jogging track at a fitness centre across town. I used that over the winter months and so was able to retain some of my speed.

Back to the present. The drive from Michigan to Toronto, Canada takes me about six hours, with all the bathroom breaks, food breaks etc. By the time I get there, I'm exhausted from the early start and hours of driving, but it's not like I can rest up at the hotel...I have the 100m prelims to contend with.



Once I manage to find where to pick up the race pack and where the warm up area is, I can relax a little bit, because now all I need to do, is warm up, race and hopefully qualify for the final, which is held the next day.

The weather in Toronto is extremely hot and humid (unusually so) and the temperature is around 33°C. The warm up area is on an indoor track at the TTFC (Toronto Track & Field Centre), but the crazy weather makes it almost unbearably hot and by the time I finish my warm up, I am completely drenched in sweat and almost to the point of collapsing due to the heat.

Just when our age group are meant to go to the call room, a severe thunderstorm rolls through the area, forcing the organisers to stop the competition and move everyone indoors, until the storm passes. Luckily it is only a 45 minute hold-up and soon we are back to the call room to psyche ourselves up for the impending race.

Soon we are out on the track and in the blocks for our 100m heats. The track is damp, but there is a favourable tailwind, so I make the decision to go for the NZ record, rather than just trying to qualify for the final. The gamble pays off and I not only qualify, but break the record with a legal 12.11. I'm ecstatic that I have finally 'knocked off' one of Bruce McPhail's long standing records, that hasn't been bettered since 1993.

At the venue, there are mainly athletes from the USA and Canada, with a large contingent from Mexico and various others from the Carribean. A few 'foreigners' from other countries are sprinkled throughout, giving the event a real international feel.



The view of the Toronto Varsity track from the top row in the stands

Toronto itself, is a large sprawling city and is the fourth largest in North America. The architecture in the city centre is a mix of modern and old. There are suburbs named York, North York, East York and Yorkville and some of the buildings seem to have been modelled on the style of the city of York, England.

As with all large cities, traffic is a nightmare and the freeways, bus system and subway are always busy. I must admit, once I figured out the subway system and which train I was supposed to catch, it was actually a pretty relaxing way to travel.

Now that I had qualified, it was off to the hotel for a much needed shower and a decent meal, plus more than anything... a good sleep!

Unfortunately, I am too wound-up to sleep really well, but I suppose I did get a reasonable amount and before I know it, I'm awake again and this time, we would be running the 100m final and shortly after would be the 200m prelims.

For the rest of the competition, we would be using the Varsity track which was a 30 minute subway ride from the original venue. The track is a blue mondo surface and looks pretty fast. The stadium facilities seem good, but the warm up area is almost non-existent. A few of us decide to do a warm up on the path at the adjacent park (complete with slow moving and almost fearless pigeons). There is some shade from the trees, but the temperature today is even higher and makes for an almost unbearable warm up. In fact, I joke with a fellow athlete that my warm up consisted of standing outside for five minutes!

Again, we are soon into the blocks and I get a reasonable start, but USA's Don McGee gets a flyer! He is out in front from the gun and I valiantly try to run him down, but he has too good of a head start. At about the 70m mark, I have a 'brain-freeze' and start to think too much about what I am doing. Perhaps it is the heat affecting my brain, but I stutter as I attempt to put in more effort and gain some speed. Of course by now the other athletes have gained from my little glitch and I have to dive desperately at the line. Once across the line, I look up at the scoreboard and to my relief, I am in second place. In third place, is Francois Boda and his time is the same as mine (12.11 again). I must have just pipped him on the line. Francois later informs me that the photo finish put me at only a few thousandths of a second ahead of him (hey, I'll take that!).



PHOTOS: John Campbell

I'm happy but also annoyed at my flawed performance. I don't know why that happened, but I guess I should learn from the experience, so that I don't repeat that again.

Next up is the 200m prelims, so my goal here again is to qualify for the final. With sprinting, you are never sure when you will get a good wind direction, or a legal tailwind. You can run the race of your life, but be denied a record due to a tailwind that is too strong, or worse, a strong headwind which robs you of your speed. Like the day before, the wind was looking good in the 200m heats. Again I decided to have a crack at the NZ record. I went out fast and pushed hard on the home straight and to my delight, crossed the line and equalled another Bruce McPhail record, with a time of 24.94. The downside of pushing too hard in the heats, is the possibility of being sore, stiff and fatigued the next day and that's exactly what happened.

Sunday was the final day of competition and I was looking forward to heading home, after a gruelling few days of travel and racing. After my earlier performances, I knew that I had a good chance of another silver medal or perhaps a gold. It wouldn't be easy, with several guys that had great speed endurance. Sunday's temperature was cooler than the previous two days, but the wind was a strong headwind. I was glad that I had made the decision the previous day, to go for broke. However I was feeling rather sore and fatigued and this ultimately would play a big part in my race. My lane assignment was lane 5 and Francois drew lane 3. When running a 200m, the start is always tricky especially when you can't see most of the other runners. I thought I was doing well until Francois passed me at the end of the curve and he was way too strong for me to ever be able to catch him. I was just worn out and had no fuel left in the tank, but I still managed another silver medal.

My first NCCWMA championships were over. I ended with two silver medals and two NZ records, which I am very proud of.

When I look back at that 14.95 and where I am now, it seems incredible that I was able to make that much improvement in just under a year. Maybe muscles do remember after all!

Note: The title is a wordplay based on the song titled "(An) Englishman in New York" from Sting's 1988 "Nothing Like The Sun" album.

NZ Cross Country Championships

by Michael Wray

Wellington listened to the complaints from the 2018 NZ Cross Country Championships and for 2019 the NZ Champs course moved to Harcourt Park in Upper Hutt. This decision would have disappointed the mud lovers but the reality was Grenada Park was simply not up to hosting two races in a single month during winter. The Wellington Centre Champs, held a couple of weeks before Nationals, had already torn up the park. The ground was in such poor condition the Wellington Champs had to use a reduced circuit with the long race requiring six laps. The problem with the increased number of laps was the ground took additional punishment, cutting up the circuit even more than usual. There was no way Wellington would have been able to hold Nationals on this course again. Harcourt was not available for Wellington Champs so for most runners in Wellington the new course was as unfamiliar as for the out of town visitors. The “test event” for Nationals was the College Sport Wellington Championships.

Harcourt Park was mostly firm with just a few muddy sections and one narrow concrete path to traverse. There were no major hills to climb but over the 2km lap, we had something like eight short “terraces” to go up and over with one or two hills of around 20m in length. The course was very runnable with a good balance of challenging aspects. It was so well received that the groundswell of opinion in Wellington is Harcourt should become the new venue for the Centre Champs.

Numbers for this year were slightly down on 2018, which as far as I can tell was the largest field entered in a NZ Cross Country Championships for at least a couple of decades. With 512 entrants, 2019 was still the second largest field this century.

Athletics NZ had arranged for live streaming of the race, viewable for free on Facebook. Unlike prior streaming, which was Brett Addison with an iPhone, this was a professional service with multiple cameras provided by an external vendor. This meant the previous problem of only seeing the runners once per lap, when they ran past the iPhone, was not an issue. In addition to having multiple cameras on the course to enable continuous coverage, a drone camera provided overhead views too. The founders of the Kiwi Running Podcast, Hamish Meacham (now an ANZ employee) and Hayden Shearman (who still co-hosts the Podcast) provided the live stream commentary.

The M65-80 grade runners were the first masters to use the course, running their 6km over three laps with the MU18s for company. In the M65-69 race, the expected battle was between Nelson’s Graeme Lear and Tauranga’s Gavin Smith, with Graeme starting as the favourite. Graeme duly went to the front in lap one, carving out a 10s lead by 1km. A few seconds behind, Max O’Kane and Rodger Ward were shoulder-to-shoulder and racing each other for third M65, with Murry Laird chasing another 3s back.

Meanwhile, in the M70s Fred Needham had a 50m lead on Tony Dawbin and in the M75s Michael Bond was a long way clear at the front. And in the M80s, the DNS status of the favourite, Dave Eastmond from Northland, meant Peter Hanson had an unopposed run in his age group.

By half way, Graeme had stretched his lead over Gavin to over 30s. The two M65s had even managed to drop a couple of the M18s. Rodger Ward was clear in third, some 30s behind Gavin. Rodger had lost Max, leaving Murray Laird as the one to give chase with a 5s deficit. Unfortunately for Gavin, his hamstring injury flared up and he was unable to continue into the final lap. Consequently, Graeme’s winning margin became minutes and Murray found himself in the bronze medal position.

For the M70s, by the second lap Fred Needham had doubled his advantage to earn an unassailable lead for the final lap, while Michael Bond, who had already all but secured M75 gold in the first lap, was able to cruise to the finish at will.

The master’s women started with the pre-race favourite, W35 Lisa Cross, having switched to the senior women’s race to defend her SW title from 2018. Lisa finished fourth SW, 14s behind third.

W55 Sally Gibbs dominated the masters race. She spent the first lap with seven W20s ahead. By the end of the race, Sally had passed all but four W20s. The nearest master was more than 30s behind and the second W55 (Victoria Humphries) finished nearly three minutes back.

One of the more engaging races was the W40 race between the two Wellington Mels - Mel Stevens and Mel Aitken. In centre championship races, Mel Stevens had finished in front every race this season. After being ahead for the first half of the race, Mel Stevens found herself behind Mel Aitken who ran strongly to the finish to be first W40 by 43s.

In the W35 race, Otago’s Kristy Eyles worked out an 8s advantage over Shamiso Sisimayi by about one kilometre. A lap later, this had been extended to around 30s. Shamiso was never able to close and Kristy won by 45s.

W45s Katie Jenkins and Michelle Van Looy, who are Olympic Wellington club mates, ran together just behind Canterbury W45 Jin Flanagan for most of the first lap. Jin faded badly by the end of that first lap and Katie struck out to take advantage. By half way, Katie was clear in front and won by 22s, while Jin finished 14s behind Michelle to complete the W45 podium.

Curiously, the W50 times were slower than the 55 and 60s. With only four participants, the two Auckland team mates were clear favourites. Sian Dawson repeated her centre wins by finishing ahead of Sue Parcell.

The W60 race was expected to be between Auckland Champ Margie Peat and, back running after a long time away from the

sport, former NZ World Cross Country rep Lesley Graham. It turned out not to be the head-to-head battle that many anticipated. Margie charged off to establish an early lead and Lesley was unable to close. By the end, Margie had stretched her lead to a couple of minutes. The older age groups saw Joy Baker win the W65 race unopposed, while Barbara Patrick ran well to take a comfortable W70 win from Pam Graham.

The master’s men 35-64 ran four laps for 8km. They ran with the M20s in their ranks. M40 Brian Garmonsway attached himself to the back of the leading M20 pack to be first master and it took the lead youngsters until around half way to shake Brian off. Fellow M40 Greg Darbyshire gave chase but found himself 4s down after one lap. Brian finished with only five M20s ahead of him, winning the masters outright by 16s. Greg had to work to defend his second place, with Dan Nixon taking third M40 only 5s behind.

In the M35s, Dougal Thorburn set the pace. After 2km, Dougal had a 10s lead on Nathan Foley. Dougal finished second master overall and consistently added 10s per lap on Nathan.

M45 Nick Moore ran away from his competition early. Nick led Dean Chiplin by around 12s before the first lap had finished. Dean was never able to close and with Nick winning by almost 90s, Dean had to focus on the threat from behind instead. Otago’s Andrew Lonie, running barefoot, kept Dean within sight. Dean did manage to get 15-20s ahead at half way. When it came to the finishing straight, Dean seemed to be unaware that Andrew was coming in fast but held Andrew off by 0.2s.

Auckland’s Blair Cossey ran a little way behind Grant McLean in the M50s for most of the race before surging into the lead over the final kilometre to win by just a few seconds. Grant came under pressure from Jim Jones and if Jim had begun his charge a kilometre earlier, Grant’s 10s advantage could well have been nullified.

M55 Peter Stevens used M50 Grant McLean, sitting behind his clubmate and letting him do all the work, for the first three laps. Peter was still the lead M55 but until he switched up a gear in the final lap both Cliff Bowman and Paul Hewitson were close. The final lap move was decisive and Peter opened up to a 22s victory.

The oldest age group in the 8km distance was the M60s. It was a keenly anticipated contest. Geoff Anderson won in 2018, Robin Grant won

in 2017 while Tony Price was second both years. All three were in the field, although Tony was hampered by a hamstring issue and had been defeated in Wellington interclubs by Todd Kriebel (also running). Otago’s Geoff Anderson set the pace with Peter Richards from Canterbury holding a position some 15s behind in the second lap. Tony Price was running about another 15s back with Robin Grant on his shoulder. Over the third lap, Robin moved up, passing both Tony and Peter. Geoff won comfortably, 29s ahead of Robin. Todd put some pressure on Peter, who responded by growing a 5s advantage to 8s by the finish.

Despite the second largest field of entrants this century, the teams competition was somewhat low in numbers. Wellington won the M35 teams, well ahead of Canterbury. There was no third team; Auckland were one man shy of a team. This echoed the M50 teams results, where it was Wellington a long way in front of Canterbury with no other centre fielding a team. Manawatu-Wanganui were one man short.

In the W35s Wellington were the only centre to have a team and once again Auckland were one woman short. Similarly in the inaugural W50 teams, Wellington had the only team and both Manawatu-Wanganui and Auckland were one woman away from fielding a team.

Age Group medallists

Women (6km)

W35		M40	
1 Kirsty Eyles	24:32	1 Brian Garmonsway	26:51
2 Shamiso Sisimayi	25:17	2 Greg Darbyshire	27:07
3 Sally Duffy	26:05	3 Dan Nixon	27:13
W40		M45	
1 Mel Aitken	23:35	1 Nick Moore	27:19
2 Mel Stevens	24:18	2 Dean Chiplin	28:46
3 Jo Ramsay	25:36	3 Andrew Lonie	28:46
W45		M50	
1 Katie Jenkins	25:32	1 Blair Cossey	29:59
2 Michelle van Looy	25:54	2 Grant McLean	30:04
3 Jin Flanagan	26:08	3 Jim Jones	30:13
W50		M55	
1 Sian Dawson	28:44	1 Peter Stevens	29:48
2 Sue Parcell	29:42	2 Cliff Bowman	30:11
3 Dale McMillan	30:11	3 Paul Hewitson	30:20
W55		M60	
1 Sally Gibbs	23:03	1 Geoff Anderson	31:27
2 Victoria Humphries	25:47	2 Robin Grant	31:57
3 Carline Thomas	29:11	3 Peter Richards	32:24
W60		M65 (6km)	
1 Margie Peat	26:23	1 Graeme Lear	24:40
2 Lesley Graham	28:24	2 Rodger Ward	27:02
3 Jo Speary	29:23	3 Murray Laird	27:25
W65		M70	
1 Joy Baker	34:51	1 Fred Needham	29:04
W70		2 Tony Dawbin	30:06
1 Barbara Patrick	31:53	3 Des Phillips	32:32
2 Pam Graham	33:33	M75	
Men		1 Michael Bond	32:08
M35 (8km)		2 Peter Ellis	37:09
1 Dougal Thorburn	27:10	3 Ray Wallis	50:40
2 Nathan Foley	27:51	M80	
3 Chris Kelly	28:08	1 Peter Hanson	44:22

Hands Up, Those Who Have Run A Real 'Marathon'

by George White

No doubt, many devoted distance runners have on their bucket list to run the Athens Marathon to follow in the footsteps of the world's first marathon runner – the ancient Athenian messenger Pheidippides. But what was the distance he ran? And indeed if the run did happen – was it him that ran it? Turns out that not only is the marathon only part of the story, it is also only a small part of the distance. It seems the true "marathon run" may in fact have been a great deal further than 42 kilometres.

The popular story is that after their victory over a Persian invasion force at the village of Marathon in 490 BC, the Athenians sent a messenger, Pheidippides, to deliver the news to Athens. After running the 42 kilometres to Athens, Pheidippides is said to have gasped (nenikéamen) "we've won!" and promptly died of exhaustion.



The best source for the events of 490 BC, is historian Herodotus writing about 30-40 years after the battle, but he doesn't mention a messenger being sent from Marathon after the battle. He does say however, that a runner called Pheidippides was sent to Sparta to ask for help before the battle. So in fact, the real story is better than the legend, and potentially much more of an inspiration to today's runners.

If the Herodotus's story is true, Pheidippides ran from Athens to Sparta - some 245km and then back – about 500km, - then ran to Marathon, fought in the battle and then made the supposedly epic journey back to Athens with his victory message. Herodotus was closest in time to the events and since he tells the story of Pheidippides' run to Sparta and back, he would surely have added the runner's death if he had known about it. But let's not spoil a good story.

The first known written account of a run from Marathon to Athens and the messenger dying from exhaustion, occurs in the works of the Greek writer Plutarch in the 1st century AD, where he attributes the run to a herald called Eukles. It seems likely, to say the least that in the 500 years since Herodotus's

time the story of Pheidippides had become muddled. Modern acceptance of the legend was no doubt enhanced by Robert Browning's 1879 poem Pheidippides.

Supposedly when Pheidippides arrived in Sparta his plea was convincing but the moon wasn't full and religious law forbade the Spartans to battle until it was, which wouldn't be for another six days. Pheidippides had to let his people know about the delay. So after a brief sleep and some food he set out to run back. After he reached Athens, the city deployed 10,000 soldiers to Marathon to fend off up to 60,000 Persians. Despite being outnumbered, the Greeks were in an advantageous battle position. They had intended waiting for the Spartans but they heard that the Persians were planning to split into two groups and sail to attack Athens. Thanks to Pheidippides, the Greeks knew the Spartans wouldn't come soon enough, and that Athens would be in trouble. So they decided to attack the current Persian position.

After the battle the victorious Athenians realised that the Persians who they had pushed back onto their ships could simply use them to sail down the coast to attack Athens. So someone would have to get to Athens before the Persians did, to reassure them that the Athenian army was still standing. With the Persian fleet already at sea, this is almost certainly what accounts for the legendary marathon run of Pheidippides. He was running to announce the victory and to warn the Athenians that the Persian fleet was on its way. What follows was another astonishing feat of running. The Athenians fresh from the most important battle of their lives needed to return to Athens. Those who were freshest set off as fast as they could to cover the distance back to the city. The rest ran and trotted back as best they could. Perhaps this should be regarded as the first mass marathon.

The Persian fleet was approaching the coast as the fastest Athenians ran into the city and out again towards the coast. They made it in five or six hours, just an hour ahead of the advance ships of the Persian fleet. The Persians were confronted with the troops - filthy, bloodstained and pretty exhausted, lining up on the beach ready to repel the landing. The Persians hesitated, waiting for the main fleet to arrive, but as night fell, the rest of the Athenian army came limping into the Greek camp. By dawn, the Persian's worst fears were confirmed. Over 9000 Athenians were there ready to fight again. The Persian fleet hung around for a few days in the vain hope of an opening but then sailed away.

Fast forward to modern times! When the modern Olympics began in 1896, the initiators and organizers were looking for an event recalling the glory of ancient Greece. The idea of a marathon race came from Michel Breal and was heavily supported by Pierre de Coubertin, the founder of the modern Olympics. The first Olympic Marathon was over 40km, the

approximate distance between Marathon and the Panathenaic Stadium in Athens. The annual Athens "authentic" Marathon didn't begin until 1972. By that point the distance had been standardised (in 1921). The modern marathon distance is 42.195 metres. But this distance is only loosely based on the distance from Marathon to Athens. This distance comes from the 1908 London Olympics, where competitors ran from Windsor Castle to White City Stadium and then a bit further around the track to finish in front of the royal box. The longest

Olympic marathon was in 1920 when it was 42.75km and the shortest was the original in 1896 and again in 1904 when it was 40km.

So if you want to emulate an ancient hero you may have to do a lot more training and do the now annual Spartathlon. Since 1983, it has been an annual footrace from Athens to Sparta, celebrating Pheidippides's run across 246km of Greek countryside. But even then you will do much less than half of the legend!

NZ Half Marathon Championships

by Derek Shaw

The 2019 NZ Half Marathon Champ on 1 September were for the second year in a row held in Dunedin in conjunction with the annual Dunedin Marathon and Half Marathon organised by the Caversham Harrier and Athletic Club. Oska Inkster-Baynes (SM) was first overall in 1:09:28, 16s ahead of fellow SM Toby Gualter. Third overall and 1st master was Auckland's Mark Paterson (M35) in 1:12:49, while 2nd masters was Geoff Ferry (M35) and Southland Masters President Dwight Grieve was 3rd master and 6th overall with a very good run of 1:15:30. In the women's race the leading two SW had a close tussle and managed to hold out the leading master women Sally Gibbs (W55) for overall line honours – Sabrina Grogan (1:24:27) and Bella Bloomfield (1:24:38) with Sally third overall in an impressive time of 1:25:12.

Age Group medallists

Men	M60	W45
M35	1 Kevin Lowe 1:31:56	1 Julie Edmunds 1:29:48
1 Mark Paterson 1:12:49	M65	2 Siobhan Griffiths 1:33:42
2 Geoff Ferry 1:15:28	1 John Kent 1:44:38	3 Joanne Rowe 2:05:18
3 Barney Hoskins 1:17:50	M70	W50
M40	1 Fred Needham 1:44:49	1 Janice Finnie 1:38:58
1 Dwight Grieve 1:15:30	2 Brain Barach 1:50:38	W55
2 Craig Iversen 1:22:12	Women	1 Sally Gibbs 1:25:12
3 Paul Brouwers 1:25:33	W35	2 Robyn Perkins 1:38:52
M45	1 Kirsty Eyles 1:29:07	3 Carolyn Forsey 1:44:53
1 Andrew Kerr 1:21:08	2 Aly Craigie 1:36:47	W60
2 Grant Edmondson 1:49:27	3 Michelle Watt 1:41:21	1 Cilla Dickinson 1:48:18
M50	W40	2 Jo Speary 1:50:44
1 John Marshall 1:24:04	1 Caroline Guy 1:42:47	3 Linda Te Au 2:17:48
M55	2 Karen Rowley 2:03:48	W65
1 Ray Knox 1:37:13	3 Lee Grieve 2:52:29	1 Judith Bradshaw 1:56:38
2 Dave Candy 1:56:56		2 Dorothy Horrell 2:21:26



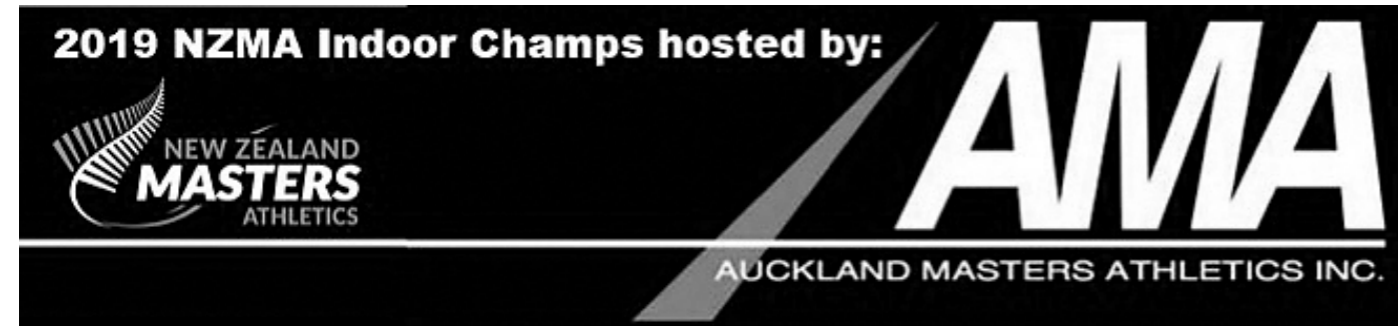
Caroline Smith (5th W50+) leads Bridget Deverell (3rd W50+) at the NZ Road Championships



Fred Needham at the NZ Road Championships

Lone Aussie Thrower at the 5th NZMA Indoor Champs 2019

by Laine Inivale



Queensland Masters Athlete, M50 Tim Lowrey took up athletics again in 2014, after a long gap spanning many decades. He had all round solid performances (sprinter, jumper & thrower) as a teenager. Now he loves throwing. In between his life pursuits bracketed by athletics, Tim was a proficient Muay Thai exponent (pre cursor to MMA for us oldies), sometime bouncer & currently a corrections officer.

Rediscovering athletics, upon the suggestion of a lifelong friend that was one of his athletic teenage rivals, Tim commenced the joy and pain of his masters throwing journey. He has achieved state and club records and was even paid when he came second at the 29th World Dingo Trap Throwing Champs at Dingo, Queensland last year.

Tim has the self awareness that he is currently

an average thrower but watch this space as he is still improving his technique, so any placings at a high level competition or high level records are achievements he takes personal pride and fulfilment in. Yep, he has to grind away to achieve at the top levels.

His highest achievement to date, was unexpectedly medalling bronze in a very very strong field in the M50 Throws Pentathlon at the Nov 2018 Pan Pac Masters Games. Tim had to beat two better (on paper at least) throwers to get that bronze. I was one of the throwers he beat, but I was proud to support him at that medal ceremony where Tim shed tears, not only of elation but extreme surprise.

Fast forward to this year, the advertising of the 2019 NZMA indoor champs planted a seed, which



Tim Lowrey

after seeing that the Australian Indoor M50 Shotput record was under 10m, germinated into a decision to enter and fly from Rockhampton to Auckland to compete.

Tim promptly obtained his passport & planned his first overseas trip, at the tender age of 52 years old. His bucket list dream was to break the Australian M50 Indoor shot put record.

He couldn't fulfil that dream in Australia because, believe or not, Australia has not yet had a regular indoors masters athletics throws meet open to all masters athletes. NZMA and Auckland Masters Athletics (fifth year hosting), take a bow for showing leadership and providing an indoor opportunity for all masters.

Nervous but determined, Tim never really had a worry. Raising his hands after his first put, even before the tape was read, Tim already knew he had broken the Australian M50 indoor shot put record. All 6 of his throws beat the old record, but it was his first put of 10.23m that was the furthest. Coming 3rd in the M50 Shotput comp was just a bonus. Tim emulated his compatriot's Jamie Muscat's M40 indoor shot put Australian record achievement set at our indoor champs last year.

Not having medals at a national event took a little bit of the shine off the achievement for Tim, but this is an area that our organisers should take note of, for all athletes. Tim would also have appreciated the outdoors weight throw & hammer throw being contested like at last year's champs. I know more Australians would have come over for this.

Tim posed for the celebratory photos, made new friends and thanked A grade throws official Murray Free for signing Tim's paperwork for the Australian record application (which has now been officially entered into the Australian Masters record books). I could have sworn Tim danced a jig, the way he was so happy. Once again, I was proud to support him and witness his new high water mark in athletics. An understatement, but national records are difficult to obtain.

In the post competition haze, Tim fielded calls from family and friends congratulating him and flew home a happy camper oblivious to the kiwis devastated by a record thrashing of the All Blacks by the Wallabies.

Thanks Tim for choosing NZ as your first overseas trip, our indoor champs as your first overseas athletics competition and the setting for your first national record. Come back soon, you're welcome here, throw often, throw far, go you good thing.



L-R: Laine Inivale, Murray Free, Aussie National M50 Indoor Shotput record holder Tim Lowrey

PHOTOS: Mark Lambert

North Island Cross Country Championships

by Michael Wray



Tom Bland (6th M35) leads Simon Wills (7th M35) through the creek in the Dorne Cup XC, Wellington



Anna Douglas (4th W35) almost topples during the Dorne Cup XC, Wellington

PHOTOS: Sharon Wray

Full credit must be extended to Taupo Harriers for this year's North Island Cross Country Championships. In 2017 the results weren't released for a couple of months and when eventually published they were a photograph of handwritten slips of paper. Last year they had to abandon prizegiving because runners were being awarded medals for the wrong age groups. This year, however, they showed they had learned from the experience. We had electronic timing, which was being live updated to the web. Prizegiving was held in the main field at lunchtime for the juniors and immediately after the last race for the seniors and masters. I'm not sure of the back-up plan for wet weather; on the day, the sun shone and no such plan was needed. In the M35-49 race, Cambridge M40 Steve Rees-Jones used the first kilometre to work into the race and then swept ahead. His lead grew steadily throughout the 6km and his time of 20:04 was a new M40 course record. Steve finished 56s ahead of first M35, Owairaka's Adam Gallagher. Adam ran a little way ahead of a chasing pack of about six runners. The six were being led by Wellington M40s Tom Bland and Mat Rogers. M40 Ben Winder, with M35s Nathan Foley and Matthew Parsonage remained in close attendance. Further back in the field, the M45 leader was Dean Chiplin, running a few seconds ahead of Chris Robb and Darren Gordon a few more seconds behind. As far as the M35s and M45s went, nothing changed for the remaining 75% of the race. These positions merely solidified and the gaps stretched out. The M40s went through changes. Not at the front; Steve's charge to the finish was unstoppable. However, Mat Rogers' pace fell off significantly and Tom Bland found himself behind Gisborne M40 Steve Morrow, who had moved to chase Ben Winder after Ben burst clear of the pack. Steve had to be content with third; Ben was 12s ahead for second M40. The master's women all ran together. W35 Tina Faulkner took the early initiative, holding a lead of a few seconds from W55

Sally Gibbs and W35 Michelle Rennie at one kilometre. W45 Katie Jenkins pursued with W40 Mel Stevens and W35 Sally Duffy even spaced behind. Going into the second lap, Sally Gibbs had passed Tina for the overall lead. Meanwhile, W40 Mel Stevens had moved into overall third, chased by lead W45 Lindsay Barwick. Sally finished first masters woman, 18se ahead of W35 winner Tina. Mel and Lindsay held their overall positions too, which gave us an unusual occurrence: the first four master's women were all in different age groups. The W50 winner, Bridget Deverell, didn't quite continue this trend but with a lead of 85s on Angela Clark I don't think she'll be bothered. W60 winner Margie Peat was too busy beating younger opponents to worry about other W60s, being rewarded with a winning margin close to three minutes. Joy Baker won the W65s by 50s. The older master's men had the course next. After taking an early lead and vying with M50 Andrew Davenport, M50 Michael Wray was passed by three M55. Going into the second lap, Glenn Sexton had moved ahead of Andrew Davenport and Andrew was soon picked off by Paul Wasley. Michael spent the majority of the race chasing the M55s. The three M55s - Paul Hewitson, Chris Smith and John Crane - had a great race. They ran together, a little ahead of Michael, until about 800 metres from the line, at which point Michael sprinted away from the pack for the overall win. The splintered M55 pack saw Chris Smith finish the strongest, 3s ahead of Paul Hewitson and 4s ahead of John Crane. The winners of the older age groups were all comfortable winners. Robin Grant won the M60s by a minute from Tony Price, Gavin Smith had a similar advantage over Max O'Kane in the M65s, while Fred Needham was exactly 60s in front of Paul Rodway in the M70s. Peter Vyver's M75 win over Ray Wallis was the closest, being 48s.

South Island Masters Track & Field Championships Entry Form 16 th – 17 th November 2019 Nga Puna Wai, Christchurch	
First name:	
Surname :	
Postal address:	
ANZ or NZMA member (Circle)	NZMA Reg No.
ANZ Club:	
Date of birth:	Age group: M or W
Centre:	
Telephone:	
E-mail:	
Emergency contact details (name & telephone):	
Entries close 1 st November 2017 (Late entries on the day)	
South Island Championship entry fees	
Registration (NZMA & Admin fee)	\$25.00
Event fee per event/s:	@ \$8.00
Throws Pentathlon	\$12.00
Track Pentathlon	\$12.00
Are you interested in attending a BYO BBQ on Saturday @ 5:30 p.m.? (FREE) (More details to follow if enough interest)	Yes / No (Circle)
Certificate @ \$7.50 each (Sent out post meeting)	
Late entry fee \$20.00 extra (on the day)	
Total to PAY: \$	
Enter on-line via NZMA website CMA Bank Account for direct debit: ANZ Bank: 11 7800 0053698 11 (Please use your name as a reference)	
Cheques payable to: Canterbury Masters Athletics Inc Send Postal Entries / Cheques to: 12 Highcrest Heights Westmorland Christchurch 8025	
Enquires to Andrew Stark: aws@xtra.co.nz (03 338 0516)	
Declaration: I declare that I am a financial NZMA or ANZ Competitive member for the 2019 / 2020 season. In the event of an 'Act of God' conditions causing cancellation of the event, my total entry fee is not refundable. I undertake to exercise my duty of care, as is reasonably practicable, to prevent harm, by my actions, to myself, fellow competitors, officials, and members of the general public. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.	
Signed:	

Draft Programme & Event Timetable (12/09/19)			
NO EVENTS on Friday 15th November 2019			
Time	Events		Tick
Saturday 16th November 2019			
9:30 a.m.	3000m	M/W	
	Hammer	M	
Order of events	Shot Put	W	
	400m	M/W	
	3000m Track Walk	M/W	
	Pole Vault	M/W	
Start times to be confirmed	Long Jump	M/W	
	Hammer	W	
once	Shot Put	M	
	Short Hurdles	M/W	
the full programme has been created	Weight	W	
	2000m Steeplechase	M60+/W	
	Javelin	M	
	3000m Steeplechase	M30-60	
Lunch Break			
2:00 p.m.	60m	M/W	
	Javelin	W	
	Discus	M	
	100m	M/W	
	High Jump	M/W	
	Discus	W	
	Weight	M	
	Long hurdles	M/W	
	1500m	M/W	
	Triple Jump	M/W	
5:30 p.m.	Trackside BBQ	Yes / No	
Sunday 17th November 2019			
	Pentathlon	M/W	
	Throws Pentathlon	M/W	
Start times TBC	5000m or Walk (Circle only one)	M/W	
	200m	M/W	
	800m	M/W	
<i>Canterbury Masters acknowledges the help we will receive from Athletics Canterbury to organise this event, plus help from officials from Otago, Southland and Tasman.</i>			
<i>The SI event is part of an interclub and combined events meeting. Therefore, it is possible there will be changes to the order / start times of some events once entries are finalised. All athletes will be notified prior to the event should this occur.</i>			
Officials Registration:			
Name:			
Telephone:			
E-mail:			
Grading (not required, but helpful)			
Preferred Event:			
1 st Choice:			
2 nd Choice:			



NZ Masters Athletics 2020 TRACK . FIELD CHAMPIONSHIPS

28 February - 1 March | HB Sports Park, Hastings

Friday Track Grade

4.00pm	400m heats if required	
--------	------------------------	--

4.45pm	3000m Track Walk	M30+ W30+
5.30pm	400m Finals	M30+ W30+

6.00pm	3000m	W30+ or mixed
--------	-------	---------------

6.20pm	3000m	M30+ or mixed
--------	-------	---------------

Saturday

9.30am	60m 100m Heats (if required)	
--------	--------------------------------	--

9.45am	2000m Steeplechase	M60+ W30+
--------	--------------------	-------------

10.15am	3000m Steeplechase	M30-59
---------	--------------------	--------

10.45am	Sprint Hurdles	M30+ W30+
---------	----------------	-------------

11.15am	60m Finals	M30+ W30+
---------	------------	-------------

2.00pm	100m Finals	M30+ W30+
--------	-------------	-------------

2.40pm	1500m	M30+ W30+
--------	-------	-------------

3.15pm	Handicap 100m	M W or mixed
--------	---------------	----------------

Sunday

8.30am	5000m TW	M30+ W30+
--------	----------	-------------

9.00am	Long Jump	♣ MTP1
--------	-----------	--------

9.15am	100m	♣ WTP1
--------	------	--------

9.20am	200m Heats (if required)	
--------	--------------------------	--

9.30am	5000m	M30+ W30+
--------	-------	-------------

9.45am	Shot Put	WTP2
--------	----------	------

10.00am	Javelin	MTP2
---------	---------	------

10.30am	Long Jump	WTP3
---------	-----------	------

11.30am	200m	MTP3
---------	------	------

11.35am	200m	M30+ W30+
---------	------	-------------

12.00pm	Discus	MTP4
---------	--------	------

12.00pm	Javelin	MTP4
---------	---------	------

12.30pm	800m	M30+ W30+
---------	------	-------------

1.00pm	800m	WTP5
--------	------	------

1.10pm	1500m	MTP5
--------	-------	------

1.30pm	Long Hurdles	M30+ W30+
--------	--------------	-------------

1.45pm	4 x 100m Relays	M W or mixed
--------	-----------------	----------------

Friday Field Grade

4.00pm	Long Jump	M30-60
--------	-----------	--------

4.00pm	Hammer	M30-69
--------	--------	--------

4.00pm	Shot Put	M70+
--------	----------	------

4.30pm	Javelin	W65+
--------	---------	------

4.30pm	Weight	W30-64
--------	--------	--------

5.15pm	Shot Put	M30-54
--------	----------	--------

5.30pm	Hammer	M70+
--------	--------	------

6.00am	Weight	W65+
--------	--------	------

6.00pm	Javelin	W30-64
--------	---------	--------

6.00pm	Shot Put	M55-69
--------	----------	--------

6.00pm	Triple Jump	M70+
--------	-------------	------

Saturday

9.30am	High Jump	M30-64
--------	-----------	--------

9.30am	Long Jump	W65+ M70+
--------	-----------	-------------

9.30am	Discus	M55-69
--------	--------	--------

9.30am	Javelin	M70+
--------	---------	------

10.45am	Shot put	W30-64
---------	----------	--------

10.45am	Weigh	M70+
---------	-------	------

10.45am	High Jump	W30+
---------	-----------	------

11.00am	Discus	M30-54
---------	--------	--------

11.30am	Javelin	M55-69
---------	---------	--------

12.00pm	Discus	W65+
---------	--------	------

12.00pm	High Jump	M65+
---------	-----------	------

12.00pm	Long Jump	W30-64
---------	-----------	--------

12.15pm	Hammer	W30-64
---------	--------	--------

12.30pm	Polevault	M30+ W30+
---------	-----------	-------------

2.00pm	Hammer	W65+
--------	--------	------

2.00pm	Discus	M70+
--------	--------	------

2.00pm	Triple Jump	M30-69
--------	-------------	--------

2.15pm	Weight	M30-69
--------	--------	--------

3.00pm	Triple Jump	W30+
--------	-------------	------

3.15pm	Discus	W30-64
--------	--------	--------

3.105pm	Shot Put	W65+
---------	----------	------

3.15pm	Javelin	M30-54
--------	---------	--------

Sunday

9.00am	Throws Pentathlon	■ M30+
--------	-------------------	--------

10.00am	Throws Pentathlon	■ W30+
---------	-------------------	--------

Organised by
Hawke's Bay Gisborne Masters Athletics



ENTER ONLINE via the NZMA website

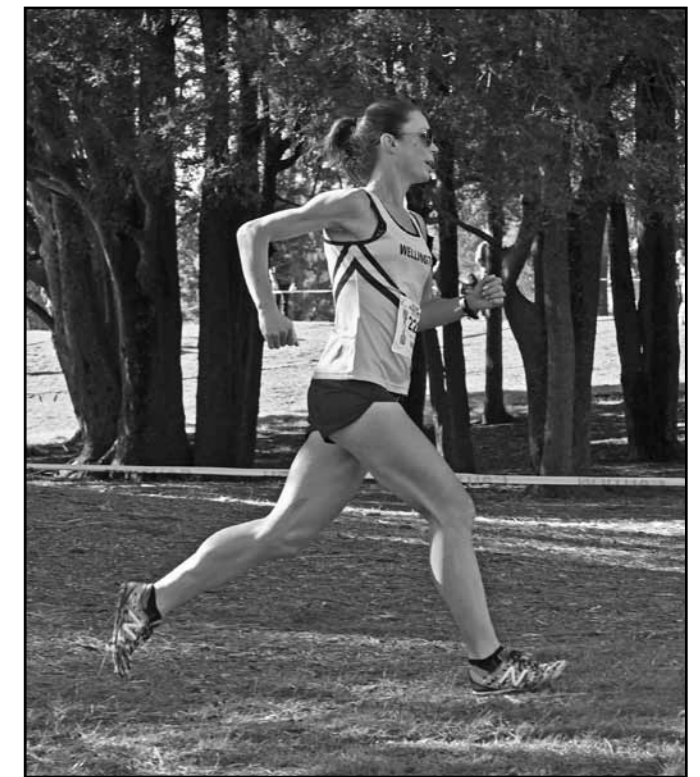
Enquires - Mike O'Leary 027 921 6066

miker.oleary@xtra.co.nz

- ♣ WTP and *MTP refers to Track Pentathlon events
- The smaller group of throwers will start first, i.e. this order could be reversed once entries are finalised.



Sally Gibbs (1st W50) in the NZ Cross Country Championships



Mel Stevens (1st W35) in the NZ Cross Country Championships



Lindsay Barwick (2nd W35) in the Dorne Cup XC, Wellington



Max O'Kane (4th M60) leads Malcolm Macdonald (3rd M60) in the Wellington XC



Andrew Wharton (3rd M35) in the Dorne Cup XC, Wellington



Victoria Humphries (1st W50) in the Wellington Road Champs



Betty Harp (5th W50) in the Wellington Road Champs

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

Gold Medal Feast and Tumbling Records at the Oceania Championships

by Janet Naylor

The North Queensland city of Mackay turned on the heat to welcome over 450 athletes from 19 countries for the 20th Oceania Masters Athletics Champs from 31 August to 7 September 2019. The most common comment from athletes was they had come to Mackay to escape cold winter temperatures. No one left disappointed as we bathed in glorious sunshine every day, albeit windy in the afternoons, and this was conducive to great performances on the brand new track. Everyone had a spring in his or her step!

The first day was a little disconcerting though as we were greeted with a plume of 'smoke' from a nearby factory – we learnt quickly that this was one of many sugar refineries in the area and we were inhaling carbs!

Heather Carr (Victoria) led the Australian charge through the record books with a world record (pending ratification) in the W70 3000m race walk on the penultimate day of competition. Her time of 18:01.06 bettered the mark of 18:05.0 set by Britta Tibbling of Sweden in 1989.

Also making it into the Australia record books were:

- Helen Searle (QLD) W80 hammer 27.03m and W80 shot put 9.24m
- Jim Sinclair (VIC) M95 60m 15.24s and M95 100m 25.39s
- Gwen Gleeson (ACT) W90 60m 16.74s
- June Lowe (NSW) W65 throws pentathlon with 4361pts
- Margaret Saunders (WA) W65 2000m steeplechase 9:29.52

Many athletes set local state and club records, though at the time of writing the number of Oceania records broken was unknown.

Australians dominated their events and it was no surprise to see a number of athletes winning multiple medals. The multi-event athletes, in particular, lead the way and stand-out performer was Vicki Townsend (NSW) who won the W55 heptathlon, pentathlon, 60m, 100m, 200m, 80m hurdles, high jump, long jump, triple jump and shot put. To round out the week, Vicki collected silver in the discus and throws pentathlon.

Some multiple gold medal highlights include:

- Carol Davis (QLD) - W65 60m, 100m, 200m, 400m, long jump, triple jump, javelin, pentathlon, 4x100m
- Lenore Lambert (NSW) - W45 60m, 100m, 200m, 400m, 80m hurdles, 400m hurdles, long jump, high jump in a PB of 1.58m, 4x100m
- Karen Long (SA) - W40 60m, 100m, 200m, 400m, shot put, 4x100m, medley relay

- Luke De Biasi (VIC) - M55 60m, 100m, pentathlon, 4x100m, medley relay
- Gary Parkinson (QLD) - M50 60m, 100m, 200m, 400m, 4x100m, medley relay
- Craig Hookey (QLD) - M45 60m, 100m, 200m, 400m, 4x100m, medley relay
- Mary Thomas (NSW) - W75 javelin, discus, hammer, shot put and throws pentathlon
- Jayne Hardy (ACT) - W55 javelin, discus, hammer, weight throw and throws pentathlon

It's always exciting to see close rivalries develop and the W35 sprinters didn't disappoint with Jess Dux (AUS) taking the 60m win in 8.29s from New Zealand's Ugen Iyer 8.36s. Ugen turned the tables in the 100m with 12.92s to Jess's 12.94s and in the 200m it was even closer, Ugen 26.76s, Jess 26.77s.

Local Mackay athlete, Kevin Galea (M50) re-started athletics three years ago when his son started competing at school and now the drive to beat personal bests is a family past-time. Kevin medalled in five of his six events, including gold in the javelin and discus. Nothing beats the feeling of a perfect javelin throw, he said.

Impressions from Australian Athletes

Suzie Gaynor (ACT, W50) - What an eye opener the Oceania Masters Champs were for me, as a relative newbie to athletics, and my first international meet. I have toddled around the track on Thursday nights with my local club and tossed the odd piece of equipment, not realising the calibre of the people beside me who can hold their own on the world stage! At Mackay, I realised the absolute champions that we have in our club and was humbled to know I had been competing alongside and receiving help from cracking international champions! Their world rankings easily go unnoticed at a club meet, as you only know they are exceedingly better than yourself (which wasn't hard as a newbie), but to see them throw, jump and run far better than all others in their age groups in the international arena was a total eye opener and made me extremely proud! Congratulations to all and thank you for your kindness and support in my first international meet for which I proudly have a shiny new bronze medal to remind me.

Karen Long (SA, W40) - I'm not a fan of the cold weather, so I jumped at the chance to run at the Oceania Champs and enjoy the sunshine. The weather was amazing throughout the whole competition. One of my goals was to win gold in the shot put because I haven't done that before. My second put was a PB by 5cm, which placed me into first position. My other goal was to run a PB in the 200m. The wind had been quite gusty, but

on the morning of the 200m it was still; I ran a PB and broke my own South Australian state record. One of my highlights of the Oceania Games was watching Janet Naylor in the W50 long jump. Several age groups were combined and there was friendly rivalry between some of the ladies even though they were competing in different age groups. It came right down to the wire and the 6th jump, which made for a very exciting competition. Well done to all. There were many amazing performances and the whole event ran smoothly. Thanks to everyone who made the Oceania Champs possible.

Lisa Attenborough (AUS Team Manager) - I had a great time meeting all the athletes and it was fantastic to be able to support and encourage everyone as they achieved personal bests, state and Oceania records. It was a wonderful atmosphere and experience sitting and talking with people from other countries in our region. As a first time team manager at this level, I learnt lots and gained valuable experience for when I tackle the role again in the future. The Aussie team were a fantastic bunch of people that supported each other during the week of competition.

Janet Naylor (NSW, W50) - Mackay was my first Oceania Championships and I was excited to win some medals but the event that stands out most for me was meeting Sheril Buchanan

(QLD, W40). Sheril was a Year 7 student at the school where I taught PE when I was fresh out of university. We shared some memories from that time and it turned out I had some camp photos Sheril had never seen. It was exciting to hear of Sheril's journey, to see her results and hear she is a PDHPE teacher!

Additional Information

The Oceania Masters Championships were held at the newly opened sports facility, the Mackay Aquatic and Recreation Complex with 450 athletes from 19 countries - 14 Oceanic Federations - Australia, New Caledonia, Vanuatu, Cook Islands, New Zealand, Fiji, Norfolk Island, French Polynesia (Tahiti), Northern Marianas Islands, Guam, Papua New Guinea, Nauru and Tonga along with visitors from Great Britain, United States of America, India, Mongolia and Czech Republic. The next edition of the championships will be held at Norfolk Island 17-23 January 2021

Further Information

Janet Naylor: +61 418 655 170
janetnaylor@australianmastersathletics.org.au

Photos at this link:
<https://drive.google.com/open?id=1hE97Bbv1hz5AS7NEmjufVwxaH80X4GpR>

Complete Name	Gender	Country	Gold	Silver	Bronze	Total
Vicki Townsend	F	AUS	10	2	0	12
Helena Dinnissen	F	NZL	9	0	0	9
Dash Newington	F	GBR	8	4	2	14
Jim Blair	M	NZL	8	0	0	8
Carol Davis	F	AUS	8	0	0	8
Lenore Lambert	F	AUS	8	0	0	8
Allan Wood	M	AUS	8	0	0	8
Steven Cragg	M	AUS	7	4	0	11
Suzanne Coate	F	AUS	7	3	1	11
June Lowe	F	AUS	6	3	2	11
Dan Copeland	M	AUS	6	3	0	9
Miriam Cudmore	F	AUS	6	1	0	7
Heather Doherty	F	AUS	6	0	0	6
Michael Juckes	M	AUS	6	0	0	6



Vicki Townsend



Heather Carr leading the race walk

PHOTOS: Graeme Dahl

Hawke's Bay/Gisborne

by Maurice Callaghan

Spring has arrived and with it longer and warmer days so the incentive to get out and train is a lot more inviting.

The Bay is awash with blossom, so as long as you don't have allergies to pollen, it is very pleasant running through the countryside at present. The Hawkes Bay / Gisborne committee have been working really hard over the winter preparing for the upcoming National Championships to be held at the Hawkes Bay Regional Sports Park on 28 February – 1st March 2020.

Hawkes Bay usually enjoys great weather at that time of year so why not come to the champs and include some extra time to enjoy the many sights and activities available in this area. A side trip to our sister province, Gisborne (drive time 2 ¼ - 3 hours) would be well worth the effort also.

When competing at the champs take the opportunity to visit the new Pak n Save Hastings Indoor Sports Centre situated next door to the Regional Park. Opened in July, this state of the art Sports Complex will be a great asset to our region.

Featuring a 50 metre indoor track plus long jump / triple jump pit and pole vault pit, the complex also caters for Netball, Basketball, Volleyball, Badminton and Pickleball. The Eastern Institute of Technology (EIT) occupy much of the building including a

Sports Science Gym and Weight Room Performance Gym EIT staff are on hand to assist with specialised training programmes and Vicky, the cheerful, helpful receptionist, is on hand to assist with inquiries. The Royston Community Gym is accessible to members of the public and with specialist trainers on hand, they can tailor make a programme for attendees of all abilities and levels. They are particularly adept at assisting older participants.

The building also features meeting rooms which look out over the Sports Stadium and are available for hire by the general public.

A feature of the complex is their well-appointed café / coffee shop just 3 minutes' walk from the Regional Park running track. No need to worry about packing a lunch for the champs, just wander over to the café.

Even though it is in its infancy, General Manager, David Nancarrow, explained that they are already planning two extensions due in 2020 and 2021.

The scene is set; get out training; get your entry in for the National Champs and head to Hawkes Bay for a memorable 2020 National Masters Track and Field Championships.

Entry forms for the champs and memorabilia available are to be found in this edition of Vetline.

PHOTOS (unless indicated): Graeme Dahl



Gary Parkinson (right of picture)



Carol Davis

PHOTO: courtesy Janey Naylon



Lisa Attenborough



Gwen Gleeson



Margaret Saunders

PHOTO: Stuart Patterson



Janet Naylon



Jess Dux winning the W35 60m



Lenore Lambert



Karen Long in the W40-45 400m



Janet and Sheril



Janet Naylon

PHOTO: Stuart Patterson



EIT Institute of Sport situated adjacent to the Hawkes Bay Sports Park, venue for the 2020 national masters champs

Northland

by Judith Stewart and Judith Bradshaw

Kilimanjaro by Lucy Andrews

Kilimanjaro is the highest free-standing mountain in the world, standing at an impressive 5895m above sea level. The secret to reaching the top is to go ... very very slowly.

Climbing this mountain was the hardest thing I've done, not physically but mentally. And that was with the support of the 31 others in my party and 100 porters and guides who pampered us along the way carrying our kit, putting up tents and feeding us three times a day.

It took five and a half days to reach the summit and only a day and half to get down again. The ascent wasn't technical. No climbing ability is needed. Some days we walked and walked and walked but there was so much track variety it didn't seem long and the views were hard to beat. The last 4km, which we started at 10pm took us 8 hours. That's 500m per hour! Eight hours of slow fairy steps and still having to hyper-ventilate every few steps to get enough oxygen to move.

I didn't suffer from any of the physical symptoms others in the group had, headaches, nausea, coughing blood, but mentally the time at the top was brutal. We were all very over-emotional, even some of the men shed tears. It's hard to explain how it felt. Suffocation doesn't really do it, but I knew I desperately wanted to get down.

The whole experience was magical, and although I never want to do it again as me and altitude are not friends, I would thoroughly recommend it.

Three Pigs: Off-Road Two Day Marathon (Aka Beastly Pig) & Piglet Event in Glenbervie Forest, Whangarei by Polly Barach

Day 1: 16km or 10km Forest Road & 5km Single Mtn Bike Track & Forest Road

The threat of rain lingered all week, so constantly checking the weather forecast ... Oh great it's going to be wet, cold and of course MUDDY... but that's what we all signed up for correct?

Saturday morning dawned, porridge, bananas, coffee, cereal was consumed ready for the first run of 3 PIGS 10 Year Anniversary Event - "the 16km". What do you know the weather was near perfect, sun was shining, no wind and I'm sure if you listened carefully you could hear the piggy's squealing with delight.

Organisers were busy handing out race numbers, ticking people's names off, checking gear, heating up soup for all athletes when they crossed the finish line, as well as all the other tasks and ultimately all with smiles on their faces.

Athletes all standing around, camel backs on and a silent nervousness while we all listened to the race briefing. Bang - the hooter went and we were off on our journey. Some were running/walking 10km others 16km. We weaved our way up the road huffing and puffing as the first 2km or so is uphill. The sounds of the birds chirping, pounding of feet on the road and being out in the country was glorious and everyone had smiles on their faces for the out and back course.

Back across the finish line and the smell of fresh homemade soup and buns was delicious and devoured by many. Off people went to 'freshen up', have a coffee or a snooze before it was time for the 5km in the afternoon - how hard can it be ... its only 5km!! Well I partly have myself to blame as I 'ran and okayed' the course during the week.

Right, 5km race briefing, the sun was still shining and no rain in sight ... horn went and we were off again on our piggy journey. A bit more rugged this time, single track and much, much more mud - just what a pig likes. Why hello legs there you are, slip here and slip there and now my clean shoes look like they have been used. A one lap course through mountain bikes tracks and back down the road to the finish, running through the bush but only the sounds of the runners whooping, laughing and puffing could be heard ... where was the elusive pig!

Food was shared at the end of day 1, stories were told. People were off to recover ready for day 2 or recover from their days efforts. People joined at the Whangarei Athletic & Harrier Club on Saturday evening for a piggy feast before retreating home for a well-deserved sleep. For me - back home to help with the results (this part is a challenge to get out on time the next day but it's a team effort).

Day 2: 21.1km Half + Piglet (u12) event

Organisers were up early preparing the 21.1km run course, sorting numbers and making sure people were prepared, essential gear checked off whistle, jacket space blanket, race briefing, photos and the thoughts of "What are we doing!?", "Oh shoot I was supposed to start an hour ago", "My legs are feeling it", "Have fun" were just a few of the comments going around ... then boom, we were off on our final journey through the bush. Here piggy piggy piggy.



Anson Clapcott at the NZ Road Championships

The beautiful bush, scenery and just being able to treasure the outdoors and appreciate that we are able to be out here is remarkable (some people don't have that luxury). The athletes run/walked their way through the course - ah bliss coming near the end 20.9km my watch said - but I knew we had a little over the 21.1km to go - I had inside knowledge.

My legs were saying "woah" this hill is like Everest. Turn right and into the single track for the finish - smile there is a camera man. Out onto the road and up to the finish line. What an achievement - 21.1km completed and for me and many others 42.2km 3Pigs completed.

Standing around listening to prize giving, sharing stories, stretching, laughing, enjoying home baked goodies as well as glorious homemade outstanding pig cakes.

The piglet event with little piggy's I heard was thoroughly enjoyed by all involved. The sound of children's laughter filled the air, their elation at crossing the finish line and saying "Look, look, look at my cool Piggy Medal to their supporters - just pure joy!

Well ... what do I say ... Will there be a 2020 event? If so ... "bring on next year?" I am still waiting to see the pig. But ultimately a massive thank you needs to go to Brian and Barach and all helpers in putting on such a spectacular event! I don't think anyone expected this to still be going 10 years on.

THANK - YOU!

NZ Road Champs - Bruce Pulman Park, Auckland

A contingent of six Northland masters ventured south for these champs on 15 September 2019 and half of them achieved podium finishes. In the 5km masters women race Judith Bradshaw claim the bronze medal in the W65 grade with a time of 24:30. In the masters men 10km race Anson Clapcott won the gold medal in his M75 grade in a time of 48:41. Other Northland results were: John Kent (M65) 4th 45:11; Tim Goodwin (M45) 4th 35:04 and Ben Winder (M40), (who resides in Northland but was running in a Wellington Scottish singlet) 6th in 35:15. In the 20km race walk Corrine Smith was second in 2:06.

The livestream video on ANZ Facebook page was good to watch, but a pity the commentators hadn't done some more research on the athletes to talk about rather than filling the time with discussing their golf handicaps!

PHOTOS: Sharon Wray

Taranaki

by Vicky Jones

The winter season continues to be a busy one, culminating with the Oceania Masters Track and Field Champs in Mackay, Queensland at the end of August. But first, some results I didn't have to hand for the Hughes Memorial held back in June.

4km Walk (Combined Ages)

3	Roger Mackay	35.50/36.11
5	Peter Shaeff	43.55/42.30
6	Vicky Jones	32.58/31.30
7	Martyn Schrider	36.36/34/54
8	Albie Jane	28.01/25.36
9	Sandra Heal	50.10/53.00
10	Gaylene Anderson	30.45/27.54
11	Dennis Kowolewski	36.27/33.35
13	Judith Duffy	47.11/43.54
14	Kate Payne	47.09/43.20
15	Karen Gillum-Green	33.36/40.00

(Actual Time/Estimated Time)

4km Run

W45	Nicola Carver	20.03 (1)
W55	Karen Eliason	25.47 (1)
W65	Diane Kowolewski	24.49 (1)
	Vicky Adams	26.08 (2)
M65	Murray Laird	19.28 (1)
M70	Alan Jones	22.15 (1)

8km Run

M35	Nathan Foley	31.10 (1)
	J P Heather	32.30 (2)
M40	Mike O'Sullivan	32.44 (1)
	Jason Werder	40.43 (3)
M45	Rodney Baldock	33.47 (1)
	John Nolly	35.36 (2)
M50	Richard Brewer	34.53 (2)
	Stephen Foreman	36.56 (3)

Tom Verney Jr Memorial (08/06/2019), Stratford Race Course

It was a chilly, windy day that set the scene for this year's running of the Tom Verney Memorial. And it was a completely different circuit for those who competed. It was still a 2km loop (4km for walkers, MW and M65+, 6km for masters under 65) but no longer took in the inner paddocks for the racecourse grounds (no woolly participants this year!). Instead the course lead alongside

the driveway starting by the racecourse grandstand up to the road, then back again going behind the stables then back to the start/finish.

Numbers appear to be down on last year but competition was no less fierce as the fight for placings has a big say over who claims the trophy.

Taranaki Open Walks (08/06/2019), Kaimata Street/Bowl of Brooklands

While runners and walkers were slogging it out in Stratford, the Taranaki Race Walking Club hosted their annual open walk event comprising 5km, 10km and 15km races over a fast, flat 1km circuit next to the famed Bowl of Brooklands. Conditions were similar to those in Stratford at the time, battling strong cold gusts on every lap with the odd shower.

Numbers were well up on last year, which pleased the club no end and it was nice to see the likes of stalwarts Arthur Lester who unfortunately no longer walks but still stays involved with the club. Most of the field were masters members both local and as far away as Wellington who fronted a strong contingent. Those over 65 had the option of 5km or 10km with most opting for 5km.

Eric Kemsley was one of the three to do 15km along with Helen Bavistock (who took the trophy on handicap) and Terri Grimmett of Wellington. The 5km competitors were Sue Park, Dave Barrett and Peter Schaeff with Wellington's Geoff Ironmonger. The rest did 10km and the racing was fierce. Winners were determined by sealed handicap so results weren't revealed until the prize giving later that evening. I was pleased to do my second best ever 10km time and gave Wellington's Daphne Jones a walk for her money! Doing so allowed me to take third place on handicap behind Daphne and another Wellington walker, Arelene Wong-Tang.

5km (Campbell Cup)

Sue Park	42.44 (0.00.29 diff over handicap)
----------	------------------------------------

5km (T Suthon Cup)

Dave Barrett	39.09 (0.01.49 diff over h/cap)
Peter Shaeff	46.59 (0.00.41 (diff over h/cap) (2nd)

10km (Campbell Cup)

Anne Fraser	1.14.49 (1.29.29 diff over h/cap)
Vicky Jones	1.17.25 (0.00.15 diff over h/cap) (3rd)
Michelle Nicholson	1.18.17 (0.00.17 diff over h/cap)

10km (T Suthon Cup)

Peter Fox	1.01.39 (0.01.59 diff over h/cap)
Ross Allen	1.09.44 (0.01.44 diff over h/cap)
Tony Burrell	1.07.08 (diff over h/cap)

15km (Hawera Cup)

Eric Kemsley	1.32.21 (0.02.21 diff over h/cap) (2nd)
Helen Bavistock	1.47.09 (0.01.36 diff over h/cap) (1st)

Taranaki Cross Country Champs (20/07/2019), Karo Park, Inglewood

Weather and underfoot conditions made for honest cross country conditions for this year's running of the centre cross country championships ran this year by Inglewood Runners and Walkers They did a sterling job setting up the course and running proceedings given their modest numbers. The course comprised a 1km circuit used by the walkers and a 2km circuit used by everyone else. The 1km loop was confined to Karo Park while the 2km strayed onto Inglewood High School fields and a undeveloped piece of land beside the Karo Park driveway. Both courses were broken slightly by a hay bale hurdle and fence - (in the 2km loop) which added to the spirit of cross country, as did a particularly muddy section next to a creek.

Competition wise the course made for more modest times, but was no less fierce when battling for line honours. Walkers kicked things off over their four laps, but it was a disappointingly small field with only 4 taking part - which had the benefit that we all won our grades! Dennis Jordan and I continue to go toe to toe and I could feel him catching up, but a last push to the finish I opened up the biggest gap I've ever opened between us. Dennis went on to do the run afterwards.

In the run, Des Phillips comfortably won the M70 grade running away from his coach Karen Gillum-Green who took the W60 grade. Alan Jones settled for second place in the M70 grade but had a good battle with Joy Baker who claimed the W65 grade ahead of Lynne Mackay and Vicky Adams (who unfortunately had to pull out due to suddenly taking ill). Murray Laird was comfortable victor in the M65 grade. The younger masters grades had great racing over their 8km distance with dominant performances by Nathan Foley in the M35s and Robin Grant in the M60s with several competitors in each group.

4km Walk

W40	Vicky Jones	31.04.24 (1)
M55	Rodney Gillum	27.28.33 (1)
M60	Dennis Jordan	31.26.14 (1)
M80	Peter Shaeff	38.31.08 (1)

6km Run

W40	Sarah Shepard	27.55.59 (1)
W45	Nic Carver	30.20.20 (1)

W50	Cheryl Leuhart	29.12.97 (1)
W60	Karen Gillum-Green	31.19.69 (1)
W65	Joy Baker	33.55.29 (1)
	Lynne Mackay	41.52.95 (2)
M65	Murray Laird	28.21.15 (1)
M70	Des Phillips	31.38.07 (1)
	Alan Jones	34.00.76 (2)

8km Run

M35	Nathan Foley	28.31.89 (1)
	Zane Bolger	30.57.21 (2)
	Kane Bretherton	33.40.22 (3)
M40	Mike O'Sullivan	32.45.05 (1)
M50	Richard Brewer	34.27.38 (1)
	Dave Hadley	35.35.60 (2)
	Stephen Foreman	37.42.13 (3)
M55	Chris Jones	42.14.94 (1)
M60	Robin Grant	32.50.28 (1)
	Allan Thomas	40.18.28 (2)
	Dennis Jordan	56.50.85 (3)

ANZ Cross Country Champs (04/08/2019), Holden Park, Lower Hutt

A small competitive bunch represented the centre at this year's NZ Cross Country Champs near Wellington. By all accounts the course was a vast improvement on last year and the weather managed to play ball with cold, clear conditions sandwiched between two cold fronts. Masters members achieved excellent results with 1 gold, 2 silvers, 2 bronze and three 5th placings amongst strong fields. All ran for the centre, while Mike O'Sullivan ran for his club.

6km Run

W40	Kirsten Foley	26.44 (6)
W45	Nic Carver	28.56 (5)
W60	Karen Gillum-Green	30.53 (5)
W65	Joy Baker	34.51 (1)

8km run

M35	Nathan Foley	27.51 (2)
M40	Mike O'Sullivan	31.33 (14)
M60	Robin Grant	31.57 (2)
M65	Murray Laird	27.23 (3)
M70	Des Phillips	32.32 (3)
	Alan Jones	33.24 (5)

Taranaki Road Champs (31/08/2019), Bell Block Cycle Track, New Plymouth

With some members away in Mackay for Oceanias, the centre held their annual road championships, hosted this year by Energy City Harriers, on the cycle track at the Bell Block velodrome. This made for a smooth surface but hard on the legs (from past experience). By all accounts it was a successful event in typically unsettled early spring weather. Unfortunately by the time this report was due I was unable to obtain the results.

Oceania Masters Track & Field Champs (30/08/2019-07/09/2019), Mackay, Australia

A contingent of six Taranaki members made the trip to Mackay in Queensland for the next instalment of the OMA Champs. Being out of season, this made preparations interesting in getting track ready, but we were all up to the task. This also meant that we were unable to attend the centre road championships being held at the same time. The group comprised 3 specialist walkers - myself, Peter Fox and Eric Kemsley - and 3 runners (with field disciplines) - Des Phillips, Peter Shaeff and Brian Warren (though Peter and Des also walk). Des and Peter Shaeff both entered an impressive number and range of events, although Peter ended up withdrawing from the 6km cross country.

The Taranaki team had a successful meet in the rather hot conditions, ending up with a plethora of medals. I won 2 gold medals, in the 10k road walk and 3000m walk, and silver in the 5000m walk; Peter Fox had a blinder in both track walks scoring

gold ahead of Eric Kemlsey, who got the silver. Results were reversed in the 10k road walk with Eric gaining the gold. Peter Shaeff collected a total of 7 medals - 1 gold (weight throw), 5 silver (200m, shot put, 60m, 100m, long jump), and a bronze (javelin). He started the 10k road walk but unfortunately got DQ'd. Brian Warren scored a number of golds (cross country and team, 1500m), a bronze (5000m) and had a great battle in the 800m for silver and bronze with fellow club member Des, with Brian prevailing. Des scored medals in all events bar the high jump in which he was held to 4th by count back. He earned 2 silvers (2000m steeplechase and 300m hurdles) and 5 bronzes (triple jump, long jump, 400m, 800m, 80m hurdles). He also scored a gold in the 4x100m relay.

There was a late addition in the form of throws specialist Fiona Black who also did extremely well winning silver in all her events - discus, hammer, shot put and the throws pentathlon. A big thank you to the Mackay organisers for such a fabulous meet. With a busy winter season it's now time to look forward to the next track season and warmer weather for a break!

Coaching Corner

by Mike Weddell

As the track season approaches my training group are getting excited about running fast again and most of them being fairly young are looking at setting PBs for their various distances. Like most things in life good things have a better chance of happening if they are planned. Last week I got them to write down their goals for the track for at least two distances but preferably three distances.

You should be able to run a good time for the distances immediately above and below your favoured distance if you want to get somewhere near your potential. For instance, a 1500m runner should have a go at a 3000m and an 800m and if one of those is weak the sort of training that you need to do for getting the best time for the in between distance is the training that will address that weakness.

The goals set should be realistic and specific, a vague statement such as qualify for the Tokyo Olympics is not acceptable on both counts for members of my group. It is also a good idea to set goals for pre- and post-Christmas. The pre-Christmas goal is a check on progress for the championships at the end of the season, which is the logical time to run a PB.

Once the season starts, races should be picked for a reason - to practice tactics, to improve speed or speed endurance. Running races is important as athletes need to learn how to race and you can't do that by just training. I often hear athletes say "I'm not fit enough to race yet" well if you want to get fit to race you need to race. Doing over distance at the start of the season is a logical thing to do and as important races approach doing under distance for speed is sensible. So, if you want to run well this track season put some thought into it don't just hope.

Waikato/Bay of Plenty

by Dave Couper and Murray Clarkson

PHOTO: Murray Clarkson



Dave Couper and Sheryl Gower, with her trophy for the WBOP Masters Athlete of the Year

AGM

Our AGM in August, saw Bruce Solomon step down as President and in the end also come off the committee. We thank Bruce for his years of service and wish him well in new business prospects. Dave Couper is now president with Murray Clarkson as vice-president and Fay Riley continuing as secretary/treasurer.

Also at the AGM, Sheryl Gower was presented with the WBOP Masters Athlete of the Year Trophy. Sheryl has had an outstanding season resulting in multiple world titles and some very high percentage times. Heather O'Hagan was the recipient of the Committee Award. This was in recognition of her help at WBOP Masters athletic meetings during the year and her support of our athletes and officials.

NZMA Indoor Champs

A small group of WBOP athletes attend this meet using it as either a warm up for the Oceania Champs or to dust off those winter cobwebs. NZ best performances went to Aaron Jack and Stephen Burden in the triple jump, Steven Te Whaiti with NZMA records in the M55 high jump and 50m hurdles and Peter Crawford with a NZMA record in the M75 shot put. Congratulations and well done guys. Many thanks to AMA for once again putting on a great event.

Oceania Champs in Mackay

Our track "team" of 7 competitors took it to the opposition and amassed 5 gold and 2 silver medals. Special mention of Sheryl Gower and Stephen Burden is warranted for their exceptional performances. Two of our group fronted with niggles which proved to be their downfall, not completing their first event. Most of us have been there. Our field "team" of 3 collected 6 gold, 4 silver and 2 bronze medals. Although it was a small team consisting of Brenda Davis, Bev Savage and Kevin Bradley, they were very competitive. We also supplied 4 track officials with Brenda and Bev helping when not competing. Competitors and others enjoyed the temperatures and friendship which makes the event and the sightseeing exciting when able to get away from the track.

Oceania Throws Pentathlon Challenge

Once again WBOP's Oceania Throws Pentathlon Challenge was held in Edgumbe. Hosted by Rene Otto at his Edgumbe College Athletics Academy facilities and officiated by his students. This makes for a wonderful atmosphere and many athletes commented on how relaxed they felt, which made for some pretty good throwing. Highlights included a visiting Laina Inivale having 3 puts over 14m with a best of 14.35 and James Thomas, another Auckland visitor, sending the discus out to 40.18m and the heavy weight over 16m. In addition, Dave Couper had a 43m javelin throw and Brenda Davis tickled up the 40m mark with a hammer throw out to 39.65m.

North Island Masters Champs

Whakatane is ready and waiting. The LOC are keen and most of the pre-event work completed. A new cage has been funded by the 4th World Veteran Games Trust, Whakatane Athletic Club and WBOP Masters is expected to be completed by 15 October. NZCT have approved a grant for major event expenses and entries are trickling in. The effort has been made to stage the event and all that is now needed are the entries and officials. The Whakatane District Council have endorsed the event and have many things for visitors to do while at their place.

"Have a GO" Day

WBOP Masters will be kicking the track and field season off with the annual "Have a GO" Day. This is a free to enter event with the idea of re/introducing people to master's athletics with the hopes of attracting new members.

Wellington

by Michael Wray

Dorne Cup

The Dorne Cup course this year returned to the double-stream crossing per lap after two years where we had to use the bridge to cross the larger of the two water hazards to avoid damaging newly planted flora. In the W35 race, Mel Stevens (Scottish) started strongly to take an early lead and ultimately won by over a minute. Lindsay Barwick (Scottish) was clear in second, while third went to Renae Creser who narrowly held off Kapiti club mate Anna Douglas. Victoria Humphries (WHAC) was dominant in the W50s. Jan Sheppard was second W50, surviving a late challenge from fellow Olympic runner Tracy Berghan. The W60 grade was won by Lesley Graham (Masterton), 16s ahead of Michele Allison (Scottish). Third W60 followed on nearly 90s back through Judith Taylor (Kapiti).

The M60s and M70s run the same 6km course with the masters women. Paul Forster (WHAC), Malcolm Macdonald (Masterton) and Marshall Clark (Scottish) were all evenly separated by 35s on the M60 podium. The M70s were even more staggered. Brian Hayes (WHAC) beat second placed Tony Dawbin (WHAC) by almost two minutes and Lionel Nunns (Scottish) was third another 60+ seconds behind.

The younger masters men run 8km. Brian Garmonsway (Trentham) won the M35s, holding a 30s advantage over two Scottish runners (Stephen Day and Andrew Wharton). For the M50s, Michael Wray (Scottish) staged a second lap surge to beat club mate Peter Stevens by 15s. Graeme Butcher (Masterton) finished third after passing Grant McLean late in the race.

Marathon Champs

Kapiti's Alvirg Busa won the M35 grade in the Wellington Marathon Champs with 2:54, while the W35 winner came from Masterton (Annie Jerling in 4:22). Olympic's Nick Hegan ran 2:59 to win the M50s. Unfortunately we had no W50s compete this year.

Cross Country Champs

Grenada North Park was exceptionally muddy. Again. To comply with the council requirements on protecting the sports grounds, the course had to be reconfigured just a few days out. It was a fair enough precaution; the grass soon became pure swamp and runners amused onlookers by slipping over regularly. The shortened lap distance meant additional laps, causing even more damage.

Victoria Humphries ran well in the conditions to win the W50s, 90s ahead of clubmate Carline Thomas. Jan Sheppard claimed third. Lesley Graham won the W60s, followed by Judith Taylor and Sheryne Coverdale. Paul Forster won the M60s, with

David Hood (Trentham) and Malcolm Macdonald behind. For the M70s, Tony Dawbin won by two and a half minutes; Bob Stephens (Scottish) and Jeff Annan (WHAC) completed the podium.

The younger masters ran twice as many laps. Mel Stevens won the W35s, followed in by Tamara Winkler (WHAC) and Mel Aitken (Scottish). In the M35s, Brian Garmonsway beat Stephen Day. Third place was Daniel Clendon (WHAC). In the M50s, Jim Jones (Scottish) ran a smart race to finish ahead of Paul Hewitson (WHAC), with Grant McLean (Scottish) third.

Johnsonville

We had 41 competitors for our Johnsonville Road Race. Fastest male walker over the hilly four-lap course was Jon Roskvist (Trentham) and Jackie Wilson (Trentham) was the fastest women. Fastest male runner over the five-lap course was Stewart Milne (WHAC) and the fastest women was Michelle Van Looy (Olympic). The Jim Lockhart and Mariette Hewitson Baton was won by Pam Graham with a new W70 course record. The club team for the runners was won by Scottish and Trentham won the club team for the walkers.

Bays Relays

The Bays Relays took place on a cold day with strong winds, making individual lap assignments a cause for debate within teams on who would be wind assisted and who would get to run into the southerly.

In the W35 race, Olympic's Ingrid Cree finished the first lap with a 13s lead ahead of Scottish's Mel Aitken. Fiona Hayvice took Scottish into the lead which was further extended by Mel Stevens, Emma Bassett and Lindsay Barwick. Hutt Valley held third place until the fourth lap, when Melissa Moon brought Scottish B up into third place where they finished.

The W50 grade was a good race. WHAC's Charlotte Kerr started the race with a 90s lead, only for her team to fall down to third after the second leg as both Scottish and Olympic moved ahead. Mandy Hancock moved WHAC into second. At the start of the final leg Scottish were 2:34 ahead but Victoria Humphries ran the fastest time by three minutes to bring WHAC the win. Olympic finished third.

WHAC led the M60 race from start to finish. Todd Kriebel ran fastest leg to start for a two minute lead. Scottish closed to 1:11 behind at one point but a 3:20 margin of victory meant WHAC were comfortable winners. Scottish were second and Olympic third throughout.

WHAC's Paul Hewitson gave his team a 25s lead at the end of leg one. It was the Scottish B team that were second, ahead of Scottish A. In the third leg, Scottish B fell to fourth as Grant



Andrew Wharton (5th M35) in the Wellington CrossCountry

McLean brought Scottish A into second and Nick Hegan took Olympic into third. On leg four, Scottish A took the lead through Bill Twiss and Peter Stevens held for the win. WHAC fended off Olympic for second and third.

In the M35s, Scottish spread their talent evenly across two teams. The battle between these two occupied the first and second places from start to finish. Stephen Day gave his team (let's call them B) the lead by 42s but it didn't last. Paul Barwick and Geoff Ferry had the Scottish A team at the front. On leg four Andrew Wharton reversed the order to give Scottish B a 4s lead for the final leg. Alasdair Saunders ran 16s quicker than Todd Stevens to swap the two Scottish teams back round for the finish. Third place WHAC could only watch from seven minutes behind in third, more concerned about only being 20s ahead of fourth placed Hutt Valley.

Road Champs

Victoria Humphries continued her dominance of the W50 grade, completing the 5km course nearly two minutes ahead of second place Jan Sheppard and third Tracy Berghan. Lesley Graham won the W60s by an even bigger margin. Sheryne Coverdale held off Scottish's Beverly Hodge for second and



Jackie Wilson (1st W70 walker) in the Johnsonville Road Run

third. Pam Graham (Scottish) was first W70 by over five minutes. In the M60s, Todd Kriebel won, ahead of Tony Price and David Hood. The M70s put on a good race, in which Brian Hayes held off Paul Rodway by 10s. John Skinnon was third.

In the 10km, it was the battle of the two Mels. Mel Stevens secured a narrow victory over Mel Aitken. Angela Leck finished third. The M35s saw Brian Garmonsway run an impressive 32:54, closely followed by Stephen Day and Andrew Wharton. Peter Stevens outkicked Paul Hewitson in the M50s, with Michael Wray 15s back in third.

Winter Series

The winter series is a competition that averages your finishing positions across the season's races and the winners are the ones with the best score. Brian Garmonsway won the M35s, doing so with a perfect score. Michael Wray won the M50s, Paul Forster the M60s and Tony Dawbin the M70s. The M50 rankings were unusual; this is the first time in which no one person won more than one race, which has never happened for any age group before. Mel Stevens (W35), Victoria Humphries (W50) and Lesley Graham (W60) all scored perfect scores; Pam Graham won the W70s.

PHOTOS: Sharon Wray

Tasman

by Derek Shaw

NZ Cross Country Champs

Graeme Lear (M65) made it two titles in a row with his win in the M65 age group on much less muddy course in the Hutt Valley than last year's mud bath in Tawa. He managed to also increase his winning margin from 1:50 to 2:22 – perhaps aided by the withdrawal of injured Gavin Smith on the second lap when he was in 2nd place and also the faster course (24:40 for the 6km as opposed to 28:15 in 2018). A fit and injury free Cliff Bowman (M55) marked his return to the champs with a top run in his very competitive grade to win the silver medal with a time of 30:11 in the 8km race.

OMA Champs

Six Tasman Masters ventured across the Tasman for the OMA Champs and all returned home with multiple medals. In her first OMA champs Effie Milne (W30) ran well in her 60m (8.45s) to claim the silver and in her 100m (14.54s) for bronze. Fellow Tasman sprinter Joeline Jones (W35) despite having no track to train on in the lead up had close races with fellow kiwi Ugen Iyer and Australian Jess Dux but was edged into the bronze medal position in the 60m (8.55s), 100m (13.57) and 200m (27.77). However, in the 400m after a strong run she managed to reverse the order on Ugen and claimed the gold medal in 62.72 by 0.37s. Fellow Tasman sprinter Dave Riddell reported that "Joeline's prone body lay stretched out on the track in sheer exhaustion for sometime after a particularly brutal 400m and her stellar performance reminded everyone watching why the 400 has a fearsome reputation and is known as 'the hurt locker'. We sprinters know that feeling all too well".

Dave Riddell (M65) had a very successful championship - managing to medal in all but one of one of his individual events. Like Joeline he also won his 400m (65.74) with a larger margin of over 2s ahead of his rivals (Australian in his case). He claimed silver medals in his 60m (8.93), 100m (14.41), 200m (29.78), and 1500m (5:43.28), the bronze in the 800m (2:37.10) and was also 5th in his 5000m (23:11.11). He was also a member of the winning NZ 4x100 M40 240 year relay team. Dave admitted that running his first event "the 5000m in spikes was a rookie mistake as his calf muscles bitterly protested the negative drop running for the next three days. I should have chosen my Skecher "Go Runs" as they are actually lighter than the spikes at under 200gm and completely underestimated by everyone who hasn't tried them".

Ian Morrison (M70), despite arriving in Mackay with a leg infection, managed to complete 3 events after bypassing the 5000m on the opening day. He tested the leg on the grass in the cross country, suffered no pain, and carried on to complete it in

5th place (28.05). Two days later in the 2km steeple, in which his 2 main opponents chose to bypass, he withstood temperatures in the low 30's and a challenge from fellow kiwi Des Phillips to win gold (10:17.64). And two days later, Ian completed a very satisfying meet when he won silver in the half marathon (1:48.25). In addition, he was also in NZ silver medal teams for the cross country and half marathon.

Tasman race walkers Jim Kerse (M70) and Nyle Sunderland (W40) both enjoyed success in their events. Nyle won the gold in her 10000m track walk in 58:53.80, while Jim was 2nd in his 3000m (20:57.53), 3rd in his 5000m (39:33.01) and 4th in the 10000m (1:21.15).

NZ Road Champs

Graeme Lear continued his impressive form from the NZ Cross Country Champs to complete the double this season in also winning his M65 age group over 10km at NZ Road champs in Auckland on 15 September. His time of 41:18 was 1:12 ahead of 2nd placed Graham Macky and also ahead of several in the M50 and M60 age groups. Cliff Bowman also entered the road champs and his M55 age group was even more competitive than that in the earlier cross country champs. He finished in fourth place with a good time of 37:19 - just managing to out sprint fellow M55 Richard Seingne to the finish line, with only a second between them.

Tim Cross acknowledged his move into the M60 age group earlier in September by contesting the road champs. He had a good run to claim 4th place in a time of 41:34. He continued on from Auckland to Rarotonga to have a run in the 31km Round Rarotonga Road Race on the following weekend. His impressive time of time of 2:20:48 placed him 5th overall and 1st M60 in the field of 104 and more than 30 minutes ahead of the 2nd M60.

Fire Service Sky Tower Challenge

For the last three years Murray Hart has tackled the gruelling challenge of running up to the top of the Sky Tower in Auckland in full fire fighting kit including breathing apparatus and has finished second in his age group. For this year's challenge in May, Murray did a lot of additional training with heavy loads on the back and finally managed to beat his usual rival to take out first place in his age group by a minute – mission accomplished. However, a week later he was unfortunately stricken by a pinched nerve in his back, probably as a result of his weight training regime. This forced him to withdraw from the Oceania Masters Champs which he was all booked to participate in. After several months of treatment, he is finally back running and looking forward to taking part in a variety of events over the coming months.

Manawatu/Wanganui

by Jen Fee

PHOTO: Sharon Wray



Lesley Graham (1st W60) in the Wellington Road Champs

Another 3 months have flown by and some of us have little to show for it! (speaking about myself). In fact I am writing this from an apartment on a military base in South Korea! More on this story later. However, a dedicated few in our area have been keeping in top shape and been rewarded with results that give us all something to cheer for and a goal for the coming months.

Our busiest athlete would have to be Dale McMillan. Her name pops up regularly in the results, not only locally but also at the NI and NZ Cross Country Champs and a week later at the NZMA Indoor Champs - proving changing from distance to sprints is no problem! Dale won the Manawatu-Wanganui Cross Country Champs Masters event in early July with a close finish of just 1s, a week after getting 6th at the NI XC Champs in her age group 5km event in 25:13.8. She then went on to win a bronze medal at NZ XC Champs over 6km in 30:11s, and a week later getting silver medals in the 50m and shot put at the NZMA Indoor Champs.

Andrew Davenport also had a busy winter with a 4th placing at the NI XC Champs just 5s behind a fellow Manawatu athlete Paul Wasley (Moa Harriers) but at NZ XC their sprint finish was switched with Andrew getting 7th just 2s clear of Paul. Andrew also came in 3rd overall in the master's race at the Manawatu-Wanganui XC Champs and 1st in his age group.

Another local star, Brayden Grant had an excellent winter, being selected for the Pacific Games and finishing 7th in the 400m final in a PB of 49.17s breaking an age group record.

Congratulations! Brayden now holds the NZ records over the 60m, 200m, 400m and 800m distances, a rare feat indeed.

Two more athletes have been shining bright. Francie Bayler and Jill (Gillian) Evans both competed in Mackay at the Oceania Champs and brought home medals. Francie earned a silver in the W75 triple jump with 5.84m and silver in the long jump with 2.85m. She then turned official for the rest of the meet.

Jill came back with 5 golds and a silver, obviously relishing the new age group. This W70 age group is filled with talented New Zealand women and I note that in a couple of events 6 of the 8 competitors were from NZL. Jill's results were: gold in weight throw (10.41m), hammer (24.13m), shot (8.12m), javelin (17.44m), throws pentathlon (3539 points) and silver in the discus (19.31m). Jill won the throws pentathlon by over 200 points and with the drop in her discus from the day before, Barbara Austin must be thinking her record of 3681 may be in jeopardy. We watch eagerly.

Another "local" I should mention is my husband Kevin, hence my current presence in Korea. He is completing a 12 month mission for the military here, but earned selection in the NZ triathlon team for the recent age group World Championships in Lausanne, Switzerland. I'm proud to say he got 41st in the M55 age group in his first World Champs over the sprint distance - 750m swim, 20km cycle and 5km run - in 28-30 degrees and a water temperature of 22.4 degrees at 7am, so no wetsuits permitted. His training was often undertaken wearing a filter mask due to the low air quality here, over flat land where as the race involved steep climbs away from the lake edge.

I am due back in NZ in early October, and hope to be ready for the Spring Pentathlon events being held prior to the NI Masters Champs in Whakatane. Here on the base I have so far found 3 all-weather tracks! One at the Middle School, another less than a km away at the high school and a 3rd on the other side of camp in the original part of the base. These range from 6 to 8 lanes. I only wish I had an implement or 2 to train with! All this apparently on a base of approximately 40,000 people.

Talking of events, before I left we held our Throws Pentathlon. Whilst being the Oceania Challenge it is also where our athletes from MWMA and Wellington compete for the Laurie Devlin Shield. This year it was won by Jill Evans with 3479 points from Adrian Stockill 3018, Raewyn Grigg 2836, Richard Takurua 2593, Jim Blair 2525, Mike Shepherd 2107 and Francie Bayler 1823.

Our first Spring Pentathlon is on 22 Sept, then 13 October and 17 November 17th. These events are all held at the Massey Community athletics track and cost \$5 to enter, which includes lunch. First event starts at 9.30 sharp, so registration at 9. Email mwmasters@gmail.com for info or early registrations.

Canterbury

by Andrew Stark

PHOTO: Graeme Dahl



Helena Dinnissen

The winter is almost over, roll on spring. As per usual, the non-club NZMA members within Canterbury go into hibernation during the winter months, only making the occasional appearance for their monthly winter throw pentathlon. There are fewer than normal these days, with no young ones.

However, a few handy soles braved the winter weather to train for the Oceania Master Track & Field Championships, held in Mackay. There were about 450 entries. Of the 93 New Zealanders that travelled to Mackay, fourteen CMA members went. Our most well performed athlete was Helena Dinnissen in the W30 grade.

1st	High Jump	1.71m (16cm PB)	
1st	Long Jump	5.78m (54cm PB)	Oceania, NZMA & CMA W30 record
1st	Triple Jump	11.85m (47cm PB)	Oceania, NZMA & CMA W30 record
1st	100m Hurdles	15.15 (1.65 PB)	Oceania record
1st	400m Hurdles	64.28 (5.64 PB)	Oceania record
1st	60m	8.15	Oceania record
1st	100m	12.65	
1st	200m	26.22	
1st	400m	60.92	



Start of the 1500m at the Oceania Masters Championships in Mackay



Anthony Rogal

During the winter, we had numerous athletes compete in club events, both locally and nationally. Unfortunately, one of our members passed away from a heart attack just hours after competing the National Road Championships in Auckland on 15th September. Anthony Rogal was two days short of his 60th birthday. He was a great team player and will be sadly missed.

The 2019 - 2020 track season is about to begin. This year should be less hectic than last season as the venue is complete. However, Athletic Canterbury are planning to include some new systems, such as online entries. Let's hope it's not too difficult for us oldies! They are also very keen to promote our new venue by introducing some community events on a Thursday night and they are looking to our master to help organise it. As the South Island Championships are in Christchurch this season, I look forward to seeing many of you there.

PHOTO: Sharon Wray

PHOTO: Graeme Dahl

Otago

by John Stinson

The Annual Meeting of the Otago Masters Athletics Association was held in the Athletics Otago rooms in Logan Park Drive on Wednesday 18 September. Among those attending were newly elected Athletics NZ President Joan Merrilees and Jim Blair, NZMA Patron and Life Member plus ANZ Life Member and Patron of Oceania Masters. Jim was in Dunedin for a throwing competition to be held the following weekend.

The following Officers were elected:

President: Rob Homan

Vice President: Dalise Sanderson

Secretary: Claire Giles

Treasurer: Fiona Harvey

Publicity Officers: John Stinson and Claire Giles

Record Steward: Fiona Harvey

Trophy Steward: Dalise Sanderson

Website Operator: Paula Cotter

During the meeting Joan Merrilees gave an interesting report on the recent operations of the Oceania Council and the 2019 Oceania Track & Field Championships held in Mackay Queensland. Overall the champs went very well although problems were encountered with providing a sufficient number of officials for all events due to the extremely hot conditions.

Otago Athletes who competed in Mackay were highly satisfied with their performances. Dalise Sanderson was 1st in the W60 800m and 2nd in both the 400 and 1500m while husband Gene Sanderson was 3rd in the M65 5000m and 4th in the 8k cross country.

Another extremely pleased with her efforts after only recently recovering from knee surgery was Noni Callander. Competing in a wide range of throwing events Noni placed 2nd in the W70 shot put, 3rd in the discus and javelin, 5th in the weight throw and throws pentathlon, and 6th in the hammer. Congratulations on your great series of results Noni.



From left - Noni Callandar (W70 3,076pts), Jim Blair (M85 2,915), Claire Giles (W60 2,106), Mark Flaus (M60 3,125), Fiona Harvey (W55 2,568), Lester Laughton (M65 2,802) and Winifred Harding (W60 2,573).

Malcolm Hammond was 6th in the M70 6km cross country. Former Otago master (now in Tasman) Jim Kerse was 2nd in M70 3000m race walk, 3rd in 5000m walk and 4th in 10000m walk. While everyone enjoyed their competition and soon adjusted to the expected high temperatures, they were different from those experienced in Otago. The brand new track also attracted favourable comments.

The opening of the 2019/20 Athletics Otago track and field season takes place on Saturday 5 October. The first master's event will be the Peggy Calder Memorial Interclub Meeting to be held at the Caledonian Ground on Sunday 21 October. Two other early season events with dates yet to be confirmed are the Bill Kenny Memorial Steeplechase Relay and the annual pre Christmas 5km beach run. A number of Otago masters will be competing at the SI Masters Track and Field Champs being held in on the new track in Christchurch on 16-17 November.

A few hardy souls got together on Sunday the 22 September for the Australasian postal throws pentathlon. Aply organised by Fiona Harvey and Claire Giles with help from some spouses, they chanced on a beautiful day to get the joints mobile again and foster enthusiasm for the coming season. We appreciated those from out of town, Jim from Wellington, Mark from Invercargill and Lester from Te Anau, and are very grateful that they could join us to make the competition better despite the diverse ages.

Anyone requiring further information on Otago Masters Athletics can visit the website: www.Otagomastersathletics.co.nz

PHOTO: John Stinson

Southland

by Dwight Grieve

Wow the harrier season has been full on! Down in the south the milder than normal weather has made training a touch more enjoyable but still enough nice cold gale force southerly's with snow to make you feel alive. In general, the masters have had one of the most competitive seasons for many a year, particularly for the men.

Southland one-man machine – Lester Laughton

While the rest of us either rested or took on the harrier season, Lester Laughton continued to train and compete in his throws events. The local harriers visited Lester in his home town of Manapouri to have a run and some throws with him so he wasn't all alone.

Lester's perseverance targeted at the Oceania champs in Australia, where the 27 degree temperatures were 20 more than at home ... but Lester showed the training worked with a full set of medals - gold in the discus was the highlight of his one gold, one silver and four bronzes.

Invercargill Estuary half marathon and Southland half marathon champs

The first of the harrier season champs was a brand new event on the cycle trail in Invercargill, a very flat and fast course with great views out towards Bluff, Stewart Island and beyond to the south. Well on this day sadly the "beyond" was a front with horrific winds and rain that there was no hiding from. "Brisk" was the word of the day, but like the true hardy bunch we are a good number still turned up for the race.

The female side of things saw lower numbers but Linda Te Au took line honours followed by Dorethy Horrell and Lee Grieve. The master men though had a tougher fight. Craig Iverson and Dwight Grieve went out with younger runner Buddy Small. Near halfway Buddy went off and Dwight let Craig do all the work into the wind and rain while he sheltered in behind, with about 4km to go Dwight went when Kelvin Meade came close to catching the pair. This left Dwight to finish first while Craig and Kelvin had a real battle for the silver, Craig showing his track training has really helped, coming home for second with Kelvin third. Scott Underhay and Jason Russell were also breathing down on them. A really fun event that is likely to be repeated and well worth having a go at.

Southland Cross Country Champs

The yearly trip to Waimumu near Gore came around fast again. The course is located at the famous field day event site and even has the start/finish in a large shed for shelter.

The Gore club do a great job of hosting the event and the course changes every year to keep you thinking. The official organiser always has an evil gleam in his eye when he picks which hill to

add. The day dawned cool but in contrast to the year before the grounds were very MUDDY and soft - it was a day for long spikes or ultra grippy trail shoes. One of the largest fields for a while lined up including many younger runners, which bodes well for the future.

Debbie Telfer (60+) was unstoppable with a massive win in the masters, 9 minutes ahead over the 6km course, in fact only 3s behind the first M60+. Second female home was Lisa Simpson (35-49), then Linda Te Au (60+), Dorethy Horrell (60+) and Lee Grieve (35-49).

The men's race was over a 9km and it really was a tough day in the slippery conditions but some tight fights resulted for honours. The 35-49 race had 9 runners with the top 4 really running well this season. Dwight Grieve went early with the senior and under 20 runners and the rest chased hard. Dwight managed to create a gap but the following three had each other in their sights nearly the whole race. Dwight home for gold, Kelvin Meade managed to create a gap for second while Craig Iverson pipped Scott Underhay for bronze by 16s.

The M50-59 race saw the return of one of Southlands top recent runners Ricky Gutsell, who eased home for gold with John Wallace and Bruce Thompson taking the minor medals. The elder statemen in the 60+ race saw another equally dominating win by Gary Kirkman who has been training well, with evergreen Evan MacIntosh second and Warren Green third.

In the teams race, for the second time ever Fiordland took the historic shield home. First presented in 1906, it is a well sought after prize.

Clyde to Alex 10km

Every year a competitive 10km race is held in Central Otago starting on the very top of the Clyde dam and finishing on the edge of Alexandra. It is a fast slightly downhill course which is roughly the same distance to travel for Southland and Otago athletes. This creates a great chance for athletes from both provinces to have a race against each other. To be honest Southland really did well this year, taking out wins in many races including under 20, open women and 4 of the master's categories - a top effort. For the masters:

- W60 - Debbie Telfer was 1st (44.48), Linda Te Au 10th and Dorothy Horrell 11th
- W40 - Lee Grieve 20th
- M35 - Kelvin Meade 1st (34.48)
- M40 - Dwight Grieve 1st (33.35) Craig Iverson 2nd and Scott Underhay 3rd
- M60 - Gary Kirkman 1st (43.43) and Bruce Thompson 3rd



2019 Half Champs start line - L to R - Kelvin Meade, Craig Iverson, Dwight Grieve and Buddy Small

Southland Road Champs

Te Anau and Fiordland club again hosted these champs on a flat and fast 2km loop overlooking Lake Te Anau and stunning Fiordland. But for the first time in 4 years of hosting the event the wind appeared and sent PB's out the window before the race even started. The northerly breeze created a real battle for the second half of the loop into the finish. As the last harrier championship race of the season it was all or nothing and a chance for the other clubs to stop Fiordland taking the team title double.

Yet again Debbie Telfer was simply outstanding, not only taking the W60+ title in the three lap race but first women home overall in 26.17. Debbie was recently nominated for Master Athlete of the Year at the annual Sport Southland awards and this seasons results show why.

Second female home was Kylie Davidson (35-39) followed by Lisa Simpson (35-39) then Linda Te Au (60+) and Dorethy Horrell (60+). Of note was three of the master's women opting to run as seniors over the 10km distance and taking home the medals - gold to Cassie Scobie, silver to Caroline Fox and bronze for Amy Iverson.

The men's race had been building as a close fight but in the end the results had the runners spread apart. Dwight Grieve was just hitting form looking to peak for the NZ Half Marathon Champs a week later and dominated the race over all beating all comers by over 40s in 34.04. Kelvin Meade continued his improvement over the season going under 36 minutes with a 35.45. Craig Iverson was third master over the line but officially entered as a senior giving next home Scott Underhay the

masters 35-49 bronze. The 50-59 bracket had John Wallace in for gold followed by Graham Neilson. The 6km M60+ race had Evan MacIntosh home in front of traditional sprinter Warren Green.

The women's team title went to Invercargill while Fiordland for the first time ever won the men's, which completed the double for cross country and road champs. A tear was seen leaking out of the corner of club captain Dwight Gieves eye as he accepted the trophies.

NZ Half Marathon Championships – Dunedin

This year most of the national championship events were in the North Island which left the NZ Half Champs as an easy option for the Southern masters as it was part of the annual Dunedin Marathon organised by the Caversham club. This made for a huge field to run amongst including many of the 10km and 5km runners as the courses mingled after the halfway mark.

The race started at the Forsyth Barr Stadium and did three different loops around the surrounding suburbs with the race finishing inside the stadium itself. All in all not a fast course with a few hills and LOTS of corners but one that showed off the town. The day was brisk but a stunning fine calm one, so no excuses there.

Two quality senior runners quickly left the rest behind with Mark Paterson (M35) from Takapuna also creating a gap within the first 3km. Behind the two seniors a battle began with Geoff Ferry (M35) of Wellington Scottish, Dwight Grieve (M40) of Fiordland and Barney Hoskins (M35) of Run Timaru all close together over the first half of the course, with a real gap opening to the rest.



2019 Southland Road champs Debbie Telfer

After halfway one of the seniors created breathing space from the chasers, while Hoskins drifted back as the group maintained a solid consistent pace. By the 4km to go mark Ferry managed to create a short gap on Grieve that he never managed to drag in. In the masters men results Paterson was well ahead in 3rd overall 1.12.54, Ferry (5th overall) 2nd in 1.15.33 and Grieve 2s behind. Hoskins dropped 2 minutes in the back half but still took the M35 bronze.

The masters women's race also had an equally dominating winner as Sally Gibbs (W55) of Athletic Tauranga showed she is still pure class - first master home and also 3rd women overall, with a 4 minute gap on the next master. Second home was W35 Kirsty Eyles from Caversham beating club mate Julie Edmonds W45 by a mere 41s.

Plenty of other Southland runners also made a strong showing. Kelvin Meade earned a well deserved top ten overall finish with a 1.20 time - his M35 age group had a tough field with Kelvin missing out on a medal. Craig Iverson was 2 places and 2 minutes behind, but Craig earning a silver in the M40 age group. Southland women also took some medals home - Linda Te Au (W60) the bronze, Dorothy Horrell (W65) the silver and traditional track and field thrower Lee Grieve sneaking in a bronze in the W40 age group - a national medal to show off to her throwing buddies next season.

NZ Road Running Champs – Auckland

With the half champs just before the NZ Road Champs only Debbie Telfer attended for the Southland masters. As per the rest of the season she put in a strong showing, with yet another national medal for her efforts – a silver. A very good and well-deserved reward for a successful season.

Harrier Season Wrap Up

In the last Vetline I bravely made predictions as to the season and I managed to be not far off the money.

With regards to the women, the season was dominated by Debbie Telfer, simply outstanding season yet again and



2019 Southland road champs - Dorothy Horrell

untouchable in her 60+ age group where she normally beat many half her age. The season also saw Linda Te Anau and Dorethy Horrell turning up consistently and performing equally as consistent. A couple of newcomers Cassie Scobie and Lisa Simpson could easily in seasons to come shake up a few of the results. Teams wise, Invercargill with Debbie leading the way was the dominant club.

With regards to the men, Dwight Grieve backed up another consistent season, having a break early in the year but coming back to peak by seasons end. Still ahead of the chasing men's pack but there is some real effort and results coming from the pack. Kelvin Meade has been forced into the bridesmaid role again as in most of the past years but easily could have been taking the masters titles. By the seasons end he was pushing form to go sub 35 minutes for 10km. Craig Iverson is only a couple of years into serious training and continues to improve. He started the season well beating Kelvin for the half silver. Scott Underhay is experienced and having moved near Dwight is changing up his training pattern - results could easily go well.

For the older males Gary Kirkman has come on very strong this season and has looked light on his feet. Gary loves his distance running and often surprises lots of younger runners when he romps past, normally talking away to them or someone else, and if no one close himself.

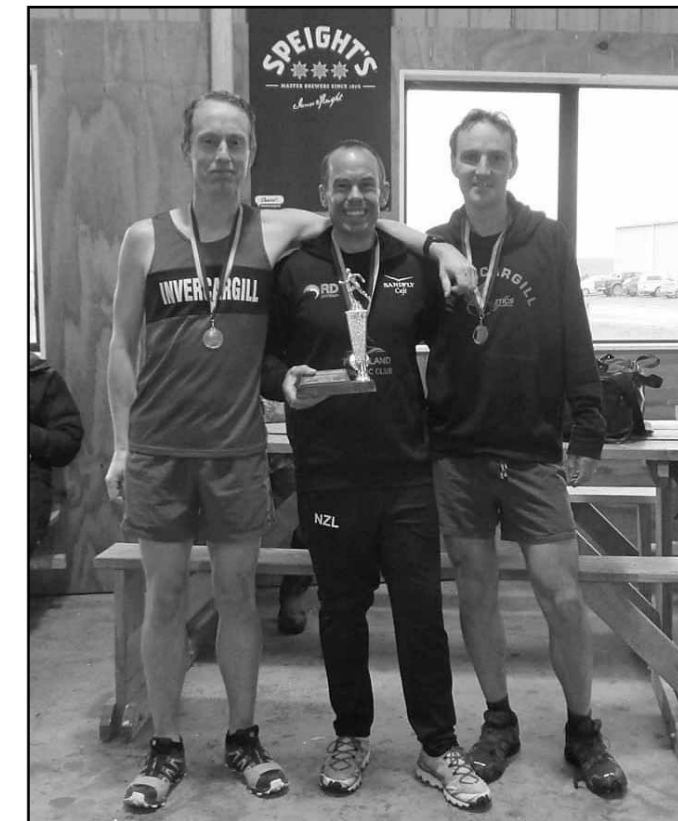
Looking Ahead!

A breather for starters, recharge the body and then enjoy the spring training ahead. For Southern runners the Southland Festival of Running including Southland Marathon Champs and the Kepler Challenge loom – with the long training kms. The throwers will also be looking and planning for the track and field season ahead. Southlands main track in Invercargill is being replaced come November so much of the season will be on grass but we are also heading Dunedin's way for the big events. The Southland champs are going to be held with the Otago champs in Dunedin and maybe offer a chance for team Southland to issue a masters challenge?

PHOTO: Dwight Grieve



2019 Southland Xcountry Men's 50+ L to R - Warren Green, Gary Kirkman and Evan MacIntosh



2019 Southland Xcountry champs - 35+ men L to R Craig Iverson, Dwight Grieve and Kelvin Meade



2019 Southland Cross Country course



2019 NZ Half marathon champs Left to right Barney Hoskins (run Timaru) Geoff Ferry (Wellington Scottish) Dwight Grieve (Fiordland)



2019 Southland Half Marathon champs Debbie Telfer



Michelle Alison leads the group through the water at the Dorne Cup XC, Wellington

PHOTO: Sharon Wray



COMING EVENTS

2019

9 NOVEMBER	NZ 10000m Championships	WELLINGTON (TBC)
15-17 NOV	South Island Masters T&F Championships	INVERCARGILL
29 NOV - 1 DEC	North Island Masters T&F Championships	HAMILTON

2020

FEB/MARCH (TBA)	NZ Masters Athletics T&F Championships	HASTINGS
30 JULY - 1 AUGUST	WMA Stadia Championships	TORONTO, CANADA

2021

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

2022

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

