

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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- > South Island T&F Championships
- > NZ Road Relay Championships





Start of the 3000m M65+ & W40+ at the North Island Championships in Whakatane

PHOTO: Sharon Wray

Official Magazine of New Zealand and Oceania Masters Athletics
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Cover Photo

Joeline Jones (TAS) in the Pentathlon Long Jump at the South Island T&F Championships in Christchurch

Photo - Dennis Gin

Back Cover

Des Phillips out sprints in Wolfgang Schenck in the M70 100m at the North Island T&F Championships in Whakatane

Photo - Sharon Wray





Start of the 3000m M35+ and W55 at the North Island Championships in Whakatane

PHOTO: Sharon Wray

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WBP athletes Paul Daborn and Stephen Te Whaiti in the M55 100m hurdles at the North Island Champs in Whakatane

PHOTO: Sharon Wray

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
Ian 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
Dave Couper
Murray Clarkson

REGULAR PHOTOGRAPHERS

Sharon Wray

MAILING LIST

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

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President's Report

by ANDREW STARK - NZMA President



Welcome to the new year. Since my last report, both the Island track & field championships have been held. Thank you to the Canterbury and the Waikato Bay of Plenty Centres for hosting these two events. The event in Canterbury was part of a bigger meeting as has been the tradition for several years. It does make for a more interesting event, as there is always lots going on. For the first time in several years, the North Island champs were held on a grass track in Whakatane. By all accounts it was a well run meeting, although I understand it was problematic in terms allowing records. More information about these meetings is in their respective reports in this issue.

The NZMA Championships are being organised by Hawke's Bay Gisborne and I have no doubt it will be a well organised event as per previous years. The draft programme is on the NZMA website and all entries will be taken online, as has become the norm these days. It does make it a lot easier for the organisers, as all entries are within one system. This year the event clashes with the Capital Classic so it will be a challenge to have enough officials available. However, as has been the case for years, I know we will all 'step up' to help create a successful event. I am looking forward to seeing the new indoor facility next to the track, as it may well be a great venue to host the NZMA Indoor Championships.

During the past year, the NZMA Board has continued working on improving how we do things. We have finalised a paper about the structure of Board elections which will be distributed to all Centres via your secretaries and will be on the NZMA

website (NZMA e-News section) prior to the AGM. We will be discussing and then voting on this change at the AGM and if accepted, the new election procedure will begin as from March 2021. It is all part of our succession plans going forward.

Prior to the Oceania Masters Track & Field Championships we introduced three new NZMA clothing items and these can be seen on page 18. We will have samples available at the NZMA Championships in Hastings and we will be taking orders. At this stage we do not intend to carry stock, so if you are interested in ordering any of the new items, the cutoff date will be March 7th 2020.

For the first time in years, I might even be fit enough to race in Hastings ... fingers crossed!

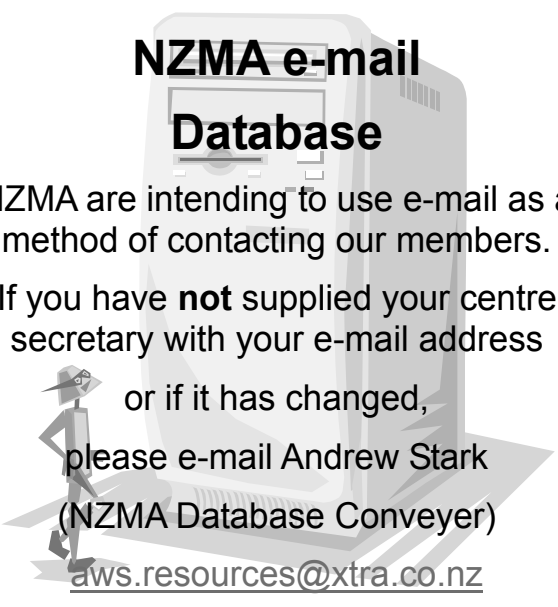
I look forward to seeing many of you there.

**NZMA e-mail
Database**

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

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

aws.resources@xtra.co.nz



Centre Committees

Northland

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

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

Auckland

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

Phillipa Green *Vice President*

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

Anne Goulter *Treasurer*

Waikato/Bay of Plenty

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

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

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

Hawkes Bay/Gisborne

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

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

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

Taranaki

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

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

Manawatu/Wanganui

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

Matt Hillas *Treasurer*

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

Centre Committees

Wellington

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

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

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

Tasman

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

Ian Carter *Secretary*
PO Box 602
Nelson 7040
03 574 1184
hicarter.nz@gmail.com

Canterbury

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

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

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

Otago

Robert Homan *President*

Claire Giles *Secretary*

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

Southland

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

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

District Contacts

Northland

Len Field
5 Johnson Road
Kawakawa 0210
09 404 0989

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

Waikato/Bay of Plenty

Trevor Ogilvie
10A Otonga Road
Rotorua 3015
07 347 8181

Heather O'Hagan
PO Box 106
Paeroa 3640
07 862 7163 ph/fax
ohagan@visisque.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*

7 Navigation Drive, Whitby
04 234 7972
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
nikau@ts.co.nz

Chris Thompson
10 Toledo Avenue
Henderson
Auckland 0612
09 8378053
gay.chris2018@gmail.com

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

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

Ttaua Juventin *Vice President*
Tahiti

Hazel McDonnell *Secretary*
Australia
hazelmcd@bigpond.com

David Benjimen *Treasurer*
Vanuatu

Council

Joan Merrilees
269 Dukes Road South RD2
Mosgiel 9092

+64 3 484 7030 (h)
+64 27 222 0317 (M)
alexandjoan@xnet.co.nz

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

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

Nemani Tukunia
Fiji

WMA Committees

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

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

Records
George White Australia

Organisational Advisory
Lynne Schickert (*Chair*) Australia

Law and Legislation
Bob Schickert Australia

Anti Doping and Medical
Roger Parrish Australia

Race Walk Panel
Marion Buchanan Australia

World Masters Athletics (WMA)

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

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

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

María Alfaro *Secretary*
Mexico
wmasec16@gmail.com

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Contact: admin@nzmastersathletics.org.nz



North Island Masters T&F Championships

by Michael Wray

The 2019 NI Masters Track and Field Champs were held in Whakatane, at Rex Morpeth Park. This is the first time the championships have been held on grass since 2006. Reading a backcopy of Vetline from 2006 I see they were held on the same park and that they held a spit roast dinner last time too.

The track layout was unusual. Because the straights were shorter than normal, the straight-line sprint races were all held on a separate straight track parallel to the oval. The short straights on the oval meant the angle of the bends was gentler than standard, which is conventionally considered to be beneficial for faster times, though the grass surface (particularly after Sunday's rain) meant the track was slow. The surface of the outer lanes by the 200m start was a little uneven, so the lane draws in the 200m, 400m and long hurdles would have caused some concern for the athletes in those events. From what I could tell, the organisers tried to keep the heat sizes down by minimising the number of ages combined into a single race in order to avoid giving any athletes a consequent advantage or disadvantage.

The Friday began around 4pm with a warm day and a gentle breeze. The short hurdles were given first crack at using the straight track. All but two of the entrants scratched, leaving Ai Osugi a solo run in the 80mH and Paul Daborn the same experience in the 100mH.

The long jumps were also held on the Friday, in which William Doney contested his first event. This was a busy weekend for William, who took part in sprints, middle distance, horizontal jumps, high jump and some throws, not to mention the pentathlon. William's 4.74m was the longest jump of the day.

In the throws, the hammer and shot put events were held on Friday, with the remaining implements left to the Saturday. The large number of women throwers meant they were split between two different throwing circles: one just outside the clubrooms and another in an adjacent field. The men were the first to test the impressive new hammer cage.

Arno van der Westhuizen threw the hammer 50.49m, eclipsing Mark Cumming's M40 championship record (CR) that was, coincidentally, set in 2006 at the previous NI Championships held in Whakatane. Mark Cumming, now M55, took this in his stride by throwing further than the M55 championship record, which was set by Laurie Devlin in 1991. Mark can take additional satisfaction in his 45.43m being a higher age group percentage. W70 Jill Evans threw for the best age group percentage amongst the women but special mention must go to Marcia Petley. Marcia threw over a metre further than the W90 hammer record, better even than the NZ record. While it took place "off the podium" we did get a dead heat for the W50 fourth spot, when Jen Fee and Denise Fellows both threw 26.34m.

Tania Hodges achieved 10.06m in the shot, the first time anyone has achieved double digits in the North Island W55 shot put. For the men, M50 Laini Inivale had the most impressive performance. His 14.04m was 14cm further than his own championship record and the shot reached the end, more or less, of the throwing lane. It bounced a bit and then rolled onto the track, where the timing was good in that it was in a sizeable gap between the runners in the first heat of the 3000m. (On the Sunday, when the throws pentathlon was on, additional hazard cones were set out to ensure no-one loitered anywhere near the danger zone.)

The walkers were the first to use the oval, in the 3000m walk. The grass made race walking difficult and only two survived without disqualification: M65 Clive McGovern and W70 Jacqueline Wilson. The walking group were unhappy at the harshness of the judging, both for this event and the 5000mW on Sunday. I suspect the low walking turnout will be even lower the next time we use a grass track.

The best 400m race was in the M55 grade. There was a good battle between the front four, which Rob Kear and Grant Unkovich were unable to join. Paul Daborn overcame the potential disadvantage of an outside lane that traversed the lesser surface around the 200m mark to get in 0.48s ahead of Graham Ross. Timothy Turner claimed third, only 0.61s behind, with Craig Wilson missing out on top three honours by just over a second. It was unfortunate to see Laurie Malcolmson pull up with an injury just a few metres into his 400m. Laurie managed to contest his throws events so we hope to see him back to sprints soon. Meghann Stewart ran 68.80 in the W55 400m, not far off the CR set by Chris Waring in 1998.

The 3000m was split into two heats, which in my opinion seemed unnecessary given only 17 starters. The first heat consisted of the older men and all the women, bar Sally Gibbs who was wisely allowed to run with the younger men closer to her pace in heat two. W70 Loris Reed, who has relocated to Tauranga since last season, ran 14:46. This was nearly two minutes quicker than the CR run by Nan Little in 1997. Judith Stewart was second W70 and also over a minute quicker than that CR. M65 Gavin Smith was the first to finish the first heat, coming through in 12:43, despite trailing W40 Katrina Anderson in the early stages. Anson Clapcott ran 13:40, almost 44s quicker than the CR.

The second heat had M40 Brad Dixon and M45 Darren Gordon run closely together, with M50 Michael Wray gradually being left behind. These were the first three across the line, in that order, each separated by around 9s. W55 Sally Gibbs was next to finish. Sally's time was 1:48 quicker than the CR, set by Judith Stewart on this very park in 2006.



Jim Blair in the M85 javelin

The Saturday morning was hot and sunny. We started with the weight throw and the javelin. Mark Cumming's throw of 16.47m was the headline performance, over 3m better than the CR. In the M75s, Canterbury guest Brian Senior threw 12.03m. Together with his guest appearance of 2016, he remains the only M75 to have thrown the weight over 12m in a North Island Championship. Brenda Davis threw 13.35m, further than the CR Tania Hodges set last year. W70 Jill Evans scored the best age percentage for the women, also exceeding the existing CR. Behind Jill, second place was tied when both Annette Parlane and Bev Savage threw 9.90m.

The final throw was the discus. Tania Hodges continued her excellent weekend with 24.27m which was 2.5m better than the CR. Peter Crawford went further than the M75 CR by a similar margin. Lester Laughton continued the tradition of a guest athlete throwing the best distance in the M65 grade. We have to go back to 2015 for the last time a North Islander had the best M65 discus throw!

The role of North Islander to be "sacrificed" to the visiting discus athlete this year fell to Ray Hooper. Ray can be consoled by having jumped 1.35m in the high jump, securing the highest percentage and beating not only the mark set by a guest athlete in 2018 but also the CR. W35 Faith Firestone had the best high jump for the women (1.39m) but age group percentage honours go to W65 Nancy Bowmar with 83.30%. In the triple jump, W75 Frances Bayler had the best day, securing the longest absolute distance for the women of 5.33m and the highest percentage of any athlete (74.00%).

The sprinters returned to the parallel track where they ran the 60m in the morning and the 100m in the afternoon. We had some very fast 60m sprints with quite a few exceeding the 90 percent age group score: W70 Sheryl Gower 92.86%; M45 Mark Lambert 92.58%; M55 Stephen Te Whaiti 95.07%. The second and third placed M55s were 87.91% (Graham



Ray Hooper makes a 1.35m high jump

Ross) and 87.38% (Timothy Turner), making it the 60m race of the day. While the percentages were not quite so high in the 100m (because 60m percentages are more attainable than the 100m, which has had more decades of performances to push its thresholds) it was no surprise to see these same people topping those rankings too.

Between the 60m and the 100m, Stephen Te Whaiti stayed warm by running the 400mH. It's fair to say the 400mH is one of the least popular events. Since the North Islands started in 1986, this is only the third time the 400mH for any individual age group has had a full podium. It's only the fourth full long hurdle podium across all the age groups (i.e. with the 300mH and 200mH). Paul Daborn made sure Stephen wasn't able to cruise through the race and the two were closely matched, working out a big lead on both Craig Wilson and Rob Kear. Stephen only pulled away from Paul in the final straight. Faith Firestone would have more cause than most to rue the hand-timing when her 400mH time was over 4s quicker than the W40 CR.

The 1500m races were held in two heats. The women ran the first race and W55 Sally Gibbs front ran with W55 Meghann Stewart chasing. Sally managed to pull away from Meghann to win by 20s in a time 54s faster than the CR that had been set on the same park in 2006. Back then, however, hand timed results were eligible for records and that is no longer the case. Loris Reed was also impressive, winning the W70 grade by 29s - though it should be noted that Judith Stewart was struggling with an injury aggravated in the 3000m and running with a taped foot. Nevertheless, Loris' time was 16s faster than the official CR. In the men's race, M45 Darren Gordon took up the early lead with M35 William Doney sitting on his shoulder. When their pace slowed, M50 Michael Wray went to the front, only for the two younger man to come back past in the final lap, where William engaged his sprinter's twitch fibres to finish first overall by 6s.

Seven teams lined up for the 4x100m relay. An Auckland team finished first and third, with Waikato-Bay of Plenty second, followed by Manawatu-Wanganui, another Waikato-Bay of Plenty, Taranaki and a third Waikato-Bay of Plenty team. I'm not sure if every team observed the two men/two women rule but as a bit of fun to close the day, it was a very successful relay.

The Saturday evening saw 60 or so gather at the clubrooms for a dinner, with a spit roast main. Brenda Davis' daughters had spent much of the afternoon chopping and slicing vegetables; for the athletes at the dinner, it was worth it - thank you! Michael brought along a portable projector and his laptop, on which Sharon had loaded her photos from the first two days, so pre-dinner drinks were supplemented with a rotating slide show of action shots for people to watch.

The Sunday morning served up periods of heavy rain, which started in the early hours and continued on and off until about 9:30am. It made the going very difficult for the 5000mW contestants, who were already finding the grass a tricky surface on which to maintain correct form. The wet grass meant their leading foot would slide as their heel planted, causing them to have to race with an unnaturally shortened stride than normal in an effort to stay legal. Again, as a group the feeling was that the judges were making no allowances for the surface and the effect of the heavy rain. We had three finishers: M65 Clive McGovern first, followed by W70 Jacqueline Wilson and W40 Vicky Jones.

The 5000m run was held as a single race with 11 starting. They did not have to contend with any more rain; instead, a strong sun emerged to dry the track. The second half of the race was a humid experience as the previous rainfalls evaporated. M50 Michael Wray ran at the front from the start to the finish, with W55 Sally Gibbs staying close until about 2km to go. Michael crossed the line first by 19s. Sally was first woman, second overall, and ran two and a half minutes faster than the CR. M50 Tony Broadhead was the third to cross the line, 25s behind Sally.

For the 200m races, the track was dry again. The heat to watch was once again the M55s. Five of them lined up, making it the deepest of the 200m heats. It was an exciting battle at the front with less than a second separating first and third. Paul Daborn claimed first, Graham Ross second and Timothy Turner third. Jim Jones had no competition in the M80 grade but, as he had done with the earlier sprints, Jim produced a fine performance, displaying a sprightly agility in his stride.

The final track event was the 800m. In the women's race, it was the battle of the W55s. Meghann Stewart finished first in 2:29.90, 9s ahead of Sally Gibbs. Third overall was W40 Katrina Anderson. W70 Loris Reed ran 3:26.15. If electronic timing had been available, both Meghann and Loris would have claimed CRs; in fact Meghann's time would have been a NZ record by over 2s.

The 60+ men had the oval next. M60 Allan Thomas was the only runner to finish inside three minutes. Willie Doney (M60) and Jonathon Harper (M65) produced an exciting finish. Willie

had worked out a good lead at the final bend, at which point Jonathon kicked hard. Willie kept the final lead but only by a couple hundredths of a second. For the younger men, M35 William Doney did not bother with any tactical racing, as he had with the 1500m, and lead from start to finish to cross the line 20s ahead of M55 Craig Wilson with M30 Jagdeep Sandu 3s further back.

The pentathlons took place during the course of the Sunday. We only had two women in the track pentathlon. W50 Dale McMillan and W55 Karen Hulena kept each other company during the day. The hand timing and lack of wind readings meant no eligibility for records but for satisfaction, Dale will be pleased to have exceeded the points total she set in 2017 and 2018 - the latter being the CR.

William Doney was determined to expend all his energy. With nine individual events entered, the track pentathlon added another five. Of the three contestants, M55 Stephen Te Whaiti produced the most impressive score of 3150 points.

Ten men started the Throws Pentathlon, spread across nine age groups from M35 to M90. Only the M40 age group featured more than one contestant, where Auckland's Arno van der Westhuizen took on Dave Couper from Waikato-Bay of Plenty. Dave had the best of the discus and javelin but Arno's strength with the other implements meant he won with 3245 points, around 500 more than both the championship and NZ records. Other high scores came from M50 Laini Inivale (3258), M60 James Thomas (3488) and Cantabrian M75 Brian Senior (3166).

The women Throws Pentathletes outnumbered the men, attracting 17 contestants. Many of these were regulars and they generated a convivial atmosphere, as always. The W50 and W70 grades were notable for presenting four and five athletes, respectively. In the W50s, Brenda Davis managed to outscore her rivals in every implement. All five W70s scored over 3000 points. Annette Parlane had top points in the discus and weight throw but Jill Evans lead the points table throughout. W55 Tania Hodges scored the highest points total of all; her 3419 was over 675 points better than the CR and two points above the W55 NZ record.

The eligibility of the event for records has proven a controversial topic. All track events were hand-timed, so the track distances of 1500m and below are ineligible. This does create a curious anomaly as different rules applied in 2006 and various hand-timed championship records from that 2006 event remain current CRs. No wind readings were taken, which means the long and triple jumps are also ineligible. The legality of the throwing circles used for shot put and discus, whether the runways for the high jump and javelin met the standard for inclines and the track oval, which was not painted, are all problematic. The NZMA Handbook states that when the North or South Islands are held on a grass track, the facilities must be surveyed and pass technical requirements for records to be valid. It seems that only the throws from the new hammer cage meet the standards so various performances that would otherwise be recognised as best performances or records will miss out.

60m

W35			
1	Vanessa Pendergrast	MWA	9.6h
W40			
1	Trudy Dawson	WBP	8.4h
2	Faith Firestone	AKL	8.8h
3	Marjorie McKee	WBP	9.2h
W45			
1	Fiona Black	TAR	11.3h
W50			
1	Dale McMillan	MWA	9.3h
W65			
1	Gail Dryland	WBP	12.3h
W70			
1	Sheryl Gower	WBP	10.1h
2	Sue Su	WBP	12.7h
W75			
1	Frances Bayler	MWA	11.6h
2	Joan Mayall	WBP	12.3h
3	Jill Sherburn	WBP	14.3h
W90			
1	Marcia Petley	WBP	16.6h
M30			
1	Brayden Grant	MWA	7.3h
M45			
1	Mark Lambert	AKL	7.5h
2	Craig Seymour	AKL	8.6h
M50			
1	Chris Roberts	WLG	8.0h
2	James Stowers	AKL	8.2h
M55			
1	Stephen Te Whaiti	WBP	7.8h
2	Graham Ross	AKL	8.4h
3	Timothy Turner	AKL	8.5h
M65			
1	Trevor Watson	WBP	8.6h
M70			
1	Wolfgang Schenk	AKL	9.7h
M80			
1	Stewart Foster	WBP	12.0h
M85			
1	Jim Jones	WBP	11.7h

100m

W40			
1	Trudy Dawson	WBP	13.4h
2	Faith Firestone	AKL	13.8h
3	Ai Osugi	AKL	14.2h
4	Marjorie McKee	WBP	14.8h
W50			
1	Dale McMillan	MWA	15.3h
W55			
1	Deidre Campbell	AKL	15.8h
W65			
1	Gail Dryland	WBP	20.3h
W70			
1	Sheryl Gower	WBP	16.5h
2	Sue Su	WBP	21.9h
W75			
1	Frances Bayler	MWA	20.2h
2	Joan Mayall	WBP	21.4h
W90			
1	Marcia Petley	WBP	29.2h
M30			
1	Brayden Grant	MWA	11.6h
2	Jagdeep Sandhu	WBP	13.9h
M40			
1	Ben Potter	AKL	11.9h
2	Steve Kumarich	AKL	13.5h
M45			
1	Mark Lambert	AKL	11.9h
2	Craig Seymour	AKL	13.3h
M50			
1	Chris Roberts	WLG	13.1h
2	James Stowers	AKL	14.1h
M55			
1	Stephen Te Whaiti	WBP	12.5h
2	Graham Ross	AKL	13.5h
3	Timothy Turner	AKL	13.7h
M65			
1	Trevor Watson	WBP	13.9h
M70			
1	Ross Brown	AKL	15.7h
2	Wolfgang Schenk	AKL	16.6h
M80			
1	Noel Jones	WBP	26.5h
M85			
1	Jim Jones	WBP	20.2h

200m

W40			
1	Trudy Dawson	WBP	28.8h
2	Ai Osugi	AKL	29.8h
W50			
1	Dale McMillan	MWA	32.6h
2	Raewyn Grigg	TAR	39.2h
W55			
1	Deidre Campbell	AKL	33.9h
W70			
1	Sheryl Gower	WBP	38.0h
W75			
1	Joan Mayall	WBP	50.0h
M30			
1	Jagdeep Sandhu	WBP	29.1h
M35			
1	William Doney	WBP	26.9h
M45			
1	Craig Seymour	AKL	29.0h
M50			
1	Chris Roberts	WLG	28.9h
M55			
1	Paul Daborn	WBP	27.9h
2	Graham Ross	AKL	28.4h
3	Timothy Turner	AKL	28.9h
4	Craig Wilson	WBP	30.0h
5	Rob Kear	WBP	32.3h
M60			
1	Willie Doney	WBP	31.6h
M65			
1	Trevor Watson	WBP	30.1h
M70			
1	Des Phillips	TAR	34.9h
2	Wolfgang Schenk	AKL	35.2h
M80			
1	Noel Jones	WBP	60.9h
M85			
1	Jim Jones	WBP	43.5h

400m

W40			
1	Trudy Dawson	WBP	66.1h
W55			
1	Meghann Stewart	AKL	68.8h
2	Karen Hulena	AKL	89.2h
M30			
1	Brayden Grant	MWA	51.9h
M35			
1	William Doney	WBP	58.2h
M55			
1	Paul Daborn	WBP	64.2h
2	Graham Ross	AKL	64.7h
3	Timothy Turner	AKL	65.3h
4	Craig Wilson	WBP	66.4h
5	Rob Kear	WBP	72.2h
6	Grant Unkovich	WBP	86.8h
M60			
1	Willie Doney	WBP	76.5
M65			
1	Trevor Watson	WBP	72.2h
2	Jonathon Harper	WLG	81.3
M70			
1	Wolfgang Schenk	AKL	90.8
2	Alan Jones	TAR	93.1h
M80			
1	Noel Jones	WBP	2:26.4h
M85			
1	Jim Jones	WBP	1:50.6h

800m

W40			
1	Katrina Anderson	WBP	2:56.3h
W50			
1	Dale McMillan	MWA	3:08.2h
W55			
1	Meghann Stewart	AKL	2:29.9h
2	Sally Gibbs	WBP	2:38.6h
3	Karen Hulena	AKL	3:32.9h
W70			
1	Loris Reed	WBP	3:26.2h
M30			
1	Jagdeep Sandhu	WBP	2:40.5h
M35			
1	William Doney	WBP	2:17.1h
M50			
1	Michael Wray	WLG	2:43.4h

M55			
1	Craig Wilson	WBP	2:37.8h
2	Rob Kear	WBP	2:57.1h
3	Mark Henderson	WBP	3:21.3h
M60			
1	Allan Thomas	TAR	2:53.5h
2	Willie Doney	WBP	3:01.3h
M65			
1	Jonathon Harper	WLG	3:01.3h
M70			
1	Des Phillips	TAR	3:06.4h
2	Graeme Adams	WBP	3:14.8h
M75			
1	Colin MacLeod	NTH	3:26.0h
M80			
1	Noel Jones	WBP	6:19.8h

1500m

W40			
1	Katrina Anderson	WBP	6:12.5h
W55			
1	Sally Gibbs	WBP	5:03.8h
2	Meghann Stewart	AKL	5:23.1h
W70			
1	Loris Reed	WBP	7:00.8h
2	Judith Stewart	NTH	7:29.7h
M30			
1	Jagdeep Sandhu	WBP	5:33.0h
M35			
1	William Doney	WBP	4:49.7h
M45			
1	Darren Gordon	WLG	4:55.0h
2	Russell Lake	WBP	5:21.4h
M50			
1	Michael Wray	WLG	4:59.8h
M60			
1	Allan Thomas	TAR	6:10.9h
M70			
1	Graeme Adams	WBP	6:20.6h
2	Alan Jones	TAR	7:06.1h
3	Bruce Woods	WBP	7:38.5h
M75			
1	Anson Clapcott	NTH	6:31.3h
2	Colin MacLeod	NTH	7:08.4h

3000m

W40			
1	Katrina Anderson	WBP	13:13.0h
W55			
1	Sally Gibbs	WBP	10:39.0h
W70			
1	Loris Reed	WBP	14:46.0h
2	Judith Stewart	NTH	15:08.0h
M35			
1	William Doney	WBP	11:14.0h
M40			
1	Brad Dixon	WBP	10:08.0h
M45			
1	Darren Gordon	WLG	10:16.0h
2	Russell Lake	WBP	11:27.0h
M50			
1	Michael Wray	WLG	10:26.0h
2	Bruce Atmore	WLG	11:23.0h
M55			
1	Craig Wilson	WBP	12:50.0h
2	Rob Kear	WBP	13:36.0h
M65			
1	Gavin Smith	WBP	12:43.0h
2	Ian Martin	WBP	16:23.0h
M70			
1	Graeme Adams	WBP	14:14.0h
M75			
1	Anson Clapcott	NTH	13:40.0h
2	Colin MacLeod	NTH	15:26.0h

5000m

W55			
1	Sally Gibbs	WBP	18:06.3h
M45			
1	Russell Lake	WBP	19:44.0h
M50			
1	Michael Wray	WLG	17:47.1h
2	Tony Broadhead	WBP	18:32.0h
3	Bruce Atmore	WLG	19:44.8h
4	John Caie	WBP	20:31.6h

M55			
1	Mark Gray	WBP	26:43.4h
M65			
1	Gavin Smith	WBP	22:03.3h
2	Ian Martin	WBP	29:03.9h
M70			
1	Graeme Adams	WBP	23:50.4h
2	Bruce Woods	WBP	29:52.6h

80m Hurdles

W40			
1	Ai Osugi	AKL	16.2h

100m Hurdles

M55			
1	Paul Daborn	WBP	19.3h

300m Hurdles

M70			
1	Des Phillips	TAR	62.2h

400m Hurdles

W40			
1	Faith Firestone	AKL	76.5h
M55			
1	Stephen Te Whaiti	WBP	72.9h
2	Paul Daborn	WBP	74.7h
3	Craig Wilson	WBP	84.9h
4	Rob Kear	WBP	96.6h

3000m Walk

W70			
1	Jacqueline Wilson	WLG	19:51.0h
M65			
1	Clive McGovern	WLG	18:17.0h

5000m Walk

W40			
1	Vicky Jones	TAR	39:11.0h
W70			
1	Jacqueline Wilson	WLG	34:01.0h
M65			
1	Clive McGovern	WLG	32:24.0h

Long Jump

W40			
1	Marjorie McKee	WBP	3.68
2	Trudy Dawson	WBP	3.48
W55			
1	Karen Hulena	AKL	3.38
W65			
1	Gail Dryland	WBP	2.07
W75			
1	Frances Bayler	MWA	2.40
2	Carol Conte	AKL	1.64
M35			
1	William Doney	WBP	4.74
M50			
1	James Stowers	AKL	4.16
M70			
1	Wolfgang Schenk	AKL	3.04
M75			
1	Mike Shepherd	MWA	2.29

High Jump

W40			
1	Faith Firestone	AKL	1.39
W50			
1	Raewyn Grigg	TAR	1.20
W55			
1	Karen Hulena	AKL	1.10
W65			
1	Nancy Bowmar	NTH	1.05
M35			
1	Jacob Potgieter	AKL	1.55

2	William Doney	WBP	1.50
M55			
1	Stephen Te Whaiti	WBP	1.45
2	Mark Henderson	WBP	1.23
M65			
1	Ray Hooper	AKL	1.35
M75			
1	Mike Shepherd	MWA	1.05

Triple Jump

W65			
1	Gail Dryland	WBP	4.89
W75			
1	Frances Bayler	MWA	5.33
M35			
1	William Doney	WBP	9.19
M50			
1	James Stowers	AKL	8.62
M70			
1	Des Phillips	TAR	7.22
M75			
1	Mike Shepherd	MWA	5.28

Shot Put

W35			
1	Vanessa Pendergrast	MWA	8.58
W40			
1	Marjorie McKee	WBP	9.11
2	Katrina Anderson	WBP	7.65
3	Flo Alesana	AKL	7.61
4	Trudy Dawson	WBP	7.60
W45			
1	Fiona Black	TAR	8.24
2	Michelle Bitcheno	WBP	6.34
W50			
1	Brenda Davis	WBP	10.39
2	Raewyn Grigg	TAR	8.87
3	Dale McMillan	MWA	8.39
4	Jen Fee	MWA	7.96
5	Denise Fellows	WBP	6.32
W55			
1	Tania Hodges	WBP	10.06
W65			
1	Beryl McMillan	MWA	6.90
2	Nancy Bowmar	NTH	5.85
W70			
1	Noni Callander	OTA	7.86
2	Gillian Evans	MWA	7.56
3	Barbara Austin	NTH	7.10
4	Bev Savage	WBP	6.89
5	Annette Parlane	WBP	6.70
W75			
1	Jill Sherburn	WBP	6.34
2	Beth MacLeod	NTH	6.26
3	Carol Conte	AKL	5.74
M35			
1	Jacob Potgieter	AKL	9.74
2	William Doney	WBP	8.33
M40			
1	Dave Couper	WBP	10.94
M45			
1	David Sexton	HBG	8.29
M50			
1	Laini Inivale	AKL	14.04
2	James Stowers	AKL	9.42
M55			
1	Mark Henderson	WBP	7.20
M60			
1	James Thomas	AKL	11.40
M65			
1	Lester Laughton	STH	8.72
M70			
1	Mark Powell	AKL	7.50
M75			
1	Peter Crawford	WBP	10.05
2	Brian Senior	CAN	8.72
3	Mike Shepherd	MWA	7.39
M80			
1	Noel Jones	WBP	6.01
M85			
1	Jim Blair	WLG	6.72
2	Jim Jones	WBP	6.31
M90			
1	Peter Tearle	WLG	4.42

Discus

W35			
1	Vanessa Pendergrast	MWA	18.91
W40			
1	Flo Alesana	AKL	18.36
W45			
1	Fiona Black	TAR	18.51
2	Michelle Bitcheno	WBP	17.17
W50			
1	Brenda Davis	WBP	27.16
2	Raewyn Grigg	TAR	21.41
3	Jen Fee	MWA	21.32
4	Denise Fellows	WBP	17.22
W55			
1	Tania Hodges	WBP	24.27
W65			
1	Beryl McMillan	MWA	16.37
2	Gail Dryland	WBP	16.35
3	Nancy Bowmar	NTH	15.22
W70			
1	Annette Parlane	WBP	18.35
2	Noni Callander	OTA	17.80
3	Bev Savage	WBP	17.47
4	Gillian Evans	MWA	16.62
5	Loris Reed	WBP	15.67
6	Barbara Austin	NTH	15.39
W75			
1	Jill Sherburn	WBP	13.71
2	Beth MacLeod	NTH	12.73
M35			
1	Jacob Potgieter	AKL	23.36
M40			
1	Dave Couper	WBP	30.17
M45			
1	David Sexton	HBG	25.88
M50			
1	Laini Inivale	AKL	35.59
2	James Stowers	AKL	31.23
M55			
1	Mark Henderson	WBP	22.01
M60			
1	James Thomas	AKL	43.26
M65			
1	Lester Laughton	STH	34.96
2	Ray Hooper	AKL	21.92
M70			
1	Laurie Malcolmson	MWA	27.04
2	Mark Powell	AKL	23.75
3	Wolfgang Schenk	AKL	22.18
M75			
1	Peter Crawford	WBP	33.79
2	Brian Senior	CAN	25.44
3	Mike Shepherd	MWA	23.34
M80			
1	Noel Jones	WBP	16.07
M85			
1	Jim Blair	WLG	17.02
M90			
1	Peter Tearle	WLG	11.46

Javelin

W35			
1	Vanessa Pendergrast	MWA	20.77
W40			
1	Katrina Anderson	WBP	18.43
W45			
1	Michelle Bitcheno	WBP	13.73
2	Fiona Black	TAR	13.35
W50			
1	Brenda Davis	WBP	25.26
2	Dale McMillan	MWA	23.31
3	Raewyn Grigg	TAR	19.34
4	Jen Fee	MWA	13.59
5	Denise Fellows	WBP	12.01
W55			
1	Tania Hodges	WBP	20.75
W65			
1	Nancy Bowmar	NTH	13.51
2	Beryl McMillan	MWA	10.14
W70			
1	Gillian Evans	MWA	16.82
2	Barbara Austin	NTH	14.71
3	Annette Parlane	WBP	14.02
4	Noni Callander	OTA	13.19

W75			
1	Jill Sherburn	WBP	12.44
2	Carol Conte	AKL	10.73
M35			
1	Jacob Potgieter	AKL	33.41
2	William Doney	WBP	29.10
M40			
1	Dave Couper	WBP	44.43
M45			
1	David Sexton	HBG	33.72
M50			
1	Laini Inivale	AKL	29.33
M55			
1	Stephen Te Whaiti	WBP	38.85
M60			
1	James Thomas	AKL	37.72
M65			
1	Ray Hooper	AKL	26.45
2	Lester Laughton	STH	24.81
M70			
1	Laurie Malcolmson	MWA	30.92
2	Wolfgang Schenk	AKL	20.99
3	Mark Powell	AKL	19.25
M75			
1	Peter Crawford	WBP	29.06
2	Brian Senior	CAN	26.13
M85			
1	Jim Blair	WLG	19.49
M90			
1	Peter Tearle	WLG	8.13

Hammer

W35			
1	Vanessa Pendergrast	MWA	22.21
W40			
1	Flo Alesana	AKL	18.52
W45			
1	Michelle Bitcheno	WBP	30.25
2	Fiona Black	TAR	20.92
W50			
1	Brenda Davis	WBP	38.62
2	Lucy Andrews	NTH	34.15
3	Raewyn Grigg	TAR	30.33
4	Jen Fee	MWA	26.34
5	Denise Fellows	WBP	26.34
W55			
1	Tania Hodges	WBP	29.80
W65			
1	Gail Dryland	WBP	18.27
2	Beryl McMillan	MWA	16.15
W70			
1	Gillian Evans	MWA	25.53
2	Bev Savage	WBP	24.07
3	Barbara Austin	NTH	21.53
4	Annette Parlane	WBP	20.92
5	Noni Callander	OTA	18.49
W75			
1	Jill Sherburn	WBP	16.45
2	Carol Conte	AKL	15.79
W90			
1	Marcia Petley	WBP	13.01
M35			
1	Jacob Potgieter	AKL	25.20
M40			
1	Arno van der Westhuizen	AKL	50.49
2	Dave Couper	WBP	34.94

M45			
1	David Sexton	HBG	24.01
M50			
1	Laini Inivale	AKL	38.86
M55			
1	Mark Cumming	AKL	45.43
M60			
1	James Thomas	AKL	37.23
M65			
1	Lester Laughton	STH	30.48
2	Chris Thompson	AKL	30.24
M70			
1	Mark Powell	AKL	25.10
M75			
1	Brian Senior	CAN	30.98
M85			
1	Jim Blair	WLG	19.18
M90			
1	Peter Tearle	WLG	12.52

Weight Throw

W35			
1	Vanessa Pendergrast	MWA	6.12
W40			
1	Flo Alesana	AKL	7.43
W45			
1	Michelle Bitcheno	WBP	8.43
2	Fiona Black	TAR	7.67
W50			
1	Brenda Davis	WBP	13.35
2	Raewyn Grigg	TAR	11.18
3	Lucy Andrews	NTH	10.67
4	Jen Fee	MWA	9.17
5	Denise Fellows	WBP	8.41
W55			
1	Tania Hodges	WBP	12.29
W65			
1	Gail Dryland	WBP	8.25
2	Beryl McMillan	MWA	7.84
W70			
1	Gillian Evans	MWA	10.77
2	Annette Parlane	WBP	9.90
3	Bev Savage	WBP	9.90
4	Barbara Austin	NTH	9.45
5	Noni Callander	OTA	8.98
W75			
1	Jill Sherburn	WBP	7.49
2	Carol Conte	AKL	7.43
M35			
1	Jacob Potgieter	AKL	9.48
M40			
1	Arno van der Westhuizen	AKL	14.37
2	Dave Couper	WBP	11.09
M45			
1	David Sexton	HBG	8.76
M50			
1	Laini Inivale	AKL	13.59
M55			
1	Mark Cumming	AKL	16.47
M60			
1	James Thomas	AKL	14.69
M65			
1	Lester Laughton	STH	12.33
M70			
1	Mark Powell	AKL	10.71
2	Laurie Malcolmson	MWA	10.33

M75			
1	Brian Senior	CAN	12.03
2	Mike Shepherd	MWA	7.97
M85			
1	Jim Blair	WLG	8.57
M90			
1	Peter Tearle	WLG	5.70

Throws Pentathlon

W35			
	Vanessa Pendergrast	MWA	1664
W40			
	Flo Alesana	AKL	1742
W45			
	Michelle Bitcheno	WBP	2138
	Fiona Black	TAR	1830
W50			
	Brenda Davis	WBP	3413
	Raewyn Grigg	TAR	2555
	Jen Fee	MWA	2201
	Denise Fellows	WBP	1852
W55			
	Tania Hodges	WBP	3419
W65			
	Beryl McMillan	MWA	2128
	Gail Dryland	WBP	2057
W70			
	Gillian Evans	MWA	3593
	Annette Parlane	WBP	3258
	Bev Savage	WBP	3120
	Barbara Austin	NTH	3092
	Noni Callander	OTA	3058
W75			
	Jill Sherburn	WBP	2534
M35			
	Jacob Potgieter	AKL	1717
M40			
	Arno van der Westhuizen	AKL	3245
	Dave Couper	WBP	2649
M45			
	David Sexton	HBG	2148
M50			
	Laini Inivale	AKL	3258
M60			
	James Thomas	AKL	3488
M70			
	Mark Powell	AKL	2381
M75			
	Brian Senior	CAN	3166
M85			
	Jim Blair	WLG	2635
M90			
	Peter Tearle	WLG	1880

Pentathlon

W50			
	Dale McMillan	MWA	2559
W55			
	Karen Hulena	AKL	2118
M35			
	William Doney	WBP	1026
M55			
	Stephen Te Whaiti	WBP	3150
M70			
	Wolfgang Schenk	AKL	1798





James Thomas



Michael Wray (1st M50) stride for stride with William Doney 1st M35



Bev Savage - 2nd W70 Shotput



Craig Wilson (WBP) 400m, 4th M55



Trudy Dawson 1st W40 200m



Francis Bayler, long jump, 1st W75



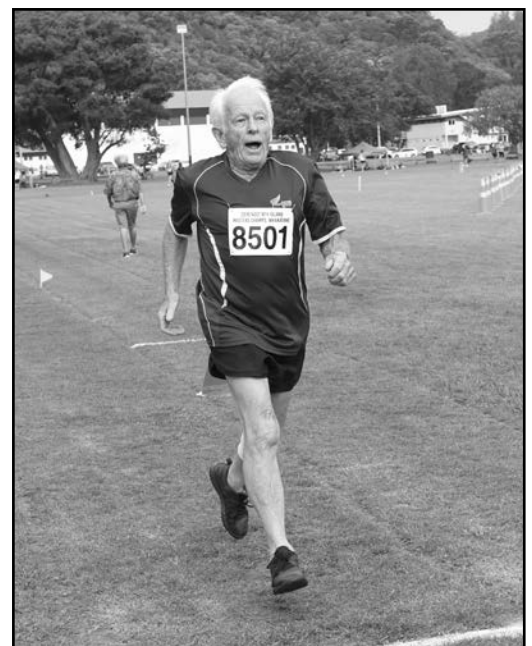
Raewyn Grigg



Katrina Anderson



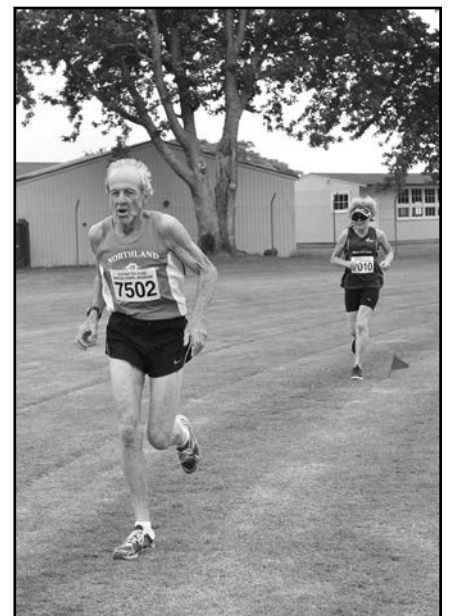
Trudy Dawson, long jump 2nd W40



Jim Jones 1st M85, 400m



Marjorie McKee, long jump, 1st W40



Anson Clapcott, 1st M75, followed by Loris Reed 1st W70, 3000m

PHOTOS: Sharon Wray



Johnathon Harper (6509) is pipped by Willie Doney (6001)



Allan Thomas takes out the men's 60+ 800m



Peter Tearle



Nancy Bowmar, Karen Hulena and Faith Firestone after completing the high jump



Ai Osugi 2nd W40 200m



Dale McMillian 1st W50 200m



Jim Jones 1st M85 200m



Chris Roberts dips for the line in the 100m 1st M50



Mark Lambert



Jacqueline Wilson 1st W70 in the 5000m walk



Mike Shepherd clears the high jump



Meghann Stewart 1st W55 800m



Loris Reed 200m



William Doney 1st M35 800m

South Island Masters T&F Championships

by Derek Shaw

In 2018 Southland Masters did Canterbury Masters a favour in hosting these champs to give them a break after three years of hosting the South Island champs in Timaru. This year the favour was returned when Canterbury Masters offered to host the 2019 champs on 16 & 17 November as the track in Invercargill was scheduled to be replaced early in the season.

The new international standard track and field facilities at Nga Puna Wai and the central location within the South Island obviously contributed to a marked increase in entries compared with 59 last year. Late entries pushed the number to over 90 – the highest for a considerable time. This total included a dozen North Island masters with 12 from Auckland and 5 from Wellington, many of whom were sprinters who used the meet as a warm up for the North Island championships.

The usual programme spread of events was condensed to just Saturday and Sunday as the facilities were not available for athletics on the Friday due to a clash with the Canterbury Show. Again the SI masters champs were held in conjunction with an Athletics Canterbury meet for local senior and juniors, including secondary students preparing for the NZ Secondary Schools champs three weeks later. In addition the SI Combined Events Championships were incorporated into the busy schedule, which keep the officials fully occupied and provided good viewing for the spectators.

The windy conditions made it rather trying for most athletes to achieve times that they were perhaps hoping for. However, the recent installation of an additional photo finish camera at the 200m line made it possible to vary the normal start and finish lines, particularly for 100m and 200m races. As the wind readings regularly exceeded the maximum allowable of 2m/s for records some athletes while enjoying the tail winds missed out on records.

Despite the wind there were 19 new SI championship records and 2 NZ records set, both on the track and in the throws. Mark Lambert from Auckland broke the M45 60m NZ record lowering it to 7.53s but as a North Islander was not eligible for the SI Championship record. Close behind Mark was Canterbury's Nick Bolton who lowered his own M45 SI championship record of 7.99 to 7.60. Max Wood (Can) provided the 3rd championship record in the 60m races when he took 4.37s off the previous record. The other SI Championship record in the sprints was claimed by Southland's Bruce Thomson with a well judged effort in the M60 400m when he recorded 62.05s to break Mike Weddell's 2011 record of 62.91.

In the combined 3000m, the opening track event, two new championship records were set despite the head wind down the home straight by John Gamblin (Can) in the M60 grade who finished 3rd overall in a time of 11:19.14, Ian Carter (Tas) was next and broke the M65 record with a time of 11:37.79.



PHOTO: Derek Shaw

Start of the 60m sprint - M50-64

With a solo run in the 2km steeplechase, Tim Cross (Tas) established a new championship record of 8:34.00. In the long hurdles, David O'Sullivan (Otg) identified the opportunity to claim a vacant record in the M40 400mH with a time of 1:18.66 to add to his M35 record he set last year. Similarly, Keith Hutton (Otg) claimed the vacant M70 300mH record with a time of 59.06, to add to his M65 record of 55.98 set in 2016. Tasman's Peter Hague lowered the M65 5km track walk from 34:27.3 to 32:41.58 with a fine walk.

Joeline Jones (Tas) broke her own SI Championship and NZ Record in the W35 pentathlon with 2135 points, up from her 2017 record of 1811 points, when she first attempted the pentathlon. Fellow Tasman master Carey Dickason established a record in the vacant W65 pentathlon slot with 1762 points.

Lyn Osmer (Can) and Noni Callander (Otg) both achieved two SI Championship records each. Lyn set new W55 marks of 10.15m in the shot put and 25.24m in the javelin. Noni added the W70 shot put record of 7.47m to her W65 championship record of 7.91m and the W70 throws pentathlon of 3018 points to her W65 record of 2663 points.

Mark Flaus (Sth) broke the M60 record in the shot put with a throw of 12.50m to add to his M45 and M55 records. Brian Senior (Can) set a new M75 record of 33.49m with the 3kg hammer. In the throws pentathlon Kelly Charles (Can) and Toni Oudemans (Can) both set new records in their W35 and W40 age groups with 2074 and 2140 points respectively.

As part of the combined events championships Canterbury's Wayne Doyle (M55) amassed a total of 6137 points in his decathlon and fellow Canterbury athlete Helena Dinnissen (W35) scored 4927 points in her heptathlon.

Many thanks to Andrew Stark and his team of Canterbury masters and all the officials for a successful and enjoyable SI champs. Many athletes commented very favourably about the new track and field facilities at Nga Puna Wai sports hub, even if they weren't so enthusiastic about the wind but recognised that the organisers couldn't do anything about it.



L to R Keith Hutton (OTG), Max Wood (CAN) and Tony Deleiros (AKL)



Featuring (L to R) Mark Lambert (AKL) and Nick Bolton (CAN) in 200m - both M45



During 3000m L to R Clive Kitchingman, Ron Mctaggart, Deborah Telfer, Gary Kirkman



Start of M60+ 400m - Lane 8 to 3 Steve Low (M60), Warren Green (M65), Bruce Thomson (M60), David Riddell (M65), Jim Jones (85), Mike Weddell (M70)



The 'girls' waiting for the hammer throw



Tim Cross leads David O'Sullivan in the 3000m

3000m

W60			
Deborah Telfer	STH	12:33.44	
W65			
Carey Dickason	TAS	15:37.07	
W70			
Barbara Patrick	OTG	15:01.32	
M40			
Allan Staite	CAN	10:04.70	
David O'Sullivan	OTG	11:55.03	
M50			
Michael Wray	WEL	10:44.13	
M60			
John Gamblin	CAN	11:19.14	
Clive Kichingman	CAN	12:42.53	
M65			
Ian Carter	TAS	11:37.79	
Derek Shaw	TAS	12:32.74	
Gary Kirkman	STH	12:40.60	
Ron McTaggart	CAN	12:48.06	
John Dickason	TAS	16:01.90	
M70			
John Mulvaney	CAN	18:21.43	

3000m Track Walk

W60			
Claire McKenzie	TAS	21:43.7	
W70			
Shirley Rolston	CAN	22:52.31	
M65			
Peter Hague	TAS	18:21.5	

Long Jump

W65			
Carey Dickason	TAS	2.39m	
W70			
Lois Anderson	CAN	2.74m	
M40			
Zeddico Osten	OTG	5.00m	
M45			
Tim Kerr	CAN	4.52m	
M55			
Mark Macfarlane	WEL	5.17m	
M60			
Gary Rawson	WEL	4.56m	
M80			
Alan Hunter	CAN	1.11m	

Hammer

M50			
Adrian Stockill	WEL	34.06m	
M60			
Mark Flaus	STH	35.88m	
M65			
Lester Laughton	STH	30.38m	
M70			
Richard Davison	CAN	35.26m	
M75			
Brian Senior	CAN	33.49m	
M80			
Alan Hunter	CAN	15.25m	
M85			
Jim Blair	WEL	21.29m	
W30			
Anna Lynch	CAN	36.22m	
W35			
Kelley Charles	CAN	31.00m	
W40			
Toni Oudemans	CAN	21.08m	
Dena Miller	CAN	20.09m	
W45			
Althea Mackie	AKL	34.72m	
Michelle Bitcheno	WBP	29.48m	
W60			
Aggie Boxall	AKL	29.41m	
Claire Giles	OTG	21.04m	
W65			
Carey Dickason	TAS	19.08m	
W70			
Noni Callander	OTG	20.27m	
Beverley Church	CAN	18.07m	
Lois Anderson	CAN	17.42m	
Shirley Rolston	CAN	16.01m	

W75			
Glen Watts	CAN	27.41m	
Justine Whitaker	CAN	23.79m	
Jullie Roots	CAN	20.13m	
W80			
Patricia Drayton	CAN	13.70m	

110m Hurdles

M40			
Zeddico Osten	OTG	22.56	
David O'Sullivan	OTG	23.22	
M45			
Nick Bolton	CAN	15.48	

400m

W35			
Joeline Jones	TAS	1:04.81	
W55			
Karen Hulena	AKL	1:24.80	
W60			
Claire Giles	OTG	1:30.97	
Dalise Sanderson	OTG	1:32.20	
W70			
Shirley Rolston	CAN	2:14.58	
M40			
Mike Wrigley	CAN	1:00.32	
Jamin Dyer	CAN	1:02.92	
David O'Sullivan	OTG	1:10.72	
Zeddico Osten	OTG	1:12.99	
M45			
Cameron Russell	AKL	1:00.71	
Tim Kerr	CAN	1:17.68	
M60			
Bruce Thomson	STH	1:02.05	
Steve Low	TAS	1:07.83	
M65			
David Riddell	TAS	1:11.34	
Warren Green	STH	1:16.14	
M70			
Mike Weddell	OTG	1:14.39	
M85			
Jim Jones	WBP	1:59.77	

Discus

M40			
David Hansen	TAS	35.72m	
M50			
Adrian Stockill	WEL	43.41m	
M60			
Mark Flaus	STH	37.69m	
John Rawcliffe	TAS	34.97m	
Gary Rawson	WEL	28.31m	
M65			
Lester Laughton	STH	34.87m	
Warren Green	STH	28.44m	
M70			
Richard Davison	CAN	28.69m	
M75			
Brian Senior	CAN	25.49m	
M80			
Alan Hunter	CAN	12.72m	
M85			
Jim Blair	WEL	19.09m	
Jim Jones	WBP	13.75m	
W30			
Anna Lynch	CAN	30.96m	
W35			
Kelley Charles	CAN	26.04m	
W40			
Toni Oudemans	CAN	23.66m	
Dena Miller	CAN	14.03m	
W45			
Althea Mackie	AKL	24.12m	
W60			
Aggie Boxall	AKL	23.29m	
Claire Giles	OTG	16.57m	
W70			
Noni Callander	OTG	19.27m	
Beverley Church	CAN	14.50m	
W75			
Justine Whitaker	CAN	18.33m	
Glen Watts	CAN	16.21m	

2000m Steeplechase

M60			
Tim Cross	TAS	8:34.00	

Javelin

M45			
Tim Kerr	CAN	29.15m	
M60			
John Rawcliffe	TAS	28.70m	
Mark Flaus	STH	26.90m	
M65			
Warren Green	STH	29.76m	
Lester Laughton	STH	21.37m	
M70			
Keith Hutton	OTG	34.36m	
Richard Davison	CAN	25.63m	
M75			
Neill Pickard	CAN	15.09m	
M80			
Alan Hunter	CAN	8.53m	
M85			
Jim Blair	WEL	19.37m	
W30			
Anna Lynch	CAN	21.66m	
W35			
Kelley Charles	CAN	18.83m	
W40			
Toni Oudemans	CAN	27.74m	
Dena Miller	CAN	17.66m	
W45			
Althea Mackie	AKL	18.19m	
W55			
Lyn Osmer	CAN	25.24m	
W60			
Aggie Boxall	AKL	22.19m	
Claire Giles	OTG	13.71m	
W70			
Noni Callander	OTG	12.42m	
Shirley Rolston	CAN	10.95m	
Beverley Church	CAN	10.08m	
W75			
Justine Whitaker	CAN	13.45m	
Glen Watts	CAN	11.14m	
Jullie Roots	CAN	10.64m	

Shot Put

W55			
Lyn Osmer	CAN	10.15m	
W60			
Aggie Boxall	AKL	8.49m	
Claire Giles	OTG	7.14m	
W65			
Noeline Burden	OTG	6.20m	
W70			
Noni Callander	OTG	7.47m	
Lois Anderson	CAN	6.58m	
Beverley Church	CAN	5.75m	
Shirley Rolston	CAN	5.47m	
W75			
Glen Watts	CAN	7.12m	
Justine Whitaker	CAN	6.71m	
Jullie Roots	CAN	6.56m	
W80			
Patricia Drayton	CAN	4.28m	

60m

W30			
Effie Milne	TAS	8.22	
W35			
Joeline Jones	TAS	8.36	
W55			
Jill Hayman	AKL	8.98	
Lyn Osmer	CAN	9.90	
W60			
Claire Giles	OTG	10.09	
W65			
Noeline Burden	OTG	11.19	
W70			
Lois Anderson	CAN	11.35	
M35			
Steve Langley	CAN	7.94	
M40			
Zeddico Osten	OTG	8.55	
David O'Sullivan	OTG	8.84	

M45			
Mark Lambert	AKL	7.53	
Nick Bolton	CAN	7.60	
Jonny Baird	CAN	8.21	
Cameron Russell	AKL	8.35	
Tim Kerr	CAN	9.01	
M50			
Tony Tan	OTG	7.69	
Scott Dorset	AKL	7.87	
M55			
Mark Macfarlane	WEL	8.24	
Graham Ross	AKL	8.59	
M60			
Gary Rawson	WEL	8.10	
Uros Sumar	AKL	8.25	
Bruce Thomson	STH	8.25	
M70			
Tony Deleiros	AKL	9.30	
M80			
Alan Hunter	CAN	23.90	
M85			
Max Wood	CAN	11.56	
Jim Jones	WBP	11.97	

100m

W30			
Effie Milne	TAS	13.16	
W35			
Joeline Jones	TAS	13.41	
W55			
Jill Hayman	AKL	14.58	
W60			
Claire Giles	OTG	16.91	
W65			
Noeline Burden	OTG	18.57	
W70			
Lois Anderson	CAN	18.29	
M35			
Steve Langley	CAN	12.80	
M40			
Zeddic Osten	OTG	13.67	
David O'Sullivan	OTG	14.32	
M45			
Mark Lambert	AKL	11.94	
Nick Bolton	CAN	11.99	
Cameron Russell	AKL	12.74	
Jonny Baird	CAN	13.33	
Tim Kerr	CAN	14.84	
M50			
Scott Dorset	AKL	12.18	
Tony Tan	OTG	12.27	
M55			
Mark Macfarlane	WEL	13.04	
Graham Ross	AKL	13.48	
M60			
Gary Rawson	WEL	12.89	
Uros Sumar	AKL	13.15	
Bruce Thomson	STH	13.27	
M65			
David Riddell	TAS	14.43	
M70			
Tony Deleiros	AKL	14.37	
Keith Hutton	OTG	14.88	
M85			
Max Wood	CAN	19.36	

Shot Put

M40			
David Hansen	TAS	11.30m	
M45			
Cameron Russell	AKL	8.75m	
M50			
Adrian Stockill	WEL	11.60m	
M60			
Mark Flaus	STH	12.50m	
M65			
Lester Laughton	STH	9.03m	
M70			
Keith Hutton	OTG	10.43m	
Richard Davison	CAN	8.77m	
M75			
Neill Pickard	CAN	6.16m	
M80			
Alan Hunter	CAN	4.81m	
M85			
Jim Blair	WEL	7.37m	
W30			
Anna Lynch	CAN	8.66m	

W35			
Kelley Charles	CAN	8.13m	
W40			
Toni Oudemans	CAN	8.82m	
Dena Miller	CAN	6.80m	
W45			
Althea Mackie	AKL	8.07m	
Michelle Bitcheno	WBP	6.26m	

Triple Jump

W65			
Noeline Burden	OTG	6.25m	
Carey Dickason	TAS	6.05m	
W70			
Lois Anderson	CAN	6.01m	
M45			
Cameron Russell	AKL	9.15m	
M55			
Mark Macfarlane	WEL	9.00m	
M60			
Gary Rawson	WEL	9.78m	

Weight Throw

M50			
Adrian Stockill	WEL	15.14m	
M60			
Mark Flaus	STH	14.63m	
M65			
Lester Laughton	STH	11.13m	
M70			
Richard Davison	CAN	13.70m	
M75			
Brian Senior	CAN	11.83m	
M80			
Alan Hunter	CAN	6.92m	
M85			
Jim Blair	WEL	8.48m	
W30			
Anna Lynch	CAN	10.40m	
W35			
Kelley Charles	CAN	9.38m	
W40			
Toni Oudemans	CAN	8.39m	
Dena Miller	CAN	6.64m	
W45			
Althea Mackie	AKL	11.89m	
Michelle Bitcheno	WBP	8.48m	

High Jump

W55			
Karen Hulena	AKL	1.16m	
M40			
Zeddic Osten	OTG	1.36m	
M45			
Tim Kerr	CAN	1.36m	
M70			
Keith Hutton	OTG	1.11m	

1500m

W60			
Deborah Telfer	STH	6:04.68	
Dalise Sanderson	OTG	6:50.50	
W65			
Margaret Flanagan	CAN	6:52.67	
Carey Dickason	TAS	7:40.72	
M40			
Allan Staite	CAN	4:48.16	
David O'Sullivan	OTG	5:53.08	
M50			
Malcolm Cornelius	CAN	4:53.79	
Brian Law	CAN	4:55.54	
M60			
Tim Cross	TAS	5:28.54	
Clive Kichingman	CAN	6:04.81	
M65			
Derek Shaw	TAS	5:55.09	
Gary Kirkman	STH	6:02.56	
Noel Burr	CAN	6:03.25	

Weight Throw

W60			
Aggie Boxall	AKL	12.42m	
Claire Giles	OTG	8.04m	
W70			
Noni Callander	OTG	8.62m	
Shirley Rolston	CAN	7.81m	

Lois Anderson	CAN	7.81m	
Beverley Church	CAN	6.34m	
W75			
Justine Whitaker	CAN	10.44m	
Glen Watts	CAN	8.93m	
Jullie Roots	CAN	8.53m	
W80			
Patricia Drayton	CAN	5.71m	

Throws Pentathlon

W30			
Anna Lynch	CAN	2331	
W35			
Kelley Charles	CAN	2074	
W40			
Toni Oudemans	CAN	2140	
Dena Miller	CAN	1279	
W45			
Althea Mackie	AKL	2952	
Michelle Bitcheno	WBP	2003	
W60			
Aggie Boxall	AKL	3405	
Claire Giles	OTG	2140	
W70			
Noni Callander	OTG	3018	
Lois Anderson	CAN	2557	
Beverley Church	CAN	2433	
W75			
Justine Whitaker	CAN	3224	
Glen Watts	CAN	3184	
Jullie Roots	CAN	2696	
M50			
Adrian Stockill	WEL	2738	
M60			
Mark Flaus	STH	2679	
M65			
Lester Laughton	STH	2407	
M70			
Richard Davison	CAN	2555	
M80			
Alan Hunter	CAN	1191	
M85			
Jim Blair	WEL	2292	

Pentathlon

W35			
Joeline Jones	TAS	2135	
W55			
Karen Hulena	AKL	2069	
W65			
Carey Dickason	TAS	1762	
M40			
David Hansen	TAS	3103	
M65			
Warren Green	STH	2210	

5000m

W60			
Deborah Telfer	STH	22:05.09	
W70			
Barbara Patrick	OTG	25:25.56	
M40			
David O'Sullivan	OTG	19:38.22	
M60			
Tim Cross	TAS	19:43.24	
Clive Kichingman	CAN	22:33.27	
M65			
Gary Kirkman	STH	22:00.57	
John Dickason	TAS	26:43.10	

5000m Track Walk

W60			
Claire McKenzie	TAS	36:48.04	
W70			
Shirley Rolston	CAN	40:33.62	
M65			
Peter Hague	TAS	32:41.58	

200m

W30			
Effie Milne	TAS	27.26	
W35			
Joeline Jones	TAS	27.57	

200m (cont.)

W55			
Jill Hayman	AKL	30.93	
W60			
Claire Giles	OTG	36.78	
Dalise Sanderson	OTG	40.35	
M40			
Zeddic Osten	OTG	27.96	
David O'Sullivan	OTG	29.92	
M45			
Mark Lambert	AKL	23.56	
Nick Bolton	CAN	24.00	
Tim Kerr	CAN	31.33	
M50			
Tony Tan	OTG	25.55	
M55			
Graham Ross	AKL	28.04	
M60			
Gary Rawson	WEL	27.37	
Bruce Thomson	STH	27.56	

M65			
David Riddell	TAS	29.38	
M70			
Tony Deleiros	AKL	29.36	
Keith Hutton	OTG	31.25	
John Mulvaney	CAN	41.46	
M85			
Max Wood	CAN	43.11	

800m

W60			
Dalise Sanderson	OTG	3:21.76	
W65			
Margaret Flanagan	CAN	3:28.74	
M30			
Chris Weddell	CAN	2:16.62	
M40			
Allan Staite	CAN	2:25.89	
Jamin Dyer	CAN	2:39.63	
David O'Sullivan	OTG	2:46.06	

M50			
Malcolm Cornelius	CAN	2:27.24	
M65			
David Riddell	TAS	2:47.28	
Noel Burr	CAN	2:51.51	
Gary Kirkman	STH	3:04.03	
M70			
Mike Weddell	OTG	3:02.26	

300m Hurdles

M70			
Keith Hutton	OTG	59.06	

400m Hurdles

M40			
David O'Sullivan	OTG	1:18.66	

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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	WTP4
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	M30-69
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.

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

WMA Athletes of the Year Nominations

Overall



HEATHER CARR



ALLAN MAYFIELD



JUNE LOWE



PHILLIP ROWLANDS

Throws

Sprints



SHERYL GOWER



ANDREW WILCOX

Jumps



LENORE LAMBERT



STEPHEN BURDEN

Middle distance



MARGARET SAUNDERS

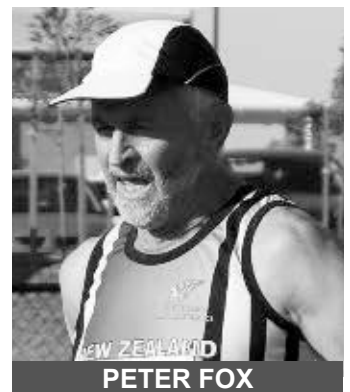


ALLAN MAYFIELD

Race walks



HEATHER CARR



PETER FOX

Distance



CHRISTINE ADAMSON



TREVOR SCOTT

Combined events



VICKI TOWNSEND



ANDREW MILLERD

Björn Dybdahl



Björn and Barbara Blurton celebrate with David Carr when David broke the M85 800m word record. BELOW LEFT: Björn leads David. BELOW RIGHT: Powering out of the water jump at the Perth World Championships.

Club stalwart and prolific medallist on every level, Björn Arne Dybdahl crossed life's finish line on Saturday, October 12, with the dignity and integrity he raced with. Björn was a long time member of Masters, often completing the short run followed by the long run in handicapped days when time permitted, while partner Deb Wolfenden competed in the walk.

Proudly Norwegian born, Björn was competitive on the world stage for Australia across a range of events, being a valuable team member in cross country teams on many occasions. His natural speed was combined with sheer hard work, building his endurance to a level where in 2001 he placed third in the open Sri Chinmoy 100km road event in 9:10.43. A fine steeplechaser, a finalist at world level over 800m and one of the finishers in the marathon where the stadium was to witness distressed finishers in the severe heat. There was one certainty, Björn would finish and he did.

Björn was a great pacemaker, and always David's number one choice to help him achieve his World Records.

Björn was able to converse on a myriad of subjects with depth and knowledge, despite a hearing loss and English being his second language. Passionate, but never loud, intellectual, but never condescending he was a popular man, a fierce competitor and a much loved grandfather, father and partner. He will be missed....



Anthony Rogal

by John Gamblin

It's hard to believe and scary that we have lost Anthony. Too young, 60 is the new 40, and it doesn't seem fair.

Anthony started running around 1973 or 1974, after his father encouraged him into running. He started with the United Club, along with his brothers Leonard and wee James. Anthony had a period of his life away from running before daughter Nicole had him out running again. He finished with the Christchurch Avon Athletic Club and Canterbury.

Many people know the Rogal family from way back, and many knew Anthony. The comments his running friends from all around the country have said on Facebook since Anthony's passing include: chirpy, positive, and one of the nicest guys; chatty, a good solid man, and absolute gentleman; so nice; always had time to chat; encouraging and always willing to help; one of the nicest and greatest guys out there; always had time for others; loved to chat; always a great racer; a lovely bloke; great competitor; always an encouraging chat; a really good guy; a fine runner and a great team mate; a worthy adversary; we shared some brilliant times in relay races; a really lovely man; a lovely person; one of the nicest guys I've ever met; a genuine enthusiastic and passionate runner and an all-round super guy; cheeky grin; energy and friendship; always willing to share a yarn; encouraging; gave a solid race at any distance; such a nice kind person; loved the way he raced; such an all-round awesome person; he made time pass on a long run, told plenty of jokes and stories often at his own expense; he had time for everyone; a lovely man and a great competitor.

My first recollections of Anthony are on the grass at Hillmorton High School while QE2 was possibly being resurfaced – probably a 1500m in the early 1980s. James was racing as well. Anthony beat me, but maybe not James.

I always found him a hard competitor to beat, a racer, a fast finisher, but sooner or later he got injured and then we got our wins over him. Fast or injured, Anthony did plenty of speed work.

More recently he was always plotting and chased national masters titles all over the country; on the track anything from 100m up, mountain running which could involve 8km straight up (which I thought was nuts). He would also go down for the Dunedin Half Marathon, especially when it was the NZ Champs, instead of doing the Governors Bay to Lyttelton 10km the same weekend, which I never understood why.

Anthony ran his only marathon three years ago, in 4.11.14. He had a rest in an ambulance for 15minutes but still finished. I beat him that day and gave up waiting for him to finish and headed home; passed him on the way home as he jogged slowly to the finish.

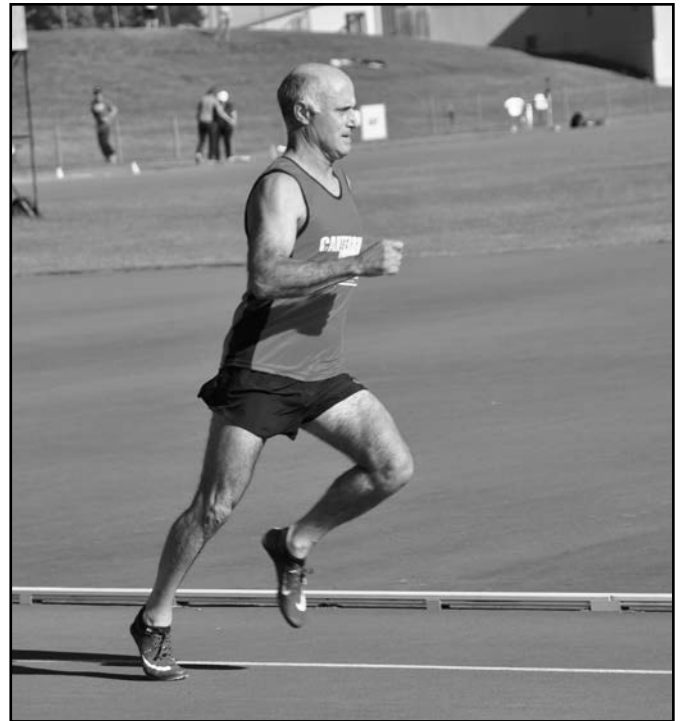


PHOTO: John Campbell

One summer he became a high jumper to try and get the Canterbury M55 record at Rawhiti Domain. It was easy he said, Bruce McPhail has it at 1.42m. I checked the Canterbury Masters records and Bruce still has the record, not Anthony. He was also looking at other master's records, but some big names would stop him from breaking most records. In my opinion he might have been able to get Walter Hume's M60 NZ record for the 2km steeplechase of 7.12.2, as it looks the easiest. I bet he was silently plotting.

Anthony was looking forward to turning sixty, with titles and records waiting. First up was lap two in the O60 grade at the Takahe to Akaroa relay and then he was talking about lap five the next year. He was certain Christchurch Avon could win the NZ Road Relay Champs O60 title in Feilding.

It's because of Anthony that we still enjoy brother James's company as an official and friend. Christine, James, Nicole and Family thank you for sharing Anthony with us.

I'll finish with some more Facebook comments from his running friends: we will miss Anthony; we will miss his humour; he will be a big loss to our sport; he will be missed in the running community; we are the better for knowing you Anthony; you will truly be missed; gone, but never forgotten; thanks for all the memories.

Rest in Peace Anthony Rogal

Agency Group 10000m

by Michael Wray



Emme Bassett 10,000m



Sally Gibbs is paced by Tim Rabone to a world W55 world record (36:46.96.)

PHOTOS: Sharon Wray

The Agency Group 10000m in Wellington has now firmly established itself as the biggest 10000m race in the country, both in terms of participant numbers and the times produced.

The brain child of Scottish runner Stephen Day, it started as a local event in 2017 with around 50 runners before being publicised nationally in 2018, resulting in 106 entrants. The event is free to enter so we inevitably had runners scratch.

The 2018 edition set itself an ambitious target: help some of the runners in the elite race qualify for selection for the New Zealand team for the World Cross Country Championships. This was achieved by junior Toby Gaulter and M35 Nick Horspool. It was a great success and produced the fastest senior women's performance, the three fastest senior men's performances and the four fastest junior men's performances for a domestic 10000m by NZ athletes in 2018.

It's not just about the sharp end. All abilities are welcomed and races are seeded into three separate heats. This keeps runners around those of similar pace and removes some of the intimidation factor for taking on 25 laps in full view of everyone. Pacemakers are arranged at various milestone times from 30 minutes to 50 minutes, with other times made available on request if possible.

This year we had 116 entrants, albeit that we once again charged no entry fee so correctly anticipated the usual churn of no shows. As per last year, runners were seeded into three heats.

An improvement on last year was the acquisition of a liquor license. The runners were cheered on from lane four of the track by a large crowd, separated from the "active" running lanes by hurdles placed laterally, as they responsibly enjoyed athletics-themed beers (from Sup Brewery).

The conditions this year did not cooperate like they did for 2018. This took its toll on many of the runners chasing ambitious targets, causing many more DNFs than normal. We still had the fastest 10000m run on NZ soil for nearly three years as Hamish Carson ran 29:39.28, a new NZMA M30 record.

The headline achievement came from Tauranga runner, Sally Gibbs. While Sally had been keeping a lid on her target for the race, the organisers knew and the commentary team soon brought the crowd in on the secret: this was an attempt on Silke Schimdt's W55 world record from 2015.

Sally ran in a pace group led by Tim Rabone, a group that included Sarah Drought amongst others. The aid of Tim's pacing meant Sally ran uncharacteristically even splits, forsaking her trademark positive split strategy. Although Sally's pace slipped a little from the targeted 36:40, her relative evenness saw Tim guide her through a field that was producing obstacles in the form of blown runners (fortunately the field was also thinning out through DNFs).

With the crowd become increasingly excited at the prospect of witnessing a World Record, Sally came through to finish in 36:46.96. This bettered Bernie Portenski's NZ W55 record from 2006 by more than 30 seconds - better than that it was a new World Record by seven seconds!

Running in Iten, Kenya

by Christine Adamson

Travelling to Iten (pronounced Ee-ten) in Kenya is an opportunity for distance runners of all ages and abilities. It is both a running and cultural life experience. This small, rural town which is high up in the Rift Valley is home to the Kalenjin people. They are the world champions of distance running. Interestingly, I would say that the exception to this is in the Masters 50+ category where Westerners step in.

In August I went on a two week training camp organized by "The Kenyan Experience". I highly recommend this Company which made sure that everything was taken care of. The staff, facilities and organisation were of a very high standard. There were 15 athletes in my group, of all ages, abilities and from a wide range of countries. We stayed at the High Altitude Training Centre which I would describe as a very comfortable lodge.

Most mornings at 6.30 am our group would set out on our runs together, but we always had the flexibility to run any distance or pace we chose. We each had a 'pacer', a local Kenyan athlete at our side. I didn't feel any effects of high altitude (2,500m) although this would vary among other runners. The challenge was more the rough road surfaces, and a lot of long, gradual hills - which the Kenyans call flat. Iten is home to about 1,000

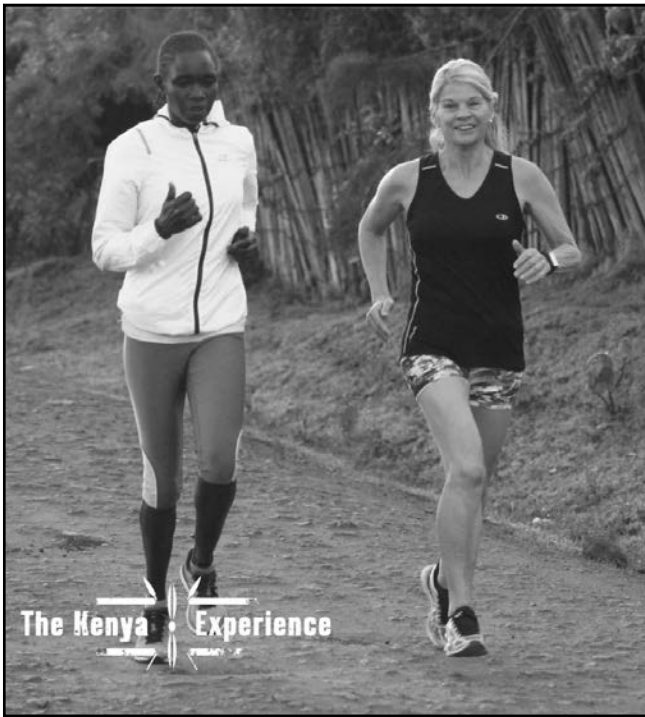
elite distance athletes so there are many big groups of runners, and it is quite a sight to see them moving very fast. For the rest of the day we attended talks from a variety of speakers, there were gym classes (core strengthening) and there was the option to run again in the afternoon. We learnt about the Kenyan way of training, and were also invited to join their weekly Fartlek run. There was also plenty of free time to explore the town.

We were made very welcome in this small town. The Kenyan people were always very friendly and helpful. For me, going to Iten was as much a cultural experience as we had the opportunity to be immersed in a small, rural Kenyan town. Life in Iten moves in a slow and relaxed way (apart from the athletes). Animals, children, motorbikes and athletes all calmly share the red dirt roads.

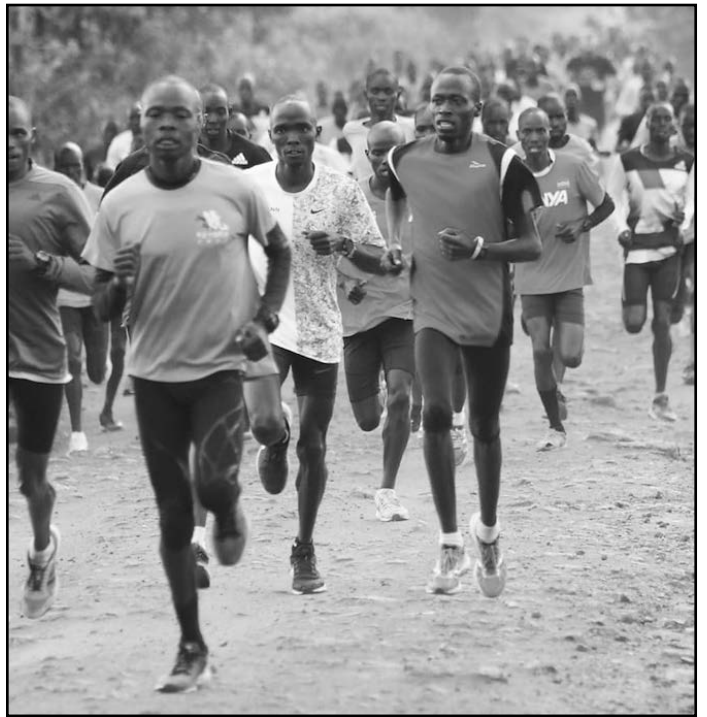
Spending time in Iten is like a personal health and fitness retreat. Our diet was largely free of processed foods. We ate plenty of vegetables and tropical fruit grown on the property. I thoroughly recommend the Kenyan Experience as an opportunity to experience another way of life. Fitness, healthy eating, and a break from the general demands of our lifestyle make this such an enjoyable and memorable experience. If you are interested to learn more, see www.traininkenya.com



Out running with my travel group, local Pacers, and neighbourhood children. Centre front is Willy Songok, fantastic Manager of the Camps.



With my Pacer, Beatrice who ran with me everyday.



This is what the weekly Fartlek run looks like from the front.



The children are such a joy. They love to come running out to see the runners.

NZ Road Relay Championships

by Michael Wray

Feilding played host to the 2019 NZ Road Relays for the first time since doing so three times in five years between 2002 and 2006.

As I understand it the course was the same as that used in previous champs. There are two formats: the seven leg long course over 67.5km (contested by seniors, MM 40, MM 50+ and MW 35+) and a six leg short course over 38.3km (contested by juniors, OM 60+ and MW 50+). This year there were also two unofficial grades on offer, both using the short course: walkers and OM 70+.

The Feilding course offers less variation within its legs than a course such as Takahe-Akaroa. There is less call for specialist runners with no all-up or all-down legs to contest. In the long course, legs 4 and 7 were mostly flat and leg 5 had a few kilometres of downhill, with the other legs all requiring some time climbing and descending. The short course was the same as the long course with the lap 4 and 5 circuit omitted. The remaining laps had different handover points so each lap varied, the first four laps were rolling but the last two laps (being long course lap 7 divided into two) were flat.

The long course race started at 8:30am, shortly before the walkers, and the remainder of the short course competitors went off at 9am. Some of the slower teams in the long course later expressed a preference for an earlier start, so they could finish at a closer time to the more speedy teams. This is common practice at the Akaroa relay but implementing it has to be balanced with increased complexities of traffic and start management so I am sympathetic to Feilding Moa and their organising committee.

With 18 teams, Wellington Scottish had the most teams. Their cross-city rivals Wellington Harriers (WHAC) were also in good numbers at 15. Olympic Harriers and Hamilton Hawks were the third largest presence, both bringing seven teams each. It would have been nice to see a bigger turnout from some of the other centres. The Wellington clubs are renowned for travelling to relays, possibly a positive side-effect from the team aspect that gets created by the capital's strong interclub scene, where each event is organised by a club rather than the centre and the emphasis is on both team and individual achievement. Speaking personally, as the President of Scottish, I can vouch for us doing everything we can to make the relay weekend a great social and inclusive experience for members of all abilities.

Masters Men 40

In the M40 grade, all three 2018 podium placers were back. Scottish were looking for their third consecutive crown. Hoping to spoil that aim were Wellington Harriers – third in 2018, second in 2017 and winners in 2016. New Brighton Olympic

were third in 2017 and second in 2018; so could they keep that curve trending and claim a win? Remember, it was only a serious injury to their last runner, who had a commanding lead, one kilometre from the finish that prevented their victory in 2016.

It was Wellington Harriers who got off to the best start. WHAC and Scottish had clearly noted the hilly finish to the first leg and unleashed their runners known to like a hill. WHAC's Stewart Milne, kicked his team off with a 50s advantage over Valentino Luna Hernandez of Scottish. Hugh Allison from Cambridge was a fair way back in third, over a minute behind, with New Brighton's Jason Baillie 14s off his heels.

New Brighton's Mark Bailey, he of the unfortunate injury of 2016, ran a storming lap 2 to record the fastest leg, though Cambridge's Jonny McKee was only 10s slower. However, third overall was Stephen Day of Scottish and he claimed the race lead by 30s. WHAC's Dan Clendon kept second but only 35s ahead of Cambridge, who continued to hold third by a slender 4s off New Brighton.

In lap 3, it was the turn of a third club to produce the fastest lap. To the dismay of the chasing clubs, the fastest run came from the leading team – Scottish's Andrew Wharton. Owairaka's Simon Mace was second fastest but at 2:28 behind it was a big margin. Overall the Scottish lead now stood at 3:24. The next four fastest runners were all close, so the general running order behind Scottish remained as was: WHAC in second and Cambridge third. New Brighton remained in contention but being almost a minute behind they had work to do for a podium place.

Scottish extended their lead to a little over four minutes in leg 4 when Andrew Kerr delivered the fastest leg. Richard Bennett brought New Brighton into a podium position, taking a minute from Cambridge's John Charlton. In the fifth leg, Wellington Harriers showed the race at the front wasn't quite over. Roussos Alexopoulos ran the fastest lap but by only closing 24s on Scottish's Ben Winder, time was running out if the lead was to change hands. Mike Causer passed Mark Reid, to put Cambridge back ahead of New Brighton in the race for bronze.

The penultimate lap saw Steve Rees-Jones from Cambridge run over three minutes faster than Allan Staite to end New Brighton's medal hopes unless an injury struck. Cambridge remained over 90s behind Wellington Harriers, so the prospect of upgrading to silver seemed remote. Paul Barwick (Scottish) had lost some time to Dan Nixon (WHAC) but a near two minute advantage for Scottish was a good buffer. Nothing changed in the last lap. Scottish's Rowan Hooper ran fastest leg to make the eventual winning margin look a comfortable 3:10. Wellington Harriers were second by 3:43 over Cambridge.

Masters Men 50

In the M50 grade, we had a contest between the defending champions (Scottish), the three-peat champions from 2015 to 2017 (WHAC) and the preceding champions from 2014 (Athletics Nelson) all lined up. Hamilton Hawks were third in 2017, second in 2018, not to mention second in 2015, and together with the threat from last year's bronze medallists Lake City there was no guarantee one of the previous winners would prevail.

Anyone watching the start saw a confused start for Scottish. In the jostled crowding as the gun went, Grant McLean had his baton dislodged and had to turn round to find it, while avoiding getting trampled, before his race could start in earnest. Grant managed the inevitable adrenaline rush to get to the handover first by 1:19. WHAC's Paul Hewitson, despite running a little handicapped by a workplace accident a week before, handed over second place around 50s ahead of Lake City's Chris Corney. Hamilton Hawks came in hot on their heels, fourth but only 2s behind.

Nelson's Graeme Taylor ran a strong second leg, 1:50 faster than the next quickest, Chris Smith of Hamilton. Thanks to these speedsters, Graeme moved his team from fifth to second and Chris improved Hawks from fourth to third. Jim Jones kept Scottish at the front by 50s while Lake City, now reduced to fourth, were 1:16 down on third.

In the third leg, Tony Broadhead (Lake City) ran the fastest time and he returned them to a medal spot as they moved into third. Cliff Bowman was joint second quickest and he passed Scottish's Gerard Gordon to take the lead. Hamilton's Glenn Sexton ran the exact same time as Cliff, to also pass Gerard, and Glenn finished the leg in second. Scottish were now fourth.

The lead changed hands again in leg four. Hamilton's John Crane ran over a minute quicker than anyone else to take a 58s lead. Nelson dropped one place; Robbie Barnes was second quickest to hold that second spot. Lake City therefore fell back a bit but increased their buffer back to fourth when Bruce Edwards was faster than Phil Sadgrove from Scottish. Scottish, the defending champions, were now 1:46 behind third and 4:26 behind first.

In leg 5, Scottish's Peter Stevens ran well. He picked off John Kennedy (Nelson) and Mike Bray (Lake City) and closed the gap on Marc Scott (Hamilton Hawks). Peter ran 3:27 quicker than anyone else, to hand over in second place. Marc kept Hamilton in the lead and actually increased the gap to anyone else by running second fastest but the advantage was now down to 59s. In what was now becoming the race for third, John Kennedy delivered the baton 2:35 ahead of Mike Bray.

Michael Wray (Scottish) chased down Andrew Wark (Hamilton) in the chase for the first spot. Michael ran 3:55 faster than Andrew and 3:11 faster than second quickest. Scottish started the final leg with a 2:56 lead. Hamilton still seemed safe in second, 3:40 ahead of third. The race for third was hotting up as Dave Cronshaw had run down Stu Cottam as much as he could, bringing Lake City within 22s of Nelson.



Michelle Van Looy – 1st Master Woman in the Hutt 10km

Kent Hodgson ran fastest leg for Hamilton Hawks but Scottish's Bill Twiss had too big of a lead and was only 45s slower. Lake City's Alan Crombie outran Nelson's Marty Moran by 32s, claiming third place by just 10s. It meant first (Scottish), second (Hamilton Hawks) and third (Lake City) was a repeat of 2018.

Masters Women 35

In 2018, only three clubs had W35 teams run and this year was the same. All three contestants were from Wellington this year. Two of last year's clubs were back: defending champions Wellington Harriers and third place Olympic. No team from New Brighton this time but we did have one from Wellington Scottish.

Wellington Harriers started off with a W50 but this was Victoria Humphries. Vickie has shown in Wellington interclub races that she can still hold her own against the younger grades and she was true to form by running 58s quicker than Emma Bassett for Scottish. Olympic's Tracy Berghan was 3:50 behind Emma. The gaps between teams were all extended in the second leg when WHAC's Tamara Winkler added 17s over Mel MacPhee. Michelle Van Looy handed over the baton with a deficit of almost 10 minutes so it seemed third place was settled.

Scottish's Mel Aitkens charged through leg 3 six minutes faster than WHAC's Jo Ryder to take the lead. Katie Jenkins took a few seconds out of WHAC for Olympic. WHAC claimed the fastest lap for the third time in leg 4 through Nat Hardaker. Melanie Hart kept Scottish in the lead but the deficit was nearly halved.

Sophie Lee continued WHAC's improvement, running yet another fastest leg for her team. Sierra Ryland kept Scottish ahead by 16s. The lead didn't last. On the next leg, Angela Leck returned the lead to WHAC, passing Fiona Hayvice.

It meant Wellington Harriers started the final leg with an advantage of 2:17 and favourites to defend their title. Scottish's Lindsay Barwick took on WHAC's Sarah Bonoma. For only the second of the seven legs, WHAC did not produce the fastest time. Lindsay ran fastest leg by 3:50 to secure the win. WHAC stayed safe in second, a little over 30 minutes ahead of Olympic.

Masters Women 50

The inaugural W50 grade, raced over the short course, boasted more teams than the W35 grade. Who would be the first champions?

Scottish grabbed the early lead through Michele Allison, 70s ahead of Hamilton Hawks' Bridget Deverell. Caroline Fyfe found herself clear in third for Wellington Harriers, five minutes behind Hamilton but nearly four minutes ahead of fourth Feilding Moa's Karen Manninen.

The running order stayed unchanged through the second leg. Scottish were once again fastest thanks to Tricia Sloan. Diane Livingstone brought WHAC closer to Hamilton but Helen Hall-King kept her team minutes ahead, while Wendy Watts was unable to bring Feilding Moa any closer to the podium spots.

The third leg kept Scottish's fastest lap record perfect when Betty Harp added another couple of minutes to the lead to bring it to almost five minutes. Hamilton's Maureen Leonard extended the second place buffer over WHAC, who also lost time to the chasing Feilding team when Claire Scott ran faster than Maryanne O'Rourke.

By now the gaps between the medallists looked fixed. And so it would prove. Kay Stockman (Hamilton) on leg 4 and Charlotte Kerr (WHAC) on leg 5 made sure that Scottish didn't clean sweep the fastest leg honours but this couldn't overturn the built-up lead, especially when Maria Williams claimed fastest time on the final leg for Scottish.

This last leg was notable because Maria, as blind runner, needed to have a guide runner alongside. The use of a guide was something the club had to clear with Athletics NZ and observe the conditions required to avoid any perception of pacing.

Scottish secured the W50 win by 4:22. Hamilton Hawks were second, seven minutes ahead of bronze medallists, Wellington Harriers.

Open Masters 60

With 14 teams starting, the masters 60 grade was well supported. Since the grade was founded, Athletics Nelson had won all but one year. Wellington Harriers won in 2016 when Nelson was unable to field a team in Rotorua.

Jake Jacobs gave Napier the lead at the end of leg one, finishing 3s ahead of Marshall Clark from Scottish. Nelson were third, just 18s back through Barry Dewar. It was a tight start. Fourth (Murray Laird, Energy City) was only 2s behind and fifth (Brett Katterns, Auckland Uni) was another 4s down. The gap between first and seventh was less than 49s.

Napier couldn't hold first, slipping to ninth in the second leg. The lead went to Energy City when Tony Vaughan ran third fastest. The quickest was Todd Kriebel from Wellington Harriers, which brought his team up to fourth. Graham Macky brought Auckland Uni into second spot, 34s behind Energy City. Ian Carter kept Nelson in third but WHAC were only 3s behind.

Steve Duxfield (Auckland Uni) was the fastest in lap three, 42 seconds quicker than Nelson's Derek Shaw. Auckland Uni and Nelson had now moved into first and second, respectively, separated by a couple of minutes. Energy City were still in the top three, now down to third, but Christchurch Avon were only 7s down after Dave Tyrrell ran 1:40 quicker than Perry Newburn.

Peter Richards (Christchurch Avon) ran fastest time in the fourth leg, beating Gavin Stevens (Auckland Uni) by 2s and a couple of minutes quicker than Nelson's Andrew Barker. This moved Christchurch Avon into second spot, still over four minutes behind Auckland Uni but 53s ahead of Nelson. Hamilton Hawks had passed Energy City for fourth.

Energy City's Robin Grant was narrowly the quickest on leg 5, 3s ahead of Chris Keith (Hamilton) and 7s faster than Tim Cross (Nelson). Everyone else was two minutes or more slower than these three. This tightened up the race at the front. Auckland Uni were still first but that large lead had been reduced to 64s. Nelson were back as the team chasing, while Hamilton were now third, 90s behind Nelson and 83s ahead of fourth-placed Christchurch Avon. Energy City, in fifth spot, were only another 4s further back.

Fastest in the final leg was claimed by Nelson's Clive Holyoake, meaning each fastest lap was claimed by a different team. Clive's last lap performance, starting from second, put the pressure on Bryan Bates of Auckland Uni. Bryan was the third fastest and only 31s slower than Clive. Auckland Uni secured their first 60s title by 25s. Nelson were comfortably clear in second. For the bronze medals, Victor Gamperle ran 89s faster than Wendy Fox, bringing Christchurch Avon past Hamilton Hawks to claim the final podium spot by 14s.

Open Masters 70

The open masters 70 were officially in the 60s grade. Three clubs (Scottish, Wellington Harriers and Nelson) committed to each putting in a team that consisted entirely of masters 70+ runners so a sub-race could be held. It was a nice touch from the clubs involved and the organisers, underlying the fact that our master's runners are staying active for longer than ever. The runners themselves enjoyed being able to ignore those "young 60 year olds" and have their own race even if they were "only" racing for bragging rights and not medals.

The order stayed Scottish, WHAC, Nelson throughout the day. Fastest times were shared around: Paul Rodway, Bob Stephens, John Skinnon (Scottish) Brian Hayes (WHAC), Ian Morrison, Neil Froude (Nelson).

Post-race the LOC handed out on some free food, which was of a good quality and went down well as we waited for prizegiving. The 2020 Road Relays will be held on 3 October and go back to Feilding.



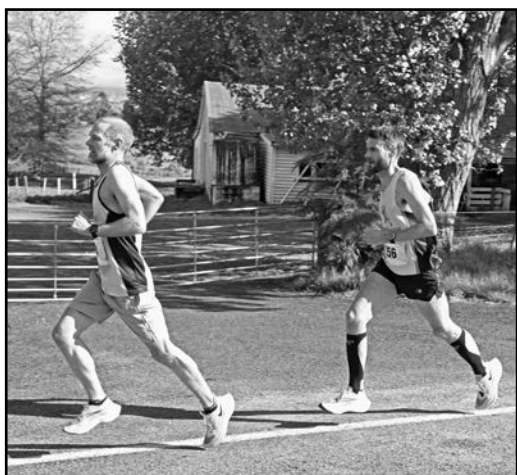
Mel Stevens – 1st Masters women Wellington Centre Half Marathon Champs



Geoff Ferry Wellington Centre Half Marathon Champs 1st M35-49



Bev Hodge with Bob Stephens enjoying the sea views as part of the Bernie Portenski Memorial Cup



Andrew Kerr 2nd M35-49 leads Stephen Bass 3rd M35-49 Wellington Centre Half Marathon Champs



Dave Creamer 2nd M50+ leads Graeme Butcher 3rd M50+ in the Wellington Centre Half Marathon Champs



Winner of the Bernie Portenski Memorial Cup Hadley Bond of Aurora Harriers



Karen McLean at the Bernie Portenski Memorial Cup



1st Master Daren Gordon in the Hutt 10km

Jet Lag and Toronto

by George White

Don't you love jet lag – it's very near the top of my favourite things just after hamstringing injuries or coming last in a race.

Flying is great, in that you get from A to B quickly but particularly for athletes wanting to perform well in the new location it can be a real problem. Jet lag is a pain when on holiday and it can be a serious detriment when competing. Having just returned from the Oceania Champs in Mackay I am now all fired up about the World Championships in Toronto next year and I thought I should re-look at my jet lag strategy. While we may not notice any symptoms after crossing 1 or 2 time zones, you would have to be extremely lucky not to have some jet lag after crossing 10.5 (Adelaide) or 8 (New Zealand) time zones to get to Toronto.

The timing of the sleep/wake cycle and many other biological processes, are governed by a biologic clock in the brain. When we cross time zones rapidly this clock cannot adjust quickly enough. In a befuddled state our brains scramble the timing of other biological processes and we feel the symptoms identified as jet lag.

There are many that believe jet lag is a combination of circadian rhythm disruption and altitude sickness with many jet lag symptoms being the same. Most commercial airplanes fly at 10,000 metres+ - an altitude at which we could not survive without additional oxygen. To overcome this airlines pressurize the cabin to create a perceived altitude of about 2,500 metres but this is still high enough to have an impact over a prolonged period.

How badly we feel the symptoms of jet lag depends on:

1. The individual. People with rigid sleeping routines have more symptoms than those with less rigid routines. Morning people suffer less flying eastward, while evening people suffer less flying westward. Higher levels of fitness allow people to adjust more quickly but older people may have greater difficulty coping.
2. The number of time zones crossed. The rate of full adjustment to the new time zone is roughly equal to 1 day for each time zone crossed.
3. The direction travelled. The direction of travel affects the severity of jet lag with travelling eastward being generally worse.
4. Time at Destination. Some research suggests that local time at destination can play a role in symptoms with midday and later arrivals experiencing fewer jet lag symptoms than morning arrivals.
5. On-board Schedules. On boards meals and cabin-light schedules may not be conducive to jet lag management.

What are the influences?

- Bright light has the most direct influence on shifting our circadian rhythms. In simple terms bright light in the morning after eastward travel and in the evening after westward travel may be beneficial.
- Melatonin may have an influence. Some evidence supports the idea that you can wake up later by taking melatonin between morning and mid-afternoon and that you can wake up earlier by taking melatonin between mid-afternoon and bedtime.
- Some research has showed that exercise may induce significant circadian phase shifts.
- Diet may have a role in shifting circadian rhythms; ingesting a high-protein breakfast will promote wakefulness in the morning and a high-carbohydrate dinner will promote sleepiness in the evening. However the timing of the meal in a new environment appears to be more important than the type of meal. Caffeine can be used to help maintain alertness when their body's clock is telling them it's time to sleep.

So what can we do? Bring on technology! Many airlines are exploring ways to reduce jet lag particularly by studying temperature and light. Also efforts to reduce airplane weight and therefore cost are beneficial to the problem. New materials in aircraft - carbon-reinforced plastic composites help considerably. Two models in particular - the Boeing 787 Dreamliner and the Airbus A350 - are made with these newer materials. Because of these they are able to pressurize cabins to create a perceived altitude of about 1800 metres - an altitude at which some of the conditions aren't as significant. More moisture in the passenger cabin also contributes to diminished effects of jet lag. (In the older constructions, moisture is a corrosive element but not so in the new models.) The A350 also employs LED light technology with 24 lighting scenarios to fit with day and night-time biorhythms.

On a more personal level Adelaide Flinders University researchers have come up with re-timer glasses which direct specific green light (previously white light was thought to be needed) onto the back of the retina which suppresses the production of melatonin. The glasses are worn for 60 minutes for the three days before a flight and then again after the flight

If you are a little lazy there are a number of apps that can help you program your approach to jet lag management. Entrain and Jet Lag Rooster are simple apps that suggest a schedule to help adjust your body clock. Timeshifter takes things a step further by adding some extra variables including age and gender and provides a personalized schedule. Timeshifter will also

recommend when to (optionally) have caffeine or take a nap and can also send reminders for you to stay awake or try to sleep.

For those not able to take advantage of the new technology, the rule of thumb is that it takes a day to adjust to each time zone you cross and travelling east or west through 6 to 12 times zone will virtually guarantee jet lag of moderate to severe intensity. The bad news is that there's no "magic bullet" but the good news is that there are science-based strategies that can mitigate the effects. In broad terms, jet lag is treated by gradually shifting the sleep/wake cycle and by exposure to bright light at certain times of the day. Making reservations that have you arriving early evening will help as you can go to bed at the correct local time and make sure you sleep well in the days leading up to travel.

Travelling East

- Prior to leaving. Gradually shift your bed time (BT) and wake time (WT) 2-3 hours earlier than usual. For a few days before you leave, get strong light exposure for about 30 minutes when you first get up in the morning.
- Upon arrival, start with a BT and WT (local time) later than usual and gradually shift towards your normal routine. Try to get strong light exposure for about 30 minutes when you first get up in the morning for the first few days.

During the flight:

- Set your watch to the new time zone as soon as you board.
- Try to sleep when it's night time at your destination and stay awake if it's daytime.
- Where possible eat in-flight meals on destination time.
- Drink enough water to avoid becoming dehydrated. Limit or avoid alcohol and caffeinated drinks.
- Move around and stretch every hour or two and or exercise while seated.
- Use earplugs and eye masks to help you sleep on the plane.

On arrival:

- If bed time is some hours away - take a nap for no longer than 20 or 30 minutes.
- Eat meals according to your new time zone
- Perform low-intensity exercise to reducing muscle stiffness but avoid heavy training for the first few days.

So for those going to Toronto – do what you can to mitigate the effects of jet lag and at least arrive a week or so before your first competition.



PHOTO: Sharon Wray

Shot Put women at the North Island Championships in Whakatane

Running to 2021...

Norfolk Island to host the next Oceania Masters Athletics Championships

In January 2021 members of Athletics Norfolk Island will gather at the Norfolk Island Airport to welcome athletes arriving to compete in the 2021 Oceania Masters Athletics (OMA) Championships. With expected competitors to number over three hundred, they'll quickly discover that a very genuine welcome will come from almost the entire Norfolk Island population. Such is the nature of small and personal Norfolk that here you'll find an island-wide buzz of excitement, embracing of the event and individual achievements.

With the OMA Champs bringing together members from countries across the wider Pacific and Australia, Norfolk Island is the ideal location for a brilliant 'in the middle' meet. A short two and a half hour flight from Brisbane or Sydney and one and a half hours from Auckland, sub-tropical Norfolk Island has a culture and history intimately linked with the wider Pacific. The Islanders are descendants from the 1790 Bounty mutineers and their Polynesian wives who hid out and then settled on remote Pitcairn Island after casting Captain Bligh and his sympathisers adrift in a small long-boat, not long after ending an extended stay on alluring Tahiti. After relocating en-masse to Norfolk in 1856, today there are plenty of lead mutineer Fletcher Christian descendants to be found, possibly even a few competing track side in 2021!

Having previously hosted a South Pacific Mini Games, Athletics Norfolk Island have an appreciation of the organisation and logistics required to successfully run an event of this size. A wide range of accommodation, car hire options, tours and activities are all available. Competitors will find it incredibly quick and easy to get about across the Island, with next to no traffic or parking hassles. Cafes, bistros and restaurants serve up fresh, seasonal locally grown produce matched with local beef, pork or fish (usually caught that day).

Sporting facilities include the Malcolm Champion Oval and longer distance courses will wind through spectacular World Heritage listed Kingston. The main road in this area named Quality Row provides a clue to the majesty and number of soldier's barracks and officer's houses to be found. Together with the gaol complex and other convict buildings in the area, Kingston is considered to contain the finest collection of Georgian architecture to be found.

Of course after a hot day on the track and in the field, competitors will find the crystal clear, cooling waters surrounding Norfolk will ease away aches and relax the most race-stressed of minds! With a diverse range of tours on offer, the Island's astounding history, intriguing local culture and unique environment can be self-explored or found on well packaged tours. From learning the local Norfolk language and craft of weaving, taking rainforest walks through the national parks, visiting museums, joining a bird or kayak tour, learning about convict life, and so much more, there's something for everyone on surprising Norfolk Island.

The full list of events for 2021 are yet to be confirmed, but will include: 100m, 200m, 400m, 800m, 1500m, 5000m; 4 x 100m relay, medley relays (800/400/200/200), steeplechase, short Hurdles (110m/100m/80m), long hurdles (200m/300m/400m), men's decathlon with no pole vault (100m/LJ/SP/HJ/400m/110H/disc/jav/1500m); women's heptathlon (110mH/HJ/SP/200m/LJ/Jav/800m); men's pentathlon (LJ/Jav/200m/disc/1500m); women's pentathlon (100m/SP/LJ/Jav/800), weight throw, javelin, shot put, discus, long jump, high jump, triple jump, 6k and 8k cross country, 10k road walk, and half marathon.

For further event information visit Athletics Norfolk Island Athletics website at www.athleticsnorfolkisland.com. Be the first to receive travel package prices and details as soon as they become available by contacting their preferred travel partner Norfolk Island Travel Centre by email at maria@travelcentre.nf or on freecall from NZ 0800 0088 10, from Australia 1800 140066, or (Int)+6723 22502.



Plantar Fasciitis

Plantar fasciitis is the inflammation of the thick band of tissue, known as fascia, which runs along the sole of your foot from your heel to your toe. The fascia may become inflamed or possibly develop micro-tears. The plantar fascia has a key role in keeping the bones and joints in position and allows you to push off from the ground. Years ago, it was generally called a heel spur, as it is frequently associated with this issue. However, with more research, it has been discovered that plantar fasciitis may progress to the development of spurs that may not cause pain.

There are many and varied symptoms with this injury. Pain is usually felt at the base of the heel, but tenderness may be felt at other points along the fascia. The most severe and frequently sharp pain is commonly associated with the first step when getting out of bed. After standing for a long time, or making a sudden change in weight-bearing, pain may be felt.

At the beginning of a run, you may be aware of pain which may settle down whilst in the early stages of the injury. Sitting for an extended period of time will generally exacerbate the pain when you stand or weight bear. Climbing stairs or standing on tiptoes may cause pain. You may have swelling in the heel area.

Frequently poor foot biomechanics may be a cause of the problem, so it is important to get professional advice with regards diagnosis and treatment. However, there are many possible causes including:

- high arches
- flat feet
- rigid feet
- overtraining
- incorrect or worn shoes
- stress on the plantar fascia
- overpronation
- inflexible calf muscles or Achilles tendon
- overstretched plantar fascia
- spending hours standing each day
- often wearing high heel shoes
- a sudden change of activity – eg start training on the track surface
- change from flat shoes to racing spikes
- landing on a sharp object



the edge

With Margaret Saunders

The treatment will vary from person to person depending on the cause and the speed of recovery. Initially, ice the affected area, use anti-inflammatory drugs for a few days and reduce the training load or have total rest. Physical therapies such as calf muscle and Achilles tendon stretching, rolling of the foot with a small ball and massage may aid recovery. Foot taping has proved

beneficial for many athletes. There are many types of orthotics and insoles available - rigid, semi-rigid or cushioned. Professional therapists should suggest the one most suitable for you. Arch supports may alleviate the pain. Night splints may be suggested as these will stretch the calf muscles and Achilles tendon.

Once you have experienced plantar fasciitis, any future occurrence must be dealt with immediately so the injury does not become chronic. Endeavour to determine the cause and see if it is similar to previous issues. If so, it is imperative to modify future training programs. Sometimes the trigger for the injury may be difficult to pinpoint. Training diaries may help determine the cause.

Treat immediately with previously successful strategies. Continue stretching and rolling of the plantar fasciitis even when the injury appears to have been healed.





Karen Hulena, Michelle Bitcheno and Faith Firestone



Laini Inivale & James Stowers



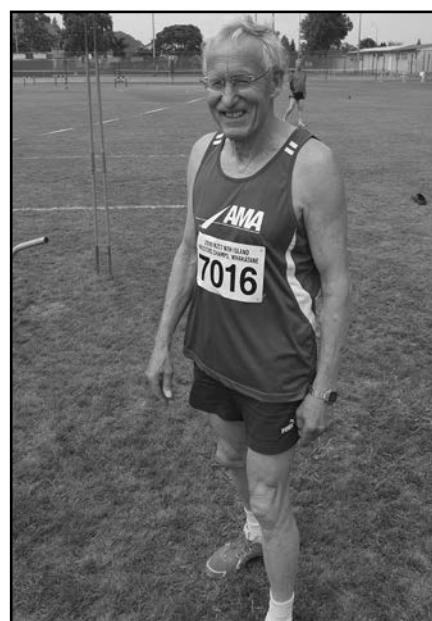
James Thomas M60



Ray Hooper M65



Faith Firestone W40 400m Hurdles



Wolfgang Schenk M70



caption here

Graham Ross passing relay baton to Ai Osugi

Auckland

by Faith Firestone



Auckland 4 x 100m relay teams

Never underestimate the benefits of a grass track...

When I heard that the 2019 North Island Champs were being held in Whakatane on a grass track, I couldn't help but experience flashbacks of my youth. Fond memories of running around barefoot, smelling freshly cut grass baking in the sun, the occasional cartwheel, nervous butterflies in the pits of my stomach, hushed chatting as we waited for our heats, parents sitting on picnic blankets watching and the added hype of relays being the final event for the day. These are just some of the initial thoughts that sprung to mind. And Whakatane did not disappoint.

Day 1: The day commenced with the DON's (Chris Thompson, Mark Cummings, Laini Inivale, James Thomas and Jacob Potigeiter) battle with all the challenges that hammer throw can literally throw at you (that's if you can 1. lift it and 2. don't bang it on the ground first – then there's the added confusion of shall I turn twice, three times or just throw the darn thing!). Never a dull moment nor did Murray Free disappoint with his deliberating on all the countless rules and steps to decide whether or not to hold up a red flag or hopefully the white flag.

Meanwhile, over on the other side of the track, we were provided with popcorn moments between Graham Ross and Tim Turner with their neck to neck dash in the 400m sprint. Graham achieved a personal best, and all of us experienced the delight of seeing Tim return after time away sorting out health conditions.

Day 2: This brought out the rock stars once again - Mark Lambert, Craig Seymour, Graham Ross, Tim Turner, James Stowers, Ai Osugi, Meghann Stewart, Karen Hulena and Faith Firestone to carry out the fast-paced version of the programme, 60m, 100m, 400m hurdles and high jump.

Day 3: This ended the competition with events starting at the 200m right up to the 5000m with some javelin thrown in as well.

All in all, a fantastically run event from the Whakatane Masters committee, great to see old friends again, the fire burning down to coals in the corner getting ready for the succulent lamb on a spit, the volunteers and helpfulness of the Whakatane athletes, and the sun was shining.

Taranaki

by Vicky Jones

A new track season and a new decade is about to begin. The weather has taken its time in changing with the times. Track nights have started cold, bleak and windy - a far cry from those who experienced the blissful conditions of Mackay in anticipation for the improving weather at home. It has subsequently been proven that those conditions have had a downside as we witnessed a shockingly early start to the bushfire season in Queensland and New South Wales. However, it is still nice when the warmer weather finally arrives.

The start of the season has been reasonably low key with the interclub and Central League series being held early, and our members have been busy making sure things run smoothly as well as working on their own training. These events have been attended by a miniscule amount of members but have been good preparation for the more pertinent events when we go into competition mode later on in the season, and for the upcoming North Island Masters track and field champs in Whakatane. I know a number of members are relishing the thought of competition on a grass track and the hospitality of the Waikato/BOP centre.

In amongst the start of track season Sports Taranaki hosted the annual Sportsperson of the Year Awards on 15 November. Masters members were nominated in the Coach (Karen Gillum-Green), Volunteer (Alan Jones) and Masters Sportsperson (myself and Peter Shaeff) categories. Peter Shaeff received the biggest applause of the night (in my humble opinion) when he was announced the winner of his category.

Some of us experienced Mackay as a springboard to great improvements in performance, while others like Serena Coombes are making great progress in their return to form after surgery and injury. Speaking of Mackay I must make an amendment for the final tally of medals earned by Des Phillips, which came to 10, rather than the 9 previously stated.

NI Masters Track and Field Championships (29/11/19-01/12/19) Rex Morpeth Park, Whakatane

A small contingent made their way to avail themselves of the Waikato/BOP centre hospitality at the NI champs. Serena Coombes intended to test her increasing improvements after previously mentioned surgery. Track night results have been heartening and giving her back her competitive spark. However, she ended up not attending so it was left to me to make up the walking contingent. The champs left me with mixed results - DQ in the 3000m walk and squeaked through in the 5000m walk.

Des Phillips attended competition on the Saturday and Sunday with a modest programme and did well in the long hurdles while also competing in the remaining jumps, 200m and 800m. Alan Jones and Allan Thomas comprised the middle distance group, while we had specialist throwers in Raewyn Grigg and Fiona Black who both had full programmes with all the individual implements plus the throws pentathlon. Fiona even had a crack at the short sprints and with Raewyn made up half of the 4x100m relay team with Des Phillips and Allan Thomas (who had just put in a big effort in the 1500m).

In terms of results, I got first in the W40 5000m walk (39.11.00). Alan Jones (M70) was second in both the 400m (1.33.10) and the 1500 (7.06.08). He scratched from the 800m to consolidate his 1500m effort after experiencing a twinge during his 400m. Des (M70) won the his 300m hurdles (1.02.11), didn't place in the high jump, but won the triple jump (7.22m), 800m (3.06.32) and 200m (34.86 sec). Allan Thomas (M60) won the 1500m (6.10.83) and 800m (2.53.45). Raewyn Grigg (W50) came third in the hammer (39.33m) and javelin (19.34m), and second in the weight throw (12.18m), discus (21.41m), shot put (8.67m) and throws pentathlon (2555 points). Fiona Black (W45) was second in the weight throw (7.22m), javelin (13.35m), hammer (20.92m) and throws pentathlon (1830 points), and first in the shot put (8.24m), discus (18.52m) and 60m (11.21). She scratched out of the 100m and 3000m walk.

With North Island champs done and dusted, we can now work towards the business end of the season and build on our achievements.



Des Phillips 1st M70 Triple Jump at the North Island Championships in Whakatane

PHOTO: Sharon Wray

Northland

by Judith Stewart

A big thanks to Whakatane for hosting the North Island Masters Track and Field Champs. Our team enjoyed themselves and visiting interesting spots, with some members even managing to compete well.

We held our Christmas meet on Sunday but numbers were low so we hope more will enter our Northland Masters Champs which will be held in conjunction with Athletics Whangarei and Athletics Northland.

Injuries seem to be slowing down a few members so we wish them speedy recovery. As the warm weather and dry conditions have arrived we remind folks to take care and keep up the liquid intake.

Best wishes to all for the festive season and keep safe.

Hawke's Bay/Gisborne

by Mike O'Leary

NZ Masters Athletics Track and Field Champs

The Local Organising Committee (LOC) for the 2020 NZMA Masters Track and Field Champs hosted by the Hawkes Bay / Gisborne Masters are well advanced in planning what we hope to be a great weekend's competition.

The event will take place between Hastings and Napier adjacent to the 'expressway' at the Mitre 10 Park Hawkes Bay, 42 Percival Road, Hastings. In this edition of Vetline you will find the programme for Friday 28, Saturday 29 February, and Sunday 1 March 2020.

Entries are now open, so step right up folks!

On Saturday evening there is the NZMA Awards dinner. Details of this dinner will soon be loaded, if they have not been already. It will take place at the Elwood Function Centre, corner Elwood and Otene Roads, Hastings, about a 5 minute drive from the Park, with pre-dinner drinks from 6pm Saturday 29 February 2020. The menu looks delicious! Registration details for the dinner are located with entry details.

Hawkes Bay has a myriad of accommodation options with holiday parks and motels 10-15 minutes away from the Park in Hastings, Havelock North and Napier.

Some accommodation has been reserved at the Kennedy Park Resort, 11 Storkey Street Marewa, Napier, phone 06 843 9126, www.kennedypark.co.nz. Kennedy Park has a full range of options, so first in best dressed folks!

We are finalising souvenir T-shirts, which may I say look 'very flash'. Details regarding pre-paying and ordering will soon be loaded to the entry/registration process via the NZMA website.

Unfortunately there is a competing event in Wellington at the same time so officials are scarce for Hawkes Bay. The LOC request the help of any available officials please. Any person offering their assistance/help will be greatly appreciated.

The LOC will subsidise Officials' accommodation, so if you are qualified and available please make contact with me asap. (Mike O'Leary, Secretary HBG Masters, via email: miker.oleary@xtra.co.nz) or Sharee Jones (email: 1nurse69@gmail.com)

We are already experiencing temperatures of 25 plus, so come prepared!

See you in The Bay!

Waikato/Bay of Plenty

by Dave Couper



PHOTO: Sharon Wray

Marcia Petley 60m 1st W90 at the North Island Championships

“Have a Go” Day

Waikato Bay of Plenty masters gathered for the “Have a Go” day on the 13 October. This is our traditional first track event of the season. It has a low key relaxed atmosphere designed to help re/introduce former athletes and potential new athletes to the sport. It is also a good chance for our members to stretch the limbs and dust out the cobwebs. A clash with Auckland doing their Throws Pentathlon Challenge lead to numbers being slightly down but it was good to see some new faces.

Morgan Foster ran some quick times with a 7.5s for the 60m and 11.9s for the 100m, holding off the two Stephens in Te Whaiti and Burden. It was good to see returns to the track from Shane and Anne Harris and also Linda Reynolds who helped pace David Trow around a 1500m.

In the field, the hammer had to be cancelled. This was because the ground keepers thought that the hammer cage was a great location to park a mower. Bugger. New member Michelle Anthony had a great time trying out all of the throws and showed a bit of talent. We are hoping to get Michelle to make her nationals debut over in Hastings. Some good early season form was shown by Tania Hodges and Annette Parlane. An indicator of what was to come at the North Island Champs.

North Island Champs

Firstly a big thank you and congratulations to the Whakatane Club for hosting the North Islands on WBOP Masters behalf.

Dave Rondon and his team did an excellent job in organizing the event. With the guidance of Murray Clarkson and Fay Riley, they were able to get the funding for the new hammer cage, which will prove to be an asset to athletics in the area going forward. The weather gods were kind. The masseuse was by all accounts excellent. The Saturday night dinner was well attended with a great atmosphere and there were some outstanding performances on the grass. For me personally a season’s best for the javelin off the grass left me a very happy, if slightly sore boy.

Coming Up

Coming events for WBOP are our Champs being held in Tauranga on 19 January 2020.

The date for our annual Trophy Day is 16 February 2020. This will once again be held in Hamilton with a 12pm start. As athletes must include at least one track or one field event in their four choices, these leads to an event that must be seen to be believed ... the throwers 100m!

WBOP Masters sends their best wishes to Brenda Davis. Brenda flew over to Aussie the day after the North Islands on deployment to help fight the bushfires. Wishing safe travels to our real life superhero!

We also send our condolences to Sheryl Miratana and her family after the passing of her husband. Our hearts and thoughts are with you.

Wellington

by Michael Wray

Wellington Half Marathon Champs

Wellington said goodbye to competitive harrier racing for the season with the Centre Half Marathon Champs. In an odd-numbered year, this is usually held in Petone but Masterton were given the event for the first time. Geoff Ferry won the M35-49 grade, finishing in 1:18 and holding off a fast finishing Andrew Kerr by 19s. Stephen Bass was a comfortable third. In the M50+ grade, Michael Wray won in 1:20, four minutes ahead of second. Dave Creamer surged late on to claim second place, with Graeme Butcher 26s behind for bronze. The first master's woman was Mel Stevens, who opted to contest the senior woman's grade (which she won). Consequently, W35-49 gold went to Melissa Crompton. Sheryne Coverdale won the W50+ grade.

Lower Hutt 10km

The Hutt 10km, which only attracted 19 competitors in 2018, produced a field of 34 this year. Those that did compete had to contend with a strong wind that seemed to pick up as the morning progressed and made the final 2.5km challenging. For the merit prizes, Anthony Jackson (a Pre Master) was the fastest male runner. Our fastest master was Darren Gordon. The fastest female runner was Michelle Van Looy. Jackie Wilson was fastest female walker and Joseph Antcliff the fastest male walker. Jackie Wilson also had the highest age grade percentage for the day. Daphne Jones set a new course record in the W75 walk.

Bernie Portenski Memorial Trophy

The event to close the harrier season completely was the Bernie Portenski Memorial Trophy, hosted by Wellington Scottish, and now in its third year. This is a laid back 9.1km handicap race over mixed terrain in which all of Wellington's clubs participate before a large afternoon tea sends participants away weighing more than they did pre-race. Spot prizes are awarded thanks to Lifestyle Sports and the winner on handicap gets to hold the Memorial Trophy for a season. This year's winner came from one of Wellington's smallest clubs: Hadley Bond from Aurora Harriers.

Wellington 10000m Champs

The Wellington 10000mW Champs attracted a small but competitive group of race walkers. M45 Sean Lake claimed the male honours, with W70 Jacqueline Wilson leading the women. M50 Joseph Antcliff, W45 Arelene Wong-Tung and W75 Daphne Jones added Wellington Masters records to their collections.



PHOTO: Sharon Wray

Daphne Jones – 3000m walk at the Nth Island Championships

In the Wellington 10000m Champs, held as part of the Agency Group 10000m, we had a World Record (see separate article). For the more prosaic achievements of local gold medals, our winners were Geoff Ferry in the M35 grade, Paul Barwick the M40s, Brendon Thompson M45s, Michael Wray M50s, Peter Stevens M55s and Todd Kriebel the M60s. The Wellington masters women didn't turn out in quite the same numbers, so we only had W35 and W40s, won by Emma Bassett and Marketa Langova, respectively. In the M55s Peter Stevens and Paul Hewitson were battling it out with the aim of breaking the Wellington M55 record. Paul fell off the pace after five or six laps, settling for silver, creating the expectancy that Peter would claim the record. Unfortunately for Peter he failed to beat the wind and came an agonising 0.16 of a second shy of the record. Ouch!

The early part of the season has been productive for some of our athletes. Adrian Stockill and Jim Blair went down to Christchurch for the South Island Masters Champs and left with a couple of new Wellington throwing records. Brian Hayes (3000m) and Veronica Gould (100m) stayed in Wellington and over the same weekend they also claimed Centre records, albeit without earning air miles.

Tasman

by Derek Shaw

Rakiura Challenge Trail Run – Stewart Island

Graeme and Christine Lear were amongst the more than 220 runners who entered this inaugural 32 km race around the Rakiura Great Walk on 5 October 2019. Both ran very well with Graeme comfortably winning the VM 60-9 category in 3:34:35. He was 25th overall and more than 22 minutes ahead of the next runner in his age group. Christine was 5th in her VW50-9 age group and 78th overall in 4:12:08. The first male overall was Patrick Higgins from Nelson in the impressive time of 2:32:23. The first women was Rotorua's Sue Crowley (VW40-9) in 13th place overall and 1st VW40-9 also in an impressive time of 3:09:41.

NZ Road Relay Championships

Athletics Nelson had 4 masters men's teams in Feilding for the 2019 NZ Road Relay Champs – a M50 team and three O60 teams including one in the trial unofficial O70 grade. The top O60 team were seeing if they could extend their unbeaten record in this grade since it's inception, something that was going to be a big challenge as half of last year's team were missing due to injuries or in Graeme Lear's case running the inaugural Rakiura Challenge. However, they did possess one new recruit – Tim Cross who had turned 60 a month earlier. An injury to Bill Revell a week out resulted in him dropping to the B team and Clive Holyoke on lap 6 joining Barry Dewar, Ian Carter, Derek Shaw, Andrew Barker and Tim in a reshuffled A team.

After a tightly contested first lap Barry had the A team in third place behind Napier and Scottish. Ian maintained third place on lap 2 but now behind Energy City and old rivals Auckland University. On the third lap Steve Duxfield moved Auckland in to lead and Derek moved Nelson into second place. A fast lap by Christchurch Avon's Peter Richards moved his team into second place on the fourth lap with Nelson a further 53s back and now 4:31 behind Auckland. On the second to last lap Tim regained second place and reduced the gap to 56s. On the short last lap Clive chased hard and pulled back 31s but Nelson was still 25s behind at the finish with Auckland deserving winners of their first title in the O60 grade. After slipping back to 4th place on lap 5 Christchurch Avon regained third place from Hamilton Hawks to take the bronze medals by 6s, which was a fitting tribute for Avon who were racing in memory of Anthony Rogal who had suddenly died two weeks earlier.

The B team of Stephen Gray, Herman van Gessel, Paul Meeson, Stu Hague, Dave Riddell and Bill Revell had a close race with the Wellington Scottish O60 team over the second half and with Olympic Harriers over most of the race. Less than a minute separated the three teams at the finish with the B team taking 10th place in the 14 team O60 grade. Three clubs fielded O70

teams in the O60 grade, Athletics Nelson, Wellington Harriers and Wellington Scottish, to indicate that there is interest in starting an official O70 grade. With increasing numbers of over 70 runners hopefully this will happen in the near future.

In the 7 lap 8-team M50 grade race Neil Whittaker had Nelson in 5th place when he handed the baton over to the in-form Graeme Taylor who had the fastest second lap to move the team into 2nd place. Cliff Bowman also ran very well and moved Nelson into the lead on the 3rd lap. However, John Crane (Hamilton Hawks) passed Robbie Barnes on the 4th lap in running the fastest lap. John Kennedy and Stu Cottam held on to 3rd place on their laps behind Scottish and Hamilton. Unfortunately on the last lap Lake City's Alan Crombie passed Marty Moran to claim the third podium spot by a slim 10s margin to move Nelson out of the medals.

South Island Masters Track and Field Championships

With a team of 14, Tasman Masters had the second highest registrations of the regional master's centres behind hosts Canterbury at the SI champs held at the new Nga Puni Wai track and field facilities in Christchurch on 16 and 17 November 2019. The windy conditions made it challenging for fast times but never-the-less five Tasman athletes managed to set new SI Championship records and two achieved NZ records.

Joeline Jones (W35) not only broke her SI championship record for the outdoor pentathlon but also set a new NZ record of 2135 points. The results of her five events were: SP 6.69m; 100m 13.67; LJ 4.28m; Jav 13.60m; and 800m 2:46.08. In her individual sprint performances she was consistently the second fastest woman at the champs close behind fellow Tasman sprinter Effie Milne. Jones times were: 60m 8.36; 100m 13.41; 200m 27.57. She was the fastest woman in the 400m with 64.08. Milne (W30) in her first SI champs continued her good form from the Oceania Champs to record 8.22 for 60m, 13.16 for 100m and 27.26 for 200m.

Carey Dickason's (W65) busy programme of events included the outdoor pentathlon in which she claimed the vacant SI championship record with her 1783 points. The results of her events were: 100m 21.03; SP 5.45m; LJ 2.32m; Jav 12.88m; and 800m 3:54.76. In her individual events she achieved 2.39m in her LJ, second in the hammer with 19.08m, 2nd in the triple jump with 6.05m, 3rd women in the 3000m with 15:37.07, and 7:40.72 in the 1500m.

Dave Hansen also completed the pentathlon finishing with an impressive total of 3103 points, just 44 points off his NZ record, but unfortunately the average wind speed of 2.75m/s was above the legal limit of 2m/s denying him a SI championship record. He recorded 5.59m LJ, 43.10m Jav, 24.96 200m, 34.38m disc, 5:03.73 1500m in his five events. He also performed well in his other events being 1st M40 in both SP 11.30m and discus 35.72m.



In the 3000m Ian Carter ran very well in the windy conditions to lower the SI Championship record by 22s to 11:37.79 and broke his NZ record of 11.58.07. Derek Shaw was 2nd M65 to Ian in 12:32.74, and John Dickason also in the M65 age group recorded 16:01.90. Derek was 1st M65 in the 1500m with 5:53.08.

Peter Hague and Claire McKenzie contested the two race walks, with Peter smashing the 5000m SI championship record in the M65 age group by an impressive 1:46 to lower it to 32:41.58 to claim his second SI championship record following his M55 record in 2008 with 30:35.7. Five of the men's six SI championship records for the 5000m walk are now held by Tasman athletes. He also had a good time of 18:53.93 in the 3000m walk. In her 5000 m walk Claire was within 2.11s of her SI Championship record she set last year in cold, wet and windy conditions in Invercargill. She also had a good time of 21:43.74 in her 3000m walk.

Tim Cross (M60) ran a good solo 2km steeplechase to claim his second SI Championship steeplechase record and lower the M60 record by 3.83s to 8:34.00. In the 1500m he was 1st M60 in 5:28.54 and 1st M60 also in the 5000m and was 2nd overall with 19:43.24. John Dickason was 2nd M65 in the 5000m with 26:43.10.

David Riddell (M65) despite being in the midst of a heavy training schedule for the Kepler Challenge still managed some very creditable times in his 100m (14.43), 200m (29.38), 400m (1:11.34) and 800m (2:47.28). In his 400m he was joined in the same heat by fellow Tasman master Steve Low (M60) who recorded 1:07.83. Unfortunately, work commitments prevented Steve from competing in any of the other races he had entered.

Unfortunately, injuries restricted the NZ record holder for the M60 pentathlon John Rawcliffe to just two throwing events – the javelin with 28.70m to be 1st M60 and the discus with 34.97m to be 2nd M60.

Manawatu/Wanganui

by Jen Fee

Greetings from the Manawatu-Whanganui region! Yes, I am back in the country and straight back into the athletics scene – albeit more slowly than ever! The three all-weather tracks I found on the Army base in Pyeongtaek, South Korea, was actually five! But no throwing cages or jump pits to be seen! All were within a 2km radius of my temporary home there.

Back here we have held three meets where Wellington athletes and even Taranaki came to join us as we all tried to get competition prior to the North Island Champs. These low-key affairs are always welcomed as some of us do very little “training” and it forces us out there.

Whakatane put on a great weekend and our usual group of nine athletes travelled well and had a range of successes. Brayden Grant continued his form in the sprints, on paper running record times in all three events, with all of them being over 85% but as it's a grass track and hand timed, we won't see his records stand.

Sisters Dale McMillan (W50) and Vanessa Pendergrast (W35) both bettered their records in their respective pentathlon events, but again unsure that these stand true. A pity. Gillian Evans (Jill) scored the weekend's highest pentathlon result with 3593 points!

Congratulation must also go to Francie Bayler for her 93.6% result in the 60m. You continue to be an inspirational role model!

It was a pity to see Laurie Malcolmson pull up at the start of the 400m with a hamstring injury. We were looking forward to some great times from him as well and as he said the warm up had gone well! But maybe he has found a new event as his weight throw won him a 2nd place with over 10m thrown!

The easy comradery within our small team is wonderful to see and we all enjoyed dinner together on Saturday night after a complimentary visit to the aquatics centre next door to enjoy stretching out in the lanes or sliding down the hydroslide!

We also entered a team in the 4 x 100m relay. I love relays and took part due to Laurie being unable to. It was a trip down memory lane for me - to Cooks Gardens grass track days but with an easier curve to run! Next time we might do some baton change practice ...? Wow, better get training then! Thanks to the team in Whakatane for a great event!

Back here in our region we now look towards hosting the Colleena Blair Memorial Challenge at the Manawatu Community Track on 19 January. I look forward to seeing some of you there!

Canterbury

by Andrew Stark



PHOTO: Dennis Gin

Helena Dinnissen in the long jump (heptathlon)

The opening day of the new season at Nga Puna Wai saw fewer athletes of all ages attending. We had about 250 athletes last season at the new venue, but only 130 this year. We have also seen a significant drop in the number of master's athletes competing. Over the years it has been the same 'oldies' attending interclub meets and of course as we all get older, several have stopped competing. Consistently there are probably less than 15 masters on any given weekend. It is also interesting to note that here in Canterbury there are more sprinters than field event competitors these days, with more of them under 18.

Canterbury Masters hosted the South Island Masters Track & Field Championships in Christchurch, due to the Invercargill track needing repairs. There is a South Island Masters report in *Vetline*, so I will not go into too much detail here. What we have continued to do with this event is host it amongst a bigger event and that works really well. This year it was combined with the South Island Combined Events Championships, along with a regular Athletics Canterbury Interclub. It makes for a very full programme over the two days, with less gaps between events. It was a great weekend of events, only spoilt by the very strong nor-west winds. Fortunately, Nga Puna Wai is set up to race sprint events down the back straight, but that's not much consolation for the distance athletes. The only problem when running or jumping with strong tail winds is that you cannot claim records that rely on a wind reading of more than 2 metres per second.

Two of our athletes competing in the Combined Events Championships performed well. Wayne Doyle in the decathlon scored 6740 points. While breaking the NZMA record, I suspect the average wind reading is over the allowable 2m/s, for the three events with wind readings. However, he did break several CMA M55 records along the way, namely in the shot put, high jump, discus, 100m hurdles and javelin.

Helena Dinnissen performed well in the Open Women's Heptathlon scoring 4595 points, but when the same performances are scored on the W35 tables, the appropriate points total jumps to 4926. This would rank her first in her age group. The challenge for Helena is to stay injury free as training and competing over seven events is very difficult.

On 15 December we held the Jack King Memorial Throws Pentathlon. While only seven throwers took part, it was a close-run competition with Justine Whitaker (W75, 3482 points), followed by Rick Davison (M65, 3305 points) and Glen Watts (W75, 3269 points).

In February we have our CMA championships. Currently it is planned to be held over two weekends, although with the smaller number of masters competing this year, we may look at combining our championships with the Athletics Canterbury championships.

Otago

by John Stinson

South Island Masters Track and Field Championships

The ten Otago athletes who travelled to Christchurch in early November for the 2019 SI Masters Champs all performed to a high standard. Zeddrick Osten who was particularly excited to be competing in his first South Island Champs recorded six wins in the M40 grade in the 60m, 100m, 200m, 110m hurdles, high jump and long jump.

Noni Callendar (W70) enjoyed multiple successes in her field events including the throws pentathlon with 3018 points and set Otago records in her discus 19.27m and weight throw 8.62m. Noeline Burden (W65) was another to star winning the 60m, 100m, shot put and triple jump. Three Otago records were set by Keith Hutton (M70) in the high jump 1.11m, javelin 34.36m, and 300m hurdles 59.06. In spite of challenging weather conditions all athletes enjoyed their competition and the hospitality provided by their Canterbury hosts.



Otago Events

It has also been a busy few weeks on the local athletics scene. On 3 November at the Caledonian Ground the annual Peggy Calder Memorial Inter Club Meeting was held in brilliantly fine weather. The Peggy Calder is always a popular event for Otago Masters with friendly banter always in evidence and everyone keen to gain points for their respective clubs in all events. The Caversham Club maintained their great record in this event successfully defending the highly sought after Peggy Calder Trophy.

On 20 November the Kenny's Canter Bill Kenny Memorial Relay was held at the Caledonian Ground. This event is held in recognition of the late Bill Kenny one of the great characters of Otago Masters Athletics who had a long standing love affair with the steeplechase. Teams comprising two runners and two walkers each completed 400m with one steeple for everyone to negotiate. Following a spirited contest the winning quartet was the team of Dalise and Gene Sanderson, Barbara Patrick and David Sharp.



On 4 December the annual Geoff Capon Memorial 5km Beach Run will be held along St. Clair and St. Kilda beaches. Formerly held in mid winter this run is now held as the final pre-Christmas event for Otago Masters and is followed by a meal and social at a pre-chosen venue. This year it will be the Rope and Twine Restaurant in South Dunedin.

The New Zealand Masters Games will be held in Dunedin in February 2020 providing local athletes with plenty of incentive to get their fitness levels up to speed following the Christmas break.

Otago Masters wish everyone a happy and healthy 2020.



Barbara Patrick, Dalise and Gene Sanderson and David Sharp posing with their prizes



PHOTOS: Phil Coakes

Southland

by Dwight Grieve

Bit of a gap period this time of year with harriers finishing and track and field getting started - will start with the end and onto the start...

Southland Festival of Running including Southland Marathon Champs

The annual festival hosts a marathon, a half marathon, 10km and 5km fun event with the marathon being the Southland champs. The marathon is the oldest in NZ and runs from the seaside riveria of Riverton to central Invercargill, this means an easterly run course with 90% of the time prevailing winds, making it a flat and fast course. This year the wind did a strange thing and turned into the runners faces which means nowhere to hide...

First home was Jerome Lagumbay in 2hr 47m but second in was also first master Kelvin Meade in 2hr 59m. Two years ago the pair sprinted for the win but this year Jerome made easier work of it, but still a top effort from Kelvin coming home a solid 4 minutes ahead of third. Next master in was Craig Iverson in 3hr 14m. I managed to watch some runners towards the end and Craig had given it all and looked shattered - a good effort to get home.

First Southland registered female home was Cassie Scobie in 4hr 22m. Some other Southland legends in the field, including Val Muskett home in 4hr 10m and true legend of NZ distance running. Bill Richardson was also in the field running yet another marathon. I have no idea how many he has now done - over 200 at a guess. Also spotted in the race was Gordan Wong sporting the Dunedin Caversham singlet.

In the half, Jason Russell was first master home in 1hr 33m, then William Gunn followed by John Wallace. John has had a good season appearing at most events and a 1hr 39m effort at 58 years old is not to be sneezed at. The ladies had Debie Dicky-Lee home first master, then Kerrin Tattersfield-Smith and Vicky Rhodes.

The 10km had Franz Mayer first master male, followed by John Oneil and Leith Borrie. The ladies had Kerry William, Sarah Cooper and Emma Coatsworth.

Great efforts by all. I was especially intrigued by the marathon battle as Craig Iverson sets his sights on Kelvin but will need to wait another year to knock him off the top.

South Island Track and Field Champs

Held on the bright and shiny new Christchurch track the Southland team put in a good effort and some of the results showed some of our crew still improving as we get older.



Bruce Thomson going for the record

Bruce Thomson is a Southland stalwart and as long as I have been involved in athletics Bruce has always been there - always willing to help out and pass on advice. He managed a new SI record in the 400m, a great reward for some hard work.

I also hear there were some great battles between Debbie Telfer and Gary Kirkman in the distance events. Gary has changed his training a bit and is finding some speed to go with his distance strength, Debbie is a top female runner and it is great to see a bit of rivalry happening between the two.

Mark Flaus and Lester Laughton represented the throwers with Lester reporting the pair were happy with their early season form.

Warren Green tested his endurance after a full harrier season and he may have been worried about the whole running more than 200m thing as a sprinter, but is almost enjoying it now? I dare say we will find out as he has entered the Luxmore Grunt 27km race as part of the Kepler Challenge.

Park run

I have managed to travel for work and family holiday recently and really enjoyed getting out and doing a couple of Park runs. For those not aware of them, they are 5km runs set up in towns all over the world. You go online and enter gaining a bar code you take to all events and scan when you finish, the website records all your runs as you aim for PB's, course records and even just number of finishes. They have the harrier finish line feeling and attitudes and are great fun. They also finish with a coffee and are a great way to top up your track racing with fun people. Thanks to the Auckland, Western Springs and Wellington, Porirua crews as their runs were great fun.



Looking ahead

The Invercargill track is being replaced so most athletics events this season are on the rural grass tracks, which will make for some fun. I personally train on a grass track and it is fun. It also means when you get on the rubber, you burn rubber!

It will also be interesting to see how Southland go against their Otago counter parts with the combined champs being held in Dunedin.

The Kepler Challenge is upon us as well - the weather has been "damp", the lake is in near flood, parts of the track under water, and fresh snow up top...



Training Te Anau style - Lee Grieve, Les Scown, Gail Kirkman, Sherron Tamatea-Scown



PHOTOS: Dwight Grieve

Running buddies in Fiordland



PHOTO: Jamie Shaw

Gary Kirkman leading out Debbie Telfer - South Island champs

Coaching Corner

by Mike Weddell

Coaching is easy when things are going well. Write out a programme for an athlete, the athlete does the training, competes and improves. It is when things do not go to plan when it gets a bit more difficult. When an athlete performs below the expected level it can knock an athlete's confidence and enthusiasm, and it is the job of the coach to help them cope.

Rarely do athletes have a smooth steady improvement and when a set back happens it pays to have a strategy in place. Firstly, put the set-back in context by looking at the lead in and seeing if there is anything that can account for it such as illness, change in diet or routine, or even the conditions on the day of competition. There is also the possibility that some other part

of an athlete's life can be a distraction, especially if it is causing worry or depression.

Things are a bit more difficult if there is nothing obvious causing problems. Reassurance from the coach that there are always setbacks and to look to the future and reset goals are important actions to take. Telling an athlete that they need to pull themselves together and try harder is not a good approach. Asking how they think things could be changed for the better is a good start as it initiates a conversation as it is essential that two-way communication is maintained. Coach and athlete are a partnership with equal responsibility for input to achieve success.





Paul Daborn (WBP) in the 400m hurdles at the North Island Champs in Whakatane

PHOTO: Sharon Wray

COMING EVENTS

2020

8-9 February	ANZ Combined Events	CHRISTCHURCH
28 Feb - 1 March	NZ Masters Athletics T&F Championships	HASTINGS
21 March	ANZ 10,000m Championships	AUCKLAND
5 April	ANZ Half Marathon Championships	AUCKLAND
10-13 April	Australian Masters Athletics T&F Championships	BRISBANE
2 May	ANZ Marathon Championships	ROTORUA
30 July - 1 August	WMA Stadia Championships	TORONTO, CANADA
24 July - 9 August	32nd Olympic Games	TOKYO, JAPAN
1 August	ANZ Cross Country Championships	DUNEDIN
13 September	ANZ Road Championships	AUCKLAND

3 October	ANZ Road Relay Championships	FEILDING
18 October	NZ Trail Running Championships	CHRISTCHURCH

2021

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

2022

16-28 AUGUST	WMA Stadia Championships	GOTHENBURG, SWEDEN
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