

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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- > NZ Mountain Running Champs

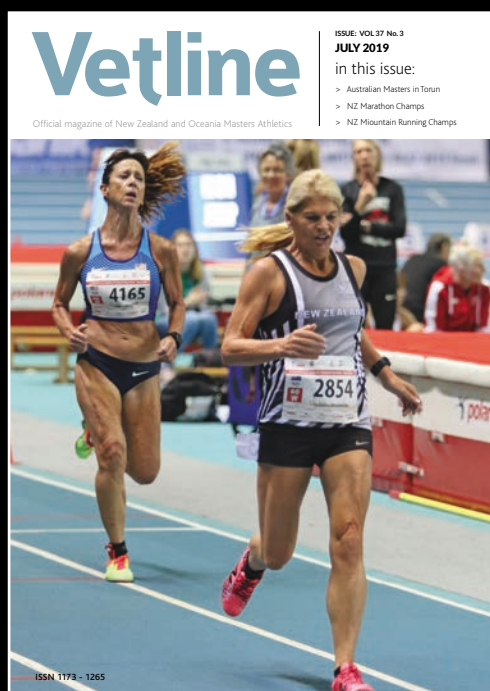




Men's Champion of Champions 100m sprint handicap race finalists at the AMA T&F Championships

PHOTO: Graeme Dahl

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



Cover Photo

Christine Adamson on her way to winning gold at the WMA Indoor T&F Championships in Torun, Poland

Photo - uncredited

Inside Back Cover

Belinda Walker – 5th W50 in the Vosseller Shield, Wellington

Photo - Sharon Wray

Back Cover

Mel Stephens – 1st W35 in the Vosseller Shield, Wellington

Photo - Sharon Wray





Women's Champion of Champions 100m sprint handicap race finalists at the AMA T&F Championships

PHOTO: Graeme Dahl

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The Kiwi "Golden Girls" - all won their 200m finals on same day plus 60m on another day -
From L to R: Marcia Petley (W90), Christine Waring (W75) and Sheryl Gower (W70)

PHOTO: Noni Callendar

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NZMA is a member of

World Masters Athletics (WMA)
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Council of Athletics New Zealand (ANZ)

President's Report

by ANDREW STARK - NZMA President



In mid-June we held a Board meeting in Wellington where we welcomed our newest member to the Board, Claire Giles. Claire brings a wealth of experience to the table, having been involved in Otago Masters for numerous years. I look forward to working with her.

Since the end of the track season, we have reviewed the previous season, focusing on ways we can improve how we operate and what we offer Centres, particularly those hosting our championship events. Over the past few seasons we have had a greater involvement in running our three major championship events, which has been helpful to hosting Centres and this will continue.

Following on from the discussions at the NZMA AGM held in Timaru, we are preparing the Constitutional changes required, regarding the way we elect the Board. Once completed, these will be sent out to all members as part of the consultation process.

We have just launched three new NZMA apparel items; a polo shirt, a long sleeved top & a shower-proof rain jacket. So far, the feedback has been positive. At this point, we do not intend to carry stock, although we might reconsider this, subject to demand. You will be required to pre-order by a given date to ensure delivery. Our aim is to create a 'NZMA Team' look, particularly when attending overseas events.

What's coming up ...

- **Athletics NZ Cross Country Championships** – Sunday 4th August 2019 @ Harcourt Park, Upper Hutt.
- **NZMA Indoor Track & Field Championships** – Saturday 10th – Sunday 11th August 2019 @ AUT Millennium Institute of Sport, Auckland.
- **Oceania Masters Athletics Track & Field Championships** – 31st August - 7th September 2019 @ Mackay, Australia. At the OMA AGM, we have several new masters members standing for the OMA Council.
- **Athletics NZ Half Marathon Championships** – Sunday 1st September 2019.

- **Athletics NZ Road Championships** – Sunday 15th September 2019.
- **Athletics NZ Road Relay Championships** – Saturday 5th October 2019.
- **Athletics NZ Trail Running Championships** – Sunday 13th October 2019.

If you are planning to go the **South Island Masters Track & Field Championships** please note the late change of venue. . . NOW Christchurch. You will now have an opportunity to compete on their new track.

The **North Island Masters Track & Field Championships** are being held in Whakatane.

We are in the process of setting up these events on our website and the online entry system for each will be available soon.

Personally, I have had the best winter's training for years! My aim is to compete again at track & field events, therefore spending more time doing what I enjoy most racing on the track. This means I might just need to step back from doing quite so much administrative work.

Until my next report, I hope you are keeping warm & your training is going well. Good luck to you 'hardy' souls who race during the winter.

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

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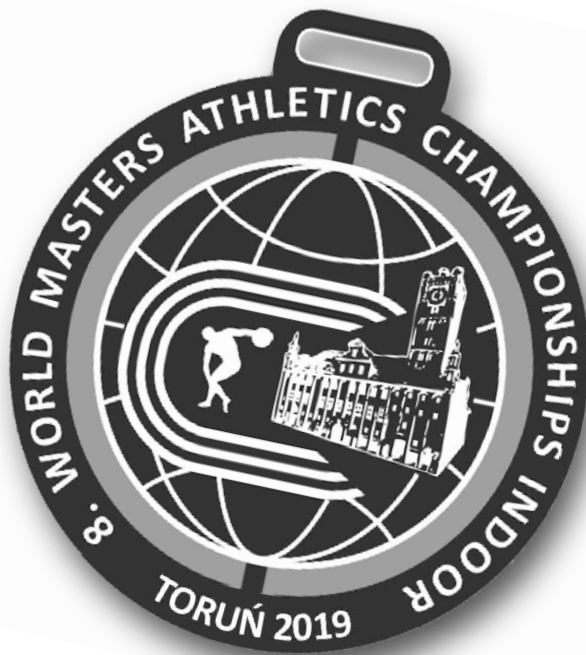
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Australian Masters in Torun

by Janet Naylor



PHOTOS: Doug "Shaggy" Smith

Photos – clockwise from left – Allan Mayfield, Melissa Foster, Andrew Wilcox, Heather Carr, M35 4x200m team (Jay Stone, Ashley McMahon, William Little, Adam Farlow)

Six Gold Medals and an Australian Open Record at the WMA Indoor Championships in Poland

At the **WMA Indoor Championships** held at the end of March in Torun, Poland, Australians struck gold with five athletes returning home as world champions in their events. The stand out performance was the M35 4x200m team who broke the Australian Open Indoor Record in claiming the silver medal behind Great Britain. The team of Adam Farlow (ACT), William Little (VIC), Ashley McMahon (NSW) and Jay Stone (NSW) lowered the **Australian Open Indoor 4x200m record** to 1:33.25.

The Australian Open Indoor Record 4x200m records were first established by masters teams in 2008 at the WMA Indoor Championships. The women's record stood for 9 years until it was lowered by a group of junior women competing at a US Indoor meet in 2017, while the men's record has been progressively lowered by masters teams at WMA Indoor Championships.

Leading the way for Australia on the medal count was **dual gold medallist Allan Mayfield (SA)** who won the M70 800m and 1500m. After the event Allan said, "I am pleasantly surprised but it's a reward for effort. The whole competition was very well organised."

Multiple medallists include:

- Andrew Wilcox (VIC) gold in the M50 400m and bronze in the 200m
- Heather Carr (VIC) gold in the W65 3000m walk and bronze in the 100km road walk
- Sharon Davis (WA) silver in the W45 800m and bronze in the 400m
- Paula Moorhouse (NSW) three bronze medals in the W70 400m, 800m and 1500m
- Kevin Solomon (VIC) two bronze medals in the M70 1500m and 3000m
- Melissa Foster (WA) gold in the W40 long jump and bronze in the W40 4x200m relay
- Monique Perry (NSW) silver in the W40 60m and bronze in the W40 4x200m relay
- Lenore Lambert (NSW) silver in the W45 60m Hurdles and bronze in the W40 4x200m relay
- Jay Stone (NSW) bronze medal in the M35 400m 51.09 and silver in the M35 4x200m relay

Being a master's athlete at the top level is a very fine line between being in great shape and breaking down. The reliance on various support services is a huge factor in the success of the Australian team.

Andrew Wilcox says, "Torun was my best result from a world championships with gold in the 400 and bronze in the 200, but I very nearly couldn't run at all after injury and illness. After extensive treatment and determination my goals were realised."

And **Melissa Foster** shared, "In the last 6 months, I have been put back together three times (injury and illness) with minimal disruption to my training. Any one of these could have prevented me from competing and I thank my support team for allowing me to chase and achieve my dreams."

Australians won 25 medals – six gold, 5 silver and 14 bronze to place 20th on the medal tally. The leading teams were Germany 262 (100, 79, 83), USA 159 (62, 48, 49) and the host nation Poland 182 (60, 64, 58).

Australian Gold medallists at the World Championships include:

- Allan Mayfield (SA) M70 800m 2:31.16 and M70 1500m 5:15.50
- Andrew Wilcox (VIC) M50 400m 53.44
- Heather Carr (VIC) W65 3000m walk 18:30.85
- Melissa Foster (WA) W40 Long Jump 5.54m
- Joan Purcell (NSW) W75 10km road walk 1:17:08

Silver Medals

- Monique Perry (NSW) W40 60m 7.99
- Sharon Davis (WA) W45 800m 2:18.01
- Robyn Suttor (NSW) W60 60m Hurdles 10.35
- Lenore Lambert (NSW) W45 60m Hurdles 9.55
- M35 4x200m Relay - Adam Farlow (ACT), William Little (VIC), Ashley McMahon (NSW) and Jay Stone (NSW) 1:33.25.

Bronze Medals

- Paula Moorhouse (NSW) W70 400m 1:28.71, W70 800m 3:35.10, W70 1500m 7:35.95
- Kevin Solomon (VIC) M70 3000m 11:31.11, M70 1500m 15:17.23
- Jay Stone (NSW) M35 400m 51.09
- James Sinclair (VIC) M90 60m 14.11
- Sharon Davis (WA) W45 400m 1:01.90
- Andrew Wilcox (VIC) M50 200m 24.30
- Mark Giglio (VIC) M45 200m 23.40
- Heather Carr (VIC) W65 10km road walk 1:03:47
- George Schillinger (VIC) M70 Pole Vault 2.80m
- Wilma Perkins (QLD) W65 Pole Vault 1.90m
- W40 4x200m Relay – Monique Perry (NSW), Lenore Lambert (NSW), Melissa Foster (WA) and Sonya Pollard (VIC) 1:52.31

Full results - wmaci2019.com/

The WMA Indoor Championships are held every 2 years. The next host city is Edmonton, Canada in April 2021. In 2020, the outdoor World Championships will be in Toronto in July/August.

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NZ Marathon Championships

by Michael Wray



Shaw Baton Relay: Mel Aitkin from Wgtn Scottish - 1st W 35+ team



Uni Relays: 1st W50 Scottish Harriers – Helen Willis, Bev Hodge, Loretta Desoudy, Lyn Clark

PHOTOS: Sharon Wray

Over Queen's Birthday weekend, Christchurch hosted the 2019 NZ Marathon Championships as part of the Christchurch Marathon.

The race organisers were pretty excited by what they were bringing for the 2019 edition. The course was not too far away from what they consider to be the traditional marathon route and for the first time since the earthquake, they had taken residence in the Town Hall with the start and finish back in Kilmore Street.

I can't say how closely the course resembled the traditional course of old beyond the start/finish being back outside the Town Hall. My first experience of Christchurch was in 2006 when the course used Memorial Drive. When I next ran Christchurch, two years later, the marathon course had been changed to two circuits of the half course and I believe this format stayed until the earthquake forced them to relocate initially to Lincoln and then near the Airport. After moving back to the central city in 2015, I ran Christchurch twice more and the course they used, apart from being based in Cathedral Square, was broadly similar.

This year's version had every event run the same route for 10km, essentially heading to Hagley Park for a loop and then returning to the Town Hall. The half marathon and full marathoners carried on out east and ran together until round 16.5km. At this point, the marathoners turned off for a separate loop of about 10km before returning back to the main course. The marathon then finished by re-running the half marathon's final 11km.

The days leading up to the race saw most of New Zealand endure strong winds and heavy rain. I know of some Wellington competitors who failed to get to the race as Wellington Airport was closed on and off due to the conditions. Christchurch did not go unscathed. Those athletes who attempted to drive around the course the day before the race found Avonside Drive and River Road completed flooded as the Avon River had swollen; a day with 63.8mm of rainfall meant the river now encompassed adjacent roads. Amongst concerned athletes there was talk on whether we would suffer a cancellation or if the organisers might be forced to make us run repeated laps of the 10km route.

Race morning saw the rain ease off with "only" 11.8mm of rain that was delivered by periodic heavy showers. It was four degrees, which is actually warmer than some recent race days. However, the rain combined with a cold southerly with peak gusts of 57km/h created a wind chill factor where it felt a lot colder.

The flooding had eased but it was still an issue. The eastern part of the course features long sections that have not been re-sealed yet and the rain meant those sections that weren't flooded more closely resembled a cross country course than a road race. Many sections were still underwater with shin-deep "lakes" that had to be run through with no alternate route. The marshals did a good job of telling runners where the "higher ground" was to be found in these lakes and guided us to run to the left, the right or the middle as was appropriate.

It's hard to describe the actual racing. I can tell you my own experience, where I failed to adjust my pace to the conditions

and ended up going through 30km in 1:58, within a minute of target pace. However, frozen feet and frozen hands had been a problem for me from 15km. I found my hands were no longer functional and were merely ice claws that could not open a zipper to get at a gel sachet or to even grip a cup to take in water. It turns out that not drinking any fluids in the final 27km and not consuming any gels in a marathon where you've run the first 30km too fast for the conditions is a problem. I couldn't see anything but phantom flickering lights for the final 3km and when I eventually staggered down the finishing straight, I couldn't tell where the line was so just kept running (actually tripping over the finish line timing mat) until two marshals caught me before I hit the tarmac and carried me to the medics!

The Press the next day decided to focus a section of their coverage on Christchurch athlete Shannon-Leigh Litt and her struggle with the conditions. As a local athlete, Litt took the decision to go home mid-race, have a shower and a change of clothing then return to the race. As a competitor in the NZ Marathon Champs, this falls foul of IAAF regulation 240.9 unless she was accompanied by an official and as such disqualifies her finish. At the time of writing, ANZ still have Litt listed as the W40 bronze medal and it will be interesting – given the publicity – whether she is allowed to retain the medal or whether it has to be transferred to the fourth W40.

Also as I write, Athletics NZ have not released the full results or the team results but I did get the podium places for the individual age groups.

In the M35-49 championship grade, M35 Blair McWhirter was the first master to finish, running 2:36. First M40 Jonny McKee was second master in 2:42 with first M45 Simon Keller third in 2:46. M50 Michael Wray was first of the M50+ runners in 2:58, with John Marshall (also M50) second in 2:59. Erik Monasterio was third in 3:09.

For the W35-49 grade, W35 Lisa Cross took gold (and also the open women's silver medal) with 2:51. Second MW was W35 Andrea Hewitt (open women's bronze medallist) in 2:55 and W35 Ingrid Cree third in 2:57. The W50+ grade gold medal was won by W50 Robyn Perkins by 8s from fellow W50 Jan Finnie. Third W50+ was W55 Berry Harp in 3:56.

Age Group Medallists

Men

M35

1	Blair McWhirter	2:36:34
2	Shaun McWhirter	2:47:40
3	Hamish Martin	3:04:42

M40

1	Jonny McKee	2:42:31
2	Benjamin Cornelius	2:54:49
3	Paul Brouwers	3:03:33

M45

1	Simon Keller	2:46:39
2	Terry Fraser	3:05:24
3	Nick Perry	3:09:57

M50

1	Michael Wray	2:58:26
2	John Marshall	2:59:16
3	Erik Monasterio	3:09:20

M55

1	Gary Prest	4:12:57
2	Stephen Graham	4:18:10

M60

1	Tony Price	3:23:36
2	Lachie Ashton	3:38:38

M65

1	Andy Harper	3:31:40
2	Adrian Brouwers	3:56:36
3	Bruce Woods	4:11:23

M70

1	Brian Hayes	3:58:18
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M80

1	Dave Eastmond	5:40:10
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Women

W35

1	Lisa Cross	2:51:00
2	Andrea Hewitt	2:55:38
3	Ingrid Cree	2:57:05

W40

1	Mel Stevens	2:57:45
2	Sarah Alexander	3:07:58
3	Shannon Leigh-Litt	4:16:38

W45

1	Lisa Brignull	3:04:41
2	Tracey Sims	3:56:57
3	Joanne Rowe	4:58:17

W50

1	Robyn Perkins	3:44:13
2	Jan Finnie	3:44:21
3	Christina Stowell-Collett	4:05:34

W55

1	Betty Harp	3:56:19
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W60

1	Sue Meltzer	4:14:28
2	Mignon Stevenson	4:30:06

Grin and Bear It

by George White

We are all well-honed athletes aren't we? Let's say we can run a 10km race in 45 minutes. To improve that by over a minute would take some serious training effort over perhaps a significant period of time. But what if you could make that improvement without any physical effort at all?

Running endurance stems from physiological and psychological factors. We are all familiar with the physiological factors but less so with the psychological factors. Perceived effort, or how hard we feel we are working during a run is one factor where the lower the perceived effort, the easier the run will feel. It is easy to imagine that any strategy that reduces how much an athlete perceives the effort will generally have a positive effect on performance. Running hard often makes you frown while easy effort can result in a smile.

Makes sense doesn't it! However the body is a strange and wonderful thing and has many feedback loops. You may frown because of the effort but in turn that frown may make the effort even harder. The converse is that it appears that smiling can in fact make that hard effort easier. Every time you smile – your brain thinks you are throwing a party, so it releases endorphins. There is some suggestion that even when the smile is fake, the endorphins may convert it to a real smile.

Many top marathon runners seem very relaxed compared to those of us much further down the field. Kenya's Eliud Kipchoge's face is often shown smiling and while he no doubt enjoys being at the front it is hard to imagine he really enjoys the hard effort. In fact it is a deliberate tactic to relax and work through the escalating pain. Psychological strategies are important for elite athletes and can impact running efficiency. Unfortunately many relaxation techniques can be difficult to learn - but one thing we can all do is smile.

Smiling has been the subject of a study at Ulster University where they had 24 runners complete a series of four six-minute treadmill runs. All participants in the study were club-level endurance runners and were healthy, free from injury, accustomed to treadmill running, and engaged in regular endurance training. Participants completed runs while smiling, frowning, consciously relaxing their hands and upper-body or as they would normally run (the control).

Smiling was found to improve running efficiency compared to both frowning and the control. Conversely, frowning resulted in higher perceived effort compared to smiling and relaxing. Fourteen participants were most economical during smiling.

Runners who smiled used less oxygen, ran more economically and had lower perceived exhaustion than those who frowned or were in the control group.

The key finding was that participants were most efficient while smiling. Remarkably, participants were 2.8% more efficient when smiling than frowning, and 2.2% more efficient in comparison with the control. These reductions are sufficient to translate into a reasonable improvement in performance under race conditions.

Why? In contrast to frowning smiling may engender a more relaxed emotional state resulting in better running efficiency while reducing perceived effort. These responses are probably most pronounced when a 'real' or Duchenne smile is produced. A Duchenne smile (resulting from true happiness) stems from the symmetrical activation of the muscles around the mouth and the eyes. But why exactly did facial expression impact the runners' efficiency and perceived effort? We all know the saying "smile and the whole world smiles with you", well this is what is known as embodied emotion. By adopting a positive facial expression you can influence how your emotions are actually experienced. We also know that relaxation strategies can improve running efficiency and the act of smiling may increase relaxation among runners, while frowning may increase tension.

So what are the practical implications of the study? One implication is that smiling may be a useful strategy to improve efficiency and to make you feel more relaxed during running. In contrast, frowning may increase tension and make your run feel harder. So, how long should you smile for? Like Kipchoge, are periodic (30 second) bouts of smiling sufficient, or do we need to smile continuously like the runners in the study did? However these runners did indicate that prolonged smiling could be both impractical and difficult to maintain. If you can do it, then continuous smiling is probably advantageous but periodic smiling may be most appropriate during sustained activity.

The recommendation from the study is to pay some attention to your facial expression and to smile as much as you can during your run. Even when the kilometres seem gruelling, try to focus on pleasant memories, beam and say hello to people as you run past, grin at cameras on the sidelines, or give yourself a small smile when you complete each kilometre.

Worst case scenario! Even if the effort is no easier and you are not faster – at least you will look better in race photos.

34th North Island Masters Track and Field Championships

Whatakatane, 29 November to 1 December 2019

Provisional Event Programme

	Track	Jumps	Throws
Friday, 29 November			
4:00pm	M&W Short Hurdles	Men Long Jump	Men Hammer
4:00pm			Women Shot Put
4.15pm	M&W 3000m Walk		
5:00pm	M&W 400m		
5.30pm		Women Long Jump	
6:00pm	M&W 3000m		Men Shot Put
6:00pm			Women Hammer
6.30pm	60/100 heats if required		

Saturday, 30 November			
9:00am			Men Weight Throw
9:00am			Women Javelin
10:00am	M&W 60m		
10:00am		Men Triple Jump	
11:00am			Men Javelin
11:00am			Women Weight Throw
11.30am	M&W 200/300/400 Hdl		
11.30am		Women Triple Jump	
12:00pm		Men High Jump	
1:00pm			M&W Discus
1.30pm	M&W 100m		
1.30pm		Women High Jump	
1.45pm	M&W 1500		
2.30pm	M&W 4x100Relay		

Sunday, 1 December		Pentathlon	Weight Pentathlon
9:00am	M&W 5000m Walk		
9:00am		Women 100m	Women
9:00am		Men Long Jump	
9.45am		Women Shot Put	
10:00am	M&W 5000m		Men
10.15pm		Men Javelin	
11:00am	M&W 200m	Men 200m	
11:00am		Women Long Jump	
12:00pm		Women Javelin	
12.15pm		Men Discus	
1:00pm	M&W 800m	Women 800m	
1.30pm		Men 1500m	

final times may change subject to entries

Online entry will be available soon on the NZMA website: nzmastersathletics.org.nz

Australian Masters T&F Championships

by Peter Hanson

I attended the Australian Masters Championships at the Lakeside Stadium in Melbourne along with 20 other New Zealand athletes. A total of 960 competitors entered, which was a record for the championships.

The championships as always were well run. Although there were some delays in the programme of events, but that is to be expected with such a large number of runners.

A number of social events and forums were organised each day. The first forum topic was "The right training philosophy for you to compete at your best" presented by Ralph Doubell a 1968 Olympic Gold Medallist. The second forum was presented by Dr Rohan Armstrong an Osteopath on "Conditioning your body to train and compete well".

Unfortunately the weather did not come to the party as there were cold winds and occasional showers across the 4 days of competition.

The octagon shaped medals looked great and were a nice change from the usual round medals. New Zealand athletes collected a total of 28 medals - 7 gold, 12 silver and 9 bronze.

My contribution was 2 bronze and 1 silver.

On a personal level the highlight was having a number of athletes in my age group to provide good competition. The M80-85 shot put group saw two Australians battle for gold with the last throw deciding the winner, with 4th place for myself.

A special highlight was in the cross country matching stride for stride with Western Australian athlete Moreland Smith on quite a technical course with undulating terrain and some tight turns. To our surprise we were both presented with silver as we thought we running for bronze. A fellow athlete had to pull out with a hamstring problem. I believe there was some criticism of the course but I found it interesting and nice change from lots of long straights and I came away feeling I run effortlessly and thinking I must be designed for cornering rather than long straights.

Congratulations to the Victorian organisers for a great event in Melbourne.

I am looking to catching up with fellow athletes in 2020 at Australian Masters Championship in Brisbane in early April.

Record Entries for AMA Championships in Melbourne

by Janet Naylor & Bryan Thomas

The 47th edition of the Australian Masters Athletics Championships was held in Melbourne from 26-29 April at Lakeside Stadium, Albert Park. A record 959 athletes entered the competition and with each athlete having taking on average 3.5 events - that's a colossal 3,380 individual entries over the four day program.

Rob Mayston, Chairman of the Local Organising Committee said, "Excitement is running high in the ranks of Australian Masters Athletes as the countdown is now well and truly on to the 'Melbourne 2019' National Championships." He went onto say "Athletes from all states and territories will take part, as well as 49 entrants from overseas competing by invitation".

Athletes competed in 5 year age groups from 30-34 years through to 90-94 years in events ranging from the 60m through to 10,000m, cross country, road walks, jumps and throws.



Champion of Champions winner, Julie Brims receiving her trophy from Peter Crombie

PHOTOS: Graeme Dahl

At 94 years of age, the oldest competitor was **Jim Sinclair** from Victoria. He contested the four sprint events and has just returned from the World Indoor Championships where he won the bronze medal in the M90 60m sprint. The youngest competitor is 31-year old, **Krystal Kunig** of Victoria who contested the discus, hammer, shot put and throws pentathlon.

The host state Victoria, as expected, had the largest team with 462 athletes while neighbouring NSW had the second largest team of 162 athletes.

The majority of competitors in the men's events came from the M45, M50, M55 and M60 age groups while for the women events the most popular age groups were W40, W50 and W55.

The most popular event is the blue ribbon 100m with 265 athletes expected to start on the first day of competition.

Athletes to look out for were:

Mary Thomas, NSW, W70 – aiming for a 40th National javelin title, having never been beaten in this event at National Masters Championships;

Andrew Wilcox, VIC, M50 – current World Indoor 400m champion and aiming for the 400m world record in the M50 age group;

Julie Brims, QLD, W50 – current world champion in the 100m and 200m who entered all the sprint events plus the long jump and high jump;

Ashley McMahon, NSW, M40 – has broken the 11s barrier in the 100m in 14 out of the last 16 seasons. The most recent time was at the NSW Open Championships in February this year. Ashley was part of the 4x200m relay team which broke the Open Australian Indoor record last month;

Pages reproduced from Track and Field Newsletter (TFNL) courtesy of Graeme Dahl

Heather Carr, Vic, W65 a world record holder in walking events and on the start lists for the 1500m and 5,000m track walks and 10km road walk events;

Melissa Foster, WA, W40 – current world champion and indoor world champion in the long jump and national record holder in the triple jump who contested both jumps as well as the sprint events and the pentathlon.

Rob Mayston said, "A special guest at the Melbourne Championships was Australian Olympic Legend Ralph Doubell AM. It is now 50 years ago that Ralph won Olympic gold in the 800m in Mexico City. On Friday 26 April, he attended the championships to witness the 800m finals and present the medals to the placegetters".

Mr Doubell AM was also a guest at the AMA Awards Dinner on Saturday 27 April where two members were inducted into the Australian Masters Athletics Hall of Fame – **Lynne Schickert** (WA) for her long service to master's athletics as an administrator, official and a competitor and Mary Thomas (NSW) for her athletic achievements.

The National Championships were live streamed on YouTube for the first time in a move designed to help increase the exposure for master's athletics. Subscribe at <https://www.youtube.com/channel/UC4E6WnSCSv7fGCOp37NBq3Q>

"Masters athletics espouses all of the values of the 'healthy and active lifestyle' mantra that has become so popular and relevant in this present day. It is a sport, which has a diversity of events – from running to jumping to throwing - which means that everyone can find something which suits them. It is also a sport which does not require a lot of personal equipment and which is well catered for by an established network of both metropolitan and regional athletics clubs", says Rob Mayston.



The Men's Sprint - Champion of Champions 100m race



The Women's Sprint - Champion of Champions 100m race



Champion of Champions winner Bob Wishart, receiving his trophy from Peter Crombie

CHAMPIONSHIP AWARD WINNERS

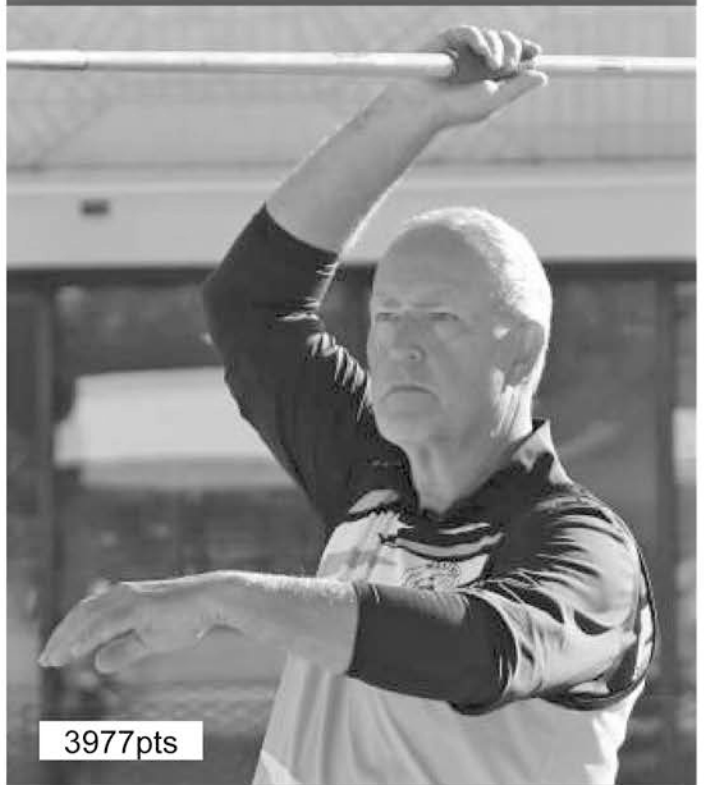
Royce Foley Award
(Throws pentathlon)



4148pts

Jayne Hardy (ACT)

Royce Foley Award
(Throws pentathlon)



3977pts

Jo Peters (WA)

Champion of Champions Throw
(Javelin)



58.58m (inc
handicap)

Greg Carstairs (VIC)

Champion of Champions Throw
(Javelin)



39.13m (inc
handicap)

Mary Thomas (NSW)



Hall of fame inductees



MARY THOMAS

At the AMA Awards Dinner held in Melbourne Lynne Schickert and Mary Thomas were inducted as the 18th and 19th members of the Hall of Fame – Lynne as the fourth administrator and Mary as the 14th athlete.



LYNNE SCHICKERT

Best Age graded



David Carr M85 MAWA
(age graded average 99.69%)

The Brian Foley Award is awarded to the best performing male or female athlete in the 800m or 1500m event. Norma Foley has kindly donated the award in memory of her husband.

LEFT: David with Olympic gold medal winner Ralph Doubell.

AMA AWARD WINNERS



Sprints/Hurdles

Julie Brims



Middle Distance/ Steeplechase

Gillian Young



Distance

Louisa Abram



Walks

Heather Lee



Jumps

Margaret Taylor



Throws

Janice Banens



Multi Events/Relays

Geoff Shaw



Most Outstanding Male Athlete

David Carr



Most Outstanding Female Athlete

Lyn Ventris



Most Outstanding Individual Performance

George White



Administration Award

Barbara Blurton



Special recognition Award

Wilma Perkins

NZ Mountain Running Championships

by Michael Wray

13 April 2019



Jerome Edwards 5th M35 (Vosseller Shield)



Brian Hayes – 1st M70 (Vosseller Shield)

PHOTOS: Sharon Wray

Those of us in Wellington who have run the Mountain Champs course in Wainuiomata before found our anxiety levels rising in the week leading up to race day. Over several days, the rain came down with volume. The elevation of Wainui creates a dew point that makes the course slippery even on a dry day; a freshly watered course was a bit of a scary prospect!

The last time Wellington hosted NZ Mountains, the course was very similar. We no longer use the brutal Te Whiti firebreak (the long course that used this section now runs two circuits of the central forestry road circuit instead of just one). The other significant difference from the old course is the start/finish point has been shifted to the bottom of Te Konini firebreak. The advantage of this is we avoid the extremely technical tree-rooted finish. The price is we no longer get to warm up for a few hundred metres before climbing; we start on a steep slope and we are “mountain” running from the gun.

Roughly speaking, the course consists of 3.5km climbing Te Konini firebreak. The first kilometre or so of this presents a sealed or gravelled surface that, aside from the gradient, is easy to run. The remainder of the climb is technical, with a slippery hard clay surface punctuated by periods of moss or grass. On the day, this section quickly sorted out the good footwear from the bad footwear. Shoes with poor grip made ascending very difficult without resorting to all fours on some of the steeper sections.

Once at the top, athletes run a 3km interior loop. This loop starts with a forestry road descent, broken up by a detour down and back up a grassy trail. The detour follows a narrow track and the faster 11.5km runners who were heading down for their second loop had to be nimble to avoid collisions with the relatively slower 8.5km runners.

Once the detour has been completed, the course returns to the forestry road until reaching the bottom of the gnarly and slippery rocky climb known as “the hill from hell.” This was another section where shoe choice played a part in how fast one could move.

From the top of hell hill, the course follows an undulating approach to a spectacular view over the harbour at the highest point of the course. If you aren’t racing, this is a great spot to stop and take a few pictures. Instead, after a cursory glance of appreciation, runners were to continue down the forestry road to the top of Te Konini. The M35-49s ran the interior loop again to return to this point, from which everyone finishes by heading down Te Konini to return to the start. The sections that were slippery on the way up were just as slippery on the way down, made worse by the addition of gravity. Several competitors fell or slipped over on the way down but no-one was hurt beyond a few cuts and bruises.

Unlike the usual Centre Champs course set-up, the Nationals required us to run a little further and negotiate a sharp left hand

turn across damp grass for a 50m dash up the footpath. That left hand turn would have been a bit hairy for anyone in a head-to-head and needing to keep their speed up.

The Wellington Centre Champs were held as part of the NZ Mountain Championships, although Wellington entrants had the option to compete in only the centre category if preferred. This had the unfortunate impact of skewing some of the national results, which was particularly noticeable in the master's women, as several Olympic runners who had elected to only contest the centre category actually finished ahead of those contesting nationals.

The younger master's men (35-49) started their 11.5km with the senior men and women, 10 minutes ahead of the remaining masters competitors, who were running 8.5km.

M35 Dougal Thorburn of Wellington Scottish is renowned for his fearless ability to run fast on steep, technical downhills. He won the masters overall by 2:20 and was second overall to also claim the open silver medal. First M40 Dan Clendon (WHAC) was second master, holding off third master Stephen Day (M40). Olympic's Joe Fowler was first M45. Second M45 was a close race in which Mike Waterman narrowly held off Darren Douglas.

Age Group Medallists

Women (8.5km)

W35		
1	Tina Faulkner	47:40
2	Alexandra Williams	52:57
W40		
1	Mel Aitken	46:31
2	Kerry Semmens	50:42
3	Renae Creser	51:46
W45		
1	Katie Jenkins	52:29
2	Michelle Van Looy	53:16
3	Nikki Braniff-Jones	54:47
W50		
1	Lyn Clark	56:10
2	Belinda Walker	58:04
3	Sharon Wray	1:15:44
W55		
1	Carolyn Smith	54:36
2	Vanessa Trompetter	1:01:38
W60		
1	Sheryne Coverdale	58:38
2	Trish Coley	1:02:24
3	Loretta DeSourdy	1:12:33
W65		
1	Joy Baker	1:11:36

For the 8.5km race, Hamilton Hawk Kent Hodgson was the first M50. Jim Jones made the best of a conservative start and was one of a handful of runners to wear spikes, a decision he credited for providing superior grip when others (all right, yes, me) were spending time scrambling on all fours. Jim was second to finish, taking the M50 silver over three minutes ahead of third M50 Michael Wray. John Crane won the M55 division by four minutes and finished ahead of most of the M50s in the process.

Paul Forster won the M60 grade, comfortably beating Brett Laurent. For the oldest grade, the M65, it was a domestic battle at the front, in which Derek Shaw proved too strong for Nelson clubmate Barry Dewar.

Mel Aitken didn't let a tumble with 2km to go, where she lost her footing on a slippery downhill section, from her winning the masters women. The W40 finished over a minute ahead of clubmate Tina Faulkner (W35). Katie Jenkins won the W45. The W50 title went to the second W50 to finish, as one of Wellington's top W50s inexplicably decided to only put herself in the Centre Champs. Tracy Berghan's loss was Lyn Clark's gain. Carolyn Smith, from North Harbour Bays, was impressive in the W55s, beating all the W50s too. Sheryne Coverdale won the W60s and Joy Baker the W65s.

Men (11.5km)

M35		
1	Dougal Thorburn	50:10
2	Andrew Thompson	55:03
M40		
1	Daniel Clendon	52:30
2	Stephen Day	53:32
3	Jerome Edwards	58:35
M45		
1	Joe Fowler	56:39
2	Michael Waterman	58:13
3	Darren Gordon	58:27

Men (8.5km)

M50		
1	Kent Hodgson	42:48
2	Jim Jones	43:03
3	Michael Wray	46:29
M55		
1	John Crane	45:08
2	Anthony Rogal	49:27
3	Robert Dabb	49:40
M60		
1	Paul Forster	49:58
2	Brett Laurent	50:49
3	Mark Handley	51:09
M65		
1	Derek Shaw	52:00
2	Barry Dewar	53:23
3	Malcolm Chamberlin	56:19



Emma Bassett - 3rd W35 (Vosseller Shield)



Victoria Humphries - 1st W50 (Vosseller Shield)



Lesley Graham - 1st W60 (Vosseller Shield)



Paul Rodway - 2nd M70 (Vosseller Shield)



Ross Lake (Vosseller Shield)



Ray Wallis (Vosseller Shield)

Oceania Masters Athletics AGM

Will be held on Saturday
August 31 2019, 2.30 pm at the
Mackay Aquatic and Recreation
Complex.

All are welcome to attend.



Fred Copeman (11 March 1926 – 2 April 2019)

by Bev Savage & Murray Clarkson

We sadly lost a long-serving life member of the Waikato Bay of Plenty Masters on 2 April. Fred had a very active and colourful life over his 93 years. He was known to many and a respected and caring server to the community.

His sometimes forthright manner belied the timid nature within. As a youngster, his athletic ability was apparent with school records and his name appearing on Challenge Trophies.

His general attributes included stage performances, singing, radio announcing and undertaking interesting Master of Ceremony activities. He enjoyed boxing and provided commentaries at major bouts over many years.

His marriage to Thelma created a formidable team with both officiating and promoting athletics as competitors. Having a very distinctive upright style did not prevent Fred from covering the ground faster than any of his peers in sprints. He also competed in jumps and throws thus keeping active all day. His name still appears in the records for Waikato-Bay of Plenty Masters.

Frankton Club was his base and he served in most committee positions and also became a respected life member. He was also a life member and former Treasurer of Waikato-Bay of Plenty Masters.

A long-standing friendship was created with Bev and the late Murray Savage which spanned 50 years. This commenced when they arrived from Taranaki and joined the Frankton Club then based at Innes Common (now based at Porritt Stadium). Bev recalls him coaching anyone who wanted advice, including his two daughters to Waikato record standard in hurdle events.

Fred and Thelma attended both the 1976 and 1990 Commonwealth Games as officials and also officiated at many local and national events. Their services were appreciated. Fred enjoyed master's athletics and was always a determined competitor. It was a privilege to see him compete.

Fred spent his earlier years as an engine driver on steam locomotives. He extended this to assisting with restoration work in his retirement. He was in the Home Guard during the Second World War - NZ's Dad's Army.

He and Thelma undertook voluntary announcing and directing of the Hospital Tonic Time Radio Link and were loved and respected by all patients and staff. Membership of the Masonic Lodge was another outlet for his caring nature and he rose to a high rank in this Order.

We acknowledge the valuable contribution to our masters group that Fred has made, reminisce with love and stories of his life, and extend our sincere condolences to his family and close friends.

Coaching Corner

by Mike Weddell

Masters athletes compete for various reasons, to win, to keep fit, camaraderie or to beat their fishing mates to the best posies. Regardless of the primary motivation, pleasure will be derived from personal best performances and winning a medal at national or island championships. If you think winning medals or producing PBs are random events over which you have no control your chances doing either of these are greatly reduced.

Ultimately your results depend on your innate talent, how hard you train and most importantly how cleverly you train. To perform at your best takes setting goals - both long and short term - planning and sticking to the plan. PBs generally happen when conditions are good for your event so are a little more random than winning medals.



Winning a medal means performing at your best on a given day which entails a combination of peak fitness and being mentally up to it on the day.

The logical way to attaining these goals is to develop a plan working backwards from the particular day that you will be participating in a medal event. The greater the lead in your plan gives you the better. I would suggest that 6 months would be a minimum. Remember the plan should allow for a gradual build up. You cannot train flat out all the time. To do so usually results in sickness or injury.

If your current performances are very consistent throughout the year, you need to change your approach if you want to get the best out of yourself to attain PBs or win medals.

My First Two Years Of Masters Athletics

by Christine Adamson



Christine on the victory dias at the WMA Indoor Champs in Torun, Poland

I started competitive master's athletics two years ago. Now it seems that I have a whole new life of international competition, travel, representing New Zealand, as well as the international friendship that goes hand in hand with World Masters Athletics Championships.

Before that I played tennis, as well as dabbling in a lot of sports. So far I have competed in World Masters Championships in Malaga, Spain and in Torun, Poland. I've also been to Dubai for their international road race where I placed 10th female overall.

When I heard that the World Masters Games would be held in Auckland in April 2017, I tossed up between tennis and athletics and decided to try something new. I quickly found that masters athletics offers open entry to events so I was able to quickly move through the levels. I joined North Harbour Bays Club and started training with their masters group, then competed at Auckland Master Athletics (AMA) level.

This was a great opportunity to try all the race distances. I thought I was going to be a sprinter but quickly found that my

competitive advantage is in distance running. This has worked well as I enjoy combining endurance and speed, having options of track and road events, and also training in great locations across Auckland.

I then gained experience at the NZMA Track and Field Championships before tackling the two World Masters Athletics Championships in Spain and Poland.

While I was proud to win a silver medal (10km road) and a bronze medal (5000 m) in Spain, it was the World Champs in Poland where I had the thrill of winning the W60 10km road World Championship (in a time of 41:55). There is no better feeling than receiving the gold medal and hearing the NZ anthem. I still have moments of wondering if that really happened! I was also pleased to win the silver medal for the 3000m – my first race on an indoor track.

Our small New Zealand team did exceptionally well in Poland. With just 15 athletes we placed 20th out of 88 countries. Congratulations to Chrissie Waring, Sheryl Gower and Marcia Petley who also won gold medals and world titles in Poland. Everyone represented New Zealand superbly and it was always good to hear New Zealand mentioned in the race commentaries, medal ceremonies, and the NZ anthem was played nine times.

At first the smaller 200 m indoor track (which is banked at each end) seemed very different but we found that under race conditions it all came together and felt very fast. The smaller stadium also made for great spectator viewing.

The Indoor Champs in Poland were run with a calm efficiency and for athletes it was a positive, welcoming atmosphere. The host city was Torun, a medieval city. It was a unique experience to go on training runs through the ancient cobblestone streets, and then to go to the modern sports arena to compete or to watch team members in action.

Competing overseas can bring extra challenges because everything seems unfamiliar and there is a lot to self-manage. This includes: long flights; time differences; food choices; transport to events; other languages; training needs; and different competition venues. This is where the support and camaraderie of the New Zealanders, and the Australians who join us, is invaluable. Travelling with the New Zealand team offers opportunities to develop friendships, to sightsee together, and to lend support since we are all so far from home.

My running adventure continues and next up is going to Iten in Kenya – the home of distance running. I will be there for two weeks in August for a two week high altitude training camp, running with the locals and experiencing the Kenyan lifestyle. A running and life experience.

WMA Athletes of the Year 2018

by Stan Perkins

Once again, WMA had the honour of celebrating our Athletes of the Year. The overall Athletes of the Year are Carol Lafayette-Boyd from Canada and Charles Allie from the United States.

In 2018, Carol Lafayette-Boyd added to her impressive list of world records by breaking indoor long and triple jump plus 60m records plus 60m, then outdoor 200m and high jump records in Malaga. She broke the 200m record three times during the season. Carol was W75 WMA Champion in 100m, 200m, high, long and triple jumps. Carol was excited to set records in her second year in the age group. She is even more excited to be retired from the high jump – an event she detests. She has some hardly used, world record setting high jump shoes for sale.

In 2018, Charles Allie was M70 WMA Champion in Malaga in the 200m, 400m plus a member of the winning 4 x 100m and 4 x 400m relay teams. He also set indoor and outdoor world records in 200m and 400m last year. “One Speed”, as his friends call him since all Charles knows is to run fast, had a good 2017 which excited him for the potential in a new age group. He knew he had the potential to have a great year and everything fell into place. He just runs his race. The result of this was a 400m world record which was 4 seconds faster than any other M70 runner! This is the second time Charles has been named WMA Best Male Master of the Year, having been awarded this honour previously as a sprinter in the M65 age group in 2013. This year’s presentation was special for Charles because he could share the experience with masters athletes.



PHOTO: Lütwin Jungmann

Athletes of the year Carol Lafayette-Boyd and Charles Allie are all smiles after receiving their awards. Sharing the moment are (from left) Executive Vice-President of WMA, Lynne Schickert, WMA President Margit Jungmann and (right) WMA Secretary Maria Alfaro

Australian Record Passes from Canberran to Canberran

by Bryan Thomas/Bob Schickert



Shaun with Peter's daughter Sandra (Stockman)

On a cold, damp June Sunday morning Shaun Creighton finished seventh outright in the Christchurch Marathon in the excellent time of 2:30.22. More importantly to Shaun was that he had at last broken the M50 Australian record that had been held by Peter Kallio for almost thirty-one and a half years. In his own words Shaun said: "So pleased to get it done in those BRUTAL conditions".

Peter Kallio is one of our "Originals" having joined our club in its formative year 1979 and is one of only five who have maintained continuous membership. Peter is now an M80 and injuries have limited his athletics competitions to participating in our monthly run/walk handicaps but in earlier years he was a champion distance runner with a long list of notable achievements in cross-country, fun run, half marathon and marathon races in which he won numerous titles and set many age group records.

It was in the longer road races that Peter really shone. Peter's achievements in the ACT Veterans' Half Marathon are simply outstanding; they are – twenty finishes for eighteen age group victories and a second and third ranging from an M45 in 1982 to an M75 in 2010. He won six best male performance trophies (determined by WMA age standards) as well as currently holding three of the top ten all-time best performances and the M45 record.

In the marathon he has the ninth best local M40 performance, is top M45 and because of Shaun's recent effort he is now runner-up on the M50 list.

His most memorable performance was winning the M50 gold medal, with an Australian record 2:30.52 in the marathon at the 1987 World Veterans' Championships in Melbourne. This record stood for more than three decades!

The cover of the September 2002 *Vetrunner* features a photograph of Peter and is the beginning of his story on "How I trained for that Marathon PB". Peter had turned 50 in August 1986 and decided to make the marathon at the 1987 World Veterans' Championships a realistic target to run 2:30 and be a medallist. He said: "At the time I was able to regularly run 10km in 35 minutes, so I needed to put four such efforts together in one event. I would gradually increase training distances and run every day all at the fastest pace at which I felt comfortable and run two marathons".

Shaun Creighton had enjoyed a distinguished career as a world-class middle distance runner having participated in two World Championships, four Commonwealth and two Olympic Games - in Atlanta 1996 and Sydney 2000 - prior to joining our club.

Having turned 50 in 2017 Shaun immediately set about smashing several ACT and Australian records. At an ACT Athletics meet at Woden in November he set a new M50 ACT record in the 3000m then in December set two new M50 Australian records. The first was in the NSW Club Championships at the Sydney Olympic Track where he ran 5000m in 15:34.71 lowering the existing record by 15 seconds and two weeks later in Geelong he ran the 10,000m in 32:19.11 improving the record by 35 seconds. These magnificent performances were recognised when Shaun was announced as the recipient of the Distance Category in the annual AMA Awards. He was runner-up in the same category the following year.

In April 2018 Shaun finished tenth outright and first male over 50 in the Canberra Marathon in the time of 2:47.24. In August, he easily won the M50 age group in the ACTMA / AMA Half Marathon in 1:13.34 with a WMA age standard of 89.3% which is the third best all-time performance in the thirty-eight year history of the event and a new M50 record.

Then on that June morning in Christchurch Shaun took the Australian record from Peter. Can Shaun run a quicker marathon and will he be able to hold his record for as long as Peter?

Prepared by Bryan Thomas AMA Historian and edited by Bob Schickert OMA Secretary



Wellington

by Micheal Wray

5000m Championships

Our final track race of the season was the Wellington 5000m and 5000mW Championships. Stephen Day was the first master home, running 15:39, some 37s ahead of second M40 Jerome Edwards. Second overall was first M35 Alasdair Saunders in 16:06. First M50+ was Michael Wray, while Bill Twiss came in second after outsprinting M55 Paul Hewitson. M70 Brian Hayes had one of the best MM performances of the day, setting a new Wellington M70 record of 21:15. W35 Tina Faulkner was the first MW and the only woman to crack 17 minutes. Lindsay Barwick and Mel Stevens, both W40s, were the second and third women with Mel Aitken only 2.5s behind, while Lyn Clark was the first W50+. In the walk, Sean Lake was the first man home, while Terri Grimmett claimed the honours for the women.

Wellington Mountain Champs

The Centre Champs were held as part of the NZ Mountain Running Championships. Dougal Thorburn finished first in the M35-49s, over two minutes ahead of Dan Clendon. Jim Jones was similarly dominant in the M50s with a big margin ahead of Michael Wray. Paul Forster was also a comfortable winner in the M60s. Mel Aitken won the W35-49s, 69s ahead of Tina Faulkner while Tracy Berghan finished first M50 with a 59s win over Lyn Clark. Sheryne Coverdale was almost four minutes ahead of Trish Coley in winning the W60s.

Shaw Baton

The cross country season started with the Shaw Baton Relays. The 2km course with its challenges of jumps, the pond and large hill served up a strong wind.

Scottish burst into a lap one lead in the W35-49 when Mel Aitken ran the fastest MW time. WHAC's Vickie Humphries claimed front spot in the second lap but Scottish responded with Mel Stevens equalling Mel's time in lap three. WHAC's Tamara Winkler ran a fast final lap, eating into the Scottish lead, but had to settle for second. Olympic were third, despite finding themselves in eighth spot after the first lap. With only three W50 teams, the podium was foregone. Lyn Clark set Scottish up with an early lead of 26s despite Cathy Alderton running second fastest lap. Olympic's Tineke Hooft ran lap two with the third quickest W50 time, taking a lead Olympic never surrendered. Scottish finished second and their B team third.

Andrew Wharton gave Scottish the early lead in the M35-49 race. WHAC's Dan Clendon ran the second lap and finished with the same lap time as Wharton, and taking over the lead from a starting position of fourth. Rowan Hooper restored Scottish's lead and any hopes of that being overturned were denied when Stephen Day finished with the fastest masters lap. WHAC

stayed in second, while Olympic moved up to third after finishing lap one down in seventh. WHAC's Paul Hewitson secured an early lead in the M50s but Peter Stevens took Scottish to the front in the second lap. Jim Jones (Scottish) ran the fastest M50 lap to all but secure a Scottish win after the third lap. WHAC never fell lower than second, while Olympic recovered from being behind the Scottish B team early on to claim third place.

University Relays

The Uni Relays take place over a far less technical course than the Shaw Baton but at 4km, each lap is twice the previous distance. For the W35-49s, Mel Stevens produced the fastest lap time to set Scottish off to a good start. Tamara Winkler (WHAC) was second fastest, setting her team off on their second lap chasing a 47s deficit. Scottish held their early lead all the way to the end. WHAC started their final lap in second but Olympic's Michelle Van Looy ran 47s quicker than Sarah Bonoma to claim second spot. Lyn Clark was fastest W50, giving Scottish a lead of almost two minutes at the end of the first lap, which was further extended by Helen Willis. Cathryn Wood and Angela Clarke closed the gap for Olympic, with Angela pushing hard on the final lap. Scottish won but only by 15s, while Olympic were over 15 minutes ahead of Scottish B for second place.

Scottish reversed their tactics from the Shaw Baton, using Stephen Day on first lap this time and he gave the M35-49 grade its quickest lap of the day. Andrew Wharton ran the second lap and chipped in the second quickest time to give Scottish an unassailable lead, underlined by Valentino Luna Hernandez and Jerome Edwards running the fastest third and fourth laps. WHAC sat in second place throughout, never threatening Scottish but also never coming under pressure from third. Olympic were third until the final lap when Kapiti's Avira Burg triumphed in a close race with Michael Waterman for the last podium spot. In the M50s, the front three places lacked competition and there was less passing than a formula one race. Scottish's team of Jim Jones, Michael Wray, Peter Stevens and Grant McLean produced the fastest four laps of the day to win by over five minutes. Olympic ran in second place from start to finish. WHAC were fourth at the end of lap one, behind the Olympic B team, but after lap two they stayed in third.

Vosseler

New Zealand's "toughest cross country race" was held in the driest conditions for a while. Mel Stevens won the W35-49 grade, running 24:02 over the 5km race to win by 1:41 over Anna Douglas. Emma Bassett finished third. Victoria Humphries won the W50+ grade for the fifth time in six years. Second place Tracy Berghann finished 1:43 behind but with a comfortable 20s gap over Lyn Clark. Lesley Graham won the W60s, with Sheryne Coverdale in second. Bev Hodge had to stay focused to secure third by just four seconds.

Paul Forster and Malcolm Macdonald were comfortably clear in the M60s for first and second. Graeme Burr was a minute further back, clinching third with only seconds to spare. Since the M70 grade was introduced in 2017, Brian Hayes has won and this year was no different as Brian won by nearly three minutes. Paul Rodway and Tony Dawbin were second and third respectively, just as they were last year. Brian Garmonsway and Dougal Thorburn put on an exciting race for the M35-49 grade. Brian won by 12s, while Stephen Day finished in third. For the M50s, Grant McLean won and saw off the challenge of club mate Michael Wray. Masterton's Graeme Butcher secured third spot.

Classic Cross Country Relay

The moving of the Vosseler from its usual weekend caught us by

surprise but Trentham Memorial Park has to be booked well in advance so we were stuck with holding our relay the day after Vosseler, which is less than ideal.

As it happened we attracted 17 teams, so it wasn't too bad and the event was a success. Trentham won the 150-aggregate age walk category for the third consecutive year. Trentham also claimed the open walk, breaking Scottish's 16-year stranglehold on the trophy.

In the run, Hutt Valley won the men's race for the first time since they were a part of the Valleys United coalition in 2004. Olympic successfully defended the women's trophy. Trentham took out the mixed category, while Scottish became the first club since 2008 to win both the aggregate age 200 and 240 categories.

Northland

by Judith Stewart

Our warm weather has continued through to the early stages of the harrier season with hard surfaces and dry puddles.

Sport Northland had their sports awards dinner in March and three members of Athletics Whangarei received awards which made it a very successful evening:

- Ian Babe who is Athletes NZ President won the ward for Services to Sport in Northland;
- Corrine Smith won the Athletics Award with her 10k walk in the NZ championships and;
- Judith Stewart was named Northland Master's Sportsperson of the Year.

Sport Northland continue to host events around Northland with big numbers competing in both running and walking events but trying to get those numbers to join clubs is the big challenge.

We only had one member compete in the World Indoor Masters championships, Ian Calder, but he was very successful in winning bronze and silver in his 800m and 1500m events. Ian reports that he thoroughly enjoyed the experience of running indoors and visiting another part of the world.

We have a keen group going to the Oceania Masters Championships in Mackay so training has started and we will have an organized track meeting in the middle of August.

We hope you are continuing your training. This is often the hard part of the year and injuries can happen as we often feel we are not making progress, so remember more is not always good.

Best wishes from Northland.



Northland Sports Masters Award Winners (L to R) : Judith Stewart, Ian Babe and Corinne Smith

Taranaki

by Vicki Jones

This year's cross country season started off quietly in preparation for a flurry of activity with most fixtures happening one after another starting with the Peter Cattley Memorial on 11 May - a couple of weeks later than in previous years.

Peter Cattley Memorial – 11 May 2019 – Frankley School, New Plymouth

Once again Peter Cattley smiled upon the event held in his memory - with mild temperatures and clear, calm conditions. Underfoot conditions were pretty good as well. The format remains unchanged with the walkers doing 4 flat 1km laps, while the runners did 2 challenging 2km laps. The main challenge as always for competitors is estimating their time to stay within the 4% range. Only the women were successful in their estimates with no time disqualifications - though had the winner been 1 second faster she would have been. The winner was Vicky Adams. Her progress in regaining her fitness and getting back into contention continues apace.

In the men's race the first 5 runners of all ages fell foul of their estimates, while the first 6 walkers suffered the same fate. Almost all the walkers were master's competitors, while the runners made up about a third of the men's and women's fields. Des Phillips felt a 4km run wasn't enough so lined up for the 4km walk as well, as did Barry Hosking. As for the trophy winners, along with Vicky Adams, Martyn Schneider claimed the walk while a young up and coming running took the men's. The first of the men's masters was Des Phillips, but alas was one of the first 5 to go too fast for his estimate. Curtis Lockley was the first master's male to cross within his estimate, claiming third place.

The times shown are the total elapsed time with the competitor's actual time raced.

4km Walk

DQ	Judith Duffy (3 laps)	38.15/32.33
DQ	Peter Shaeff	47.22/39.32
DQ	Sandra Heal	49.16/49.16
DQ	Des Hussey	50.11/28.16
DQ	Albie Jane	51.53/25.36
DQ	Roger Mackay	52.22/25.27
1	Martyn Schrider	52.56/34.21
2	Dennis Kowolewski	52.58/33.33
4	Dennis Jordan	53.04/30.24
5	Vicky Jones	53.18/30.10
6	Des Phillips	53.21/26.51
7	Kate Payne	53.32/43.07
9	Karen Eliason	53.46/40.51
11	Gaylene Anderson	53.48/27.54
12	Sue Park	55.38/35.33
13	Rodney Gillum	53.37/27.02
17	Barry Hosking	1.31.00/1.07.0

4km Run

Men

DQ	Des Phillips	34.36/21.46
2	Curtis Lockley	35.26/13.26
4	Richard Brewer	35.28/16.48
5	Alan Jones	35.36/22.56
6	Mike O'Sullivan	35.37/16.17
7	Nathan Foley	35.38/16.38
10	Allan Thomas	35.51/21.26
11	Murray Laird	35.56/19.46
14	Lionel Haldane	36.06/24.06
19	Barry Hosking	36.27/36.27
21	Trevor Hepburn	36.38/22.03
25	Kevin Mace	37.38/26.38

Women

1	Vicky Adams	25.53/26.53
2	Lynne Mackay	28.26/28.26
5	Karen Gillum-Green	30.28/21.48
7	Kirsten Foley	30.43/18.48
10	Tracy O'Sullivan	31.46/31.46
11	Stella Bond	31.51/24.11
12	Joy Baker	37.02/24.22

Brenda Ballinger/Dr Davie Memorial – 18 May 2019 - Highlands Intermediate School , New Plymouth

Conditions for this year's combined Dr Davie/Brenda Ballinger Memorial were a far cry from last year. Cool, clear with a slight breeze and firm ground conditions made for excellent racing. The course was 3 laps of 1.33km encompassing the sports fields of the school.

The walkers kicked things off and the entire field was made up entirely of master's athletes. Des Phillips and Albie Jane had an excellent tussle with Albie eventually pulling away to claim line honours. Des then lined up in a large field in the men's race with another fierce tussle, this time with Alan Jones who managed to cling on against a strong sprint from Des - both with excellent times of around 20.20.



In the women's race Vicky Adams had an excellent run in her pursuit to regain her form, while Karen Gillum-Green had an easy run with Lynne Mackay nursing a knee injury. In all races the size of the fields was impressive. This year I've placed the results in finishing order.

4km Run

Men

8	Mike O'Sullivan	14.42
15	Richard Brewer	15.57
23	Jason Werder	18.18
25	Murray Laird	19.01
26	Allan Thomas	19.01
29	Alan Jones	20.17
30	Des Phillips	20.19
31	Trevor Hepburn	21.15
32	Steven Dixon	21.36
33	Lionel Haldane	22.58
34	Kevin Mace	23.34

4km Walk

1	Albie Jane	24.59
2	Des Phillips	25.43
3	Gaylene Anderson	28.03
4	Vicky Jones	30.24
5	Dennis Jordan	30.30
6	Roger Mackay	31.48
7	Martyn Schrider	33.14
8	Barry Hosking	33.15
9	Dennis Kowolewski	33.45
12	Sue Park	35.09
14	Peter Shaeff	38.44
15	Judith Duffy	43.31

Women

11	Diane Kowolewski	22.02
17	Stella Bond	22.04
19	Vicky Adams	23.28
20	Lynne Mackay	26.17
21	Karen Gillum-Green	26.18
22	Tracy O'Sullivan	27.21

TET Athletics Taranaki Sportsperson of the Year – 22 May 2019

This year's awards were well attended and the calibre of this year's nominees was amazingly high. This year's guest speaker was a special one - one of our local rising stars who has just finished his American collegiate career and has just accepted a contract with a professional American running squad. His name is Matt Baxter. He is not only special for being local, but also because his former coach is this year's Coach of the Year: Karen Gillum-Green. Masters members featured strongly in their respective Sportspersons categories but also in Coach and Volunteer of the Year. This year's Volunteer nominees were Vicky Adams, Des Phillips and Alan Jones, who ultimately won the award. Vicky Jones and Joy Baker were this year's Master Sportswomen nominees, with Vicky Jones taking the trophy. Master Sportsman of the Year went to 83-year old Peter Shaeff whose efforts at New Zealand, Pan Pacific and Asia Pacific Masters Games triumphed over his fellow nominees Nathan Foley, Richard Brewer and Des Phillips. It's always a pleasure to celebrate the successes of our sport in the region and as a whole.

Hughes Memorial – 1 June 2019 - A&P Showgrounds, Hawera

This year's running of the Hughes Memorial proved to be a humdinger with a host of invitations sent far and wide to clubs across the North Island. In the end there was a great turnout from Feilding, Palmerston North and Whanganui with a small group from Rotorua going up against our local talent. The first really foul winter weather conditions decided to make an appearance - cold, wet and miserable, though conditions underfoot weren't as bad as feared with only a handful of sloppy patches.

First off the block was the walkers in conjunction with the master's women and master's men over 65 who all did 4km. The runners did the traditional full 4km laps while the walkers did 2 of the 2km laps. As always the walkers were subject to the hooded rooster format with estimated times and no watches. The winner was 17 seconds out.

When it came to the last race for the master's men under 65 who raced 8km alongside the seniors, the poor chaps were all lined up when a short sharp shower doused them all right on the start line - so they needed to race hard just to stay warm! There were some excellent performances in all races.

So it's been full steam ahead as we reach the halfway point of the cross country season with championships to look forward to.

Hawke's Bay

by Mike O'Leary



PHOTO: Murray Wilson

M60 Dennis O'Leary (HBG) on his way to another national title in the 60m sprint at the NZMA T&F champs in Timaru

A small but dedicated and active membership from this region can reflect on a busy and successful past season.

Five of our members competed at the Colleen Blair Memorial meet and performed meritoriously to come second to Manawatu / Whanganui. The O'Leary brothers, Mike and Dennis, continue to fly the H.B./Gisborne flag with credit at various meets around the country and further afield, and if Dennis in particular, can hold the injuries at bay, he will be a force to reckon with.

The focus over the winter period will be on our recruitment drive to attract new members as we have a very busy season ahead. Our centre is to host the 2020 NZ Masters Athletics Track and Field Championships and preparations are underway to ensure an enjoyable and successful event in the Bay.

Visitors will be able to see the new Hawkes Bay Sports Centre situated at the Regional Park.

The new training facility features an indoor track, long jump pit and pole vaulting area.

Negotiations are under way to extend the current straights that feature by 10 metres to make it possible to have 50m sprint races. Having this new facility next door to the Regional all-weather track, which is also the home base to the Hastings Athletics Club is a real bonus.

Hawkes Bay /Gisborne Masters have allocated a substantial financial contribution to the Hastings Athletic Club to assist with their building of better facilities and this will entitle us the use of clubs equipment and club rooms. Having a place of identity to operate from will be of great benefit.

A highlight of the past season was the presentation of Life Membership certificates at a ceremony at the Regional Park. This honour had been conferred the previous season but an opportunity had not arisen to get all recipients together. Those conferred were: Harry Marett; Bruce Allen; and Maurice Callaghan.

Hawkes's Bay /Gisborne region has been enjoying unseasonable warm weather for Autumn which has made pre winter training so much more enjoyable. Watch out for the benefits of this in the 2019/20 track season!

2020 NZ Masters Athletics Track and Field Championships - Hastings

Yes athletes the dates are confirmed: Friday 28 Feb to Sunday 1 March 2020 inclusive.

The champs will be held at the Hawkes Bay Sports Park, 42 Percival Road, Hastings, 4120.

The Sports Park is just off Highway 50A which links Hastings and Napier.

So about 5 minutes out of Hastings, 10 from Havelock North and 15 from Napier.

<https://www.hastingsdc.govt.nz/hastings/facilities/sportspark-hawkes-bay/>

We trust the weather gods will be kind as they tend to be most of the year here in the 'true Bay', but set a competition and well, fingers crossed.

Hope to see you there and please spread the word.

Otago

by John Stinson

The Otago Masters Athletics Annual Awards were presented at the Athletics Otago Athlete of the Year function held at the Sargood Centre on 2 May 2019. The award recipients were as follows:

- Geoff Capon Beach Race Trophy - **Robert Homan/Christine Montgomery**
- Men's 5km Self Estimated Handicap Race - **John Landreth**
- Women's 5m Self Estimated Handicap Race - **Dalise Sanderson**
- Peggy Calder Memorial Interclub Trophy - **Caversham**
- Otago Masters Field Events Trophy - **Paula Cotter**
- Otago Veterans Marathon Trophy - **Roman Miroso**
- Sanderson Masters Men's Sprints - **David O'Sullivan**
- Otago Veteran Women's 6 Race Trophy - **Julie Wilson**
- Olsen Memorial Trophy Veteran Men's Aggregate - **David Stott**
- Joe Cowie Memorial 6 Race Trophy - **Tim Bolter**
- Otago Veteran Athletes Winter Aggregate Trophy - **Cilla Dickinson**
- Graham Murphie Winter Male Trophy - **Geoff Anderson**
- Merrilees Masters Women's Summer Athlete - **Liz Wilson**
- Masters Athlete of the Year Shield - **Liz Wilson**
- Otago Masters Women Winter Athlete of the Year - **Barbara Patrick**
- Otago Masters Men Summer Athlete of the Year - **Phil Napper**

The winter harrier season is now in full swing with the annual Lovelock Relays held on 4 May at the University Oval followed two weeks later by the Leith Club organized Ponydales Cross Country Relays held at the Otago Pony Club grounds on Three Mile Hill roads. In both events the masters grades have provided some of the keenest competition on display particularly between the Hill City/University and Leith clubs.

Interestingly the race record for the Lovelock Relay of 24 min 12.6sec was set in 1971 by the Otago University Club and has never been threatened since. The team that day comprised Stuart Melville, Alistair Stewart, Keith Darling, Bruce Beath, Lindsay Dey and Trevor Sutherland. Some of these names will be familiar to those who competed against them on the track and also in cross-country events during the 1970s.

Following discussions it has been confirmed that Christchurch will host the 2019 South Island Track and Field Championships 15-17 November 2019 with the 2020 and 2021 championships to be held in Dunedin.

At this stage it appears that only two Otago athletes, Dalise Sanderson and Zeddric Osten, will compete at the 2019 Oceania Masters Athletics Championships in Mackay, Queensland from 31 August to 7 September. Zeddric enjoyed a great summer season in the masters men 40-44 grade over the sprint distances and hurdles events and also in long jump competitions. Otago Masters wish both Dalise and Zeddric every success for their upcoming competition.



Tom Cockerill (OTG) racewalking at the NZMA T&F champs in Timaru

PHOTO: John Campbell



Tasman

by Derek Shaw

NZ Mountain Running Champs – 13 April 2019

Three Tasman masters ventured over to Wellington to contest their age groups in these champs on the up and downhill course at Wainuiomata. Lots of rain in the preceding days and overnight made for very slippery conditions underfoot on the clay surface on the bulk of both the 11.5km and 8.5km courses. All three were in the same race over the 8.5km course.

Kerry Semmens ran very well in the challenging conditions and successfully stayed on her feet to take out second place in her W40 age group and 4th masters women overall in 50:42. The other two medallists on her age group Mel Aitken (1st W40) and Renae Creser (3rd W40) both took tumbles in the last couple of kilometres on the greasy surface.

Barry Dewar and Derek Shaw both contested the M65 age group and adopted different approaches. Barry after checking out the course the day before decided to wear spikes, while Derek stuck with racing flats. The third runner in the M65 group, Malcolm Chamberlain, took the early lead but was soon passed by Derek and then Barry. Derek managed to get some distance on Barry before the greasy undulating section, but Barry soon passed him on a slippery downhill side ridge section to open up a 25m gap only to take a tumble into the gorse and manuka on the side of the track. He quickly recovered and lead back up to the main ridge where he suddenly stopped to retie his shoe laces. He reassured Derek as he regained the lead that he was okay. Despite the lack of grip and lots of sliding Derek

managed to stay upright and gradually increased his lead over Barry. However Barry obviously chased hard as after the race he indicated that he fell over and retied his laces twice more and utilised the services of St John's to clean up his many leg abrasions. Derek finished in 52:00 with Barry a further 73s back and Malcolm another 3 minutes back.

Hawke's Bay International Marathon – 18 May 2019

Graeme Sellars had a great run in this marathon to finish in a time of 3:24:35 and take out first place in the M60-69 age group, two minutes ahead of the next runner in his age group and in 75th place overall out of the 662 finishers.

Oceania Masters Athletics Championships – 2 August – 7 September 2019

Good luck to the Tasman athletes that are heading over to Mackay in Queensland for the OMA champs. These include Joeline Jones who will be attempting to defend her four sprint titles from the last OMA champs in Dunedin. Effie Milne will be making her debut at OMA Champs. Former Nelson race walker Nyle Sutherland now living in Queensland has rejoined Tasman Masters in order to wear the NZ singlet again and will be looking for podium finishes in the race walks. Ian Morrison having recently entered a new age group will be looking to recapture some form and challenge for medals in his events. Jim Kerse will be looking to repeat his medal finishes from last OMA Champs in the race walks.

Canterbury

by Andrew Stark

New Look website:

The winter season in Canterbury is in full swing. Increasing the number of competitors attending non-stadia events is an issue that all Centres are dealing with. Quite often it is the masters athletes that make up the bulk of the competitors. Athletics Canterbury have employed a marketing and promotions person, Julia Moore. Her job has been to create new promotional website for all races, as the first step to better promote our non-stadia races to the wider community. Has it made a difference? Time will try, but as a group, we need more masters. Check the Athletics Canterbury website for race results.

Nga Puna Wai Outer Throwing Zone Completed:

Finally, the throwing area beside the main track at Nga Puna Wai has been completed and ready for use. It has been set up to cater for our local members and HP NZ athletes, such as



The new throwing area at Nga Puna Wai

Tom Walsh. A few of our handy mature throwers have been organising a monthly throws pentathlon at the new venue. It also means that next season athletes will be able to warm up 'out the back' prior to interclub competition.

South Island Championships are now being held at Nga Puna Wai, so those coming will be able to see the new venue first-hand.



Waikato/Bay of Plenty

by Murray Clarkson

PHOTO: John Campbell



Bruce Solomon (WBP) in his run-up for the Long Jump

We have had the usual break after the summer season and can only report on the World Indoors and the local road and cross country events.

Rotorua Marathon

The results of the main event have been highly publicised and I will therefore concentrate on the participant numbers.

Marathon - Run 872 finishers - Walk 149 finishers

½ Marathon	755	260
10km	661	248

Impressive numbers considering it was not a national event.

Rotorua Off-Road Half Marathon

This year had a different off road course which looped around the mountain bike tracks and mixed with the 10km runners & walkers. It created some excitement with recreational bikers, walkers and competitors having interesting and colourful conversations. As one of the Referees for this event I was tasked with creating some semblance of order between the groups which was an interesting introduction to the position.

Tauranga Open Cross Country 8km

Another sunny day but a disappointing turnout in the masters division. A schools competition is given higher priority and attention. There was some exciting finishes in all grades. Masters results as follows:-

Men

M35-49	Dean Chiplin	30.56
M50-64	Mark Handley	35.24
M65+ (6k)	Gavin Smith	27.30

Women (5k)

W35-44	Vicki Rees-Jones	18.10
W50+	Loris Reed	21.27

Mt Joggers Half Marathon

Good numbers involved - 291 runners & 55 walkers plus 321 in the 10km.

Men

M35	Terry Palmer	1:23.01
M40	Robbie McGee	1:23.16
M45	Dave Mudford	1:42.06
M50	Luke Williams	1:25.42
M55	Mike Wotton	1:38.51
M60	Kevin Lowe	1:34.35
M65	Gerald Gibbard	1:52.25
M70	Graham Malaquin	1:56.09

Women

W35	Katrina Shores	1:33.14
W40	Linley Tod	1:37.57
W45	Janine Paynter	1:40.19
W50	Sharyn Murphy	1:44.20
W55	Liz Taylor	2:02.47
W60	Janice Thompson	2:04.19
W65+	Heather Wickes	2:00.41

The 10k results are on the Mount Joggers website.

Local News

Our masters cross country event was held again at the Waipuna Park course. A small turn-out of 15 entries competed over the various distances. A warm day and soup to follow made for a pleasant experience for those who attended. It was pleasing to see our Whakatane friends joining us. We cannot go without mentioning the excellent performances of our World Champions at Torun, Sheryl Gower and Marcia Petley medalled in their respective age groups. Well Done!!

North Island Track & Field Championships – 29 November – 1 December 2019

The Whakatane LOC is keen and busy making sure everything is ready and promise a memorable event – Don't miss it. The District Council have pledged their support allowing for new throwing circle's and net. Quotes are being finalised for funding application.

This event will boost the profile of athletics in Whakatane who have an active children's group and masters athletes who have not continued their membership. We look forward to enticing them back.

A low-key social event is planned to allow mixing and mingling in their excellent clubroom facilities.

Southland

by Dwight Grieve



Lap the Lake finish - Kelvin Meade



Invercargill club and bling



Kelvin Meade in early season form

As autumn ends and winter hits you start to appreciate the nice long summer days when there is warmth and daylight to train and enjoy the outdoors, but the fun of a run with a headlamp starts. In true Fiordland style I am out enjoying scaring the deer and possums on the tracks and trails at night. Also means you don't overheat. It also seems to start the hibernation period for the thrower!

Southland masters often finish the track season off with some fun events around the district.

Motatapu

Gary Kirkman is a stalwart of the Motatapu marathon and yet again completed the race with distinction, a tough field this year so no podium but his fastest time for many years.

The Lap the Lake race at Mavora

A race set on a stunning 10 (ish) km loop that has an amazing feeling and atmosphere.

The 2019 version had a few of Southlands masters involved, Scott Underhay taking out third in the six hour event while being chased by Ian Densie, Marty Knowler and Ruud Verplancke.

The two lap race had many of the master's crew out, with Cassy Scobie home in 5th followed by Karen Leadley, Linda Te Au and Dorothy Horrell.

The men's two lap event may be a sign of the harrier season ahead with Kelvin Meade officially winning by 6s from Craig Iverson, but in a reverse I believe Craig won the fastest lap of the day with a 6s time faster than Kelvin!

Looking ahead

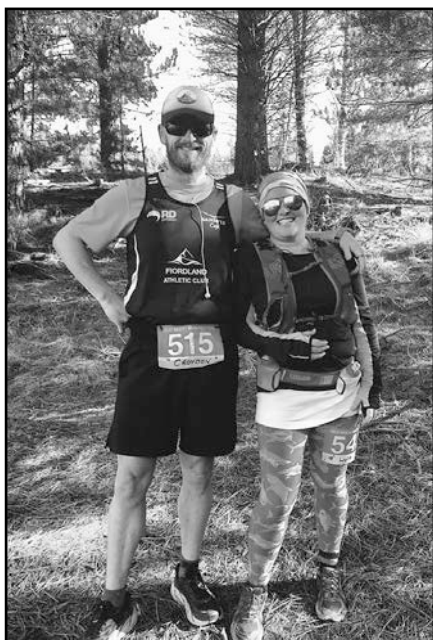
It is a time of year where we all take a bit of a step back but the harrier season is about to fire up. In Southland it is looking very positive and there is going to be some very tough fights in the races ahead. Maybe a preview is in order?

In the women's section it looks like Debbie Telfer will be the one to beat, she simply turns up year on year and performs. But Kylie Davidson has made a strong start to the season and has proven she can win. Cassie Scobie is new to the competitive scene but will not surprise if she improves over the season. The first harrier event has already gone and I do note Tracy Ross set the fastest time for a female, maybe a real competition ahead. Of course never forget the ever green Gail Kirkman, her track record speaks for itself.

The team's events sadly could be a battle of attrition. It may be who can put a team together on the day? It will be interesting what develops.

In the men's section I can honestly say this year is looking like the tightest competition for master's men for many years. Dwight Grieve has had a break from training and all of a sudden has a pack on his heels. Kelvin Meade has proven to be a contender the last few years and again is starting the season strong, but riding right in behind is Craig Iverson who word has it is putting out some strong training mileage and by stalking on Strava I also note at good pace. Scott Underhay is always in the mix and when fit and training Scott will match most. He recently moved to Te Anau and is now training with Dwight Grieve, so watch this space. Warren Ross and Jason Russell are also on the improve and both now have the experience to know what is required.

Great news through the grapevine has long term Southland harrier member Grant Baker back beating the street with a new job freeing up the ability to train, and given his pedigree he could easily be in the mix at the front. Geoff Barnes has also put his hand up with a recent good performance at the Wanaka half and is talking about a serious assault on training. Kelly McSorily, Corey Mennel and Glenn McIntosh are all battling injuries but if they come right all hold previous medals and titles. No word from the Gore area but Ricky and Shannon Gutsell along with Nigel Marsh all have the potential to be at the front.



Croydon Paton and Lyla Belesky



LtL Linde Te au



Jamie Sinclair on tour

All of this has an epic battle ahead in the team's events. Even with my one-eyed Fiordland slant on things the Invercargill team is looking very strong - last year they proved the top dogs and it will take a top effort to knock them over. St Pauls may challenge if Grant Baker hits his straps, especially if Glen McLeay gets back in the mix. Gore is looking a wee bit weak at the moment but it would only take a couple of recruits to bring them back up, again if a pair of Gutsells arrive anything could happen. Team Fiordland is looking strong on paper but needs to turn up on the day. If all members arrive Invercargill will have a true fight on their hands.

Predictions

This may be a stupid idea but I am willing to put pen to paper and make predictions on the season's master's champs. This is completely biased and unscientific and if nothing else will motivate many to prove me wrong. Be interesting if my foot is in my mouth by next Vetline?

Women – Kylie Davidson followed by Debbie Telfer and Tracy Ross

Men – Dwight Grieve (there is the motivation part) with Kelvin Meade next, pipping Craig Iverson and Scott Underhay who will scrap it out for the bronzes

Teams – Invercargill will take the women's title, the men's is honestly nearly impossible to predict between Invercargill and Fiordland, but with my neutral pen in hand I would give early season form to Invercargill.

Go forth and make a fool of my predictions.

Throwers

Not all of this elusive species hibernate come winter and Lester Laughton has been hard at work and created a training area in the small town of Manapouri. There will be an early winter fun day with some throws and run involved, as always a BBQ and coffee to follow.

Southland Half Marathon Champs

Between writing this and you reading it the new Invercargill Estuary half marathon and 5km event including the Southland half champs will be done and dusted. A brand-new event after Gore decided not to hold their half marathon. Although sad to see a great event finish it has lead to a brand-new exciting event. A cool trail event that is likely to capture the imagination of the public as well as the serious runners. The first Southland champs of the season and first chance to embarrass my winner predictions.



Dwight Grieve in full flight



Jo Ryder – from Wellington Harriers Athletics Club takes lap one of the Shaw Baton Relay, Wellington

PHOTO: JSharon Wray

COMING EVENTS

2019

18-21 July	NCCWMA T&F Championships	Toronto, Canada
4 August	NZ Cross Country Championships	Wellington
10-11 August	NZMA Indoor Championships	North Shore, Auckland
10-11 August	British Masters Outdoor Championships	Birmingham, England
31 August – 7 September	Oceania Masters Athletics Championships	Mackay, Australia
5-15 September	European Masters Championships	Jessolo, Italy
1 September	NZ Half Marathon Championships	Dunedin
15 September	NZ Road Championships	Auckland
27-29 September	World Masters Mountain Running Championships	Gagliano Del Capo, Italy
28 September	NZ 24 Hour Championships	Auckland
5 October	NZ Road Relay Championships	Feilding
13 October	NZ Trail Running Championships	Christchurch
15-17 November	South Island Masters T&F Championships	Christchurch

29 Nov – 1 Dec	North Island Masters T&F Championships	Whakatane
2-9 December	Asia Masters Athletics Championships	Kuching, Sarawak, Malaysia

2020

28 February – 1 March	NZ Masters Athletics T&F Championships	Hastings
6-8 March	ANZ Track & Field Championships	Christchurch
10-13 April	Australian Masters T&F Championships	Brisbane
20 July – 1 August	WMA Stadia Championships	Toronto, Canada

2021

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

2022

17-17 August	WMA Stadia Championships	Gothenburg, Sweden
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