

# Vetline

*Official magazine of New Zealand and Oceania Masters Athletics*

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#### NZMA BOARD MEMBERS

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Derek Shaw

Ian Carter (resigned November)

Brayden Grant

Hayden Robinson

Carolyn Smith

Dale McMillan

Thank you to all the  
contributors to the  
magazine.

Derek Shaw — Editor  
Andrew Stark — Formatting

## **Introduction**

The 2024-2025 season has been a challenging one for various reasons. The NZMA AGM has traditionally been held during the weekend of the NZMA Championships, usually at 12 noon on the Friday. In order to provide clarity on the decision-making process, the Board decided to delay the AGM until mid-June 2025. Here are the points for consideration:

### **Future of NZMA:**

Attendees at the AGM often include long-term members who have contributed significantly to the sport. However, these attendees may not represent the future of NZMA, apart from younger Board members. There is a need for new leadership to guide NZMA forward.

### **The Role of the Board & Succession Planning:**

Recently, the Board has operated with a small group of volunteers balancing commitments with life responsibilities. Recruiting new members with specific skills and knowledge has been challenging. Although efforts have been made, some tasks remain incomplete, including promoting the 2025 AGM as required by the constitution.

### **Advantages of an Online AGM:**

Holding the AGM online could enable broader participation from interested members, which is seen as beneficial for the future of NZMA.

### **New DRAFT NZMA Constitution:**

A draft constitutional template has been awaited from Sport NZ, Athletics NZ, and their lawyers. Using the initial draft provided and the Incorporated Societies Online Constitution tool, a new draft Constitution has been created, intended to be available before the AGM. However, following advice during the Athletics NZ Centre Leader's meeting in Rotorua on May 4th, it was recommended to hold off presenting the new constitution as some clauses are still under discussion. Once updated, the draft will be posted on the website. Approval can either wait until the 2026 AGM or be addressed in an online SGM prior to that date.

### **Centre Constitutions:**

Athletics NZ recommends that all clubs and Masters Centres should be incorporated societies. A template will be created during our constitution drafting process for Masters Centres as well.

### **NZMA Championship Dates:**

Discussions had been ongoing with Athletics NZ about the timing and location of the 2025-2026 NZMA Track & Field Championships. Given the busy January-February period, finalizing details took time. Taranaki Masters expressed interest shortly after the Auckland event, and within two weeks, the venue and date were confirmed, thanks to proactive efforts by Karen Gillium-Green and

Athletics Taranaki / Taranaki Masters.

### **Workload:**

The period from mid-January to mid-March is particularly busy for me due to professional and athletic commitments. Missing the deadline to circulate AGM information added pressure, hence delaying the AGM alleviated some of it. Ensuring the 2025 NZMA championships were well-organized became my priority, and I appreciate the cooperation from Auckland LOC and officials for delivering a positive experience.

Given these considerations, delaying the AGM was deemed pragmatic. To address concerns, five Board members were available at 12 noon on Friday 28th March in the Sir John Walker Lounge (AGM venue) for discussions. Only one person attended, not to complain. Those who had concerns did not engage personally over the weekend, indicating no significant issue for the majority of participants.

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### **Memorandum of Understanding (MOU) between Athletics New Zealand (ANZ) and New Zealand Masters Athletics (NZMA):**

The establishment of the MOU aimed to eliminate the barriers faced by Athletics NZ club masters athletes who were previously excluded from our track & field championships unless they paid the NZMA & Masters Centre membership fee in addition to their existing ANZ / Club fees. This situation led to some of our best masters athletes not participating in our events due to confusion or refusal to pay a separate fee. Under the terms of the MOU (available on our website), Athletics NZ club athletes automatically become members of NZMA without needing to pay an additional NZMA membership fee, as stipulated by our constitution. The MOU also clearly delineates the events organized by NZMA and those organized by Athletics NZ, with membership options determining eligibility for entry into specific events. This arrangement is straightforward and appears to be functioning effectively.

Over recent seasons, there has been a continued decline in the number of NZMA non-club members. Several Masters' Centres are encountering difficulties in securing committee members, and some have already merged with the Athletics NZ Centre.

The MOU has maintained consistent attendance at our NZMA Championships, averaging approximately 220 participants. Notably, the recent NZMA Track & Field Championships in Auckland saw a significant increase, with 60 more entries than in previous years. Of the 280 entrants, over 90% were members of an Athletics NZ club. This indicates success, as without the participation of Athletics NZ club athletes, meaningful master's championships would not be feasible. Looking forward,

it is plausible that most participants will be club athletes. The MOU underwent an update in 2023. Over the past fifteen months, Athletics NZ has experienced substantial personnel changes, with roles being redefined to better understand and support the athletic community and clubs. As Board Chair for Athletics Canterbury, I maintain close communication with several Athletics NZ staff and frequently discuss matters relating to Masters.

During the recent NZMA Board meeting in Auckland, considering the time constraints faced by many Board members, we deemed it appropriate to explore the possibility of Athletics NZ taking a greater role in organizing our track & field championship events. I have broached this idea with Athletics NZ, and their response was that 'everything is on the table' for discussion, acknowledging that we are part of one sport. However, given the significant changes introduced this season, it remains uncertain whether Athletics NZ is ready for such an undertaking.

Effective August this year, I will assume the role of President of Athletics NZ, allowing for closer involvement. As Board Chair of Athletics Canterbury and President of NZMA, I have established a strong working relationship with Cam Mitchell (Athletics NZ CEO) and look forward to the forthcoming challenges.

#### ***Athletics NZ, NZMA & Centre Member Registers:***

Under the new constitution, all mentioned groups are required to maintain an accurate register of members for seven years. Given the shared memberships, I have been in discussions with Athletics NZ to ensure compliance with the Incorporated Societies Act. Athletics NZ has expressed willingness to provide NZMA with a list of Masters within their database.

Currently, NZMA has access to GameDay, enabling us to look up all athletes within the Athletics NZ database, although filtering for masters athletes is somewhat challenging.

We already merge the membership data received from each Centre with online data to create a register of non-club members for NZMA and each Centre.

For the Indoor, SI, NI & NZMA meetings, necessary data will be collected from each entrant under the Act, and they will be added to our register upon approval through a tick box in the entry process. We can then split this information into Centre databases and distribute accordingly to create a member register. This procedure includes only Athletics NZ club athletes who compete at our events in the register. Each incorporated Centre requires a minimum of 10 members.

#### ***Oceania Masters Athletics (OMA) update:***

Following the Special General Meeting of OMA in Fiji (April 2023), an OAA Masters Commission was created. OAA held the OMA Championships in Suva, Fiji (4th – 8th June 2024). However, this concept has not been

accepted by Australian Masters Athletics resulting in a new OMA Council being elected last year. Stewart Foster is on that Council and when a vacancy occurred, he asked if I would rejoin.

The new OMA Council aims to reclaim the OMA Championships as the only official championships in the regions, which they have achieved. Consequently, the OMA Championships will be held in Brisbane this year from 6th – 10th September 2025. Information about the meeting is on the NZAM website. The next OMA Championship event is planned for 2027 here in New Zealand. If your Centre is interested, please inform me.

OAA plans to hold events annually throughout Oceania. These are open regional meetings with Masters events available. Their aim is to promote athletics to the 'island' affiliates where the meeting is held. This year, they are holding a meeting in Tonga from 29th October – 1st November 2025 called the OAA Masters Oceania Cup. Information about this meeting is also on our website.

Offering multiple meetings for masters may potentially reduce attendance at one or both meetings. Which meeting you attend is your choice. Currently, over 350 participants are attending Brisbane and fewer than 10 entered for Tonga.

#### ***NZMA Athlete of Year Awards:***

This year, Ian and Heather Carter and Dale McMillan have worked extensively to determine this year's finalists. Their efforts are sincerely appreciated as gathering accurate information requires considerable effort.

We moved away from a formal Awards Dinner to a less formal gathering. On Saturday afternoon at Mt Smart Stadium, we celebrated the Awards in the Sir John Walker Lounge. Feedback from attendees is welcomed. Next year, we plan to do something similar in Inglewood, as they have a suitable venue.

#### ***Fourth Veteran World Games Trust:***

Established in 1983, the purpose of the Trust is to support Master's Centres throughout New Zealand, primarily around the purchase of equipment. It offers donations to the SI, NI, and NZMA host Centres. NZMA can apply for operational costs, such as contributing towards the cost of medals and formatting of Vetline. Several positions on the Trust are determined by roles within NZMA (President & Treasurer) and Canterbury Masters (President). Other members are elected for a fixed period determined by the Trustees.

NZMA intends to recommend increasing the donations to each Centre hosting one of our championship meetings. Updates will follow once this has been done.

Current Trustees are two NZMA Life Members, Rob McGregor & Stewart Foster (both Life Members of NZMA), Andrew Stark (NZMA & CMA President), and Hayden Robinson (NZMA Treasurer).

The Trust needs a better succession plan to ensure access to the Trust assets is streamlined by regularly bringing on new members. Interested individuals are encouraged to express their interest.

### ***NZMA Board Going Future:***

The NZMA Board collaborates with several groups, including Athletics NZ, local Athletics NZ Centres, Masters Centres, and members, to successfully run four events. Further investigations into this collaboration will continue.

Board meetings are held via Teams more frequently than face-to-face meetings. Minutes of these meetings are available on the website (once uploaded).

Board members this year include:

**Derek Shaw** ensures tasks are completed on time, creates meeting minutes, edits material for Vetline, contributes reports, and oversees Constitution changes.

**Ian Carter** joined the Board in 2017, collating data for the Athlete of the Year Awards, assisted by his wife Heather. He stepped down in September 2024, with Derek acting as secretary.

**Brayden Grant, Hayden Robinson, and Carolyn Smith** joined in December 2022. Brayden collates records and handles Facebook and other media posts. Hayden assists with the treasurer role, updates the website and co-ordinated updating the Handbook. Carolyn promotes NZMA, interviews athletes, and collaborates with ANZ for profiling. She is stepping down due to other commitments and I thank her for her contribution during the past two years..

**Dale McMillan** joined the Board in February 2024, working with Ian Carter on Athlete of the Year finalists. I really appreciate their efforts, given it is not simple process and I know they are constantly busy and also refining the process

Board members have multiple commitments; however, their achievements have been satisfactory.

**Anna Lynch** (an accountant) assists with annual accounts formatting.

Conversations with **Stewart Foster** (former NZMA Secretary/Treasurer) provide guidance on various issues. He also serves on the OMA Council.

Feedback from **Joan Merrilees** on the OAA Masters Commission is minimal.

In my previous reports, I have never actually articulated what I do or have done. I am a self-employed desktop publisher, I have written 150 mathematics resources for primary school teachers. For the past 14 years, I have often spent more time during the week working on athletics activities than on 'real' work, particularly during the summer season, given I do a similar role for Athletics Canterbury.

Using these skills, my involvement in athletics has

included assisting to build the website back in 2011, followed by reformatting the layout of the records, handbook and constitution, creating almost all of the other documents you see on the website. I created the generic NZMA Track & Field programme, designed the NZMA medal and ribbons. I understand the membership and event software (GameDay, Meet Manager & AthleticNET), handle online entries and all organisation prior to the delivery of our events. I have created programme booklets and race numbers for numerous South Island & NZMA Championship meetings, plus OMA event in Otago. I have overseen the treasurer's role since Stewart Foster stepped off the Board. Recently, I have worked on the new constitution, with the assistance of Derek. Despite the time-consuming nature, prioritising pre-event organisation ensures we have had meaningful competitions for masters. I appreciate the positive feedback that many of you have expressed to me, as I walk around the venues, year after year.

### ***The Way Forward for NZMA:***

I fully acknowledge that there is need for me to share many of these tasks listed above. Acquiring the tasks has taken me numerous years. Many of not governance roles and do not need to be done by a Board member.

The greatest challenge we face is attracting individuals willing to assist in managing a Master's Centre, participate in an Athletics NZ Centre committee, or join the NZMA Board. The Memorandum of Understanding (MoU) identifies two ways for masters-aged athletes to become members of NZMA. It would be commendable if more club-based masters took initiative by joining local or national committees, thereby contributing back to the sport. My observation suggests that unless they are actively competing, they tend to remain disengaged. Had I adopted this mindset, I would have exited a decade ago, as my last consistent and successful race occurred over ten years ago.

### ***Areas of Focus:***

#### ***Greater Involvement from Athletics NZ:***

As highlighted in the initial section of this report, the NZMA Board faces challenges due to several members being 'time poor' and others serving long terms. Eventually, readers of this report will need to step up and contribute. If not, our organization might consider enlisting Athletics NZ to take greater control over the summer events, similarly to how they organise Colgate Games. They establish MoUs between the host Centre LOC and share in the surplus. Currently, we manage our four events adequately by relying on Mark Harris and myself for necessary groundwork. Mark has introduced AthleticNET / AthleticLIVE in New Zealand and offers a range of technology that enhances event experiences. I intend to continue using this system in the future.



### **NZMA, NI & SI Championship Roster & Timing:**

The 2025-2026 roster includes:

NZMA Indoor Championships – Hastings (16th/17th August 2025)

NI Championships – Tauranga (29th November – 30th December 2025)

SI Championships – Nelson (23rd – 25th January 2026)

NZMA Championships – Inglewood (13th – 15th March 2026)

Details about each meeting are available on the NZMA website. Confirmation is pending regarding the locations and dates for the 1-mile and 10000m track championships, which are included in other meetings, not organised by NZMA. Centres interested in hosting NI or NZMA Championships for the 2026-2027 season should inform me. Indoor Championships are expected to remain in Hastings, while SI will be held in Invercargill.

### **NZMA's Role:**

Historically, our role involves coordinating masters track & field championships in New Zealand and engaging with OMA and WMA where appropriate. World Masters mandates the existence of a national master's body within each country, thus maintaining this a requirement. Given the extensive tasks undertaken by each Board member, a significant amount of work occurs behind the scenes. At times, this effort seems underappreciated or taken for granted. Ultimately, as my tenure on the Board nears its conclusion, future Board members will dictate whether we continue independently or seek greater involvement from Athletics NZ.

### **New Board Members:**

Serving on the Board transcends passion for Masters athletics. Effective succession planning necessitates identifying essential skills. Presently, we require individuals proficient in accounting, familiar with Xero software, and experienced in secretarial roles. Interested parties should contact me. Although nominations for this year have closed, the Board retains the option to co-opt members.

### **Future of Local Masters' Centres:**

Last year, I questioned whether Masters' Centres should function as operational committees attached to local Athletics NZ Centres or merge with ANZ Centre's Track & Field Committee. Some Centres have already implemented these changes. Your opinion on this proposition is welcome.

### **Vetline:**

Derek Shaw and I have been compiling this publication. While there are no fixed issue dates, which some find frustrating, editions are staggered throughout the year to align with our championships. We appreciate contributions from volunteers. Anyone interested in

assuming this responsibility should contact us; reimbursement is provided for your efforts.

For additional suggestions, please email me – [aws@xtra.co.nz](mailto:aws@xtra.co.nz).

To all Master's Centre Committee members who have contributed extensively over many years, the sport has benefited greatly from your involvement. Your behind-the-scenes efforts are recognised and valued by me.

Despite occasional shortcomings, we strive to perform our best with the resources and expertise available.

Thank you in advance for your engagement at our championship events and the up-coming online AGM.

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### **NZMA AGM Online 22nd June 2025**

Please check out the information on the NZMA AGM website page. There is also a very short survey and the NZMA Board would appreciate your feedback.

Since writing my report, I will have had another OMA Council meeting. I will provide an update about the OMA Championships at the NZMA Online AGM.



The poster for the Oceania Masters Athletics Championships Brisbane 2025 features a stylized sun logo with the text 'oceania MASTERS ATHLETICS CHAMPIONSHIPS' and a line drawing of the Brisbane city skyline with a bridge. The event is scheduled for Brisbane, Queensland, Australia, from Saturday 6 September to Wednesday 10 September. A blue banner highlights that the 'Early bird discount ends 11 May' and 'Entries close 25 July'. At the bottom, it mentions the Queensland Sport and Athletics Centre (QSAC) State Athletics Facility (SAF) in Brisbane, provides the OMA website (www.oceania-masters-athletics.org), and notes that athletes must be a financial member of a masters athletics organisation in an OMA member country or an athletics body affiliated with World Masters Athletics. A note at the bottom states that a temporary \$10 membership is available for non-registered masters athletes to cover the Championships.

A big THANK YOU to all those who made the 2025 NZMA T&F Champs such a success. With 280 entrants, 50-60 more than in the past few years, the pressure was on Auckland Masters/Athletics Auckland to cope. That they did so well was greatly appreciated.

The large entries in the throws put these events under particular pressure and it seemed that the throwers involved were very understanding. As one who officiated all weekend, the many "thank yous" I received was very gratifying.

However, as Andrew mentioned at the social function, no Centre has put up their hand for next year. The reality is that no Masters Centre can handle this without the full involvement of their respective ANZ Centre. Actually, only two or three Centres are operating in any formal sense.

The current NZMA model is no longer fit for purpose. The requirement to have a revised

constitution in 2026 provides an ideal opportunity to have an in-depth look at our organisation and how it can operate to meet the needs of its members.

For example:

- Do we need a more formal relationship with ANZ, both nationally and at centre level?
- Should individual, online voting for Board members and remits replace the current two votes per centre delegate system?
- Do we need a membership fee or should any income be from event levies?

If you are one of our younger members, ie younger than 50, you are the future of our sport, so please have your say, either directly to the Board or through your Masters Centre. To ensure that any idea is fully discussed at the proposed AGM in June, it needs to be presented by your Centre as a remit or topic for discussion two months prior.

## OMA Championships - Brisbane 2025

Joe Begley

Entries have opened for the 2025 Oceania Masters Athletics Championships being held In Brisbane, Australia, from 6-10 September 2025.

OMA president Cameron Burrows said the opening of entries had fired the starter's gun on the Championships.

"There's a real sense of anticipation taking shape now that the program of events has been finalised and athletes are able to get their entries in", Cameron said.

"This is the first stand-alone OMA Champs since they were held in Mackay in Queensland in 2019.

"COVID forced the cancellation of the Champs planned for Norfolk Island in 2021, and the Champs in Saipan in the Northern Mariana Islands in 2023 and Suva in Fiji last year were both held as a masters category within a broader athletics event.

"So it is especially pleasing that we are once again offering a Championships just for masters athletes," Cameron said.

"There are other masters athletics events on the calendar this year, but these Champs in Brisbane in September are the official OMA Champs.

"It is only at these Champs that records can be set and recognised as Championships records."

Cameron said Oceania Masters Athletics was expecting upwards of 400 entries for the Champs, to be held over five days at the State Athletics Facility in Brisbane, part of the Queensland Sport and Athletics Centre, the state's premier athletics facility.

"We are hoping for good representation from across the Oceania region and will look at ways we can encourage, assist and achieve this."

"An exciting aspect of the Championships is that for the first time at an international Masters athletics championships, masters-aged para-athletes will compete in their classifications alongside other participants."

Intending competitors have until 25 July to enter the Champs. Early bird entries will attract a \$30 discount on the administration fee until 11 May.

To enter, and for further detailed information about the Championships, go to the OMA website at [www.oceania-masters-athletics.org](http://www.oceania-masters-athletics.org)





The Atacama Crossing Ultramarathon is one of the world's most gruelling races. It is a 250 km multi-stage race across the driest place on earth. The Atacama is on a high plateau in the rain shadow of the Andes in northern Chile. Much of the landscape is salt flats and sand. It is the driest place on earth – said to be 50 times drier than Death Valley – it basically never rains!



In my working life, I had cause to visit the Atacama Desert to review a project we were working on (the area is home to one of the largest copper mines in the world!). As part of the visit, we met with a local representative at their house on the side of the road shown in this photo. The family had lived in the house for generations and many years before, the roof had collapsed. The walls were tall giving them shade so they never bothered to replace the roof because it had **never rained in their living memory!**

Environmentally the race is a real challenge. Daytime temperatures soar into the mid 40's and then can drop to below zero at night. Additionally, the fact that the entire race takes place at least 2.3km above sea level, the resulting thin atmosphere can be problematic for many. Also, at this altitude the sun delivers more penetrating UV radiation.

The one saving grace, if there is one, is that the start is at 3200 m and on average it is downhill to the finish (let's not worry about the 2813 m of ascent and 3646 m of descent within the race). Entrants must carry all their own equipment and food and are only provided with drinking water (available at the 30 checkpoints) and a place in a tent each night to rest.

At each checkpoint located approximately 10 km apart, competitors must be logged in on arrival, take a minimum allocation of water with them for the next leg and follow any instructions given due to adverse conditions (e.g. thunderstorms, sandstorms, etc.). Here they can seek advice and treatment if appropriate from the medical staff.

While tents are provided, camping mattresses must be carried – and are essential because of the rocky ground. Food and cooking facilities must also be carried. There are six stages to the race, with cut off times for each stage. However, these cut-off times are generous, allowing even walkers to complete the course. That said only 80% of starters cross the finish line.

Fastest finishers to date have been, men - Vincente Garcia Beneito of Spain, 23 hrs 46 mins in 2012 and women – Anne-Marie Flammersfield of Germany, 29 hrs 49 mins also in 2012.

Although all technically within the Atacama Desert, the course takes competitors across a wide variety of often spectacular terrain. Starting at 3,200 m in the Arcoiris Valley, the race gradually descends over the six stages to finish in the picturesque town of San Pedro de Atacama at an elevation of 2,400 m.

Each stage has unique cultural, historical and scenic highlights which gives competitors some encouragement to push themselves to the next checkpoint.



Competitors traverse the Valle Arcoiris (Rainbow Valley), an aptly named tapestry of multi-coloured rocks that weave through a series of hills in the river basin of the Río Grande. The mineral content of the rock results in an array of colours – greens, reds and white. They also traverse along the ancient Inca Road past petroglyphs from the traders who used this route in ancient times.



Narrow canyons ensure that no feet are left dry, taking competitors along 8 km of up to waist deep freezing water. Some canyons are so narrow that the walls on both sides can be touched at the same time.



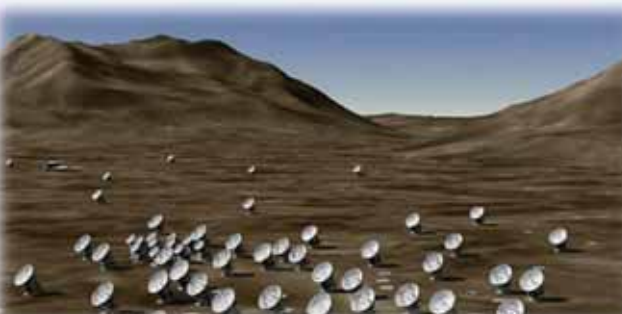


Competitors descend into the famous Valle de la Muerte (Valley of Death). Reasonably descriptive, but the name is actually a distortion of Valle de Marte (Mars Valley), which more accurately represents its red rock features and other-worldly beauty.



At one stage competitors are introduced to the "Lonely Tree" and the course crosses cracked, off-road dirt and crusty mud that is filled with thick, low underbrush - tough to run on as the crust breaks and feet would sink in with every step.

Competitors also enter the area of the restricted ALMA Project - the most expensive ground-based telescope in operation in the world. There is an occasional oasis, to provide brief and much needed respite, but often there is a steep and challenging climb ahead.



Huge sand dunes are reminiscent of the Sahara and do provide some light relief when running down them.



There are "Infamous Salt Flats", a 14 km, hot stretch of crusty, barren land - a crystalised ancient lake. This reflects heat in temperatures that can already be in the high 40's. The magnificent salt flats are described as frozen broccoli that will challenge even the most nimble of runners to cross at speed. The penultimate day is the "Long March", roughly double the length of the previous stages and many competitors take the opportunity (the only one in the week) to have a few hours' sleep at a designated overnight checkpoint.

Following the Alma Project and the Mars Valley, competitors traverse another "other worldly place" - La Valle de la Luna (Valley of the Moon).



Those still remaining, run into the ancient adobe-style town of San Pedro de Atacama with a fantastic finish in the town square where a band plays local Chilean music and there is, most importantly, pizza and soda.



If the Atacama Crossing alone is not enough there is always the Four Deserts Grand Slam Ultramarathon Series. Each event takes place similarly over 7 days and 250 km, in the largest and most forbidding deserts on the planet. This series, comprises the Atacama Crossing, the Gobi March in Mongolia, the Namib Race in Namibia and The Last Desert in Antarctica. There is even a Grand Slam Plus incorporating the Racing The Planet Ultramarathon - for the really crazy!

These champs were hosted by Canterbury Masters over the weekend 24-26 January 2025 at the Nga Puna Wai complex in Christchurch.

As seems to be the custom there were many impressive performances both on the track and in the field events, with 37 new SI Championship records established by 25 different athletes - 13 set by women and 24 by men.

Leading the personal tallies was the impressive Colleen Maloney, a relatively recent recruit to the Canterbury throwers group, with five new records in her W85 age group in the shot put, discus, hammer, weight throw and throws pentathlon.

Also in impressive form was Otago's W65 Fiona Harvey with three new records in her javelin, discus and throws pentathlon events.

Canterbury's Rozie Robinson, now the successful coach of a squad of young race walkers, claimed two records in W30 3000m and 5000m racewalks in between her officiating duties.

In his master's debut, Otago's Todd Bates set very impressive new records in both the hammer and weight throws. He smashed Michael Scholten's M30 hammer record of 39.69 with his throw of 53.29m, and similarly Scholten's M30 old weight throw record of 10.20m is now out to 15.90m.

Tasman's Remy Le Brun broke the 32-year-old M35 100m record with his fast time of 11.69 and also lowered his own 200m record to 23.91 to now hold M35 SI championship records for 60, 100 & 200m.

Canterbury's Peter Richards was in fine form, improving his own M65 records set in 2024 in both the 3000m and 5000m – taking 16s off his 5000m record. Interesting to note that his M65 record is nearly 5s quicker than his M60 record set in 2023.

In the M70 high jump, Canterbury's Georg Ludwig and Southland's Les Scown had the distinction of a tie and sharing the new record of 1.30m (up from 1.16m which was shared by 3 people previously). Georg also claimed the vacancy in the 80m hurdles with his performance of 19.03.

In the 300m hurdles, Otago's M75 Keith Hutton claimed the vacant record with his time of 63.05 to add to his M65 and M70 records, in addition he equaled the M75 high jump record of 1.10m.

Fifteen others achieved a championship record each:

- two in the 60m - W40 Helenna Dinnissen 8.22 and M50 Rupert Lambert 7.78
- two in the 400m – M40 Craig Oliver 54.56 and Tony Tan 58.03
- three vacancies were filled in 1500 TW records – M45 John Jarvie 11:16.00, M55 David Symth 8:53.59 and W65 Dalise Sanderson 11:18.08

- Tim Cross added the M65 2000m S/C record of 8:45.06 to his two earlier S/C records
- 2 more in high jump – M45 Johnny Eketone 1.66 and M55 Graham Wilson 1.45m
- M60 Paul Davis in pole vault 2.90m to add to his M55 record of 2.80m
- M65 John Rawcliffe in discus 37.23m
- W75 Noni Callander in shot put 8.11m – extended her previous record of 7.75
- M90 Jim Blair in javelin 18.40m – extended his previous record of 17.68m
- two in the throws pentathlon – M40 Joden Pratten 2433 pts and M75 Richard Davison 2842 pts to increase the previous record from 1559 pts and add to his M60 and M65 records.

Many thanks to Andrew Stark and his helpers and the Canterbury officials who contributed to such an enjoyable and friendly event.

The 2026 SI Masters T&F Champs return to the Tasman Centre and will be held at the athletics facilities at the Saxton Field Complex in Nelson 23-25 January 2026. More details will be posted on the NZMA website later this year.

## Results

### Men

#### 60m

|     |                   |     |             |
|-----|-------------------|-----|-------------|
| M35 | 1. Remy Le Brun   | TAS | 7.46        |
| M45 | 1. John Jarvie    | CAN | 8.18        |
|     | 2. Ian Thomas     | CAN | 8.55        |
|     | 3. Zed Osten      | OTG | 8.58        |
| M50 | 1. Mark Lambert   | AKL | 7.75        |
|     | 2. Rupert Lambert | OTG | 7.78 SI Rec |
| M65 | 1. Dennis O'Leary | HBG | 8.92        |
| M75 | 1. Barry Clausen  | CAN | 10.29       |
| M85 | 1. Peter Hanson   | WEL | 13.73       |
|     | 2. Alan Hunter    | CAN | 18.72       |

#### 100m

|     |                   |     |              |
|-----|-------------------|-----|--------------|
| M30 | 1. Cheng Liu      | CAN | 12.91        |
| M35 | 1. Remy Le Brun   | TAS | 11.69 SI Rec |
| M45 | 1. Zed Osten      | OTG | 13.87        |
| M50 | 1. Mark Lambert   | AKL | 11.84        |
|     | 2. Rupert Lambert | OTG | 12.65        |
|     | 3. Mathew Clark   | TAS | 14.22        |
| M55 | 1. Tony Tan       | OTG | 12.85        |
| M60 | 1. Paul Davis     | OTG | 14.65        |
|     | 2. Tim Tripp      | CAN | 16.95        |
| M65 | 1. Dennis O'Leary | HBG | 14.05        |
|     | 2. John Rawcliffe | TAS | 14.32        |
|     | 3. Uros Sumar     | OTG | 14.36        |
| M70 | 1. Warren Green   | STH | 15.75        |
|     | 2. Les Scown      | STH | 16.26        |
| M75 | 1. Barry Clausen  | CAN | 17.00        |
| M85 | 1. Peter Hanson   | WLG | 24.18        |
|     | 2. Alan Hunter    | CAN | 31.81        |



## 200m

|     |                   |     |              |
|-----|-------------------|-----|--------------|
| M30 | 1. Cheng Liu      | CAN | 26.29        |
| M35 | 1. Remy Le Brun   | TAS | 23.91 SI Rec |
| M40 | 1. Craig Oliver   | CAN | 25.58        |
|     | 2. Victor Lusi    | CAN | 26.88        |
| M45 | 1. Gareth Noble   | OTG | 26.11        |
|     | 2. Zed Osten      | OTG | 28.34        |
| M50 | 1. Mark Lambert   | AKL | 23.58        |
|     | 2. Rupert Lambert | OTG | 25.14        |
| M55 | 1. Tony Tan       | OTG | 26.10        |
| M65 | 1. John Rawcliffe | TAS | 30.79        |
|     | 2. Dennis O'Leary | HBG | 32.66        |
| M70 | 1. Georg Ludwig   | CAN | 32.36        |
| M75 | 1. Barry Clausen  | CAN | 36.67        |
| M85 | 1. Peter Hanson   | WLG | 59.94        |

## 80m Hurdles

|     |                 |     |              |
|-----|-----------------|-----|--------------|
| M70 | 1. Georg Ludwig | CAN | 19.03 SI Rec |
|-----|-----------------|-----|--------------|

## 110m Hurdles

|     |              |     |       |
|-----|--------------|-----|-------|
| M45 | 1. Zed Osten | OTG | 22.39 |
|-----|--------------|-----|-------|

## 300m Hurdles

|     |                 |     |                |
|-----|-----------------|-----|----------------|
| M70 | 1. Georg Ludwig | CAN | 1:01.59        |
| M75 | 1. Keith Hutton | OTG | 1:03.05 SI Rec |

## 400m

|     |                      |     |              |
|-----|----------------------|-----|--------------|
| M35 | 1. Cheng Liu         | CAN | 57.74 SI Rec |
| M40 | 1. Craig Oliver      | CAN | 54.56 SI Rec |
|     | 2. Victor Lusi       | CAN | 1:00.78      |
| M45 | 1. Gareth Noble      | OTG | 57.20        |
|     | 2. Sean Barnes       | CAN | 59.76        |
| M55 | 1. Tony Tan          | OTG | 58.03 SI Rec |
|     | 2. Graham Wilson     | CAN | 1:04.50      |
|     | 3. Malcolm Cornelius | CAN | 1:07.69      |
| M70 | 1. Gary Kirkman      | STH | 1:23.33      |
|     | 2. Jonathon Harper   | CAN | 1:27.72      |
| M75 | 1. Keith Hutton      | OTG | 1:20.35      |

## 800m

|     |                      |     |         |
|-----|----------------------|-----|---------|
| M30 | 1. Cheng Liu         | CAN | 2:36.01 |
| M40 | 1. Craig Oliver      | CAN | 2:02.07 |
|     | 2. David Catherwood  | CAN | 2:07.41 |
| M45 | 1. Alan Houghton     | AKL | 2:17.22 |
|     | 2. Sean Barnes       | CAN | 2:18.67 |
| M50 | 1. Philip Harrison   | CAN | 2:23.01 |
| M55 | 1. Malcolm Cornelius | CAN | 2:25.60 |
| M60 | 1. Barry Helem       | CAN | 2:46.25 |
| M65 | 1. Peter Richards    | CAN | 2:35.67 |
| M70 | 1. Rodger Ward       | CAN | 2:59.15 |
|     | 2. Gary Kirkman      | STH | 3:11.07 |
|     | 3. Jonathon Harper   | CAN | 3:27.24 |

## 1500m

|     |                      |     |         |
|-----|----------------------|-----|---------|
| M40 | 1. Craig Oliver      | CAN | 4:19.34 |
|     | 2. David Catherwood  | CAN | 4:36.60 |
| M50 | 1. Philip Harrison   | CAN | 5:05.26 |
| M55 | 1. Malcolm Cornelius | CAN | 4:58.39 |
| M60 | 1. Robert Holland    | CAN | 5:46.85 |
| M70 | 1. Rodger Ward       | CAN | 6:04.48 |
|     | 2. Derek Shaw        | TAS | 6:13.51 |
|     | 3. Gary Kirkman      | STH | 6:29.63 |

## 1500m Racewalk

|     |                |     |              |
|-----|----------------|-----|--------------|
| M45 | 1. John Jarvie | CAN | 11:16.00 Rec |
| M55 | 1. David Smyth | CAN | 8:53.59 Rec  |

## 2000m Steeplechase

|     |              |     |         |
|-----|--------------|-----|---------|
| M65 | 1. Tim Cross | TAS | 8:45.06 |
|-----|--------------|-----|---------|



Tim Cross taking a bath - 2000m steeplechase

## 3000m

|     |                      |     |          |
|-----|----------------------|-----|----------|
| M35 | 1. Simon Kerr        | CAN | 10:17.73 |
|     | 2. Rasool Porhemmat  | CAN | 10:18.90 |
| M50 | 1. Jason Baille      | CAN | 11:05.36 |
| M55 | 1. Malcolm Cornelius | CAN | 10:58.98 |
| M60 | 1. Robert Holland    | CAN | 12:56.23 |
| M65 | 1. Peter Richards    | CAN | 11:05.36 |
|     | 2. John Gamblin      | CAN | 13:26.81 |
| M70 | 1. Derek Shaw        | TAS | 13:29.97 |
|     | 2. Gary Kirkman      | STH | 13:45.75 |

## 3000m Racewalk

|     |                |     |          |
|-----|----------------|-----|----------|
| M55 | 1. David Smyth | CAN | 18:85.15 |
|-----|----------------|-----|----------|

## 5000m

|     |                     |     |               |
|-----|---------------------|-----|---------------|
| M35 | 1. Simon Kerr       | CAN | 17:24.74      |
|     | 2. Rasool Porhemmat | CAN | 17:40.61      |
| M40 | 1. Jason Wilcock    | CAN | 17:33.97      |
| M45 | 1. Shaun McWhirter  | CAN | 17:42.70      |
|     | 2. Mike Laird       | CAN | 21:24.63      |
| M65 | 1. Peter Richards   | CAN | 18:59.98 SI R |
|     | 2. Tim Cross        | TAS | 21:24.70      |
| M70 | 1. Derek Shaw       | TAS | 22:52.71      |
|     | 2. Gary Kirkman     | STH | 22:59.43      |

## Long Jump

|     |                              |     |       |
|-----|------------------------------|-----|-------|
| M45 | 1. Zed Osten                 | OTG | 4.94m |
|     | 2. Jeganenthiran Sellathurai | CAN | 4.51m |
| M60 | 1. Paul Davis                | OTG | 3.94m |
| M65 | 1. Dennis O'Leary            | HBG | 4.07m |
|     | 2. John Rawcliffe            | TAS | 3.99m |
| M70 | 1. Les Scown                 | STH | 4.05m |
| M85 | 1. Alan Hunter               | CAN | 1.22m |

## Triple Jump

|     |                   |     |       |
|-----|-------------------|-----|-------|
| M65 | 1. Dennis O'Leary | HBG | 8.54m |
| M70 | 1. Les Scown      | STH | 7.95m |

## High Jump

|     |                   |     |              |
|-----|-------------------|-----|--------------|
| M45 | 1. Johnny Eketone | CAN | 1.66m Rec    |
|     | 2. Zed Osten      | OTG | 1.40m        |
| M55 | 1. Graham Wilson  | CAN | 1.45m SI Rec |
| M70 | 1. Georg Ludwig   | CAN | 1.30m SI Rec |
|     | 2. Les Scown      | STH | 1.30m        |
| M75 | 1. Keith Hutton   | OTG | 1.10m =Rec   |

## Pole Vault

|     |                |     |       |
|-----|----------------|-----|-------|
| M60 | 1. Paul Davies | OTG | 2.90m |
|-----|----------------|-----|-------|

## Javelin

|     |                 |     |        |
|-----|-----------------|-----|--------|
| M45 | 1. John Jarvie  | CAN | 24.32m |
| M55 | 1. John McManus | CAN | 21.32m |

|     |                    |     |            |
|-----|--------------------|-----|------------|
| M60 | 1. Paul Davies     | OTG | 28.64m     |
| M65 | 1. John Rawcliffe  | TAS | 30.77m     |
| M70 | 1. Warren Green    | STH | 32.19m     |
|     | 2. Georg Ludwig    | CAN | 24.43m     |
|     | 3. Lester Laughton | STH | 20.84m     |
|     | 4. Linday Walker   | CAN | 19.23m     |
| M75 | 1. Keith Hutton    | OTG | 26.10m     |
|     | 2. Richard Davison | CAN | 24.16m     |
| M80 | 1. Brian Senior    | CAN | 23.03m     |
| M85 | 1. Alan Hunter     | CAN | 11.21m     |
| M90 | 1. Jim Blair       | OTG | 18.40m Rec |

#### Hammer

|     |                    |     |            |
|-----|--------------------|-----|------------|
| M30 | 1. Todd Bates      | OTG | 53.29m Rec |
| M55 | 1. John McManus    | CAN | 20.97m     |
| M70 | 1. Lester Laughton | STH | 29.48m     |
|     | 2. Lindsay Walker  | CAN | 29.41m     |
|     | 3. Warren Green    | STH | 23.50m     |
| M75 | 1. Richard Davison | CAN | 31.78m     |
| M80 | 1. Brian Senior    | CAN | 30.58m     |
| M85 | 1. Alan Hunter     | CAN | 13.85m     |
| M90 | 1. Jim Blair       | OTG | 16.85m     |

#### Shot Put

|     |                    |     |        |
|-----|--------------------|-----|--------|
| M45 | 1. John Jarvie     | CAN | 8.29m  |
| M55 | 1. John McManus    | CAN | 8.93m  |
| M60 | 1. Paul Davies     | OTG | 10.43m |
| M70 | 1. Lindsay Walker  | CAN | 9.59m  |
|     | 2. Lester Laughton | STH | 7.93m  |
|     | 3. Warren Green    | STH | 7.92m  |
| M75 | 1. Keith Hutton    | OTG | 9.64m  |
|     | 2. Richard Davison | CAN | 8.30m  |
| M80 | 1. Brian Senior    | CAN | 8.59m  |
| M85 | 1. Peter Hanson    | WTG | 7.56m  |
|     | 2. Alan Hunter     | CAN | 4.82m  |
| M90 | 1. Jim Blair       | OTG | 6.02m  |

#### Discus

|     |                    |     |        |
|-----|--------------------|-----|--------|
| M55 | 1. John McManus    | CAN | 24.50m |
| M60 | 1. Paul Davies     | OTG | 39.25m |
| M65 | 1. John Rawcliffe  | TAS | 37.23m |
|     | 2. Dennis O'Leary  | HBG | 26.73m |
| M70 | 1. Lester Laughton | STH | 32.33m |
|     | 2. Lindsay Walker  | CAN | 29.26m |
|     | 3. Warren Green    | STH | 25.94m |
| M75 | 1. Richard Davison | CAN | 30.47m |
| M80 | 1. Brian Senior    | CAN | 19.42m |
| M85 | 1. Alan Hunter     | CAN | 12.67m |
| M90 | 1. Jim Blair       | OTG | 15.50m |

#### Weight Throw

|     |                    |     |              |
|-----|--------------------|-----|--------------|
| M30 | 1. Todd Bates      | OTG | 15.90 SI Rec |
| M55 | 1. John McManus    | CAN | 8.85m        |
| M70 | 1. Lester Laughton | STH | 12.15m       |
|     | 2. Warren Green    | STH | 11.59m       |
|     | 3. Lindsay Walker  | CAN | 11.36m       |
| M75 | 1. Richard Davison | CAN | 11.72m       |
| M80 | 1. Brian Senior    | CAN | 12.56m       |
| M85 | 1. Alan Hunter     | CAN | 6.47m        |
| M90 | 1. Jim Blair       | OTG | 7.29m        |

#### Throws Pentathlon

|     |                    |     |               |
|-----|--------------------|-----|---------------|
| M40 | 1. Joden Pratten   | CAN | 2,433 pts Rec |
| M55 | 2. John McManus    | CAN | 1,930 pts     |
| M70 | 1. Lester Laughton | STH | 2,410 pts     |
|     | 2. Warren Green    | STH | 2,384 pts     |
| M75 | 1. Richard Davison | CAN | 2,842 pts Rec |
|     | 2. Keith Hutton    | OTG | 2,591 pts     |

|     |                |     |           |
|-----|----------------|-----|-----------|
| M85 | 1. Alan Hunter | CAN | 1,348 pts |
| M90 | 1. Jim Blair   | OTG | 2,398 pts |

#### Pentathlon

|     |                   |     |           |
|-----|-------------------|-----|-----------|
| M40 | 1. Victor Lusi    | CAN | 2,524 pts |
| M65 | 1. John Rawcliffe | TAS | 2,626 pts |

#### Women

##### 60m

|     |                     |     |             |
|-----|---------------------|-----|-------------|
| W40 | 1. Helena Dinnissen | CAN | 8.22 SI Rec |
| W55 | 1. Louise Martin    | CAN | 9.49        |
| W60 | 1. Alison Newall    | OTG | 10.81       |
|     | 2. Nadine Fea       | CAN | 12.31       |
| W65 | 1. Sue Johnson      | CAN | 11.29       |

##### 100m

|     |                     |     |       |
|-----|---------------------|-----|-------|
| W40 | 1. Helena Dinnissen | CAN | 13.27 |
| W45 | 1. Jaclyn Snyders   | CAN | 14.64 |
| W65 | 1. Sue Johnson      | CAN | 18.80 |

##### 200m

|     |                     |     |       |
|-----|---------------------|-----|-------|
| W40 | 1. Helena Dinnissen | CAN | 27.43 |
| W45 | 1. Vic Chapman      | CAN | 29.21 |
| W55 | 1. Louise Martin    | CAN | 32.12 |
| W60 | 1. Alison Newall    | OTG | 37.93 |
| W65 | 1. Dalise Sanderson | OTG | 43.69 |

##### 400m

|     |                     |     |         |
|-----|---------------------|-----|---------|
| W40 | 1. Helena Dinnissen | CAN | 1:04.78 |
| W45 | 1. Vic Chapman      | CAN | 1:05.42 |
| W65 | 1. Dalise Sanderson | OTG | 1:37.39 |

##### 800m

|     |                     |     |         |
|-----|---------------------|-----|---------|
| W45 | 1. Vic Chapman      | CAN | 2:38.17 |
| W65 | 1. Dalise Sanderson | OTG | 3:43.19 |

##### 1500m

|     |                   |     |         |
|-----|-------------------|-----|---------|
| W45 | 1. Vic Chapman    | CAN | 5:41.51 |
| W55 | 1. Tracey Sims    | TAS | 7:35.27 |
| W70 | 1. Carey Dickason | TAS | 7:57.68 |

##### 2000m Steeplechase

|     |                 |     |         |
|-----|-----------------|-----|---------|
| W55 | 1. Karen Murphy | TAS | 9:18.04 |
|-----|-----------------|-----|---------|

##### 3000m

|     |                   |     |          |
|-----|-------------------|-----|----------|
| W55 | 1. Wendy Richards | CAN | 13:51.29 |
|     | 2. Tracey Sims    | TAS | 16:18.34 |
| W70 | 1. Carey Dickason | TAS | 17:06.04 |

##### 1500m Racewalk

|     |                     |     |              |
|-----|---------------------|-----|--------------|
| W69 | 1. Dalise Sanderson | OTG | 11:18.08 Rec |
|-----|---------------------|-----|--------------|

##### 3000m Racewalk

|     |                   |     |              |
|-----|-------------------|-----|--------------|
| W30 | 1. Rozie Robinson | CAN | 17:43.34 Rec |
|-----|-------------------|-----|--------------|

##### 5000m Racewalk

|     |                   |     |              |
|-----|-------------------|-----|--------------|
| W30 | 1. Rozie Robinson | CAN | 31:51.86 Rec |
|-----|-------------------|-----|--------------|

##### 5000m

|     |                   |     |          |
|-----|-------------------|-----|----------|
| W55 | 1. Wendy Richards | CAN | 22:58.61 |
|     | 2. Tracey Sims    | TAS | 30:10.55 |

##### Long Jump

|     |                        |     |       |
|-----|------------------------|-----|-------|
| W35 | 1. Nadeeka Wijesundara | CAN | 3.13m |
| W60 | 1. Alison Newall       | OTG | 2.87m |
| W70 | 1. Noeline Burden      | OTG | 2.39m |
|     | 2. Carey Dickason      | TAS | 2.23m |

##### Triple Jump

|     |                   |     |       |
|-----|-------------------|-----|-------|
| W60 | 1. Alison Newall  | OTG | 6.76m |
| W70 | 1. Noeline Burden | OTG | 5.71m |
|     | 2. Carey Dickason | TAS | 5.22m |

##### High Jump

|     |               |     |       |
|-----|---------------|-----|-------|
| W60 | 1. Nadine Fea | CAN | 1.10m |
|-----|---------------|-----|-------|

##### Shot Put

|     |                  |     |       |
|-----|------------------|-----|-------|
| W35 | 1. Anna Lynch    | CAN | 8.62m |
| W40 | 1. Kerry Ford    | CAN | 6.03m |
| W45 | 1. Ayaka Stewart | CAN | 7.61m |



|     |                      |     |              |
|-----|----------------------|-----|--------------|
| W50 | 1. Althea Mackie     | AKL | 8.73m        |
| W60 | 1. Alison Newell     | OTG | 7.27m        |
| W65 | 1. Fiona Harvey      | OTG | 7.22m        |
|     | 2. Winifred Harding  | OTG | 7.08m        |
| W75 | 1. Noni Callander    | OTG | 8.11m SI Rec |
|     | 2. Sherry Farmer     | CAN | 5.29m        |
| W80 | 1. Justine Whittaker | CAN | 6.32m        |
|     | 2. Julie Roots       | CAN | 6.12m        |
| W85 | 1. Colleen Maloney   | CAN | 4.11m SI Rec |

#### Hammer

|     |                     |     |            |
|-----|---------------------|-----|------------|
| W35 | 1. Anna Lynch       | CAN | 38.00m     |
| W45 | 1. Ayaka Stewart    | CAN | 21.37m     |
| W50 | 1. Althea Mackie    | AKL | 39.66m     |
| W60 | 1. Alison Newell    | OTG | 22.88m     |
| W65 | 1. Winifred Harding | OTG | 24.88m     |
|     | 2. Fiona Harvey     | OTG | 23.03m     |
| W70 | 1. Carey Dickason   | TAS | 15.95m     |
| W75 | 1. Noni Callander   | OTG | 21.79m     |
|     | 2. Sherry Farmer    | CAN | 16.29m     |
| W80 | 1. Justine Whitaker | CAN | 17.72m     |
|     | 2. Julie Roots      | CAN | 15.90m     |
| W85 | 1. Colleen Maloney  | CAN | 16.86m Rec |

#### Javelin

|     |                      |     |            |
|-----|----------------------|-----|------------|
| W35 | 1. Anna Lynch        | CAN | 24.32m     |
| W45 | 1. Ayaka Stewart     | CAN | 14.11m     |
| W50 | 1. Althea Mackie     | AUS | 17.36m     |
| W60 | 1. Alison Newall     | OTG | 17.17m     |
| W65 | 1. Fiona Harvey      | OTG | 22.20m Rec |
|     | 2. Winifred Harding  | OTG | 10.73m     |
| W75 | 1. Noni Callander    | OTG | 13.66m     |
|     | 2. Sherry Farmer     | CAN | 11.54m     |
| W80 | 1. Justine Whittaker | CAN | 11.44m     |
|     | 2. Julie Roots       | CAN | 10.56m     |
| W85 | 1. Colleen Maloney   | CAN | 7.47m      |

#### Discus

|     |                        |     |            |
|-----|------------------------|-----|------------|
| W35 | 1. Anna Lynch          | CAN | 30.97m     |
|     | 2. Nadeeka Wijesundara | CAN | 17.36m     |
| W40 | 1. Kerry Ford          | CAN | 22.07m     |
| W45 | 1. Ayaka Stewart       | CAN | 28.06m     |
| W50 | 1. Althea Mackie       | AUS | 23.65m     |
| W65 | 1. Fiona Harvey        | OTG | 22.54m Rec |
|     | 2. Winifred Harding    | OTG | 16.26m     |
| W75 | 1. Noni Callander      | OTG | 19.29m     |
|     | 2. Sherry Farmer       | CAN | 12.22m     |
| W80 | 1. Justine Whitaker    | CAN | 13.13m     |
|     | 2. Julie Roots         | CAN | 11.31m     |
| W85 | 1. Colleen Maloney     | CAN | 10.02m Rec |

#### Weight Throw

|     |                     |     |              |
|-----|---------------------|-----|--------------|
| W35 | 1. Anna Lynch       | CAN | 12.35m       |
| W45 | 1. Ayaka Stewart    | CAN | 8.43m        |
| W50 | 1. Althea Mackie    | AUS | 13.18m       |
| W60 | 1. Alison Newall    | OTG | 10.06m       |
| W65 | 1. Fiona Harvey     | OTG | 10.17m       |
|     | 2. Winifred Harding | OTG | 10.07m       |
| W75 | 1. Noni Callander   | OTG | 10.70m       |
|     | 2. Sherry Farmer    | CAN | 7.60m        |
| W80 | 1. Julie Roots      | CAN | 9.16m        |
|     | 2. Justine Whitaker | CAN | 7.42m        |
| W85 | 1. Colleen Maloney  | CAN | 7.68m SI Rec |

#### Throws Pentathlon

|     |                     |     |               |
|-----|---------------------|-----|---------------|
| W35 | 1. Anna Lynch       | CAN | 2,454 pts     |
| W45 | 1. Ayaka Stewart    | CAN | 1,913 pts     |
| W60 | 1. Alison Newall    | CAN | 2,033 pts     |
| W65 | 1. Fiona Harvey     | OTG | 2,712 pts SI  |
| Rec | 2. Winifred Harding | OTG | 2,330 pts     |
| W75 | 1. Noni Callander   | OTG | 2,884 pts     |
|     | 2. Sherry Farmer    | CAN | 1,853 pts     |
| W80 | 1. Justine Whitaker | CAN | 2,403 pts     |
|     | 2. Julie Roots      | CAN | 2,190 pts     |
| W85 | 1. Colleen Maloney  | CAN | 2,277 pts Rec |

#### Pentathlon

|     |                   |     |           |
|-----|-------------------|-----|-----------|
| W70 | 1. Carey Dickason | TAS | 1,642 pts |
|-----|-------------------|-----|-----------|



*Photos above and below show the start off the two 800m races held on the Sunday*



*Photos by Derek Shaw*



*Noni Callander watches the discus head off.*

Athletics Canterbury stalwart and Athletics New Zealand life member **Kevin Jago** of Christchurch died on Thursday 20 March, aged 80.

Kevin joined Olympic Harriers in 1957 and began track and field with the Technical Club.

He has been involved in athletics administration since being one of the foundation members and first secretary, in 1964, of St Martins Athletic Club. For nine years he was president of the club, and club cross country champion in 1970 and 1971. In 1977 he was a founding member and first president of the QE Athletic Club.

He began a carpentry apprenticeship and although he did not complete it, his work in the Canterbury Museum workshop allowed him to use those skills. This led to organising the Cross Country Committee equipment, which in turn led to becoming a trail layer for the Takahe to Akaroa Relay.

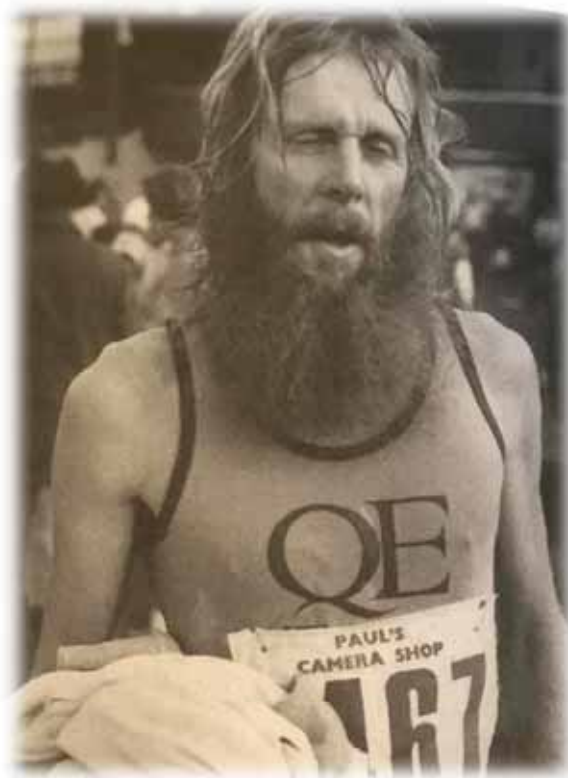
He was assistant manager for the marathon and race walks at the 1974 Christchurch Commonwealth Games and deputy director of the City of Christchurch Marathon. He organised the New Zealand cross country championships when they were staged in Christchurch and was chairman from 1974 to 1978 of the organising committee for the Takahe to Akaroa Relay.

In 1985 he was co-manager of an 18 day non-stop relay around New Zealand to celebrate Athletics New Zealand centenary. He was vice-president of Canterbury Masters.

Kevin was on the Athletics Canterbury executive for 25 years, president for 10 years and was made a life member in 1984. He received an Athletics New Zealand merit award in 1998 and was made a life member of ANZ in 2023. In 2014 he received an Athletics Canterbury award for exceptional services to Athletics and an outstanding volunteer service to sport from Sport Canterbury.



*On behalf of Athletics Canterbury ... thank you to Kevin for all he did for the sport, and to Bernadette who lovingly looked after him for numerous years, as he battled health issues.*



*The above photo is how I remember Kevin when I started competing back in 1976.*


*The photo below was taken on 24th September 2023, when we held a gathering to present Kevin with his Athletics NZ Life Membership Award.*

*During the past 15 years, Kevin was always there to offer guidance and advise and I valued his friendship.*

*Andrew Stark*





| What aging can teach us about sustainable success   | Ian Carter   |
|---|--|
| <p>Here is a summary of a recent <i>Growth Equation</i> article. If you want it all go to <a href="https://thegrowtheq.com">TheGrowthEq.com</a>.</p> <ol style="list-style-type: none"> <li>1) Stop short, almost always. You need to feel that you have one more rep left in the tank when you end a speed session. It's also called the no-hands-on-knees rule.</li> <li>2) Use your hard-earned wisdom to your advantage. Experience is your asset. Don't do the stupid things that maybe you could get away with when you were younger.</li> <li>3) It's easier to maintain than to build. All of us older athletes know how much harder it is to get fit again after a layoff. So don't push it too hard.</li> <li>4) Redefine what success means to you. Personal success can be multidimensional and vary greatly from one individual to another. The move away from the simplistic, 'running to win' motivation doesn't lessen the validity of our goals. Personally, I can get very frustrated with how slow I am now running. So, my main motivational goal is to try and get close to my best AG%. I certainly never set out to win a race or beat someone, that's a surefire way to end up disappointed.</li> </ol> | <p><b>Steve's 5 Rules of Training.</b></p> <p>These tie in with the above. You can listen to a discussion on these rules on a <i>Growth Equation</i> podcast.</p> <ol style="list-style-type: none"> <li>1) The boring stuff is your foundation.</li> <li>2) Let it come, don't force it.</li> <li>3) Take the next logical step.</li> <li>4) YOU LOSE WHAT YOU DON'T TRAIN (my emphasis).</li> <li>5) Train the individual, not the system.</li> </ol> <div data-bbox="948 846 1361 958">  </div> |

| I'm too old for that workout  | George White   |
|---|--|
| <p>When I was younger I thought growing old would take a long time – it didn't! However do we need to change our approach to training as we get older? As an older slower runner, do you read articles about special new workouts or new approaches to training, think they look great but push them aside thinking they do not apply to you? You are too old or too slow to warrant the effort.</p> <p>While there are plenty of articles for new runners, they are rarely written specifically for older slower runners. There is no doubt that age will determine that some changes are necessary, but speed is somewhat irrelevant. Most training ideas are applicable to you – slow, fast, old, young and everything in between; because the physiology of your body works the same no matter at what speed. Certainly, some workouts may not apply to you because you're not experienced enough, running enough volume, or training for a specific race distance, but that has nothing to do with how fast or slow you are.</p> | <p>The underlying principles of exercise physiology and how they apply to your body are the same whether you're running three minutes per kilometre or eight minutes per kilometre.</p> <p>The fundamental principles of training remain consistent across a broad spectrum of athletes, regardless of running speed. Your aerobic system functions the exact same way, your VO2max is calculated the same way, and the physiological demands of the race stay the same. Energy production and oxygen use are optimized when running around 65 percent of your 5k pace. Likewise, lactate threshold corresponds to an effort of about 66%-75% of your VO2max. Both of these markers occur at the same level of effort regardless of speed. If you accept that, then you can see that virtually all articles on training can apply to you.</p> <p>So - what does need to change? Change might be needed depending on your training level. Now, this includes the number of years you've been running, and also your weekly training volume. If your</p> |

kilometres are lower you may need to shorten the distances involved in a training workout – it is always wisest to try a scaled down version of a workout first and see how your body responds. Training articles referring to running form, technique, and efficiency may be very important as efficient biomechanics can help prevent injuries and improve overall performance.

Now a 60-year-old is not going to be able to train the same as a 20-year-old, so how should training be adjusted for age. And don't forget age in years is only part of the equation. As athletes, in general our biological age will be less than our age in calendar years, in some case by over a decade. When we talk about how to modify training plans for older runners, we need to think in terms of relative age, rather than actual age.

We do know from research that some aspects of your running will change with age, regardless of how long you've been a runner or how healthy you are. Specifically, as you get older you will lose some of your ability to generate peak muscle power and like everything with age, some of us will lose muscle strength and power more rapidly than others, (it will come for all of us eventually).

Therefore, as you get older, you should include more training that helps strengthen the major propulsion and power muscles in your legs: the glutes, hamstrings, and calves. These muscles are what generate power during your running stride. While it's true that some of the power in the running stride comes from your quads and calves, the reality is that the quads and calves play only a minor role in your ability to generate a powerful stride compared to the hamstrings and glutes. Keeping them strong will hopefully stave off the age-related changes in running mechanics.

We also know that susceptibility to certain injuries increases as we get older. For example, risk of injury to the calves increases with age. This may be due to the glutes and hamstrings getting weaker forcing reliance more on our calves to generate power to maintain stride. It is necessary as we age to include more injury-prevention work into training, specifically in areas susceptible to injury such as these.

Speedwork and racing also need adjustment as we age. It is essential to warm up more thoroughly. A good warm-up gets the blood flowing to the muscles and primes the aerobic system to take on the hard work to come. For masters runners, it is

doubly important because it takes longer for everything to get primed and loose. If you're not already doing a warm-up, consider the following routine:

- 15 minutes of very easy running
- 5 minutes of dynamic stretching
- Two to four 30-45 second strides - at 90% of maximum race speed – bringing your heart rate back down to easy aerobic levels before starting the next repeat.

And don't forget one of the easiest ways to improve speed and prevent injuries, especially as a masters runner, is to increase strength training. One of the main reasons we slow down as we age is our muscles can't fire or contract as forcefully. If you've never really done much strength work before, start with just a few basic movements and light weights until your form is comfortable. Then you can start adding weight. Strength training is the most effective way to improve speed without adding any significant increased risk of injury.

If you are incorporating speed work in your training also consider speed development. This is training your top-end speed, i.e. the absolute fastest pace you can run, which usually tops out running less than 100 meters. Usain Bolt achieved maximum speed at 60 to 80 metres but for us mere mortals it is more likely at 40 to 60 metres.

The focus is increasing the maximum amount of fast-twitch muscle fibres recruited for each stride and improving the speed at which your brain sends signals to your muscles to fire. Speed development workouts won't have you panting or clutching your knees after each interval because they are short. Moreover, to recruit maximum fast-twitch muscle fibres, you must be fully recovered before each interval.

Bottom line, running really isn't that complicated and what works for younger, faster runners often works just as well for us older, slower runners.





After a gap of 13 years, the 2025 NZMA Champs were hosted by Auckland Masters at the premiere Mt Smart venue. The hardworking Auckland LOC, under the very capable leadership of Murray Free managed to attract 282 entries which was an increase of 44 over the 2024 champs.

The promotion to local masters-aged athletes resulted in over 100 entries from the Auckland Centre, up from 42 from Auckland who had attend the 2024 champs in Christchurch. The increase was also boosted by incorporating the champs for the NZ Police and Fire and Emergency NZ (FENZ).

The larger numbers, particularly in the throws events was a timetabling challenge. However, the mathematical abilities and experience of NZMA President Andrew Stark was invaluable in resolving this puzzle, as was his knowledge of AthleticsNet that was used for entries and results. Many thanks to the Athletics Auckland officials and others from around the country, along with the many other willing helpers, including athletes, who contributed to the well-organised and enjoyable champs.

It was great to see six of the masters from French Polynesia who took part in last year's champs return, along with some of their colleagues, plus others from Samoa, Cook Islands, Australia and England, including regular participants Mark Wyndham-Jones (UK), David Lobb (Cooks) and Althea Mackie (Aust).

There were many outstanding performances on the track and over the jumps and throws events, with 15 new NZMA national records and 46 new NZMA championship records being established. Among the top record breakers were several 30-year-olds in their first appearances at the champs. The leading record breaker in the throws was Otago's M30 Todd Bates who in setting three new championship records completely obliterated the previous records - shot put 11.14m (old record 8.76m), hammer 56.72m (old record 28m) and weight throw 15.04m (old record 6.75m). In the throws pentathlon his 2,875 points broke the national record of 2,657 points and championship record of 1,267 points.

Other M30 to shine were Jordan Peters (HBG) in the discus with a new championship record of 44.09m (old record 27.68m), Josh Tautari (AKL) in the pole vault with a new championship record of 4.30m (old record 3.70m) and Scott Thomson (AKL) with triple jump national and championship records of 14.17m (old national record 14.07m and old championship record of 12.76m). Warren Grinige (AKL) increased his M30 high jump championship record to 1.40m. On the track, James Reid (AKL) lowered the M30 championship record held by NZMA Board member Brayden Grant in the 800m from 2:00.15 to 1:56.78.

Auckland's David Blackford was in outstanding form,

equaling the M60 100m championship record of 12.76 after having set a new national record of 12.41 ten days earlier. In his 200m, he set a new championship record of 26.02 after again breaking the national record ten days earlier with 25.26. In the M60 400m, he also set a championship record of 58.19, taking 2.68s off the former record and missing the national record by 0.8s.



David Anstiss - Photo by Petro Geldenhuys

The 2024 Male Athlete of the Year for the jumps category David Anstiss (AKL) having graduated into the M80 grade continued his impressive and inspiring form. The weekend prior to the NZMA champs, he added the M80 national records for the 80mH, long and high jump and then at the NZMA champs also claim two more national records in the triple jump and pole vault along with four championship records in 80mH, pole vault and the triple and high jump. He now has 12 national and 9 championship records. I suspect the reason he doesn't have any championship records in the long jump is a timetabling issue at the NZMA champs with the close programming of the long jump and long hurdles. His attempt to add the M80 200mH records was prevented by a 4.2m/s tail wind, as his time of 39.31 was well under the records of 49.80!

Laurie Malcolmson (M75) is another 'mature' athlete who continues to add to his impressive tally of records. This year adding the 60m championship record with his 9.38, and both records in the javelin with his 36.71m to bring his total to 9 NZMA national and 13 championship records.

Auckland's Jim Fiest set a new NZMA national record in the M90 60m and claimed the vacant championship record with his 14.73. He also claimed the vacant M90 1500m championship record with his 11:08.42.

Stephen Burden (WBP) set new M65 championship records in the long (4.86m) and triple jump (9.83m).

In the 60m, Tasman's Remy Le Brun was the fastest and lowered the M35 championship record to 7.23 while

Auckland's Ian Latherwood broke the M45 championship record with his 7.44 into a 2.2m/s head wind.

In the 400m, Auckland's Wayne Holroyd broke the M45 championship record by half a second in recording 53.50. NZMA Board member Hayden Robinson (MWA) also had a strong run to lower the M50 championship record from 55.40 to 54.61.

In the 1500mTW, Taranaki's James Reid took 2:15 seconds off the M45 national record with his time of 9:01.69 and also claimed the vacant championship record after a close race with Canterbury's David Smyth who claimed the vacant M55 championship record after having set the national record of 8:53.59 at the SI masters champs in January 2025.

In the jumps, Southland's Les Scown broke the M70 long jump championship record and in the high jump Brian Curry (MWA) added 3cm to the M60 high jump championship record he had shared with Pat Timings (TAS) who had originally set it back in 1989. Auckland's Ho Young Do equaled Tuariki Delamore's national record of 1.45m in the M65 high jump and set a new championship record. Mark Lett (AKL) broke the M60 pole vault championship record clearing 3.20m to go with his national record of 3.21m set in January 2025.

NZMA Patron Jim Blair increased his M90 javelin championship record by 44cm to 18.86m. Brayden Grant (MWA) teamed up with three Auckland sprinters - Ryan Smith, Gulab Singh and Tharindu Weeraratne - to set a new M35 4x100m relay record with their time of 48.27.

Auckland's Lisa Cross, who has won numerous SW NZ titles in recent years, set an impressive new W40 championship 5000m record of 16:30.04 to go with her W40 national record of 16:26.52 set in December 2023.



Lisa Cross in the mixed 5000m race

Thirty-year-old women were also prominent in setting new championship records. Mariah Rinui (WBP) added half a metre to the W30 long jump championship record when breaking the old record of 5.10m first set in 1979 by C Sole (TAR) and equaled by Helena Dinnissen in 2019. Auckland's Vianca Lagerwall broke the W30 high jump championship record set in 1980 with her 1.60m, which was also previously held by C Sole. Auckland's Alisha Lovrich claimed the vacant W30 pole vault championship record with 3.40m to go with her national record set a year earlier of 3.50m.

Taranaki's Sam Holliss broke her own records in the W40 1500mTW with a big improvement of 51s and also improved her 5000mTW championship record from 35:43.48 to 34:46.11. Loris Reed (WBP) with her impressive time of 11:21.95 in the W75 2000m s/c added a fourth championship and third national record to her tally in this event.

The remarkable Chris Waring (AKL) improved on both her W80 100m and 200m championship records into head winds of 1.8m/s.

The 2024 Athlete of the Year for Jumps Auckland's Hee Sun Kim broke her own W60 high jump national record by 4cm with her clearance of 1.39m and also the championship record of 1.27m.

Northland's Barbara Austin broke the W80 weight throws national and championship records with her performance of 10.46m, adding 60cm to them.

Brenda Davis (WBP), the 2024 Athlete of the Year for both Throws and Combined Events, set a new championship record in the W55 weight throw of 12.80m.

All photos are by Petro Geldenhuys and more photos can be viewed on the Athletics Auckland website

[CLICK HERE to view PHOTOS](#)

## Women

### 60m

|     |                          |     |       |
|-----|--------------------------|-----|-------|
| W30 | 1. Andriete Rodrigues    | AKL | 8.33  |
| W35 | 1. Sarah Hockley         | WBP | 9.46  |
| W40 | 1. Annmarie McDonald     | WBP | 8.63  |
|     | 2. Penny Kee             | AKL | 8.69  |
|     | 3. Helen Fletcher        | AKL | 9.52  |
| W45 | 1. Hannah Callesen       | MWA | 9.07  |
|     | 2. Audrey Poaneki        | WBP | 9.83  |
|     | 3. Odette Teriitaohia    | PYF | 11.24 |
|     | 4. Cecile Choleau-Tapata | PYF | 12.41 |
| W50 | 1. Lydia Bush            | AKL | 8.87  |
|     | 2. Faye Morgan           | AUS | 11.02 |
| W55 | 1. Phillipa Green        | AKL | 9.02  |
|     | 2. Louise Martin         | CAN | 9.38  |
| W60 | 1. Liz Mitchell          | OTG | 9.27  |
|     | 2. Jill Hayman           | AKL | 9.44  |
|     | 3. Karine Yu Tsuen       | PYF | 14.06 |
|     | 4. Joelle Lecroart       | PYF | 16.26 |
| W70 | 1. Joy Baker             | TAR | 10.92 |
|     | 2. Tui Ashe              | WBP | 11.64 |
|     | 3. Noeline Burden        | OTG | 12.77 |
|     | 4. Nancy Bowmar          | NTH | 13.89 |



|     |                              |     |       |
|-----|------------------------------|-----|-------|
|     | 5. Janick Aubineau           | PYF | 15.93 |
| W75 | 1. Sheryl Gower              | WBP | 10.83 |
|     | 2. Francoise Teriierooiterai | PYF | 16.42 |
| W80 | 1. Chris Waring              | AKL | 11.33 |
|     | 2. Suzanne Su                | WBP | 12.93 |
|     | 3. Carol Conte               | AKL | 13.94 |

#### 100m

|     |                       |     |       |
|-----|-----------------------|-----|-------|
| W30 | 1. Andriete Rodrigues | AKL | 13.21 |
| W35 | 1. Sarah Hockley      | WBP | 15.36 |
| W40 | 1. Annmarie McDonald  | WBP | 13.82 |
|     | 2. Penny Kee          | AKL | 13.86 |
|     | 3. Helen Fletcher     | AKL | 15.14 |
| W45 | 1. Hannah Callesen    | MWA | 14.34 |
|     | 2. Jaclyn Snyders     | CAN | 14.71 |
|     | 3. Ai Osugi           | AKL | 15.09 |
|     | 4. Audrey Poaneki     | WBP | 15.87 |
| W50 | 1. Lydia Bush         | AKL | 14.14 |
| W55 | 1. Phillipa Green     | AKL | 14.19 |
|     | 2. Louise Martin      | CAN | 15.20 |
|     | 3. Dale McMillan      | MWA | 15.78 |
| W60 | 1. Liz Mitchell       | OTG | 14.82 |
|     | 2. Jill Hayman        | AKL | 15.26 |
|     | 3. Joelle Lecroart    | PYF | 25.73 |
| W65 | 1. Annette Hermans    | WBP | 18.32 |
| W70 | 1. Joy Baker          | TAR | 17.78 |
|     | 2. Noeline Burden     | OTG | 20.26 |
|     | 3. Nancy Bowmar       | NTH | 21.53 |
| W75 | 1. Sheryl Gower       | WBP | 17.18 |
| W80 | 1. Chris Waring       | AKL | 18.18 |
|     | 2. Suzanne Su         | WBP | 21.57 |
|     | 3. Carol Conte        | AKL | 23.93 |

#### 200m

|     |                       |     |       |
|-----|-----------------------|-----|-------|
| W30 | 1. Andriete Rodrigues | AKL | 27.06 |
| W35 | 1. Sarah Hockley      | WBP | 42.50 |
| W40 | 1. Annmarie McDonald  | WBP | 28.07 |
|     | 2. Penny Kee          | AKL | 28.12 |
|     | 3. Helen Fletcher     | AKL | 31.45 |
| W45 | 1. Hannah Callesen    | MWA | 29.62 |
| W50 | 1. Lydia Bush         | AKL | 29.94 |
| W55 | 1. Phillipa Green     | AKL | 30.02 |
|     | 2. Louise Martin      | CAN | 31.55 |
| W60 | 1. Liz Mitchell       | OTG | 30.73 |
|     | 2. Jill Hayman        | AKL | 31.71 |
| W65 | 1. Christine Adamson  | AKL | 36.03 |
| W70 | 1. Joy Baker          | TAR | 38.62 |
| W75 | 1. Sheryl Gower       | WBP | 37.08 |
| W80 | 1. Chris Waring       | AKL | 39.30 |

#### 400m

|     |                         |     |         |
|-----|-------------------------|-----|---------|
| W35 | 1. Ayesha Shafi         | WLG | 1:07.44 |
|     | 2. Cherie Mcallister    | AKL | 1:22.46 |
| W40 | 1. Penny Kee            | AKL | 1:04.22 |
|     | 2. Rachel O'Brien       | AKL | 1:14.48 |
| W45 | 1. Vic Chapman          | CAN | 1:04.41 |
|     | 2. Hannah Callesen      | MWA | 1:07.46 |
|     | 3. Ai Osugi             | AKL | 1:12.11 |
|     | 4. Heidi-Jane Humphries | WLG | 1:21.86 |
| W55 | 1. Louise Martin        | CAN | 1:12.78 |
| W60 | 1. Liz Mitchell         | OTG | 1:13.34 |
|     | 2. Karen Hulena         | AKL | 1:29.04 |
| W65 | 1. Christine Adamson    | AKL | 1:24.68 |
| W70 | 1. Joy Baker            | TAR | 1:39.96 |

#### 800m

|     |                |     |         |
|-----|----------------|-----|---------|
| W35 | 1. Jenny Gater | WBP | 2:24.60 |
|-----|----------------|-----|---------|

|     |                         |     |         |
|-----|-------------------------|-----|---------|
|     | 2. Ayesha Shafi         | WLG | 2:32.09 |
|     | 3. Cherie McAllister    | AKL | 3:04.23 |
| W40 | 1. Rachel O'Brien       | AKL | 2:46.60 |
| W45 | 1. Jo Van Rensburg      | TAS | 2:32.82 |
|     | 2. Vic Chapman          | CAN | 2:37.90 |
|     | 3. Ady McKenzie         | HTH | 2:42.59 |
|     | 4. Heidi-Jane Humphries | WLG | 3:07.89 |
| W60 | 1. Sally Gibbs          | MWA | 2:51.15 |
|     | 2. Karen Hulena         | AKL | 3:35.71 |
| W65 | 1. Christine Adamson    | AKL | 3:22.83 |
| W70 | 1. Joy Baker            | TAR | 3:52.07 |
| W75 | 1. Loris Reed           | WBP | 3:39.36 |

#### 1500m

|     |                         |     |         |
|-----|-------------------------|-----|---------|
| W35 | 1. Jenny Gater          | WBP | 4:59.05 |
|     | 2. Ayesha Shafi         | WLG | 5:09.93 |
|     | 3. Cherie Mcallister    | AKL | 6:31.10 |
|     | 4. Ana-Mree Ngaheue     | WBP | 6:57.31 |
| W40 | 1. Rachel O'Brien       | AKL | 5:19.60 |
| W45 | 1. Jo Van Rensburg      | TAS | 5:13.97 |
|     | 2. Ady McKenzie         | HTH | 5:14.33 |
|     | 3. Heidi-Jane Humphries | WLG | 6:20.39 |
| W60 | 1. Sally Gibbs          | MWA | 5:24.05 |
| W65 | 1. Deborah Telfer       | STH | 6:28.95 |
|     | 2. Christine Adamson    | AKL | 6:34.53 |
| W70 | 1. Joy Baker            | TAR | 7:14.20 |
|     | 2. Carey Dickason       | TAS | 8:09.17 |
| W75 | 1. Loris Reed           | WBP | 7:18.49 |



#### 3000m

|     |                         |     |          |
|-----|-------------------------|-----|----------|
| W35 | 1. Cherie Mcallister    | AKL | 14:08.83 |
|     | 2. Ana-Mree Ngaheue     | WBP | 16:17.40 |
| W40 | 1. Rachel O'Brien       | AKL | 11:01.34 |
|     | 2. Nanine Fouche        | WBP | 12:42.17 |
| W45 | 1. Ady McKenzie         | HTH | 11:00.80 |
|     | 2. Heidi-Jane Humphries | WLG | 13:50.94 |
| W60 | 1. Sally Gibbs          | MWA | 11:02.46 |
| W65 | 1. Deborah Telfer       | STH | 13:37.14 |
| W70 | 1. Liz Hardley          | AKL | 16:31.03 |
|     | 2. Carey Dickason       | TAS | 17:12.31 |

|     |                   |     |          |
|-----|-------------------|-----|----------|
| W75 | 1. Loris Reed     | WBP | 15:37.40 |
|     | 2. Judith Stewart | NTH | 16:57.90 |

#### 5000m

|     |                   |     |          |
|-----|-------------------|-----|----------|
| W40 | 1. Lisa Cross     | AKL | 16:30.04 |
|     | 2. Rachel O'Brien | AKL | 18:57.37 |
|     | 3. Nanine Fouche  | WBP | 21:54.05 |
| W45 | 1. Ady McKenzie   | HTH | 19:01.54 |
| W50 | 1. Karyn McLean   | WLG | 23:44.79 |
| W60 | 1. Sally Gibbs    | MWA | 18:56.69 |
| W65 | 1. Deborah Telfer | STH | 23:42.40 |
| W70 | 1. Liz Hardley    | AKL | 28:04.49 |
| W75 | 1. Judith Stewart | NTH | 29:05.37 |

#### 1500m RW

|     |                       |     |          |
|-----|-----------------------|-----|----------|
| W30 | 1. Sarah-Amy Rhind    | AKL | 10:12.54 |
| W40 | 1. Sam Holliss        | TAR | 8:24.38  |
| W45 | 1. Catherine McCarten | TAR | 8:36.87  |
|     | 2. Vicky Jones        | TAR | 11:48.53 |
| W50 | 1. Fiona Craig        | TAR | 14:16.43 |
| W55 | 1. Karen Davison      | AKL | 10:59.50 |
|     | 2. Denise Fellows     | WBP | 12:22.52 |
| W60 | 1. Helen Willis       | WLG | 10:03.00 |
|     | 2. Joelle Lecroart    | PYF | 12:22.52 |
| W75 | 1. Jacqueline Wilson  | WLG | 10:18.49 |
| W80 | 1. Daphne Jones       | WLG | 11:50.28 |

#### 3000m RW

|     |                       |     |          |
|-----|-----------------------|-----|----------|
| W30 | 1. Sarah-Amy Rhind    | AKL | 21:46.39 |
| W40 | 1. Sam Holliss        | TAR | 18:48.67 |
| W45 | 1. Catherine McCarten | TAR | 18:02.26 |
|     | 2. Vicky Jones        | TAR | 24:08.48 |
| W55 | 1. Serena Coombes     | TAR | 18:32.43 |
|     | 2. Tracey Walsh       | AKL | 21:37.80 |
|     | 3. Karen Davison      | AKL | 22:49.32 |
| W60 | 1. Helen Willis       | WLG | 20:37.59 |
|     | 2. Joelle Lecroart    | PYF | 26:40.04 |
| W75 | 1. Jacqueline Wilson  | WLG | 21:23.18 |
| W80 | 1. Daphne Jones       | WLG | 24:30.48 |



#### 5000m RW

|     |                       |     |          |
|-----|-----------------------|-----|----------|
| W30 | 1. Sarah-Amy Rhind    | AKL | 38:15.85 |
| W40 | 1. Sam Holliss        | TAR | 34:46.11 |
| W45 | 1. Catherine McCarten | TAR | 32:23.44 |
|     | 2. Vicky Jones        | TAR | 41:22.24 |
| W55 | 1. Tracey Walsh       | AKL | 37:00.49 |

|     |                      |     |          |
|-----|----------------------|-----|----------|
| W60 | 1. Helen Willis      | WLG | 36:00.28 |
|     | 2. Joelle Lecroart   | PYF | 44:57.64 |
| W75 | 1. Jacqueline Wilson | WLG | 36:11.92 |
| W80 | 1. Daphne Jones      | WLG | 43:04.34 |

#### 2000m S/C

|     |                   |     |          |
|-----|-------------------|-----|----------|
| W44 | 1. Rachel O'Brien | AKL | 8:44.74  |
| W70 | 1. Joy Baker      | TAR | 11:28.32 |
| W75 | 1. Loris Reed     | WBP | 11:21.95 |

#### 80m H

|     |                    |     |       |
|-----|--------------------|-----|-------|
| W45 | 1. Hannah Callesen | MWA | 13.90 |
|     | 2. Ai Osugi        | AKL | 16.79 |

#### Long Jump

|     |                     |     |       |
|-----|---------------------|-----|-------|
| W30 | 1. Mariah Ririnui   | WBP | 5.60m |
| W45 | 1. Ai Osugi         | AKL | 4.18m |
|     | 2. Trudy Derbyshire | NTH | 2.84m |
| W55 | 1. Dale McMillan    | MWA | 3.43m |
| W60 | 1. Alison Newall    | OTG | 3.25m |
|     | 2. Karen Hulena     | AKL | 3.24m |
| W70 | 1. Joy Baker        | TAR | 2.85m |
|     | 2. Carey Dickason   | TAS | 2.22m |
| W80 | 1. Carol Conte      | AKL | 1.49m |

#### High Jump

|     |                             |     |       |
|-----|-----------------------------|-----|-------|
| W30 | 1. Vianca Lagerwall         | AKL | 1.60m |
| W45 | 1. Ivana Erceg Floerchinger | AKL | 1.39m |
|     | 2. Audrey Poaneke           | WBP | 1.33m |
|     | 3. Heidi-Jane Humphries     | WLG | 1.15m |
|     | 4. Marcia Taylor            | WBP | 1.12m |
|     | 5. Trudy Derbyshire         | NTH | 1.12m |
| W50 | 1. Bronwen Sola             | WLG | 1.03m |
| W55 | 1. Phillipa Green           | AKL | 1.27m |
|     | 2. Teresa Bartlett          | WLG | 1.03m |
| W60 | 1. Heesun Kim               | AKL | 1.39m |
|     | 2. Karen Hulena             | AKL | 1.12m |
|     | 3. Nadine Fea               | CAN | 1.09m |
|     | 4. Alison Newall            | OTG | 1.03m |
| W65 | 1. Annette Hermans          | WBP | 1.09m |
| W70 | 1. Nancy Bowmar             | NTH | 1.00m |

#### Triple Jump

|     |                    |     |       |
|-----|--------------------|-----|-------|
| W45 | 1. Rachel Savage   | WBP | 4.52m |
| W55 | 1. Teresa Bartlett | WLG | 6.09m |
| W60 | 1. Alison Newall   | OTG | 6.36m |
| W70 | 1. Joy Baker       | TAR | 5.77m |
|     | 2. Noeline Burden  | OTG | 5.60m |
|     | 3. Carey Dickason  | TAS | 5.25m |

#### Pole Vault

|     |                   |     |       |
|-----|-------------------|-----|-------|
| W30 | 1. Alisha Lovrich | AKL | 3.40m |
| W55 | 1. Delwyn Smith   | NTH | 2.20m |

#### Hammer

|                |                            |     |        |
|----------------|----------------------------|-----|--------|
| W35            | 1. Kovieva Tuugahala       | PYF | 41.24m |
|                | 2. Anna Lynch              | CAN | 37.12m |
|                | 3. Ana-Mree Ngaheu         | WBP | 26.21m |
| W40            | 1. Jennifer Kavetoea       | WBP | 18.52m |
|                | 2. Louise Teariki          | PYF | 17.78m |
| W45            | 1. Rochelle Ellison-Lupena | COK | 23.33m |
|                | 2. Trudy Derbyshire        | NTH | 22.42m |
|                | 3. Rachel Savage           | WBP | 22.27m |
|                | 4. Ayaka Stewart           | CAN | 21.39m |
|                | 5. Odette Teriitaohia      | PYF | 19.84m |
|                | 6. Cecile Choleau-Tapeta   | PYF | 16.20m |
| W45 Para T/F44 | 1. Tara Lewis              | AKL | 18.82m |
| W50            | 1. Althea Mackie           | AUS | 39.96m |
|                | 2. Michelle Bitcheno       | WBP | 29.79m |
|                | 3. Vavae Nuia              | AKL | 26.55m |



|     |                              |     |        |
|-----|------------------------------|-----|--------|
|     | 4. Faye Morgan               | AUS | 25.67m |
|     | 5. Bronwen Sola              | WLG | 22.97m |
|     | 6. Kerry Rattray             | WBP | 22.79m |
| W55 | 1. Brenda Davis              | WBP | 36.92m |
|     | 2. Theresa Bartlett          | WLG | 23.78m |
|     | 3. Denise Fellows            | WBP | 21.97m |
| W60 | 1. Tina Ryan                 | TAR | 24.43m |
|     | 2. Tania Hodges              | WBP | 23.97m |
|     | 3. Alison Newall             | OTG | 23.85m |
|     | 4. Raura Faau                | AKL | 19.14m |
| W70 | 1. Carey Dickason            | TAS | 15.99m |
|     | 2. Janick Aubineau           | PYF | 10.80m |
| W75 | 1. Bev Savage                | WBP | 29.85m |
|     | 2. Annette Parlane           | WBP | 25.45m |
|     | 3. Noni Callander            | OTG | 22.26m |
|     | 4. Blank entry               |     | 21.81m |
|     | 5. Sherry Farmer             | CAN | 15.82m |
|     | 6. Francoise Teriierooiterai | PYF | 13.48m |
| W80 | 1. Barbara Austin            | NTH | 20.78m |
|     | 2. Justine Whittaker         | CAN | 18.23m |
|     | 3. Carol Conte               | AKL | 16.21m |

#### Shot Put

|                |                              |     |        |
|----------------|------------------------------|-----|--------|
| W30            | 1. Taufu Fonua               | AKL | 9.31m  |
| W35            | 1. Kovieva Tuugahala         | PYF | 11.79m |
|                | 2. Sarah Hockley             | WBP | 9.47m  |
|                | 3. Anna Lynch                | CAN | 8.11m  |
| W40            | 1. Annmarie McDonald         | WBP | 8.20m  |
|                | 2. Jennifer Kavetoea         | WBP | 7.42m  |
|                | 3. Louise Teariki            | PYF | 5.57m  |
| W45            | 1. Rachel Savage             | WBP | 8.38m  |
|                | 2. Trudy Derbyshire          | NTH | 7.40m  |
|                | 3. Ayaka Stewart             | CAN | 6.98m  |
|                | 4. Odette Teriitaohia        | PYF | 6.90m  |
|                | 5. Heidi-Jane Humphries      | WLG | 6.83m  |
|                | 6. Cecile Choleau-Tapeta     | PYF | 6.17m  |
| Para W45 T/F44 | 1. Tara Lewis                | AKL | 5.75m  |
| W50            | 1. Petu Leitu                | AKL | 10.09m |
|                | 2. Althea Mackie             | AUS | 8.82m  |
|                | 3. Vavae Nuia                | AKL | 8.69m  |
|                | 4. Faye Morgan               | AUS | 7.87m  |
|                | 5. Michelle Bitcheno         | WBP | 7.52m  |
|                | 6. Fiona Craig               | TAR | 6.31m  |
| W55            | 1. Brenda Davis              | WBP | 9.98m  |
|                | 2. Dale McMillan             | MWA | 9.41m  |
|                | 3. Fiona Kelso               | AKL | 9.29m  |
|                | 4. Theresa Bartlett          | WLG | 8.18m  |
|                | 5. Denise Fellows            | WBP | 5.48m  |
| W60            | 1. Tania Hodges              | WBP | 9.08m  |
|                | 2. Tina Ryan                 | TAR | 8.65m  |
|                | 3. Nadine Fea                | CAN | 8.07m  |
|                | 4. Alison Newall             | OTG | 7.10m  |
|                | 5. Karen Hulena              | AKL | 6.98m  |
|                | 6. Raura Faau                | AKL | 6.82m  |
|                | 7. Karine Yu Tsuen           | PYF | 5.16m  |
| W70            | 1. Tui Ashe                  | WBP | 6.78m  |
|                | 2. Noeline Burden            | OTG | 6.04m  |
|                | 3. Nancy Bowmar              | NTH | 5.64m  |
| W75            | 1. Noni Callander            | OTG | 8.20m  |
|                | 2. Bev Savage                | WBP | 7.98m  |
|                | 3. Blank entry               |     | 7.66m  |
|                | 4. Annette Parlane           | WBP | 7.53m  |
|                | 5. Sherry Farmer             | CAN | 6.07m  |
|                | 6. Francoise Teriierooiterai | PYF | 5.64m  |



|     |                      |     |       |
|-----|----------------------|-----|-------|
| W80 | 1. Justine Whittaker | CAN | 6.46m |
|     | 2. Barbara Austin    | NTH | 6.21m |

#### Discus

|                |                            |     |        |
|----------------|----------------------------|-----|--------|
| W30            | 1. Taufu Fonua             | AKL | 28.78m |
|                | 2. Kirsty Halliday         | NTH | 22.32m |
|                | 3. Sarah-Amy Rhind         | AKL | 19.08m |
| W35            | 1. Kovieva Tuugahala       | PYF | 32.98m |
|                | 2. Anna Lynch              | CAN | 30.72m |
|                | 3. Sarah Hockley           | WBP | 28.76m |
|                | 4. Ana-Mree Ngaheu         | WBP | 28.25m |
| W40            | 1. Annmarie McDonald       | WBP | 26.29m |
|                | 2. Jennifer Kavetoea       | WBP | 19.66m |
|                | 3. Sam Hollis              | TAR | 18.37m |
|                | 4. Louise Teariki          | PYF | 18.08m |
| W45            | 1. Ayaka Stewart           | CAN | 23.91m |
|                | 2. Rachel Savage           | WBP | 22.62m |
|                | 3. Marcia Taylor           | WBP | 22.61m |
|                | 4. Heidi-Jane Humphries    | WLG | 20.97m |
|                | 5. Trudy Derbyshire        | NTH | 19.93m |
|                | 6. Odette Teriitaohia      | PYF | 19.83m |
|                | 7. Cecile Choleau-Tapeta   | PYF | 17.93m |
|                | 8. Rochelle Ellison-Lupena | COK | 17.69m |
| W45 Para T/F44 | 1. Tara Lewis              | AKL | 16.87m |
| W50            | 1. Althea Mackie           | AUS | 24.89m |
|                | 2. Petu Leitu              | AKL | 22.74m |
|                | 3. Michelle Bitcheno       | WBP | 19.10m |
|                | 4. Vavae Nuia              | AKL | 18.92m |
|                | 5. Faye Morgan             | AUS | 16.35m |
|                | 6. Bronwen Sola            | WLG | 15.38m |
|                | 7. Fiona Craig             | TAR | 13.96m |
| W55            | 1. Brenda Davis            | WBP | 27.01m |
|                | 2. Theresa Bartlett        | WLG | 21.13m |
|                | 3. Denise Fellows          | WBP | 16.22m |

|     |                              |     |        |
|-----|------------------------------|-----|--------|
| W60 | 1. Tania Hodges              | WBP | 20.59m |
|     | 2. Nadine Fea                | CAN | 19.24m |
|     | 3. Tina Ryan                 | TAR | 18.81m |
|     | 4. Raura Faau                | AKL | 18.13m |
| W70 | 1. Tui Ashe                  | WBP | 15.45m |
|     | 2. Nancy Bowmar              | NTH | 13.16m |
|     | 3. Janick Aubineau           | PYF | 10.54m |
| W75 | 1. Annette Parlance          | WBP | 21.60m |
|     | 2. Noni Callander            | OTG | 19.67m |
|     | 3. Bev Savage                | WBP | 17.50m |
|     | 4. Blank entry               |     | 16.33m |
|     | 5. Loris Reed                | WBP | 16.29m |
|     | 6. Francoise Teriierooiterai | PYF | 13.81m |
|     | 7. Sherry Farmer             | CAN | 13.34m |
| W80 | 1. Justine Whittaker         | CAN | 14.75m |
|     | 2. Barbara Austin            | NTH | 14.64m |

#### Javelin

|     |                              |     |        |
|-----|------------------------------|-----|--------|
| W30 | 1. Taufa Fonua               | AKL | 22.18m |
| W35 | 1. Sarah Hockley             | WBP | 25.82m |
|     | 2. Kovieva Tuugahala         | PYF | 25.34m |
|     | 3. Anna Lynch                | CAN | 24.90m |
| W40 | 1. Jennifer Kavetoea         | WBP | 15.86m |
|     | 2. Louise Teariki            | PYF | 14.95m |
| W45 | 1. Trudy Derbyshire          | NTH | 19.58m |
|     | 2. Rachel Savage             | WBP | 18.80m |
|     | 3. Marcia Taylor             | WBP | 17.60m |
|     | 4. Odette Teriitaohia        | PYF | 15.10m |
|     | 5. Cecile Choleau-Tapeta     | PYF | 13.97m |
|     | 6. Ayaka Stewart             | CAN | 12.10m |
| W50 | 1. Petu Leitu                | AKL | 24.08m |
|     | 2. Althea Mackie             | AUS | 17.33m |
|     | 3. Faye Morgan               | AUS | 16.55m |
|     | 4. Kerry Rattray             | WBP | 15.71m |
|     | 5. Michelle Bitcheno         | WBP | 12.64m |
| W55 | 1. Dale McMillan             | MWA | 22.96m |
|     | 2. Brenda Davis              | WBP | 22.05m |
|     | 3. Theresa Bartlett          | WLG | 20.02m |
|     | 4. Denise Fellows            | WBP | 10.36m |
| W60 | 1. Jill Hayman               | AKL | 18.95m |
|     | 2. Alison Newall             | OTG | 17.76m |
|     | 3. Nadine Fea                | CAN | 16.70m |
|     | 4. Tania Hodges              | WBP | 16.41m |
|     | 5. Karen Hulena              | AKL | 14.96m |
|     | 6. Tina Ryan                 | TAR | 14.69m |
|     | 7. Raura Faau                | AKL | 13.42m |
| W70 | 1. Tui Ashe                  | WBP | 14.94m |
|     | 2. Joy Baker                 | TAR | 11.10m |
|     | 3. Nancy Bowmar              | NTH | 9.83m  |
|     | 4. Janick Aubineau           | PYF | 9.14m  |
| W75 | 1. Annette Parlance          | WBP | 13.92m |
|     | 2. Noni Callander            | OTG | 12.58m |
|     | 3. Francoise Teriierooiterai | PYF | 11.20m |
|     | 4. Anne Deleiros             | AKL | 10.94m |
|     | 5. Sherry Farmer             | CAN | 9.64m  |
|     | 6. Bev Savage                | WBP | 8.63m  |
| W80 | 1. Barbara Austin            | NTH | 12.64m |
|     | 2. Justine Whittaker         | CAN | 11.21m |

#### Weight Throw

|     |                      |     |        |
|-----|----------------------|-----|--------|
| W35 | 1. Kovieva Tuugahala | PYF | 12.62m |
|     | 2. Anna Lynch        | CAN | 11.16m |
|     | 3. Ana-Mree Ngaheu   | WBP | 9.34m  |
| W40 | 1. Jennifer Kavetoea | WBP | 6.84m  |
|     | 2. Louise Teariki    | PYF | 5.76m  |

|                |                              |     |        |
|----------------|------------------------------|-----|--------|
| W45            | 1. Rochelle Ellison-Lupena   | COK | 8.50m  |
|                | 2. Ayaka Stewart             | CAN | 8.20m  |
|                | 3. Odette Teriitaohia        | PYF | 7.53m  |
|                | 4. Rachel Savage             | WBP | 7.39m  |
|                | 5. Cecile Choleau-Tapeta     | PYF | 5.80m  |
| W50            | 1. Althea Mackie             | AUS | 12.90m |
|                | 2. Vavae Nuia                | AKL | 9.94m  |
|                | 3. Michelle Bitcheno         | WBP | 9.35m  |
|                | 4. Faye Morgan               | AUS | 8.14m  |
| W55            | 5. Kerry Rattray             | WBP | 6.49m  |
|                | 1. Brenda Davis              | WBP | 12.80m |
|                | 2. Denise Fellows            | WBP | 7.23m  |
|                | 3. Theresa Bartlett          | WLG | 6.97m  |
| W60            | 1. Tina Ryan                 | TAR | 10.77m |
|                | 2. Tania Hodges              | WBP | 10.18m |
|                | 3. Alison Newall             | OTG | 9.98m  |
|                | 4. Raura Faau                | AKL | 8.64m  |
|                | 5. Karine Yu Tsuen           | PYF | 4.49m  |
| W70            | 1. Janick Aubineau           | PYF | 5.64m  |
| W75            | 1. Noni Callander            | OTG | 10.86m |
|                | 2. Bev Savage                | WBP | 10.26m |
|                | 3. Annette Parlance          | WBP | 9.89m  |
|                | 4. Blank entry               |     | 9.14m  |
|                | 5. Sherry Farmer             | CAN | 7.81m  |
|                | 6. Francoise Teriierooiterai | PYF | 7.11m  |
| W45 Para T/F44 | Tara Lewis                   | AKL | 6.43m  |



#### Throws Pentathlon

|     |                            |     |           |
|-----|----------------------------|-----|-----------|
| W35 | 1. Kovieva Tuugahala       | PYF | 2,526 pts |
|     | 2. Anna Lynch              | CAN | 2,277 pts |
|     | 3. Ana-Mree Ngaheu         | WBP | 1,771 pts |
| W40 | 1. Jennifer Kavetoea       | WBP | 1,417 pts |
|     | 2. Louise Teariki          | PYF | 1,084 pts |
| W45 | 1. Rachel Savage           | WBP | 1,941 pts |
|     | 2. Marcia Taylor           | WBP | 1,851 pts |
|     | 3. Trudy Derbyshire        | NTH | 1,814 pts |
|     | 4. Rochelle Ellison-Lupena | COK | 1,739 pts |
|     | 5. Odette Teriitaohia      | PYF | 1,632 pts |
|     | 6. Ayaka Stewart           | CAN | 1,585 pts |
|     | 7. Cecile Choleau-Tapeta   | PYF | 1,283 pts |
| W50 | 1. Althea Mackie           | AUS | 2,738 pts |
|     | 2. Vavae Nuia              | AKL | 1,962 pts |
|     | 3. Michelle Bitcheno       | WBP | 1,929 pts |
|     | 4. Faye Morgan             | AUS | 1,823 pts |



|     |                              |     |           |
|-----|------------------------------|-----|-----------|
|     | 5. Bronwen Sola              | WLG | 1,520 pts |
|     | 6. Kerry Rattray             | WBP | 1,434 pts |
| W55 | 1. Brenda Davis              | WBP | 2,946 pts |
|     | 2. Theresa Bartlett          | WLG | 2,389 pts |
|     | 3. Denise Fellows            | WBP | 1,557 pts |
| W60 | 1. Tina Ryan                 | TAR | 2,416 pts |
| W70 | 1. Nancy Bowmar              | NTH | 1,926 pts |
| W75 | 1. Noni Callander            | OTG | 2,837 pts |
|     | 2. Bev Savage                | WBP | 2,730 pts |
|     | 3. Annette Parlane           | WBP | 2,641 pts |
|     | 4. Anne Deleiros             | AKL | 2,369 pts |
|     | 5. Sherry Farmer             | CAN | 1,978 pts |
|     | 6. Francoise Teriierooiterai | PYF | 1,857 pts |
| W80 | 1. Barbara Austin            | NTH | 2,784 pts |
|     | 2. Justine Whittaker         | CAN | 2,481 pts |
|     | 3. Carol Conte               | AKL | 1,932 pts |

#### Track Pentathlon

|     |                         |     |           |
|-----|-------------------------|-----|-----------|
| W35 | 1. Sarah Hockley        | WBP | 1,269 pts |
| W45 | 1. Ai Osugi             | AKL | 2,233 pts |
|     | 2. Heide-Jane Humphries | WLG | 1,644 pts |
| W55 | 1. Dale McMillan        | MWA | 2,713 pts |
| W60 | 1. Karen Hulena         | AKL | 1,904 pts |
| W70 | 1. Carey Dickason       | TAS | 1,427 pts |
|     | 2. Janick Aubineau      | PYF | 784 pts   |

#### Men

##### 60m

|     |                                |     |      |
|-----|--------------------------------|-----|------|
| M30 | 1. Warren Gringe               | AKL | 8.90 |
| M35 | 1. Remy Le Brun                | TAS | 7.23 |
|     | 2. Gulab Singh                 | AKL | 7.66 |
|     | 3. Brayden Grant               | MWA | 7.68 |
|     | 4. Daniel Lowe                 | AKL | 8.05 |
|     | 5. Ryan Smith                  | AKL | 8.17 |
|     | 6. Nivarthana Warnakulasooriya | AKL | 8.50 |
| M40 | 1. Andrew Weekes               | AKL | 7.84 |
|     | 2. Simon Xu                    | WBP | 8.34 |
| M45 | 1. Ian Lathwood                | AKL | 7.44 |
|     | 2. Siamak Anahid               | AKL | 7.94 |
|     | 3. Rob Lyle                    | AKL | 7.98 |
|     | 4. Tharindu Weeraratne         | AKL | 8.11 |
|     | 5. Ian Harrington              | AKL | 8.15 |
|     | 6. James Maltby                | AKL | 8.35 |
|     | 7. Daniel Parrott              | MWA | 8.40 |
|     | 8. Ian Denise                  | STH | 8.43 |
|     | 9. Alan Staite                 | NTH | 9.67 |
|     | 10. David O'Sullivan           | OTG | 9.97 |



|     |                       |     |       |
|-----|-----------------------|-----|-------|
| M50 | 1. Mark Lambert       | AKL | 7.79  |
|     | 2. Iain Rattray       | WBP | 8.02  |
|     | 3. Mikel Constantine  | AKL | 8.06  |
|     | 4. Lewis Turner       | AKL | 8.26  |
|     | 5. Emerson Willard    | WLG | 8.26  |
|     | 6. Craig Seymour      | AKL | 8.95  |
| M55 | 1. Tony Tan           | OTG | 7.96  |
|     | 2. Krzysztof Wardecki | AUS | 8.33  |
|     | 3. Chris Roberts      | WLG | 8.73  |
|     | 4. Mark Ford          | WLG | 8.83  |
| M60 | 1. David Blackford    | AKL | 8.18  |
|     | 2. Richard Doyle      | TAR | 10.16 |
| M65 | 1. Stephen Burden     | WBP | 8.57  |
|     | 2. Dennis O'Leary     | HBG | 8.95  |
| M70 | 1. Trevor Watson      | WBP | 9.45  |
|     | 2. David Riddell      | TAS | 9.79  |
|     | 3. Les Scown          | STH | 9.80  |
|     | 4. Yong Chyan Ding    | AKL | 11.34 |
| M75 | 1. Laurie Malcolmson  | MWA | 9.38  |
|     | 2. Anthony Deleiros   | AKL | 9.88  |
|     | 3. Vincent Paddon     | OTG | 10.02 |
| M80 | 1. Peter Crawford     | WBP | 11.87 |
|     | 2. Fernard Chaves     | PYF | 14.60 |
| M85 | 1. Alan Hunter        | CAN | 19.30 |
| M90 | 1. Jim Fiest          | AKL | 14.73 |

##### 100m

|     |                  |     |       |
|-----|------------------|-----|-------|
| M30 | 1. Josh Tautari  | AKL | 11.84 |
| M35 | 1. Remy Le Brun  | TAS | 11.46 |
|     | 2. Brayden Grant | MWA | 11.99 |
|     | 3. Gulab Singh   | AKL | 12.13 |



|     |                           |     |       |
|-----|---------------------------|-----|-------|
|     | 4. Ryan Smith             | AKL | 12.89 |
|     | 5. Daniel Lowe            | AKL | 12.98 |
| M40 | 1. Andrew Weekes          | AKL | 12.46 |
|     | 2. Victor Lusi            | CAN | 13.12 |
|     | 3. Simon Xu               | WBP | 13.26 |
| M45 | 1. Ian Lathwood           | AKL | 11.67 |
|     | 2. Wayne Holroyd          | AKL | 11.90 |
|     | 3. Rob Lyle               | AKL | 12.32 |
|     | 4. Tharindu Weeraratne    | AKL | 12.64 |
|     | 5. Siamak Anahid          | AKL | 12.66 |
|     | 6. Ian Harrington         | AKL | 12.98 |
| M50 | 1. Mark Lambert           | AKL | 12.24 |
|     | 2. Melvin Ceaser          | NTH | 12.60 |
|     | 3. Iain Rattray           | WBP | 12.70 |
|     | 4. Mikel Constantine      | AKL | 12.82 |
|     | 5. Emerson Willard        | WLG | 13.38 |
|     | 6. Lewis Turner           | AKL | 13.63 |
|     | 7. Craig Seymour          | AKL | 14.32 |
|     | 8. Roland Van den Tillaar | AKL | 15.52 |
| M55 | 1. Tony Tan               | OTG | 12.63 |
|     | 2. Krzysztof Wardecki     | AUS | 12.98 |
|     | 3. Miles Holt             | NTH | 13.80 |
|     | 4. Chris Roberts          | WLG | 13.90 |
|     | 5. Mark Ford              | WLG | 13.94 |
|     | 6. Henry Rogo             | AKL | 14.56 |
| M60 | 1. David Blackford        | AKL | 12.76 |
|     | 2. Stephen Te Whaiti      | WBP | 13.68 |
|     | 3. Richard Doyle          | TAR | 15.24 |
|     | 4. Maurice Hunt           | AKL | 16.06 |
| M65 | 1. Stephen Burden         | WBP | 13.54 |
|     | 2. Dennis O'Leary         | HBG | 13.90 |
|     | 3. Bruce Thomson          | STH | 14.28 |
|     | 4. Noel Barff             | PYF | 16.02 |
| M70 | 1. Trevor Watson          | WBP | 14.78 |
|     | 2. David Riddell          | TAS | 15.35 |
|     | 3. Les Scown              | STH | 15.72 |
|     | 4. Warren Green           | STH | 15.97 |
|     | 5. David Lobb             | COK | 17.60 |
| M75 | 1. Anthony Deleiros       | AKL | 15.80 |
|     | 2. Vincent Paddam         | OTG | 16.40 |
|     | 3. Joe Schuffelen         | WBP | 16.59 |
|     | 4. Desmond Phillips       | TAR | 20.32 |
| M80 | 1. David Anstiss          | AKL | 17.30 |
|     | 2. Peter Crawford         | WBP | 19.95 |
|     | 3. Fernand Chaves         | PYF | 20.80 |
| M85 | 1. Stewart Foster         | WBP | 22.95 |
|     | 2. Alan Hunter            | CAN | 31.30 |

## 200m

|     |                        |     |       |
|-----|------------------------|-----|-------|
| M35 | 1. Remy Le Brun        | TAS | 23.34 |
|     | 2. Brayden Grant       | MWA | 24.06 |
|     | 3. Gulab Singh         | AKL | 25.14 |
| M45 | 1. Ian Lathwood        | AKL | 23.73 |
|     | 2. Rob Lyle            | AKL | 25.49 |
|     | 3. Gareth Noble        | OTG | 26.21 |
|     | 4. Tharindu Weeraratne | AKL | 26.21 |
|     | 5. Daniel Parrot       | MWA | 27.42 |
|     | 6. Ian Denise          | STH | 28.02 |
|     | 7. David O'Sullivan    | OTG | 33.23 |
| M50 | 1. Mark Lambert        | AKL | 24.05 |
|     | 2. Hayden Robinson     | MWA | 25.34 |
|     | 3. Mikel Constantine   | AKL | 26.49 |
|     | 4. Lee Fairclough      | AKL | 26.65 |
|     | 5. Emerson Willard     | WLG | 28.03 |
|     | 6. Craig Seymour       | AKL | 30.42 |
| M55 | 1. Tony Tan            | OTG | 25.73 |
|     | 2. Krzysztof Wardecki  | AUS | 26.38 |
|     | 3. Grant Hodges        | AKL | 26.95 |
|     | 4. Mark Ford           | WLG | 28.44 |
|     | 5. Chris Roberts       | WLG | 29.15 |
|     | 6. Dominic D'Silva     | AKL | 33.28 |
| M60 | 1. David Blackford     | AKL | 26.02 |
|     | 2. Richard Doyle       | TAR | 32.64 |
| M65 | 1. Stephen Burden      | WBP | 28.20 |
|     | 2. Dennis O'Leary      | HBG | 28.88 |
| M70 | 1. Trevor Watson       | WBP | 30.21 |
|     | 2. David Riddell       | TAS | 31.59 |
|     | 3. Georg Ludwig        | CAN | 32.01 |
|     | 4. Les Scown           | STH | 33.26 |
|     | 5. Jonathon Harper     | CAN | 38.90 |
| M75 | 1. Anthony Deleiros    | AKL | 33.30 |
|     | 2. Vincent Paddam      | OTG | 35.11 |
|     | 3. Desmond Phillips    | TAR | 40.12 |
| M80 | 1. Alan Jones          | TAR | 42.62 |
|     | 2. Peter Crawford      | WBP | 50.27 |
|     | 3. Fernand Chaves      | PYF | 53.27 |

## 400m

|     |                      |     |         |
|-----|----------------------|-----|---------|
| M30 | 1. James Reid        | AKL | 53.86   |
| M35 | 1. Brayden Grant     | MWA | 51.48   |
|     | 2. Zaan Janse        | WLG | 54.20   |
|     | 3. Luke Strom        | AKL | 58.05   |
|     | 4. Victor Lusi       | CAN | 59.50   |
| M45 | 1. Wayne Holroyd     | AKL | 53.50   |
|     | 2. Gareth Noble      | OTG | 56.86   |
|     | 3. Rob Lyle          | AKL | 57.17   |
|     | 4. Sean Barnes       | CAN | 1:00.55 |
|     | 5. David O'Sullivan  | OTG | 1:14.25 |
| M50 | 1. Hayden Robinson   | MWA | 54:61   |
|     | 2. Lee Fairclough    | AKL | 56.92   |
|     | 3. Iain Rattray      | WBP | 59.99   |
|     | 4. Terry Fraser      | WLG | 1:06.60 |
| M55 | 1. Grant Hodges      | AKL | 58.42   |
|     | 2. Tony Tan          | OTG | 58.87   |
|     | 3. Henry Rogo        | AKL | 1:08.36 |
|     | 4. Domnic D'Silva    | AKL | 1:21.88 |
| M60 | 1. David Blackford   | AKL | 58.19   |
|     | 2. Stephen Te Whaiti | WBP | 1:04.92 |
|     | 3. Michael Iddon     | AKL | 1:07.29 |
|     | 4. Richard Doyle     | TAR | 1:15.33 |
| M65 | 1. Bruce Thomson     | STH | 1:08.36 |
|     | 2. Dennis O'Leary    | HBG | 1:10.38 |





|     |                       |     |         |
|-----|-----------------------|-----|---------|
| M70 | 1. David Riddell      | TAS | 1:13.58 |
|     | 2. Malcolm Chamberlin | AKL | 1:23.20 |
|     | 3. Jonathon Harper    | CAN | 1:32.57 |
| M75 | 1. Desmond Phillips   | TAR | 1:31.23 |
| M80 | 1. Alan Jones         | TAR | 1:42.68 |
|     | 2. Fernand Chaves     | PYF | 1:58.22 |



### 800m

|     |                       |     |         |
|-----|-----------------------|-----|---------|
| M30 | 1. James Reid         | AKL | 1:58.78 |
| M35 | 1. Zaan Janse         | WLG | 2:01.66 |
| M40 | 1. Craig Oliver       | CAN | 2:01.73 |
|     | 2. Matt Parsonage     | WBP | 2:08.65 |
|     | 3. Michael Hale       | AKL | 2:16.45 |
|     | 1. Luke Strom         | AKL | 2:17.02 |
| M45 | 1. Alan Houghton      | AKL | 2:09.16 |
|     | 2. Ben Winder         | AKL | 2:09.44 |
|     | 3. Paul Crowhurst     | AKL | 2:13.83 |
|     | 4. James Conwell      | MWA | 2:21.74 |
|     | 5. Sean Barnes        | CAN | 2:19.32 |
|     | 6. Allan Staite       | NTH | 2:39.92 |
|     | 7. David O'Sullivan   | OTG | 2:54.74 |
| M50 | 1. Hayden Robinson    | MWA | 2:15.45 |
|     | 2. Iain Rattray       | WBP | 2:21.00 |
|     | 3. Graeme Morrison    | WLG | 2:21.52 |
|     | 4. Philip Harrison    | CAN | 2:26.16 |
|     | 5. Terry Fraser       | WLG | 2:35.88 |
| M55 | 1. Wim Luijpers       | AKL | 2:09.32 |
|     | 2. Armin Kashammer    | NTH | 3:01.22 |
| M60 | 1. Peter Stevens      | WLG | 2:26.37 |
|     | 2. Phil Sadgrove      | WLG | 2:32.31 |
|     | 3. Michael Iddon      | AKL | 2:39.04 |
|     | 4. Robert Homan       | OTG | 2:53.72 |
| M65 | 1. Ian Calder         | NTH | 2:28.74 |
|     | 2. Peter Richards     | CAN | 2:38.64 |
|     | 3. Greg Boyd          | AKL | 2:52.55 |
|     | 4. Tim Cross          | TAS | 3:07.33 |
| M70 | 1. David Riddell      | TAS | 2:52.02 |
|     | 2. Rodger Ward        | CAN | 2:56.81 |
|     | 3. Malcolm Chamberlin | AKL | 3:20.50 |
|     | 4. Jonathon Harper    | CAN | 3:41.31 |
| M80 | 1. Anson Clapcott     | NTH | 3:31.35 |
|     | 2. Colin MacLeod      | NTH | 3:48.59 |
|     | 3. Alan Jones         | TAR | 3:57.07 |

### 1500m

|     |                   |     |         |
|-----|-------------------|-----|---------|
| M40 | 1. Craig Oliver   | CAN | 4:14.37 |
|     | 2. Matt Parsonage | WBP | 4:18.11 |
|     | 3. Michael Hale   | AKL | 4:42.07 |
| M45 | 1. James Conwell  | MWA | 4:15.27 |
|     | 2. Ben Winder     | AKL | 4:25.75 |

|     |                     |     |          |
|-----|---------------------|-----|----------|
|     | 3. Paul Crowhurst   | AKL | 4:26.52  |
|     | 4. Dwight Grieve    | STH | 4:33.31  |
|     | 5. Alan Houghton    | AKL | 4:38.54  |
|     | 6. Malcolm Smith    | WBP | 4:48.48  |
|     | 7. David O'Sullivan | OTG | 5:29.88  |
| M50 | 1. Graeme Morrison  | WLG | 4:38.97  |
|     | 2. Terry Fraser     | WLG | 4:55.34  |
|     | 3. Philip Harrison  | CAN | 5:04.84  |
|     | 4. Sean Burke       | AKL | 5:07.00  |
| M55 | 1. Wim Luijpers     | AKL | 4:21.53  |
|     | 2. Robin Miller     | AKL | 4:48.57  |
| M60 | 1. Paul Hewitson    | WLG | 4:58.75  |
|     | 2. Peter Stevens    | WLG | 5:04.08  |
|     | 3. Phil Sadgrove    | WLG | 5:13.18  |
|     | 4. Barry Helm       | CAN | 6:01.60  |
|     | 5. Robert Homan     | OTG | 6:06.37  |
| M65 | 1. Peter Richards   | CAN | 5:14.34  |
|     | 2. Tim Cross        | TAS | 5:53.67  |
|     | 3. Greg Boyd        | AKL | 6:10.01  |
| M70 | 1. Rodger Ward      | CAN | 5:53.90  |
|     | 2. David Riddell    | TAS | 5:57.65  |
|     | 3. Derek Shaw       | TAS | 6:13.64  |
|     | 4. Jonathon Harper  | CAN | 7:50.34  |
| M80 | 1. Alan Jones       | TAR | 8:00.66  |
| M90 | 1. Jim Feist        | AKL | 11:08.42 |



### 3000m

|     |                     |     |          |
|-----|---------------------|-----|----------|
| M40 | 1. Matt Parsonage   | WBP | 9:18.78  |
|     | 2. Tim Hitchcock    | AKL | 9:40.93  |
|     | 3. Michael Hale     | AKL | 10:30.11 |
| M45 | 1. Dwight Grieve    | STH | 9:37.67  |
|     | 2. Malcolm Smith    | WBP | 10:44.75 |
|     | 3. David O'Sullivan | OTG | 11:38.39 |
| M50 | 1. Graeme Morrison  | WLG | 9:56.78  |
|     | 2. Terry Fraser     | WLG | 11:10.92 |
|     | 3. Philip Harrison  | CAN | 11:29.13 |
| M55 | 1. John Cale        | WBP | 12:30.84 |
| M65 | 1. Ian Calder       | NTH | 10:46.53 |
|     | 2. Peter Richards   | CAN | 11:06.62 |
|     | 3. Tim Cross        | TAS | 12:42.03 |





|     |                       |     |          |
|-----|-----------------------|-----|----------|
| M70 | 1. Derek Shaw         | TAS | 12:56.18 |
|     | 2. Gavin Smith        | WBP | 13:20.09 |
|     | 3. Malcolm Chamberlin | AKL | 14:30.09 |
|     | 4. John Bower         | AKL | 15:48.14 |

#### 5000m

|     |                       |     |          |
|-----|-----------------------|-----|----------|
| M40 | 1. Matt Parsonage     | WBP | 15:58.97 |
| M45 | 1. James Cornwall     | MWA | 16:17.24 |
|     | 2. Dwight Grieve      | STH | 17:08.15 |
|     | 3. Alan Staite        | NTH | 17:36.05 |
|     | 4. Malcolm Smith      | WBP | 18:22.88 |
|     | 5. David O'Sullivan   | OTG | 21:08.17 |
| M50 | 1. Graeme Morrison    | WLG | 17:07.56 |
|     | 2. Terry Fraser       | WLG | 18:52.91 |
|     | 3. Armin Kashhammer   | NTH | 23:05.94 |
| M55 | 1. Robin Miller       | AKL | 17:24.44 |
|     | 2. John Cale          | WBP | 21:15.03 |
| M60 | 1. Paul Hewitson      | WLG | 17:44.75 |
| M65 | 1. Peter Richards     | CAN | 18:52.05 |
|     | 2. Tim Cross          | TAS | 21:23.06 |
| M70 | 1. Gavin Smith        | WBP | 23:50.82 |
|     | 2. Malcolm Chamberlin | AKL | 25:49.36 |
|     | 3. John Bower         | AKL | 26:21.63 |

#### 1500m RW

|     |                   |     |         |
|-----|-------------------|-----|---------|
| M45 | 1. Justin Reed    | TAR | 9:01.69 |
| M55 | 1. David Smyth    | CAN | 9:01.04 |
| M70 | 1. Clive McGovern | WLG | 9:06.00 |

#### 3000m RW

|     |                   |     |          |
|-----|-------------------|-----|----------|
| M45 | 1. Justin Reed    | TAR | 18:30.27 |
| M55 | 1. David Smyth    | CAN | 18:13.22 |
| M70 | 1. Clive McGovern | WLG | 18:42.44 |

#### 5000m RW

|     |                   |     |          |
|-----|-------------------|-----|----------|
| M70 | 1. Clive McGovern | WLG | 33:06.16 |
|-----|-------------------|-----|----------|

#### 2000m S/C

|     |                       |     |          |
|-----|-----------------------|-----|----------|
| M65 | 1. Tim Cross          | TAS | 9:29.93  |
| M70 | 1. Gavin Smith        | WBP | 10:32.89 |
|     | 2. Malcolm Chamberlin | AKL | 11:14.32 |

#### 3000m S/C

|     |                     |     |          |
|-----|---------------------|-----|----------|
| M45 | 1. Malcolm Smith    | WBP | 12:43.34 |
|     | 2. David O'Sullivan | OTG | 13:43.99 |
| M55 | 1. Armin Kashhammer | NTH | 15:17.66 |

#### 80m H

|     |                     |     |       |
|-----|---------------------|-----|-------|
| M70 | 1. Georg Ludwig     | CAN | 17.02 |
|     | 2. Yong Chyan Ding  | AKL | 19.97 |
| M75 | 1. Desmond Phillips | TAR | 21.74 |

|     |                  |     |       |
|-----|------------------|-----|-------|
| M80 | 1. David Anstiss | AKL | 18.13 |
|-----|------------------|-----|-------|

#### 100m H

|     |                          |     |       |
|-----|--------------------------|-----|-------|
| M50 | 1. Roland Van den Tillar | AKL | 19.40 |
|-----|--------------------------|-----|-------|

|     |               |     |       |
|-----|---------------|-----|-------|
| M55 | 1. Miles Holt | NTH | 27.65 |
|-----|---------------|-----|-------|

#### 110m H

|     |             |     |       |
|-----|-------------|-----|-------|
| M40 | 1. Simon Xu | WBP | 21.55 |
|-----|-------------|-----|-------|

|     |                     |     |       |
|-----|---------------------|-----|-------|
| M45 | 1. David O'Sullivan | OTG | 26.01 |
|-----|---------------------|-----|-------|

#### 200m H

|     |                  |     |       |
|-----|------------------|-----|-------|
| M80 | 1. David Anstiss | AKL | 39.31 |
|-----|------------------|-----|-------|

#### 300m H

|     |                     |     |       |
|-----|---------------------|-----|-------|
| M60 | 1. Chris Strickland | AUS | 55.67 |
|-----|---------------------|-----|-------|

|     |                 |     |         |
|-----|-----------------|-----|---------|
| M70 | 1. Georg Ludwig | CAN | 1:07.43 |
|-----|-----------------|-----|---------|

|     |                     |     |         |
|-----|---------------------|-----|---------|
| M75 | 2. Desmond Phillips | TAR | 1:08.25 |
|-----|---------------------|-----|---------|

#### 400m H

|     |                   |     |         |
|-----|-------------------|-----|---------|
| M45 | 1. David Sullivan | OTG | 1:18.62 |
|-----|-------------------|-----|---------|

#### Long Jump

|     |                  |     |       |
|-----|------------------|-----|-------|
| M30 | 1. Warren Ginige | AKL | 4.61m |
|-----|------------------|-----|-------|

|     |                                |     |       |
|-----|--------------------------------|-----|-------|
| M35 | 1. Nivarthana Warnakulasooriya | AKL | 5.03m |
|-----|--------------------------------|-----|-------|

|     |                 |     |       |
|-----|-----------------|-----|-------|
| M45 | 1. Ian Lathwood | AKL | 5.50m |
|-----|-----------------|-----|-------|

|  |                      |     |       |
|--|----------------------|-----|-------|
|  | 2. Glenn Riseborough | AKL | 5.31m |
|--|----------------------|-----|-------|

|  |             |     |       |
|--|-------------|-----|-------|
|  | 3. Rob Lyle | AKL | 4.96m |
|--|-------------|-----|-------|

|  |                  |     |       |
|--|------------------|-----|-------|
|  | 4. Jacques Gouws | AKL | 4.45m |
|--|------------------|-----|-------|

|  |                   |     |       |
|--|-------------------|-----|-------|
|  | 5. Dave Nicholson | AKL | 4.36m |
|--|-------------------|-----|-------|

|  |               |     |       |
|--|---------------|-----|-------|
|  | 6. Ian Denise | STH | 4.26m |
|--|---------------|-----|-------|

|     |                  |     |       |
|-----|------------------|-----|-------|
| M50 | 1. Melvin Ceasar | AKL | 5.08m |
|-----|------------------|-----|-------|

|     |                       |     |       |
|-----|-----------------------|-----|-------|
| M55 | 1. Krzysztof Wardecki | AUS | 4.74m |
|-----|-----------------------|-----|-------|

|  |                   |     |       |
|--|-------------------|-----|-------|
|  | 2. Domnic D'Silva | AKL | 3.72m |
|--|-------------------|-----|-------|

|  |                     |     |       |
|--|---------------------|-----|-------|
|  | 3. Armin Kashhammer | NTH | 3.35m |
|--|---------------------|-----|-------|

|  |                      |     |       |
|--|----------------------|-----|-------|
|  | 4. Tiwhane Te Kanapu | WLG | 2.92m |
|--|----------------------|-----|-------|

|     |                      |     |       |
|-----|----------------------|-----|-------|
| M60 | 1. Stephen Te Whaiti | WBP | 4.67m |
|-----|----------------------|-----|-------|

|  |                  |     |       |
|--|------------------|-----|-------|
|  | 2. Bruce Cortesi | WBP | 2.42m |
|--|------------------|-----|-------|

|     |                   |     |       |
|-----|-------------------|-----|-------|
| M65 | 1. Stephen Burden | WBP | 4.86m |
|-----|-------------------|-----|-------|

|  |                   |     |       |
|--|-------------------|-----|-------|
|  | 2. Dennis O'Leary | HBG | 3.96m |
|--|-------------------|-----|-------|

|  |               |     |       |
|--|---------------|-----|-------|
|  | 3. Noel Barff | PYF | 3.08m |
|--|---------------|-----|-------|

|     |              |     |       |
|-----|--------------|-----|-------|
| M70 | 1. Les Scown | STH | 3.98m |
|-----|--------------|-----|-------|

|  |               |     |       |
|--|---------------|-----|-------|
|  | 2. David Lobb | COK | 3.20m |
|--|---------------|-----|-------|

|  |                    |     |       |
|--|--------------------|-----|-------|
|  | 3. Yong Chyan Ding | AKL | 2.39m |
|--|--------------------|-----|-------|

|  |                         |     |       |
|--|-------------------------|-----|-------|
|  | 4. Tapendra Singh Sokhi | AKL | 1.88m |
|--|-------------------------|-----|-------|

|     |                     |     |       |
|-----|---------------------|-----|-------|
| M75 | 1. Desmond Phillips | TAR | 3.02m |
|-----|---------------------|-----|-------|

|     |                  |     |       |
|-----|------------------|-----|-------|
| M80 | 1. David Anstiss | AKL | 3.59m |
|-----|------------------|-----|-------|

|     |                |     |       |
|-----|----------------|-----|-------|
| M85 | 1. Alan Hunter | CAN | 1.68m |
|-----|----------------|-----|-------|

#### High Jump

|     |                  |     |       |
|-----|------------------|-----|-------|
| M30 | 1. Warren Ginige | AKL | 1.40m |
|-----|------------------|-----|-------|

|     |               |     |       |
|-----|---------------|-----|-------|
| M35 | 1. Ryan Smith | AKL | 1.45m |
|-----|---------------|-----|-------|

|     |                                |     |       |
|-----|--------------------------------|-----|-------|
|     | 2. Nivarthana Warnakulasooriya | AKL | 1.30m |
| M45 | 1. Johnny Eketone              | CAN | 1.68m |
|     | 2. Jacques Gouws               | AKL | 1.65m |
|     | 3. Rob Lyle                    | AKL | 1.55m |
|     | 4. Jacob Potgieter             | AKL | 1.50m |
| M50 | 1. Melvin Ceasar               | AKL | 1.45m |
| M55 | 1. Glenn Bishop                | WBP | 1.40m |
| M60 | 1. Brian Curry                 | MWA | 1.48m |
|     | 2. Stephen Te Whaiti           | WBP | 1.45m |
| M65 | 1. Ho Young Do                 | AKL | 1.45m |
|     | 2. James Thomas                | AKL | 1.25m |
| M70 | 1. Georg Ludwig                | CAN | 1.24m |
|     | 2. Les Scown                   | STH | 1.21m |
|     | 3. David Lobb                  | COK | 1.09m |
|     | 4. Yong Chyan Ding             | AKL | 0.91m |
| M75 | 1. Desmond Phillips            | TAR | 1.12m |
| M80 | 1. David Anstiss               | AKL | 1.24m |
| M90 | 1. Ronald Johnson              | AKL | 0.91m |



#### Triple Jump

|     |                                |     |        |
|-----|--------------------------------|-----|--------|
| M30 | 1. Scott Thomson               | AKL | 14.17m |
|     | 2. Warren Ginige               | AKL | 9.82m  |
| M35 | 1. Nivarthana Warnakulasooriya | AKL | 10.62m |
| M45 | 1. Glenn Riseborough           | AKL | 10.59m |
|     | 2. Fagamanu Sofai              | WSM | 8.01m  |
| M50 | 1. Melvin Ceasar               | AKL | 9.64m  |
| M55 | 1. Miles Holt                  | NTH | 6.91m  |
|     | 2. Tiwhane Te Kanapu           | WLG | 6.90m  |
| M65 | 1. Stephen Burden              | WBP | 9.83m  |
|     | 2. Ho Young Do                 | AKL | 9.20m  |
|     | 3. Dennis O'Leary              | HBG | 8.60m  |
| M70 | 1. Les Scown                   | STH | 8.12m  |
|     | 2. David Lobb                  | COK | 6.50m  |
|     | 3. Tapendra Singh Sokhi        | AKL | 4.01m  |
| M75 | 1. Desmond Phillips            | TAR | 6.76m  |
| M80 | 1. David Anstiss               | AKL | 8.00m  |

#### Pole vault

|     |                           |     |       |
|-----|---------------------------|-----|-------|
| M30 | 1. Josh Tautari           | AKL | 4.30m |
| M50 | 1. Roland Van den Tillaar | AKL | 2.90m |

|               |                            |     |        |
|---------------|----------------------------|-----|--------|
| M60           | 1. Mark Lett               | NTH | 3.20m  |
|               | 2. Brian Curry             | MWA | 2.40m  |
| M70           | 1. Yong Chyan Ding         | AKL | 1.90m  |
| M80           | 1. David Anstiss           | AKL | 2.30m  |
| <b>Hammer</b> |                            |     |        |
| M30           | 1. Todd Bates              | OTG | 56.72m |
|               | 2. Warren Ginige           | AKL | 20.18m |
| M35           | 1. Kesiano Liufau          | PYF | 38.11m |
| M40           | 1. Iona Junior Lupena      | AKL | 33.78m |
|               | 2. Joden Pratten           | CAN | 30.81m |
| M45           | 1. Arno Van Der Westhuizen | AKL | 49.68m |
|               | 2. Shaka Sola              | WSM | 31.75m |
|               | 3. Jacob Potgieter         | AKL | 30.81m |
|               | 4. Clynton Janke           | AKL | 26.21m |



|     |                           |     |        |
|-----|---------------------------|-----|--------|
| M50 | 1. Joshua Sharkey         | WLG | 28.78m |
|     | 2. Alex Gould             | WLG | 27.64m |
|     | 3. David Sexton           | HBG | 27.18m |
|     | 4. Roland Van den Tillaar | AKL | 24.38m |
|     | 5. Pesile Fa'au           | AKL | 22.01m |
| M55 | 1. Adrian Stockill        | WLG | 30.45m |
|     | 2. Simon Kay              | AKL | 19.61m |
| M60 | 1. Dawid De Villiers      | WBP | 28.10m |
|     | 2. Brian Curry            | MWA | 27.12m |
|     | 3. Wesley Faui            | AKL | 25.30m |
| M65 | 1. James Thomas           | AKL | 39.29m |
|     | 2. John Rawcliffe         | TAS | 23.63m |
| M70 | 1. Mark Wyndham-Jones     | GBR | 33.66m |
|     | 2. Chris Thompson         | AKL | 29.46m |
|     | 3. Lester Laughton        | STH | 27.89m |
|     | 4. Lindsay Walker         | CAN | 23.53m |
|     | 5. Tapendra Singh Sokhi   | AKL | 19.26m |
| M75 | 1. Richard Davison        | CAN | 30.58m |
|     | 2. Kennedy Garland        | NTH | 20.75m |
|     | 3. Mark Powell            | AKL | 20.56m |
| M80 | 1. Fernand Chaves         | PYF | 14.24m |
| M85 | 1. Alan Hunter            | CAN | 13.69m |
| M90 | 1. Ronald Johnson         | AKL | 16.73m |
|     | 2. Jim Blair              | OTG | 16.69m |

#### Shot Put

|     |                  |     |        |
|-----|------------------|-----|--------|
| M30 | 1. Todd Bates    | OTG | 11.14m |
|     | 2. Scott Thomson | AKL | 9.60m  |



|     |                           |     |        |
|-----|---------------------------|-----|--------|
|     | 2. Warren Ginige          | AKL | 7.85m  |
| M35 | 1. Kesiano Liufau         | PYF | 11.29m |
|     | 2. Luke Crombie           | HBG | 7.90m  |
| M40 | 1. Joden Pratten          | CAN | 12.48m |
|     | 2. Iona Junior Lupena     | AKL | 10.79m |
|     | 3. Victor Lusi            | CAN | 10.29m |
| M45 | 1. Shaka Sola             | WSM | 12.32m |
|     | 2. Clynton Janke          | AKL | 10.46m |
|     | 3. Jacob Potgieter        | AKL | 9.50m  |
|     | 4. David Grimwood         | WBP | 7.43m  |
| M50 | 1. David Sexton           | HBG | 9.44m  |
|     | 2. Roland Van den Tillaar | AKL | 9.12m  |
|     | 3. Joshua Sharkey         | WLG | 8.39m  |
|     | 4. Pesile Fa'au           | AKL | 8.18m  |
| M55 | 1. Laini Inivale          | AKL | 12.36m |
|     | 2. Adrian Stockill        | WLG | 11.51m |
|     | 3. Henry Rogo             | AKL | 10.74m |
|     | 4. Simon Kay              | AKL | 8.27m  |
|     | 5. Domnic D'Silva         | AKL | 8.18m  |
| M60 | 1. Jon Randall Farrant    | WBP | 11.84m |
|     | 2. Bruce Solomon          | WBP | 11.49m |
|     | 3. Wesley Faui            | AKL | 11.16m |
|     | 4. Brian Curry            | MWA | 9.91m  |
|     | 5. Duane Duggan           | AKL | 9.60m  |
|     | 6. Richard Doyle          | TAR | 8.93m  |
| M65 | 1. Siaso Gavet            | WSM | 12.45m |
|     | 2. James Thomas           | AKL | 11.80m |
|     | 3. John Rawcliffe         | TAS | 8.00m  |
| M70 | 1. Mark Wyndham-Jones     | GBR | 10.15m |
|     | 2. Lindsay Walker         | CAN | 9.76m  |
|     | 3. Raj Menon              | WLG | 9.50m  |
|     | 4. Lester Laughton        | STH | 8.29m  |
|     | 5. Chris Thompson         | AKL | 7.48m  |
|     | 6. Yong Chyan Ding        | AKL | 7.21m  |
|     | 7. Tapendra Singh Sokhi   | AKL | 6.39m  |
| M75 | 1. Richard Davison        | CAN | 8.44m  |
|     | 2. Kennedy Garland        | NTH | 7.86m  |
|     | 3. Mark Powell            | AKL | 6.80m  |
| M80 | 1. Peter Crawford         | WBP | 9.38m  |
|     | 2. Geoff Haigh            | AKL | 6.49m  |
| M85 | 1. Alan Hunter            | CAN | 5.32m  |
| M90 | 1. Ronald Johnson         | AKL | 6.86m  |
|     | 2. Jim Blair              | OTG | 6.14m  |

#### Discus

|     |                           |     |        |
|-----|---------------------------|-----|--------|
| M30 | 1. Jordan Peters          | HBG | 44.09m |
|     | 2. Warren Ginige          | AKL | 20.05m |
| M35 | 1. Kesiano Liufau         | PYF | 37.63m |
|     | 2. Luke Crombie           | HBG | 21.93m |
| M40 | 1. Joden Pratten          | CAN | 39.73m |
|     | 2. Iona Junior Lupena     | AKL | 33.01m |
| M45 | 1. Shaka Sola             | WSM | 35.07m |
|     | 2. Clynton Janke          | AKL | 30.33m |
|     | 3. Jacob Potgieter        | AKL | 26.83m |
| M50 | 1. David Sexton           | HBG | 30.76m |
|     | 2. Joshua Sharkey         | WLG | 27.35m |
|     | 3. Pesile Fa'au           | AKL | 26.47m |
|     | 4. Roland Van den Tillaar | AKL | 25.38m |
|     | 5. Melvin Ceasar          | NTH | 24.53m |
| M55 | 1. Adrian Stockill        | WLG | 34.06m |
|     | 2. Ian Bitcheno           | WBP | 32.57m |
|     | 3. Simon Kay              | AKL | 24.02m |
|     | 4. Bryce Hall             | AKL | 19.60m |
| M60 | 1. Bruce Solomon          | WBP | 35.16m |

|     |                         |     |        |
|-----|-------------------------|-----|--------|
|     | 2. Wesley Faui          | AKL | 33.58m |
|     | 3. Brian Curry          | MWA | 31.29m |
|     | 4. Jon Randall Farrant  | WBP | 30.03m |
| M65 | 1. James Thomas         | AKL | 39.15m |
|     | 3. John Rawcliffe       | TAS | 33.21m |
| M70 | 1. Mark Wyndham-Jones   | GBR | 31.46m |
|     | 2. Lester Laughton      | STH | 28.47m |
|     | 3. Lindsay Walker       | CAN | 26.64m |
|     | 4. Raj Menon            | WLG | 25.16m |
|     | 5. Yong Chyan Ding      | AKL | 19.27m |
|     | 6. Tapendra Singh Sokhi | AKL | 17.46m |
| M75 | 1. Richard Davison      | CAN | 28.65m |
|     | 2. Kennedy Garland      | NTH | 22.27m |
|     | 3. Mark Powell          | AKL | 21.34m |
| M80 | 1. Peter Crawford       | WBP | 23.52m |
|     | 2. David Anstiss        | AKL | 20.79m |
|     | 3. Fernand Chaves       | PYF | 14.40m |
| M85 | 1. Alan Hunter          | CAN | 12.37m |
| M90 | 1. Jim Blair            | OTG | 14.98m |
|     | 2. Ronald Johnson       | AKL | 14.54m |

#### Javelin

|     |                       |     |        |
|-----|-----------------------|-----|--------|
| M30 | 1. Warren Ginige      | AKL | 31.97m |
| M35 | 1. Kesiano Liufau     | PYF | 43.63m |
|     | 2. Luke Crombie       | HBG | 38.01m |
| M40 | 1. Iona Junior Lupena | AKL | 40.91m |
|     | 2. Joden Pratten      | CAN | 34.06m |



|     |                           |     |        |
|-----|---------------------------|-----|--------|
| M45 | 1. Jacques Gouws          | AKL | 36.73m |
|     | 2. Clynton Janke          | AKL | 32.76m |
|     | 3. Jacob Potgieter        | AKL | 32.24m |
|     | 4. Shaka Sola             | WSM | 28.60m |
|     | 5. David Grimwood         | WBP | 24.15m |
| M50 | 1. Melvin Ceasar          | NTH | 42.19m |
|     | 2. Henry Merrick          | AKL | 37.13m |
|     | 3. David Sexton           | HBG | 32.02m |
|     | 4. Roland Van den Tillaar | AKL | 24.35m |
|     | 5. Pesile Fa'au           | AKL | 23.31m |
| M55 | 1. Adrian Stockill        | WLG | 31.59m |
|     | 2. Armin Kashhammer       | NTH | 25.74m |
|     | 3. Simon Kay              | AKL | 19.15m |
|     | 4. Tiwhane Te Kanapu      | WLG | 16.81m |
| M60 | 1. Stephen Te Whaiti      | WBP | 41.78m |
|     | 2. Bruce Solomon          | WBP | 40.22m |
|     | 3. Murray Free            | AKL | 33.03m |



|     |                         |     |        |
|-----|-------------------------|-----|--------|
|     | 4. Brian Curry          | MWA | 31.29m |
|     | 5. Jon Randall Farrant  | WBP | 28.67m |
|     | 6. Wesley Faui          | AKL | 21.50m |
|     | 7. Bruce Cortesi        | WBP | 18.06m |
| M65 | 1. James Thomas         | AKL | 36.90m |
|     | 2. Stephen Burden       | WBP | 34.98m |
|     | 3. John Rawcliffe       | TAS | 30.85m |
| M70 | 1. Mark Wyndham-Jones   | GBR | 26.48m |
|     | 2. Warren Green         | STH | 26.42m |
|     | 3. Georg Ludwig         | CAN | 25.75m |
|     | 4. Lester Laughton      | STH | 22.59m |
|     | 5. Yong Chyan Ding      | AKL | 20.18m |
|     | 6. Lindsay Walker       | CAN | 18.22m |
|     | 7. Tapendra Singh Sokhi | AKL | 14.75m |
| M75 | 1. Laurie Malcolmson    | MWA | 36.71m |
|     | 2. Richard Davison      | CAN | 25.18m |
|     | 3. Kennedy Garland      | NTH | 23.03m |
|     | 4. Mark Powell          | AKL | 18.75m |
| M80 | 1. Fernand Chaves       | PYF | 14.17m |
| M85 | 1. Alan Hunter          | CAN | 11.71m |
| M90 | 1. Jim Blair            | OTG | 18.86m |
|     | 2. Ronald Johnson       | AKL | 18.58m |

#### Weight Throw

|     |                            |     |        |
|-----|----------------------------|-----|--------|
| M30 | 1. Todd Bates              | OTG | 15.04m |
|     | 2. Warren Ginige           | AKL | 5.59m  |
| M35 | 1. Kesiano Liufau          | PYF | 12.70m |
| M40 | 1. Iona Junior Lupena      | AKL | 11.44m |
|     | 2. Joden Pratten           | CAN | 10.05m |
| M45 | 1. Arno Van Der Westhuizen | AKL | 14.60m |
|     | 2. Clynton Janke           | AKL | 11.08m |
|     | 3. Shaka Sola              | WSM | 9.55m  |
|     | 4. Jacob Potgieter         | AKL | 8.50m  |
| M50 | 1. David Sexton            | HBG | 12.39m |
|     | 2. Iain Rattray            | WBP | 11.53m |
|     | 3. Joshua Sharkey          | WLG | 9.51m  |
|     | 4. Pesile Fa'au            | AKL | 8.80m  |
|     | 5. Roland Van den Tillaar  | AKL | 6.26m  |
| M55 | 1. Adrian Stockill         | WLG | 12.40m |
|     | 2. Henry Rogo              | AKL | 9.79m  |
|     | 3. Simon Kay               | AKL | 8.53m  |
| M60 | 1. Brian Curry             | MWA | 12.16m |
|     | 2. David De Villiers       | WBP | 11.62m |
|     | 3. Wesley Faui             | AKL | 11.01m |
|     | 4. Jon Randall Farrant     | WBP | 11.00m |
|     | 5. Richard Doyle           | TAR | 9.48m  |
| M65 | 1. James Thomas            | AKL | 14.22m |
|     | 2. John Rawcliffe          | TAS | 8.79m  |
| M70 | 1. Lester Laughton         | STH | 12.21m |
|     | 2. Warren Green            | STH | 11.07m |
|     | 3. Chris Thompson          | AKL | 10.89m |
|     | 4. Lindsay Walker          | CAN | 10.45m |
|     | 5. Tapendra Singh Sokhi    | AKL | 7.55m  |
| M75 | 1. Richard Davison         | CAN | 12.56m |
|     | 2. Laurie Malcolmson       | MWA | 11.99m |
|     | 3. Kennedy Garland         | NTH | 9.06m  |
|     | 4. Mark Powell             | AKL | 8.12m  |
| M80 | 1. Fernand Chaves          | PYF | 6.84m  |
| M85 | 1. Alan Hunter             | CAN | 6.58m  |
| M90 | 1. Jim Blair               | OTG | 7.44m  |
|     | 2. Ronald Johnson          | AKL | 6.77m  |

#### Throws Pentathlon

|     |                  |     |           |
|-----|------------------|-----|-----------|
| M30 | 1. Todd Bates    | OTG | 2,857 pts |
|     | 2. Jordan Peters | CAN | 2,461 pts |

|     |                           |     |           |
|-----|---------------------------|-----|-----------|
|     | 3. Warren Ginige          | AKL | 1,301 pts |
| M35 | 1. Kesiano Liufau         | PYF | 2,491 pts |
| M40 | 1. Joden Pratten          | CAN | 2,764 pts |
|     | 2. Iona Junior Lupena     | AKL | 2,553 pts |
| M45 | 1. Shaka Sola             | WSM | 2,704 pts |
|     | 2. Clynton Janke          | AKL | 2,609 pts |
|     | 3. Jacob Potgieter        | AKL | 2,129 pts |
| M50 | 1. David Sexton           | HBG | 2,329 pts |
|     | 2. Iain Rattray           | WBP | 2,070 pts |
|     | 3. Melvin Ceasar          | NTH | 1,950 pts |
|     | 4. Joshua Sharkey         | WLG | 1,873 pts |
|     | 5. Roland Van den Tillaar | AKL | 1,727 pts |
| M55 | 1. Adrian Stockill        | WLG | 2,955 pts |
|     | 2. Laini Inivale          | AKL | 2,549 pts |
|     | 3. Simon Kay              | AKL | 1,831 pts |
| M60 | 3. Murray Free            | AKL | 2,468 pts |
|     | 4. Brian Curry            | MWA | 2,195 pts |
|     | 3. Dawid De Villiers      | WBP | 1,917 pts |
| M70 | 1. Mark Wyndham-Jones     | GBR | 2,940 pts |
|     | 2. Lindsay Walker         | CAN | 2,480 pts |
|     | 3. Lester Laughton        | STH | 2,458 pts |
|     | 4. Tapendra Singh Sokhi   | AKL | 1,476 pts |
| M75 | 1. Richard Davison        | CAN | 2,940 pts |
|     | 2. Kennedy Garland        | NTH | 2,233 pts |
|     | 3. Mark Powell            | AKL | 2,068 pts |
| M85 | 1. Alan Hunter            | CAN | 1,468 pts |
| M90 | 1. Ronald Johnson         | AKL | 2,767 pts |
|     | 2. Jim Blair              | OTG | 2,517 pts |

#### Track Pentathlon

|     |                      |     |           |
|-----|----------------------|-----|-----------|
| M40 | 1. Victor Lusi       | CAN | 2,478 pts |
| M55 | 1. Dominic D'Silva   | AKL | 1,515 pts |
| M60 | 1. Stephen Te Whaiti | WBP | 2,389 pts |
|     | 2. Mark Lett         | NTH | 2,279 pts |
| M70 | 1. Warren Green      | STH | 1,943 pts |



## 2024 Athlete of the Year Finalists

Below are the finalists for the 2024 Athletes of the Year. The winners trophies were presented at the Awards function after the conclusion of Saturday's competition at the NZ Masters Track and Field Championships over 28 – 30 March 2025 in Auckland. Winners of each category are **BOLD in RED**.

We had 1000 eligible performances from nearly 500 athletes to consider, using the criteria that we published in *Vetline* and on our NZMA website. So many impressive figures to compare! As with last year, the criteria and guidelines will be reviewed to see if we should make any tweaks for 2025. We welcome your ideas and suggestions.

### Sprints

|                     |                     |
|---------------------|---------------------|
| Chris Waring        | David Blackford     |
| Gail Kirkman        | Laurie Malcolmson   |
| Joeline Jones       | <b>Mark Lambert</b> |
| <b>Liz Mitchell</b> | Nick Bolton         |
| Phillipa Green      | Paul Daborn         |
| Sheryl Gower        | Tony Tan            |
| Vanessa Hodge       | Wayne Holroyd       |

### Middle Distance

|                    |                      |
|--------------------|----------------------|
| Heather Walker     | Craig Oliver         |
| Jo van Rensburg    | Iain Rattray         |
| Lisa Cross         | Ian Calder           |
| Loris Reed         | Mark Cornaga         |
| <b>Sally Gibbs</b> | Peter Cameron        |
| Vanessa Hodge      | <b>Peter Stevens</b> |

### Long Distance

|                    |                   |
|--------------------|-------------------|
| Barbara Patrick    | Andy Good         |
| Karen Murphy       | <b>Ian Calder</b> |
| Katie Jenkins      | Nick Moore        |
| Lisa Cross         | Paul Hewitson     |
| Rachel Felton      | Peter Stevens     |
| <b>Sally Gibbs</b> | Sjors Corporal    |

### Ultra Distances

|                    |                      |
|--------------------|----------------------|
| Cilla Dickinson    | Brent Tingay         |
| Lara Zoeller       | Keith Burrows        |
| Mel Aitken         | Kevin Knowles        |
| <b>Sally Gibbs</b> | <b>Paul Hewitson</b> |
| Shirley Rolston    | Peter Richards       |
|                    | Troy Harold          |

### Walks

|                      |                     |
|----------------------|---------------------|
| Catherine McCarten   | <b>Eric Kemsley</b> |
| Daphne Jones         | Peter Fox           |
| Helen Willis         | Rodney Gillum       |
| <b>Jacqui Wilson</b> |                     |

Rozie Robinson  
Serena Coombes

### Jumps

|                    |                      |
|--------------------|----------------------|
| Aggie Boxall       | Brian Curry          |
| Anne Goulter       | <b>David Anstiss</b> |
| Gail Kirkman       | David Blackford      |
| <b>Hee Sun Kim</b> | James Thomas         |
| Phillipa Green     | Mark Lett            |
| Vianca Lagerwall   | Stephen Burden       |

### Throws

|                     |                         |
|---------------------|-------------------------|
| Aggie Boxall        | Arno van der Westhuisen |
| Annette Parlane     | <b>James Thomas</b>     |
| Bev Savage          | Jim Blair               |
| <b>Brenda Davis</b> | Laini Inivale           |
| Glen Watts          | Laurie Malcolmson       |
| Noni Callander      | Siaosi Gavet            |

### Combined Events

|                     |                         |
|---------------------|-------------------------|
| Aggie Boxall        | Arno van der Westhuisen |
| Annette Parlane     | <b>James Thomas</b>     |
| <b>Brenda Davis</b> | Jim Blair               |
| Christine McCahill  | John Rawcliffe          |
| Dale McMillan       | Laini Inivale           |
|                     | Wayne Doyle             |



The poster features the Oceania Masters Athletics Championships logo at the top, which includes a stylized sun and the text 'oceania MASTERS ATHLETICS CHAMPIONSHIPS'. Below the logo is a line drawing of the Brisbane city skyline and a bridge over a river. The word 'Brisbane' is written in a large, flowing script, followed by '2025' in bold. The event dates are listed as 'Brisbane Queensland Australia Saturday 6 September to Wednesday 10 September'. A blue banner with white text reads 'Early bird discount ends 11 May Entries close 25 July'. At the bottom, there is contact information for the Queensland Sport and Athletics Centre (QSAC) State Athletics Facility (SAF) in Brisbane, the OMA website (www.oceania-masters-athletics.org), and a note about introducing masters categories for para athletes. It also states that athletes must be a financial member of a masters athletics organisation in an OMA member country or an athletics body affiliated with World Masters Athletics. A final note mentions that a temporary \$10 membership is available for non-registered masters athletes to cover the Championships.





The 2025 NZ Mountain Running Champs were held at the Cardrona Alpine Resort near Wanaka on a 5km uphill course for masters (and U20's), with a 11km course for SM and SW. This photo is from the Athletics NZ Facebook page.

## Results:

### Masters Men 5km

|     |                        |       |
|-----|------------------------|-------|
| M35 | 1. Liam McKenzie (Aus) | 25:11 |
| M40 | 1. Steve Anderson      | 27:53 |
|     | 2. Tim Hodgson         | 33:42 |
| M45 | 1. Dwight Greave       | 27:05 |
| M50 | 1. Steve Rees-Jones    | 25:21 |
|     | 2. Robert Rickerby     | 41:17 |
|     | 3. Grant Edmondson     | 47:03 |

|     |                       |       |
|-----|-----------------------|-------|
| M55 | 1. Peter Caudwell     | 32:26 |
|     | 2. Tiwhane Te Kanapu  | 54:34 |
| M60 | 1. Richard Brewer     | 33:04 |
|     | 2. Andrew Pirie       | 35:17 |
| M70 | 1. Michael Morrissey  | 36:17 |
|     | 2. Malcolm Chamberlin | 43:47 |

### Masters Women 5km

|     |                     |       |
|-----|---------------------|-------|
| W45 | 1. Mel Aitken       | 30:50 |
|     | 2. Dayna Wallace    | 39:18 |
| W50 | 1. Shireen Crumpton | 33:05 |
| W55 | 1. Karen Murphy     | 36:31 |

# New Zealand Mountain Indoor Championships - 16th - 17th August 2025

Dennis O'Leary

Pencil in the dates and help spread the word that the **2025 NZMA Winter Champs** will again be hosted by Hawkes Bay Gisborne Masters over the weekend of **16-17 August 2025 at the EIT Institute of Sport & Health, Mitre 10 Sports Park, Hastings.**

The venue is the **Hawkes Bay Regional Sports Park** at 42 Percival Road, Frimley, Hastings, in the indoor complex with pool, gymnasium, Health Centre and café, adjacent to the outdoor track.

Note that the venue is approximately 8km from central Hastings and a 15 minute drive from the Hawkes Bay airport in Napier.

It is intended the champs will commence around midday Saturday and conclude midday-ish Sunday.

The programme is expected to again include:

50 & 60m Sprints (4 lanes available)

50 & 60m Hurdles, Long Jump, Triple Jump, High Jump, Pole Vault and Shot put.

With regard to the sprints:

The 50m will have an approx 15m run off into very thick

PV mats, whilst those electing the 60m will have an approx 5m run off into the same mats.

There are only 4 lanes for sprints and hurdles.

Prior to the last year's champs we trialed the 60m finish into the thick mats and we believed the finish was safe ... it proved to be the case at the champs, but all sprinters will compete at their own risk.

**When the programme is finalized all information will be shared.**

There is limited accommodation available at the Sports Park. The Sir Graeme Avery Hostel has two wings of 30 rooms, two persons per room, approximately \$60 per head. See more at: [www.sporty.co.nz/hbcfct/accommodation-hostel](http://www.sporty.co.nz/hbcfct/accommodation-hostel)

Any one intending to bring motor-homes and hoping to stay onsite at the Sports Park please liaise with the Sports Park management or the Hastings District Council ... I will not be the coordinator for accommodation, sorry. We hope to see you here in August.

Michael O'Leary NZBD, Secretary, HBG Masters



## Auckland

## Phillipa Green

A very enjoyable few days was had by all in Auckland last month at the NZ Masters T&F Championships. Auckland turned on the good weather for over 281 athletes from around the country, of which 103 were from Auckland, and every age group was represented in men and women from 30-80 years plus two M90's!

First and foremost, a very special thanks to Andrew Stark and the NZMA Board who contributed greatly leading up to the event, as did the LOC made up of Murray Free, Chris Thompson, Alan Dougall, Neil Bartlett and Phillipa Green combined with all of the wonderful officials and volunteers across all three days. The officials in Auckland commit to so many of their weekends over the summer season to all of the track and field events for juniors, seniors and masters. We are very lucky and grateful.

This year we combined the event with the NZ Police and FENZ, who held their championships within the meeting.

Some 22 Auckland Masters records were broken by Auckland athletes as indicated below, with the standout athlete being Ron Johnson (M90).

|             |                             |            |
|-------------|-----------------------------|------------|
| 3000m       | <b>Liz Hardley</b> (W70)    | 16:31.03   |
| 200m S/C    | <b>Rachel O'Brien</b> (W40) | 8:44.74    |
| High Jump   | <b>Hee Sun Kim</b> (W60)    | 1.39m +NZR |
| High Jump   | <b>Ho Young Do</b> (M55)    | 1.45m =NZR |
| High Jump   | <b>Ron Johnson</b> (M90)    | 0.91m      |
| Track Pent  | <b>Ai Ougi</b> (W45)        | 2,233 pts  |
| Track Pent  | <b>Mark Lett</b> (M60)      | 2,278 pts  |
| Throws Pent | <b>Vavae Nuia</b> (W50)     | 1,962 pts  |
| Throws Pent | <b>Warren Ginige</b> (M30)  | 1,301 pts  |
| Throws Pent | <b>Junior Lupena</b> (M40)  | 2,553 pts  |
| Throws Pent | <b>Mark Powell</b> (M75)    | 2,068 pts  |
| Throws Pent | <b>Ron Johnson</b> (M90)    | 2,767 pts  |
| 1500m walk  | <b>Sarah Rhind</b> (W30)    | 10:12.54   |
| 1500m walk  | <b>Karen Davison</b> (W55)  | 10:59.50   |
| Pole Vault  | <b>David Antiss</b> (M80)   | 2.30m +NZR |
| Triple Jump | <b>David Antiss</b> (M80)   | 8.00m +NZR |
| 60m         | <b>Jim Fiest</b> (M90)      | 14.73 +NZR |
| 1500m       | <b>Jim Fiest</b> (M90)      | 11:08.42   |
| Discus      | <b>Ron Johnson</b> (M90)    | 15.07m     |
| Hammer      | <b>Ron Johnson</b> (M90)    | 17.00m     |
| Shot        | <b>Ron Johnson</b> (M90)    | 6.86m      |
| Weight      | <b>Ron Johnson</b> (M90)    | 9.15m      |

Now it's time for a rest for most off the track for a few weeks before starting winter training!

Thanks again to everyone involved, we hoped you enjoyed the weekend as much we did and hope to be able to host you again in the future.

## Waikato Bay of Plenty

## Bruce Solomon

### NZ Masters 4 x 400m Relay Record

Congratulations to our WBOP Masters Men, Steve Reese-Jones, Iain Rattray, Cameron Mumby and Mark Cornaga setting a NZ 4 x 400m relay record of 3:55.65. This was achieved at the Porritt Classic on 15 Feb 2025.



### Trophy Day – 16 February 2025

WBOP Masters pinnacle event of each year. We had a record number of entries which included master's athletes from Auckland, Hawke's Bay and Wales (not England).

Athlete's competing for the top male (George Bell Trophy) and female (Cuthbertson Memorial Trophy) must enter a maximum of 4 events. However, they must include one track or field event. Athletes results are age graded to ensure fairness. This year's winners were Stephen Te Whaiti and Sheryl Gower.

WBOP master's also has trophies for other regional participants so come and join our event next year.

Full results and awards: <https://athleticswaikatobayofplenty.org.nz/competition/results/>

### North Island Masters Championships – Tauranga Domain

We are excited to be running the **North Island Masters T&F Champs - 28 - 30 November 2025**.

More details to be communicated in due course.

### 2025 NZMA T&F Champs

### Brenda Davis

National Champs are always looked forward to at the end of our athletics calendar - the social side of catching up with old friends and frenemies has to be one of the absolute highlights, I'm sure we all go in with great anticipation and full of hopes and dreams to attain not just a placing but maybe a record or two in the process, or even a sneaky PB here and there.

While I managed one out of three, there were a certain group that managed to attain two out of three. Andrew Stark mentioned at the Awards dinner that the throwing

events had large numbers of athletes at this competition and the WBOP was very well represented in the throwing events with 6 alone from the Eastern Bay and four of those attending the NZMA Champs for the first time.

While Racheal Savage was attending her second NZMA Champs, Dave Grimwood, Ann-Mree Ngaheu, Sarah Hockley and Jennifer Kavetoa were suitably in awe of the venue and the "in your face" hammer cage, realising they "weren't in Kansas anymore" or K-Town as we like to call it.

The throwing events had larger fields than previous years and this led to quite long wait times between throws which didn't help the nerves, even for this seasoned professional but it didn't seem to phase our newbies though who were cracking out PB's here, there and everywhere!



#### **PB's for this K-town group included:**

Dave Grimwood - shot put

Jennifer Kavetoa - shot put

Rachael Savage - weighted throw, triple jump and throws pentathlon

Ana-Maree – hammer, discus, weight throw, 1500m, 3000m and throws pentathlon

Sarah Hockley – javelin, long jump and track pentathlon.

I was also competing in the Police and FENZ which was being held alongside the NZMA Champs. Being the only one in my age group in this competition meant I took home a further 6 gold which was a bonus. We are hoping the numbers will increase next year once others see the amazing medals we got to bring home.

Speaking of the Awards dinner, this was also well attended and the various Awards went to athletes from

all around NZ, including yours truly. The last time I was awarded the Athlete of the Year Throws Award was way back in 2016, so it was indeed a nice surprise to be the recipient of not only the Throws Award but also the Combined Events Award – a double surprise!

#### **Throws Pentathlon Results**

Brenda: 2936 points (gold)

Racheal: 1941 (gold)

Marcia : 1851 (silver)

Anna-Mree: 1771 (silver)

Denise: 1557 (silver)

Jennifer: 1417 (gold)

#### **Track Pentathlon**

Sarah: 1269 (gold)

#### **Hawkes Bay Gisborne**

#### **Maurice Callaghan**

Now that the summer athletic season has drawn to a close it is time to reflect on the achievements for the season.

Our veterans centre is a small but a dedicated group of athletes, mostly in the 65+ age group, strive to keep the sport going. Almost all of our registered athletes serve on our committee and plan the activities that take place in our Centre.

Trying to attract new members is an ongoing task but like many sports we struggle to attain and / or retain participating numbers. The 'have a go' spirit which NZ used to thrive on seems to be a thing of the past.

Athletic clubs have been accommodating by adding Masters events in their weekly programs but the uptake for this opportunity is meagre at best. It begs the question "are Kiwis becoming a nation of watchers, not doers", much like many other nations.

I believe we just have to stay positive and celebrate the performances of our younger new members who have joined us, and by performance, keeping our name to the fore.

This "younger core" were the backbone of our success achievements at the recent NZMA T&F Champs, and between the four of them brought home 17 medals.

#### **Individual results:**

**Jordan Peters (M30)** Gold in discus & silver in throws pentathlon. Jordan was a very accomplished senior competitor in sprints and long jump – 7m+ but a severe injury a couple of seasons ago has made him rethink his participation and he is now concentrating on throws. Jordan is also active in athletics off the track in his capacity as Athletics NZ Development Officer for HB/ Gisborne Athletics.

**Luke Crombie (M35)** Gold in javelin, discus and shot put, and has been a welcome recruitment to our aged committee.

**David Sexton (M50)** Gold in discus ,shot put, weight

throw and throws pentathlon, and bronze in javelin and hammer. David also takes an active part in officiating at local T&F meets.

**Denis O'Leary (M65)** Learned at the Nationals that it is harder to dominate in an age group going out than coming in! He won silver in the 60m, 100m, 200m, 400m and long jump and a bronze in the triple jump. Denis has never looked forward to a birthday with more relish, and cannot wait to compete in the 70 age group.



### **NZMA Indoor T&F Champs**

After staging a very successful NZMA Indoor T&F Champs last July, the HB/Gis Centre intends to run another NZMA Indoor Champs in August this year.

Proposed dates are 16-17 August 2025 so watch out for further details and don't be too quick in putting away your spikes for winter. It will be worthwhile keeping the fitness levels up so you can test yourself out at an indoor meet.

The meet will feature 50 & 60m sprints and hurdles, as well as pole vault, shot put, plus long, high and triple jumps.

Accommodation will be available at the complex as per previous meeting. Full details will be published after we finalise things in a couple of weeks.

Stay fit and warm over winter and we look forward to welcoming many of you to The Bay in August.

### **Manawatu Wanganui**

### **Jen Fee**

During the Wellington Anniversary weekend we held our annual Colleena Blair Memorial Challenge. Unfortunately we only had 9 athletes, the majority of which were from Manawatu Wanganui so again we took the Shield. It was discussed in a meeting following how it could be more competitive from the other regions, eg changing the date, the centre it is held in etc, but agreed that the weekend should remain, and for now keeping it central.

We also held a Summer meet in mid February to help athletes prepare for NZMA T&F Champs, and had a nice little group, including a returning athlete and a newcomer, both of whom decided to give all the events a go to see if they had hidden talents! A great day that

was topped off with Laurie Malcolmson smashing the NZMA long hurdles record for the M75's, lowering it from 61.26 to 57.99s. Phenomenal!

We have also had Vanessa Hodge become a World Champion! Nessa opted to travel to Florida for the World Masters Indoor Championships, competing in both the 400m and 800m events. She finished 5th in the final of the 400m, and ran down her opposition over the last 50m in the 800m final to take a well deserved top podium. Congratulations Nessa.

At the NZMA T&F champs this year we had nine athletes compete, including two that were taking part for the first time. Everyone seemed to enjoy themselves and bring home lots of medals between them including Laurie Malcolmson gaining another NZMA record – this time in the javelin. Brian Curry broke the M60 high jump Championship record and Hayden Robinson broke the long standing M50 400m Championship record. Well done everyone.

Unfortunately, a couple of days later we heard of the sad passing of Mike Shepherd, who had opted to not compete at these champs, instead had entered Oceania's in Brisbane later this year. Our sincere condolences go to Jan and the family. Mike will be greatly missed from our little team.

### **Obituary: Dr Michael Shepherd**

**6 May 1942 – 3 April 2025**

Mike was a quiet gentleman that turned up to all our meets, committee meetings and social gatherings over the years. Travelling to compete in Australia and occasionally beyond. His specialty events were discus and triple jump.

Mike was also a well respected, highly educated Geomorphologist! He obtained an Honours degree in 1965 from the University of Sydney and in 1970 completed a Doctorate in Coastal Geomorphology.

He was a Lecturer and Senior Lecturer at Massey University from 1973 to 2006, including an Honorary Teaching fellow at the University of Western Australia in 1990. From 2006 to 2025 he was an Honorary Research Associate at Massey University. He was an Honorary Life Member of the NZ Geographical Society and a member of the NZ Geological Society.

Mike had multiple papers published in scientific journals over the years and his work is still referenced today, especially his work on the coastlines of Kapiti Coast and Koputuroa.

In 1965 whilst still studying, he was one of six people to cross the Star Mountains in Papua New Guinea hoping to search for large cave systems and glaciation for his thesis. He was the youngest at only 23, and in some areas they were the first white people the locals had ever seen. Whilst they didn't find any cave systems, they





Mike in action ....

successfully navigated the treacherous mountains, facing starvation at times on the high plateau.

Mike was also part of the team that mapped the Mammoth Cave system in Australia, which at the time was the longest system in Australia.

One story I learnt at his funeral, which was well attended by ex-students, colleagues and friends, was that on the return boat trip from a visit with students to Kapiti Island, the boat hit a log and the hull split in two. By the time a rescue was effected and they were recovering on the beach. One of the students told us of Mike saying he had never felt so cold before but instead of warming under a blanket like the rest, he took himself off for a run down the beach! Warming up from the inside!

Having been up in the Star Mountains at 4000m above sea level and living on a plateau at 3200m that must have been fairly cold!

Truely an amazing man. He never pressed his knowledge onto others – most of us finding this out after he had passed. Rest in Peace, Mike.

#### **A Postscript      Ian Carter**

Along with so many others, I was surprised and saddened to hear of Mike's sudden death. I always enjoyed having a catch-up with him and Jan, the most recent time being at the North Island Champs in Whangarei.

In conversations there about the Athlete of the Year awards, I mentioned that we were recognising only the champions and perhaps we should have an award for the best participant. I have often thought about this type of award and have always used Mike as the epitome.

I was in the Manawatu at the start of Mike's masters career, as he moved into the retirement stage of his life. He was always a keep participant, even as he acknowledged that he would never be a world champion. He worked through a hip replacement, was

very supportive of others, and was able to accept declining performances as a reality of aging. His attitude was the exemplar for athletes young and old in always giving your best efforts and, at least outwardly, accepting the outcome.

#### **Taranaki**

#### **Vicky Jones**

Boy oh boy this past summer has sure been a hot one, both weatherwise and in competition. There was a heartening amount of younger master's men signing up and competing at regional level - though this author would like to see them look beyond to Intra-island and National arenas.

One such example of these athletes stepping onto the NZ stage is Justin Reid (M45). He has been phenomenal in his progression from spectator to tentative participant to being truly enveloped in the athletics and race walking folds. From knowing nothing about race walking to challenging his daughter to get serious in becoming proficient as a (record-breaking) walker in such a short space of time has been awe-inspiring.

The season marked a transition for Egmont Athletics with the introduction of a new racing strip. It was also transitional for Alan Jones who "went up" a grade in January, sparking renewed energy and determination to lay down challenges (and records) for those to follow.

As always masters members made up the majority of local competition fields and officialdom - something this author sees glaringly apparent across all centres. Anyway, here are some of the highlights of what Taranaki athletes have achieved over the season.

#### **NI Masters T & F Champs (28-30 Nov 2024)**

##### **Kensington Park, Whangarei**

A small motley crew made the journey north to Whangarei for the 2024 NI Masters Champs. Racing conditions were fair but humid which (in this author's mind) does have an impact on athletes in races of longer distances. Unfortunately, Des Phillips ended up not

being able to make the journey for personal reasons, which left Alan Jones the sole runner from Taranaki, while the rest of the team were all walkers (and also made up virtually the entire field of walkers).

Alan Jones impressed in his 3 races, looking stronger than he has in quite some time as he prepared for his move into the M80 division the following month.

After a hot, humid 3000m walk on the Friday, we decided to liven things up for Sunday's 5000m walk by urging the emcee to keep the music going that he was playing during the warm up to continue playing it during the race, which he kindly obliged.

|                        |            |              |
|------------------------|------------|--------------|
| M75 Alan Jones         | 200m       | 43.63 (4)    |
|                        | 400m       | 1:42.31 (1)  |
|                        | 800m       | 3:51.21 (1)  |
| W40 Samantha Hollis    | 3000m Walk | 19:38.88 (1) |
|                        | 5000m Walk | 33:02.73 (1) |
|                        | Discus     | 21.22m (1)   |
| W45 Catherine McCarten | 3000m Walk | 19:20.23 (1) |
|                        | 5000m Walk | 31:55.18 (1) |
|                        | Discus     | 16.28m (4)   |
| Vicky Jones            | 3000m Walk | 24:07.42 (2) |
|                        | 5000m Walk | 40:45.96 (2) |
| W55 Serena Coombes     | 3000m Walk | 19:05.67 (1) |
|                        | 5000m Walk | 31:59.11 (1) |

Thanks to Northland Masters for their hosting of the event and the officials and volunteers for all their hard work to ensure its success.

### **TET Athletics Taranaki T & F Champs (23 Feb 2025)** **TET Stadium, Inglewood**

Conditions for this year's regional Track and Field Champs started off hot and a bit breezy. This would become downright windy and cold with the setting sun. As usual masters featured prominently both as competitors and officials, though it did see the appearance of younger masters (ages 35-49) who set the stadium alight with their performances.

Some of the highlights were:

#### 60m

|     |               |           |
|-----|---------------|-----------|
| M60 | Richard Doyle | 9.72 (1)  |
| W70 | Joy Baker     | 11.21 (1) |

#### 100m

|     |                 |           |
|-----|-----------------|-----------|
| W50 | Rachel Gilberd  | 18.61 (1) |
| W55 | Sandra Morratti | 23.44 (1) |
| W70 | Joy Baker       | 17.75 (1) |
| M40 | Shaun Johnson   | 13.07 (1) |
| M80 | Alan Jones      | 22.02 (1) |

#### 200m

|     |                 |           |
|-----|-----------------|-----------|
| W50 | Rachel Gilberd  | 46.02 (1) |
| W55 | Sandra Morratti | 56.06 (1) |
| W70 | Joy Baker       | 40.42 (1) |
| M40 | Shaun Johnson   | 27.06 (1) |
| M60 | Richard Doyle   | 33.29 (1) |
|     | Mark Stott      | 34.79 (2) |
| M80 | Alan Jones      | 45.58 (1) |

#### 400m

|     |            |             |
|-----|------------|-------------|
| M60 | Mark Stott | 1:11.20 (1) |
|-----|------------|-------------|

|                |             |
|----------------|-------------|
| Richard Doyle  | 1:23.50 (2) |
| M80 Alan Jones | 1:43.79 (1) |
| W70 Joy Baker  | 1:42.23 (1) |

#### 800m

|                   |             |
|-------------------|-------------|
| W70 Joy Baker     | 3:59.52 (1) |
| M60 Richard Doyle | 3:17.60 (1) |
| M80 Alan Jones    | 3:54.86 (1) |

#### 1500m

|                   |             |
|-------------------|-------------|
| M60 Richard Doyle | 7:26.97 (1) |
|-------------------|-------------|

#### 3000m Race Walk

|     |                 |              |
|-----|-----------------|--------------|
| M45 | Justin Reed     | 19:25.56 (1) |
| M70 | Tony Burrell    | 21:18.53 (1) |
| W40 | Samantha Hollis | 19:29.82 (1) |
| W45 | Vicky Jones     | 23:54.84 (1) |
| W50 | Rachel Gilberd  | 18:49.31 (1) |
|     | Fiona Craig     | 32:10.14 (2) |
| W60 | Serena Coombes  | 18:32.16 (1) |
| W70 | Lynne Mackay    | 24:43.60 (1) |
| W75 | Marlene White   | 23:49.31 (1) |

#### Discus

|     |                 |            |
|-----|-----------------|------------|
| M40 | Terrence Dunn   | 33.24m (1) |
|     | Stephen Hills   | 15.73m (2) |
| M55 | Craig Marriott  | 29.87m (1) |
|     | Craig Rawlinson | 23.12m (2) |
| M80 | Alan Jones      | 12.96 (1)  |
| W40 | Samantha Hollis | 17.97m (1) |
| W50 | Rachel Gilberd  | 15.91m (1) |
|     | Fiona Black     | 15.91m (2) |
|     | Fiona Craig     | 12.66m (3) |
| W55 | Raewyn Grigg    | 21.65m (1) |
|     | Sandra Morratti | 12.40m (2) |
| W70 | Joy Baker       | 13.34m (1) |
|     | Vicky Adams     | 13.06m (2) |

#### Shot Put

|     |                 |           |
|-----|-----------------|-----------|
| M40 | Terrence Dunn   | 9.31m (1) |
|     | Stephen Hills   | 5.73m (2) |
| M55 | Craig Marriott  | 9.23m (1) |
|     | Craig Rawlinson | 7.22m (2) |
| M60 | Richard Doyle   | 7.94m (1) |
| M80 | Alan Jones      | 4.68m (1) |
| W50 | Fiona Black     | 7.43m (1) |
|     | Rachel Gilberd  | 7.29m (2) |
|     | Fiona Craig     | 5.76m (3) |
| W55 | Raewyn Grigg    | 7.69m (1) |
|     | Sandra Morratti | 6.34m (2) |
| W70 | Joy Baker       | 5.83m (1) |
|     | Vicky Adams     | 5.10m (2) |
|     | Lynne Mackay    | 4.00m (3) |

#### Javelin

|     |                 |            |
|-----|-----------------|------------|
| M55 | Craig Marriott  | 25.76m (1) |
|     | Craig Rawlinson | 21.46m (2) |
| M60 | Richard Doyle   | 18.26m (1) |
| M80 | Alan Jones      | 13.00m (1) |
| W50 | Rachel Gilberd  | 11.11m (1) |
| W55 | Sandra Morratti | 13.97m (1) |
| W70 | Joy Baker       | 12.43m (1) |
|     | Lynne Mackay    | 9.22m (2)  |

#### Long Jump

|                  |           |
|------------------|-----------|
| M75 Des Phillips | 3.18m (1) |
|------------------|-----------|

#### High Jump

|                    |           |
|--------------------|-----------|
| M55 Craig Marriott | 1.40m (1) |
| M75 Des Phillips   | 1.00m (1) |



Other regional championships held on other nights were the 10,000m on 17 Dec 2024, 3000m on 11 Feb 2025, 5000m run 4 Feb 2025 and 5000m Walk on 18 Feb 2025 (postponed from 28 Jan) all hosted by Egmont Athletics, while the weight throw on 5 Mar 2025 and Throws Pentathlon on 16 Mar 2025 were hosted by Inglewood Athletics.

### ANZ 10,000m Champs (18/01/2025)

#### TET Stadium, Inglewood

TET Athletics Taranaki had the honour of running the NZ 10,000m champs on a hot, dry Taranaki night, although this became cool and windy with the setting sun.

It was a disappointingly sparse field, but was made up with quality, with the likes of Sally Gibbs flying the master's flag and showing younger women how things are done. With the small field and the delay caused by a nearby scrub fire blowing onto the track, it was decided to hold one race for all divisions. This had the benefit of bringing proceedings to the scheduled end and enabling the athletes to push themselves by giving chase to those in range (whether in the same grade or not) - as we know it is very heartening when you see a runner ahead coming back to you then being overtaken!

**Wellington** **John Palmer**

### Te Ahumairangi Ten Thousand

#### Saturday 16 November 2024

After the morning and early afternoon rain had cleared this event was held in cool conditions in the evening at Newtown Park. There were 66 finishers across two races.

#### Masters Women Results:

##### Heat 1

##### W35

|    |               |          |          |
|----|---------------|----------|----------|
| 25 | Susan O'Brien | Scottish | 44:50.45 |
| 32 | Emma Jackson  | Scottish | 49:38.80 |

##### W40

|    |                |          |          |
|----|----------------|----------|----------|
| 24 | Emma Bassett   | Scottish | 44:44.46 |
| 33 | Emily Solsberg | Scottish | 49:42.91 |

##### W45

|    |               |          |          |
|----|---------------|----------|----------|
| 14 | Nic Hankinson | Scottish | 41:43.41 |
| 27 | Mel Brandon   | Scottish | 44:58.52 |
| 34 | Anna Fifield  | Scottish | 50:29.69 |

##### W50

|    |                   |         |           |
|----|-------------------|---------|-----------|
| 29 | Michelle Van Looy | Olympic | 46:42.73. |
|----|-------------------|---------|-----------|

##### Heat 2

##### W60

|    |             |          |           |
|----|-------------|----------|-----------|
| 25 | Sally Gibbs | Wanganui | 38:16.97. |
|----|-------------|----------|-----------|

#### Masters Men Results:

##### Heat 1

##### M35

|    |              |          |          |
|----|--------------|----------|----------|
| 26 | Karl Jackson | Scottish | 44:58.47 |
|----|--------------|----------|----------|

##### M40

|    |           |          |          |
|----|-----------|----------|----------|
| 11 | Alex Kay  | Scottish | 40:48.03 |
| 12 | Iain Shaw | Scottish | 40:58.89 |

##### M45

|   |                |          |          |
|---|----------------|----------|----------|
| 5 | Andrew Wharton | Scottish | 39:29.17 |
| 6 | Chris Howard   | Scottish | 39:32.31 |

|    |              |          |          |
|----|--------------|----------|----------|
| 8  | Paul Barwick | Scottish | 39:59.44 |
| 16 | Andrew Wells | Scottish | 42:23.22 |
| 31 | Dolan Brumby | WHAC     | 47:55.94 |

##### M50

|    |              |          |          |
|----|--------------|----------|----------|
| 3  | Terry Fraser | WHAC     | 39:18.12 |
| 4  | Willie Gunn  | WHAC     | 39:26.47 |
| 13 | Simon Keller | Scottish | 41:01.88 |

##### M55

|   |             |      |          |
|---|-------------|------|----------|
| 9 | Colin Price | WHAC | 40:14.95 |
|---|-------------|------|----------|

##### M60

|    |                 |          |          |
|----|-----------------|----------|----------|
| 19 | Kelvin Wong     | WHAC     | 43:39.31 |
| 20 | Michael Cummins | Scottish | 43:53.79 |
| 28 | Guy Dryden      | Scottish | 45:03.05 |
| 30 | Peter Jones     | WHAC     | 47:08.78 |
| 36 | Ian Morton      | Scottish | 56:01.03 |

##### M70

|    |               |         |           |
|----|---------------|---------|-----------|
| 21 | Keith Chapman | Olympic | 43:57.46. |
|----|---------------|---------|-----------|

#### Heat 2

##### M35

|    |                 |          |          |
|----|-----------------|----------|----------|
| 2  | Ryan Woolley    | Scottish | 32:01.84 |
| 6  | John O'Driscoll | WHAC     | 33:30.92 |
| 10 | Anthony Jackson | Trentham | 34:55.97 |
| 24 | Mark Schomaker  | WHAC     | 38:04.75 |

##### M40

|    |                   |          |          |
|----|-------------------|----------|----------|
| 11 | Alasdair Saunders | Scottish | 35:18.35 |
| 12 | Dion Gamperle     | Scottish | 35:37.44 |
| 15 | Daniel Lawrey     | WHAC     | 36:35.01 |

##### M45

|    |                |          |          |
|----|----------------|----------|----------|
| 9  | Daniel Clendon | WHAC     | 33:54.09 |
| 13 | James Waite    | WHAC     | 35:58.88 |
| 21 | Stephen Day    | Scottish | 37:12.22 |
| 26 | Brent Healy    | WHAC     | 38:33.39 |

##### M50

|    |                 |         |          |
|----|-----------------|---------|----------|
| 14 | Graeme Morrison | WHAC    | 36:19.49 |
| 28 | Samuel Grave    | Olympic | 39:15.20 |
| 29 | Darcy Mellsop   | Olympic | 39:21.96 |

##### M55

|    |                  |          |           |
|----|------------------|----------|-----------|
| 27 | Nicholas Bagnall | Scottish | 38:49.31. |
|----|------------------|----------|-----------|

### Central League #3, Newtown Park

#### Saturday 23 November 2024

Peter Stevens continued his good form from the World Masters track and field championships in Sweden by setting two new Wellington records in the M60 400m (1:01.66) and the M60 800m (2:17.74).

### North Island Masters T & F Championships

#### 29 November - 1 December 2024

A small contingent from Wellington Masters travelled up to Whangarei to take part in these championships.

#### 3000m Track Walk

##### W75

|   |               |          |
|---|---------------|----------|
| 1 | Jackie Wilson | 21:59.93 |
|---|---------------|----------|

##### W80

|   |              |          |
|---|--------------|----------|
| 1 | Daphne Jones | 25:04.67 |
|---|--------------|----------|

#### 5000m Track Walk

##### W75

|   |               |          |
|---|---------------|----------|
| 1 | Jackie Wilson | 36:21.64 |
|---|---------------|----------|

##### W80

|   |              |          |
|---|--------------|----------|
| 1 | Daphne Jones | 43:22.85 |
|---|--------------|----------|

**60m Dash****M60**

|   |                 |      |     |
|---|-----------------|------|-----|
| 3 | Mark MacFarlane | 8.71 | 0.0 |
|---|-----------------|------|-----|

**M65**

|   |             |      |      |
|---|-------------|------|------|
| 2 | Gary Rawson | 8.53 | +2.4 |
|---|-------------|------|------|

**M85**

|   |              |       |      |
|---|--------------|-------|------|
| 1 | Peter Hanson | 13.35 | +1.3 |
|---|--------------|-------|------|

**100m****M65**

|   |             |       |      |
|---|-------------|-------|------|
| 3 | Gary Rawson | 14.19 | +1.2 |
|---|-------------|-------|------|

**200m****M65**

|   |             |       |      |
|---|-------------|-------|------|
| 2 | Gary Rawson | 30.88 | -0.4 |
|---|-------------|-------|------|

**Long Jump****M60**

|   |                 |       |     |
|---|-----------------|-------|-----|
| 1 | Mark MacFarlane | 4.37m | 0.0 |
|---|-----------------|-------|-----|

**M65**

|   |             |       |      |
|---|-------------|-------|------|
| 2 | Gary Rawson | 4.35m | +1.5 |
|---|-------------|-------|------|

**Women's Throws Pentathlon****W50**

|   |              |           |
|---|--------------|-----------|
| 1 | Bronwen Sola | 1,371 pts |
|---|--------------|-----------|

**Hammer****W50**

|   |              |        |
|---|--------------|--------|
| 2 | Bronwen Sola | 24.05m |
|---|--------------|--------|

**Discus****W50**

|   |              |        |
|---|--------------|--------|
| 2 | Bronwen Sola | 15.43m |
|---|--------------|--------|

**Men's Pentathlon (Outdoor)****M65**

|   |             |           |
|---|-------------|-----------|
| 1 | Gary Rawson | 2,065 pts |
|---|-------------|-----------|

**Shot Put****M85**

|   |              |       |
|---|--------------|-------|
| 1 | Peter Hanson | 7.62m |
|---|--------------|-------|

**Javelin****M65**

|   |             |        |
|---|-------------|--------|
| 3 | Gary Rawson | 26.44m |
|---|-------------|--------|

**M85**

|   |              |        |
|---|--------------|--------|
| 1 | Peter Hanson | 11.83m |
|---|--------------|--------|

**Triple Jump****M60**

|   |                 |       |       |
|---|-----------------|-------|-------|
| 1 | Mark MacFarlane | 8.93m | +1.3. |
|---|-----------------|-------|-------|

**Cooks Classic, NZ Mile Championships**

Cooks Garden, Whanganui – 25 January 2025

Kathrine Switzer set a W70 National and Wellington record for the 1 mile in a time of 8:39.96. Nick Horspool (M40) running in the NZ Masters championship 1 mile ran a PB for 1<sup>st</sup> place in 4:42.22.

**Masters Women's Results:****W45**

|                      |         |         |
|----------------------|---------|---------|
| Heidi-Jane Humphries | Olympic | 6:33.22 |
|----------------------|---------|---------|

**W50**

|                   |      |         |
|-------------------|------|---------|
| Michele Governale | WHAC | 5:54.39 |
|-------------------|------|---------|

**W75**

|                  |        |          |
|------------------|--------|----------|
| Kathrine Switzer | VicUni | 8:39.96. |
|------------------|--------|----------|

**Masters Men's Results:****M40**

|               |          |         |
|---------------|----------|---------|
| Nick Horspool | Scottish | 4:42.22 |
|---------------|----------|---------|

**M45**

|             |      |         |
|-------------|------|---------|
| James White | WHAC | 5:03.80 |
|-------------|------|---------|

**M50**

|                 |      |         |
|-----------------|------|---------|
| Graeme Morrison | WHAC | 5:09.43 |
|-----------------|------|---------|

|               |         |         |
|---------------|---------|---------|
| Darcy Mellsop | Olympic | 5:18.79 |
|---------------|---------|---------|

|             |      |         |
|-------------|------|---------|
| Brent Healy | WHAC | 5:38.64 |
|-------------|------|---------|

**M55**

|              |      |         |
|--------------|------|---------|
| Terry Fraser | WHAC | 5:27.52 |
|--------------|------|---------|

**M70**

|               |         |         |
|---------------|---------|---------|
| Keith Chapman | Olympic | 6:20.92 |
|---------------|---------|---------|

**Wellington Masters T & F Champs 2025**

Held over two days at Newtown Park on

Saturday 15 and Sunday 16 February.

| Grade | Name | Result | Wind |
|-------|------|--------|------|
|-------|------|--------|------|

**60m**

|     |                |       |      |
|-----|----------------|-------|------|
| W45 | Melanie Calder | 11.18 | -2.3 |
|-----|----------------|-------|------|

|     |                   |       |      |
|-----|-------------------|-------|------|
| W50 | Kirsten Kilmister | 10.15 | -2.3 |
|-----|-------------------|-------|------|

|  |               |       |      |
|--|---------------|-------|------|
|  | Linda Rawlins | 12.98 | -2.3 |
|--|---------------|-------|------|

|     |                 |      |      |
|-----|-----------------|------|------|
| M40 | Shaun Broughton | 7.98 | +0.1 |
|-----|-----------------|------|------|

|     |               |      |      |
|-----|---------------|------|------|
| M55 | Chris Roberts | 8.65 | +0.1 |
|-----|---------------|------|------|

|     |                 |      |      |
|-----|-----------------|------|------|
| M60 | Mark Macfarlane | 8.83 | +0.1 |
|-----|-----------------|------|------|

**100m**

|     |                |       |      |
|-----|----------------|-------|------|
| W45 | Melanie Calder | 18.19 | +0.4 |
|-----|----------------|-------|------|

|     |               |       |      |
|-----|---------------|-------|------|
| W50 | Linda Rawlins | 21.29 | +0.4 |
|-----|---------------|-------|------|

|     |               |       |      |
|-----|---------------|-------|------|
| M55 | Chris Roberts | 13.70 | +2.0 |
|-----|---------------|-------|------|

|     |                 |       |      |
|-----|-----------------|-------|------|
| M60 | Mark Macfarlane | 13.78 | +2.0 |
|-----|-----------------|-------|------|

**200m**

|     |           |       |      |
|-----|-----------|-------|------|
| M55 | Mark Ford | 29.21 | -0.3 |
|-----|-----------|-------|------|

|  |               |       |      |
|--|---------------|-------|------|
|  | Chris Roberts | 29.56 | -0.3 |
|--|---------------|-------|------|

|  |                   |       |      |
|--|-------------------|-------|------|
|  | Tiwhane Te Kanapu | 56.19 | -0.3 |
|--|-------------------|-------|------|

|     |                 |       |     |
|-----|-----------------|-------|-----|
| M60 | Mark Macfarlane | 28.44 | 0.0 |
|-----|-----------------|-------|-----|

**400m**

|     |               |         |
|-----|---------------|---------|
| W50 | Linda Rawlins | 1:58.81 |
|-----|---------------|---------|

|     |           |         |
|-----|-----------|---------|
| M45 | Andy Ford | 1:02.32 |
|-----|-----------|---------|

**400m Hurdles**

|     |                   |         |
|-----|-------------------|---------|
| M55 | Tiwhane Te Kanapu | 2:00.99 |
|-----|-------------------|---------|

**800m**

|     |            |         |
|-----|------------|---------|
| M35 | Zaan Janse | 2:01.51 |
|-----|------------|---------|

|     |           |         |
|-----|-----------|---------|
| M45 | Andy Ford | 2:12.91 |
|-----|-----------|---------|

|  |                |         |
|--|----------------|---------|
|  | Anthony Hughes | 2:41.91 |
|--|----------------|---------|

|     |                 |         |
|-----|-----------------|---------|
| M50 | Graeme Morrison | 2:21.85 |
|-----|-----------------|---------|

**1500m**

|     |                      |         |
|-----|----------------------|---------|
| W45 | Heidi-Jane Humphries | 6:14.26 |
|-----|----------------------|---------|

|     |                |         |
|-----|----------------|---------|
| M35 | Will Critchlow | 4:20.07 |
|-----|----------------|---------|

|     |               |         |
|-----|---------------|---------|
| M40 | Nick Horspool | 4:18.87 |
|-----|---------------|---------|

|     |           |         |
|-----|-----------|---------|
| M45 | Andy Ford | 4:29.42 |
|-----|-----------|---------|

|  |             |         |
|--|-------------|---------|
|  | James Waite | 4:43.84 |
|--|-------------|---------|

|     |                 |         |
|-----|-----------------|---------|
| M50 | Graeme Morrison | 4:41.20 |
|-----|-----------------|---------|

**3000m Track Walk**

|     |              |          |
|-----|--------------|----------|
| W60 | Helen Willis | 20:32.54 |
|-----|--------------|----------|

|     |                |          |
|-----|----------------|----------|
| W65 | Terri Grimmett | 21:45.01 |
|-----|----------------|----------|

|     |               |          |
|-----|---------------|----------|
| W75 | Jackie Wilson | 21:25.61 |
|-----|---------------|----------|

|     |              |          |
|-----|--------------|----------|
| W80 | Daphne Jones | 25:04.72 |
|-----|--------------|----------|

|     |                |          |
|-----|----------------|----------|
| M70 | Clive McGovern | 18:50.72 |
|-----|----------------|----------|

**3000m Steeplechase**

|     |                 |          |
|-----|-----------------|----------|
| M35 | Anthony Jackson | 11:12.39 |
|-----|-----------------|----------|

**Shot Put**

|     |                      |      |     |
|-----|----------------------|------|-----|
| W45 | Heidi-Jane Humphries | 6.79 | 4kg |
|-----|----------------------|------|-----|

|     |                |      |        |
|-----|----------------|------|--------|
| M45 | Joshua Sharkey | 8.72 | 7.26kg |
|-----|----------------|------|--------|

|     |                 |       |     |
|-----|-----------------|-------|-----|
| M55 | Adrian Stockill | 11.15 | 6kg |
|-----|-----------------|-------|-----|

|     |           |      |     |
|-----|-----------|------|-----|
| M70 | Raj Menon | 9.13 | 4kg |
|-----|-----------|------|-----|

|     |            |      |     |
|-----|------------|------|-----|
| M75 | Peter Jack | 4.45 | 4kg |
|-----|------------|------|-----|

|     |             |      |     |
|-----|-------------|------|-----|
| M80 | Graham Cook | 6.83 | 3kg |
|-----|-------------|------|-----|



|                     |                      |       |        |
|---------------------|----------------------|-------|--------|
| <b>Discus</b>       |                      |       |        |
| W45                 | Heidi-Jane Humphries | 19.61 | 1kg    |
| W50                 | Linda Rawlins        | 15.30 | 1kg    |
|                     | Bronwen Vicki Sola   | 15.17 | 1kg    |
| W55                 | Theresa Bartlett     | 21.74 | 1kg    |
| M45                 | Joshua Sharkey       | 26.47 | 2kg    |
| M55                 | Adrian Stockill      | 37.42 | 1.5kg  |
|                     | Tiwhane Te Kanapu    | 20.01 | 1.5kg  |
| M70                 | Raj Menon            | 26.12 | 1kg    |
| M75                 | Peter Jack           | 9.77  | 1kg    |
| M80                 | Graham Cook          | 14.41 | 1kg    |
| <b>Javelin</b>      |                      |       |        |
| W50                 | Linda Rawlins        | 22.98 | 500g   |
| M55                 | Adrian Stockill      | 31.88 | 700g   |
| M70                 | Raj Menon            | 17.99 | 500g   |
| M80                 | Graham Cook          | 11.65 | 400g   |
| <b>Hammer Throw</b> |                      |       |        |
| W45                 | Heidi-Jane Humphries | 10.91 | 4kg    |
| W50                 | Bronwen Vicki Sola   | 20.35 | 3kg    |
|                     | Linda Rawlins        | 16.42 | 3kg    |
| W55                 | Theresa Bartlett     | 27.38 | 3kg    |
| M45                 | Joshua Sharkey       | 27.50 | 7.26kg |
| M50                 | Alex Gould           | 29.04 | 6kg    |
| M55                 | Adrian Stockill      | 30.25 | 6kg    |
| M70                 | Raj Menon            | 18.97 | 4kg    |
| M75                 | Peter Jack           | 12.19 | 4kg    |
| M80                 | Graham Cook          | 20.12 | 3kg    |
| <b>High Jump</b>    |                      |       |        |
| W55                 | Theresa Bartlett     | 1.05  |        |
| M35                 | Mark Tinkle          | 1.55  |        |
| <b>Long Jump</b>    |                      |       |        |
| W45                 | Melanie Calder       | 3.14  | -1.8   |
| W50                 | Linda Rawlins        | 2.05  | +0.3.  |

## Athletics Wellington Twilight T & F Meeting – 5000m Championships

Newtown Park – 26 February 2025

### Masters Women's Results:

|                  |          |          |  |
|------------------|----------|----------|--|
| <b>W35</b>       |          |          |  |
| Floortje Kaars   | Scottish | 18:58.25 |  |
| Anna Hooper      | Scottish | 20:01.07 |  |
| Amanda Broughton | Scottish | 20:27.89 |  |
| Emma Jackson     | Scottish | 22:53.68 |  |

|              |          |          |  |
|--------------|----------|----------|--|
| <b>W40</b>   |          |          |  |
| Emma Bassett | Scottish | 21:05.36 |  |

|                  |          |          |  |
|------------------|----------|----------|--|
| <b>W45</b>       |          |          |  |
| Mel Brandon      | Scottish | 18:54.53 |  |
| Nicola Hankinson | Scottish | 20:07.98 |  |

|              |          |           |  |
|--------------|----------|-----------|--|
| <b>W50</b>   |          |           |  |
| Karyn McLean | Scottish | 23:10.91. |  |

### Masters Men's Results:

|                    |          |          |  |
|--------------------|----------|----------|--|
| <b>M35</b>         |          |          |  |
| Eric Speakman      | VicUni   | 14:48.98 |  |
| Nicolas Sunseri    | Scottish | 16:22.69 |  |
| Anthony Jackson    | Trentham | 16:41.43 |  |
| Chester Holt-Quick | Scottish | 16:50.02 |  |
| Mark Moore         | Scottish | 16:52.85 |  |
| Kristian Day       | Scottish | 16:55.40 |  |
| Will Critchlow     | VicUni   | 17:11.51 |  |
| Karl Jackson       | Scottish | 18:56.34 |  |

|              |      |          |  |
|--------------|------|----------|--|
| <b>M40</b>   |      |          |  |
| James Duncan | WHAC | 15:59.05 |  |

|                 |          |           |  |
|-----------------|----------|-----------|--|
| Nick Horspool   | Scottish | 16:01.75  |  |
| Dion Gamperle   | Scottish | 17:12.47  |  |
| <b>M45</b>      |          |           |  |
| Ewan Sinclair   | Scottish | 16:08.14  |  |
| Daniel Clendon  | WHAC     | 16:19.13  |  |
| Andy Ford       | Scottish | 17:23.06  |  |
| James Waite     | WHAC     | 17:25.71  |  |
| Andrew Wells    | Scottish | 19:27.42  |  |
| <b>M50</b>      |          |           |  |
| Stephen Day     | Scottish | 16:51.26  |  |
| Graeme Morrison | WHAC     | 17:19.07  |  |
| Simon Keller    | Scottish | 17:36.67  |  |
| Seth Campbell   | WHAC     | 17:45.91  |  |
| Willie Gunn     | WHAC     | 19:02.60  |  |
| <b>M60</b>      |          |           |  |
| Paul Hewitson   | WHAC     | 18:03.07. |  |

## Obituaries

It is with sadness that we record the passing on Tuesday 11 March of [John Turner](#), age 89. He was a long serving member of Wellington Scottish Athletics and also had a long association with Wellington Masters Athletics.

He was a keen social runner but he trained hard and ran at least two marathons. He joined the Wellington Scottish Committee and was also the Handicapper. With his stopwatch he became the timekeeper for our various races then also at the Wellington Centre Harrier events, teaming up with Dave Gratton (Olympic) as a long-standing timing/recording team. With the advent of electronic recording, they continued the timing as back-up.

During the summer he went to Newtown Park, doing timing and helping officiate at field events. With the arrival of photo finish including timing, he continued as back-up as required. In later years he often stood at the starts of the 1500m and 3000m races, which were not at the normal 400m start, to call out the lap times to the runners.

John along with Dave Gratton also did the timekeeping and recording duties for Wellington Masters races and in 2024 John was presented with a Certificate of Appreciation for his many years of service to Wellington Masters.

Wellington Scottish Life Member **Bob Stephens**, aged 80, passed away on Saturday 22 March after a long battle with prostate cancer.

Bob was born in Melbourne in 1944 and came to New Zealand in 1974 and joined Wellington Scottish in 1988.

He was a very able runner, completing 14 marathons. His best effort was in 1995 at the New Plymouth Marathon where he did 2 hours 55 min. He also had a 3.01 and a 3.02 at the Rotorua marathon. He was a sub 1.20 half marathoner and had a 16.49 5km PB next to his name. Bob was still competing as recently as last year, where he claimed 3rd place in our Masters 70 club

championship. The Wellington cross country championships last July was his last race.

Bob was club president from 2001 to 2004. Under his presidency it kicked off a golden era for Wellington Scottish. In 2001 we won the Top Club at NZ Road Relay Champs for the first time and then backed up with wins in 2002 and 2004. In 2004 the club under his leadership won the Senior Men's, Senior Women's and Junior Men's NZ Road Relay titles.

He was bestowed life membership in 2009.

On Wednesday 26 March **Paul Rodway** passed away also after a long battle with prostate cancer aged 76.

Paul's running career started as a sprinter and on coming to NZ he joined the Wellington Marathon Clinic along with his wife Brenda and their children Tristan and Ceallaigh. He ran his first half marathon in 1995 following up a year later with his first marathon.

They then joined Wellington Scottish where Paul was responsible for setting up the Scottish website. By 2000, the Scottish website received hundreds of 'hits' per week and 40,000 per year and even rivalled the Athletics NZ and Cool Runnings websites. Information in 'real-time' on the website before any other platform while he was in a busy full-time role at the Treasury.

Paul then became a member of Tri Wellington and started doing triathlons where he became an accomplished half ironman competitor, winning multiple national titles and also represented NZ at overseas events.

## **Tasman**

## **Derek Shaw**

### **2025 South Island Masters T & F Champs**

These champs in Christchurch were used by some Tasman masters as preparation for the NZMA champs. Three set new SI championship records.

Remy Le Brun improved his M35 200m 2024 record of 24.16 to 23.91 and was 0.01s under the M35 100m record of 11.7 set in 1993 by Canterbury's Jeff Barnfield. He also ran a quick 7.46 in his 60m, 0.03 outside his SI record set the previous year.

Tim Cross broke Ian Brownie's 30-year-old record in the M65 2k steeplechase by 17s to set a new time of 8:45.06 to make it three records for the s/c. He was also 2<sup>nd</sup> in his 5000m (21:04.70) achieving his target of lapping his M70 teammate Derek Shaw!

M65 John Rawcliffe had a busy schedule of six events, including the track pentathlon. He broke the SI discus record with his best effort of 37.23m, previously held by legendary Canterbury thrower Richard Davison with 36.41. He won SI championship titles in his other events: 100m (14.32), 200m (30.79), LJ (3.99m), javelin (30.77m) and track pentathlon (2,626pts). However, he was second to visiting North Island M65 Dennis O'Leary in

the 100m (14.05) and LJ (4.07m) but claimed first in the 200m and discus.

W70 Carey Dickason also entered six events, with four wins in her: 1500m (7:57.68), 3000m (17:06.04), hammer (15.95m) and track pentathlon (1,642pts); and second in long and triple jump (2.23m & 5.22m).

Although M50 Matt Clarke was hampered by a leg injury in his preparations he managed in his debut at the champs a creditable 14.22 in his 100m, behind the fast brothers Mark and Rupert Lambert and taking 2<sup>nd</sup> place in the SI championship as Mark is based in Auckland.

Derek Shaw was first in the M70 3000m (13:29.97) and 5000m (22:52.71) and second to Canterbury's Rodger Ward in the 1500m (6:13.51).

### **2025 NZMA T & F Champs**

Seven Tasman masters took part in these champs at Auckland's Mt Smart stadium. Between them they took part in 29 events and returned home with 28 medals - 11 gold, 12 silver and 5 bronze.

One of the inform sprinters was M35 Remy Le Brun who won his 60m (7.23), 100m (11.46) and 200m (23.34), and had the distinction of being the fastest over these three distances at the meet and taking 0.32s off the championship record for the M35 60m.

After having moved to Nelson last year and being injured during the SI Champs in January, W45 Jo Van Rensburg made a very good recovery to claim the gold double in her 800m (2:32.87) and 1500m (5:13.97). In the 1500m she had a close tussle with Northland's Ady McKenzie, winning by just 0.36s, showing some of the form and determination that won her bronze at the last World Masters Champs in the 2k steeplechase.

W70 Carey Dickason had a busy schedule and demonstrated her versatility with 2 events each on the track, jumps and throws. She won gold in the hammer (15.99m) and track pentathlon (1,417 pts), silver in 1500m (8:09.17), 3000m (17:12.31) and long jump (2.22m), and a bronze in the triple jump (5.25m).

M70 David Riddell also took part in 6 events, all on the track. In his 60m (9.79), 100m (15.35) and 200m (31.59) he took second place behind WBP's Trevor Watson. He claimed the gold in the 400m (1:13.58) with a strong run. He continued his rivalry with Canterbury's Rodger Ward in the 1500m and was again second (5:57.65) with fellow Tasman master Derek Shaw third (6:13.64), the same order as in 2024. However, this year in the 800m a stronger finish saw David edging out Rodger for the win.

An injury resulted in pentathlete John Rawcliffe only competing in the throwing events, demonstrating his abilities beyond the two throws (javelin and discus) required in the pentathlon. In the M65 age group, he was second in the hammer (23.63m), discus (33.21m) and weight throw (8.79m), and third in the shot put (8.00m) and javelin (30.85m).



Fellow M65 Tim Cross entered five track events, winning his 2000m s/c (9:29.93), taking silver in his 1500m (5:53.67) and 5000m (21:23.06), bronze in the 3000m (12:42.03) and 4<sup>th</sup> in the 800m (3:07.33). Derek Shaw relished having competition in his M70 3000m and produced a season best to claim gold with a time of 12:56.18.

## Canterbury

## Andrew Stark

This season we trialed AthleticNET software to handle all track & field events. It has proven to be very popular and, given how accessible it is to everyone, with live results available very quickly after an event has been completed. All athletes in the system can view their results, by looking at their profile page.

For the past 15 years, Canterbury Master's members have been able to compete at Athletics Canterbury interclub meeting, without having to join a club. While we have over 200 club masters athletes in Canterbury, the challenge of getting them to compete at Nga Puna Wai. All season there has a small group who have competed regularly.

One of our most notable attendees has been **Craig Oliver** (M40), with the following season's best performances:

|                 |                  |
|-----------------|------------------|
| 200m - 25.58    | 300m - 41.64     |
| 400m - 54.56    | 800m - 1:59.94   |
| 1500m - 4:14.37 | 3000m - 10:03.39 |



*Craig in action, 800m NZMA Championships*

While we did not see **Oska Baynes** (M30) at interclub, he competed in the Senior 10000m ANZ Championships in Inglewood, finishing in 3rd place in a time of 29:46.63.

As reported in previous issues, we are fortunate to have **Anne** and **Rickard Davison** looking after our small group of mature throwers. Anne and Rick have organized mid-week or Sunday competitions throughout the season.

This has resulted in several Canterbury records as listed below. Several of these performances were also New Zealand records.

### Track and Field Pentathlon

|             |     |             |          |
|-------------|-----|-------------|----------|
| Victor Lusi | M40 | <b>2525</b> | 26/01/25 |
|-------------|-----|-------------|----------|

### Throws Pentathlon

|                 |     |             |                           |
|-----------------|-----|-------------|---------------------------|
| Joden Pratten   | M40 | <b>2784</b> | 30/03/25                  |
| John McManus    | M55 | <b>1930</b> | 26/01/25                  |
| Brian Senior    | M85 | <b>3291</b> | 13/04/25 <i>NZ record</i> |
| Ayaka Stewart   | W45 | <b>1913</b> | 26/01/25                  |
| Colleen Maloney | W85 | <b>2401</b> | 29/09/24 <i>NZ record</i> |

### Discus

|                 |     |              |          |
|-----------------|-----|--------------|----------|
| Colleen Maloney | W85 | <b>10.02</b> | 25/01/25 |
| Brian Senior    | M85 | <b>22.47</b> | 10/04/25 |
| Richard Davison | M75 | <b>33.09</b> | 20/02/25 |

### Hammer

|                 |     |              |                           |
|-----------------|-----|--------------|---------------------------|
| Colleen Maloney | W85 | <b>18.42</b> | 07/11/24 <i>NZ record</i> |
| Brian Senior    | M85 | <b>29.7</b>  | 13/04/25 <i>NZ record</i> |

### Shot put

|                 |     |             |          |
|-----------------|-----|-------------|----------|
| Colleen Maloney | W85 | <b>4.37</b> | 13/04/25 |
| Brian Senior    | M85 | <b>8.81</b> | 13/04/25 |

### Javelin

|              |     |              |          |
|--------------|-----|--------------|----------|
| Brian Senior | M85 | <b>22.46</b> | 13/04/25 |
|--------------|-----|--------------|----------|

### Weight

|                 |     |              |                           |
|-----------------|-----|--------------|---------------------------|
| Colleen Maloney | W85 | <b>8.44</b>  | 18/01/25                  |
| Brian Senior    | M85 | <b>12.31</b> | 13/04/25 <i>NZ record</i> |

Richard Davison waits patiently while Laini Inivale blows sand off the circle - *photo by Photo by Petro Geldenhuys*



### Otago Masters Celebrate

Otago masters have had a lot to celebrate recently.

Firstly, they celebrated being in operation for 50 years having started in 1974 as the Otago Veterans Athletic Association. A tasty dinner and cake started the celebration followed by the donation of a PB bell to Athletics Otago. It was felt the ringing of a bell by all who make a PB was more inclusive than having it rung by winners (thank you to Australian Masters who had such a bell at their 2024 Masters Champs). It was great hearing the bell ringing at all the Championships held in Dunedin this year ... the Otago/Southland Champs (including our masters athletes), the NZ T&F Champs, the Otago Secondary Schools Champs and the Otago Children's Champs, by athletes of all ages.

Secondly, there have been an extra large number of records made by Otago masters this season, including from the sprints to the marathon, jumps and throws. Prior to the NZMA champs 46 new Otago records were made, plus 13 South Island records, 2 NZMA Indoor records and 11 NZMA records. That PB bell was in action for many weeks. Well done everyone ... a season to be very pleased with and to celebrate. Even more records were made by Otago athletes at the NZMA champs.

Thirdly, we were pleased to welcome a few new members, some having joined in our weekly Saturday competitions after our 'have a go' days. We do welcome new masters and applaud their courage, as it's a bit daunting competing the first few times along with seasoned open athletes, juniors plus masters.

Regular weekly Saturday competitions have certainly helped our masters improve their performances. Des Cambell (M90) has certainly worked towards making new NZ records, easily making new NZ times for the 800m with 4:32.39 and the 1500m with 9:50.32. Last season, Des made a new NZ 400m record. What will he aim for next?

### The South Island Masters T&F Championships

These champs held in sunny Christchurch during the weekend of 24-26 January 2025 were the first major competition of the season. Team Otago, you looked snazzy and performed very well making several PB's and records while also placing in most of your events.

New SI masters records were made by:

- Jim Blair (M90) javelin 18.40 breaking his own record of 17.68 set in 2021.
- Keith Hutton (M75) in his new age group having got through several medical issues decided to run and jump again and to his surprise set new records in the 300m hurdles with 1.03.05 and high jump of 1.10.
- Paul Davies (M60) set a new pole vault record of 2.90m.

- Tony Tan (M55) ran 58.03 for 400m for a record.
- Rupert Lambert (M50) set a record with his 60m time of 7.78.
- Todd Bates (M30) made a huge new hammer record of 53.29. His weight throw of 15.90 was also a NZ record, despite being made in a great hurry before he dashed off to his Police duties.
- Dalise Sanderson (W65) in her first ever race walk set a record of 11:18.08 (also a NZ record) for the 1500 RW.
- Fiona Harvey (W65) was on fire with the javelin, throwing three PB's over 21m then making her final record throw of 22.20m, easily beating the past record of 19.39 set in 2017 (also a NZ record). Fiona humbly said it was a very good wind for javelin throwing! Her best discus throw of 22.54 was also a new record, as was her 2712 points in the throws pentathlon.
- Noni Callander (W75) made a record in the shot put with 8.11m.

### The Otago & Southland Masters Champs

We welcomed the Southland masters who travelled up to Dunedin to compete and boosted the numbers of competitors.

We were pleased to see:

- Warren Green and Les Scown proudly wearing
- Fiordland singlets and finishing very close to each other in the M70 sprints.
- Bruce Thomson also sprinting in the M55 group.
- Chris Knight taking a break from coaching and officiating to show he can still throw the discus very well, winning with 40.57m in the M50's.
- Lester Laughton (M70) winning his throwing events.

The participation numbers from Otago masters were very pleasing. We had:

- 16 in the sprints;
- 12 in the middle distance events;
- 11 in the discus (plus 2 in the SM discus)
- 5 in the long jump
- 8 in the throws pentathlon

Made up of 2 from Canterbury - Brian Senior (M85) with 3216 points had the highest points and Rick Davison (M75) was second with 2897 points.

Regular participation every Saturday by Otago masters helps keep our numbers up. It was also good to see a few new members out there, for example Rachel Landreth from South Canterbury sprinting and throwing, with PB's in several events.

Carolyn Wills (Ariki) was performing well,



returning to sprints, jumps and throws with increasing distances after a few years away from masters.

Club winter runners were also present in the 800m and 1500m races. Great to see James Pemberton (M50), Marc Boulle (M70), Georgina Pakeho (W50), Aly Craigie (W40), and Ash Dustow (M55) taking places in these races.

Taryn McLean (W40), Aly Craigie (W40) Catherine Pratten (W40) were out there running strongly and taking the places in the 3000m.

Keith Hutton (M75) from Wanaka was also back in his new age group, trying out sprinting again and loving it after some years away, plus making a new Otago record of 26.84m in the javelin.

### **Other Otago records set during the 2025**

Champs included:

- Marc Boulle (M70) in the 10,000 with 51.31.11;
- Liz Mitchell (W60) in her 60m with 9.09 (also a NZ record) and in her 200m with 30.04;
- Noni Callander (W75) weight throw 10.87, shot put 8.38 and throws pentathlon 2885 points;
- Fiona Harvey (W65) weight pentathlon 2855 pts.

Well done each and every masters athlete!

### **2025 NZ Track and Field Championships**

These were held in Dunedin this year and saw two of our young masters medal in their throw events.

- Todd Bates (M30) received his bronze medal from his proud mother, Raelene Bates, for his hammer throw of 52.90m despite a recent shoulder injury.
- Kieran Fowler (M35) won silver in the discus with his throw of 51.76m.
- Fiona Centres made the final of the SW 200m.

### **NZ Masters Track and Field Championships**

The eleven masters from Otago who competed at the 2025 NZMA T&F Champs in Auckland during the weekend of 28-30 March, all enjoyed the warmth of the weather, their hosts and the friendly competition. Thank you to the organisers and officials for the hard work you put into running this meet, the largest we have had for some years with 281 competitors.

Team Otago with eleven athletes returned home with 41 medals - 21 gold, 14 silver and 6 bronze. Plus, Liz Mitchell was awarded the 2024 Female Sprinter of the Year of the Year. More celebrations!

Todd Bates (M30) excelled with his wins in all his events, hammer 56.72 (Championship record), weight throw 15.04 (Championship record), shot put 11.14 (Championship record) and throws pentathlon 2857 (NZ and Championship records). Great to see Todd very relaxed and enjoying his first Masters Champs.

David O'Sullivan (M45), a volunteer fireman from

Luggate, hardly had time to sit down during the three days of competition running in 10 events including all the track races from 60m up to the 5000m plus short and long hurdles and the steeple chase. Whew! David came first in the 400m and the 110 hurdles in 26.01 and second in the 3k steeples. 13:43.99.

Jim Blair (M90) was pleased to have some competition in his age group. Jim won 3 golds for his javelin 18.86 (Championship record) weight throw 7.44 and his discus 14.98. He also won three silvers for his shot put 6.14, hammer 16.69 and throws pentathlon 2517 points.

Noni Callander (W75) was up against some very strong and experienced throwers and was very pleased to win three golds in her shot put 8.20m, weight throw 10.86 and throws pentathlon 2837 points, plus silvers for her discus 19.67m and javelin 12.58, and a bronze in the hammer 22.26m.

Vince Paddon (M75) won two silver medals in very close races for his 100m with 16.40 and 200m 35.11, plus a bronze in his 60m 10.02.

Noeline Burden (W70) medaled in a range of events, including silvers for her 100m with 20.26, triple jump 5.60m and shot put 6.04 plus a bronze in her 60m 12.77.

Alison Newall (W60) is another athlete who competes well in a range of events winning five medals in the jumps and throws including a gold for her triple jump 6.63m and long jump 3.25 winning by 1 cm, plus a silver in the javelin 17.76m and bronze medals in the hammer 23.85m and weight throw 9.98m.

Liz Mitchell, 2024 Female Sprinter of the Year (W60) won her four sprints: the 60m in 9.27, the 100m in 14.82, the 200m in 30.73 and the 400m in 1.13.34.

Gareth Noble (M45) came second in his 400m with 56.86.

Robert Homan (M60), our President, completed his 800m in 2.53.72.

Tony Tan (M55) also sprinted very well, winning three golds for his 60m 7.96, 100m 12.63 and the 200m 25.73 (an Otago record). In the 400m Tony was leading all the way but was passed just before the line, to won silver in 58.87.

Well done everyone. More celebrations!

| Coming Events            |  |                    |
|--------------------------|--|--------------------|
| 2025                     |  |                    |
| 29-June                  | NZ Half Marathon Championships                   | Wellington         |
| 6-July                   | Australian Masters Marathon Championships        | Gold Coast         |
| 2-3 August               | New Zealand Cross Country & Relay Championships  | Christchurch       |
| 30-August                | New Zealand 10km Road Championships              | Cambridge          |
| 6-10 September           | Oceania Masters Athletics T&F Championships      | Brisbane           |
| 4-October                | New Zealand Road Relay Championships             | Feilding           |
| 29 October - 1 November  | Oceania Athletics Masters Cup                    | Tonga              |
| 29 November - 1 December | North Island Masters Track & Field Championships | Tauranga           |
| 5 December               | The Spectacle - Trail events and road races      | Nelson             |
| 2026                     |  |                    |
| 23-25 January            | South Island Masters Track & Field Championships | Nelson             |
| 5 - 8 March              | Athletics NZ Track & Field Championships         | Auckland           |
| 13-15 March              | New Zealand Masters Track & Field Championships  | Inglewood          |
| 22 Aug – 3 Sept          | World Masters Championships                      | Daegu, South Korea |
|                          |  |                    |
|                          |  |                    |
| Date TBC                 | New Zealand Masters One Mile Track Championships | Venue TBC          |
| Date TBC                 | New Zealand Masters 10000m Track Championships   | Venue TBC          |
|                          |  |                    |

Check out the NZMA / Events tab on our website to find out more information about the events.

# AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS in CANBERRA, 2026

## MARCH 6-9, 2026



**MORE INFORMATION**

Further information will be available closer to the championships

Please visit the event website at [www.canberra2026.com.au](http://www.canberra2026.com.au) for the latest updates

ACT Masters Athletics is thrilled to announce that we will be hosting the Australian Masters Athletics Championships in March 2026 at the Australian Institute of Sport. This exciting event will unite athletes aged 30 and above for four days of competition, featuring a variety of track and field events, along with cross country and road walking. The championships welcome all athletes who are registered with a World Masters Athletics recognised Masters athletic club or association.

[canberra2026.com.au](http://canberra2026.com.au)

ACT Masters Athletics

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Tag us in your photos!