

Vetline

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Thank you to all the contributors to the magazine.

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Another year has almost past and the older I get the faster that seems to happen.

Since my last report, on Sunday June 22nd we held the NZAM AGM online. Prior to the AGM, we conducted a survey, sent to 350+ members, to find out what the members thoughts were on the remits being presented at the AGM. Thank you to those who responded.

I am pleased to say that there was an over whelming positive response to retain the MOU between Athletics NZ and NZMA. The MOU was first introduced in 2016 and has made is very simple for both club and non-club athletes to enter our various championships events. At the NZMA Track & Field Championships held in Auckland, over 90% of competitors were members of clubs. If that is not a measure of success, don't know what is.

Following on from the AGM, the new NZMA Constitution was prepared and posted on our website. E-mails were sent to members requesting feedback and we held an online Teams meeting where members had an opportunity to discuss the changes. Very few of you took up this offer, but thank you to those who did provide feedback.

On Wednesday 22nd October we held a SGM where the new NZMA Constitution was presented to those present.

At has since been uploaded onto the Incorporated Societies website.

Given the time and effort required to get this all done, it was disappointing to have so few members show any interest in the process.

The Oceania Masters Track & Field Championships were held in Brisbane in September. I attended the event, assisting with results and represented NZMA at the OMA AGM. There is still a lot of friction between OMA and OAA, which is very disappointing. I have no idea if this will improve, unless there are some personal changes within both organisations.

The North Island Masters Championships have just been held. Entries for the South Island Masters Championships are now open and planning is well underway for the NZMA Championships to be held in Inglewood. Keep a eye out on the NZMA website for results and more information about these events.

For me personally this is a very busy time of year, hence why my report is brief. I would like to acknowledge and thank my follow Board members for their on-going support. Thank you also to all members who help out at a Centre level. Our sport totally relies on your goodwill.

I hope you all have a enjoyable holiday season.



North Harbour Bays Athletic Club.

It was with profound sadness that we had the news that Anne Goulter aged 62 passed away peacefully at home on Thursday 7th August surrounded by family members after a valiant battle with cancer over the last two years.

In true Annie form, she hit it head on and did everything possible to beat this awful disease.

A remembrance service was held at Owera Arts and Events Centre on Saturday 16th August 2025 to remember Annie through the years, with Annie's family Paul Barmes husband, daughter Isabella son Anthony, her two brothers, teachers past and present, netball and athletic friends.

A committal service was taken by Stanley Ross.

As Annie was well known to so many people, past students and also her sporting background the Centre was full and overflowing with people who wished to pay their respects. The service was also available online.

Annie was involved with netball when she met up with Anne Hunter/Deleiros and struck up a 35-year friendship. Anne at that time was member of Glen Eden Athletics Club, which triggered Annie's passion for Track & Field. Annie started out as a sprinter and went onto hurdles, triple jump and high jump mastering them all. After a few years they both joined North Harbour Bays and trained with Russ Hoggard the masters coach at the time. Shortly after she saw someone doing the hammer throw and decided that was going to be her new event. Annie fitted in her training around the demands of her teaching as Head of Department for Math's at Orewa College for over 40 years as well as family commitments.

At the NHB club, a coach approached the two Anne's to try out the pole vault and they decided that they would, so Annie's next passion was pole vaulting and she loved the event soaring to New Zealand records to become an exceptional masters pole vaulter. She still loved the hammer throw, indeed a rare combination in the athletics world – a hammer throwing pole vaulter!

Annie has been a member of the North Harbour Bays masters for the past 23 years and was one of the main stays of the masters section helping the coach out by taking the athletes when the coach was away. With her advice, cheerfulness and support Annie still came to cheer on and support the athletes at the last NZMA National Championships held in Auckland in March 2025, although unwell.

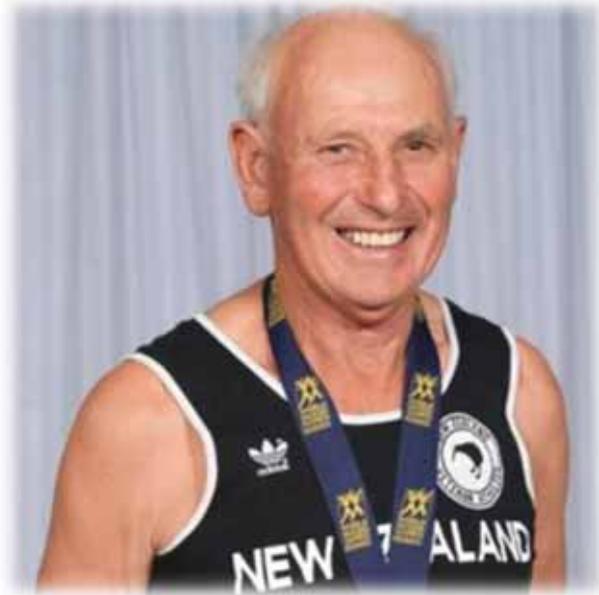
Annie won her first of many New Zealand masters titles in 1996 winning the WPV hammer throw with 30.42m and the discus title throwing 22.14m. She set three New Zealand W60 records in 2023 in the hammer 38.41m,

weight throw 13.71m and the pole vault 2.40m. Annie holds 10 outdoor and 4 indoor Auckland masters records, also winning the throws pentathlon on 5 occasions and other trophies over the years also holds 17 NHB age group records ranging from 400m, 300mH. Pole Vault, Triple Jump, Discus, Hammer and Weight throws. In 2013, 2018 and 2023 Annie was the North Harbour Bays Female of the year.

In the 2022-2023 New Zealand Masters Athlete of Year awards Annie won the Female throws award.

Annie was an inspiration to so many and will be sadly missed by all who knew her.





Pakuranga Athletics Club

It is with deep sadness that we share the news of the passing of Trevor Cowley, a Life Member of Pakuranga Athletics Club, who passed away peacefully at the Howick Baptist Hospital on Wednesday 9th July at the age of 90.

Trevor had a long history with the club, history going back to it's founding in 1967 and was a member of the Club and served on the original building committee that helped establish the facilities we all enjoy today. Having been an athlete himself in earlier years it was natural for Trevor to become involved along with his wife Joy, in the formation and to bring his young family along to those first Wednesday evenings. What followed was many years of involvement with Children's Track and Field both as an official, a handicapper, coach and participation in many working bees where Trevor's skill as a builder were put to good use. Over the many years, he gave generously of his time and knowledge, coaching young athletes and, more recently, becoming a much-loved member of the Joggers and Walkers section.

He was also a very talented athlete with a long list of achievements, especially in the master age groups. In 1993 Trevor was awarded a Club Service Award and in

2002 he received Honorary Life Membership, in 2011 Athletics Auckland awarded Trevor with its merit award. As well as his involvement in volunteering, Trevor managed to find time to compete very successfully in Auckland Masters track and field. Competing at events in New Zealand as well as overseas, he won many medals for pentathlons, high jump, long and triple jumps, hurdles, sprints and cross country. He was still competing in his early 80's and was an inspiration to us all. Trevor will be long remembered for his dedication and devotion to the Pakuranga club and athletes in general.



Athletics Auckland would like to acknowledge all the work Trevor put into AAI as both an Official and Volunteer over the years

Athletics Auckland and Pakuranga Club stalwart **Trevor Cowley** passed away on Wednesday 9 July aged 90.

He was a foundation member of the Pakuranga Club in 1967, involved with the children's athletics as an official, handicapper, coach and an enthusiastic builder assisting the Club with maintenance.

He was chairman of the senior track and field committee for three years from 2000. He received a service award in 1993 and was made a life member of the Club in 2002.

He was an official with the Auckland Centre for many years and used to take broken hurdles home to repair. He received an Athletics Auckland merit award in 2011. In his early days he competed in the inaugural 1951-52 season for the East Coast Bays Amateur Athletic Club and transferred to Calliope for the harrier season. He was Calliope Club senior cross country champion in 1957 and 1958. In later years with Pakuranga he competed in cross country and road and with considerable success in masters athletics.

I first visited Death Valley, California in 1981 as part of an investigation related to my role at the Roxby Downs copper/uranium mine in the early days. At that time, it was believed that the climate of Death Valley along with its weathering processes, transport and deposition of rock material were similar to those that existed at the time of the formation of the Roxby deposit. The geological parallels were striking as was the landscape itself! I was so struck by it that I returned the following year with my family and as a result included it as one of my favourite runs in the SAMA history that I wrote. Some 30 years on we returned again! Because nothing says "great holiday idea" like re-visiting a place described as resembling hell on Earth.



I recall rising before six am to go for a run and thankfully it had cooled down from 48 degrees the day before - to a mild 34 degrees. The beauty of Death Valley is its starkness and isolation. In early morning, nothing moves - no wind, no noise from vegetation moving, no wildlife, no birds and no people. The air is crystal clear and the hills cast sharp shadows on the desert floor. The only signs of life are the occasional clusters of rugged sagebrush. The only things breaking the absolute silence and stillness is my breathing and my footsteps. Bloody hot—but I still think this is one of the best places in the world to run. And clearly, I am not alone!

Death Valley is home to the Badwater Ultramarathon, a 217 km (135 mile) torture test starting at - 85.5 m below sea level at Badwater Basin, Death Valley and ending at an elevation of 2,550 m at Whitney Portal, the trailhead to Mount Whitney. And of course, they do this on purpose in mid-July when the weather is the most extreme and temperatures can reach the mid 50's °C during the day. Depending on who is talking, it is widely regarded as the most demanding and extreme foot race in the world, as well as being the 135-Mile World Championship.

It was originally, conceived as a run in the hottest place in the world and between the lowest and the highest points in the contiguous United States, 235 km from

Badwater to the summit of Mt. Whitney's summit at 4,421 m. Add to that - two mountain ranges must be crossed between Badwater and Mt. Whitney, meaning the course's cumulative elevation gain is over 5,800 m. Unfortunately, the US Forest Service now requires permits to climb Mt. Whitney, so the official course was



shortened to end at Whitney Portal and now only has a mere 4500 m of elevation gain. Despite the shortened route, it remains an extreme test of endurance, willpower and heat tolerance.

If the runners in the Badwater wanted a motto – they could turn to Winston Churchill and his quote "When you're going through hell, don't stop." Death Valley earned its English name in 1849 during the California Gold Rush after 13 pioneers died on an early wagon train. The aptly named settlement of Furnace Creek 25 km from the start, holds the record for hottest temperature ever recorded in the world - 56.7 °C on July 10, 1913 and once experienced 43 consecutive days above 49 °C. Ground temperatures have reached 94 °C.

In 1987, the Badwater-to-Whitney became an official organised footrace with six runners. Gil Cornell of Ridgecrest, California ran the 235 km in 45 hours and 15 minutes. During the early years of the race, no particular route was specified and runners attempted various "shortcuts" between the start and finish. One of the competitors in the inaugural race, even used cross-country skis to cross the salt-flats at Badwater. Since 1989 the race now finishing at Whitney Portal, has been the Badwater 135 (miles or 217km). Runners cross the notorious Death Valley a deadly expanse of sun-scorched salt flats, massive gravel fans, sand dunes and dry creek beds overlooked by massive cliffs kilometres high. The first 100kms of the race from Badwater via Furnace Creek to Stovepipe Wells – is in the flat valley with the highest temperatures. After that the race climbs 2550 m (4450 m in total via two mountain ranges) in 117 kms, including a 19 km and 1450 m ascent on a rocky off-road track to the finish.



Participation is by invitation only, with approximately 100 runners selected each year. Applicants who have completed some of the preferred qualifying races will have a greater chance of being selected. In Australia that includes the Coast to Kosciuszko 240 km, the Down Under 135 (217 km) and in New Zealand the Northburn 100 (162km). Course support is not provided with each runner arranging their own support crew and vehicle to provide all needs, including water, ice, food, gear, pacing, and first aid. Water and ice are critical! The body ceases to release heat by sweating at 35°C and some support crews arrange for roadside ice baths. Water sprayed on runners dries in minutes even at night when temperatures may still be in the high 30's. The time limit for completion of the course is 48 hours and finishers within the time limit receive a belt buckle and medal, but no prize money!

The record for the original 235 km race was set in 1991 by Marshall Ulrich at 33 hours and 54 minutes. The men's record for the current course is 21 hours 33 minutes 01 seconds, set by Yoshihiko Ishikawa, Japan in 2019. In 2023, Ashley Paulson, USA set the women's course record of 21 hours 44 minutes 35 seconds. In recent years, between 20% and 40% have failed to reach the finish line. And just when you think it can't get any more absurd—enter the Double, Triple and Quad Crossings. In 1989, Tom Crawford and Richard

Benyo completed the first double crossing, running from Badwater to Mount Whitney's summit and back to Badwater again. Not to be outdone, in 1994, Scott Weber completed the first Triple Crossing going from the Mount Whitney Summit to Badwater, then back to the Mount Whitney Summit, and then back to Badwater in 10 days. Ultimate madness goes to Marshall Ulrich who in 2001 was the first runner to complete the "Badwater Quad", consisting of two back-to-back Death Valley to Whitney Summits He completed the course, a distance in excess of twenty-two marathons, basically in a furnace, in ten days.

The Badwater Ultramarathon combines the hottest, lowest, and highest points in the U.S., plus over 4,500 m of cumulative elevation gain. These feats of the runners may defy logic, but they stand as lasting testaments to human endurance, resilience, and the fascination people have with testing the limits. They say running clears the mind - in this case, possibly of all common sense!



For more information & history, visit their website

<https://www.badwater.com/>

Process over Outcomes

Ian Carter

Because at the end of the day, the goal is the path and the path is the goal, and so much of success is simply a matter of staying on it. Excellence, performance, and greatness can be quite simple, but simple does not mean easy. It's vital to surround yourself with people, writing, and other material that consistently reminds you to fall in love with the process—to stay patient, to stay focused, to stay consistent, to stay hungry. Do that, and eventually the process loves you back.

That is the last paragraph of a recent Growth Equation article (22 Aug). It's interesting to read the story that

lead to this conclusion; most of us can probably relate to it, even though it's a different sport.

I know that I can, especially with my advancing age. I am just grateful for, and look forward to, being able to get up every morning for a run or an exercise session.

When I turned 40, my active life opened up to a whole new world of athletics – hence the name of the SAMA History – Age Is an Advantage. And I never regretted getting older. Then old age crept up on me! When I turned 80, it didn't have the same lift as previous five-year milestones, but now as I have settled into it, I am embracing it. I must admit, it is helped by my daughter deciding to run a half marathon and she wanted me to do it with her. I may have a few too many candles on my birthday cake and I may not have the same oxygen uptake, strength, flexibility or muscle power as I once did, but I do have mental resilience and a positive mindset. Mental resilience and a positive mindset are powerful tools. These qualities enable us to overturn the story that aging equates to decline. Instead, they embrace the idea that advancing age isn't a downhill slide—it's a scenic uphill jog presenting new opportunities for growth, achievement, and inspiration. By focusing on these strengths rather than perceived limitations (ignore the knees that sound like old floorboards), we can turn stereotypes on their head, demonstrating that passion and dedication remain ageless companions. Coupled with unwavering determination we can find satisfaction and prove that age is no barrier to excellence. We can approach challenges with a sense of purpose and adaptability, making the term "over the hill" increasingly obsolete. Staying active and engaged—physically, mentally, and socially—can rewrite the script on what aging truly means.

While aging does bring inevitable physiological changes it does not necessarily mean that we are incapable of achieving significant feats. The key lies in adapting to the realities of aging while embracing approaches that enhance longevity in athletic performance. One of the main reasons we slow down as we age is our muscles can't fire or contract as forcefully. Strength training helps counteract muscle loss and improve overall stability and power. Building and preserving muscle mass is essential to counteract the natural decline that comes with age. Exercises such as squats, lunges, deadlifts, and core work bolster the muscles that support running, improving stability, power, and endurance. Regular strength training also aids in injury prevention by fortifying weaker areas and enhancing overall biomechanics.

Flexibility exercises are particularly important for maintaining stride efficiency and reducing the likelihood of strains and sprains. Proper nutrition, hydration and recovery practices also play a pivotal role in mitigating the effects of age. Remember, recovery is when improvement happens! It is important to slow down on easy days because we can't recover as quickly as we could when we were younger. Easy days have a specific purpose so running those faster, not only leads to less

benefit, but increases the chance of getting injured. Smart training allows us not only to participate but to thrive! And bear in mind that the drop in race times is much slower than you might think - generally under two seconds per kilometre per year for say a 10km race.

As Masters runners we do need to increase high quality protein intake. Protein assists in combating the natural decline of muscle and bone mass that occurs with age. And we also need to recognize the years of wear and tear that have accumulated on the body. The fact is, we have more cellular damage and inflammation due to time and stress as we age. One of the best ways to fight this cellular damage is with antioxidants (fruits, berries and vegetables etc). Further, research has shown that almost 56% percent of joggers and competitive runners suffer from an iron deficiency that severely hampers performance and older runners are more susceptible to iron deficiency due to malabsorption and other age-related factors.

Today, health professionals are not just trying to extend life but they aim to make the later years of life better and they talk about health-span rather than life-span. While average life expectancy may stay around 85 years, they want 84 of those years to be great and to not be decrepit for 10. Currently in Australia the average health-span v life-span gap is 12.1 years – only the USA is worse with 12.4 years. Being athletes dramatically reduces that gap!

We inherited our bodies from 100's of millions of ancestors. Because you are here - it means those millions of ancestors were survivors! And as Darwin would say - on average, they each would have passed on a little bit more strength, ability and intelligence. So, make use of this advantage! Passion shouldn't age—it just takes longer to warm up. As athletes let's not acknowledge "over the hill" but redefine the hill entirely—more like a scenic overlook with a drinks station and maybe a medal waiting at the top. "Over the hill " should be reserved for trail-running. Being a mature runner isn't about defying age—it's about embracing it in well-cushioned shoes. Competing later in life is a celebration of resilience, growth, and the sheer joy that you still can. With preparation and perseverance, age truly becomes just a number, not a limitation.

The 2025 New Zealand Half Marathon Champs were held in conjunction with the annual Wellington Marathon and Half Marathon that starts and finishes on the wide concourse on the south side of Wellington stadium and utilises the pedestrian promenades on the Wellington waterfront out to turn around points on the western side of the Miramar Peninsula. Most athletes enjoyed the pleasant windless conditions, however some locals apparently had to adjust their usual running posture in the absence of head winds.

Auckland's W40 Lisa Cross was in impressive form winning the SW race in 1:13.37 by just over a minute from Katherine Camp and more than 14 minutes ahead of the second fastest masters women. M35 Mike Robinson was 3rd in the SM race as well as taking out the M35 title.

Results:

Women

W35	1. Emma Mackie	1:29.55
	2. Alison Gordan	1:45.10
	3. Connie Dunbar	1:51.21
W40	1. Lisa Cross	1:13.37
	2. Kirsten Hall	1:27.43
	3. Rachel Watson	1:40.51
W45	1. Kirsty Staples	1:38.55
	2. Emily Solsberg	1:49.16
	3. Anna Scarth	2:02.03
W50	1. Lornella Davis	1:35.58
	2. Michelle Van Looy	1:43.00
	3. Rachel Ball	2:23.07
W55	1. Jan Sheppard	1:50.14
	2. Tracey Sims	2:06.53
	1. Rebecca Edge	2:43.27
W60	1. Victoria Humphries	1:43.52
	2. Chris Wilson	2:12.24
	3. Lyn Smith	2:19.52

W65	1. Betty Harp	1:37.25
	2. Jo Speary	1:46.43
	3. Bev Hodge	2:24.39
W70	1. Judith Bradshaw	1:58.30
	2. Andrea Wreford	2:05.38

Men

M35	1. Mike Robinson	1:08.20
	2. Ryan Woolley	1:10.47
	3. Anthony Jackson	1:13.33
M40	1. Glen Haden	1:13.09
	2. Edd Charlton-Weedy	1:13.23
	3. Dion Gamperle	1:20.33
M45	1. Paul Barwick	1:14.01
	2. James Conwell	1:16.55
	3. Damien Cook	1:21.27
M50	1. Peter Moorfield	1:15.58
	2. Graeme Morrison	1:19.13
	3. Seth Campbell	1:19.42
M55	1. Robin Miller	1:18.48
	2. Michael Peck	1:20.47
	3. Grant McLean	1:24.09
M60	1. Dave Scott	1:37.01
	2. Martin Hill	1:46.56
	3. Steve Aitken	1:54.28
M65	1. Michael Cummins	1:35.12
	2. David Hood	1:42.20
	3. Tony Price	1:43.46
M70	1. Norman Chu	2:02.57
M75	1. Barry Dewar	1:54.55
	2. Lionel Nunns	2:25.48

For more information, go to their website

<https://www.wellingtonmarathon.co.nz/>



The picturesque setting of Christchurch's North Hagley Park provided an attractive setting for 2025 champs. Held on a 2km loop amongst the golf course that utilized various humps and hollows, including several bunkers, provided firm conditions underfoot and very good viewing for the many spectators.

The master's woman and men 65+ ran three laps for a total of 6000m, while the M35 – 64 age groups raced over 8000m. There were some very close and exciting races within several 5-year-age groups for the gold. In the W40 age group Otago's Kiristy Eyles claimed the title by 1.37s from Auckland's Dale Berrill, and in the W45 age group Jo Van Rensberg (Speedplay / Tasman) had a winning margin of 2.62s over Mel Aitken from Otago. Auckland's Tony King managed to establish a 4.38s gap on his Canterbury rival Peter Richards to claim the gold in the M65 age group and line honors in the M65+ race.

In the M35-64 race Canterbury's M35 Andy Good had a comfortable margin of 26s over M45 Ben Ruthe (WBoP). Interesting to note that there were another 7 men who were under 28mins across four age groups. Canterbury's W35 Hannah Oldroyd also had a similar margin of 33s in claiming line honours in the MW race.

Results:

Women (5000m)

W35	1. Hannah Oldroyd	CAN	22:59.27
	2. Annabella Bramwell	CAN	23:32.57
	3. Angela Doig	CAN	24:21.55
W40	1. Kirsty Eyles	OTG	24:08.10
	2. Dale Berrill	AKL	24:09.47
	3. Taryn McLean	OTG	24:12.61
W45	1. Jo Van Rensburg	SPL	25:09.06
	2. Mel Aitken	OTG	25:11.68
	3. Nicola Handley	CAN	25:51.75
W50	1. Katie Jenkins	WTG	24:17.87
	2. Bridget Douglas	WTG	26:37.70
	3. Georgina Pakeho	OTG	28:26.24
W55	1. Jan Sheppard	WTG	28:38.77
	2. Queety Akers	AKL	28:56.24
	3. Karen McCready	WBP	29:18.25
W60	1. Sally Gibbs	MWA	24:15.49
	2. Karen Murphy	SPL	26:49.13
	3. Vickie Humphries	WTG	28:16.26
W65	1. Debbie Telfer	STH	29:45.28
W70	1. Judith Bradshaw	Hatea	34:32.99
W75	1. Margaret Flanagan	NBOly	39:07.56

Centre Teams:

W35-49	1. Canterbury	18pts
	Otago	23pts
	Auckland	39pts
W50-64	1. Wellington	10pts
	Canterbury	34pts
	Auckland	34pts

Men (8000m)

M35	1. Andy Good	CAN	27:06.76
	2. Ryan Carr	STH	27:48.17
	3. Jake Hendrick	AKL	27:51.68
M40	1. Mariano Pagentrini	AKL	27:36.68
	2. Alex Kelliher	CAN	27:48.81
	3. Nick Pannett	AKL	28:06.38
M45	1. Ben Ruthe	WBP	27:32.84
	2. Simon Mace	AKL	27:41.48
	3. Dwight Grieve	STH	27:47.53
M50	1. Nick Moore	AKL	27:45.42
	2. Cameron Mumby	WBP	28:55.11
	3. Michael Pugh	WBP	29:08.69
M55	1. Michael Peck	WBP	31:31.34
	2. Malcom Cornelius	CAN	32:08.48
	3. Todd Stevens	WTG	32:14.08
M60	1. Paul Hewitson	WTG	31:43.78
	2. Peter Stevens	WTG	33:12.97
	3. David Kettle	SCOT	33:19.01

Centre Teams:

M35-64	1. Auckland	21pts
	Canterbury	35pts
	Southland	60pts

M65+ (6000m)

M65	1. Tony King	AKL	25:01.49
	Peter Richards	CAN	25:06.27
	Todd Kriebel	WTG	25:48.26
M70	1. Phil Napper	OTG	26:24.50
	2. Graeme Lear	TAS	26:45.06
	3. Steve Fairley	AKL	27:30.70
M75	1. Barry Dewar	TAS	29:20.69
	2. John Skinnon	WTG	33:58.71
	3. Bruce Dyer	CAN	34:15.93
M80	1. Evan MacIntosh	STH	42:29.90

Centre Teams:

M65+	1. Auckland	18pts
	2. Canterbury	20pts
	3. Wellington	31pts



Cold start to the day, but fantastic weather!



A cold start to the day!



My UTMB Courmayeur * Champex-Lac * Chamonix, 2025: Italy, Switzerland & France in one day – 101km & 6,050m elevation gain.

In 2015, on completion of my first 100km ultra at Tarawera, I received my first finisher's sticker for the UTWT (Ultra-Trail World Tour) passport. UTWT pre-dates the UTMB series of events, and Ultra-Trail du Mont Blanc was one of the events. That event and that sticker ignited a tiny flicker of fire and an unspoken dream.

The Ultra-Trail CCC (Cormayeur – Champex-Lac – Chamonix) was introduced in 2006, three years after the inaugural Ultra Trail du Mont Blanc, to allow greater participation at the event. The CCC is 101km with 6,050m elevation gain. The only event in New Zealand of similar distance and elevation gain is the Northburn 101km with 6,350m elevation gain. UTMB CCC is the UTMB World Series Final race for the 100km distance.

Entry in to the UTMB World series event finals (UTMB, CCC and OCC) is by ballot, which opens around the end of the third week in December each year. To qualify to enter the ballot, you must have gained "running stones" (the UTMB point system) by completing other UTMB registered running events over the previous 24 months, and you must have a UTMB index (an individual point scoring systems based on how well you compete against other runners with indexes).

For the 2025 CCC event, there were approximately 6,300 ballot entries for 2,300 bibs. On race day, there were 2,127 starters, with 1,641 finishing (77%).

December 2024 was the second time I had put my name in the hat. The first time was in 2019, when, thankfully, I didn't win a bib as the event was cancelled due to the Covid-19 pandemic.

The atmosphere in Courmayeur village was electric on Friday 29 August. The morning temperature was cool, but we warmed up quickly on the initial 9km climb to Tete de la Tronche (1,307m elevation gain). During a short reccie on the Monday, this climb took Matt, Alex and I 4hours 45minutes. Granted, we weren't in a big hurry and we did take a minor detour but it made me nervous and had me checking the cut-offs much more closely. That first cut-off was 4hour 15minutes for me in the third wave and it wasn't at the top. It was another 4km down the other side! This realisation had me worried – I'd travelled all the way from NZ and was wondering whether my dream race would end at the first cut-off?

The climb was a relentless series of zig zags that became progressively steeper as we approached Col Sapin just below Tete de la Tronche. There was little opportunity for anyone to overtake and we marched forward, an army of ants in the sun on the hillside. At one stage there were a series of warning shouts and I saw a



boulder bouncing down the hill with people dodging out of it's way (no one was hurt). Apart from that burst of excitement everyone was focused on putting one foot in front of the other. Relentless forward motion.

As it happened, I managed to get to the summit in 2hrs 43mins and down to Refuge Bertone with 51minutes to spare. Unbelievably, not only were the toilets about 70m down the hill away from the course, there were only two available for café patrons and more than 2,000 athletes!!

The 20 minutes spent in the queue was not appreciated.

The next section was quite pleasant. The track was well formed and generally rolling following the contour, through pasture before descending to Arnouvaz.

The climb out of Arnouvaz seemed relatively gradual for the first few km, well, in hindsight anyway. However, the climb to Col de Ferret was steep and dark clouds down the valley brought a bitterly cold wind. Before starting the steepest section, I put on most of my cold weather kit – gloves, thermal top, fleece, raincoat and hat. The rain didn't come then, but there was snow on surrounding peaks.

Just over the Col I tried taking more food, but found I couldn't swallow and the ensuing cough fit had me throwing up. I guess it may have been a combination of not having had enough nutrition to that point, altitude and the cold. But I felt pretty miserable physically and mentally, especially by the time I got to La Fouly having had to walk most of the very runnable 10km downhill.

Heading into the aid station I knew I had 20 minutes to sort myself out with nutrition, prepare for the oncoming darkness, and get out of the station before the cut-off. I

quickly downed a couple of cups of hot black tea and another couple of vegetable broth (aka vegetable stock) with some chunks of bread. From previous experience, I've found that sweet black tea really helps me in these situations and I think the salty stock also helped. I scrambled into my waterproof pants and dug out my headtorch. With new found energy, I trotted off into the dusk. About three km along the track, I was too hot and had to stop and take off the pants.

Up until this stage, I hadn't really talked to anyone, but there's something about running into the night that gets conversations started. Probably due in part that not many people really want to be running in the dark wilderness alone. I was loosely running with two ladies and a guy, and we chatted a bit. Slowly the Dutch guy and I pulled ahead, and eventually he told me he needed to concentrate on running in the dark. The chat dwindled and the distance between us grew as I went on ahead. I did see him pass me some time later in the night. But for now, I felt good and was moving much better. An hour or so later, when passing another runner "Kirsty" he said. I turned to look at his race bib. Ahh, the guy from Auckland who I had exchanged a couple of Facebook messages with. His knee was causing him grief and he was deciding whether to pull out at Champex-Lac.

I was still feeling great climbing up to the lake and it was fantastic to be greeted by Alex part way up the hill and Matt at the aid station. After leaving the aid station, I was surprised to come across an athlete coming from the other direction asking where the checkpoint was. For the life of me, I couldn't work out where he had come from or how he had got so far off course.

First we went down, then we went up, up, up. At some stage, the rain started. It wasn't heavy, just persistent. I was wet, but no longer cold. Traipsing up the hill, I felt pretty good and seemed to be overtaking a lot more people than were overtaking me. Underfoot the ground got wetter – there were shallow streams and MUD! I really didn't expect mud on the CCC course and with around 1,700 people trampling through it ahead me, it was quite deep and slippery, especially on the steep sections.

The next aid station was memorable because it was a rudimentary animal shelter. A generator provided power for lighting, the floor was wet and smelt like cow poo,

and the veggie stock was luke warm. However, the volunteers were wonderful and full of heart.

The climb into and out of Trient was even steeper than the one before and it was still dark. After refuelling well, I stopped outside the marquee to put on my thermal leggings. All of a sudden I wasn't OK and proceeded to return all I had just eaten. However, one thing I have learnt over the years of participating in lengthy events, I usually feel much better after throwing up. Happily, I wandered off back into the dark and around the lake edge for the next stage.

Four hours later, covering only 12km and another 800m elevation, I made it to Vallorcine and the dark was lifting. The drizzle had gone. Again, Alex and Matt were there to meet me. This time I changed out of as many clothes as possible. While I was eating and drinking, Alex shoved everything back into my pack. I had around 20km left and a maximum of 4 hours (final cut-off) to do it.

This is when I decided I was in "race mode". I finally had a mantra "you didn't come all this way and work this hard to get this far to not finish!". I knew there was one more significant climb between me and Chamonix. Thankfully, I hadn't looked at the course profile long enough to know the significant climb was actually two and involved another 1000m of elevation gain.

This time the first 5km was a gentle uphill before we crossed the road to start climbing. This part of the course was possibly more technical than most of it. We were climbing over boulders and tree roots. Big steps up and down. I got to the top of the first climb and thought – yay! It must be downhill from here. But I wasn't going down for long before the track started climbing again, and it was a really gut-busting haul to get to the top of the gondola to beat the final cut-off and pass through the final aid station at La Flegere. I felt really sorry for those behind me who's race ended 6.8km from Chamonix.

From there it really was downhill all the way to the finish. Nearly 7 km of steep quad-killing downhill on gravel road, followed by rooty track, then the final people-lined street section to the finish line. On this stretch, I caught up with the amazing team of about 20 who had carried their wheelchair-bound mate all the way from Courmayeur. They started in the wave before me.



Crossing the Arve River into Chamonix, turning to run alongside it, the track became a foot path, which became a street, crowded with spectators. It was surreal. I had imagined it for so long, but didn't really comprehend just how emotional it would be. The final corner is a right hand bend and from there, the finish line is about 100m away. The commentators and cheering crowd makes every finisher a champion. My heart was full and so thankful to my family for their support and patience.

Training

Since 2013, I've been participating in one to three ultramarathons per year... until 2024. The Tarawera Ultramarathon event has been my staple event, but last year I couldn't get enthusiastic even about that. Then between June and September, I had a spate of unfortunate events, including a sprained ankle, a skin infection, covid and whooping cough.

I started going to the gym again in winter last year. Mainly using the gym floor – cardio and weight machines – in addition to most of the runs I usually did. After a break during the months of unfortunate events, I signed up for an 8-week challenge focusing on building strength, losing body fat and eating well. Full body strength training was a mixture of high intensity circuit classes, and machine and free weight workouts. Interestingly, during this period of intense training, which resulted in my running km decreasing, my running speed actually increased over 5km time trials (aka Parkrun). I think my improvements, my experiment of one, were due to a few factors:

1. increased strength;
2. significant increase in protein intake; and
3. cross training allowing more balanced overall training.

I continued with the strength components of my training and in June I managed to get two Parkrun personal bests within a few weeks. I hadn't had a Parkrun PB for 9 years!

As well as strength training, I was running and hiking, slowly building up endurance. At the beginning of March, I participated in the Motatapu Ultra 50km with 3000m elevation gain, and I did 17 laps (114km) at King's Backyard Ultra in June.

Heat

In light of the heat wave in Europe which started in around April, I was running in thermals and fleeces in NZ to try to prepare. I was also using the gym sauna regularly. Funnily enough, that heat disappeared when we landed in Europe. We had a few relatively hot days in Switzerland but that was it.

Long runs

Long runs were built up slowly over the months before travelling. I find that long back to back runs (2-3 hours

long slow distance on Saturday and Sunday) provide a good endurance base. My longest run in training was during the King's Backyard Ultra at the beginning of June - 114 km over 17 hours. Other than that, my long runs were around 30km.

Gear

Poles - Leki Micro Flash Carbon poles which fold to approximately 35cm and weigh less than 200g each. I had my Leki poles in my hands from about 3km's into the event to the very end. All my gear, including a 2l water bladder, fitted in to an Ultraspire Zygus 5.0, size small pack. Shoes – Asics Trabuco Max 4. Rain coat – Innov8 Stormshell. Mid-layer thermal - Kathmandu fleece. Thermals - Ice breaker merino long johns, top and hat. Overmitts – Raidlight MP+ Waterproof Over Mitt.

Compulsory gear

The list of compulsory gear is quite extensive but generally similar to requirements needed for ultra distance event in NZ. The one thing I had to scramble to find in Chamonix was the cold weather requirement for "protective eye wear". These turned out to be literally clear protective glasses the same as those you would wear in a work shop. Their purpose was to protect one's eyes during snowy or freezing wind conditions. Thankfully, we didn't need to use them on the CCC course, but those athletes doing UTMB this year did have snow fall during their race.

Nutrition

Prior to leaving NZ, I did quite a bit of research on the availability and cost of the usual things I eat and drink during/after an ultra run as well as during training - Cliff Bars and Blocks, Em's Power Bars, OSM, Pure, etc. Some of these were available, but they were all significantly more expensive than in NZ. I also wanted to test the on-course nutrition, Naak. Naak is very difficult to come by in NZ. Currently, there appear to be two retailers – the Wild Things Shop and Trek Trail & Fish – however, neither had much, if any, in stock in July and August.

We ended up taking training and race fuel from NZ with fingers crossed that we would be allowed to take it into Switzerland. As it turned out, on arrival to Switzerland, the only evidence of customs was a sign saying that only commercial quantities of goods needed to be declared. Phew!

By the way, Naak products are good, not too sweet and vegan – yay! I did get to try little bits at the pre-event expo.

The 2025 10K Road Champs were held in Cambridge on World Athletics-certified 2km course that looped around the Architectural Glass Products (AGP) precinct. The race walkers utilised a 1km loop.

Wellington's Eric Speakman had the distinction of being second in the SM race in a time of 29:58, 19s behind the winner Toby Gualter, also from Wellington, and less than an hour and a half later ran in the Masters men's race to take line honours with a time of 32:15.

In the Masters women race Auckland's W40 Anna Bramley took line honours in 38:10 with the irrepressible W60 Sally Gibbs in second place overall, only 21s further back.

Interesting to note that of the nine 5-year-age group titles up for grabs in the Masters men 10k that five of them went to Auckland runners, with two claimed by Wellington runners and the other two going to Waikato Bay of Plenty and Tasman athletes. Since turning 60, Wellington's Paul Hewitson (1st M60) has dominated in the M60 grade across various distances, particularly over the longer distances which resulted in him being the 2024 NZMA Male Ultra Distance Athlete of Year.

Results:

Men

M35	1. Eric Speakman	WTG	32:15
	2. Chester Holt-Quick	WTG	33:59
	3. Tom Bridgeman	HBG	34:20
M40	1. Rodwyn Isaacs	AKL	32:42
	2. Mariano Piagentini	AKL	32:50
	3. Matt Parsonage	WBP	33:08
M45	1. Simon Mace	AKL	34:01
	2. Daniel Clendon	WTG	34:20
	3. Andrei Plechen	AKL	36:08
M50	1. Nick Moore	AKL	32:44
	2. Cameron Mumby	WBP	35:17
	3. Steve Morrow	HBG	35:19
M55	1. Troy Harold	AKL	35:10
	2. Vaughn Madsen	BP	37:05
	3. Philip McKay	HBG	40:25
M60	1. Paul Hewitson	WTG	37:09
	2. Craig Scott	WBP	42:42

	3. Dave Scott	MWA	44:50
M65	1. Tony King	AKL	39:49
	2. Todd Kriebler	WTG	42:02
	3. Kevin Knowles	AKL	43:15
M70	1. Dennis Litt	WBP	42:24
	2. Gavin Smith	WBP	52:00
	3. Malcolm Chamberlin	AKL	53:01
M75	1. Barry Dewar	TAS	49:28
	2. Dave Clark	WBP	51:57
	3. Fred Needham	WBP	52:33

Women

W35	1. Jenny Gater	WBP	40:05
	2. Emma Steel	AKL	41:12
	3. Anita Chan	MWA	43:40
W40	1. Anna Bramley	AKL	38:10
	2. Angie Ross	AUS	39:15
	3. Kate MacDonald	AKL	39:22
	4. Daniela Klinge	HBG	46:25
W45	1. Mel Aitken	OTG	38:33
	2. Veronica Maree	WBP	44:11
W50	1. Andrea Gallaher	WBP	48:38
W55	1. Karyn McCready	WBP	48:34
W60	1. Sally Gibbs	MWA	38:31
W70	1. Judith Bradshaw	NTH	53:54
	2. Joy Baker	TAR	57:54

Race Walk

W45	1. Catherine McCarten	TAR	1:09:01
	2. Sam Holliss	TAR	1:13:09
M40	1. Scott Dean	AKL	1:11.48

Centre Teams

M35-49	Auckland	7pts
	Wellington	10pts
M50-64	Waikato Bay Plenty	10pts
	Auckland	13pts
M65+	Waikato Bay Plenty	8pts
	Auckland	11pts

Club Team

M35-49	Owairaka A & H	7pts
M50	Hamilton City Hawks	10pts



Oceania Throws Pentathlon Challenge

For the second year in a row, Fiona Harvey from Otago Masters has collated the results for around New Zealand and Australia. This year we had 119 entries, up on last year's 105.

Thank you to those who have supported this event, year after year. Below is a list of competitors and their points total.

The full results can be viewed on the NZMA website.

Oceania Throws Pentathlon Challenge - Women

W30

1	Nicole Luyten	QSAC	2562
2	Rosie Harris	OTG	1371
3	Emily Wansink	ACT	1276

W35

1	Sarah Hockley	WBOP	1858
2	Ana-Mree Ngahe	WBOP	1748

W40

1	Catherine McCowan	VMA	2664
2	Kelley Charles	CAN	2016
3	Megan Champions	VMA	2015
4	Jen Kevetoa	WBOP	1586
5	Miranda Ramsden	NSW	1585
6	Toni Uili	WEL	1543
7	Katie Grimshaw	ANT	973
8	Alison Reidy	ANT	820

W45

1	Sharon Thompson	ACT	2729
2	Toni Oudemans	CAN	2165
3	Gayle Horne	ANT	1944
4	Marcia Taylor	WBOP	1893
5	Rachael Savage	WBOP	1827
6	Ayaka Stewart	CAN	1762
7	Florence Alesana	AKL	1699
8	Josie Onesemo	WELL	1588
9	Elaine McQueen	AKL	1569

W50

1	Nicole Johansen	VMA	3239
2	Sarah Hewitt	VMA	2645
3	Tracy Canham	TMA	2300
4	Kerry Rattray	WBOP	1660
5	Bronwyn Sola	WELL	1567
6	Roanna Uili	WELL	1147
7	Phuong Prowse	ANT	936

W55

1	Brenda Davis	WBOP	2920
2	Tania Lutton	CAN	2847
3	Theresa Bartlett	WEL	2285
4	Raewyn Grigg	TAR	2234
5	Dale McMillan	MWA	2140
6	Denise Fellows	WBOP	1546

W60

1	Jayne Hardy	ACT	3273
2	Christine McCahill	WBOP	3102
3	Tina Ryan	AKL	2464
4	Nadine Fea	CAN	2420
5	Jen Fee	MWA	2237
6	Rauru Faau	AKL	2078
7	Helen Direen	TMA	1942
8	Trish D'Abrera	ACT	1495
9	Tanya Colyer	ACT	1119

W65

1	Fiona Harvey	OTG	2926
2	Sharon Gibbons	ACT	2846
3	Aggie Boxall	AKL	2814
4	Ellena Cubban	NSW	2704
5	Narelle Messerle	VMA	2499
6	Alison Newall	OTG	2424
7	Winifred Harding	OTG	2385
8	Michelle Anthony	WBOP	2189
9	Annette Hermans	WBOP	2106
10	Claire Giles	OTG	1936
11	Yanping Ji	ACT	1803

W70

1	Imogen Stanhope	QMA	2773
2	Clare Labowitch	ANT	2452
3	Lyn Guelfi	ANT	2274
4	Beryl Edwards	ANT	2165
5	Beryl McMillan	MWA	2036
6	Juillian Stanhope	NSW	1813

W75

1	Noni Callander	MWA	2846
2	Annette Parlane	WBOP	2702
3	Jill Evans	MWA	2497
4	Antionette Baron	NSW	2445
5	Anne Deleiros	AKL	2286
6	Lois Anderson	CAN	2270
7	Sherry Farmer	CAN	1817

W80

1	Jeanette Williamson	ACT	2955
2	Mary Thomas	NSW	2764
3	Justine Whitaker	CAN	2560
4	Julie Roots	CAN	2368

W85

1	Colleen Maloney	CAN	2097
2	Maggie Roberts	ANT	1943
3	Nola Brockie	ANT	1918



This group of athletes try out the new weight throwing circle / cage created by Malcolm Giles (Otago).

Oceania Throws Pentathlon Challenge - Men			
M30			Points
1	Tim Dabrera	ACT	713
M35			
1	Gary Holland	NSW	1065
M40			
1	Tim Huggins	NSW	2715
2	Regan Uili	WEL	1223
M45			
1	Shaka Sola	WEL	2525
2	Clynton Janke	AKL	2430
3	Adam Van Balen	VMA	1855
4	Brett Prowse	ANT	1472
M50			
1	Simon van Balen	VMA	2928
2	Simon Maole	OTG	2663
3	David Sexton	HBG	2431
4	Michael Mullarvey	TMA	2408
5	Jon Schatz	ANT	2078
6	Filipo Onesemo	WEL	2048
7	Radley Uili	WEL	1409
8	Paris Fanitua	WEL	1282
M55			
1	Richard Takurua	MWA	2350
2	John McManus	CAN	2324
3	Simon Kay	AKL	1840
M60			
1	Murray Free	AKL	2614
2	Wesley Faui	AKL	2318
3	David deVilliers	WBOP	2189

M65			
1	James Thomas	AKL	3780
2	Peter Wrzuszcak	VMA	2453
3	Ganga Prasad	QSM	1987
M70			
1	Tom Gravestock	WA	3757
2	Gavin Murray	NSW	3303
3	Lester Laughton	STH	2350
4	Tim Needham	NSW	2310
5	Duncan MacNicol	ACT	2308
6	Lindsay Walker	CAN	2291
7	Warren Green	STH	2206
8	Clyde Riddoch	VMA	2177
9	Tapendra Singh Sokhi	AKL	1473
M75			
1	Laurie Malcomson	MWA	2894
2	Paul Hook	SAM	2473
3	Mike Roberts	ANT	2035
4	Yong Chyan Ding	SKL	1906
M80			
1	Vince Basile	NSW	2854
2	Kenneth Stubbs	NSW	2573
3	Don Quinn	QMA	2348
4	John Reynolds	ACT	1981
M85			
1	Alan Hunter	CAN	1320
M90			
1	Jim Blair	MWA	2227

Holly Robinson (Otago) celebrates her silver medals with coach Raylene Bates (F46 - Para World Championships)



Lisa Adams (WBOP) celebrates her gold medals with coach Raylene Bates (F37 - Para World Championships)

Oceania Masters track & Field Championship - Brisbane 6th - 10th September 2025

This year saw the re-introduction to the Oceania Masters Track & Field Championships, organized by the Oceania Masters Athletics Council. New Zealand has two representative on this council Stewart Foster & Andrew Stark.

While 730 athletes entered the championships, the figures in the table below show the number from each Oceania country who actually competed. The difference being scratchings and athletes from non-OMA regions.

Women		Time	Wind
60m			
W30	7. Ayla Huber	9.43	1.7
W55	6. Dale McMillan	9.58	2.1
W60	2. Jill Hayman	9.23	0.8
W65	3. Alison Newall	10.72	0.6
W70	3. Tui Ashe	11.29	0.7
	5. Beryl McMillan	12.82	0.7
	6. Noeline Burden	13.27	0.7
W75	1. Sheryl Gower	20.01	0.8
W80	1. Chris Waring	20.02	0.8
100m			
W35	10. Kate Waltman	15.30	-0.9
W40	1. Helena Dinnissen	12.90	-0.2
W55	5. Dale McMillan	15.55	-1.5
W65	4. Annette Hermans	17.50	-0.9
	5. Alison Newall	17.91	-0.9
W75	1. Sheryl Gower	17.71	-1.4
W80	1. Chris Waring	18.65	0.5
	3. Suzanne Su	21.40	0.5
200m			
W35	9. Cherie McAllister	34.22	1.1
W40	2. Helena Dinnissen	26.44	-0.2
W45	2. Penny Kee	28.06	0.3
W55	5. Dale McMillan	32.34	-0.7
W60	2. Jill Hayman	31.47	-0.8
W65	3. Annette Hermans	35.29	-0.2
	5. Alison Newall	38.21	-0.2
W70	3. Beryl McMillan	50.76	1.3
W75	1. Sheryl Gower	37.43	2.4
W80	2. Chris Waring	40.36	0.2
400m			
W35	7. Cherie McAllister	1:15.89	
W40	2. Deb Garden	1:02.59	
W45	2. Penny Kee	1:20.59	
	4. Vic Chapman	1:04.75	
W60	5. Karen Hulena	1:29.57	
W80	2. Chris Waring	1:40.27	
800m			
W35	2. Laura Smidt	2:30.18	
	3. Cherie McAllister	3:03.18	
W40	1. Deb Garden	2:28.07	
W45	1. Vic Chapman	2:35.83	
1500m			
W35	3. Laura Smidt	5:18.41	
W40	5. Kate Robinson	5:49.85	
W45	1. Jo Van Rensburg	5:10.35	
W55	3. Karen McCready	6:25.14	

	Men	Women	Total
Australia	337	263	600
New Zealand	39	41	80
Cook Islands	4	1	5
Fiji	1	0	1
New Caledonia	1	0	1
Samoa	1	0	1
			688



Tui Ashe competing in the discus.



Dale McMillan competing in the javelin



The official flag bearers at the Opening Ceremony. Can you name all the athletes?

5000m

W40	3. Kate Robinson	21:31.01
W55	4. Karyn McCready	23:05.83
	5. Wendy Richards	23:53.79

8000m

W55	1. Karyn McCready	??
	6. Wendy Richards	41:57

300m H

W65	2. Alison Newall	1:18.71
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2000m SC

W45	1. Jo Van Rensburg	8:19.25
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High Jump

W60	2. Karen Hulena	1.13m
	3. Nadine Fea	1.10m

Pole Vault

W55	3. Delwyn Smith	2.20m
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Long Jump

W40	1. Helena Dinnissen	5.31m
W55	4. Dale McMillan	3.29m
W60	4. Karen Hulena	3.02m
W65	2. Alison Newall	3.04m

Triple Jump

W65	2. Alison Newall	6.66m
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Shot Put

W30	1. Holly Robinson (F46)	12.84m
W45	10. Vanessa Pendergrast	7.23m
W55	2. Tania Lutton	11.29m
	6. Brenda Davis	9.77m
	10. Dale McMillan	8.49m
W60	3. Christine McCahill	8.95m
	4. Nadine Fea	8.65m
W65	3. Annette Hermans	7.22m
	4. Alison Newall	7.14m

W70	2. Beryl McMillan	6.31m
	3. Tui Ashe	6.27m
	4. Noeline Burden	5.76m
W75	1. Annette Parlane	7.86m
	2. Anne Deleiros	7.54m
	3. Beverley Savage	7.20m
	7. Sheron Farmer	5.89m
W80	1. Justine Whitaker	6.60m

Discus

W45	8. Vanessa Pendergrast	17.76m
W55	2. Tania Lutton	29.76m
	3. Brenda Davis	28.74m
W60	5. Christine McCahill	22.70m
	6. Nadine Fea	20.17m
W70	2. Tui Ashe	16.07m
	4. Beryl McMillan	12.84m
W75	1. Annette Parlane	19.54m
	2. Beverley Savage	17.07m
	4. Anne Deleiros	15.94m
	5. Sharon Farmer	13.58m
W80	Justine Whitaker	15.49m



Chris Waring competing in the 400m

Hammer

W45	2. Vanessa Pendergrast	25.19m
W55	3. Brenda Davis	38.71m
	7. Delwyn Smith	27.20m
W60	5. Christine McCahill	27.20m
	9. Nadine Fea	20.74m
W65	4. Alison Newall	22.43m
W70	4. Beryl McMillan	15.11m
W75	1. Annette Parlane	25.38m
	2. Anne Deleiros	22.51m
	4. Beverley Savage =	21.12m
	8. Sheron Farmer	17.46m
W80	3. Justine Whitaker	16.93m

Javelin

W55	3. Dale McMillan	22.09m
	4. Brenda Davis	21.66m
W60	6. Nadine Fea	15.85m
W65	5. Alison Newall	16.35m
W70	1. Tui Ashe	14.49m
W75	2. Annette Parlane	12.18m
	3. Sheron Farmer	10.25m
W80	2. Justine Whitaker	12.20m

Weight

W55	3. Brenda Davis	13.27m
W60	2. Christine McCahill	13.92m
	7. Nadine Fea	10.30m
W65	3. Alison Newall	9.89m
W70	4. Beryl McMillan	6.68m
W75	2. Anne Deleiros	9.48m
	3. Annette Parlane	9.10m
	4. Sheryl Gower	7.92m
	6. Sheron Farmer	7.76m
	7. Beverley Savage	7.55m
W80	2. Justine Whitaker	8.12m

Track P

W55	3. Dale McMillan	2719pts
W60	3. Karen Hulena	1973pts
W65	1. Annette Hermans	2563pts

Throws P

W45	2. Vanessa Pendergrast	2030pts
W55	3. Brenda Davis	3045pts
	6. Tania Lutton	2767pts
W60	4. Christine McCahill	3102pts
W65	2. Alison Newall	2381pts
W75	1. Annette Parlane	2695pts
	2. Anne Deleiros	2400pts
	3. Beverley Savage	2346pts
	5. Sheron Farmer	1920pts
W80	3. Justine Whitaker	2540pts

1500m RW

W45	3. Vicky Jones	11:28.88
W55	1. Nyle Sunderland	9:13.59
W65	2. Alison Newall	10:05.57
W75	1. Jacqueline Wilson	10:17.23
W80	2. Daphne Jones	12:02.48

10000m RW

W45	2. Vicky Jones	1:25:31
W55	1. Nyle Sunderland	1:06:52
W75	1. Jacqueline Wilson	1:14:56
W80	2. Daphne Jones	1:31:35

Men**60m**

M35	4. Gulab Singh	7.54	-0.6
M40	2. Brayden Grant	7.70	-1.4
M45	1. Ian Lathwood	7.34	-2.2
M50	1. Mark Lambert	7.68	-2.5
M60	2. Stephen Te Whaiti	8.57	0.6
	4. Mark Macfarlane	8.79	0.6
M70	1. Dennis O'Leary	8.76	-2
	3. Trevor Watson	9.14	-2
	7. Ian Martin	10.79	-2
M75	3. Tony Deleiros	9.30	-0.6
M80	2. David Anstiss	10.64	0.0
M85	1. Peter Hanson	13.56	2.2

100m

M35	7. Gulab Singh	12.25	-2.5
M40	2. Brayden Grant	11.96	-2.7
M45	1. Ian Lathwood	11.79	-0.6
M50	1. Mark Lambert	11.84	-3.8
M55	2. Robert Hanna	12.97	-0.2
	3. Grant Hodges	13.05	-0.2
M60	2. Mark Macfarlane	13.98	-1.3
	5. Stephen Te Whaiti	15.28	-1.3
M65	3. John Rawcliffe	14.39	2.4
M70	1. Dennis O'Leary	13.98	0.2
	2. Trevor Watson	14.39	0.2
	7. Ian Martin	16.96	0.2
M75	2. Tony Deleiros	15.85	-1.0
M80	2. David Anstiss	17.49	-0.2
M85	1. Peter Hanson	22.09	-0.2

200m

M35	4. Gulab Singh	24.78	1.0
M40	1. Brayden Grant	23.49	-0.7
M45	1. Ian Lathwood	23.52	0.7
M50	1. Mark Lambert	23.66	-0.5
M55	2. Robert Hanna	26.8	-0.5
M60	3. Mark Macfarlane	28.81	-1.7
M65	3. John Rawcliffe	30.92	1.1
M70	1. Dennis O'Leary	29.28	-0.3
	2. Trevor Watson	29.57	-0.3
	6. Ian Martin	36.35	-0.3
M75	1. Tony Deleiros	32.33	0.6
	6. Desmond Phillips	41.87	0.6
M85	1. Peter Hanson	53.95	1.9

400m

M40	1. Brayden Grant	52.5
M50	1. Hayden Robinson	56.05
M75	5. Desmond Phillips	1:32.90

800m

M50	5. Hayden Robinson	2:15.28
M65	1. Ian Calder	2:32.38
	2. Peter Richards	2:37.39
M70	5. Rodger Ward	3:03.53
M75	3. Desmond Phillips	3:24.54
	6. Graeme Adams	3:39.32
M80	1. Alan Jones	3:46.89

1500m

M65	1. Peter Richards	5:23.90
M70	4. Rodger Ward	6:07.54
M75	5. Graeme Adams	7:45.97
M80	1. Alan Jones	8:14.74

5000m

M60	3. Barry Helem	23:18.81
M65	1. Peter Richards	19:03.40
	4. Trevor Ashe	23:12.84
M75	4. Graeme Adams	27:58.48
M80	2. Alan Jones	30:22.99

6000m X/C

M70	4. Ian Martin	42:26
M75	3. Desmond Phillips	37:36
M80	1. Alan Jones	38:10

8000m X/C

M65	1. Peter Richards	42:26
	2. Ian Calder	33:34
	6. Trevor Ashe	42:17

80m H

M75	2. Desmond Phillips	21.08
M80	1. David Anstiss	19.08

100m H

M60	2. Stephen Te Whaiti	20.11
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200m H

M80	1. David Anstiss	39.85
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300m H

M60	3. Mark Lett	55.88
M75	2. Desmond Phillips	1:09.94

2000m SC

M75	3. Graeme Adams	12:13.41
	4. Desmond Phillips	12:39.78



James Thomas competing in the shot put..



John Rawcliffe competing in the Track Pentathlon 200m.

High Jump

M45	2. Adrian Dinnissen	1.44m
M65	1. James Thomas	1.35m
M75	1. Desmond Phillips	1.17m
M80	1. David Anstiss	1.20m

Pole Vault

M60	1. Mark Lett	3.00m
M80	1. David Anstiss	2.20m

Long Jump

M45	5. Adrian Dinnissen	4.21m	-1.3
M60	2. Stephen Te Whaiti	4.35m	1.2
	3. Mark Macfarlane	4.25m	0.4
M65	2. John Rawcliffe	4.06m	0.04
M70	1. Dennis O'Leary	4.23m	-1.0
	4. Tapendra Sokhi	2.10m	0.6
M75	1. Desmond Phillips	3.13m	-1.2
M80	1. David Anstiss	3.45m	-1.0

Triple Jump

M60	1. Mark Macfarlane	8.63m	0.9
M70	1. Dennis O'Leary	8.49m	1.6
	2. Tapendra Sokhi	4.14m	
M75	1. Desmond Phillips	6.81m	
M80	1. David Anstiss	8.17m	

Shot Put

M55	1. Laini Inivale	12.48m
	2. Adrian Stockill	11.35m
	4. John McManus	9.35m
	6. Simon Kay	8.06m
M60	3. David De Villiers	9.19m
M65	1. James Thomas	11.74m
M70	4. Tapendra Sokhi	6.56m
M85	1. Peter Hanson	7.67m

Discus

M55	2. Adrian Stockill	38.84m
	9. John McManus	27.64m
	10. Simon Kay	23.56m
M60	4. David De Villiers	33.31m
M65	2. James Thomas	39.12m
	4. John Rawcliffe	33.41m
M70	3. Dennis O'Leary	25.02m
	5. Tapendra Sokhi	16.94m

Hammer

M45	1. Arno van der Westhuizen	50.93m
M55	2. Laini Inivale	33.74m
	3. Adrian Stockill	32.19m
	5. John McManus	25.55m
	6. Simon Kay	21.57m
M60	5. David De Villiers	28.83m
M65	1. James Thomas	41.11m
M70	4. Tapendra Sokhi	17.95m

Javelin

M50	7. Canon Yates	37.65m
	10. Chris Van Rensburg	28.74m
M55	4. Adrian Stockill	34.52m
	6. John McManus	28.94m
	8. Simon Kay	40.19m
M60	1. Stephen Te Whaiti	32.94m
	4. Jon Randall Farrant	36.17m
M65	1. James Thomas	30.57m
	5. John Rawcliffe	27.80m
M70	1. Warren Green	16.26m
	3. Tapendra Sokhi	

Weight

M45	1. Arno van der Westhuizen	15.29m
M55	2. Adrian Stockill	13.52m
	3. Laini Inivale	11.85m
	5. John McManus	9.89m
	6. Simon Kay	9.29m
M60	4. David De Villiers	11.44m
M65	1. James Thomas	17.46m
M70	4. Tapendra Sokhi	7.79m

Track P

M60	1. Stephen Te Whaiti	2875pts
	3. Mark Lett	2482pts
M65	2. John Rawcliffe	2913pts
M70	3. Warren Green	1753pts
M80	1. David Anstiss	1874pts

Throws P

M55	1. Adrian Stockill	2965pts
	4. John McManus	2123pts
	5. Simon Kay	1862pts
M60	4. David De Villiers	2049pts
M65	1. James Thomas	3816pts
M70	3. Tapendra Sokhi	1348pts

1500m RW

M70	2. Eric Kemsley	9:19.05
	3. Tapendra Sokhi	16:09.50

5000m RW

M70	2. Eric Kemsley	32:48.34
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10000m RW

M70	1. Eric Kemsley	1:07:25
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*Brenda Davis**James Thomas*

A special thank you to Wilma Perkins for all the effort she and her LOC, plus the Oceania Masters Council did to make this a successful championship.



Andrew Stark (NZ) receives the OMA banner from Cameron Burrows (OMA President) that will be displayed in Christchurch, January 2027.



It's all relative! To a sprinter a long run is 5km or even less, middle distance might be 10km and for a marathon or ultra runner – 20km or more.

It can be very hard, especially for new runners, to really understand that anything positive is happening when a run feels really easy. It seems logical to think the only way to get better at running fast is to, well, run fast. But dedicating time to slow running (or slow race walking) can provide a physiological benefit that improves the ability to run fast.

Let's be clear on what constitutes "slow running." Basically, it's any run in which the heart rate is between 50% and 70% of maximum heart rate. Try holding a conversation! If you're able to chat without gasping, then you're likely nailing slow running.

Long slow running (LSR) might not have the charisma of high-intensity workouts, or tempo runs, but it brings a treasure trove of benefits that can aid both physical and mental health. Think of LSR as the slow-cooked meat of the fitness world: it might take a bit longer, but the results are oh-so-worth-it. Here's why it's worth considering embracing the gentle art of the long, slow run.

If you think the heart only loves fast-paced workouts, think again. One of the primary benefits of LSR is the improvement of cardiovascular health. LSR is like sending the heart to a spa - it strengthens the heart, helping it pump blood more efficiently. Over time, it will result in a lower resting heart rate and reduced blood pressure. Consider it the Zen master's approach to cardiovascular fitness, quietly powerful and deeply effective. LSR runs are the cornerstone of endurance training. By maintaining a steady, moderate pace for an extended period, the body becomes more efficient at utilizing oxygen, which enhances aerobic capacity.

While you might not be breaking any speed records, LSR is a fat-burning powerhouse. During those long runs, the body relies on fat as its primary energy source, especially once glycogen stores are depleted - it's a fantastic way to manage weight without the rollercoaster of high-intensity workouts. LSR can lead to improved metabolic efficiency, where the body becomes better at utilizing fat as an energy source. This adaptation also has implications for overall health. Enhanced metabolic efficiency can lead to better blood sugar control, improved energy levels, and a reduced risk of metabolic diseases such as diabetes.

LSR can also help with lactate! We are all aware of the association between the onset of fatigue and elevated levels of circulating lactate i.e. the lactate threshold (more lactate produced than consumed). Slow running increases the density of your mitochondria in cells that help metabolize lactate. Boosting mitochondrial density

with LSR means an increase in the lactate threshold, so instead of hitting your threshold at, say, a six-minute kilometre pace, you may be able to push, say, a 5.30 pace. LSR also forces the body to create new capillaries, giving the oxygen a smoother and faster path to the mitochondria.

Running can be moving meditation, and LSR is the epitome of this. The steady rhythm of your feet hitting the pavement can lull you into a calm state, reducing stress and anxiety. And let's not forget the legendary runner's high—those endorphins can make you feel like you're on top of the world, or at least like you've just conquered the two blocks around your house. Moreover, the time spent running outdoors can improve mental clarity and provide a much-needed break from the hustle and bustle of daily life. And don't overlook the other mental angle of preparing for the psychological challenge of racing for a long time. It is essential to be prepared for the length of the race so time spent in LSR should at least build up to be as long as your anticipated race time.

High-intensity workouts and fast-paced running can sometimes lead to injuries due to the increased strain on muscles and joints. LSR, with its low-key intensity minimizes the risk of injury. It's like the tortoise in the tortoise and the hare story—slow and steady, yet building strong muscles, ligaments, and tendons that are less likely to get hurt. However, don't forget that funnily enough a major characteristic of a long run, is that - it is long, and it asks a lot of the muscles, tendons, and ligaments. Generally, the cardiovascular system adapts to changes more quickly than the musculoskeletal system. So, if you start LSR before the body is prepared to run long, there could be an increased risk for injury.

Incorporating LSR into your routine can also provide an active recovery option, helping to repair and strengthen the body between more intense workouts. After intense workouts or races, long slow runs help to flush out metabolic waste and reduce muscle soreness. This active recovery approach facilitates faster and more effective healing, allowing athletes to train consistently while improving performance.

Running at a slower pace means you can actually have a conversation without gasping for air, making LSR a perfect activity for socializing. Joining a running group or finding a running buddy can provide social support, motivation, and accountability. The camaraderie built during these long runs rather than a solitary grind, can assist in mental and emotional well-being. If solo, running for long distances at a slow pace provides ample time for introspection and mindfulness. It offers an opportunity to disconnect from the constant bombardment of technology. This mindful practice can lead to personal growth, better self-awareness, and a

deeper connection with the environment. The discipline and perseverance required for LSR can also translate to other areas of life, fostering resilience and a positive mindset.

While LSR might not give you the adrenaline rush of a high-intensity workout, its benefits are profound and far-reaching. From boosting cardiovascular health and

endurance, to enhancing mental well-being and preventing injuries. Long runs force the body to become more efficient. So, next time you hit the road, remember slow and steady wins the race, and in this case, it also wins you a healthier, happier life. Remember, you need to go further (and slower) in order to run faster.

North, Central American & Caribbean Masters Athletics Championships

Brayden Grant

Great to see two Kiwis, Joeline Jones (Tasman) and Vanessa Hodge (Palmerston North), representing NZMA at the recent NCCMA Championships in Mexico City. Despite injuries—Joeline returning after nine months out with a torn plantar fascia, and Vanessa running in flats to ease a calf strain—and battling the thin 2400m altitude, they showed real grit to bring home five medals.

Joeline claimed silver in the 100m, just 0.06 off the win, then powered past the same rival to take gold in the 200m.

Vanessa won both the 400m and 800m—describing the longer races as “like breathing through sandpaper”—and finished second in the 100m.

Both athletes loved the vibrant Mexican experience, from the championship atmosphere among 1,000 competitors to the colourful sights, parades, and friendly locals.



A small group of New Zealanders attended the first Oceania Masters Cup, held in Tonga. We were kept up to date with regular messengers and photos sent by Noni Callander and Alan Hunter.

Taufa Fonua (W30)		
1st	Shot Put	10.19m
1st	Discus	28.51m
Michelle Bitcheno (W50)		
5th	Shot Put	7.58m
3rd	Discus	19.30m
1st	Hammer	31.92m
5th	Javelin	13.51m
1st	Weight	10.18m
3rd	Throws Pent	2088 pts
Tina Ryan (W60)		
2nd	Shot Put	8.70m
2nd	Discus	20.03m
1st	Hammer	27.66m
4th	Javelin	15.08m
2nd	Weight	10.18m
1st	Throws Pent	2598 pts
Noni Callander (W75)		
1st	Shot Put	8.46m
1st	Discus	18.94m
2nd	Hammer	22.16m
1st	Javelin	13.14m
1st	Weight	10.73m
1st	Throws Pent	2824 pts



Michelle Bitcheno W 50 and Tina Ryan W60 fuelling up before their next throwing event.

Michelle was very pleased with her PB of 31.92m in her first event the hammer throw.

Michelle and Tina are really enjoying this visit to Tonga, as are all the NZ Masters, enjoying the relaxed friendly competition in these 'friendly Isles' so much they hope to return.

Noni in action during the shot put. Thank you for your daily reports & photos



W60+ Shot put group including New Zealanders Masters Noni Callander W 75 1st and PB. Tina Ryan W60 2nd.

Tina was second to Eleni Pelesikoti from Tonga. Eleni was part of a small group of Masters that started up in Tonga in 2000, when Noni was living and working in Tonga. The group stopped a few years later when Noni returned to NZ, but Eleni showed she still has the strength and basic techniques. How exciting for Tongan Masters to have this opportunity to compete in new and known events at home, showing their natural strength and abilities to learn quickly while winning medals for Tonga.

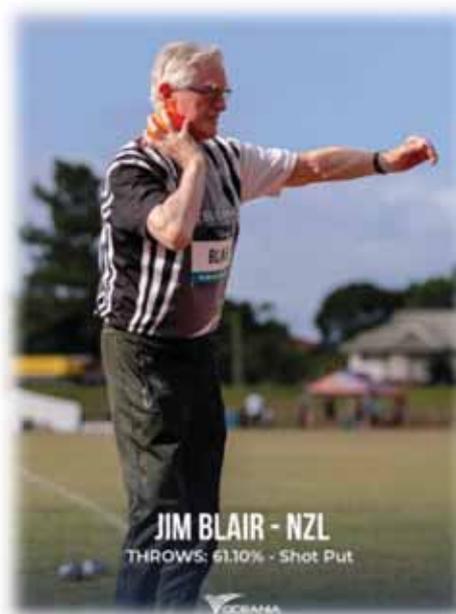


Loved the special 'Team New Zealand' t shirts worn by this support team for 3 brothers, one cousin and his wife...all from Auckland. The support crew had so much fun they are going to train up and compete too next time!!

Viliami Loti Fonua (M30)		
1st	Shot Put	12.65m
1st	Discus	38.67m
1st	Javelin	36.93
4th	Medley Relay	3:07.34
Pesile Fa'au (M55)		
2nd	60m	10.60
2nd	Shot Put	9.16m
1st	Discus	27.09m
1st	Hammer	23.73m
1st	Javelin	21.83m
1st	Weight	8.19m
1st	Throws Pent	1970 pts
4th	Medley Relay	3:07.34
Malcolm Chamberlin (M70)		
2nd	60m	11.91
2nd	100m	20.00
2nd	200m	40.46
2nd	400m	1:35.89
1st	800m	3:27.42
1st	1500m	7:08.92
1st	3000m	16:01.86
1st	5000m	25:47.00
4th	Medley Relay	3:07.34
Lester Laughton (M70)		
1st	Shot Put	7.83m
1st	Discus	29.64m
1st	Hammer	29.74m
1st	Weight	11.70m
1st	Throws Pent	2352 pts
Viliami F'Aui Siakumi (M70)		
3rd	Shot Put	7.02m
3rd	Discus	17.82
4th	Hammer	11.43m
5th	Javelin	13.72m
2nd	Weight	7.93m
4th	Throws Pent	1361
Tapendra Singh Sokhi (M70)		
3rd	60m	21.31
3rd	100m	36.61
1st	High Jump	0.8m
2nd	Long Jump	1.54m
2nd	Triple Jump	2.25m
5th	Shot Put	6.71m
4th	Discus	17.41m
2nd	Hammer	18.50m
4th	Javelin	13.75m
3rd	Weight	7.25m
2nd	Throws Pent	1445 pts
Mateni Tapueluelu (M70)		
4th	Shot Put	6.91m
5th	Discus	15.74m
3rd	Hammer	14.78m
2nd	Javelin	18.92m
4th	Weight	7.13m
3rd	Throws Pent	1418 pts



The boys' getting ready for their shot put.



Oceania Athletics awarded Masters cups for the first time, for highest age graded Masters performances in all event categories at the Oceania Masters Cup in Tonga. Jim Blair M90 to 94 was the only NZer to win a cup for his age graded performance in the shot put.

Alan Hunter (M85)		
1st	60m	23.95
1st	100m	41.03
1st	High Jump	0.6m
1st	Long Jump	1.22m
1st	Shot Put	4.25m
1st	Discus	11.49m
1st	Hammer	14.99m
1st	Javelin	10.70m
1st	Weight	5.70m
1st	Throws Pent	1308 pts
Jim Blair (M90)		
1st	Shot Put	7.95m
1st	Discus	18.99m
1st	Hammer	15.92m
1st	Javelin	16.11m
1st	Weight	10.03m
1st	Throws Pent	2188 pts

Northland*Judith Stewart*

Northland Masters have started a weekly meet each Thursday from 5.30pm, where they have a variety of events, including throws, walks, sprints plus warm-up drills. Thanks must go to Caroline and Oringa for the organisation of these events.

Plus we are still having our monthly Sunday meetings. Numbers have increased so we are hopeful that more from Northland will attend our national events.

Over the weekend Judith Bradshaw and John Kent both won their age groups in the Auckland Half Marathon. The Kerikeri Half is the next big event in Northland, so our masters will be well represented as it is always a popular event.

**Auckland***Tony Deleiros***NZMA Indoor Champs, Hastings 16-17 August 2025**

Five AMA members made the trip to Hawkes Bay for the Indoor champs held over this weekend. The most prolific Auckland athlete over the two days was M80 David Anstiss who set NZ indoor records in the 60m 10.82; 60mH 14.45; high jump 1.25m; long jump 3.53m; triple jump 8.23m and pole vault 2.00m. M35 Gulab Singh won the 50m 6.74 and set a NZ record in the 60m 7.82 and long jump 5.47m. M50 Mark Lambert set NZ records in both the 50m 6.55 and 60m 7.68. M55 James Ellis took part in his first Indoor meeting and was 2nd in the 50m 8.24; long jump 3.65m; triple jump 6.19m and shot put 6.03m. M55 Laini Inivale won his shot put with 12.03m. Unfortunately, several athletes who had entered attended Annie Goulter funeral that was held on Saturday.

Oceania Masters Athletics Champs, 5 – 10 September 2025, Brisbane.

Fifteen AMA athletes were greeted with sunshine and temperatures in the mid 25C, unlike the wind and rain in Auckland when they left.

These athletes achieved a total of 25 gold, 27 silver, and 9 bronze medals. M80 David Anstiss carried on where he left off from the Indoor Champs in August winning 7 golds and a silver and in the process set outdoor national records in the 200mH 39.85, triple jump 8.17m also set OMA championships records in the 80mH, high, long, and triple jumps, pole vault and pentathlon.

Auckland sprinters were in fine form with M45 Ian Lathwood winning gold in the 60m 7.34 (an OMA record) and 100m 11.79. In Ian's 200m race in which he won silver, both he fellow M45 Grant Hodges fell at the finish but escaped with only minor track burns. Grant won bronze in his 100m. M50 Mark Lambert was unbeatable in winning golds in the 60m 7.65; 100m 11.84; and 200m 23.66. Ian, Mark, and Gulab Singh also won silvers in both relays. M75 Tony Deleiros won a set of medals with gold in 200m 33.22, silver in 100m 15.85, bronze in 60m 9.80.

W35 Cherie McAllister had strong competition in her events and set PB's in the 200m and 400m. W45 Penny Kee won silver medals in the 200m 28.08 and 400m 62.59. W60 Jill Hayman silvers in her 60m 9.23, 100m 15.13, and 200m 31.47, and two more silvers in both relays. W60 Karen Hulena claimed silvers in her high jump and the mixed relay, along with bronze medals in the Pentathlon and 4x100m. W80 Chris Waring gold in her 60m, 100m 18.65, (OMA record) and DM relay, and silver medals in her 200m 40.36, 400m 1:40.27, and 4x100m relay.

Auckland throwers were a force to be reckoned with as M45 Arno van der Westhuizen won gold and set OMA records for the hammer 50.93m and weight throws 15.29m. M55 Laini Inivale won his shot put 12.48m, silver in hammer 33.74m, and bronze in the weight throw 11.85m. M65 James Thomas made it a worthwhile trip winning his hammer 41.11m, javelin 36.17m, shot put 11.74m, weight throw 17.46 m (OMA record), weight pentathlon 3816 pts, plus silver in his discus 39.12m and as a way of a change of events gold in the high jump 1.35m, to total 6 golds and a silver. W75 Anne Deleiros In her first Oceania Champas as a thrower won four unexpected silvers in the hammer 22.51m, weight 9.48m, shot put 7.45m and weight pentathlon 2393 pts.

Auckland Masters wish to thank Australian Masters Athletics, officials and volunteers for bringing back the Oceania Champs as a "Master's Only" meeting, and we are sure that with over 600 entries it showed a welcome return and athletes will now be looking forward to New

Zealand hosting the next Championships in 2027 in Christchurch.

Hawkes Bay/Gisborne

NZMA Indoor Championships

After months of planning the NZ Masters Indoor Track and Field Champs commenced at 11.30 am Saturday 16 August 2025. Held over two days and attracting 54 athletes, the competition soon showed that most of the competitors hadn't been sitting by the fire over the early winter months. The 54 athlete split was 33 male and 21 female.

Most age groups had representation from 9 different centres as well as from Australia, Samoa, and Sri Lanka Veterans. Three Para athletes also competed, including from Australia.

For a number of competitors it was their first experience at running on an indoor track and many were pleasantly surprised at how much quicker their times were.

Daryl Ellis, an Australian visitor returned home with a number of indoor track records for his State. He had targeted this meeting because there are no indoor Nationals held in Australia.

Tim D'Albrera also from Australia – a T/F20 Para impressed with his enthusiasm and give it a go attitude. Tim competed in most of the events.

Another Para athlete, Lisa Adams (sister of Dame Valerie Adams) was also impressive in her discipline of shot put, throwing a creditable 13.20m in the W30-34 age group. Not too distant behind was Holly Robinson who putted 12.80 m.

The shot put was one of the most popular events attracting 17 male and 17 female competitors and the novelty of putting onto rubber pads spread over the wooden floor appealed to many.

Numerous records were broken during the meet and for those that achieved this distinction it was just reward for the hard work put in preparing for this competition.

Writing of hard work, all the success of this meeting could not have been achieved without the work that went into the organisation of the meet by a small but enthusiastic local committee and we acknowledge with grateful thanks the extra effort that Murray Anderson and family put into making the meet the success it was.

Our chairman Denis O'Leary, apart from being full on with organising still managed to take several titles over a number of disciplines while brother Mike paused long enough from his officiating duties to secure medals in shot put, LJ, TJ, and 60m sprint.

Other locals who medaled were:

Sarah Pearce W30 1st 50m and 60m;

Deborah Edwards - who had a particularly busy meet -

W35 1st 50m, 2nd 60m, and 1st in 50m & 60m hurdles, pole vault and shot put;

Tony Kuklinski M50 3rd 50m, 1st pole vault;

Chris Sole M75 1st 50m & 60m, 2nd shot put;

Martin Bryant M75 2nd 50 & 60m, 1st shot put

David Sexton M50 1st high jump & shot put

Maurice Callaghan M80 1st 50m.

The organizing committee were so buoyed by the response and success of the meet that we are looking to holding another in 2026.

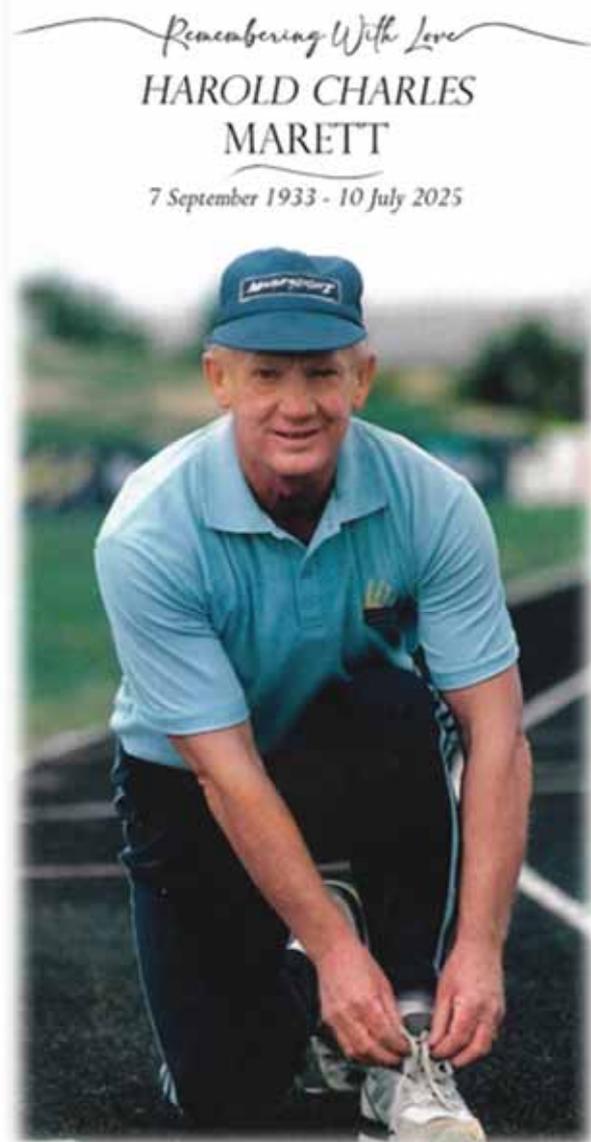
Obituary

It is with sincere sadness we record the passing of our Founding and Life Member Harry Marett.

Harry was a champion sprinter and at one time broke the world record for 50m, only to have it quashed when the official survey found the track to be 3 inches short!

Harry was a compatriot of another great masters sprinter Bruce McPhail, whose name appears in many of the masters age group records. Both Harry and Bruce were selected as All Blacks although Harry never took the field as replacements were not allowed in teams of the 50s.

Harry



continued his love for sprinting and was a founding member of HB/Gisborne Veterans Assn. He was awarded Life Membership of our association in 2016.

An able administrator and known for his ability to achieve at a very high standard, Harry was paramount in ensuring the 1998 Oceania Veterans Champs held at Nelson Park, Hastings were a success. Harry was in charge of merchandising and the profits generated as a result of his efforts have kept our Centre in good stead for many years.

He will be sorely missed.

Waikato Bay of Plenty

Murray Clarkson

At our Centre AGM in August, we had the pleasure of bestowing the honour of Life Membership on Marion Clarke. This was well earned and unanimously supported. Congratulations Marion. A copy of the citation is included below.

Our Centre had a very successful past year and early membership is encouraging. This has been prompted by those keen to participate in the Oceania Masters Championships.

A considerable amount of time and thought has been needed to re-register with the Charities Commission. This is important for us to seek and be accepted for funding applications. New membership recording and member records are a key factor in having this accepted. We await acceptance having had to have two meetings, one to agree to re-registering and a SGM to pass the document for applying. No matter how many times it is read through there is always a minor adjustment.

Planning for the North Islands Champs is now our number 1 priority and entry data is now available. We are gearing up to provide a memorable event.

Early season start commences with Oceania Throws Pentathlon followed by our "Have-a-Go" recruitment days. We look and work towards another successful Masters season.

The Nationals from an Official's viewpoint was run smoothly. A point for Centres to be wary of is the ageing of the photo finish hardware. This is often over-looked and equipment borrowed for major events, delaying upgrading where necessary.

I extend a big "thank-you" to all our WBOP members for supporting this event. We had 38 registered which was only 9 behind Auckland and topped the list for number of events entered. I have not looked at results but these will be equally impressive. Our new members did us proud and also those who sported our distinctive uniform. We look forward to seeing these new members improving and reaching their personal goals in masters athletics in the seasons to follow.

Since our last report, we have had three events all well

supported by our members. A contingent from Pakuranga in Auckland are very interested in attending our events as there is no longer any masters only events in their Centre. They are impressed with the standard of the events.

We will be continuing our winter cross country event this year which was unable to be held last year due to lockdown.

Life Membership Citation - Marion Clarke

Marion Clarke has been a stalwart of athletics in the Waikato-Bay of Plenty region for many years, fulfilling roles with Frankton Athletic & Harrier Club and Waikato Bay of Plenty Masters.

Her involvement started in the mid 1980s when encouraged to join in while supporting her son at athletics days. It did not take long before she and her late husband, Bruce caught the bug and became both competitors and committee members. They assisted in the development of Frankton Club, holding office of President and Secretary. Marion is currently secretary.

Their involvement in master's athletics was centred in the early stages around the annual NZ Masters Games, having rarely missed a North Island event. They also attended other events around the country gaining medals and the occasional PB's through the age groups. Marion continued to compete after the untimely passing of Bruce and also continued on the WBP Masters Committee.

A reliable member, she was always available both as an official and helper; opening up, supervising equipment, timing for events, and, most importantly, being the last to leave ensuring that everything was tidy and secure. Thank you, Marion.

The committee is very appreciative of your knowledge and advice and willingness to assist.

Marion, as a member of both groups, represented them at Athletics NZ meetings and handled the many administrative problems encountered from time to time. We are extremely grateful for the support given to WBOP Masters and it is with pleasure we present Marion Clarke with Life Membership of Waikato Bay of Plenty Masters Inc.

Wellington

John Palmer

2024 Athletics Wellington Awards Recipients

Presented at Kensington Lounge - Petone Club, 47 Udy St, Petone. Wednesday 16 April 2025

Master's winners:

Jacqui Wilson: Masters Women's Athlete of the Year, Women's Walker of the Year, Masters Women's Walker of the Year.

Peter Stevens: Masters Men's Athlete of the Year,

Masters Men's Middle & Long-distance Athlete of the Year.

Gary Rawson: Masters Men's Sprinter of the Year, Masters Men's Jumper of the Year.

Kirsten Kilmister: Masters Women's Sprinter of the Year.

Heather Walker: Masters Women's Middle & Long-distance Athlete of the Year.

Theresa Bartlett: Masters Women's Jumper of the Year, Masters Women's Thrower of the Year.

Shaka Sola: Masters Men's Thrower of the Year.

Clive McGovern: Men's Race Walker of the Year, Masters Men's Walker of the Year.

Paul Hewitson: Masters Men's Out of Stadia Athlete of the Year.

Katie Jenkins: Masters Women's Out of Stadia Athlete of the Year.

Scottish Club W35+ Road Relay Team: Hinano Andrews, Amanda Broughton, Floor Kaars Sijpesteijn, Emily Solsberg, Nicola Hankinson, Mel Brandon, Anna Hooper.

Chocolate Walk

On Saturday 10th May the Chocolate Walk was held at MacKays Crossing, Paekakariki.

The Chocolate Walk is a 1km out and back course for a total of 6km, where walkers estimate their time and walk without a watch.

The first male and female walkers, along with the first male and female closest to their estimated time, receive a large Whittakers chocolate bar. This year 24 walkers started and the first male across the line was Clive McGovern (Trentham Harriers) 40:49 and the first female was Helen Willis (Scottish) 41:04. Closest to their estimated times were Ray Marten (Scottish) by 2 seconds and Maryanne Palmer (Scottish) by 29 seconds.

Top three placings:

Female:

1	Helen Willis	Scottish	41:04
2	Jackie Wilson	Trentham	41:27
3	Terri Grimmett	Scottish	45:18

Male:

1	Clive McGovern	Trentham	40:49
2	Mike Lane	Olympic	41:16
3	Jon Roskvist	Trentham	42:5

Masters Classic Club Relay

Sunday 18 May at Trentham Memorial Park

This event was CANCELLED owing to the terrible weather that Wellington and the Hutt Valley experienced that weekend.

The committee decided that as the running calendar was pretty full with upcoming events and it was going to be difficult to slot our event into the calendar and to try and find a free Sunday to book Trentham Park again that this

event wouldn't take place in 2025.

Dorne Cup

The 100th running of the Dorne Cup was held on Saturday 7 June at Trentham Memorial Park, Upper Hutt. The weather this year was cold, wet and windy. The "mature" masters did 6km, consisting of a 2km loop followed by a 4km loop (crossing the stream only once). The "younger" masters did 8km, consisting of 2 x 4km loops (crossing the stream twice).

Wellington Masters Results:

6km Results:

W35

Mel Brandon	Scottish	25:29
Catriona Thurston	Olympic	26:22
Harnie Jo	HVH	27:47

W50

Katie Jenkins	Olympic	25:33
Bridget Douglas	WHAC	28:07
Michelle Van Looy	Olympic	30:04

W60

2 Victoria Humphries	WHAC	29:55
3 Marian Goodwin	HVH	31:15

W65

1 Betty Harp	Scottish	31:39
3 Sheryne Coverdale	Olympic	36:15

W70

Loretta Desourdy	Scottish	42:09
Christine Jones	Scottish	45:05

M60

Paul Hewitson	WHAC	24:57
Dave Kettles	Scottish	25:11
Peter Stevens	Scottish	25:46

M65

Todd Krieble	WHAC	27:45
Graeme Moss	Olympic	29:07
Tony Price	Masterton	29:47

M70

Keith Chapman	Olympic	29:34
Lloyd Miller	Masterton	32:38
Peter Corbett	WHAC	35:13.

8km Results:

M35

Edd Charlton-Weedy	Trentham	28:45
John O'Driscoll	WHAC	29:00

M50

Graeme Morrison	WHAC	31:50
Simon Keller	Scottish	32:10
Seth Campbell	WHAC	32:17.

Wellington Half Marathon Championships 2025

These championships were held in conjunction with the Gazley marathon, half marathon and 10km held on Sunday 29 June in Wellington. The weather conditions, after an early morning shower, turned out to be ideal for this year's event.

Results:**W35**

Rachel Watson	Trentham	1.40.51
Sarah Tobin	Trentham	1.43.29
Emily Solsburg	Scottish	1.49.16

W50

Betty Harp	Scottish	1.37.25
Michelle Van Looy	Olympic	1.43.00
Vicky Humphries	WHAC	1.43.52

M35

Ryan Woolley	Scottish	1.10.47
Edd Charlton-Weedy	Trentham	1.13.23
Anthony Jackson	Trentham	1.13.33

M50

Graeme Morrison	WHAC	1.19.13
Seth Campbell	WHAC	1.19.42
Willie Gunn	WHAC	1.23.27.

Wellington Cross Country Champs 2025

Harcourt Park, Upper Hutt, Sunday July 20th

First three place getters in each grade were as follows:

4km Masters Women**W50**

1	Katie Jenkins	Olympic	15:27
2	Bridget Douglas	WHAC	17:21
3	Michelle Van Looy	Olympic	18:19

W60

1	Victoria Humphries	WHAC	18:35
2	Marian Goodwin	HVH	18:37
3	Tanya Lavington	Scottish	19:53

W65

1	Betty Harp	Scottish	19:45
2	Sheryne Coverdale	Olympic	22:13
3	Frances Spite	Masterton	22:41

W70

1	Loretta Desourdy	Scottish	26:29.
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4km Masters Men**M60**

1	Peter Stevens	Scottish	15:26
2	Paul Hewitson	WHAC	15:42
3	Dave Kettles	Scottish	16:04

M65

1	Todd Krieble	WHAC	16:44
2	Graeme Moss	Olympic	18:03
3	Tony Price	Masterton	18:22

M70

1	Lloyd Millar	Masterton	19:58
2	Peter Corbett	WHAC	21:28
3	Tony Dawbin	WHAC	21:31

8km Masters Women**W35**

1	Mel Brandon	Scottish	32:09
2	Catriona Thurston	Olympic	34:02
3	Bex Hutchinson	Scottish	35:52

8km Masters Men**M35**

1	Daniel Clendon	WHAC	28:14
2	John O'Driscoll	WHAC	28:26
3	Nick Horspool	Scottish	28:36

M50

1	Simon Keller	Scottish	30:07
2	Graeme Morrison	WHAC	30:48
3	Whana Gordon	Masterton	30:51

Masters Johnsonville 8km Road Race

On Sunday 27 July the Masters Johnsonville 8km Road Race and 6.4km Race Walk was held in overcast conditions with a light to moderate northerly wind. This year 16 runners and 11 walkers took part down slightly on last year's numbers.

Fastest female walker over the hilly four-lap course was Terri Grimmatt (Scottish) and Clive McGovern (Trentham) was the fastest male.

Fastest female runner over the five-lap course was Lara Zoeller (Scottish) and Paul Evans (Olympic) was the fastest male.

The Jim Lockhart and Mariette Hewitson Baton was won by Darren Gordon (pictured below) for being closest to the M50 age grade record.



The club team for the runners was won by Olympic and Trentham won the club team for the walkers.

1st Placings in the 6.4km Walk:**Female:**

W60-64	Helen Willis	Scottish	46:34
W65-69	Terri Grimmatt	Scottish	45:24
W70-74	Maryanne Palmer	Scottish	49:58
W75-79	Jackie Wilson	Trentham	46:09
W80-84	Daphne Jones	Scottish	62:17

Male:

M60-64	Rob McCrudden	Olympic	49:27
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M65-69	Bruce Stewart	Trentham	50:46
M75-79	Clive McGovern	Trentham	44:37

8km Road Race:

Female:

W40-44	Lara Zoeller	Scottish	37:24
W45-49	Kath Littler	Scottish	43:59
W50-54	Michelle Van Looy	Olympic	38:22
W65-69	Betty Harp	Scottish	37:47

Male:

M45-49	Paul Evans	Olympic	31:35
M50-54	Darren Gordon	Olympic	31:50
M55-59	Andy Rawlins	Olympic	43:12
M60-64	Stephen Mair	Trentham	35:53

NZ Cross Country Champs 2025

Saturday August 2nd at Hagley Park, Christchurch

Wellington Masters competing:

Women 6000m W35+

7	Katie Jenkins	24:17.85
12	Ayesha Shafi	25:22.97
17	Bridget Douglas	26:37.70
25	Vickie Humphries	28:16.26
28	Jan Sheppard	28:38.77

Men 6000m M65+

3	Todd Krieble	25:48.26
10	Tony Price	28:16.99
18	John Skinnon	33:58.71

Men 8000m M35-64

28	Graeme Morrison	30:45.76
32	Simon Keller	31:11.16
33	Seth Campbell	31:19.35
37	Paul Hewitson	31:43.78
42	Todd Stevens	32:14.08
43	Butch Borlase	32:16.79
47	Peter Stevens	33:12.97
48	Dave Kettles	33:19.01
53	Willie Gunn	34:49.11.

NZ Masters Indoor Track & Field Champs

16-17 August 16, Hawkes Bay Regional Sports Park

A small number of Wellington Masters ventured to Hastings for these indoor championships.

Results:

W50-54 Shot Put

1	Bronwen Sola	6.41m
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M85-89 50m

1	Peter Hanson	11.32
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M50-54 60m

2	Emerson Willard	8.19
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M85-89 60m

1	Peter Hanson	13.68
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M85-89 Shot Put

1	Peter Hanson	7.73m.
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Moonshine Relay

The inaugural Moonshine Relay took place on Saturday 16th August at Trentham Memorial Park, Upper Hutt with more than 350 athletes taking part over the various grades. The relay consisted of four person teams with each member running a 3.5km lap.

For the 21 walkers, they took part in a Turkey Trot walking one lap of the 3.5km course. The walkers estimated their predicted finish time and walked without a watch. Maryanne Palmer and Ray Marten were the closest male and female walkers closest to their estimated times. It should be noted that at the Chocolate Walk held in May this year that both Maryanne and Ray were closest to their estimated times at that event also.

Wellington 5km Championships

Saturday 23 August, Wainuiomata Recreation Area

Wellington Masters first three placegetters:

W35

1	Mel Brandon	Scottish	18:30
2	Catriona Thurston	Olympic	19:19
3	Bex Hutchinson.	Scottish	19:20

W50

	Katie Jenkins	Olympic	19:20
2	Bridget Douglas	WHAC	20:30
3	Lindsay Barwick	Scottish	20:33

W60

1	Marian Goodwin	HVH	22:39
2	Anne Hare	Scottish	23:38
3	Chris Wilson	Masterton	27:47

W65

1	Betty Harp	Scottish	23:09
2	Sheryne Coverdale	Olympic	26:42
3	Frances Spite	Masterton	28:05

W70

1	Christine Jones	Scottish	29:32
2	Loretta Desourdy	Scottish	30:41

M35

1	Anthony Jackson	Trentham	15:59
2	Chester Holt-Quick	Scottish	16:00
3	Daniel Clendon	WHAC	16:14

M50

1	Paul Barwick	Scottish	16:09
2	Graeme Morrison	WHAC	16:55
3	Simon Keller	Scottish	16:59

M60

1	Paul Hewitson	WHAC	17:41
2	Dave Kettles	Scottish	18:22
3	Peter Stevens	Scottish	18:33

M65

1	Todd Krieble	WHAC	19:44
2	Tony Price	Masterton	21:22
3	Phil Sadgrove	Scottish	21:40

M70

1	Max O'Kane	Olympic	24:55
2	Geoff Smith	WHAC	25:23
3	Lloyd Millar	Masterton	25:26

Recognition

Two Wellington Octogenarians have been recognised for their valued contribution to athletics. Geoff Henry was honoured at the Wellington Regional Sports Awards for his lifetime contribution to athletics in Wellington and New Zealand. He has been involved with the regional body and WHAC fBir over 40 years. Geoff holds New Zealand long service and merit awards and has been elected to life membership of WHAC club and Athletics Wellington. He was awarded an MNZM in 2015 for services to sport.

Roger Robinson was honoured by Athletics NZ as a Life Member for his considerable contribution to athletics in many aspects. As a Master's athlete he achieved titles and records in NZ and overseas. Moving up in age groups, he won more titles and records including in the 80+ grade.

In 1982 he commenced writing in the NZ Runner magazine and in 1986 published his first running book. Since then he has published eight books and his latest Running Throughout Time was published in 2022.

Obituaries

It is with sadness that we note the passing of John Heap who passed away on Sunday 18 May 2025 at Riverleigh, Lower Hutt, aged 83.

John was born in Manchester, England where he did his schooling and printing apprenticeship there. He emigrated to New Zealand in the early 1970s and worked as a printer for The Dominion and Evening Post until he was made redundant in 2004.

John joined Kapiti Harriers and ran with them for many years until he joined Wellington Scottish when he moved to Wellington. At age 58 he was the Wellington Scottish Masters Men 50+ Club Champion for the year 2000.

In 2001 he did the City of Wellington (Evans Bay) half marathon in 1.28.39 for 1st in the M55 grade. He gained many top three placings in several age groups over the years and also competed in Wellington Masters events.

He was a keen and active member of the Wellington Masters Cycling Club. A bad crash in a race in the Wairarapa put him in Masterton Hospital for a time with cracked ribs, punctured lung and other injuries. He also took up golf and played for Hutt.

In 2016 he had a stroke that paralyzed him down his left side such that he was unable to get himself in or out of bed. He had been in a rest home since then.

It is also noted that Karen Stockill passed away peacefully on Thursday 24 July 2025. Karen was a new member to Wellington Masters and competed in the race walk at the Wellington Championships held earlier this year. She was the wife of Adrian Stockill a well-known Wellington Masters thrower.

Tasman

Derek Shaw

Barry Dewar - Making the most of a new age group

Having graduated into a new 5-year age group, Barry is taking the opportunity to contest the M75 age group in various NZ Championship events. In the NZ Half Marathon Champs in Wellington on 29 June he was comfortably first in 1:54.55, over 30 minutes ahead of his rival. At the NZ Cross Country Champs in Christchurch on 2 August he was against first M75, over 4.5 minutes ahead of second. In the NZ 10k Road Champs in Cambridge on 30 August he again won the M75 gold in a time of 49:28.

Two other Tasman stalwarts also enjoyed medal success in the NZ Half Marathon Champs with W55 Tracey Sims claiming silver with 2:06.53 and W60 Lyn Smith taking the bronze in a time of 2:19.52.

NZ Cross Country Champs – 2 August 2025

Barry Dewar wasn't the only Tasman-based master to win their age group, Jo Van Rensberg claimed the gold in her W45 age group after a close tussle with Otago's Mel Aitken which saw her finish the 6000m in 25:10, just 2s ahead of Mel. M70 Graham Lear continued his rivalry with Otago's Phil Napper with Phil taking the M70 gold, 21s ahead of Graeme and reversing the order when they last contested the NZ X/C champs in Phil's patch on Dunedin's Chisholm Park. Dave Dunbar was a creditable 6th in the very competitive M45 grade in 30:08 over the 8000m. Tim Cross was 9th in the 6000m M65 grade in 28:44 and Mike Morrissey was 5th in the M70s in 30:04. The 3-person M65+ Tasman team of Lear, Cross and Dewar was 4th with 33pts, just 2 points behind the 3rd place Wellington team.

NZ Road Relay Champs – 4 October 2025

Athletics Nelson 70+ runners were keen to try and make it three wins in succession in the O70 grade at the 2025 NZ Road Relay Champs being hosted by Feilding Moa. However, it proved challenging to find four fit and available runners to make up a team. Less than 3 weeks out a decision was made to risk including a runner who was recovering from a leg injury as the fourth member. Travel and accommodation were booked and the team entered. However, a week out the leg injury reappeared but in the other leg!

In any event, the team decided to still go and risk having to substitute the injured runner and incurring a 7-minute penalty, which over a total distance of just over 14km (4 laps of the same 4.3km loop) felt like a rather disproportionate penalty. The injured runner rested during the week and tried warming up ahead of the start but was very doubtful he would get far on his third lap so the last lap runner was on standby to take over and had to do that after about 400m.

At that point, it felt we were destined to finish in fourth

place out of the four O70 teams when the penalty was applied. The last lap runner was used to running ultra distance events and his nearly two laps of just over 8km was for him a short race and a challenge he relished. With a strong run, Graeme Lear managed to hold second place behind long-time rivals University of Auckland after the 7-minute penalty was factored in, to the astonishment of his teammates Derek Shaw, Barry Dewar and Ian Morrison, who were very happy to settle for unexpected silver medals. The celebratory beers tasted particularly sweet!

Oceania Masters Champs – 6-10 September 2025

Four Tasman masters ventured over to Brisbane for these champs. W45 Jo Van Rensburg comfortably won both her 1500m in 5:10.35 and 2000m steeplechase in 8:19.25. Her partner M50 Chris Van Rensburg, in his first athletics competition and with limited preparation, was a creditable 10th in the javelin with 28.74m in the largest javelin field. W35 Laura Smidt performed well in both her 800m to claim the silver medal in 2:30.18 and the bronze in her 1500m with a time of 5:18.41.

John Rawcliff, the current NZ M65 track pentathlon record holder, also tested himself against others in Oceania. In his individual events, he claimed silver in the M65 long jump with 4.06m and bronzes in the 100m with 14.39 and 200m with 30.92. He was also 4th in his discus with 33.41m and 5th in the javelin with 30.57m. In the M65 track pentathlon he claimed the silver with his total of 2913pts and improved his NZ Record set in February 2024 by 182pts. In the discus, he threw it the furthest with 34.22m and was second in the 200m with a faster time of 29.48 than in his individual 200m.

Race walker Nyle Sunderland, formerly a Nelson resident and now living on the Gold Coast, registered again as a kiwi and wore her NZ uniform, had a clean sweep in her W55 grade with golds in all three race walks events with very sharp times that ranked her as the 3rd fastest female walker in all three distances – 1500m 9:13.59; 5000m 32:08.66; and 10000m 1:06:52.00.

SI Masters T&F Champs – 23-25 January 2026

Tasman Masters are gearing up for the hosting of the South Island Masters T&F Champs at Nelson's Saxton Field Athletics Oval. NI and SI masters are warmly invited to take part – great preparation for the NZMA T&F Champs in New Plymouth 13-15 March 2026. Further information will be on the NZMA website, including the schedule of events and entry details.

Otago *Christine Montgomery & Noni Callander*

While I have been very absent in the running scene it's great to see so many others pounding the trails and paths of Dunedin and going to Chris Sole's and other training groups.

Lovelocks Relays

Well done to all the teams that competed. The Lovelocks certainly are a special event. Thank you to all the volunteers that make these events possible.

It's the first race in the winter season and the event is such a beautiful start to the winter season and all clubs set the tone for participation, effort, whanau, compassion, support and going beyond our comfort zones.

Leith Harrier & Athletic Club Centenary Celebrations

These were held over 25 & 26 October 2025 and on Saturday a run / walk was followed by afternoon tea and lots of memories shared. Sunday included the 76th Leith Harbour Free, with a record of 121 participants, followed by a barbeque and refreshments and speeches.



Chris Sole and his daughter Claudia

Edmond Cup was scheduled for Saturday 28 June 2025 but was cancelled due to very bad weather conditions.

The Barnes Cross Country was run this year in June 2025 at Kettle Park and the best asset to the Otago running community won - Chris Sole. It has been 23 years since Chris Sole first called Otago home, but yesterday was the first time the Leith Harriers president could call himself the Barnes Cross Country Champion. The 67-year-old took the lead from club-mate Jocelyn Springthorpe after the halfway mark of the prestigious 5km handicap race and never looked back.

Chris dedicates significant time to volunteering and growing the running movement in Dunedin. "Showing up to these events - it's about continuing to challenge yourself. It's really about continuing to strive to be better — showing up to an extra training each week and enjoying running. Running with others 'raises you up' by fostering increased motivation and accountability, provides social and emotional benefits, creating a sense of community, offering mutual support, and reducing stress and feelings of isolation".

Leith Cross Country

I found a bit of history on this iconic run. From humble beginnings in 1982 in the depths of the Lawrence back

blocks at the Waitahuna Ashton family farm, the Leith Cross Country Relays were born - a 4-person team running a 2km leg each.

For a time the club organised event was even sponsored by Adidas and named the Adidas Cross Country Relays. After 4 years at Waitahuna the event venue was moved to the new Ashton family farm in Taieri Mouth. The Ashton family being a long serving Leith family over the decades where their legacy continues today in Leith members Margaret Knox and Janice Ashton. In 1993 the event moved to a new venue at the Wesleydale Methodist Camp in Berwick. Where the course and facilities received great feedback. A short, near vertical and incredibly muddy climb on the course separated the field where luck of foot placement could make or break you! After 13 years of the "Wesleydales", in 2006 the relays moved to today's location at the Wakari Pony Club.

Unfortunately, when the church sold the Wesleydale property, the new owners weren't too fond of a bunch of mad runners running in the mud around their grounds. The term "Ponydales" was coined by Leith runner Jan Craig, obviously a play on the former Wesleydales name. Today, the course itself is known as "The Ponydales" with Leith Cross Country Relays being the race title. In 2018 the Ponydales Challenge was incorporated into the event where entrants run as many laps as they can from the start of the first race until the last runner finishes. See Leith Harriers website for the 2025 results.

Margaret Knox

This woman is amazing, no matter what running race is being run in the Otago region you can bet Margaret will be there on the sideline organising and cheering everyone on. She can run events in her sleep and is currently on the Otago Cross-Country committee.



Otago Cross Country Champs - Chisholm Golf Course – 13 July 2025

While I ran the community run this year, I was amazed

by the children that I ran alongside. They always inspire me with their smiles and their ability to run fast to the finish – a skill I am lacking.

I stayed and watched the runners run in the Otago Champs races- It was great to see runners of all abilities and ages- giving 100%.

I also ran recently in one of the Leith Harbour Free and Cool but calm conditions greeted us on this Sunday morning. The turnout was amazing there were 106 runners and walkers and again the children stood out for me as they share with their parents the love of running. I hope they continue to do so.

3 Peaks Event

Named after the three peaks of Flagstaff/ Te Whanaupaki (668m), Swampy/ Whāwhāraupō (739m) and Mt Cargill/ Kapuketaumahaka (676m). The 56km 3 Peaks Plus 1 adds one of the high points of the Silverpeaks, Pulpit Rock (760m), and even more amazing terrain and trail. The 65km event is also the NZ short course trail running championships.

Congratulations to Lydia Patillio who is the new Director for 3 Peaks. She has taken over from Steve Tripp who has done an amazing job growing the iconic race. Lydia is instrumental in encouraging women of all abilities to run. Another great asset to Otago Athletics.



Port Road Race

The annual Port Chalmers to Dunedin Road Race was held on Saturday 30 August 2025. It was won by 20-year old Vincent Walters who took to middle-distance running two years ago, balancing it with a love of football.

Winners of each master's division were:

- W35 Elodie Kip
- W40 Tess Molloy

W50 Siobhan McKinlay
 W55 Evelyn Armstrong
 W65 Dalise Sanderson
 M35 James Cheung
 M40 Hamish Dobson
 M50 Simon Leaning
 M55 Nick Heng
 M60 Wayne Porteous
 M65 Andrew McCraig

Congratulations & thanks to all the competitors for taking part, and a special thank you to all the marshals, officials and helpers for keeping people safe - Margaret, Rob, Greg, Laurie, Belinda, Chris, Brent, Geoff, Steve, Phil & Gene.

Big Easy Hill Run Time Trial

Held on Saturday 16 August 2025 and organised by Athletics Otago as a fun event for those who love challenging their hill climbing abilities. It is a handicap event using the Signal Hill trail. The race starts at the Signal Hill Reserve Carpark (behind Logan Park High School) on Butts Rd, and finishes at the Signal Hill lookout – a distance of approx 6km. The weather definitely came to the party with an almost cloudless sky and cool temperatures too. Thanks to the organisers, timekeepers, marshals, the athletes themselves and all others who helped make this an awesome event.

Full results are now available >> [Trail Results 2025](#)

Kids Cross Country Series

Ariki Athletic & Harrier Club again hosted a free cross-country series this year which was open to all runners under 10 years of age, whether club-registered or part of the community! It was held in three locations –

Sunday 13 July – Chisholm Links (Start of Otago Cross Country Champs) - 10am Start

Sunday 27 August – Rotary Park – 10am Start

Sunday 10 September – Chingford Park – 10am

Lots of kids smiling. Great to see.

10 Year NZMA Service Awards

We were pleased to present **Tony Tan** and **Paula Cotter** with their 10 Year Service Awards from NZMA at our Otago Masters 2025 AGM. Tony has been a very successful track athlete within Otago, New Zealand and Asia promoting Masters athletics through his friendly and cheerful participation. Paula also participates, mainly in the throwing events. She is a wonderful asset to Otago Masters communications, producing our Facebook and website pages.

Annual Masters Athletics Awards for 2024-25

During the May Athletics Otago Awards Evening the following Masters received our major awards.

Winter

Aggregate Male Athlete ... Andrew Lonie
 Aggregate Female Athlete ... Georgie Pakeho
 Otago Marathon ... Craig Iversen
 Winter Male Athlete of the Year ... Oli O'Sullivan
 Winter Female Athlete of the Year ... Mel Aitken

Summer

Female Sprinter of the Year ... Liz Mitchell
 Male Sprinter of the Year ... Tony Tan
 Field Events ... Paul Davies
 Female Masters Athlete ... Noni Callander
 Male Masters Athlete ... Jim Blair.
 Otago Masters Athlete of the Year ... Jim Blair
 Jim had a very successful year, winning many Championships events and breaking many records. Most of these were his own records - not an easy task as the years go by. In his M90 age group Jim set new Otago records in the 60m and weight throw, a new South Island Championship javelin record, a new NZ Indoor shot put record, new NZ records in the 60m and weight throw plus new Oceania records in the hammer, javelin, and weight throw. Well done Jim! Keep going for that new age group next year!!

NZMA Indoor Championships

Six Otago athletes travelled up to Hastings to compete in the NZMA Indoor Championships held 17-18 August. This was the first Indoor experience for most. They all really enjoyed the trip and competing in a much smaller, friendly environment. Those who stayed in the accommodation block, which is part of the larger sporting complex right across the path, finding it very handy and comfortable, and with further opportunities to eat and socialize with other visiting athletes.

Thank you, Hawkes Bay masters for all your work organising and officiating during the meet. It is a lot of work but we do appreciate how your programme gives us two chances to compete over the two days for most events. Well done everyone!



For the shot putters this was a very special occasion as we got to compete with two Olympians, Lisa Adams and Holly Robinson (see photo on previous page). We were so impressed with their power, techniques and performances. Both are over 30 so were pleased to have this opportunity to compete in NZ before heading off to their upcoming World Championships in India. We were very pleased to be with them on their journey. As I write this Lisa has just won gold in her category and Holly has won silver. Well done to both of you!

Holly set a new W30 NZ record in Hastings (competing as an open, not a Para athlete) with her put of 12.18m, nearly 3m further than the previous record. Holly won bronze at the last Paralympics with 11.88, so was pleased with this distance.

Noni Callander was also pleased to set a new W75 NZ record of 8.47 in the shot put - even though that was way shorter than where Holly and Lisa were getting out to.

W65 Alison Newall, at her first Indoor meet, won four golds, in the long jump (her best effort of 3.14 was just 3cm off the NZ record) 50m, 60m and shot put. W70 Noeline Burden won a silver in the 50m, then had to withdraw from her favoured jump events. M45 Gareth Noble travelled up from his vineyard in Gibbstown to win silvers in his 50 and 60m sprints. Jim Blair, who really enjoys all Indoor meets, won the M90 shot.

Oceania Masters Championships

Three Otago competitors travelled across to the 2025 Oceania Champs held in Brisbane in September. They provided an opportunity to face strong competition as there were over 700 competitors, mainly from Australia.

W30 Holly Robinson competed as F34 Para athlete. This was the first time Para events were included in the Oceania Masters competition. I believe it was the first time in the world to include Para athletes in masters competitions. Holly won her shot put with a much improved distance of 12.84m, a PB that got Holly and her coach Raylene Bates very excited.

W65 Alison Newall was super busy winning 9 medals in a range of events. Alison won silvers in the 1500m Track Walk, setting a NZ record of 10.05.07, in the 300m hurdles setting an Otago record of 1.18.71, also in the long jump 3.04m and triple jump 6.66m, in the weight pentathlon with 2381 points, and as part of the NZ relay team.

Bronze medals were won in the weight throw 9.89m, the hammer 22.43m and the 60m (10.72).

Alison also came 4th in the shot put and 5th in the javelin, 100 and 200m. My word Alison! How did you find the energy to compete so well in so many events.

W70 Noeline Burden came 4th in her shot put and 6th in the 60m, then enjoyed helping as an official.

Otago 5k Road Championships

The Otago 5k Road Champs were held on 27 September 2025. Club runners of all ages ran on an out and back course towards Vauxhall, finding a strong NE wind difficult at times. The total field of 45 runners, included 18 Masters men and 9 Masters women. Well done everyone!



M35 Oli O'Sullivan (above) was the first Masters athlete home and second overall. M50 Craig Iversen was third overall. W45 Mel Aitken (below) was the first Masters woman and the fifth woman overall.



Age group winners were:

M35	Oli O'Sullivan	16:23
M40	Phil Petersen	17:01
M45	Chris Bisley	18:05
M50	Craig Iversen	16:42
M55	Nick Heng	26:13
M60	Gordon Wong	21:38
M65	Andrew McCaig	21:51
M70	Marc Boulle	23:44
M75	Tony Dawbin	25:17
W35	Emma Sutherland	22:42
W40	Taryn McLean	19:27
W45	Mel Aitken	18:53
W50	Georgy Pakeho	21:31
W55	Sue Cuthbert	23:19
W60	Gail Sharp	25:55
W65	Dalise Sanderson	28:21

Holly Robinson

A silver for Holly in her F34 shot put at the World Para Championships in New Delhi on 1 October.

Congratulations Holly and Coach Raylene Bates.

Five of Holly's puts were out over 12.50m and her best effort was 12.86 showing further exiting improvement since her Masters events in Hastings and Brisbane. Well done!

Have a Go Session



5 October 2025 was a chilly wet southern day, but 18 keen prospective Masters of all ages fronted up in the driving rain to see if they could still sprint, run, throw and jump. And they could! Too wet and cold for the jumping, but committee members were impressed with the talent displayed and the improvement all made with practice. Fingers got cold as the shot out was dug out from the mud! Faces were cold but happy, and nearly all want to return for a further practice evenings. Many thanks to Noeline for again advertising and organizing these "Have a Go" sessions and to Fiona and committee members for helping guide and encourage Masters aged folks to 'have a go' at athletics after many years away from our sport.

Southland

Barry Smith

Apart from the Harriers Events the Tracks and Field Athletics is still in its Winter hibernation in Southland, well, almost. Last Year Bruce Thompson and I decided we were going to attend the NZ Masters Indoor Track and Field Championships in Hastings only to have our running and jumping legs kicked out from under us as Air New Zealand cancelled the 6:30 am flight out of Invercargill about 7:00pm the night before.

The Indoor Track and Field Champs, for me, has been a bucket list item for a few years now and as the body ages and deteriorates in a very short time I felt I would probably miss out in competing. So this year, as my swan song to competing, I again signed up to attend. This time it was a Road Trip, couldn't trust AirNZ, so I thought we'd try the Interislander.... Although their reliability hasn't exactly been that good either. Easy decision, cross the Straight on the Monday before the event started, surely we'd get across by the Friday.

Monday's crossing was only delayed by 2 hours (due to weather events) and I safely made it to Hastings. They offered a range of events, Pole Vault, Shot Put, High Jump, Long Jump, Triple Jump 50M and 60M. Having settled on 4 events, the Long and Triple Jump and the 50 & 60M I was very happy to be there and very happy to be able to compete; although I was fairly wobbly for a few days afterwards. The arena has 6 lanes marked out. 4 for running, one for separating the running track from the Long Jump pit (isn't used for anything) and the last one is the run up for the pit.

The track, one wall end to the other wall appears to be just under 70M. Take out of that a couple of meters for lining up to start and there is not much space to slow down at the other end. This has been solved in a unique way, the Pole Vault pads are lined up against the wall at the finish line, so, as you cross that finish line you have about 1 second to either shoulder charge for the impact or to rotate your body 180 degrees, bounce off the pads and travel 2 or 3 meters back up the track. It was effective and a soft landing.

Well, how did I go? In all events I managed to fight my way through the field into last place and maintain that till the finish. Do I care I came last? Heck no, I had a great time with the major success being that I was able to compete and end the day's events without any major injury issues (always a bonus).

With age related issues catching up with the body this was certainly the last event I will be competing in, unless circumstances change. My focus in Athletics going forward will be as a Jumps Official and I am very much looking forward to being in Nelson in January for the Colgate Games and catching up with my contemporaries at the NZ Masters South Island Championships.

Southland Harriers

Ian Denise

Masters runners have taken part in the Southland Harriers winter season. They help organise most events and make up the majority of the committee.

Both Evan McIntosh (M80) and Debbie Telfer (W65) won their age group at the NZ Cross Country Champs in Christchurch on 2 August 2025.

The Southland Masters Men Team were 3rd in the 4 person Centre competition in the M35-49 Category at the NZ XC Champs. Members of the bronze medal team were: Dwight Grieve (M45), Ryan Carr (M35), Barry Douglas and Scott Underhay. Other members were Bryce McVicar and Jason Russell.

Dwight Grieve is heading to the world mountain running champs in Spain.

At the Athletics Southland Awards, Southland Masters President Lester Laughton was awarded the trophy for Southland Masters Athlete of the Year.

2025 Southland Masters

Lester Laughton

The small but very busy group has continued to perform well this last year, attending SI Masters in Christchurch, NZ Masters Games (Athletics) in Wanganui, Oceania Masters Champs in Suva, NZMA T&F Champs in Auckland, the NZMA Indoor Champs in Hawke Bay, and most recently the Oceania Masters Athletics Champs in Brisbane, where Warren Green has won the M70 javelin. Well done Warren!



Also recently was the restarted, Oceania Postal Throws Pentathlon ran by Otago Masters. Previously ran from Australia and Christchurch numbers dropped and the event was shelved.

Last year it was suggested by Fiona from Dunedin that she would be available to coordinate results if folks emailed them in results to her. It was very popular pre-season event with many entries from NZ and Australia. Well done Fiona.

This year it is being held again and there will be a TP in Dunedin on 11th October. Athletics Southland has kindly offered to have a Throws Pentathlon at Surrey Park on 8th Nov this year. Hopefully this will attract the interest of younger athletes also.



Southland Masters Athletes (SMA) received several trophies at the Southland Athletics Awards night last year.

Warren Green, Gail Kirkman, Lester Laughton (above)

SMA is negotiating to become a Sub Committee of Athletics Southland (AS). We are really too short on numbers to become a separate Incorporated Society.

We are working closely with AS trying to get "older" folks interested in competing as Masters. We see a lot of parents bringing their children to athletics each week, and would like to see many have a try on the track and/or try a field event.

There are obviously a very good number of young athletes in Southland who perform creditably at national level. As has always happened these folks move away in their late teens for further education, mainly, and are often lost to Athletics Southland, and athletics totally.

Myself, I stopped athletics in November 1969, when I finished high school. At around age 50, I got interested when hearing about the NZ Masters Games in Dunedin.

From time to time I meet these "past" achievers and always encourage them to come back to athletics as a master. Recently I caught up with an ex-Gore field athlete, and I'm hoping he might show up at Surrey Park this year.

It is unfortunate that local newspapers do not seem to feature too many articles on Athletics in general, which might encourage more competitors. Outstanding performances only, seem to get a mention.

Coming Events		
2025		
29 November - 1 December	North Island Masters Track & Field Championships	Tauranga
5 December	The Spectacle - Trail events and road races	Nelson
2026		
10 January	New Zealand Masters 10000m Track Championships	Timaru
24 January	New Zealand 1 Mile Championships	Whanganui
23-25 January	South Island Masters Track & Field Championships	Nelson
5 - 8 March	Athletics New Zealand 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

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

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.

MORE INFORMATION
Further information will be available closer to the championships
Please visit the event website at www.canberra2026.com.au for the latest updates

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