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NZMA BOARD MEMBERS

Andrew Stark (President)

email: aws@xtra.co.nz

Brayden Grant

Christine McCahill (Treasurer)

Dale McMillan

Liz Mitchell

Hayden Robinson

Derek Shaw

Thank you to all the contributors to the magazine.

Derek Shaw — Editor
Andrew Stark — Formatting

Cover photos: New Zealand Masters Track & Field Championships - Photos | Courtesy of Michael Thomas

More photos from the NZMA Championships can be found on Michael's website

<https://www.mtsportsphoto.com.au/>

Introduction

Looking back at last year's President's report, it's clear that many of the same challenges persist. There aren't enough people willing to do what's necessary to keep our sport thriving within the Centres. Many members have participated for several years, yet succession planning remains difficult unless others are prepared to step in, bring relevant skills, or show eagerness to learn.

The Board has consistently prioritised ensuring meaningful competitions for masters. We strive to uphold good governance, and I am confident that we succeed most of the time.

What did the NZMA organisation accomplish over the past financial year?

Successful Event Delivery:

During the past year we have successfully held our four main Championship Track & Field Championship Meetings.

- North Island Track & Field Championships – Whangarei
- South Island Track & Field Championships - Christchurch
- NZMA Track & Field Championships – Auckland (280 entries)
- NZMA Indoor Track & Field Championships – Hastings

Mark Harris has improved event management by introducing AthleticNET for entries and AthleticLIVE for live results, investing in technology that upgrades each meeting. AthleticNET is now used by 10 of 11 Centres across New Zealand and NZMA also uses it to manage entries and prepare events for the LOC. Our championship programme is adapted based on venue configuration and growing numbers of throwers, ensuring all events fit within available time. Athletics NZ promotes all our Championships, and we're pleased to see more officials attending, some traveling long distances. Thanks to all LOCs, partners, and friends for their valuable contributions.

New Constitution:

Following a thorough process that included comparing the previous constitution with an Athletics New Zealand Centres template and consulting the Incorporated Societies website, we

developed the new NZMA Constitution. Members were invited to review the draft and suggest changes during an online Team meeting. The revised constitution was then approved at a special general meeting held in October 2025 and has now been uploaded to the Incorporated Societies website.

MOU between Athletics New Zealand (ANZ) and New Zealand Masters Athletics:

Since I became President of Athletics NZ, I have continued discussing the MOU with Cam Mitchell (Athletics NZ CEO). At present, Athletics NZ is undergoing a comprehensive revision of their Constitution and Regulations, which will take considerable time. This is not the appropriate moment to transfer responsibility for our events to Athletics NZ, as Mark Harris and I possess the necessary skills to organise these events ourselves.

Athletics NZ, NZMA & Centre Member Registers:

Under the new constitution, all non-club NZMA members must register with NZMA via GameDay starting 1 September 2026. This is to comply with the Incorporated Societies' requirement for a membership register. Athletics NZ recently noted that athlete data collection processes may need adjustment; once we have more details, we'll update our method accordingly.

Oceania Masters Athletics (OMA) update:

The OMA Championships in Brisbane had 730 entries. The next OMA event will be in Christchurch in January 2027, with a draft programme on the booklet's back cover. The 2029 OMA event is planned for the islands.

NZMA Athlete of Year Awards:

I would like to express my sincere gratitude to **Ian & Heather Carter**, and **Dale McMillan** for dedicating significant time and effort toward selecting this year's finalists. Their commitment in compiling the relevant information is greatly appreciated.

Last year, we hosted an informal afternoon gathering at Mt Smart Stadium and celebrated the Awards in the Sir John Walker Lounge. This year, we will be holding a similar event in Inglewood.

Fourth Veteran World Games Trust:

The Trust has existed since 1983 and primarily

supports Master's Centres across New Zealand, especially by funding equipment purchases. It provides donations to the SI, NI, and NZMA host Centres, and NZMA can also apply for operational costs, such as help with printing Vetline. Some Trust positions are filled based on roles within NZMA (like the President and Treasurer) and Canterbury Masters (President), while other Trustees are elected for specific terms.

Recently, the Trust decided to increase its donations to Centres hosting championship meetings: \$2,000 each for the Indoor, South Island, and North Island meetings, and \$4,000 for hosting the NZMA Championships.

Currently, the Trustees include two NZMA Life Members, **Rob McGregor** and **Stewart Foster**, as well as **Andrew Stark** (President of NZMA & CMA) and **Hayden Robinson** (NZMA Treasurer). It appears that Rob, and possibly Stewart, will be stepping down soon.

To keep access to Trust assets efficient, the Trust should develop a stronger succession plan by regularly adding new members. If you're interested in being part of this process, please let me know.

NZMA Board Going Future:

The NZMA Board no longer operates independently as it may have done two to three decades ago. To successfully manage the four events under our jurisdiction, we rely on collaboration with multiple groups, including Athletics NZ, local Athletics NZ Centres, Masters Centres, and our members. Further opportunities for cooperation will be explored moving forward.

Currently, all Board meetings are conducted via Teams, resulting in a greater frequency of meetings compared to previous face-to-face gatherings. Meeting minutes are published on our website once they have been uploaded.

The Board members for this year are listed below:

Derek Shaw consistently provides guidance and ensures tasks are completed within designated timeframes. He is responsible for pursuing and editing material for Vetline, contributing reports, and overseeing the constitutional changes we have enacted.

Brayden Grant and **Hayden Robinson** joined the NZMA Board in December 2022. Brayden maintains records and manages the majority of Facebook communications. Hayden supports the treasurer's

functions, participates in the 4thWVGT, updates the website, and is able to assist with Facebook postings as needed.

Dale McMillan became a Board member in February 2024. In collaboration with Ian Carter, she has worked on compiling the shortlist for Athlete of the Year, a significant undertaking for all involved.

Liz Mitchell joined the Board last year, assuming the role of Secretary. It is anticipated that she will take on additional responsibilities moving forward.

Board members balance multiple obligations; upon reviewing our achievements over recent years, I believe we have done okay.

Anna Lynch, an accountant who is not formally on the Board, continues to support the finalisation and formatting of annual accounts. Her contribution is greatly appreciated.

All year, I've spoken regularly with **Stewart Foster** (former NZMA Secretary / Treasurer), who keeps me informed about current events. Occasionally, I seek his 'fatherly' advice when challenges arise, and he serves on the OMA Council as well.

Meanwhile, **Joan Merrilees** is part of the OAA Masters Commission, but I receive very little feedback from that group.

The way forward for NZMA:

Our main challenge is attracting volunteers for the Master's Centres, Athletics NZ Centre committees, or the NZMA Board. The MoU specifies two ways masters athletes can join NZMA, but more club-based members should consider committee roles to support the sport. Many only participate when competing; otherwise, they stay away. If I had done the same, I would have left ten years ago, as that was my last period of active competition.

Areas for improvement:

Greater Involvement from Athletics NZ: As discussed earlier, the NZMA Board faces obstacles with some members lacking time and others serving too long. Eventually, new volunteers will be needed. If not, we may need Athletics NZ to oversee summer events, similar to their role with Colgate Games, where they create MOUs and share surpluses. Currently, Mark Harris and I handle event preparation, with Mark introducing AthleticNET/ AthleticLIVE and enhancing events through technology.

NZMA, NI & SI Championship Roster & Timing:

The 2026-2027 roster is in place:

- NZMA Indoor Championships – Venue TBC
- NI Championships – Venue TBC (possibly Hamilton)
- SI Championships – Invercargill (27th – 29th November 2026)
- Combined OMA & NZMA Championships – Christchurch (27th – 31st January 2027)

NZMA's Role: Our main responsibility has been coordinating masters track & field championships in New Zealand and liaising with OMA and WMA as required. World Masters requires each country to have a national masters body, which will remain unchanged. Board members handle significant behind-the-scenes work that can go unnoticed. Going forward, the future Board members will decide whether to continue independently or increase Athletics NZ's involvement.

New Board Members: Serving on the Board goes beyond having enthusiasm for Masters athletics. Effective succession planning requires the Board to identify and seek out necessary skills. Right now, we are looking for someone with accounting expertise, familiarity with Xero software, and secretarial experience. If you fit these criteria, please contact me. Although nominations for this year have closed, the Board can co-opt members as needed.

The future of the Local Masters' Centre: Last year, I raised the question—should Masters' Centres operate as committees connected to their local Athletics NZ Centre or perhaps merge with the ANZ Centre's Track & Field Committee? Some Centres have already made this change. What are your thoughts on this idea?

Vetline: Derek Shaw and I have been organizing this publication. There are no set dates for each issue, which may be frustrating to some. We release each edition throughout the year based on our championship schedule. Thank you to all contributors. If anyone is interested in taking over this role, please let us know; compensation will be provided.

This list may not cover everything. If you have any suggestions for us to consider, please email me (Andrew Stark – aws@xtra.co.nz)

To all Master's Centre Committee members who, like myself, have served for many years, your

commitment has greatly benefited the sport. The work happening behind the scenes is truly valued, certainly by me. While we may not always get things perfect, we do our best with the skills at our disposal.

Thank you in advance for your engagement at our championship events and this AGM.

Update since NZMA AGM:

I am currently working on the combined OMA / NZMA Track & Field Championships planned for January 2027.

So far we have ...

- Schedule of events per day. Please note that based on the number of participants in the non-stadia events in Brisbane, those events have been replaced with a 3000m track event.
- Accommodation Special pricing arranged with BreakFree on Cashel. A landing page arranged
- OMA clothing items for sale have been identified. Currently working through options and prices.
- Both the OMA and the NZMA website will be updated over time.
- Entries do not open until 1st September 2026.

IMPORTANT NOTE:

- ***Given this event is the official OMA Track & Field Championships, ALL COMPETITORS MUST wear the OFFICIAL NZMA Uniform.***

These can be purchased via the online shop on the NZMA website.

[NZMA Online Uniform Sales](#)



Athlete of the Year Awards - 2025

During the past year, Heather & Ian Carter and Dale McMillan have compiled a list of over 1000 eligible performances done by just over 600 athletes (373 Men & 228 Women). The following list of finalists was arrived at and the winners are denoted in **red**. Congratulations to all the finalists and winners.

WOMEN

Sprints

Chris Waring

Jill Hayman

Liz Mitchell

Louise Martin

Phillipa Green

Sheryl Gower

Middle Distance

Jo van Rensburg

Karen Murphy

Loris Reed

Sally Gibbs

Vanessa Hodge

Long Distance

Debbie Telfer

Karyn McCready

Laura Nagel

Lisa Cross

Mel Aitken

Sally Gibbs

Ultra Distance

Betty Harp

Helen Waterworth

Jo Speary

Lisa Cross

Jumps

Hee Sun Kim

Helena Dinnissen

Ivana Erceg Floerchinger

Mariah Rinui

Phillipa Green

Vianca Lagerwall

Throws

Barbara Austin

Bev Savage

Brenda Davis

Christine McCahill

Noni Callander

Tania Lutton



Combined Events

Annette Hermans

Annette Parlane

Barbara Austin

Brenda Davis

Christine McCahill

Noni Callander

Walks (W & M Combined)

Daphne Jones

Jackie Wilson

Marlene White

Serena Coombes

Clive McGovern

David Smyth

Eric Kemsley

MEN

Sprints

Brayden Grant
David Anstiss
David Blackford
Hayden Robinson
Ian Lathwood
Laurie Malcolmson
Mark Lambert
Remy Le Brun
Tony Tan
Wayne Holroyd

Middle Distance

Alan Houghton
Craig Oliver
Ian Calder
James Conwell
Matt Parsonage
Peter Richards
Wim Luijpers

Long Distance

Eric Speakman
James Conwell
Mariano Piagentini
Matt Parsonage
Nick Moore
Paul Hewitson
Peter Richards

Ultra Distance

Keith Burrows
Mike Robinson
Nick Moore
Peter Moorfield
Robin Miller
Troy Harold



Jumps

David Anstiss
David Blackford
Dennis O'Leary
Ho Young Do
Johnny Eketone
Mark Lett
Stephen Burden

Throws

Arno van der Westhuisen
James Thomas
Kieran Fowler
Laini Inivale
Ron Johnson
Siaosi Gavet

Combined Events

Adrian Stockill
Arno van der Westhuisen
Brian Senior
David Anstiss
James Thomas
Stephen Te Whaiti

**Well done to all
the winners!**

2026 WMAC DAEGU

WORLD MASTERS ATHLETICS CHAMPIONSHIPS DAEGU 2026

August 22, 2026 - September 3, 2026 (13 days)

Daegu Stadium, Auxiliary Stadium

Gyeongsan Civic Stadium, Suseong Family Park, etc.

Click on the link for more information

<https://www.wmac2026.com/eng/>

We're all at risk — and your couch might be the culprit. If your daily routine includes an office job, zoom meetings, a bus/train/car to work, and falling asleep halfway through your latest binge session, chances are you're clocking more couch time than your cat. Modern life has made it dangerously easy to do everything - work, eat, shop and socialize, without leaving the soft embrace of your favourite sofa.

A typical day for many people being driving to work, sitting in an office, driving home and watching TV. But here's the kicker: the longer we sit, the more our muscles zone out, leaving us with what professionals (and online gym junkies) now call the dreaded **Netflix Bum**.

Technically known as *gluteal amnesia* - (your butt has suffered a minor memory lapse) - Netflix bum is what happens when the glutes basically go on strike. After hours of lounging, these key muscles forget how to do their job, leaving nearby muscles scrambling to pick up the slack. After hours of sitting, reclining and slouching, the glutes can essentially switch off, failing to activate and work as needed, forcing the hip flexors, hamstrings and lower back to step in and carry weight and tension they are not usually equipped to handle.

The result? Stiffness, numbness, lower back pain, tight hammies, and a once-perky derrière that now squeezes awkwardly into jeans. And most seriously you may not be activating the most crucial running muscles. Your bum's not broken - but it's definitely waving a white flag.

So, how did we get here? Sure, age and genetics have a part to play (thanks, Mum and Dad), but the real villain is our sedentary lifestyles and screen addiction that have given rise to this "cheeky" epidemic. Between remote work, internet surfing, and streaming services practically begging us to "next episode," our glutes have turned into couch potatoes.

And don't forget in recent years there has been growing publication of information that tells us that sitting for too long even negates the positive effect of training. The glutes control movement at the hip and knee and help us stand, sit, run and stop us from tipping left or right and they are the most important locomotive muscles for running.

If you want to improve your speed and

performance as well as reduce knee pain when squatting or climbing stairs, want to be able to lift and carry things with less back pain - improving your ability to use the glutes will have the biggest impact. If the butt is weak the other muscles pay the price - especially the hamstrings.

Unfortunately, modern living often results in lazy glutes. In our busy lifestyles we worry about what our brains remember but we rarely stop to think about our "muscle memory". If you suffer from knee, lower back, shoulder, hamstring or groin injuries, you could be suffering from gluteal amnesia.

One way to tell if you are suffering from gluteal amnesia is a feeling of tightness in your hamstrings after you do glute dominant exercises such as deadlifts and step-ups. If your glutes are too weak, the hamstrings and other muscles will begin to pick up the slack. This will put greater strain on areas like your knees, groin, or lower back. Stretching is often advocated for these symptoms, but tight muscles don't always mean there is a flexibility issue - it could indicate a glute activation problem. Ask yourself where you get sore when you do squats? If it's primarily the glutes you're on track. If it's mainly in the quads you have a problem.

Posture is a key factor in gluteal activation. Anterior pelvic tilt i.e. the pelvis tilting forward and the stomach protruding, also stretches your glutes into a relaxed state again decreasing the ability to properly activate them. Increasing pelvic stability by re-training your muscles will pull the pelvis back into a neutral position so that your gluteal muscles can be activated efficiently. Tight hip flexors are also characteristic of anterior pelvic tilt.

How do you evaluate your ability to activate your glutes? You must activate your glutes in isolation! Lie face down on your stomach with your legs straight. Have someone either observe or actually place one hand on your hamstring and the other hand on your glute. Lift your leg up and see which muscle tenses up first. If your hamstrings fire first your glutes might be MIA. Teach the body how to fire the glutes by actively squeezing your abs as you extend your hip.

If you are feeling the stress in your back, hamstrings or quads instead of your butt, you are likely reinforcing the imbalances you hope to correct. So, what can be done to convince your glutes they're

still relevant. The best way to ensure your glutes remain free from the perils of Netflix bum is to increase your daily exercise and movement. If your job requires you to sit at a desk for 8 hours a day, try to break up your screen time with stretches, a lunchtime stroll around the block, and make sure you keep up with your regular workouts throughout the week.

Looking for a workout to target the glutes and surrounding muscles? These exercises will get your glutes back into fighting shape, building stability and lower body strength to counteract a sedentary lifestyle.

1. **Clamshells** – 3 sets of 10 reps per side
2. **Hip Thrusts** – 3 sets of 16 reps (ignore the looks at the gym)
3. **Squats** – 3 sets of 12–14 reps (classic for a reason)
4. **Deadlifts** – 3 sets of 12 reps
5. **Lateral Lunge** – 3 sets of 12 reps per side

If you must watch another episode of Game Of Thrones, at least do it with a side of squats. Trust me, your future self (and your jeans) will thank you. Time to make your Gluteus more Maximus! Maybe we will never look like Jennifer Lopez or David Beckham, but we still need to get the most out of our rear end so that we can be better runners.



Obituary - Don Willoughby

Murray McKinnon

Former Athletics Northland and Waikato Bay of Plenty athlete, coach, administrator and manager Don Willoughby passed away on Friday 13 March 2026 in Cambridge after a short illness, aged 86.

He was a top runner at Takapuna Grammar School winning school titles and excelling at inter secondary schools championships.

His claim to fame is that he is the last known athlete to defeat Sir Peter Snell in a race in New Zealand which was at the inter secondary schools' cross country race in 1957. Don won the race and Peter was second – about 50 metres behind.

He taught geography at Kamo high School and was involved in coaching middle and long distance runners in the area. He coached Peter O'Donoghue and David Burridge who both went on to represent New Zealand.

Don continued teaching geography at St Peter's School Cambridge and was heavily involved with the Hamilton City Hawks Club where he continued coaching, including Aaron Pulford and the

Robertson twins Jake and Zane. His highlight at the club was Hamilton Hawks winning the Top Club award at the New Zealand Road Relay Championships in 2009 and 2010. He was a regular official at meetings at Porritt Stadium.

He was team manager of the New Zealand cross country team to the World Cross Country Championships in Warsaw, Poland in 1987 and the New Zealand team at the Championships at Ellerslie Racecourse in Auckland in 1988.

He was President of Athletics New Zealand 2003/04, one of the first to receive an Athletics New Zealand Long Service Award in 1990, and also received a Merit Award in 2007.

Outside of athletics he was a life member and ex chair of the Cambridge Tree Trust and in 2018 he received a Kiwibank Local Hero Award for his positive contributions made in Cambridge. His citation read that he was a quiet achiever with a generous nature who gave his time and effort back to his local community by helping young people and the environment.

DIXON, Mr Rodney Phillip Mathew (Rod)

For services to athletics

Mr Rod Dixon has represented New Zealand in athletics and long distance running internationally and has promoted physical activity, health, and wellness for young people.

Mr Dixon represented New Zealand from 1971 to 1996, and is a four time Olympian, showcasing versatility and endurance across middle- and long-distance events.

He achieved a bronze medal in the 1,500 metres at the 1972 Olympic Games, followed by fourth-place finishes in the 5,000 metres at the 1976 Olympics, and the 1974 Commonwealth Games.

He achieved a bronze medal at the 1973 and 1982 IAAF World Cross Country Championships and a landmark victory at the 1983 New York City Marathon (photo below). He remains the only athlete in history to have medaled in the Olympic 1,500 metres and won the New York Marathon.

He founded KidsMARATHON Foundation in 1990, an educational running and nutrition programme that has been implemented in schools nationally and internationally, impacting more than 1.5 million students worldwide.

He was inducted into the New Zealand Sports Hall of Fame in 1996 and the United States RRCA Distance Running Hall of Fame.

From 1988 to 2000 Mr Dixon was a UNICEF Goodwill Ambassador, promoting child rights and welfare on a global scale, and since 2005 has been Patron and inclusion Ambassador for Special Olympics, Leukemia Team in Training and Achilles New Zealand.



MOLLER, Ms Lorraine Mary, MBE

For services to athletics

Ms Lorraine Moller competed internationally from 1973 to 1996 as a track, cross-country and marathon runner while advocating for women’s equity and professionalism in sport.

Ms Moller was the world’s top women’s master road racer in 1995 and 1996 and, at 41, the oldest woman to compete in the 1996 Olympic marathon, uniquely completing all 20th-century Olympic marathons.

Over her career, she won 16 international marathons including the Boston Marathon, an Olympic bronze medal, and Commonwealth Games silver and two bronzes. She holds an eight-marathon maiden win streak and remains undefeated as a masters runner. She still holds the New Zealand 50km record (1981) and the U20 800m record (1974).

From 1997 to 2005, she founded and coached the Wings of Mercury running team in Colorado. She was Vice-President of the Japan-based Hearts of Gold Foundation, which founded the 1996 Angkor Wat Half Marathon, fundraising for prosthetics for land-mine victims. She spearheaded a programme reinstating physical education in Cambodian schools post-Pol Pot.

In 1997, she established GoldQuest, a mental and social skills conference for New Zealand Olympic athletes.

She co-founded the Lydiard Foundation in 2008, which promotes fitness through Arthur Lydiard’s running methods, serving as President since 2012 and creating coaching certification courses preserving the method globally.

Ms Moller has collaborated with KidsMARATHON Foundation to enhance children’s fitness.

HONOURS

Member of the Order of the British Empire, New Year 1993

North Island Masters Track & Field Championships - Tauranga 2025

These championships took place in Tauranga on 28 - 30 November 2025, hosted by the Waikato Bay of Plenty Masters.

Women				
60m W35				
1	38	Sarah Hockley	9.49 (-3.2)	WBP
60m W40				
1	41	Helen Fletcher	9.25 (-3.2)	AKL
60m W45				
1	46	Audrey Poaneki	9.64 (-3.2)	WBP
60m W50				
1	52	Tui Bray	10.18 (-3.0)	TAR
2	50	Trudy Derbyshire	10.93 (-3.0)	NTH
60m W55				
1	57	Phillipa Green	9.11 (-3.0)	AKL
60m W65				
1	65	Nikki Matheson	11.94 (-3.0)	WBP
60m W70				
1	74	Joy Baker	11.00 (-1.7)	TAR
2	73	Suzanne Gee	12.48 (-1.7)	AKL
60m W75				
1	78	Sheryl Gower	10.77 (-1.7)	WBP
2	75	Beryl McMillan	12.15 (-1.7)	MWA
3	75	Nancy Bowmar	16.83 (-1.7)	NTH
60m W80				
1	82	Chris Waring	10.84 (-1.7)	AKL
2	84	Iris Hansen	20.14 (-1.7)	WBP
100m W40				
1	41	Helen Fletcher	14.80 (-2.4)	AKL
100m W45				
1	46	Audrey Poaneki	15.40 (-2.4)	WBP
100m W50				
1	52	Tui Bray	16.74 (-0.2)	TAR
100m W55				
1	57	Phillipa Green	14.54 (-0.2)	AKL
100m W65				
1	65	Nikki Matheson	19.42 (-0.2)	WBP
100m W70				
1	74	Joy Baker	18.62 (-0.2)	TAR
2	73	Suzanne Gee	21.81 (-0.2)	AKL
100m W75				
1	78	Sheryl Gower	17.78 (-2.1)	WBP
2	75	Beryl McMillan	20.59 (-2.1)	MWA
100m W80				
1	82	Chris Waring	17.90 (-2.1)	AKL
2	84	Iris Hansen	37.78 (-2.1)	WBP
200m W40				
1	41	Helen Fletcher	30.50 (2.0)	AKL
200m W50				
1	52	Tui Bray	34.58 (2.0)	TAR
200m W55				
1	57	Phillipa Green	29.50 (2.0)	AKL
200m W65				
1	69	Christine Adamson	34.40 (2.0)	AKL
2	65	Nikki Matheson	41.20 (2.0)	WBP
200m W70				
1	74	Joy Baker	38.13 (2.1)	TAR
200m W75				
1	75	Beryl McMillan	47.84 (2.1)	MWA

200m W80				
1	82	Chris Waring	37.90 (2.1)	AKL
Ex	81	Marge Allison	38.31 (2.1)	Aust
400m W35				
Ex	39	Dasun Ganhewa	1:06.82	SriLanka
1	38	Andrea Neal	1:13.42	WBP
2	38	Rach Wright	1:36.08	WBP
400m W50				
1	52	Tui Bray	1:22.13	TAR
400m W60				
1	61	Karen Hulena	1:30.24	AKL
400m W65				
1	69	Christine Adamson	1:25.11	AKL
400m W70				
1	74	Joy Baker	1:36.08	TAR
400m W80				
1	81	Marge Allison	1:30.66	Aust
2	82	Chris Waring	1:46.41	AKL
800m W35				
1	38	Jenny Gater	2:19.27	WBP
Ex	39	Dasun Ganhewa	2:29.81	SriLanka
2	38	Andrea Neal	2:50.14	WBP
3	38	Rach Wright	4:01.21	WBP
800m W50				
1	50	Vicki Rees-Jones	2:44.75	WBP
2	53	Brenda Poutawera	3:03.07	WBP
3	52	Tui Bray	3:15.20	TAR
4	54	Jan Sisley	3:37.37	AKL
800m W55				
1	57	Karyn McCready	3:17.14	WBP
800m W60				
Ex	61	Karen Hulena	3:34.82	AKL
800m W65				
1	69	Christine Adamson	3:26.89	AKL
800m W70				
1	74	Joy Baker	3:54.05	TAR
1500m W35				
1	38	Jenny Gater	4:49.47	WBP
2	38	Andrea Neal	5:54.75	WBP
3	38	Rach Wright	8:26.68	WBP
1500m W45				
Ex	47	Jo van Rensburg Catherine	5:30.46	TAS
1	48	McCarten	6:51.88	TAR
1500m W50				
1	50	Vicki Rees-Jones	5:36.91	WBP
2	53	Brenda Poutawera	6:06.25	WBP
3	52	Tui Bray	6:46.58	TAR
4	54	Jan Sisley	7:10.67	AKL
1500m W55				
1	57	Karyn McCready	6:27.07	WBP
1500m W65				
1	69	Christine Adamson	6:50.04	AKL
1500m W70				
1	74	Joy Baker	7:37.58	TAR
1500m Walk W45				
1	46	Vicky Jones	11:47.86	TAR
1500m Walk W50				
1	51	Rachel Gilbert	8:31.57	TAR
1500m Walk W60				
1	60	Serena Coombes	8:51.74	TAR
2	63	Helen Willis	10:19.24	WLG

1500m Walk W75				
1	77	Marlene White	11:37.31	TAR
1500m Walk W80				
1	84	Daphne Jones	12:22.70	WLG
3000m W35				
1	38	Andrea Neal	12:30.35	WBP
3000m W40				
1	40	Nanine Fouche	12:40.55	WBP
3000m W50				
1	53	Brenda Poutawera	13:05.90	WBP
3000m W55				
1	57	Karyn McCready	13:40.83	WBP
3000m W60				
1	60	Karen Murphy	12:52.40	NTH
3000m Walk W45				
1	48	Catherine McCarten	18:41.07	TAR
2	46	Vicky Jones	24:38.41	TAR
3000m Walk W50				
1	51	Rachel Gilberd	17:57.83	TAR
3000m Walk W60				
1	60	Serena Coombes	18:48.73	TAR
2	63	Helen Willis	21:12.82	WLG
3000m Walk W75				
1	77	Marlene White	23:46.25	TAR
3000m Walk W80				
1	84	Daphne Jones	25:04.22	WLG
5000m W55				
1	57	Karyn McCready	23:35.40	WBP
5000m Walk W45				
1	48	atherine McCarten	32:19.18	TAR
2	46	Vicky Jones	42:01.87	TAR
5000m Walk W50				
1	51	Rachel Gilberd	30:38.76	TAR
5000m Walk W60				
1	60	Serena Coombes	32:18.33	TAR
2	63	Helen Willis	36:50.70	WLG
5000m Walk W75				
1	77	Marlene White	41:20.73	TAR
5000m Walk W80				
1	84	Daphne Jones	42:39.25	WLG
10,000m W40				
1	40	Nanine Fouche	46:43.68	WBP
300m Hurdles W55				
	59	Delwyn Smith	DNF	NTH
2000m Steeplechase W35				
1	38	Andrea Neal	8:54.39	WBP
2000m Steeplechase W60				
1	60	Karen Murphy	8:55.09	NTH
2000m Steeplechase W70				
1	74	Joy Baker	12:00.02	TAR
4x100 Relay Relay				
1		Taranaki	1:12.91	TAR
Shot Put W35				
1	38	Sarah Hockley	9.61	WBP
2	39	Louisa Karena	7.43	AKL
Shot Put W40				
1	43	Annmarie McDonald	7.59	WBP
2	44	Jennifer Kavettoa	7.49	WBP
3	40	Rosemary Spragg	6.20	WBP
Shot Put W45				
1	45	Vanessa Pendergrast	8.06	MWA
2	49	Marcia Taylor	7.91	WBP
3	49	Rachael Savage	7.80	WBP

Shot Put W50				
1	50	Trudy Derbyshire	8.18	NTH
2	53	Louise Boere	7.00	HBG
Shot Put W55				
1	56	Brenda Davis	9.15	WBP
2	56	Raewyn Grigg	8.54	TAR
3	58	Dale McMillan	8.36	MWA
4	59	Denise Fellows	5.41	WBP
Shot Put W60				
1	61	Christine McCahill	9.04	WBP
2	64	Rauru Faau	6.96	AKL
3	64	Jill Hayman	6.72	AKL
Shot Put W65				
1	65	Michelle Anthony	6.38	WBP
Shot Put W75				
1	78	Noni Callander	8.27	MWA
2	75	Tui Ashe	7.74	WBP
3	79	Annette Parlane	7.31	WBP
4	75	Beryl McMillan	7.31	MWA
5	79	Beverley Savage	7.12	WBP
6	75	Nancy Bowmar	5.73	NTH
Shot Put W80				
1	80	Barbara Austin	6.85	NTH
Discus W30				
1	34	Kirsty Halliday	28.52	NTH
Discus W35				
1	38	Sarah Hockley	29.25	WBP
2	39	Louisa Karena	27.30	AKL
Discus W40				
1	43	Annmarie McDonald	27.21	WBP
2	44	Jennifer Kavettoa	20.93	WBP
3	40	Rosemary Spragg	18.06	WBP
Discus W45				
1	49	Rachael Savage	23.64	WBP
2	49	Marcia Taylor	23.40	WBP
3	48	Elaine McQueen	20.52	AKL
4	45	Vanessa Pendergrast	19.98	MWA
Discus W50				
1	50	Trudy Derbyshire	21.73	NTH
2	53	Louise Boere	17.23	HBG
3	53	Kerry Rattray	16.22	WBP
Discus W55				
1	56	Brenda Davis	26.98	WBP
2	56	Raewyn Grigg	19.39	TAR
3	59	Denise Fellows	14.66	WBP
Discus W60				
1	61	Christine McCahill	21.76	WBP
2	64	Rauru Faau	17.20	AKL
3	64	Jill Hayman	16.94	AKL
Discus W65				
1	65	Michelle Anthony	17.80	WBP
Discus W75				
1	79	Annette Parlane	18.86	WBP
2	78	Noni Callander	18.09	MWA
3	75	Beryl McMillan	17.73	MWA
4	79	Beverley Savage	16.42	WBP
5	75	Nancy Bowmar	13.61	NTH
Discus W80				
1	80	Barbara Austin	16.46	NTH

Javelin W30				
1	34	Kirsty Halliday	18.14	NTH
Javelin W35				
1	38	Sarah Hockley	25.92	WBP
Javelin W40				
1	44	Jennifer Kavetoa	16.95	WBP
Javelin W45				
1	48	Elaine McQueen	22.24	AKL
2	49	Rachael Savage	21.36	WBP
3	49	Marcia Taylor	19.84	WBP
4	45	Vanessa Pendergrast	17.47	MWA
Javelin W50				
1	50	Trudy Derbyshire	18.40	NTH
2	53	Kerry Rattray	11.51	WBP
Javelin W55				
1	58	Dale McMillan	23.94	MWA
2	56	Brenda Davis	20.53	WBP
3	59	Denise Fellows	10.46	WBP
Javelin W60				
1	64	Jill Hayman	20.12	AKL
2	64	Rauru Faau	17.86	AKL
3	61	Christine McCahill	16.71	WBP
Javelin W65				
1	65	Michelle Anthony	9.96	WBP
Javelin W70				
1	74	Joy Baker	11.50	TAR
Javelin W75				
1	75	Tui Ashe	13.26	WBP
2	78	Noni Callander	12.93	MWA
3	79	Annette Parlane	12.49	WBP
4	75	Beryl McMillan	10.91	MWA
5	75	Nancy Bowmar	10.77	NTH
Javelin W80				
1	80	Barbara Austin	12.35	NTH
High Jump W40				
1	42	Melissa Karl	1.34	AKL
High Jump W50				
1	50	Ivana Erceg Floerchinger	1.26	AKL
High Jump W55				
1	56	Raewyn Grigg	1.10	TAR
High Jump W60				
1	61	Karen Hulena	1.12	AKL
High Jump W75				
1	75	Nancy Bowmar	0.93	NTH
Long Jump W45				
1	49	Rachael Savage	2.21 (1.3)	WBP
Long Jump W55				
1	58	Dale McMillan	3.29 (1.1)	MWA
Long Jump W60				
1	61	Karen Hulena	3.02 (0.0)	AKL
Long Jump W70				
1	74	Joy Baker	2.71 (2.3)	TAR
Triple Jump W45				
1	49	Rachael Savage	5.03 (0.2)	WBP
Triple Jump W55				
1	56	Raewyn Grigg	6.69 (2.4)	TAR
Triple Jump W70				
1	74	Joy Baker	6.07 (1.5)	TAR
Hammer W40				
1	42	Melissa Karl	31.98	AKL
2	44	Jennifer Kavetoa	19.34	WBP

Hammer W45				
Ex	47	Rochelle Ellison-Lu	26.51	Cooks
		Vanessa Pendergrast	24.84	MWA
1	45			
2	49	Rachael Savage	18.94	WBP
Hammer W50				
1	50	Trudy Derbyshire	30.44	NTH
2	53	Kerry Rattray	26.46	WBP
3	53	Louise Boere	20.15	HBG
Hammer W55				
1	56	Brenda Davis	36.90	WBP
2	56	Raewyn Grigg	27.29	TAR
3	59	Delwyn Smith	25.67	NTH
4	59	Denise Fellows	24.10	WBP
Hammer W60				
1	61	Christine McCahill	31.99	WBP
2	64	Rauru Faau	23.39	AKL
3	64	Jill Hayman	18.32	AKL
Hammer W65				
1	65	Michelle Anthony	23.47	WBP
Hammer W75				
1	79	Annette Parlane	26.95	WBP
2	79	Beverley Savage	24.52	WBP
3	78	Noni Callander	22.44	MWA
4	75	Beryl McMillan	19.63	MWA
Hammer W80				
1	80	Barbara Austin	24.31	NTH
Weight Throw W30				
1	34	Kirsty Halliday	9.59	NTH
Weight Throw W40				
1	42	Melissa Karl	8.79	AKL
2	44	Jennifer Kavetoa	7.51	WBP
3	40	Rosemary Spragg	5.98	WBP
Weight Throw W45				
1	47	Rochelle Ellison-Lu	8.95	Cooks
		Vanessa Pendergrast	8.92	MWA
2	45			
Weight Throw W50				
1	50	Trudy Derbyshire	9.39	NTH
2	53	Louise Boere	8.29	HBG
Weight Throw W55				
1	56	Brenda Davis	12.74	WBP
2	56	Raewyn Grigg	10.05	TAR
3	59	Denise Fellows	7.83	WBP
Weight Throw W60				
1	61	Christine McCahill	14.04	WBP
2	64	Rauru Faau	10.64	AKL
3	64	Jill Hayman	7.89	AKL
Weight Throw W65				
1	65	Michelle Anthony	8.47	WBP
Weight Throw W75				
1	78	Noni Callander	10.29	MWA
2	79	Annette Parlane	9.29	WBP
3	75	Beryl McMillan	8.77	MWA
4	78	Sheryl Gower	8.11	WBP
Weight Throw W80				
1	80	Barbara Austin	9.93	NTH
Track Pentathlon W45				
1	49	Rachael Savage	857	WBP
Track Pentathlon W60				
1	61	Karen Hulena	2009	AKL

Throws Pentathlon W35

1	38	Sarah Hockley	1860	WBP
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Throws Pentathlon W40

1	43	Annmarie McDonald	1618	WBP
2	44	Jennifer Kavetoea	1415	WBP
3	40	Rosemary Spragg	996	WBP

Throws Pentathlon W45

1	46	Eilish Simpson	2051	WBP
2	49	Marcia Taylor Vanessa Pendergrast	1980	WBP
3	45	grast	1944	MWA
Ex	47	Rochelle Ellison-Lu	1742	Cooks

Throws Pentathlon W50

1	50	Trudy Derbyshire	2261	NTH
2	53	Kerry Rattray	1586	WBP
3	53	Louise Boere	1431	HBG

Throws Pentathlon W55

1	56	Brenda Davis	2943	WBP
2	56	Raewyn Grigg	2175	TAR
3	59	Denise Fellows	1583	WBP

Throws Pentathlon W60

1	61	Christine McCahill	3145	WBP
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Throws Pentathlon W65

1	65	Michelle Anthony	2207	WBP
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Throws Pentathlon W75

1	79	Annette Parlane	2839	WBP
2	78	Noni Callander	2757	MWA
3	75	Beryl McMillan	2347	MWA
4	75	Nancy Bowmar	1871	NTH

Throws Pentathlon W80

1	80	Barbara Austin	2886	NTH
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MEN**60m M40**

1	43	Simon Xu	8.26 (0.2)	WBP
2	41	Iona Junior Lupena	9.00 (0.2)	AKL

60m M55

1	55	Mikel Constantine	7.98 (0.2)	AKL
2	59	Chris Roberts	8.64 (0.2)	WLG

60m M60

1	61	David Blackford	8.36 (-1.4)	AKL
2	61	Mark MacFarlane	9.13 (-1.4)	WLG
3	61	Richard Doyle	9.88 (-1.4)	TAR
4	63	Bruce Cortesi	10.20 (-1.4)	WBP

60m M65

1	66	Stephen Burden	8.58 (-1.4)	WBP
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60m M70

1	71	Trevor Watson	9.60 (-1.4)	WBP
2	72	Ian Martin	10.51 (-1.4)	WBP
3	72	Tapendra Singh Sokhi	24.23 (-1.4)	AKL

60m M75

1	76	Laurie Malcolmson	9.73 (-2.7)	MWA
2	76	Peter Michel	10.67 (-2.7)	AKL
3	75	Yong Chyan Ding	11.53 (-2.7)	AKL

60m M80

1	80	Wolfgang Schenk	12.10 (-2.7)	AKL
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60m M85

1	88	Peter Hanson	13.49 (-2.7)	WLG
2	88	Stewart Foster	14.04 (-2.7)	WBP

100m M40

1	43	Simon Xu	13.27 (-1.9)	WBP
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100m M45

1	47	Dan Parrott	13.62 (-1.9)	MWA
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100m M55

1	55	Mikel Constantine	12.57 (-1.9)	AKL
2	59	Chris Roberts	14.14 (-1.9)	WLG

100m M60

1	61	David Blackford	13.20 (-1.5)	AKL
2	61	Mark MacFarlane	14.36 (-1.5)	WLG
3	63	Mark Lett	14.82 (-1.5)	NTH
4	60	Craig Taylor	14.83 (-1.5)	TAR
5	61	Paul Daborn	15.81 (-1.5)	WBP
6	63	Bruce Cortesi	29.87 (-1.5)	WBP

100m M65

1	66	Stephen Burden	13.73 (-1.5)	WBP
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100m M70

1	71	Trevor Watson	14.61 (-2.5)	WBP
2	72	Ian Martin	17.20 (-2.5)	WBP

100m M75

1	76	Laurie Malcolmson	14.66 (-2.5)	MWA
2	76	Peter Michel	20.44 (-2.5)	AKL

100m M85

1	88	Peter Hanson	22.49 (-2.5)	WLG
2	88	Stewart Foster	24.37 (-2.5)	WBP

200m M40

1	40	Brayden Grant	23.45 (1.8)	MWA
2	44	Jamie Steer	26.38 (1.8)	WBP

200m M45

1	47	Dan Parrott	26.32 (1.8)	MWA
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200m M50

1	51	Hayden Robinson	25.29 (1.8)	MWA
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200m M55

1	55	Mikel Constantine	25.63 (2.0)	AKL
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200m M60

1	61	David Blackford	26.36 (2.0)	AKL
2	60	Craig Taylor	30.21 (2.0)	TAR
3	63	Mark Lett	30.59 (2.0)	NTH
4	61	Richard Doyle	31.93 (2.0)	TAR

200m M70

1	71	Trevor Watson	29.93 (2.0)	WBP
2	72	Ian Martin	35.33 (2.0)	WBP

200m M75

1	76	Laurie Malcolmson	35.12 (2.0)	MWA
2	77	Des Phillips	38.56 (2.0)	TAR

200m M80

1	80	Wolfgang Schenk	38.57 (2.0)	AKL
2	80	Alan Jones	41.64 (2.0)	TAR

200m M85

1	88	Peter Hanson	56.87 (2.0)	WLG
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400m M40

1	40	Brayden Grant	52.19	MWA
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400m M45

1	46	James Conwell	58.43	MWA
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400m M50

1	51	Hayden Robinson	56.09	MWA
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400m M55

1	58	Tiwhane Te Kanapu	1:29.01	WLG
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400m M60

1	60	Gavin Jensen	1:04.33	AKL
2	61	Paul Daborn	1:10.85	WBP
3	61	Richard Doyle	1:17.48	TAR

400m M75				
1	77	Des Phillips	1:24.77	TAR
400m M80				
1	80	Alan Jones	1:38.02	TAR
800m M40				
1	44	Jamie Steer	2:20.52	WBP
2	43	Peter Bosch	2:48.35	WBP
800m M45				
1	46	James Conwell	2:06.41	MWA
2	45	Matt Parsonage	2:12.56	WBP
800m M50				
1	51	Hayden Robinson	2:16.44	MWA
2	50	Brad Dixon	2:21.94	WBP
800m M60				
1	60	Gavin Jensen	2:35.01	AKL
2	60	Craig Scott	2:35.17	WBP
3	61	Michael Iddon	2:55.56	AKL
800m M75				
1	77	Des Phillips	3:37.71	TAR
800m M80				
1	80	Alan Jones	3:55.48	TAR
1500m M40				
1	43	Peter Bosch	5:26.35	WBP
1500m M45				
1	46	James Conwell	4:19.35	MWA
2	45	Matt Parsonage	4:23.57	WBP
3	47	Malcolm Smith	5:00.36	WBP
1500m M50				
1	53	Michael Pugh	4:36.17	WBP
2	50	Brad Dixon	4:53.61	WBP
3	51	Craig Holmes	5:04.44	WBP
4	52	Francois Bester	5:16.30	WBP
1500m M55				
1	59	John Caie	6:34.72	WBP
1500m M60				
1	60	Craig Scott	5:24.50	WBP
2	60	Gavin Jensen	5:39.26	AKL
1500m M80				
1	80	Alan Jones	8:04.73	TAR
1500m Walk M40				
1	43	Scott Dean	9:25.73	AKL
3000m M40				
1	44	Jamie Steer	11:02.00	WBP
3000m M45				
1	45	Matt Parsonage	9:36.22	WBP
2	47	Malcolm Smith	11:04.87	WBP
3000m M50				
1	53	Michael Pugh	9:54.40	WBP
2	50	Brad Dixon	10:22.19	WBP
3000m M55				
1	55	Russell Lake	12:34.08	WBP
2	59	John Caie	13:03.72	WBP
3000m M60				
1	60	Craig Scott	11:31.26	WBP
3000m M65				
1	69	Trevor Ashe	13:07.81	WBP
3000m Walk M40				
1	43	Scott Dean	19:44.67	AKL
5000m M45				
1	45	Matt Parsonage	16:11.63	WBP
5000m M50				
1	52	Francois Bester	19:52.36	WBP
5000m M55				
1	59	John Caie	23:10.39	WBP

5000m M65				
1	69	Trevor Ashe	22:39.13	WBP
5000m Walk M40				
1	43	Scott Dean	34:00.90	AKL
10,000m M45				
1	47	Malcolm Smith	41:34.32	WBP
10,000m M55				
1	55	Russell Lake	46:06.11	WBP
80m Hurdles M75				
1	75	Yong Chyan Ding	19.22 (-1.0)	AKL
2	77	Des Phillips	25.07 (-1.0)	TAR
100m Hurdles M60				
1	61	Paul Daborn	20.65 (-0.3)	WBP
110m Hurdles M35				
		Nivarthana		
1	39	Warnakul	19.46 (-0.2)	AKL
300m Hurdles M60				
1	63	Mark Lett	55.08	NTH
300m Hurdles M75				
1	77	Des Phillips	1:12.58	TAR
2000m Steeplechase M75				
1	77	Des Phillips	12:21.20	TAR
Shot Put M45				
1	45	Jacob Potgieter	9.74	AKL
Shot Put M50				
1	54	Pat Hellier	12.68	WBP
2	54	David Sexton	9.06	HBG
Shot Put M55				
1	58	Laini Inivale	12.44	AKL
2	59	Adrian Stockill	11.47	WLG
3	55	Craig Marriott	9.63	TAR
Shot Put M60				
1	62	Wesley Faui	9.92	AKL
2	62	Dawid De Villiers	8.90	WBP
3	61	Richard Doyle	8.09	TAR
Shot Put M65				
1	66	Siaosi Gavet	11.86	AKL
Shot Put M70				
Ex	74	Lester Laughton	8.49	STH
1	72	Tapendra Singh Sokhi	6.82	AKL
Shot Put M75				
1	75	Yong Chyan Ding	7.55	AKL
Shot Put M85				
1	88	Peter Hanson	7.82	WLG
Shot Put M90				
1	94	Jim Blair	5.80	MWA
Discus M40				
1	41	Iona Junior Lupena	29.13	AKL
Discus M45				
1	45	Jacob Potgieter	20.34	AKL
Discus M50				
1	54	Pat Hellier	43.41	WBP
2	54	David Sexton	30.80	HBG
Discus M55				
1	59	Adrian Stockill	39.67	WLG
2	55	Craig Marriott	26.26	TAR
Discus M60				
1	62	Dawid De Villiers	35.32	WBP
2	62	Wesley Faui	33.95	AKL
Discus M65				
1	66	Siaosi Gavet	37.15	AKL
Discus M70				
Ex	74	Lester Laughton	31.14	STH
1	72	Tapendra Singh Sokhi	16.88	AKL

Discus M80				
1	80	Wolfgang Schenk	18.85	AKL
Discus M85				
1	88	Peter Hanson	15.62	WLG
Discus M90				
1	94	Jim Blair	14.38	MWA
Javelin M40				
1	41	Iona Junior Lupena	40.77	AKL
Javelin M45				
1	45	Jacob Potgieter	29.96	AKL
Javelin M50				
1	54	Pat Hellier	35.73	WBP
2	54	David Sexton	32.52	HBG
Javelin M55				
1	59	Adrian Stockill	32.00	WLG
2	55	Craig Marriott	30.53	TAR
Javelin M60				
1	61	Richard Doyle	23.04	TAR
2	62	Wesley Faau	22.23	AKL
3	62	Dawid De Villiers	20.42	WBP
4	63	Bruce Cortesi	15.40	WBP
Javelin M70				
Ex	74	Lester Laughton	18.31	STH
1	72	Tapendra Singh Sokhi	13.13	AKL
Javelin M75				
1	76	Laurie Malcolmson	33.37	MWA
Javelin M80				
1	80	Wolfgang Schenk	16.79	AKL
Javelin M90				
1	94	Jim Blair	16.39	MWA
High Jump M45				
1	45	Jacob Potgieter	1.40	AKL
High Jump M50				
1	51	Craig Holmes	1.40	WBP
High Jump M55				
1	59	Glenn Bishop	1.45	WBP
2	55	Craig Marriott	1.40	TAR
3	59	Adrian Stockill	1.35	WLG
High Jump M60				
1	63	Mark Lett	1.35	NTH
High Jump M70				
		Tapendra Singh		
1	72	Sokhi	0.85	AKL
High Jump M75				
1	77	Des Phillips	1.15	TAR
2	75	Yong Chyan Ding	1.05	AKL
Long Jump M40				
1	41	Iona Junior Lupena	4.17 (0.5)	AKL
Long Jump M55				
1	58	Tiwhane Te Kanapu	3.25 (0.3)	WLG
Long Jump M60				
2	61	Mark MacFarlane	4.03 (1.0)	WLG
3	63	Bruce Cortesi	3.35 (-1.5)	WBP
Long Jump M65				
1	66	Stephen Burden	4.78 (0.9)	WBP
Long Jump M70				
		Tapendra Singh		
1	72	Sokhi	1.39 (-1.8)	AKL
Long Jump M75				
1	77	Des Phillips	3.15 (-0.2)	TAR
2	75	Yong Chyan Ding	2.42 (-0.6)	AKL
Long Jump M80				
1	80	Wolfgang Schenk	2.70 (-1.4)	AKL

Triple Jump M35				
1	39	Nivarthana Warnakul	11.00 (1.9)	AKL
Triple Jump M60				
1	61	Mark MacFarlane	8.38 (0.6)	WLG
Triple Jump M65				
1	66	Stephen Burden	9.43 (1.8)	WBP
Triple Jump M75				
1	77	Des Phillips	6.17 (1.3)	TAR
Hammer M40				
1	41	Iona Junior Lupena	27.67	AKL
Hammer M45				
1	45	Jacob Potgieter	26.88	AKL
Hammer M50				
1	54	Pat Hellier	48.62	WBP
2	54	David Sexton	28.87	HBG
Hammer M55				
1	59	Adrian Stockill	35.50	WLG
2	58	Laini Inivale	33.48	AKL
Hammer M60				
1	62	Rick Currin	31.63	WBP
2	62	Dawid De Villiers	28.95	WBP
3	62	Wesley Faau	27.03	AKL
Hammer M65				
1	66	Siaosi Gavet	28.25	AKL
Hammer M70				
Ex	74	Lester Laughton	27.38	STH
		Tapendra Singh		
1	72	Sokhi	19.52	AKL
Hammer M75				
1	75	Yong Chyan Ding	19.21	AKL
Hammer M80				
1	81	Kevin Bradley	29.84	WBP
Hammer M90				
1	94	Jim Blair	16.86	MWA
Weight Throw M40				
1	41	Iona Junior Lupena	10.09	AKL
Weight Throw M45				
1	45	Jacob Potgieter	7.67	AKL
Weight Throw M50				
1	54	Pat Hellier	13.62	WBP
2	54	David Sexton	12.37	HBG
Weight Throw M55				
1	59	Adrian Stockill	11.32	WLG
Weight Throw M60				
1	62	Rick Currin	13.04	WBP
2	62	Wesley Faau	12.05	AKL
3	62	Dawid De Villiers	11.45	WBP
4	61	Richard Doyle	9.21	TAR
Weight Throw M65				
1	66	Siaosi Gavet	12.92	AKL
Weight Throw M70				
Ex	74	Lester Laughton	11.98	STH
		Tapendra Singh Sokhi	7.61	AKL
Weight Throw M75				
1	76	Laurie Malcolmson	12.66	MWA
Weight Throw M80				
1	81	Kevin Bradley	12.08	WBP
Weight Throw M90				
1	94	Jim Blair	7.17	MWA
Track Pentathlon M60				
1	63	Mark Lett	2157	NTH
Track Pentathlon M75				
1	76	Laurie Malcolmson	2286	MWA

Track Pentathlon M80

1	80	Wolfgang Schenk	1761	AKL
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Throws Pentathlon M45

1	45	Jacob Potgieter	2076	AKL
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Throws Pentathlon M50

1	54	Pat Hellier	3216	WBP
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2	54	David Sexton	2319	HBG
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Throws Pentathlon M55

1	59	Adrian Stockill	3089	WLG
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Throws Pentathlon M60

1	62	Dawid De Villiers	2264	WBP
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Throws Pentathlon M65

1	67	James Thomas	3888	AKL
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Throws Pentathlon M70

1	74	Lester Laughton	2271	STH
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2	72	Tapendra Singh Sokhi	1553	AKL
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Throws Pentathlon M75

1	75	Yong Chyan Ding	1551	AKL
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Throws Pentathlon M90

1	94	Jim Blair	2276	MWA
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South Island Masters Athletics Track & Field Championships - Nelson 2026

Derek Shaw

In terms of most accepted interpretations and measures of what is commonly regarded as 'success', I think that the 2026 South Island Masters Track & Field Championships held over 23-25 January 2026 at the Saxton Field Sports Complex in Nelson can clearly be ticked off as being successful.

Firstly, there was an increase in the number of athletes entered – up from 56 in 2024 (when last held in Nelson) to 75 in 2026. The number of SI based entrants increased from 47 to 51, while the number from the NI increased from 9 from 4 different NI centres to 21 from 6 different centres. In addition, there was an athlete from the west side of the Tasman Sea and Australia's nicest state, which did cause a bit of confusion in the programme with the same abbreviation as the host SI centre of Tasman, despite additional two letters at the end.

Secondly, in terms of SI Championship records there were 24 new records established at the 2026 champs compared with 17 set at the 2024 champs in Nelson. Admittedly, this is not as high as the 34 in Christchurch in 2025 when there were 84 entries.

Thirdly, of the new SI Championship records set, Tasman masters achieved the most with 8, closely followed by Canterbury and Otago masters who had 7 each. There was a 3-way tie for the leading individuals who set 3 records each - M35 Tasman sprinter Remy Le Brun, M50 Otago thrower Simon Maole and W55 Canterbury thrower Tania Lutton.

Fourthly, there were no significant adverse weather conditions during the champs. I couldn't find a way of comparing the number of sunshine hours encountered during the SI champs around the SI host centres. However, given that Nelson is frequently in the top three NZ centres in the annual sunshine hours and no other SI centres seem to feature in this serious competition, I'm confident that a winning number was delivered on this measure!

As at the 2024 SI Masters Champs in Nelson, the meet was combined with events for local senior and junior athletes to make good use of the officials and hopefully some of the younger athletes will be inspired to continue being active and involved in the sport for many more years.

Prominent amongst those in top form was Marlborough sprinter Remy Le Brun who lowered his own M35 SI championship records for the 60m from 7.43s to 7.27s and the 200m from 23.91 to 23.89s. He also broke the 1993 record of 11.7s for the M35 100m with 11.41s.

Canterbury thrower Joden Pratten was also in impressive form, improving on both his M40 SI Championship records in the discus with 42.15m (an increase of 4.86m) and the throws pentathlon with 2831 points (an increase of 398 points).

Otago thrower Simon Maole increased his M50 shot put SI record from 13.07m to 13.11m and established new (best performances) SI Champs records in the M50 javelin of 21.67m and throws pentathlon of 2623 points due to changes in the specs for the 700gm javelin. Similarly due to the new 700gm javelin specs, Canterbury's John McManus set new SI records (best performances) for the M55 javelin of 27.04m and throws pentathlon of 2431 points.

Canterbury thrower Tania Lutton also set three new SI records in her W55 age group – shot put 11.60m, discus 27.89m and throws pentathlon 2694 points (adding 129 points to Winifred Harding's old record). Fellow Canterbury thrower Anna Lynch in the throws pentathlon set a new NZMA National record (adding 80pts) along with a new SI Championship record of 2612 points (an increase of 196pts) for the W40 age group.

Otago's Alison Newall started the champs with four SI Champs records in the W60 age group – 400m, pole vault, triple jump and 1500m RW - and added

to this impressive diversity with records in the W65 track pentathlon (2182pts an increase of 540 on the previous record) and the W65 1500m RW (10:10.28) taking 68s off the previous record. Fellow Otago W65 athlete Fiona Harvey was also in fine form adding 205 points to her SI Championship throws pentathlon record to increase it to 2917 points.

Tasman's Peter Hague made the most of graduating into the M75 age group, winning all three of his race walks and establishing a new SI record in the 1500mRW of 9:52.32 and also a new NZMA National record. With his time of 34:13.64 in the 5000mRW, he broke the SI champs record by an impressive 7:18 and also broke the previous NZMA National record by 3:41.

Southland's Evan MacIntosh added the M80 Championship records to both his M75 records for 2km steeplechase (13:53.42) and the track pentathlon (932pts). He also ran the 60m, 100m and 400m. Great to see him and Wellington's Peter Hanson active on the track in their 8th decade.

Canterbury's Victor Luis achieved a big improvement of 596 points in the M40 outdoor pentathlon SI Champs record with his 2291 points.

Wellington's Michele Allison, accompanied by her middle distance running friends Betty and Chris Harp, travelled over to have an attempt at several W70 NZMA National Records. In the Friday evening 3000m, she missed Loris Reed's record of 13:41.60 by a mere 7.21s. However, she succeeded in the 5000m on the Sunday morning with her time of 23:19.99 breaking Judith Strwart's record of 23:54.27 set in 2019. She and Betty took part in the mile race for local under 30 athletes, not long after the 5000m, before heading off to catch a Picton ferry. Her time of 7:27.51 set a new W70 NZMA National track mile record. A week earlier she had set a new NZMA National Record for the road 10km of 48:50, making it three National records in 7 days.

Others to also achieve SI Championship records included Tasman athletes (see Tasman report for further details):

Liesel De Wet W50 triple jump 8.42m

Tegan Goodman M35 3000m 9:35.00

John Rawcliffe M65 60m 8.96s

Visiting Tasmanian Bill Dickenson (M70) had some close races their in 400m with local Tasman M70 David Riddell. Bill won in 71.11, with Dave second in 76.43. Interesting to note that had Bill been a

registered NZ master he would have broken Dave's 2024 SI record of 71.38. In their 100m and 200m, they were joined by the Hawkes Bay / Gisborne flyer Dennis O'Leary who took line honors in both the 100m with 14.53 and 200m in 29.94 and if he resided in the South Island he would have been able to claim two M70 SI champs records. In the 100m, Dave with 15.22 had the edge over Bill with 15.72. However, their positions were reversed in the 200m with Bill taking second place in 31.30 and Dave recording 32.00.

Many thanks to all the athletes from all three islands that supported the championships. A huge thanks to all the officials and other volunteers who willingly helped out over the three days, especially the experienced / graded officials from Dunedin and Christchurch. Without your generous support it would have been very challenging to have hosted the champs in Nelson with a relatively small, but increasing number, of experienced officials, especially a week after the huge challenge of hosting the largest children's SI Colgates Games held in Nelson.

Next season the SI Masters T&F Champs return to the Southland Centre on **20-22 November 2026** at Surrey Park in Invercargill.

RESULTS:

WOMEN

60m W40			
1	44	Joeline Jones	8.58 (0.2) TAS
100m W40			
1	44	Joeline Jones	13.62 (0.2) TAS
200m W40			
1	44	Joeline Jones	29.14 (-0.2) TAS
200m W55			
Ex	56	Raewyn Grigg	40.41 (-0.2) TAR
400m W60			
Ex	62	Karen Hulena	01:32.23 AKL
800m W60			
Ex	60	Karen Murphy	02:56.52 NTH
Ex	62	Karen Hulena	03:37.75 AKL
1500m W50			
1	52	Anthea Lees	07:15.68 TAS
1500m W55			
1	55	Colette Read	06:21.30 TAS
2	56	Tracey Sims	07:44.08 TAS
1500m Walk W60			
Ex	63	Helen Willis	10:08.71 WLG
1500m Walk W65			
1	65	Alison Newall	10:10.28 OTA
1500m Walk W80			
Ex	80	Jacqueline Wilson	10:25.10 WLG
Ex	84	Daphne Jones	12:41.46 WLG
1 Mile W65			
Ex	65	Betty Harp	06:45.75 WLG
1 Mile W70			
Ex	70	Michele Allison	07:27.51 WLG

3000m W40				
1	44	Kathy Dunbar	10:28.82	TAS
2	43	Catherine Pratten	12:40.78	CAN
3000m W55				
1	56	Tracey Sims	17:10.65	TAS
3000m W60				
Ex	60	Karen Murphy	12:43.19	NTH
3000m W65				
Ex	65	Betty Harp	13:25.00	WLG
3000m W70				
Ex	70	Michele Allison	13:48.81	WLG
3000m Walk W60				
Ex	63	Helen Willis	20:31.54	WLG
3000m Walk W80				
Ex	80	Jacqueline Wilson	21:17.25	WLG
Ex	84	Daphne Jones	25:20.29	WLG
5000m W40				
1	43	Catherine Pratten	21:55.88	CAN
5000m W50				
1	52	Anthea Lees	26:29.34	TAS
5000m W55				
1	55	Colette Read	21:53.48	TAS
2	56	Tracey Sims	28:55.02	TAS
5000m W65				
Ex	65	Betty Harp	22:32.01	WLG
5000m W70				
Ex	70	Michele Allison	23:19.99	WLG
5000m Walk W60				
Ex	63	Helen Willis	35:24.54	WLG
5000m Walk W80				
Ex	80	Jacqueline Wilson	35:57.91	WLG
Ex	84	Daphne Jones	44:01.56	WLG
2000m Steeplechase W60				
Ex	60	Karen Murphy	08:59.22	NTH
Shot Put W40				
1	40	Anna Lynch	8.46m	CAN
Shot Put W45				
Ex	49	Rachael Savage	7.11m	WBP
Shot Put W55				
1	57	Tania Lutton	11.60m	CAN
Shot Put W65				
1	66	Fiona Harvey	7.41m	OTA
2	65	Alison Newall	7.15m	OTA
Shot Put W70				
1	70	Winifred Harding	6.88m	OTA
Shot Put W75				
Ex	79	Annette Parlane	7.87m	WBP
Ex	77	Anne Deleiros	7.00m	AKL
1	79	Lois Anderson	6.92m	CAN
2	78	Sherry Farmer	6.20m	CAN
Shot Put W80				
1	84	Justine Whitaker	6.57m	CAN
Discus W40				
1	40	Anna Lynch	29.60m	CAN
Discus W45				
Ex	49	Rachael Savage	20.86m	WBP
Discus W55				
1	57	Tania Lutton	27.89m	CAN
Discus W65				
1	66	Fiona Harvey	21.10m	OTA
Discus W70				
70		Winifred Harding	DNS	OTA

Discus W75				
Ex	79	Annette Parlane	21.20m	WBP
Ex	77	Anne Deleiros	15.83m	AKL
1	79	Lois Anderson	12.66m	CAN
2	78	Sherry Farmer	10.71m	CAN
Discus W80				
1	84	Justine Whitaker	14.20m	CAN
Javelin W40				
1	40	Anna Lynch	22.96m	CAN
Javelin W45				
Ex	49	Rachael Savage	20.08m	WBP
Javelin W65				
1	66	Fiona Harvey	18.59m	OTA
2	65	Alison Newall	16.85m	OTA
Javelin W75				
Ex	79	Annette Parlane	12.48m	WBP
1	79	Lois Anderson	11.36m	CAN
2	78	Sherry Farmer	10.87m	CAN
Ex	77	Anne Deleiros	9.26m	AKL
Javelin W80				
1	84	Justine Whitaker	10.99m	CAN
High Jump W55				
Ex	56	Raewyn Grigg	1.16m	TAR
High Jump W60				
Ex	62	Karen Hulena	1.10m	AKL
Long Jump W45				
Ex	49	Rachael Savage	2.73m (0.7)	WBP
Long Jump W50				
1	52	Liezel De Wet	3.96m (0.8)	TAS
Long Jump W60				
Ex	62	Karen Hulena	3.01m (0.1)	AKL
Long Jump W70				
1	74	Carey Dickason	2.24m (-0.2)	TAS
Long Jump W75				
1	79	Lois Anderson	2.18m (0.7)	CAN
Triple Jump W45				
Ex	49	Rachael Savage	5.97m (2.0)	WBP
Triple Jump W50				
1	52	Liezel De Wet	8.42m (0.6)	TAS
Triple Jump W70				
1	74	Carey Dickason	5.41m (0.7)	TAS
Triple Jump W75				
1	79	Lois Anderson	4.90m (1.4)	CAN
Hammer W40				
1	40	Anna Lynch	34.87m	CAN
Hammer W55				
1	57	Tania Lutton	27.72m	CAN
Ex	56	Raewyn Grigg	27.66m	TAR
Hammer W65				
1	66	Fiona Harvey	24.61m	OTA
2	65	Alison Newall	23.36m	OTA
Hammer W70				
1	70	Winifred Harding	25.96m	OTA
2	74	Carey Dickason	16.36m	TAS
3	74	Joan Merrilees	14.48m	OTA
Hammer W75				
Ex	79	Annette Parlane	25.61m	WBP
Ex	77	Anne Deleiros	20.46m	AKL
1	79	Lois Anderson	17.91m	CAN
2	78	Sherry Farmer	14.46m	CAN
Hammer W80				
1	84	Justine Whitaker	18.68m	CAN

Weight Throw W40				
1	40	Anna Lynch	11.48m	CAN
Weight Throw W55				
1	57	Tania Lutton	10.06m	CAN
Ex	56	Raewyn Grigg	8.79m	TAR
Weight Throw W65				
1	66	Fiona Harvey	10.61m	OTA
2	65	Alison Newall	9.11m	OTA
Weight Throw W70				
1	70	Winifred Harding	9.55m	OTA
2	74	Joan Merrilees	6.68m	OTA
Weight Throw W75				
1	79	Lois Anderson	9.46m	CAN
Ex	77	Anne Deleiros	9.37m	AKL
Ex	79	Annette Parlane	9.34m	WBP
2	78	Sherry Farmer	7.02m	CAN
Weight Throw W80				
1	84	Justine Whitaker	8.47m	CAN
Track Pentathlon W45				
Ex	49	Rachael Savage	998	WBP
Track Pentathlon W60				
Ex	62	Karen Hulena	1816	AKL
Track Pentathlon W65				
1	65	Alison Newall	2182	OTA
Track Pentathlon W70				
1	74	Carey Dickason	1106	TAS
Throws Pentathlon W40				
1	40	Anna Lynch	2612	CAN
Throws Pentathlon W55				
1	57	Tania Lutton	2694	CAN
Ex	56	Raewyn Grigg	2223	TAR
Throws Pentathlon W65				
1	66	Fiona Harvey	2917	OTA
Throws Pentathlon W70				
1	74	Joan Merrilees	1617	OTA
Throws Pentathlon W75				
Ex	79	Annette Parlane	2794	WBP
Ex	77	Anne Deleiros	2440	AKL
1	79	Lois Anderson	2170	CAN
2	78	Sherry Farmer	1607	CAN
Throws Pentathlon W80				
1	84	Justine Whitaker	2540	CAN

MEN

60m M35				
1	37	Remy Le Brun	7.27 (0.2)	TAS
60m M40				
1	44	Victor Lusic	8.47 (0.2)	CAN
60m M50				
Ex	52	Mark Lambert	7.77 (0.2)	AKL
1	51	Rupert Lambert	8.05 (0.2)	OTA
60m M65				
1	67	John Rawcliffe	8.96 (0.3)	TAS
2	67	Uros Sumar	9.12 (0.3)	OTA
3	66	Bruce Thomson	9.83 (0.3)	STH
Ex	65	Neil Bartlett	9.87 (0.3)	AKL
60m M70				
Ex	70	Dennis O'Leary	8.97 (0.3)	HBG
60m M80				
1	80	Evan Macintosh	12.89 (0.3)	STH
60m M85				
Ex	88	Peter Hanson	13.01 (0.3)	WLG

100m M35				
1	37	Remy Le Brun	11.41 (-0.1)	TAS
100m M40				
1	44	Victor Lusic	13.74 (-0.1)	CAN
100m M45				
1	48	David Hansen	13.03 (-0.1)	TAS
100m M50				
Ex	52	Mark Lambert	11.99 (-0.1)	AKL
1	51	Rupert Lambert	12.58 (-0.1)	OTA
100m M65				
1	67	Uros Sumar	15.44 (-0.1)	OTA
Ex	65	Neil Bartlett	16.49 (-0.1)	AKL
100m M70				
Ex	70	Dennis O'Leary	14.53 (0.2)	HBG
1	72	David Riddell	15.22 (0.2)	TAS
Ex	71	Bill Dickenson	15.72 (0.2)	AUST
100m M75				
Ex	79	Anthony Deleiros	16.02 (0.2)	AKL
100m M80				
1	80	Evan Macintosh	20.84 (0.2)	STH
100m M85				
Ex	88	Peter Hanson	23.85 (0.2)	WLG
200m M35				
1	37	Remy Le Brun	23.89 (-0.2)	TAS
200m M45				
1	48	Sean Barnes	27.59 (-0.2)	CAN
2	45	Nige Burgess	28.79 (-0.2)	TAS
200m M50				
Ex	52	Mark Lambert	24.31 (-0.2)	AKL
1	51	Rupert Lambert	26.62 (-0.2)	OTA
200m M65				
1	66	Bruce Thomson	30.20 (-0.4)	STH
2	67	Uros Sumar	31.06 (-0.4)	OTA
200m M70				
Ex	70	Dennis O'Leary	29.94 (-0.4)	HBG
Ex	71	Bill Dickenson	31.30 (-0.4)	AUST
2	72	David Riddell	32.00 (-0.4)	TAS
200m M75				
Ex	79	Anthony Deleiros	33.37 (-0.4)	AKL
400m M35				
1	37	Aaron Mitchell	01:01.3	TAS
400m M40				
1	43	Craig Oliver	55.23	CAN
2	44	Victor Lusic	01:02.3	CAN
400m M45				
1	48	David Hansen	57.37	TAS
2	48	Sean Barnes	01:00.54	CAN
3	45	Nige Burgess	01:02.09	TAS
400m M50				
1	50	Alan Houghton	56.93	OTA
400m M55				
1	55	Phil Harrison	01:00.15	CAN
400m M65				
1	66	Bruce Thomson	01:09.53	STH
400m M70				
Ex	71	Bill Dickenson	01:11.11	AUST
2	72	David Riddell	01:16.43	TAS
400m M80				
1	80	Evan Macintosh	01:55.14	STH
800m M45				
1	48	Sean Barnes	02:19.67	CAN
800m M50				
1	50	Alan Houghton	02:16.11	OTA
Ex	53	Andrew Kerr	02:24.33	WLG

800m M55				
1	55	Phil Harrison	02:20.99	CAN
2	59	Malcolm Cornelius	02:26.15	CAN
800m M65				
1	66	Bruce Thomson	03:02.85	STH
800m M70				
1	72	David Riddell	02:59.97	TAS
2	72	Rodger Ward	03:07.15	CAN
1500m M35				
1	39	Tegan Goodman	04:27.57	TAS
1500m M45				
Ex	47	Malcolm Smith	04:57.60	WBP
1	45	Nige Burgess	05:18.83	TAS
1500m M50				
Ex	53	Andrew Kerr	04:52.26	WLG
1	53	Brian Kemp	05:15.51	TAS
1500m M55				
1	59	Malcolm Cornelius	04:59.52	CAN
1500m M65				
Ex	69	Chris Harp	06:11.70	WLG
1	68	Graeme Sellars	06:21.00	TAS
1500m M70				
1	72	Rodger Ward	06:07.85	CAN
2	72	David Riddell	06:17.10	TAS
1500m Walk M75				
1	75	Peter Hague	09:52.32	TAS
3000m M35				
1	39	Tegan Goodman	09:35.00	TAS
3000m M40				
	43	Barney Hoskins	DNF	TAS
3000m M45				
Ex	47	Malcolm Smith	10:59.35	WBP
3000m M50				
1	53	Brian Kemp	11:20.78	TAS
3000m M55				
1	59	Malcolm Cornelius	12:29.92	CAN
3000m M65				
1	68	Graeme Sellars	13:23.55	TAS
Ex	69	Chris Harp	13:47.64	WLG
2	67	Alan Trathen	16:31.16	TAS
3000m Walk M75				
1	75	Peter Hague	20:19.93	TAS
5000m M45				
Ex	47	Malcolm Smith	18:59.44	WBP
5000m M50				
1	53	Brian Kemp	19:05.66	TAS
5000m M55				
1	58	Mark Johnson	19:04.05	TAS
5000m M65				
1	68	Graeme Sellars	22:52.06	TAS
Ex	69	Chris Harp	23:19.61	WLG
2	67	Alan Trathen	26:44.92	TAS
5000m Walk M75				
1	75	Peter Hague	34:13.64	TAS
2000m Steeplechase M65				
1	66	Bruce Thomson	10:33.49	STH
2000m Steeplechase M80				
1	80	Evan Macintosh	13:53.42	STH
Shot Put M40				
1	43	Joden Pratten	12.58m	CAN
2	44	Victor Lusic	9.56m	CAN
Shot Put M45				
1	48	David Hansen	11.46m	TAS

Shot Put M50				
1	53	Simon Maole	13.11m	OTA
Ex	54	David Sexton	9.32m	HBG
Shot Put M55				
1	56	John McManus	9.76m	CAN
Shot Put M70				
1	73	Lindsay Walker	9.78m	CAN
2	71	Joe Tasker	8.70m	CAN
Ex	70	Dennis O'Leary	8.10m	HBG
Ex	72	Tapendra Singh Sokhi	6.71m	AKL
Shot Put M75				
1	76	Richard Davison	7.19m	CAN
Shot Put M85				
Ex	88	Peter Hanson	7.32m	WLG
Discus M40				
1	43	Joden Pratten	42.15m	CAN
2	44	Victor Lusic	28.65m	CAN
Discus M45				
1	48	David Hansen	37.32m	TAS
Discus M50				
1	53	Simon Maole	34.23m	OTA
Ex	54	David Sexton	33.14m	HBG
Discus M55				
1	56	John McManus	29.61m	CAN
Discus M65				
1	67	John Rawcliffe	33.97m	TAS
Ex	65	Neil Bartlett	26.67m	AKL
Discus M70				
1	71	Joe Tasker	34.21m	CAN
2	73	Lindsay Walker	31.75m	CAN
Ex	70	Dennis O'Leary	22.55m	HBG
Discus M75				
1	76	Richard Davison	25.28m	CAN
Javelin M40				
1	43	Joden Pratten	31.45m	CAN
Javelin M50				
Ex	54	David Sexton	33.80m	HBG
1	53	Simon Maole	21.67m	OTA
Javelin M55				
1	56	John McManus	27.04m	CAN
Javelin M70				
1	73	Lindsay Walker	18.46m	CAN
Javelin M75				
1	76	Richard Davison	19.34m	CAN
Javelin M85				
1	89	Selwyn Barron	16.50m	TAS
Long Jump M65				
1	67	John Rawcliffe	3.71m (0.8)	TAS
Long Jump M70				
Ex	72	Tapendra Singh Sokhi	1.46m (0.7)	AKL
Hammer M40				
1	43	Joden Pratten	33.10m	CAN
Hammer M50				
Ex	54	David Sexton	33.20m	HBG
1	53	Simon Maole	32.64m	OTA
Hammer M55				
1	56	John McManus	27.22m	CAN
Hammer M70				
1	73	Lindsay Walker	31.44m	CAN
Ex	72	Tapendra Singh Sokhi	17.91m	AKL
Hammer M75				
1	76	Richard Davison	23.82m	CAN
Weight Throw M40				
	43	Joden Pratten	ND	CAN

Weight Throw M50

1	53	Simon Maole	13.97m	OTA
Ex	54	David Sexton	11.76m	HBG

Weight Throw M55

1	56	John McManus	10.06m	CAN
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Weight Throw M70

1	73	Lindsay Walker	13.54m	CAN
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Weight Throw M75

1	76	Richard Davison	9.75m	CAN
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Track Pentathlon M40

1	44	Victor Lusic	2291	CAN
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Track Pentathlon M65

Ex	65	Neil Bartlett	887	AKL
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Track Pentathlon M80

1	80	Evan Macintosh	932	STH
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Throws Pentathlon M40

1	43	Joden Pratten	2831	CAN
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Throws Pentathlon M50

1	53	Simon Maole	2623	OTA
Ex	54	David Sexton	2487	HBG

Throws Pentathlon M55

1	56	John McManus	2439	CAN
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Throws Pentathlon M70

1	73	Lindsay Walker	2494	CAN
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Throws Pentathlon M75

1	76	Richard Davison	2324	CAN
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Oceania Masters Athletics
Track & Field Championships
 27th - 31st January 2027
 Nga Puna Wai, Christchurch
DRAFT SCHEDULE of EVENTS

Wednesday 27th January 2027
 60m (Heats / Finals)
 800m
 3000m Track Walk
 Long Jump (M & W)
 Shot Put & Javelin (M)
 Discus & Weight (W)

Thursday 28th January 2027
 200m (Heats / Finals)
 3000m
 High Jump (W)
 Hammer (M)
 Shot Put & Javelin (W)

Friday 29th January 2027
 400m (Timed Finals)
 1500m Track Walk
 High Jump (M)
 Triple Jump (M & W)
 Steeplechase
 Discus & Weight (M)
 Hammer (W)

Saturday 30th January 2027
 100m (Heats / Finals)
 1500m
 Long Hurdles
 Pole Vault (M)
 4 x 100 Relays
 Medley Relay
 Throws Pentathlon (M)
 Track Pentathlon (W)

Sunday 31st January 2027
 Short Hurdles
 5000m
 5000m Track Walk
 Pole Vault (W)
 Throws Pentathlon (W)
 Track Pentathlon (M)

Early Bird Registration Open
 (1st September 2026)
\$60.00

Normal Registration
 (26th October 2026)
\$90.00

Entries CLOSE
Sunday 13th
December 2026

Event Fee
\$20.00

Combined Event Fee
\$35.00

Note: Field events will be split into groups, once entries close.

Note: Field events will be split into groups, once entries close.

PARA events will be added on request

Venue:
Nga Puna Wai Sports Centre
 Augustine Drive
 Wigram
 Christchurch 8025
 (7.1km from CBD)

This was the seventh edition of this annual event. The days went well, and we managed to avoid most of the rain that was forecast.

The serious stuff, the Throws Pentathlon was on Wednesday 7th January 2026 with some close competitions. It was good to see Noeline trying her hand at the subtle art of throwing things!

Fifteen-year-old Max excelled especially with the 1.25kg discus, setting an all-time personal best. This after almost a year out of action with a fractured throwing arm.

Throws Pentathlon	HT	SP	DT	JT	WT	Total
Fiona Harvey	24.28	6.85	20	16.67	9.87	
W65	575	545	567	467	566	2720
Noeline Burden	12.48	5.82	10.8	10.32	6.65	
W70	292	508	306	301	402	1809
Alison Newell	22.38	6.87	15.15	15.97	9.56	
W65	521	546	404	443	545	2459
Les Scown	18.11	5.97	20.55	25.44	8.79	
M70	266	353	350	436	397	1802
Warren Green	23.85	7.99	22.63	27.83	12.01	
M70	384	510	398	490	583	2356
Lester Laughton	27.58	8.13	28.6	19.44	11.92	
M70	461	521	536	303	577	2398
Keith Hutton	21.32	8.97	24.36	23	10.35	
M75	387	661	507	453	543	2551
Max Laughton (15)	26.01	7.03	31.57	23.36	9.82	

Other events:

Nearest the plate: (but NOT hitting it)

Keith holding the throwing chip.



The target



Max handing over the Trophy to Les.



End of Day 1, time for a feed prepared by Lester.

Day 2 begin with throwing the hammer and putting the shot using two different weights. The normal weight for your age, then one weight above. The winner being decided by total distance thrown.

Hammer	ONE UP	NORMAL	Total		
Keith Hutton	17.85	19.70	22.80	24.62	84.97
Lance Smith	13.90	14.25	20.20	22.45	70.80
Lester Laughton	21.88	24.2	27.95	27.25	101.28
Alison Newell	17.30	18.75	23.03	19.70	78.78
Noeline Burdon	6.63	10.05	12.00	10.50	39.18
Fiona Harvey	18.67	18.80	21.92	22.30	81.69
Les Scown	14.75	14.00	19.45	20.55	68.75
Jim Nguyen	14.5	15.12			29.62

Shot Put	ONE UP	NORMAL	Total		
Fiona Harvey	6.03	5.95	6.28	7.22	25.48
Noeline Burdon	4.78	3.8	4.86	4.83	18.27
Alison Newell	5.53	5.79	6.77	6.83	24.92
Les Scown	4.7	4.66	5.8	7.1	22.26
Keith Hutton	7.27	7.46	9.21	9.27	33.21
Lance Smith	4.96	5.33	5.08	6.02	21.39
Jim Nguyen	7.65	7.65	8.68	8.67	32.65
Lester Laughton	6.77	6.95	7.97	7.85	29.54

Rolling Pin Throw: Won by Fiona, after a close rivalry with last year's winner Alison.



Thank you to Petra Laughton for running the show!

50m Sprints: Mixed races with and without handicaps. The girls, Tamara McNaughtin, aged 9 and Bryleigh McNaughton 8, showed the “older” folks how to sprint.



Gum Boot Throw: Keith Hutton showed the way with this and was most happy to wear the boots home and look after them until January 2027



Alison Newell, Fiona Harvey and Noeline Burdon ready for action.

A BIG thank you to the ever enthusiastic Jim Nguyen for taking photos of all events for us.

NEXT YEAR, as I will probably not be in Manapouri. Campbell Laughton and Warren Green have kindly offered to hold the Annual Manapouri *Classic Throws Pentathlon* at WINTON.

Wednesday 6th and Thursday 7th January 2027, are the likely dates It will have to be renamed (hopefully) the “Manapouri-Winton *Classic Throws Pentathlon*”.

Thank you all for your support, and I hope you did enjoy your visit to Manapouri.

2026 WMAC DAEGU

WORLD MASTERS ATHLETICS CHAMPIONSHIPS DAEGU 2026

August 22, 2026 - September 3, 2026 (13 days)

Daegu Stadium, Auxiliary Stadium

Gyeongsan Civic Stadium, Suseong Family Park, etc.

Click on the link for more information

<https://www.wmac2026.com/eng/>



Running a marathon race is a significant achievement in its own right, but few races would captivate the imagination and test the limits as intensely as the North Pole Marathon. Billed as the “World’s Coolest Marathon” and officially the “Northernmost Marathon on Earth”, this event challenges even the most seasoned runners with an experience unlike any other.

Staged on the shifting, icy crust of the Arctic Ocean at the very top of our planet, the North Pole Marathon is run entirely on frozen sea ice with participants quite literally running on top of the Arctic Ocean. This makes it the only certified marathon entirely “on water”, which comes with both psychological and practical consequences. The knowledge of only a few metres (typically 2 – 4m) of ice between one’s feet and the thousands of metres of icy abyss below adds a mental weight unique to this race.

The North Pole Marathon’s roots trace back to April 2002, when Irish adventurer Richard Donovan became the first person to run a marathon at both poles, having already completed the inaugural South Pole Marathon just ten weeks earlier. Donovan’s North Pole run in 3:48:12 was a remarkable feat of individual endurance and improvisation, staged in an environment where simply surviving outdoors can be an achievement.

His feat attracted the attention of polar explorers and endurance athletes worldwide and the first official competitive North Pole Marathon was held in April 2003. Drawing only ten competitors, Martin Tighe of Great Britain was the winner in 5:02:10, enduring temperatures of -29°C and brutally challenging snow conditions.

While the marathon was originally a spring event, recent years have seen the development of a summer edition as well, adapting to evolving logistical opportunities and climate realities. Both races are run over the standard marathon distance near the Geographic North Pole - but differ in several logistical and environmental respects. The Spring edition typically involves chartered flights from Norway or Russia, landing on a temporary ice runway near an established camp which floats about between 89° and 90° N. Upon landing on the temporary ice runway, runners must deplane rapidly as cracks in the ice mean runways can become unusable, or even fragment underneath the plane mid-stay. The April 2024 event had to be cancelled because the runway split in half and drifted into a 12-metre gap.

Athletes run loop circuits on hard-packed snow and frozen sea ice, in extreme sub-zero temperatures, with accommodations in heated tents on the ice floe. Heated tents are also available every 4 to 5 km for participants. While the ice is generally several metres thick, cracks, melt ponds, and open water gaps can appear, requiring organisers to carefully select and monitor the course. Delays due to ice runway fragmentation, blizzards, or polar bear encroachment can extend the trip by days or even weeks, so don’t plan anything for after the race – there are no guaranteed departures!

Because of the growing logistical challenges for temporary spring ice runways, the summer edition was inaugurated in 2023 and uses the French icebreaker *Le Commandant Charcot* to reach the pole, taking many days to travel through the pack ice to reach a safe ice floe at 90°N. While less

susceptible to sudden storm or ice runway loss, delays can still occur due to shifting pack ice or the time needed to find a safe, stable ice floe. In this version athletes run on a carefully scouted ice floe near the exact pole, and the race is often accompanied by scientific forums, luxury cabins (on-board ship), and enhanced safety/comfort infrastructure - but must still contend with unpredictable ice and weather conditions.

In spring, temperatures can plunge to -40°C - with wind chill making it feel even colder. Whiteout conditions, blizzards, and ice fogs are possible. Summer can be a mild -10°C to -5°C , even occasionally approaching 0°C . Melting ice however increases the risk of slushy, unstable footing and water overlying thin ice. The marathon is usually structured as a loop of 4.2 km, repeated ten times. The loop incorporates the aircraft landing runway in the spring, or a similarly level circuit on a summer ice floe. Underfoot conditions can range from wind-swept bare ice (hard, slick, and cold) to deep, energy-absorbing snowdrifts, patches of slush (especially in warmer summers) and gaps where the ice splits to reveal open ocean. Runners wear multiple layers, face masks, and goggles to prevent frostbite and in summer, life vests can be mandatory. It's less about speed and more about survival with delays or re-routing due to polar bear sightings frequent.

No other marathon embraces such extremes of cold, isolation, swirling winds, and the knowledge that the nearest outpost of civilization is hundreds

of kilometres away. Only the Antarctic Ice Marathon offers a similar scale of exposure, but even there, runners are on land rather than a floating ice floe.

To date 675 people from 58 countries have completed the North Pole Marathon! Finishers include a paraplegic wheelchair athlete who completed the marathon on the aircraft runway - and three-blind competitors, who completed the race with guides. The men's record is held by William Hafferty from the USA running 3:14:49 in 2024. Becca Pizzi also from the USA holds the women's record at 4:46:26, set this year.

Medical staff monitor runner well-being and frostbite/hypothermia checks are ongoing throughout the race. Don't worry about wearing your GPS - with the convergence of every line of latitude on Earth it plays havoc with position and because of the drift of the floe, the place you start, won't be in the same as the place you stop.

Don't look for drone coverage of the race. Navigation is difficult because of the meeting of longitude lines, so east and west become meaningless and drones could believe they are in every place all over the world at once.

At least you don't have to worry about finishing before dark - there is endless Arctic daylight.

If the endurance is eye-watering, so is the price. All-inclusive prices start at \$44,000 for the spring event and a staggering \$80,000 for the summer one. Any takers?



While the weather in Whanganui wasn't great, with some of the sprints having over 6m/sec wind readings, the hype around the "two Sams" ensured that there was a good crowd. They certainly weren't disappointed with the great mile race ending the evenings events.

A few hours earlier, the masters were up in the first of six mile races. A good number lined up, unfortunately including only four women. A split start was used, and with the big range of ages, the field soon spread out.

Thirty-five year old Eric Speakman was untroubled in winning. It was good to see that he chose to run in the masters section as he would have been competitive in one of the higher-graded fields.

Tamara Winkler comfortably won the women's race, having a good battle with some of the men.

Further down the field, other little battles developed, either with other runners or within one's head. Four times up the front straight into a stiff wind made it a challenge.

For an overall champion, Sally Gibbs takes the honour with an age-graded percentage of 92.98. She was closely by Tamara Winkler with 91.69%. The following AG%s might be slightly inaccurate for those whose exact birth date is unknown.



More photos can be found on the Cooks Classic Facebook page.

W45		
Tamara Winkler	5:02.90	91.69%
W50		
Vanessa Hodge	6:16.95	76.61%
W55		
Joanne Merson	7:39.66	67.26%
W60		
Sally Gibbs	5:48.26	92.98%
M35		
Eric Speakman	4:27.32	85.03%
Mark Searle	5:16.10	72.35%
Chris Parrant	5:24.53	70.04%
Ryan Fitness	5:37.52	68.19%
M40		
Hiro Tarimoto	4:55.67	79.36%
Ewen Campbell	5:03.50	77.84%
M45		
James Waite	5:10.64	80.52%
Jacob Taylor	5:49.19	71.64%
Russell Spencer	6:28.40	62.53%
M50		
Stephen Day	5:02.42	83.35%
Hayden Robinson	5:14.31	80.82%
Paul Curran	5:42.19	73.66%
Michele Governale	5:47.21	74.93%
M55		
Andrew Davenport	5:35.14	79.61%
Terry Fraser	5:36.37	77.99%
Andrew Pennefeather	5:38.24	77.56%
Jim Jones	5:50.60	76.10%
M60		
Richard Doyle	6:54.76	66.04%
M65		
Michael Cummins	6:30.78	73.43%
M75		
Ian Carter	5:56.57	89.36%



Eric Speakman, overall winner.

In our world of competition, where split seconds matter and endurance is king, athletes often obsess over mileage, nutrition, and the right shoes. But there's one performance enhancer that's legal, free, and wildly underrated - SLEEP.

For runners (and walkers), whether weekend warriors or elite marathoners, sleep isn't just a recovery tool - it's a performance amplifier, injury defence, and mental reset button. In short, sleep is the unsung hero of a successful training plan.

Let's start with the brain! Running isn't just a physical act - cognitive function, reaction time, confidence and emotional regulation play significant roles and sleep is key. Sleep also reduces anxiety and improves mood, helping us stay positive during tough training sessions. Sleep improves concentration and decision-making which on race day means better pacing, smarter hydration choices, and better race strategies. Conversely, sleep deprivation can turn even the most cheerful of us into a grumpy slacker. Adequate rest helps regulate mood, reducing anxiety and boosting motivation.

Long runs require resilience. Sleep strengthens the brain's ability to manage discomfort and give the mental toughness to push through fatigue - essential for those final kilometres when your legs are staging a rebellion. Well-rested runners are more likely to stick to their training plans and push through plateaus.

As athletes, contrary to popular belief, we know that muscles aren't built during workouts - they're built during recovery. Sleep is when the magic happens. During deep sleep, the pituitary gland releases growth hormones, which repair microtears in muscle fibres caused by training. When you don't get sufficient deep sleep, the secretion of these growth hormones declines, and it can become harder for your body to recover from injuries.

The body needs nutrients to rebuild and it does this through the blood and the more blood you can circulate through to your damaged muscles, the more nutrients you can deliver and the faster you'll recover. As you fall into the deeper stages of sleep, your muscles will see an increase in blood flow compared to REM sleep or when you're awake. More sleep = faster recovery = stronger legs. Sleep also helps regulate cytokines and other proteins involved in inflammation. Less inflammation means

fewer aches and a lower risk of overuse injuries. In short, skipping sleep is like skipping the cooldown - it might not hurt immediately, but it'll catch up with you.

If sleep were a supplement, it would be banned for being too effective. Numerous studies show that well-rested athletes outperform their sleep-deprived peers in speed, endurance, and accuracy. There is improved reaction time which is crucial for trail runners dodging roots, or sprinters exploding off the blocks. There is better endurance because sleep enhances cardiovascular efficiency, allowing runners to maintain pace longer without feeling like the lungs are giving up.

Injuries are the bane of every runner's existence. While proper form and gradual training changes help, sleep is a powerful defence mechanism. Sleep accelerates healing of tendons, ligaments, and bones - especially important for runners dealing with repetitive stress. Sleep deprivation impairs motor skills, increasing the risk of missteps, rolled ankles, and faceplants. Sleep also strengthens the immune system, reducing susceptibility to illness that can derail training.

Runners often obsess over timing - pace, splits, intervals etc., but few consider the timing of sleep itself. The body's internal clock, or circadian rhythm, governs sleep-wake cycles and impacts performance. Sleep quality and timing can influence whether you feel like a gazelle or a zombie during your run. While we may not be able to choose race time, aligning training with your natural rhythm can optimize results. Understanding your sleep chronotype - whether you're a night owl or early bird - can help tailor training schedules for maximum benefit.



Running triggers a cascade of hormonal responses – including adrenaline, cortisol and endorphins. Sleep helps regulate these hormones, keeping the body in balance. Chronic sleep deprivation elevates cortisol, the stress hormone, which can lead to muscle breakdown and fat retention. Increased cortisol levels can also influence fluid retention and may elevate the risk of dehydration.

Dehydration, in turn, can disrupt sleep quality - creating a vicious cycle. Sleep helps regulate hormones like ghrelin and leptin, which control hunger and satiety. Poor sleep can lead to increased cravings for high-carb, high-fat foods, making it harder to maintain a balanced diet. Sleep deprivation disrupts how your body processes carbohydrates, impairing glycogen storage and energy availability during runs. Sleep supports healthy levels of testosterone and estrogen, which play a role in muscle development, bone density, and recovery.

Knowing sleep is important is one thing. Getting it is another! Stick to a schedule: go to bed and wake up at the same time daily - even on weekends. Consistency reinforces your circadian rhythm. Cool, dark, quiet rooms promote deeper sleep. Ideally your body needs to drop in temperature to fall and stay asleep effectively. Limit blue light from phones and tablets which suppresses melatonin.

Watch the caffeine: that late afternoon espresso might feel like a good idea - until you're staring at the ceiling at midnight. If you believe in magnesium to help with muscle pain then know that a great

deal of research indicates that it also assists with sleep quality and efficiency. And finally, an easy one to identify with – take naps! Short naps (20–30 minutes) can boost alertness without disrupting nighttime sleep.

For older runners, sleep becomes even more critical. Aging bodies take longer to recover, and sleep helps bridge that gap. Sleep reduces inflammation in joints, easing stiffness and pain. Deep sleep helps maintain bone density - crucial for preventing stress fractures. Sleep preserves memory and general brain function, helping older runners stay mentally agile and motivated. In short, sleep isn't just recovery - for aging athletes it's rejuvenation and it's the difference between slowing down and staying strong.

In the race for better performance, we often chase the latest gear, supplements, or training tricks. But the real game-changer is in the bedroom. Sleep is the ultimate recovery tool, performance enhancer, and injury preventer. Sleep is when muscle repair, glycogen replenishment, and immune recovery peak. Without it, even perfect training and nutrition won't fully compensate. It's the difference between running well and running your best.

So, the next time you're tempted to sacrifice sleep for an early workout or late-night Netflix binge, remember - every hour of sleep is an investment in your next run.



Check out the OMA and NZMA websites for more details

NOTE: The NZMA Championships will be combined with the OMA events.

A contingent of nine NZ masters ventured across the Tasman Sea and participated in the 2026 Australian Masters Athletics Championship in Canberra, 6-9 March 2026.

Auckland's Chris Waring had a clean sweep against her Australian rivals with three wins in her W80 sprints, including achieving an impressive age grade % of 94.15% in her 60m. Another Auckland athlete with impressive performances was thrower James Thomas with wins in the M65 hammer, shot put, weight throw and the throws pentathlon. Fellow Auckland thrower Laini Inivale (M55) won his favoured shot put event.

Tasman's John Rawcliffe was second in the M65 outdoor pentathlon behind New Calendonian Jerome Troyat and ahead of his two Australian rivals. He managed to outscore the winner in the javelin and discus but the New Calendonian was superior on the track events and long jump.

Tasman's Carey Dickason won the W75 outdoor pentathlon and claimed second place in her 1500m, third in the hammer throw and fourth in the triple jump. Despite an Achilles injury hampering Tasman sprinter Joeline Jones's training and performances, she qualified for her W45 200m final and managed to claim third place, along with a fourth place in her 60m and sixth place in her 200m.

NZ Masters results

60m			
W45	4. Joeline Jones	8.60s	87.59%
W80	1. Chris Waring	11.46	94.15%
M50	8. Nick Bolton	8.74s	81.30%
M55	5. Robert Hanna	8.11Q	90.51%
	6. Robert Hanna	8.17	89.87%
M75	3. Peter Michel	9.91	87.06%
100m			
W45	7. Joeline Jones	13.99q	81.51%
	6. Joeline Jones	14.34.	79.53%
W80	1. Chris Waring	18.96	86.12%
M55	6. Robert Hanna	13.02Q	86.33%
M75	4. Peter Michel	16.53	79.92%
200m			
W45	5. Joeline Jones	29.42Q	80.74%
	3. Joeline Jones	28.04	84.72%
W80	1. Chris Waring	40.54	89.85%
1500m			
W75	2. Carey Dickason	8:42.52	73.85%
Long Jump			
W75	6. Carey Dickason	1.89m	46.94%
Triple Jump			
W75	4. Carey Dickason	5.13m	63.42%
Hammer			
W75	3. Carey Dickason	18.49m	45.42%
M65	1. James Thomas	42.94m	72.55%

Shot Put

M55	1. Laini Inivale	12.83m	70.50%
M65	1. Jamea Thomas	12.39m.	72.88%

Javelin

M65	2. James Thomas	35.58m	56.43%
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Discus

M65	2. James Thomas	39.24m	61.64%
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Weight Throw

M65	1. James Thomas	16.80m	72.43%
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Outdoor Pentathlon

W75	1. Carey Dickason	1423pts
M65	2. John Rawcliffe	2346pts

Throws Pentathlon

M65	1. James Thomas	3650pts
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Chris Waring (8013) on her way to winning the W80 200m and James Thomas about to release the hammer.



Following the 2025 NZMA Track & Field Championships in Auckland, Taranaki Masters and TET Athletics Taranaki kindly offered to jointly host the 51st NZMA Track & Field Championships at their facilities at the TET Stadium & Events Centre in Inglewood over 13-15 March 2026, even though it was only 5 years since they previously held them during the covid era.

Not surprisingly given the location in a regional centre, the total number of entrants were down from the high of 282 in our largest city to 230. However, this was still the second highest participation numbers within the past fifteen years.

The quality of the performances was still remarkably high with 15 new NZMA National Records again being set. The number of new NZMA Championship records was 37 compared to the high of 46 last year. The women out did the males in this record breaking stakes with nine new NZMA National Records compared with six for the men. In terms of NZMA Championship Records women achieved 19, one more than the male athletes.

Wellington's racewalking international superstar Jacqueline Wilson, having graduated to the W80 age group, had the distinction of achieving the most new NZMA National records with new records in the three track walk distances replacing her Wellington colleague Daphne Jones in the record lists. Daphne will no doubt be looking forward to establishing new records next year when she enters the W85 age group.

Three others had the distinction of two new National records each (which were also new Championship records): WBP thrower W85 Jill Sherburn in the shot put and javelin; M75 Ian Carter (now in Auckland) in the 800m and 1500m; and Canterbury's M80 Philip Parkin in the 1500m and 3000m.

The magnitude of the records achieved in most of these were very impressive. Jacqueline took over 65s off the W80 1500m TW, 1:50 off the 3000m TW and 3:07 off the 5000m TW. Jill added over 2m to the W80 javelin throw! Ian Carter lowered Canterbury's Ron Stevens M75 800m record set in 2009 from 2:55.41 to 2:39.80. In January 2026, he took 23s off Eric de Lautour M75 1500m record to lower it to 5:33.79 and at the NZMA champs he lowered it further to 5:29.03, demonstrating that he will be a strong medal contender at the WMA



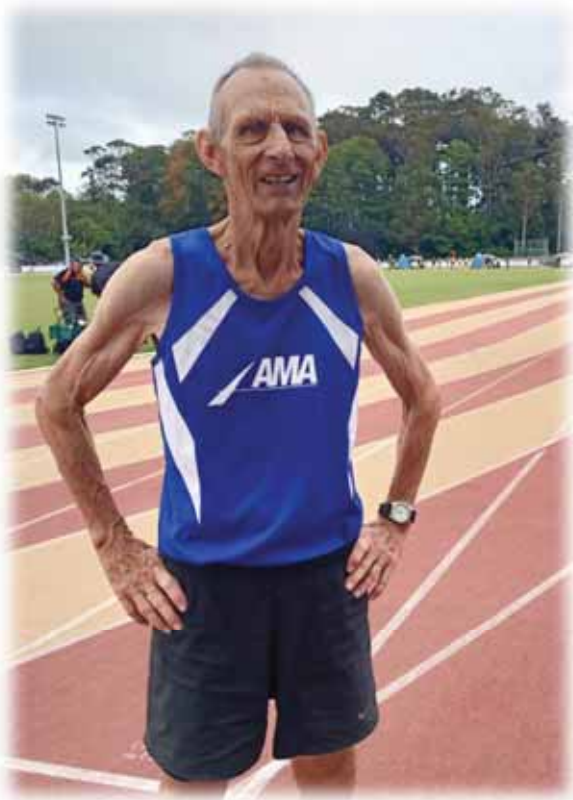
Great to see more younger athletes attending our events.
Emily Peychers throwing the javelin.

Champs in Daegu, South Korea in August-September this year. Philip Parkin took over 11s off of Eric de Lautour's M80 1500m 2001 record to set a new time of 6:27.12 and 55s off of Roger Robinson's M80 3000m 2023 record with his 14:17.80.

In the 200m, NZMA Board member Otago's Liz Mitchell broke the 37-year-old W60 National record of 30.00s held by Auckland's Margaret Peters to lower it to 29.52, plus she broke the 60m championship record to currently hold eight National and eight Championship records.

Auckland's Aggie Boxall claimed the National W65 weight throw record with her 12.70m effort. Two prominent Taranaki race walkers set new National records in the 1500m track walk – W45 Catherine McCarten 8:23.64 and W60 Serena Coombes 8:49.36, who took off an impressive 65s. Auckland's Jim Feist also with an impressive effort broke M90 3000 TW by nearly 2 minutes to lower the old record to 26:56.43. In the throws pentathlon Waikato – Bay of Plenty thrower Pat Hillier improved the National and Championship M50 records to 3403 points.

Auckland's David Anstiss (photo next page) continued his outstanding record breaking form from 2025 with five Championship records this year following last year's four Championship and two



National records. Two were improvements on his own M80 Championship records in the 80m short hurdles (17.55s) and high jump (1.25m). This year he managed to claim the M80 Championship record for the long jump adding over half a metre to the 1996 record to set a new benchmark of 3.42m. Last year in the long (200m) hurdles he had a 4.2m/s tail wind which prevented his 39.31s being a record, however this year with 2.2m/s head wind he crossed the line in 43.28s still comfortably inside the record of 49.80.

David had earlier claimed the National record in September 2025 with a time of 39.85 into a head wind of 1.5m/s. He also set a new M80 60m Championship record of 10.50s lowering the previous record by 0.8s. He has now increased his record tally to a massive 16 National and 12 Championship records, along with 14 Indoor records. It's little wonder he repeated his 2024 Male Athlete of the Year for jumps for 2025 at the annual awards dinner during this year's championships.

Auckland's David Blackford broke two M60 Championship records in the 60m (8.12s) and lowered his own 200m record to 25.57s. Fellow Auckland sprinter M65 Timothy Turner broke the Championship record in his 200m with his 27.63, as did Auckland's Wayne Holroyd in the M50 400m breaking NZMA Board member Hayden Robinson record of 54.61 set at last year's champs with his

time of 52.97s. However, his fellow Manawatu Whanganui master and NZMA Board member Brayden Grant broke the 1996 record for the M40 400m with his time of 52.07s. M90 Jim Feist added a Championship record to his National record for the 3000mTW with his time of 2:44.34 for his 400m. Auckland's Ho Young Do improved his M65 high jump Championship record when he cleared 1.48m.

In addition to her National and Championship record in the W60 200m, Liz Mitchell also achieved a Championship record in her 60m, improving her existing record set in 2024 of 9.19s to 9.04s. Tasman master Joeline Jones having moved into the W45 age group was keen to see how she would go. In her 60m, despite an Achilles injury that she had strapped up, she had a close race with Auckland's Penny Kee, winning by 0.05s in 8.48s to break the Championship record set in 2012 of 8.71s. She withdrew from the 400m, which Kee won in 62.14s setting a new Championship record and breaking the old record by 6.79s. In her debut at the champs, Canterbury's Maicalia Steinegg set a new W30 400m Championship record of 58.67s.

Taranaki has for many years been a strong centre for women's race walking and in all three race walks events the majority of the field hailed from Taranaki. In the 1500mRW Taranaki women won 6 titles and 9 medals in total with W45 Catherine McCarten and W60 Serena Coombes achieving National and Championship records, and W50 Rachel Gilbert also setting a Championship record. Catherine McCarten also broke the W45 3000mRW Championship record.

In the Women's field events, Waikato Bay of Plenty (WBoP) thrower Bev Savage achieved Championship records in her W80 shot put and hammer throw. In the throws pentathlon Christine McCahill made a successful return after over a decade's absence to claim the W60 Championship record with 3055pts. Her fellow WBoP thrower Brenda Davis broke another WBoP thrower's Tania Hodge's W55 Championship record with total of 2779pts. Waikato Bay of Plenty is certainly the powerhouse of women throwers with 34 gold medals being won by Waikato Bay of Plenty women throwers.

Great to again see the keen masters from French Polynesia participating – some for the third year in a row – and being accompanied by some first-time colleagues.

A big thanks to all the Taranaki officials and helpers and those from other centres who willingly assisted with the smooth running of the champs. A special extra thanks to Karen Gillum-Green for all her great organising leading up to and during the champs. Also a special thanks to Mark and Andrea Harris and Andrew Stark for the AthleticNet event setup and online entries, photo-finish and results.

Additional thanks to Andrew for the production of the programme booklets and race and hip numbers, plus all the behind the scenes liaison and organisation as NZMA President over many months.

Below are two tables, attendance by Centre and by age group.

		F	M	Total
AKL	Auckland	19	32	51
CAN	Canterbury	7	13	19
HBG	Hawke's / Bay Gisborne	2	7	9
MWA	Manawatu / Whanganui	5	11	16
NTH	Northland	5	2	7
OTG	Otago	3	4	7
STH	Southland		2	2
TAR	Taranaki	15	14	29
TAS	Tasman	4	4	8
WBP	Waikato Bay of Plenty	16	19	35
WEL	Wellington	10	21	31
COK	Cook Islands	1	1	2
FPNM	French Polynesia	7	3	7
SAMM	Samoa		1	1
ESP	Spain		1	1
SRIM	Sri Lanka	1		1
		95	134	230

Group	M	F	Total
30-34	1	2	3
35-39	9	6	15
40-44	9	7	16
45-49	17	17	34
50-54	19	15	34
55-59	14	7	21
60-64	18	13	31
65-69	12	6	18
70-74	13	6	19
75-79	8	9	17
80-84	10	7	17
85-89	2	1	3
90-94	2		2
	134	96	230

RESULTS - WOMEN

60m W30				
1	31	Maicalia Steinegg	8.32 (0.6)	CAN
60m W35				
1	39	Sarah Hockley	8.35 (0.6)	WBP
2	39	Emily Peychers	9.44 (0.6)	HBG
60m W40				
1	43	Aimee Whitley	8.84 (0.6)	WBP
2	44	Helen Turner	8.99 (0.6)	AKL
3	40	Kate Ramage	9.13 (0.6)	AKL
4	42	Helen Fletcher	9.30 (0.6)	AKL
60m W45				
1	45	Joeline Jones	8.48 (-0.5)	TAS
2	45	Penny Kee	8.53 (-0.5)	AKL
3	46	Mel Calder	10.81 (-0.5)	WLG
4	49	Odette Teriitaohia	11.44 (-0.5)	Fr Pol
60m W50				
1	51	Lydia Bush	8.91 (-0.4)	AKL
2	52	Tui Bray	9.91 (-0.4)	TAR
3	50	Marcia Taylor	11.11 (-0.4)	WBP
4	50	Cecile Choleau-Tapeta	11.82 (-0.4)	Fr Pol
60m W55				
1	57	Phillipa Green	8.88 (-0.4)	AKL
60m W60				
1	63	Elizabeth Mitchell	9.04 (0.6)	OTA
2	60	Louise Martin	9.35 (0.6)	CAN
3	64	Lylen Johnston	12.23 (0.6)	Fr Pol
4	62	Karine Yutsien	13.39 (0.6)	Fr Pol
60m W65				
1	66	Annette Hermans	10.84 (0.6)	WBP
2	65	Alison Newall	11.02 (0.6)	OTA
60m W70				
1	74	Joy Baker	10.96 (-0.6)	TAR
2	70	Aline Berger	12.01 (-0.6)	Fr Pol
3	73	Suzanne Gee	12.18 (-0.6)	AKL
60m W75				
1	78	Sheryl Gower	11.01 (-0.6)	WBP
2	75	Nancy Bowmar	15.29 (-0.6)	NTH
60m W80				
1	82	Chris Waring	11.14 (-0.6)	AKL
2	84	Joan Mayall	14.05 (-0.6)	WBP
100m W30				
1	31	Maicalia Steinegg	12.93 (0.2)	CAN
100m W35				
1	39	Emily Peychers	13.31 (0.2)	HBG
100m W40				
1	44	Helen Turner	14.40 (0.2)	AKL
2	40	Kate Ramage	14.44 (0.2)	AKL
3	43	Aimee Whitley	14.47 (0.2)	WBP
4	42	Erin Howell	14.72 (0.2)	WLG
5	42	Helen Fletcher	14.82 (0.2)	AKL
100m W45				
1	45	Joeline Jones	13.51 (-0.3)	TAS
2	45	Penny Kee	13.57 (-0.3)	AKL
3	46	Audrey Poaneki	15.52 (-0.3)	WBP
4	46	Mel Calder	18.75 (-0.3)	WLG
5	49	Odette Teriitaohia	19.10 (-0.3)	Fr Pol
100m W50				
1	51	Vanessa Hodge	14.28 (-0.3)	MWA
2	51	Lydia Bush	14.40 (-0.3)	AKL
3	52	Tui Bray	16.08 (-0.3)	TAR
100m W55				
1	57	Phillipa Green	14.13 (0.4)	AKL

100m W60

1	63	Elizabeth Mitchell	14.19 (0.4)	OTA
2	60	Louise Martin	14.75 (0.4)	CAN
3	64	Lylen Johnston	19.70 (0.4)	Fr Pol
4	62	Karine Yutsien	22.40 (0.4)	Fr Pol

100m W65

1	66	Annette Hermans	17.17 (0.4)	WBP
2	65	Alison Newall	17.95 (0.4)	OTA

100m W70

1	74	Joy Baker	17.69 (-0.2)	TAR
2	73	Suzanne Gee	20.29 (-0.2)	AKL

100m W75

1	78	Sheryl Gower	17.36 (-0.2)	WBP
2	75	Nancy Bowmar	24.53 (-0.2)	NTH

100m W80

1	82	Chris Waring	18.18 (-0.2)	AKL
2	84	Joan Mayall	23.74 (-0.2)	WBP

100m W85

1	85	Jill Sherburn	33.09 (-0.2)	WBP
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200m W30

1	31	Maicalia Steinegg	26.52 (0.1)	CAN
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200m W35

1	39	Emily Peychers	27.43 (0.1)	HBG
2	36	Cherie Mcallister	37.04 (0.1)	AKL

200m W40

1	43	Aimee Whitley	29.70 (1.3)	WBP
2	40	Kate Ramage	29.70 (1.3)	AKL
3	44	Helen Turner	30.26 (1.3)	AKL
4	42	Helen Fletcher	31.03 (1.3)	AKL

200m W45

1	45	Penny Kee	27.34 (1.3)	AKL
2	45	Joeline Jones	28.69 (1.3)	TAS
3	46	Mel Calder	38.77 (1.3)	WLG

200m W50

1	51	Lydia Bush	30.74 (-0.9)	AKL
2	52	Tui Bray	33.67 (-0.9)	TAR

200m W55

1	57	Phillipa Green	30.19 (-0.9)	AKL
2	58	Dale McMillan	32.73 (-0.9)	MWA

200m W60

1	63	Elizabeth Mitchell	29.52 (-0.9)	OTA
2	60	Louise Martin	31.13 (-0.9)	CAN

200m W65

1	66	Annette Hermans	35.99 (-1.2)	WBP
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200m W70

1	74	Joy Baker	37.88 (-1.2)	TAR
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200m W75

1	78	Sheryl Gower	37.26 (-1.2)	WBP
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200m W80

1	82	Chris Waring	38.79 (-1.2)	AKL
2	84	Joan Mayall	54.04 (-1.2)	WBP

400m W30

1	31	Maicalia Steinegg	58.67	CAN
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400m W35

1	36	Cherie Mcallister	1:24.34	AKL
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400m W40

1	40	Kate Ramage	1:06.82	AKL
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400m W45

1	45	Penny Kee	1:02.14	AKL
2	46	Audrey Poaneki	1:17.58	WBP
3	47	Heidi-Jane Humphries	1:27.33	WLG

400m W50

1	51	Vanessa Hodge	1:05.05	MWA
2	52	Tui Bray	1:18.16	TAR

400m W55

1	58	Dale McMillan	1:17.08	MWA
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400m W60

1	63	Elizabeth Mitchell	1:11.70	OTA
2	62	Karen Hulena	1:35.51	AKL

400m W65

1	68	Karen Gillum-Green	1:31.83	TAR
2	67	Dominique Brinkfield	1:41.96	Fr Pol

400m W70

1	74	Joy Baker	1:32.31	TAR
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800m W35

1	39	Emily Peychers	2:33.41	HBG
2	37	Ayesha Shafi	2:36.51	WLG

800m W45

1	47	Jo van Rensburg	2:29.46	TAS
2	45	Penny Kee	2:39.27	AKL
3	47	Heidi-Jane Humphries	3:23.00	WLG

800m W50

1	51	Vanessa Hodge	2:38.19	MWA
2	52	Tui Bray	3:07.01	TAR

800m W60

1	62	Sally Gibbs	2:53.70	MWA
2	60	Karen Murphy	3:00.06	NTH
3	62	Karen Hulena	3:56.35	AKL

800m W65

1	66	Annette Hermans	3:29.88	WBP
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800m W70

1	74	Joy Baker	3:38.15	TAR
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800m W75

1	75	Carey Dickason	4:17.36	TAS
2	73	Janick Aubineau	5:15.85	Fr Pol

1500m W35

1	37	Ayesha Shafi	5:19.67	WLG
2	36	Cherie Mcallister	7:17.68	AKL

1500m W45

1	47	Jo Van Rensburg	5:14.24	TAS
2	47	Heidi-Jane Humphries	6:58.55	WLG

1500m W50

1	51	Michelle Hopkins	6:01.68	AKL
2	52	Tui Bray	6:32.29	TAR

1500m W60

1	62	Sally Gibbs	5:19.44	MWA
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1500m W65

1	67	Dominique Brinkfield	7:21.65	Fr Pol
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1500m W70

1	74	Joy Baker	7:39.46	TAR
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1500m W75

1	75	Carey Dickason	8:39.57	TAS
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1500m Walk W45

1	48	Catherine McCarten	8:23.64	TAR
2	45	Sam Holliss	9:20.74	TAR
3	47	Vicky Jones	11:49.93	TAR

1500m Walk W50

1	51	Rachel Gilberd	8:34.28	TAR
2	51	Fiona Craig	15:04.27	TAR

1500m Walk W55

1	55	Sandra Moratti	11:16.82	TAR
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1500m Walk W60

1	60	Serena Coombes	8:49.36	TAR
2	63	Helen Willis	10:01.16	WLG

1500m Walk W65

1	65	Alison Newall	10:05.96	OTA
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Jackie Wilson (8008) and Marlene White (7512) warming up for their track walk event.

1500m Walk W70

1	73	Janick Aubineau	12:41.22	Fr Pol
2	74	Lynne Mackay	12:46.23	TAR

1500m Walk W75

1	77	Marlene White	11:26.36	TAR
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1500m Walk W80

1	80	Jacqueline Wilson	10:21.95	WLG
2	84	Daphne Jones	12:35.22	WLG

3000m W45

1	47	Heidi-Jane Humphries	15:32.45	WLG
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3000m W50

1	51	Michelle Hopkins	12:48.82	AKL
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3000m W60

1	62	Sally Gibbs	11:17.49	MWA
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3000m W65

1	67	Dominique Brinkfield	15:20.59	Fr Pol
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3000m W70

1	74	Joy Baker	16:14.06	TAR
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3000m Walk W45

1	48	Catherine McCarten	17:58.10	TAR
2	45	Sam Holliss	21:34.74	TAR
3	47	Vicky Jones	24:26.27	TAR

3000m Walk W50

1	51	Rachel Gilberd	17:52.41	TAR
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3000m Walk W55

1	55	Sandra Moratti	22:41.57	TAR
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3000m Walk W60

1	60	Serena Coombes	18:40.39	TAR
2	63	Helen Willis	20:57.77	WLG

3000m Walk W75

1	77	Marlene White	23:58.13	TAR
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3000m Walk W80

1	80	Jacqueline Wilson	21:44.86	WLG
2	84	Daphne Jones	25:33.41	WLG

5000m W60

1	62	Sally Gibbs	19:02.31	MWA
2	60	Karen Murphy	21:50.64	NTH

5000m W65

1	67	Dominique Brinkfield	25:40.15	Fr Pol
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5000m Walk W45

1	48	Catherine McCarten	31:05.65	TAR
2	47	Vicky Jones	41:51.92	TAR

5000m Walk W50

1	51	Rachel Gilberd	30:26.14	TAR
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5000m Walk W60

1	63	Helen Willis	35:23.59	WLG
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5000m Walk W65

1	65	Alison Newall	36:31.81	OTA
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5000m Walk W75

1	77	Marlene White	39:15.96	TAR
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5000m Walk W80

1	80	Jacqueline Wilson	37:46.13	WLG
2	84	Daphne Jones	44:56.65	WLG

80m Hurdles W40

1	42	Melissa Karl	16.87 (-1.3)	AKL
2	43	Aimee Whitley	17.18 (-1.3)	WBP

80m Hurdles W45

1	46	Mel Calder	20.04 (-1.3)	WLG
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80m Hurdles W50

1	52	Liezel De Wet	15.34 (-1.3)	TAS
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2000m Steeplechase W60

1	60	Karen Murphy	8:58.46	NTH
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2000m Steeplechase W70

1	74	Joy Baker	11:46.85	TAR
2	73	Janick Aubineau	15:22.02	Fr Pol

4x100 Relay All Grades

1		Taranaki	1:10.89	
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Shot Put W35

1	39	Sarah Hockley	9.61	WBP
2	35	Kirsty Halliday	8.18	NTH

Shot Put W40

1	40	Anna Lynch	8.12	CAN
2	42	Melissa Karl	7.41	AKL

Shot Put W45

1	46	Eilish Simpson	8.91	WBP
2	45	Vanessa Pendergrast	7.97	MWA
3	49	Rachael Savage	7.60	WBP
4	49	Ayaka Stewart	7.37	CAN
5	49	Odette Teriitaohia	6.97	Fr Pol
6	47	Heidi-Jane Humphries	6.78	WLG

Shot Put W50

1	50	Marcia Taylor	9.23	WBP
2	50	Trudy Derbyshire	8.11	NTH
3	54	Fiona Black	7.47	TAR
4	50	Cecile Choleau-Tapeta	6.69	Fr Pol
5	51	Fiona Craig	5.79	TAR

Shot Put W55

1	58	Tania Lutton	11.64	CAN
2	56	Brenda Davis	9.62	WBP
3	56	Theresa Bartlett	8.09	WLG
4	58	Dale McMillan	7.97	MWA
5	55	Sandra Moratti	6.22	TAR

Shot Put W60

1	61	Christine McCahill	9.29	WBP
2	64	Rauru Faau	6.75	AKL
3	60	Denise Fellows	5.68	WBP
4	62	Karine Yutsien	4.93	Fr Pol

Shot Put W65

1	67	Aggie Boxall	8.38	AKL
2	66	Michelle Anthony	6.88	WBP
3	65	Alison Newall	6.82	OTA
4	66	Annette Hermans	6.81	WBP

Shot Put W70

1	72	Vicky Adams	4.99	TAR
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Shot Put W75

1	78	Noni Callander	8.05	MWA
2	75	Beryl McMillan	7.31	MWA
3	77	Anne Deleiros	7.16	AKL
4	79	Annette Parlane	7.01	WBP
5	75	Nancy Bowmar	6.39	NTH
6	78	Sherry Farmer	6.05	CAN

Shot Put W80

1	80	Beverley Savage	7.22	WBP
2	81	Barbara Austin	6.54	NTH
3	84	Justine Whitaker	6.27	CAN

Shot Put W85

1	85	Jill Sherburn	5.43	WBP
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Discus W35

1	39	Sarah Hockley	28.52	WBP
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Discus W40

1	40	Anna Lynch	28.62	CAN
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Discus W45

1	49	Rachael Savage	24.33	WBP
2	45	Vanessa Pendergrast	21.05	MWA
3	49	Ayaka Stewart	20.17	CAN
4	49	Odette Teriitaohia	19.01	Fr Pol
5	49	Elaine McQueen	18.79	AKL
6	47	Rochelle Ellison-Lupena	18.37	Cook Is
7	45	Sam Holliss	17.51	TAR
8	47	Heidi-Jane Humphries	14.63	WLG

Discus W50

1	50	Marcia Taylor	25.14	WBP
2	50	Trudy Derbyshire	21.20	NTH
3	50	Cecile Choleau-Tapeta	17.51	Fr Pol
4	53	Kerry Rattray	16.29	WBP
5	54	Fiona Black	15.94	TAR
6	51	Bronwen Sola	15.42	WLG
7	51	Fiona Craig	14.26	TAR

Discus W55

1	58	Tania Lutton	28.28	CAN
2	56	Brenda Davis	27.53	WBP
3	56	Theresa Bartlett	21.62	WLG

Discus W60

1	61	Christine McCahill	23.57	WBP
2	64	Rauru Faau	16.40	AKL
3	60	Denise Fellows	14.16	WBP

Discus W65

1	67	Aggie Boxall	19.97	AKL
2	66	Michelle Anthony	17.98	WBP

Discus W70

1	72	Vicky Adams	13.72	TAR
2	70	Aline Berger	13.36	Fr Pol
3	73	Janick Aubineau	10.52	Fr Pol

Discus W75

1	78	Noni Callander	18.58	MWA
2	79	Annette Parlane	18.23	WBP
3	77	Anne Deleiros	17.38	AKL
4	75	Nancy Bowmar	15.07	NTH
5	75	Beryl McMillan	14.78	MWA
6	78	Sherry Farmer	12.22	CAN

Discus W80

1	80	Beverley Savage	16.51	WBP
2	84	Justine Whitaker	15.62	CAN
3	81	Barbara Austin	14.74	NTH

Discus W85

1	85	Jill Sherburn	11.92	WBP
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Javelin W35

1	39	Emily Peychers	38.06	HBG
2	39	Sarah Hockley	26.63	WBP



Andrea Harris ready to measure a discus event using an EDM. I would like to acknowledge the tremendous amount to time and effort that both Mark & Andrea Harris have put into our sport, through introducing AthleticNET to New Zealand. The personal support that I have received from Mark has been invaluable - Andrew Stark

Javelin W40

1	40	Anna Lynch	23.26	CAN
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Javelin W45

1	49	Rachael Savage	21.67	WBP
2	49	Elaine McQueen	20.99	AKL
3	49	Odette Teriitaohia	19.29	Fr Pol
4	45	Vanessa Pendergrast	17.14	MWA
5	49	Ayaka Stewart	15.42	CAN

Javelin W50

1	50	Marcia Taylor	19.83	WBP
2	50	Trudy Derbyshire	18.93	NTH
3	50	Cecile Choleau-Tapeta	17.50	Fr Pol

Javelin W55

1	56	Brenda Davis	21.49	WBP
2	56	Theresa Bartlett	21.32	WLG
3	58	Dale Mcmillan	20.27	MWA
4	55	Sandra Moratti	11.55	TAR

Javelin W60

1	61	Christine McCahill	16.77	WBP
2	64	Rauru Faau	16.60	AKL
3	60	Denise Fellows	10.41	WBP
4	62	Karine Yutsien	9.46	Fr Pol

Javelin W65

1	67	Aggie Boxall	15.99	AKL
2	65	Alison Newall	15.78	OTA
3	66	Annette Hermans	12.55	WBP
4	66	Michelle Anthony	10.78	WBP

Javelin W70

1	74	Joy Baker	12.46	TAR
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Javelin W75

1	79	Annette Parlane	11.46	WBP
2	78	Noni Callander	11.45	MWA
3	75	Nancy Bowmar	10.66	NTH
4	78	Sherry Farmer	10.50	CAN
5	77	Anne Deleiros	9.81	AKL
6	75	Beryl McMillan	7.93	MWA

Javelin W80

1	81	Barbara Austin	12.67	NTH
2	84	Justine Whitaker	11.23	CAN

Javelin W85

1	85	Jill Sherburn	11.13	WBP
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High Jump W40

1	42	Melissa Karl	1.12	AKL
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High Jump W45

1	47	Heidi-Jane Humphries	1.06	WLG
2	49	Rachael Savage	1.03	WBP

High Jump W50

1	50	Ivana Erceg Floerchinger	1.27	AKL
2	51	Bronwen Sola	1.03	WLG

High Jump W55

1	56	Raewyn Grigg	1.18	TAR
2	56	Theresa Bartlett	1.06	WLG

High Jump W60

1	62	Heesun Kim	1.33	AKL
2	62	Karen Hulena	1.12	AKL

High Jump W75

1	75	Nancy Bowmar	0.97	NTH
2	75	Beryl McMillan	0.97	MWA

Long Jump W35

1	35	Kirsty Halliday	3.85 (-2.1)	NTH
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Long Jump W40

1	43	Aimee Whitley	3.97 (-1.6)	WBP
2	42	Helen Fletcher	3.71 (-1.1)	AKL

Long Jump W45

1	46	Mel Calder	3.11 (-2.7)	WLG
2	49	Rachael Savage	2.67 (-3.9)	WBP

Long Jump W50

1	52	Liezel De Wet	3.63 (-3.5)	TAS
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Long Jump W55

1	58	Dale McMillan	3.35 (-1.8)	MWA
2	56	Theresa Bartlett	2.67 (-2.3)	WLG

Long Jump W60

1	62	Karen Hulena	2.96 (-2.6)	AKL
2	64	Lylen Johnston	2.83 (-2.7)	Fr Pol

Long Jump W65

1	65	Alison Newall	2.86	OTA
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Long Jump W70

1	74	Joy Baker	2.88 (-1.1)	TAR
2	70	Aline Berger	2.79 (-1.9)	Fr Pol
3	73	Janick Aubineau	1.75 (-1.9)	Fr Pol

Long Jump W75

1	75	Carey Dickason	2.00 (-2.1)	TAS
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Long Jump W85

1	85	Jill Sherburn	1.24 (-2.6)	WBP
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Without the willingness of ALL our volunteers, NZMA could not run our championships. Thank you to ALL who helped, many of whom come back year after year - Andrew Stark

Triple Jump W40

1	43	Aimee Whitley	8.99 (0.8)	WBP
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Triple Jump W45

1	49	Rachael Savage	6.02 (0.5)	WBP
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Triple Jump W50

1	52	Liezel De Wet	8.25 (0.2)	TAS
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Triple Jump W55

1	56	Theresa Bartlett	6.00 (1.4)	WLG
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Triple Jump W65

1	67	Aggie Boxall	6.85 (2.2)	AKL
2	65	Alison Newall	6.56 (0.7)	OTA

Triple Jump W75

1	75	Carey Dickason	5.26 (0.2)	TAS
2	75	Nancy Bowmar	3.16 (0.2)	NTH

Triple Jump W85

1	85	Jill Sherburn	3.62 (2.1)	WBP
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Hammer W35

1	35	Kirsty Halliday	28.50	NTH
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Hammer W40

1	40	Anna Lynch	37.03	CAN
2	42	Melissa Karl	31.02	AKL

Hammer W45

1	49	Ayaka Stewart	28.39	CAN
2	46	Eilish Simpson	26.09	WBP
3	47	Rochelle Ellison-Lupena	26.08	Cook Is
4	45	Vanessa Pendergrast	24.40	MWA
5	49	Odette Teriitaohia	18.35	Fr Pol

Hammer W50

1	50	Trudy Derbyshire	32.26	NTH
2	53	Kerry Rattray	26.62	WBP
3	51	Bronwen Sola	25.14	WLG
4	50	Marcia Taylor	23.12	WBP
5	54	Fiona Black	22.57	TAR

Hammer W55

1	56	Brenda Davis	36.07	WBP
2	58	Tania Lutton	29.38	CAN
3	56	Raewyn Grigg	28.52	TAR
4	56	Theresa Bartlett	27.49	WLG
5	55	Sandra Moratti	16.44	TAR

Hammer W60

1	61	Christine McCahill	30.08	WBP
2	60	Denise Fellows	22.08	WBP
3	64	Rauru Faui	18.74	AKL

Hammer W65

1	67	Aggie Boxall	27.11	AKL
2	66	Michelle Anthony	22.07	WBP

Hammer W70

1	73	Janick Aubineau	8.77	Fr Pol
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Hammer W75

1	79	Annette Parlane	24.79	WBP
2	77	Anne Deleiros	22.62	AKL
3	78	Noni Callander	21.18	MWA
4	75	Carey Dickason	19.38	TAS
5	75	Beryl McMillan	15.71	MWA
6	78	Sherry Farmer	14.57	CAN

Hammer W80

1	80	Beverley Savage	25.62	WBP
2	81	Barbara Austin	21.79	NTH
3	84	Justine Whitaker	18.86	CAN

Weight Throw W40

1	40	Anna Lynch	10.84	CAN
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Weight Throw W45

1	45	Vanessa Pendergrast	8.62	MWA
2	47	Rochelle Ellison-Lupena	8.03	Cook Is
3	49	Ayaka Stewart	7.57	CAN
4	49	Odette Teriitaohia	6.99	Fr Pol

Weight Throw W50

1	50	Trudy Derbyshire	10.18	NTH
2	50	Marcia Taylor	9.40	WBP
3	51	Bronwen Sola	8.99	WLG
4	54	Fiona Black	8.42	TAR
5	53	Kerry Rattray	6.66	WBP

Weight Throw W55

1	56	Brenda Davis	12.97	WBP
2	58	Tania Lutton	10.66	CAN
3	56	Raewyn Grigg	10.28	TAR
4	56	Theresa Bartlett	6.98	WLG
5	55	Sandra Moratti	4.89	TAR

Weight Throw W60

1	61	Christine McCahill	13.19	WBP
2	60	Denise Fellows	9.42	WBP
3	64	Rauru Faau	8.44	AKL

Weight Throw W65

1	67	Aggie Boxall	12.70	AKL
2	66	Michelle Anthony	8.97	WBP
3	66	Annette Hermans	8.23	WBP

Weight Throw W70

1	72	Vicky Adams	7.45	TAR
2	73	Janick Aubineau	5.17	Fr Pol

Weight Throw W75

1	78	Noni Callander	10.17	MWA
2	79	Annette Parlane	9.46	WBP
3	75	Beryl McMillan	8.83	MWA
4	77	Anne Deleiros	8.66	AKL
5	78	Sheryl Gower	8.29	WBP
6	78	Sherry Farmer	6.70	CAN

Weight Throw W80

1	81	Barbara Austin	8.85	NTH
2	80	Beverley Savage	8.50	WBP
3	84	Justine Whitaker	8.35	CAN

Track Pentathlon W45

1	47	Heidi-Jane Humphries	1396	WLG
2	49	Rachael Savage	1073	WBP

Track Pentathlon W60

1	62	Karen Hulena	1609	AKL
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Track Pentathlon W70

1	73	Janick Aubineau	632	Fr Pol
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Track Pentathlon W75

1	75	Carey Dickason	1491	TAS
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Throws Pentathlon W35

1	39	Sarah Hockley	2292	WBP
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Throws Pentathlon W40

1	40	Anna Lynch	2470	CAN
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Throws Pentathlon W45

1	45	Vanessa Pendergrast	2043	MWA
2	49	Ayaka Stewart	1976	CAN
3	49	Rachael Savage	1753	WBP
4	47	Rochelle Ellison-Lupena	1389	Cook Is

Throws Pentathlon W50

1	50	Trudy Derbyshire	2335	NTH
2	50	Marcia Taylor	2243	WBP
3	53	Kerry Rattray	1641	WBP
4	54	Fiona Black	1579	TAR
5	51	Bronwen Sola	1559	WLG

Throws Pentathlon W55

1	56	Brenda Davis	2779	WBP
2	58	Tania Lutton	2738	CAN
3	56	Raewyn Grigg	2254	TAR
4	56	Theresa Bartlett	2146	WLG
5	55	Sandra Moratti	1255	TAR

Throws Pentathlon W60

1	61	Christine McCahill	3055	WBP
2	60	Denise Fellows	1721	WBP

Throws Pentathlon W65

1	67	Aggie Boxall	2840	AKL
2	66	Michelle Anthony	2257	WBP

Throws Pentathlon W75

1	79	Annette Parlane	2808	WBP
2	78	Noni Callander	2691	MWA
3	77	Anne Deleiros	2402	AKL
4	75	Beryl McMillan	2242	MWA
5	75	Nancy Bowmar	2060	NTH
6	78	Sherry Farmer	1828	CAN

Throws Pentathlon W80

1	80	Beverley Savage	2954	WBP
2	81	Barbara Austin	2632	NTH
3	84	Justine Whitaker	2583	CAN

Throws Pentathlon W85

1	85	Jill Sherburn	2413	WBP
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Remy Le Brun (M35) looks across at his time as he leads Brayden Grant (M40) in the 100m.

MEN**60m M35**

1	37	Remy Le Brun	7.25 (-0.7)	TAS
2	37	Gulab Singh	7.63 (-0.7)	AKL
3	37	Ryan Smith	8.02 (-0.7)	AKL

60m M40

1	40	Brayden Grant	7.74 (-0.7)	MWA
2	44	Shaun Johnson	7.96 (-0.7)	TAR

60m M45

1	46	Ian Lathwood	7.44 (-1.4)	AKL
2	46	Bruce Alexander	7.73 (-1.4)	WBP
3	46	Siamak Anahid	7.93 (-1.4)	AKL
4	48	Ian Densie	8.15 (-1.4)	STH
5	46	James Tipping	8.15 (-1.4)	WLG
6	46	Gareth Noble	8.20 (-1.4)	OTA
7	49	Johnny Eketone	8.80 (-1.4)	CAN

60m M50

1	50	Wayne Holroyd	7.59 (0.0)	AKL
2	52	Mark Lambert	7.65 (0.0)	AKL
3	52	Iain Rattray	7.94 (0.0)	WBP
4	51	Emerson Willard	8.12 (0.0)	WLG
5	53	Nick Bolton	8.14 (0.0)	CAN
6	54	Craig Seymour	9.01 (0.0)	AKL

60m M55

1	55	Mikel Constantine	7.96 (-0.6)	AKL
2	57	Miles Holt	8.37 (-0.6)	NTH
3	57	Mark Ford	8.54 (-0.6)	WLG

60m M60

1	61	David Blackford	8.12 (-0.6)	AKL
2	61	Richard Doyle	9.65 (-0.6)	TAR
3	64	Bruce Cortesi	10.12 (-0.6)	WBP

60m M65

1	66	Stephen Burden	8.49 (0.0)	WBP
2	65	Timothy Turner	8.74 (0.0)	AKL
3	66	Bruce Thomson	8.93 (0.0)	STH
4	67	Uros Sumar	9.01 (0.0)	OTA

60m M70

1	70	Dennis O'Leary	9.07 (0.0)	HBG
2	72	Ian Martin	10.69 (0.0)	WBP
3	70	Noel Barff	11.60 (0.0)	Fr Pol
4	72	Tapendra Singh Sokhi	20.98 (0.0)	AKL

60m M75

1	76	Peter Michel	10.04 (-0.3)	AKL
2	75	Yong Chyan Ding	11.30 (-0.3)	AKL

60m M80

1	80	David Anstiss	10.50 (-0.3)	AKL
2	80	Wolfgang Schenk	11.36 (-0.3)	AKL
3	81	Fernand Chaves	13.09 (-0.3)	Fr Pol
4	80	Martin Bryant	13.73 (-0.3)	HBG

60m M85

1	88	Peter Hanson	13.68 (-0.3)	WLG
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100m M35

1	37	Remy Le Brun	11.16 (-0.5)	TAS
2	37	Gulab Singh	11.97 (-0.5)	AKL
3	37	Ryan Smith	12.52 (-0.5)	AKL

100m M40

1	40	Brayden Grant	11.81 (-0.5)	MWA
2	44	Shaun Johnson	12.49 (-0.5)	TAR

100m M45

1	46	Ian Lathwood	11.58 (1.2)	AKL
2	46	Bruce Alexander	11.96 (1.2)	WBP
3	48	Ian Densie	12.42 (1.2)	STH
4	46	Siamak Anahid	12.44 (1.2)	AKL
5	46	Gareth Noble	12.59 (1.2)	OTA
6	46	James Tipping	12.62 (1.2)	WLG

100m M50

1	52	Mark Lambert	12.19 (0.0)	AKL
2	50	Rob Lyle	12.75 (0.0)	AKL
3	53	Nick Bolton	12.94 (0.0)	CAN
4	51	Emerson Willard	12.98 (0.0)	WLG
5	54	Craig Seymour	14.37 (0.0)	AKL

100m M55

1	55	Mikel Constantine	12.60 (0.0)	AKL
2	57	Miles Holt	13.56 (0.0)	NTH
3	57	Mark Ford	13.60 (0.0)	WLG

100m M65

1	66	Stephen Burden	13.37 (0.3)	WBP
2	65	Timothy Turner	13.49 (0.3)	AKL
3	66	Bruce Thomson	14.04 (0.3)	STH
4	67	Uros Sumar	14.25 (0.3)	OTA

100m M70

1	70	Dennis O'Leary	14.32 (0.3)	HBG
2	74	Geoff Wolfe	15.17 (0.3)	WBP
3	72	Ian Martin	16.36 (0.3)	WBP
4	74	David Lobb	16.78 (0.3)	Cook Is
5	70	Noel Barff	17.35 (0.3)	Fr Pol
6	72	Tapendra Singh Sokhi	38.27 (0.3)	AKL

100m M75

1	76	Peter Michel	16.31 (1.3)	AKL
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100m M80

1	80	David Anstiss	16.99 (1.3)	AKL
2	80	Wolfgang Schenk	17.58 (1.3)	AKL
3	81	Fernand Chaves	21.42 (1.3)	Fr Pol
4	80	Martin Bryant	23.30 (1.3)	HBG

100m M85

1	88	Peter Hanson	22.78 (1.3)	WLG
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200m M35

1	37	Remy Le Brun	23.40 (-2.5)	TAS
2	37	Gulab Singh	24.46 (-2.5)	AKL
3	37	Ryan Smith	26.36 (-2.5)	AKL

200m M40

1	40	Brayden Grant	23.94 (-2.5)	MWA
2	44	Shaun Johnson	26.18 (-2.5)	TAR

200m M45

1	46	Ian Lathwood	23.74 (-1.9)	AKL
2	46	Bruce Alexander	24.80 (-1.9)	WBP
3	48	David Hansen	25.32 (-1.9)	TAS
4	48	Ian Densie	25.48 (-1.9)	STH
5	46	James Tipping	26.18 (-1.9)	WLG
6	46	Siamak Anahid	27.25 (-1.9)	AKL
7	49	Sean Barnes	27.66 (-1.9)	CAN
8	49	Johnny Eketone	29.37 (-1.9)	CAN



Bruce Alexander (2nd) leads David Hansen (3rd) and Ian Densie (4th) in the M45 200m.

200m M50

1	50	Wayne Holroyd	23.63 (0.6)	AKL
2	52	Mark Lambert	23.92 (0.6)	AKL
3	50	Alan Houghton	25.46 (0.6)	OTA
4	53	Nick Bolton	26.58 (0.6)	CAN
5	51	Emerson Willard	27.00 (0.6)	WLG
6	53	Andrew Kerr	30.58 (0.6)	WLG
7	54	Craig Seymour	30.74 (0.6)	AKL

200m M55			
1	55	Mikel Constantine	26.22 (0.5) AKL
2	57	Miles Holt	27.33 (0.5) NTH
3	57	Mark Ford	29.47 (0.5) WLG
200m M60			
1	61	David Blackford	25.57 (0.5) AKL
2	61	Craig Taylor	30.52 (0.5) TAR
3	61	Richard Doyle	32.11 (0.5) TAR
4	64	Bruce Cortesi	34.87 (0.5) WBP
200m M65			
1	65	Timothy Turner	27.63 (0.5) AKL
2	66	Stephen Burden	27.92 (0.5) WBP
3	66	Bruce Thomson	29.92 (0.5) STH
4	67	Uros Sumar	30.57 (0.5) OTA
200m M70			
1	70	Dennis O'Leary	29.99 (0.5) HBG
2	72	Ian Martin	39.90 (0.5) WBP
200m M75			
1	78	Des Phillips	37.62 (-0.7) TAR
200m M80			
1	80	Wolfgang Schenk	39.35 (-0.7) AKL
2	81	Alan Jones	42.87 (-0.7) TAR
3	81	Fernand Chaves	45.75 (-0.7) Fr Pol
4	80	Martin Bryant	50.90 (-0.7) HBG
5	80	David Trow	56.40 (-0.7) WBP
200m M85			
1	88	Peter Hanson	54.09 (-0.7) WLG
200m M90			
1	91	Jim Feist	1:06.88 (-0.7) AKL
400m M35			
1	37	Zaan Janse	53.56 WLG
2	38	Pat Taylor	59.46 OTA
400m M40			
1	40	Brayden Grant	52.07 MWA
400m M45			
1	48	David Hansen	55.94 TAS
2	48	Ian Densie	57.42 STH
3	46	James Tipping	57.59 WLG
4	49	Sean Barnes	1:01.48 CAN
400m M50			
1	50	Wayne Holroyd	52.97 AKL
2	51	Hayden Robinson	54.89 MWA
3	50	Alan Houghton	55.46 OTA
4	53	Andrew Kerr	1:05.70 WLG
400m M55			
1	55	Phil Harrison	1:00.92 CAN
	57	Mark Cornaga	DNF WBP
400m M60			
1	60	Grant Hodges	59.81 AKL
2	60	Gavin Jensen	1:00.05 AKL
3	61	Richard Doyle	1:14.55 TAR
400m M65			
1	65	Timothy Turner	1:03.82 AKL
2	66	Bruce Thomson	1:07.74 STH
3	65	Barry Helem	1:11.89 CAN
4	69	Greg Boyd	1:17.80 AKL
400m M75			
1	78	Des Phillips	1:26.76 TAR
400m M80			
1	81	Alan Jones	1:39.24 TAR
2	80	Wolfgang Schenk	1:45.34 AKL
3	81	Fernand Chaves	1:50.17 Fr Pol
4	80	David Trow	2:18.13 WBP
400m M90			
1	91	Jim Feist	2:44.34 AKL

800m M35			
1	38	Pat Taylor	2:06.72 OTA
2	37	Zaan Janse	2:11.31 WLG
800m M40			
1	40	Brayden Grant	2:07.82 MWA
2	43	Jamie Duncan	2:08.79 WLG
800m M45			
1	46	James Conwell	2:05.21 MWA
2	49	Sean Barnes	2:19.51 CAN
3	46	James Tipping	2:23.87 WLG
4	47	Malcolm Smith	2:26.68 WBP
800m M50			
1	50	Alan Houghton	2:12.99 OTA
2	51	Hayden Robinson	2:13.64 MWA
3	53	Graeme Morrison	2:21.50 WLG
4	52	Iain Rattray	2:23.71 WBP
800m M55			
1	59	Malcolm Cornelius	2:28.14 CAN
2	59	Evan Lobb	2:46.53 TAR
800m M60			
1	60	Gavin Jensen	2:35.53 AKL
2	60	Craig Scott	2:38.49 WBP
3	61	Richard Doyle	3:05.08 TAR
800m M65			
1	65	Barry Helem	2:57.11 CAN
2	69	Greg Boyd	3:05.48 AKL
800m M70			
1	70	Allan Thomas	3:06.40 TAR
800m M75			
1	75	Ian Carter	2:39.80 AKL
2	75	Jonathon Harper	3:29.73 CAN
3	78	Des Phillips	3:32.61 TAR
800m M80			
1	81	Alan Jones	4:01.73 TAR
2	80	David Trow	5:35.86 WBP
800m M90			
1	91	Jim Feist	7:04.44 AKL
1500m M35			
1	38	Pat Taylor	4:38.51 OTA
2	37	Mark Searle	4:47.94 MWA
1500m M40			
1	43	Jamie Duncan	5:28.51 WLG
1500m M45			
1	46	James Conwell	4:15.66 MWA
2	49	Paul Evans	4:40.00 WLG
3	47	Mathew Rogers	4:41.07 WLG
4	47	Malcolm Smith	4:46.98 WBP
1500m M50			
1	53	Graeme Morrison	4:41.76 WLG
2	53	Andrew Kerr	4:49.51 WLG
3	52	Darren Gordon	5:32.48 WLG
1500m M55			
1	57	Mark Cornaga	4:44.77 WBP
2	59	Malcolm Cornelius	4:52.36 CAN
3	55	Terry Fraser	4:57.80 WLG
4	59	Evan Lobb	5:41.91 TAR
1500m M60			
1	60	Craig Scott	5:28.51 WBP
2	60	Armin Kashammer	6:01.96 NTH
3	61	Richard Doyle	6:16.80 TAR
4	64	Jean Marc Tur	9:12.14 Fr Pol
1500m M65			
1	69	Tony Price	6:10.51 WLG
2	69	Greg Boyd	6:14.28 AKL

1500m M70

1	72	Rodger Ward	6:08.63	CAN
2	70	Allan Thomas	6:24.32	TAR
3	73	Derek Shaw	6:28.93	TAS
4	73	Gavin Smith	6:30.85	WBP
5	70	Barry Watson	6:55.96	WBP

1500m M75

1	75	Ian Carter	5:29.03	AKL
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1500m M80

1	80	Philip Parkin	6:27.12	CAN
2	80	David Trow	11:11.89	WBP

1500m Walk M45

1	49	Justin Reed	9:13.41	TAR
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1500m Walk M55

1	57	Miles Holt	13:38.60	NTH
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1500m Walk M60

1	64	Rodney Gillum	9:04.42	TAR
2	60	Armin Kashammer	11:30.94	NTH

1500m Walk M65

1	67	Brendan Gibbs	10:40.59	MWA
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1500m Walk M75

1	75	Clive McGovern	9:19.63	WLG
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1500m Walk M90

1	91	Jim Feist	13:11.08	AKL
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3000m M35

1	38	Pat Taylor	10:25.90	OTA
2	37	Mark Searle	10:29.68	MWA

3000m M40

1	43	Matthew Hopkins	9:24.28	TAR
2	43	Jamie Duncan	9:35.67	WLG

3000m M45

1	47	Mathew Rogers	10:30.10	WLG
2	47	Malcolm Smith	10:41.19	WBP
3	47	Michael O'Sullivan	10:41.76	TAR

3000m M50

1	53	Graeme Morrison	10:09.73	WLG
2	52	Paul Curran	11:15.97	MWA
3	52	Darren Gordon	11:30.95	WLG

3000m M55

1	59	Malcolm Cornelius	10:52.89	CAN
2	55	Terry Fraser	11:12.90	WLG
3	59	Evan Lobb	12:14.68	TAR

3000m M60

1	60	Craig Scott	12:14.41	WBP
2	61	Richard Doyle	13:49.07	TAR

3000m M65

1	69	Tony Price	12:50.88	WLG
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3000m M70

1	73	Derek Shaw	14:02.37	TAS
2	73	Gavin Smith	14:16.47	WBP
3	70	Barry Watson	14:29.13	WBP

3000m M75

1	75	Barry Dewar	14:27.52	TAS
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3000m M80

1	80	Philip Parkin	14:17.80	CAN
2	80	David Trow	23:19.83	WBP

3000m Walk M45

1	49	Justin Reed	19:14.36	TAR
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3000m Walk M55

1	59	Tiwhane Te Kanapu	27:56.55	WLG
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3000m Walk M60

1	64	Rodney Gillum	19:42.98	TAR
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3000m Walk M65

1	67	Brendan Gibbs	23:04.92	MWA
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3000m Walk M75

1	75	Clive McGovern	19:21.54	WLG
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3000m Walk M90

1	91	Jim Feist	26:56.43	AKL
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5000m M35

1	37	Mark Searle	18:06.62	MWA
2	39	David Lovelock	18:38.35	MWA

5000m M40

1	43	Matthew Hopkins	16:04.72	TAR
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5000m M45

1	49	Paul Evans	17:02.39	WLG
2	47	Malcolm Smith	18:19.09	WBP
3	47	Michael O'Sullivan	18:26.61	TAR

5000m M50

1	53	Graeme Morrison	17:04.08	WLG
2	54	Seth Campbell	17:55.42	WLG
3	52	Paul Curran	19:00.67	MWA
4	52	Darren Gordon	19:31.39	WLG

5000m M55

1	55	Terry Fraser	18:52.33	WLG
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5000m M60

1	62	Paul Hewitson	17:48.93	WLG
2	60	Armin Kashammer	22:05.69	NTH

5000m M65

1	69	Tony Price	21:51.53	WLG
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5000m M70

1	73	Derek Shaw	23:51.69	TAS
2	70	Barry Watson	24:38.14	WBP
3	73	Gavin Smith	25:38.52	WBP

5000m M75

1	75	Barry Dewar	23:44.44	TAS
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5000m Walk M45

1	49	Justin Reed	33:00.67	TAR
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5000m Walk M60

1	64	Rodney Gillum	33:07.68	TAR
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5000m Walk M75

1	75	Clive McGovern	32:33.56	WLG
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80m Hurdles M75

1	75	Yong Chyan Ding	20.15 (-2.0)	AKL
2	78	Des Phillips	27.98 (-2.0)	TAR

80m Hurdles M80

1	80	David Anstiss	17.55 (-2.0)	AKL
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100m Hurdles M50

1	53	Nick Bolton	15.99 (-1.7)	CAN
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100m Hurdles M60

1	61	David Blackford	16.79 (-1.7)	AKL
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110m Hurdles M40**200m Hurdles M80**

1	80	David Anstiss	43.28 (-2.2)	AKL
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300m Hurdles M60**300m Hurdles M75**

1	78	Des Phillips	1:12.58	TAR
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400m Hurdles M50

1	50	Wayne Holroyd	1:05.13	AKL
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400m Hurdles M55

1	57	Mark Cornaga	1:08.19	WBP
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2000m Steeplechase M60

1	60	Armin Kashammer	9:17.57	NTH
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2000m Steeplechase M75

1	75	Barry Dewar	11:02.12	TAS
2	78	Des Phillips	11:40.80	TAR

3000m Steeplechase M45

1	47	Mathew Rogers	13:03.39	WLG
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4x100 Relay All Grades

1	--	Auckland	45.97
2	--	Wellington	52.46

Shot Put M35

1	37	Reece Little	8.25	HBG
2	39	Luke Crombie	8.17	HBG

Shot Put M40

1	43	Joden Pratten	12.81	CAN
2	41	Iona Junior Lupena	10.43	AKL
3	42	Terrence Dunn	9.69	TAR

Shot Put M45

1	48	Shaka Sola	11.71	Samoa
2	48	David Hansen	11.07	TAS

Shot Put M50

1	54	Pat Hellier	11.85	WBP
2	54	David Sexton	8.97	HBG
3	53	Roland Van den Tillaar	8.92	AKL

Shot Put M55

1	59	Laini Inivale	12.58	AKL
2	55	Craig Marriott	10.32	TAR
3	56	John McManus	9.77	CAN

Shot Put M60

1	60	Adrian Stockill	11.79	WLG
2	63	Wesley Faui	10.98	AKL
3	64	Brian Curry	10.07	MWA
4	61	Richard Doyle	8.49	TAR
5	62	Dawid De Villiers	7.96	WBP

Shot Put M65

1	65	Merv Dudley	7.46	HBG
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Shot Put M70

1	73	Lindsay Walker	10.08	CAN
2	72	Raj Menon	8.65	WLG
3	72	Tapendra Singh Sokhi	6.79	AKL

Shot Put M75

1	75	Yong Chyan Ding	7.49	AKL
2	75	Barry Dewar	6.07	TAS

Shot Put M80

1	80	Martin Bryant	6.26	HBG
2	81	Matt Redshaw	6.12	TAR
3	81	Fernand Chaves	6.00	Fr Pol

Shot Put M85

1	88	Peter Hanson	7.44	WLG
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Shot Put M90

1	94	Jim Blair	5.91	MWA
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Discus M35

1	37	Reece Little	26.15	HBG
2	39	Luke Crombie	22.28	HBG

Discus M40

1	43	Joden Pratten	41.39	CAN
2	41	Iona Junior Lupena	31.66	AKL
3	42	Benjamin Giles	29.99	TAR
4	42	Terrence Dunn	26.96	TAR

Discus M45

1	48	David Hansen	35.27	TAS
2	48	Shaka Sola	33.38	Samoa

Discus M50

1	54	Pat Hellier	43.85	WBP
2	54	David Sexton	30.27	HBG
3	53	Roland Van den Tillaar	25.50	AKL

Discus M55

1	55	Craig Marriott	28.75	TAR
2	56	John McManus	28.40	CAN
3	58	Paul Radden	24.39	AKL

Discus M60

1	60	Adrian Stockill	44.19	WLG
2	62	Dawid De Villiers	34.71	WBP
3	64	Brian Curry	34.09	MWA
4	63	Wesley Faui	33.45	AKL
5	64	Jean Marc Tur	23.11	Fr Pol

Discus M65

1	65	Merv Dudley	23.45	HBG
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Discus M70

1	73	Lindsay Walker	27.72	CAN
2	72	Raj Menon	24.29	WLG
3	70	Dennis O'Leary	23.94	HBG
4	72	Tapendra Singh Sokhi	15.99	AKL
5	74	David Lobb	15.78	Cook Is

Discus M75

1	75	Yong Chyan Ding	18.28	AKL
2	75	Barry Dewar	17.17	TAS

Discus M80

1	80	David Anstiss	19.02	AKL
2	80	Wolfgang Schenk	17.75	AKL
3	81	Alan Jones	15.42	TAR
4	81	Matt Redshaw	14.14	TAR
5	80	Martin Bryant	12.03	HBG

Discus M85

1	88	Peter Hanson	15.99	WLG
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Discus M90

1	94	Jim Blair	14.10	MWA
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Javelin M35

1	39	Luke Crombie	41.02	HBG
2	37	Reece Little	39.29	HBG

Javelin M40

1	41	Iona Junior Lupena	38.67	AKL
2	42	Benjamin Giles	33.68	TAR
3	43	Joden Pratten	31.80	CAN

Javelin M45

1	48	David Hansen	35.49	TAS
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Javelin M50

1	54	David Sexton	34.32	HBG
2	53	Roland Van den Tillaar	20.09	AKL

Javelin M55

1	55	Craig Marriott	29.06	TAR
2	56	John McManus	27.99	CAN
3	59	Evan Lobb	24.51	TAR
4	59	Tiwhane Te Kanapu	21.36	WLG
5	57	Miles Holt	15.70	NTH

Javelin M60

1	60	Adrian Stockill	33.68	WLG
2	64	Brian Curry	29.49	MWA
3	63	Wesley Faui	25.18	AKL
4	61	Richard Doyle	23.05	TAR
5	60	Armin Kashammer	21.95	NTH
6	64	Bruce Cortesi	17.01	WBP

Javelin M65

1	65	Merv Dudley	15.25	HBG
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Javelin M70

1	72	Raj Menon	22.79	WLG
2	73	Lindsay Walker	21.17	CAN
3	72	Tapendra Singh Sokhi	15.53	AKL
4	70	Noel Barff	13.94	Fr Pol

Javelin M75

1	75	Yong Chyan Ding	21.08	AKL
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Javelin M80

1	80	Wolfgang Schenk	19.39	AKL
2	81	Fernand Chaves	16.11	Fr Pol

Javelin M90			
1	94	Jim Blair	16.79 MWA
High Jump M35			
1	37	Ryan Smith	1.50 AKL
High Jump M40			
1	42	Benjamin Giles	1.62 TAR
High Jump M45			
1	49	Johnny Eketone	1.56 CAN
2	46	Siamak Anahid	1.35 AKL
High Jump M50			
1	52	Iain Rattray	1.51 WBP
High Jump M55			
1	55	Craig Marriott	1.45 TAR
2	57	Miles Holt	0.85 NTH
High Jump M60			
1	60	Glenn Bishop	1.45 WBP
2	64	Brian Curry	1.42 MWA
3	64	Tarmo Rajasaari	1.09 CAN
High Jump M65			
1	65	Ho Young Do	1.48 AKL
High Jump M70			
1	74	David Lobb	1.03 Cook Is
2	72	Tapendra Singh Sokhi	0.79 AKL
High Jump M75			
1	78	Des Phillips	1.15 TAR
2	75	Yong Chyan Ding	1.06 AKL
3	75	Barry Dewar	0.94 TAS
High Jump M80			
1	80	David Anstiss	1.25 AKL
Pole Vault M50			
1	53	Roland Van den Tillaar	2.60 AKL
Pole Vault M60			
1	64	Tarmo Rajasaari	2.40 CAN
Pole Vault M75			
1	75	Yong Chyan Ding	2.00 AKL
Pole Vault M80			
1	80	David Anstiss	2.10 AKL
Long Jump M35			
1	37	Gulab Singh	5.48 (-0.1) AKL
2	37	Reece Little	4.84 (-0.5) HBG
Long Jump M40			
1	44	Shaun Johnson	4.82 (-1.4) TAR
2	41	Iona Junior Lupena	4.55 (-1.9) AKL
Long Jump M45			
1	46	Siamak Anahid	5.23 (-1.4) AKL
2	48	Ian Densie	4.37 (-1.9) STH
Long Jump M55			
1	57	Miles Holt	4.10 (0.5) NTH
2	59	Tiwhane Te Kanapu	3.15 (-0.8) WLG
Long Jump M60			
1	60	Chris Roberts	3.92 (-0.9) WLG
2	60	Armin Kashammer	3.33 (-1.7) NTH
3	64	Bruce Cortesi	3.07 (-0.7) WBP
Long Jump M65			
1	66	Stephen Burden	4.73 (-1.0) WBP
Long Jump M70			
1	70	Dennis O'Leary	3.82 (-1.7) HBG
2	74	David Lobb	2.92 (-0.7) Cook Is
3	70	Noel Barff	2.78 (-1.7) Fr Pol
4	72	Tapendra Singh Sokhi	1.50 (-1.3) AKL
Long Jump M75			
1	78	Des Phillips	2.96 (-2.1) TAR
2	75	Yong Chyan Ding	2.20 (-1.6) AKL

Long Jump M80			
1	80	David Anstiss	3.42 (-0.4) AKL
2	80	Wolfgang Schenk	2.82 (-0.7) AKL
Triple Jump M30			
1	30	Ed Leung	11.96 (-1.0) WBP
Triple Jump M35			
1	37	Reece Little	9.90 (-1.0) HBG
Triple Jump M40			
1	44	Shaun Johnson	9.93 (-0.9) TAR
Triple Jump M45			
1	46	Siamak Anahid	10.13 (-1.2) AKL
Triple Jump M50			
1	52	Iain Rattray	9.70 (-1.5) WBP
Triple Jump M55			
1	57	Miles Holt	5.44 (-0.6) NTH
Triple Jump M60			
1	62	Mark MacFarlane	8.28 (-1.0) WLG
Triple Jump M65			
1	66	Stephen Burden	9.58 (-0.5) WBP
Triple Jump M70			
1	70	Dennis O'Leary	7.44 (-0.5) HBG
2	74	David Lobb	6.52 (-1.6) Cook Is
3	72	Tapendra Singh Sokhi	1.94 (-0.2) AKL
Triple Jump M75			
1	78	Des Phillips	6.58 (-0.6) TAR
2	75	Barry Dewar	5.19 (-0.8) TAS
Triple Jump M80			
1	80	David Anstiss	7.95 (0.6) AKL
Hammer M40			
1	41	Iona Junior Lupena	31.68 AKL
2	43	Joden Pratten	29.62 CAN
3	42	Terrence Dunn	26.49 TAR
Hammer M45			
1	48	Shaka Sola	26.89 Samoa
Hammer M50			
1	54	Pat Hellier	48.60 WBP
2	54	David Sexton	29.34 HBG
3	53	Roland Van den Tillaar	24.52 AKL
4	53	Triton Poaneki	16.22 WBP
Hammer M55			
1	56	John McManus	27.16 CAN
2	58	Paul Radden	20.03 AKL
Hammer M60			
1	60	Adrian Stockill	38.10 WLG
2	62	Rick Currin	33.45 WBP
3	62	Dawid De Villiers	29.37 WBP
4	64	Brian Curry	26.74 MWA
5	63	Wesley Faau	26.39 AKL
Hammer M65			
1	65	Merv Dudley	19.54 HBG
Hammer M70			
1	73	Lindsay Walker	31.35 CAN
2	72	Raj Menon	20.67 WLG
3	72	Tapendra Singh Sokhi	17.76 AKL
Hammer M75			
1	75	Yong Chyan Ding	20.40 AKL
Hammer M80			
1	81	Fernand Chaves	14.42 Fr Pol
Hammer M90			
1	94	Jim Blair	15.82 MWA
Weight Throw M40			
1	43	Joden Pratten	11.56 CAN
2	42	Terrence Dunn	11.12 TAR
3	41	Iona Junior Lupena	11.02 AKL

Weight Throw M45				
1	48	Shaka Sola	7.88	Samoa
Weight Throw M50				
1	54	Pat Hellier	13.89	WBP
2	54	David Sexton	11.80	HBG
3	52	Iain Rattray	11.41	WBP
4	53	Roland Van den Tillaar	7.65	AKL
Weight Throw M55				
1	56	John McManus	11.12	CAN
2	59	Tiwhane Te Kanapu	7.27	WLG
Weight Throw M60				
1	60	Adrian Stockill	14.67	WLG
2	62	Rick Currin	13.91	WBP
3	62	Dawid De Villiers	12.94	WBP
4	63	Wesley Faau	12.09	AKL
5	64	Brian Curry	11.86	MWA
6	61	Richard Doyle	9.52	TAR
Weight Throw M65				
1	65	Merv Dudley	8.98	HBG
Weight Throw M70				
1	73	Lindsay Walker	12.06	CAN
2	72	Raj Menon	7.81	WLG
3	72	Tapendra Singh Sokhi	7.03	AKL
Weight Throw M75				
1	75	Yong Chyan Ding	8.82	AKL
Weight Throw M80				
1	81	Fernand Chaves	7.20	Fr Pol
Weight Throw M90				
1	94	Jim Blair	6.67	MWA
Track Pentathlon M45				
1	49	Johnny Eketone	2127	CAN
Track Pentathlon M55				
1	57	Miles Holt	1395	NTH
Throws Pentathlon M40				
1	43	Joden Pratten	2945	CAN
2	41	Iona Junior Lupena	2570	AKL
3	42	Terrence Dunn	2333	TAR
Throws Pentathlon M45				
1	48	Shaka Sola	2414	Samoa
Throws Pentathlon M50				
1	54	Pat Hellier	3403	WBP
2	54	David Sexton	2474	HBG
3	53	Roland Van den Tillaar	1686	AKL
Throws Pentathlon M55				
1	59	Laini Inivale	2723	AKL
2	56	John McManus	2400	CAN
Throws Pentathlon M60				
1	60	Adrian Stockill	3370	WLG
2	64	Brian Curry	2395	MWA
3	62	Dawid De Villiers	2264	WBP
Throws Pentathlon M65				
1	68	James Thomas	3784	AKL
2	65	Merv Dudley	1747	HBG
Throws Pentathlon M70				
1	73	Lindsay Walker	2495	CAN
2	72	Tapendra Singh Sokhi	1295	AKL
Throws Pentathlon M75				
1	75	Yong Chyan Ding	1980	AKL
Throws Pentathlon M80				
1	81	Fernand Chaves	1610	Fr Pol
Throws Pentathlon M90				
1	94	Jim Blair	2319	MWA



David Hansen & Dawid De Villiers (6016) preparing to throw.



Iona Junior Lupena one happy camper after his throw!

This year, entries were capped at 8,500 participants, with 3,892 competing in the half marathon. Few of these took part in the official New Zealand Half Marathon event, prompting Athletics NZ to consider ways to better engage casual runners. The current four-lap course presents challenges for faster runners due to congestion from slower participants; organizers are considering a switch to a two-lap format next year.

Masters Women

W35

1. Megan Ferry Scottish 2:22:58

W40

1. Sarah Gardner A Tauranga 1:21:17
 2. Jiwon Chun Scottish 1:37:27
 3. Emma Bassett Scottish 1:37:44
 4. Heidi Su DGRS 1:46:01
 5. Lindsay Young Scottish 1:55:34

W45

1. Nicola Handley DGRS 1:27:20
 2. Jackie Blay St Paul's 1:55:14

W50

1. Carolyn Morton DGRS 1:35:13
 2. Julia Burgess Run Timaru 2:03:42

W55

1. Wendy Richards Chch Avon 1:50:13
 2. Michelle Laughton-Hill TTT Run 2:04:57

W60

1. Mari Visage A Tauranga 1:43:24
 2. Suzanne Mackie DGRS 1:45:19
 3. Stacey Pearson Hill City-Univ 1:45:37

W65

1. Pauline Poore DGRS 1:51:34
 2. Andrea Cayford DGRS 1:59:45

W70

1. Judith Bradshaw Hatea Run 1:54:49
 2. Linda Te Au A Invercargill 3:03:38

W75

1. Shirley Rolston Port Hills 2:59:58



Masters Men

M35

1. Andy Good U Canterbury 1:06:43

M40

1. Ben Thompson DGRS 1:14:57
 2. Barney Hoskins A Nelson 1:15:18
 3. Anthony Jackson Trentham 1:16:53
 4. Brad Wong WHAC 1:24:36

M45

1. Daniel Clendon WHAC 1:16:27
 2. John Beale WHAC 1:18:30
 3. Anthony Chapman DGRS 1:19:41
 4. Jonathan Ryan Caversham 1:24:53

M50

1. Graeme Morrison WHAC 1:18:22
 2. Dave Cox DGRS 1:25:27
 3. Andrew Kerr Scottish 1:27:00
 4. James Pemberton Leith 1:33:27

M55

1. Vaughan Madsen Cambridge 1:21:06
 2. Joseph Bulbulia Scottish 1:24:24
 3. Guy Barber A Nelson 1:33:32

M60

1. Peter Caudwell Lake City 1:26:18
 2. Richard Seigne ChCh Avon 1:27:06
 3. Colin Price WHAC 1:27:21
 4. Neville Britton Queenstown 1:36:25

M65

1. Peter Richards ChCh Avon 1:28:31
 2. Tim Cross A Nelson 1:37:14
 3. Roger Winton Hatea Run 1:41:19

M70

1. Adrian Brouwers Hatea Run 1:53:41
 2. Mike Van Der Colk ChCh Avon 2:16:40

M75

1. Barry Dewar A Nelson 1:51:54



These champs took place on Saturday 18 April 2026 in conjunction with the Kaukau Skyline Traverse on three different length up and down courses from Johnsonville in Wellington.

The winner of the senior men’s race was Toby Gualter of the host club Olympic Harrier and Athletic Club, who finished the long 12.15km course in 57:14. He was just 2s ahead of Eric Speakman (now an M35 master who elected to contest the SM grade) from Victoria University Athletic Club. Olympic’s Max Doherty won the bronze in 58:32.

Josie Wilcox of Wellington Harrier Athletic Club (WHAC), and formerly of Nelson, won the SW title in 1:12:03, finishing 39s ahead of Grace McConnochie from the Gisborne Harrier Club with 3rd place going to Andrea Peat (WHAC).

Masters Results

Women

W35 (8.75km)

Natasha Hay	Trentham	1:06:24
Nicola Penny	Trentham	1:09:56

W40 (8.75km)

Shar McDonald	Trentham	58:40
Jimon Chun	Scottish	1:05:28
Melissa Byrne	Trentham	1:17:41

W45 (8.75km)

Catronia Thurston	Olympic	50:14
Mel Brandon	Scottish	50:34
Rachel O’Brion	TTT Runners	54:39
Dayna Wallace	Speedplay	1:04:56
Anita Mckone	Trentham	1:18:24
Kath Lttler	Scottish	1:23:08

W50 (5.75km)

Katie Jenkins	Olympic	32:59
Paula Canning	Ath Nelson	34:45
Harriette Carr	Scottish	36:53
Richele McKenzie	Scottish	37:11

W55 (5.75km)

Michele Van Looy	Olympic	39:06
Jan Sheppard	Olympic	41:46

W60 (5.75km)

Tanya Lavington	Scottish	42:50
Christine Lear	Ath Nelson	43:09
Karen Jenkinson	Scottish	51:37

W65 (5.75km)

Margie Peat	Auckland City	38:37
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W70 (5.75km)

Julie Gordon	Trentham	42:56
Jean Skilton	Olympic	55:52

Men

M35 (12.15km)

Jonathon Jackson	Auckland City	1:00:02
David Haunschmidt	Scottish	1:01:18
Simon Angus	Olympic	1:08:12
Walter Somerville	Scottish	1:09:07
Will Bell	WHAC	1:10:37

Zaan Janse	WHAC	1:20:30
M40 (12.15km)		
Jamie Duncan	WHAC	1:14:40
Brad Wong	WHAC	1:23:19
M45 (12.15km)		
Dwight Grieve	Fiordland	1:04:29
Brian Garmonsway	Trentham	1:07:04
James Richardson	Scottish	1:08:20
Daniel Clendon	WHAC	1:09:18
Dean Ford	WHAC	1:10:29
Alex Jones	WHAC	1:12:44
Andy Crossland	Hutt Valley	1:13:08
Michael Hale	Auckland City	1:18:01
Mark Boyd	Trentham	1:18:57
Robert Shirtcliffe	WHAC	1:21:39
Simon Maister	WHAC	1:23:18
Mark Morriss	Hutt Valley	1:33:52
M50 (8.75km)		
Ben Evans	Owairaka	44:49
Paul Evans	Olympic	45:23
Josh Campbell	Trentham	47:37
Graeme Morrison	WHAC	48:42
Reon Rollo	Hutt Valley	49:38
James Waite	WHAC	52:20
Nick White	Gisborne	1:00:00
Darcy Mellsop	Olympic	1:06:49
Carl Berendsen	Trentham	1:07:27
Robert Rickerby	Auckland City	1:11:10
Anthony Hughes	Trentham	1:17:27
M55 (8.75km)		
Phil Costley	Ath Richmond	46:34
David Hosking	Scottish	50:42
Todd Stevens	Scottish	53:51
Terry Fraser	WHAC	4:09
Evan Lobb	New Plymouth	57:16
Tiwhane Te Kanapu	WHAC	1:27:22
M60 (8.75km)		
Peter Stevens	Scottish	52:33
Dave Kettles	Scottish	53:15
Colin Price	WHAC	54:27
Richard Brewer	Hawera	54:51
Stephen Mair	Trentham	58:38
Peter Frawley	WHAC	1:17:27
M65 (8.75km)		
Michael Cummins	Scottish	1:03:05
Graeme Moss	Olympic	1:03:24
Paul Foster	WHAC	1:03:55
M70 (8.75km)		
Graeme Lear	Ath Nelson	59:47
Keith Champman	Olympic	1:04:54
Tim Murchland	WHAC	1:14:50
M75 (8.75km)		
Barry Dewar	Ath Nelson	1:11:53



Auckland**Phillipa Green**

Auckland Masters Athletics achieved an impressive milestone between March 2025 and March 2026, setting a total of 80 new records. Among these, 27 were recognised as new National NZMA records, underscoring the outstanding performances of local athletes.

Lisa Cross (W40) set a national record in the 10,000 metres, as well as setting AMA records in 10k and Half Marathon events.

W65 athlete Hee Sun Kim raised her national high jump record to 1.40m. Remarkably, at the same competition in January 2026, her husband, Ho Young Do, also improved his own national high jump record to 1.55m, possibly marking the first time a couple has achieved this feat together at the same event.

Returning after two years out following shoulder surgery, W65 Aggie Boxall set records in the shot put, javelin, weight throw, and the throws pentathlon, including setting a NZMA National Record in the weight throw.

W80 Chris Waring improved her national records in the 60m (10.84) and 200m (38.47) and set an AMA record in the 400m.

David Blackford M60 continued his record-breaking streak after setting national marks in the 60m, 100m, and 200m. He also broke the national 100m hurdles record twice during the season, achieving a time of 15.79s at the Nationals in New Plymouth.

New into the 75-age group Ian Carter had an outstanding 2025/26 track season, establishing new national records in the 400m, 800m, 1500m, and the Mile. He now looks forward to competing at the World Masters Champs in Daegu later in the year.

M80 David Anstiss carried on rewriting the national age group records over the season, consistently improving his times and distances in every event he entered.

M90 Jim Fiest set new records across a range of middle distance and walking events, including the 60m, 400m, 800m, 1500m, and 3000m distances. Also, M90 Ron Johnson established national records in both the weight throw and throws pentathlon events.

Also well worth a mention is M45 Ian Lathwood AMA 60m record of 7.24 & 100m 11.40 – also a NZMA National record.



Group photo at North Island Championships: Chris Waring, Mikel Constantine, Christine Adams, David Blackford, Helen Fletcher, Karen Hulena, Phillipa Green, Jill Hayman

Congratulations to the Auckland Masters athletes recognized as winners in the 2025 NZMA Athlete of the Year awards:

- Male Sprints: Mark Lambert.
- Male Middle Distance: Wim Luijpers.
- Female Extra Distance: Lisa Cross.
- Male Long Distance: Nick Moore.
- Extra Distance: Nick Moore.
- Female Jumps: Hee Sun Kim;
- Male Jumps: David Anstiss.
- Male Throws: Ron Johnson.
- Male Combined Events: James Thomas.

A very enjoyable weekend was had by all at the NZMA Champs in Inglewood, well done to the NZMA and all the officials and volunteers for making it such a success and bringing the sunshine!

Hawkes Bay / Gisborne Maurice Callaghan

Where are the senior athletes?

Being a regular attendee at athletic meets it is very noticeable how few senior athletes are competing. Is this burnout from earlier competition or just lack of interest/motivation as they get older.

Athletics like numerous other sports are suffering from participation numbers, as a variety of other interests compete for the participants attention.

There was in excess of 800 athletes competing at the recent NZ Track and Field champs in Auckland but if one considers the number of events and age group categories this covered, particularly in the "crème" events, then the fields were very light in numbers.

Our centre's masters group has had a small but dedicated group of members for the past few years, so it has been encouraging to see a number of younger athletes entering at the minimum entry age group category.

These new entrants have been competing at local and national level and are attaining success at both levels.

Six of our members competed at the Inglewood NZ Masters champs and every member medalled. In total the team brought home 44 medals, with Merv

Dudley and David Sexton securing 10 medals each.

Had they flown to the venue they would have copped an excess baggage fee on the return flight!

Dennis O'Leary continued his good form by securing 6 medals, showing his versatility by getting three track medals and field medals.

Emily Peychers, a first time Masters participant, came home with a creditable six medals and we can expect to see more of her exploits in future competitions.

The highlight of the season for the Hawkes Bay / Gisborne centre was the celebrating by the Napier club of 100 years of operation. Three Masters members are associated with the club.

The 100 year Jubilee was marked with a sponsored athletic meeting on 22 March, followed by a Jubilee dinner that evening. A memorabilia display set up at the dinner venue created great interest and many attendees, relived great athletic moments as they scrolled through newspaper clippings and photographs.

A feature of the evening was a Q&A session with a selected panel of four former club members addressing a list of chosen questions. The panel members consisted of a former Olympian, two ex-NZ representatives, and a current nationally ranked decathlete.

The panel members competition era ranged from mid 1960s to the present day so an insightful vision of how things have changed in regards to training methods, diet, techniques, and equipment was given.

A very informative and rewarding night had by all. Only sorry many of us won't be around for the 125th anniversary!

Wellington John Palmer

Wellington 10km Championships

Saturday 13th September 2025, in the scenic Wainuiomata Recreation Area. An out and back 1.25km course which is largely sheltered from the wind and closed to public traffic.

Wellington Masters first three placegetters:

W35

1	Ingrid Cree	Olympic	37:12
2	Catriona Thurston	Olympic	40:32
3	Talia Flannery	Scottish	40:48

W50

1.	Katie Jenkins	Olympic	40:23
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2	Lindsay Barwick	Scottish	43:49
3	Michelle Van Looy	Olympic	45:45
W60			
1	Marian Goodwin	HVH	49:55
2	Chris Wilson	Masterton	57:54
W65			
1	Betty Harp	Scottish	44:46
2	Frances Spite	Masterton	57:59
3	Sheryne Coverdale	Olympic	58:26
W70			
1	Christine Jones	Scottish	59:46
2	Loretta Desourdy	Scottish	64:05
M35			
1	Hiro Tanimoto	Scottish	33:05
2	Chester Holt-Quick	Scottish	33:46
3	Daniel Clendon	WHAC	33:48
M50			
1	Graeme Morrison	WHAC	35:35
2	Simon Keller	Scottish	36:22
3	Andrew Kerr	Scottish	37:32
M60			
1	Paul Hewitson	WHAC	36:03
2	Dave Kettles	Scottish	39:13
3	Peter Stevens	Scottish	39:32
M65			
1	Tony Price	Masterton	43:46
2	Graeme Moss	Olympic	46:00
3	David Hood	Trentham	46:10
M70			
1	Peter Corbett	WHAC	54:08
2	Tony Dawbin	WHAC	55:27
3	Norman Chu	Masterton	55:46.

Triple Jump

M60-64

1	Mark Macfarlane	8.63m (0.9)
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Discus

M55-59

2	Adrian Stockill	38.84m
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Throws Pentathlon

M55-59

1	Adrian Stockill	2965 pts.
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Oceania Masters Athletics Championship

Held in Brisbane at the Queensland Sport and Athletics Centre from 6-10th September 2025. A small contingent from Wellington travelled to Brisbane to take part in these championships.

Results:

1500m Race Walk

W75-79

1	Jackie Wilson	10:17.23
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W80-84

2	Daphne Jones	12:02.48
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5000m Race Walk

W75-79

1	Jackie Wilson	36:03.52
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W80-84

2	Daphne Jones	42:55.84
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10,000m Race Walk

W75-79

1	Jackie Wilson	1:14.56
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W80-84

2	Daphne Jones	1:31.35
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60m

M60-64

4	Mark Macfarlane	8.79	0.6
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M85-89

1	Peter Hanson	13.56	2.2
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100m

M60-64

2	Mark Macfarlane	13.98	-1.3
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M85-89

1	Peter Hanson	22.09	-0.2
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200m

M60-64

3	Mark Macfarlane	28.81	-1.7
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M85-89

1	Peter Hanson	53.95	1.9
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Long Jump

M60-64

3	Mark Macfarlane	4.25m	0.4
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Javelin

M55-59

4	Adrian Stockill	34.52m
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Hammer Throw

M55-59

3	Adrian Stockill	32.19m
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Shot Put

M55-59

2	Adrian Stockill	11.35m
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M85-89

1	Peter Hanson	7.67m
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Weight Throw

M55-59

2	Adrian Stockill	13.52m
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Athletics Wellington Race Walking Champs

Held on Sunday 28th September 2025 at Trentham Memorial Park, Upper Hutt.

There was a 10km walk for the Wellington Champs and a 5km walk for B grade walkers. The course was a measured 1km around the sealed paths at Trentham Memorial Park. The conditions were overcast with a strong northerly wind to contend with. Sadly, the entries were low for this championship event.

Results:

10km Masters Women

1	Helen Willis	Scottish	1:12.17
2	Maryanne Palmer	Scottish	1:18.46

10km Masters Men

1	Clive McGovern	Trentham	1:06.23
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Non-Championship B Grade

5km Masters

1	Daphne Jones	Scottish	44:14
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5km Open

1	Rupert Watson	Scottish	39:21
2	Ray Marten	Scottish	41:26
3	John Palmer	Scottish	44:32

10km Masters Women

1	Jackie Wilson	Trentham	1:12.16
2	Teri Grimmett	Scottish	1:17.36

Te Ahumairangi Ten Thousand

Saturday 15th November 2025 at Newtown Park

Success for 25-year-old Japanese visitor Taishiro Kawano from the Miyazaki Rikkyo club who won the Men's Open A race in a time of 31:28.19 ahead of Scottish Clubs' Lennox Crowe and Joel Carman. Beth Garland [Scottish] won the women's title in 34:47.48 ahead of Kumiko Otani [WHAC].

Top Masters athletes were Daniel Clendon [WHAC] in 34:29.71 and Sally Gibbs [Wanganui] 38:52.77 with Katie Jenkins [Olympic] claiming the Wellington Masters Woman top result with 39:44.13. Michelle Allison [Scottish] ran 49:19.57 and broke the NZ Women's 70+ record.

New Year Honours

Congratulations to Wellington athletic stalwarts Peter and Sylvia Maunder who both received the King's Service Medal for decades of service to athletics. This is richly deserved for their many years of service, especially in Wellington where they both had top official qualifications for track and field events and prominent at Newtown Park, latterly in the Wairarapa and now at Paeroa.

South Island Masters Track & Field Champs

Saxton Field Athletics Oval – 23-25 January 2026

A small number of Wellington Masters travelled to Nelson to take part in these championships.

Results:

1500m Race Walk

W60-64

Helen Willis 10:08.71

W80-84

Jackie Wilson 10:25.10

Daphne Jones 12:41.46

3000m Race Walk

W60-64

Helen Willis 20:31.54

W80-84

Jackie Wilson 21:17.25

Daphne Jones 25:20.29

5000m Race Walk

W60-64

Helen Willis 35:24.54

W80-84

Jackie Wilson 35:57.91

Daphne Jones 44:01.56

3000m

W65-69

Betty Harp 13:25.00

W70-74

Michele Allison 13:48.81

5000m

W65-69

Betty Harp 22:32.01

W70-74

Michele Allison 23:19.99

1 Mile

W65-69

Betty Harp 6:45.75

W70-74

Michele Allison 7:27.51

M60m

M85-89

Peter Hanson 13.01

100m

M85-89

Peter Hanson 23.85

800m

M50-54

Andrew Kerr 2:24.33

1500m

M50-54

Andrew Kerr 4:52.26

M65-69

Chris Harp 6:11.70

3000m

M65-69

Chris Harp 13:47.64

5000m

M65-69

Chris Harp 23:19.61

Congratulations:

Betty Harp in the mile in 6:45.75 (Wellington W65 record).

Michele Allison in the 3000m in 13:48.81 (Wellington W70 record), mile in 7:27.51 (Wellington and NZ W70 Record), and 5000m 23:19.99 (Wellington and NZ W70 Record).

NZ Masters Track and Field Championships

TET Stadium, Inglewood – 13-15 March 2026

Over 230 athletes from all over New Zealand took part in these championships in lovely sunny conditions. A good number of Wellington Masters travelled to Taranaki for these championships.

2025 Athlete of the Year Awards

Congratulations to Jackie Wilson, NZ Masters Walker of the Year. Also as finalists from Wellington in the walks category were Daphne Jones and Clive McGovern.

Other Wellington nominees were as follows:

In the Extra Distance Female - Betty Harp.

In the Long Distance Male - Eric Speakman and Paul Hewitson.

Jackie Wilson also made three National records in her new W80 age group; the 1500m track walk in 10:21.95, the 3000m track walk in 21:44.86 and the 5000m track walk in 37:46.13.

Adrian Stockhill M60 enjoyed his new age group making a New Zealand record in the Throws pentathlon with a score of 3370 points.

Wellington Masters Results:

Friday Track:

3000m Race Walk

W60-64

2 Helen Willis 20:57.77

W80-84

1 Jackie Wilson 21:44.86

2 Daphne Jones 35:33.41

M55-59

1 Tiwhane Te Kanapu 27:56.55

M75-79

1 Clive McGovern 19:21.54

3000m Run

W45-49

1 Heidi-Jane Humphries 15:32.45

M40-44

2 Jamie Duncan 9:35.67

M45-49

1 Mathew Rogers 10:30.10

M50-54

1 Graeme Morrison 10:09.73

3 Darren Gordon 11:30.95

M55-59

2 Terry Fraser 11:12.90

M65-69

1 Tony Price 12:50.88

Friday Field:

Javelin

M55-59 (700g)

4 Tiwhane Te Kanapu 21.36m

M60-64 (600g)

1 Adrian Stockill 33.68m

M70-74 (550g)

Raj Menon 22.79m

Long Jump

W45-49

1 Mel Calder 3.11m -2.7

W55-59

2 Theresa Bartlett 2.67m -2.3

M55-59

2 Tiwhane Te Kanapu 3.15m -0.8

M60-64

1 Chris Roberts 3.92m -0.9

Shot Put

W45-49 (4.0kg)

6 Heidi-Jane Humphries 6.78m

W55-59 (3.0kg)

3 Theresa Bartlett 8.09m

Weight Throw

M55-59 (11.34kg)

2 Tiwhane Te Kanapu 7.27m

M60-64 (9.06kg)

1 Adrian Stockill 14.67m

M70-74 (7.26kg)

2 Raj Menon 7.81m

Discus

W50-54 (1.0kg)

5 Bronwen Sola 15.42m

W55-59 (1.0kg)

3 Theresa Bartlett 21.62m

Saturday Track:

80m Hurdles

W45-49 (762mm)

1 Mel Calder 20.04 -1.3

1500m

W35-39

1 Ayesha Shafi 5:19.67

W45-49

2 Heidi-Jane Humphries 6:58.55

M40-44

1 Jamie Duncan 5:28.51

M45-59

2 Paul Evans 4:40.00

3 Mathew Rogers 4:41.07

M50-54

1 Graeme Morrison 4:41.76

2 Andrew Kerr 4:49.51

3 Darren Gordon 5:32.48

M55-59

3 Terry Fraser 4:57.80

M65-69

1 Tony Price 6:10.51

1500m Race Walk

W60-64

2 Helen Willis 10:01.16

W80-84

1 Jackie Wilson 10:21.95

2 Daphne Jones 12:35.22

M75-79

1 Clive McGovern 9:19.63

100m

W40-44

4 Erin Howell 14.72 +0.2

W45-49

4 Mel Calder 18.75 -0.3

M45-49

6 James Tipping 12.62 +1.2

M50-54

4 Emerson Willard 12.98 +0.0

M55-59

3 Mark Ford 13.60 +0.0

M60-64

3 Chris Roberts 13.58 +1.2

4 Mark Macfarlane 14.15 +1.2

M85-89

1 Peter Hanson 22.78 +1.3

3000m Steeplechase (838mm)

M45-49

1 Mathew Rogers 13:03.39

400m

W45-49

3 Heidi-Jane Humphries 1:27.33

M35-39

1 Zaan Janse 53.56

M45-49

3 James Tipping 57.59

M50-54

4 Andrew Kerr 1:05.70

Saturday Field:**Triple Jump****W55-59**

1 Theresa Bartlett 6.00m 1.4

M60-64

1 Mark Macfarlane 8.28m -1

Discus**W45-49 (1.0kg)**

5 Heidi-Jane Humphries 14.63m

M60-64 (1.0kg)

1 Adrian Stockill 44.19m

M70-74 (1.0kg)

2 Raj Menon 24.29m

M85-89 (1.0kg)

1 Peter Hanson 15.99m

High Jump**W45-49**

1 Heidi-Jane Humphries 1.06m

W50-54

2 Bronwen Sola 1.03m

W55-59

2 Theresa Bartlett 1.06m

Shot Put**M60-64 (5.0kg)**

1 Adrian Stockill 11.79m

M70-74 (4.0kg)

2 Raj Menon 8.65m

M85-89 (3.0kg)

1 Peter Hanson 7.44m

Weight Throw**W50-54 (7.26kg)**

3 Bronwen Sola 8.99m

W55-59 (7.26kg)

4 Theresa Bartlett 6.98m

Hammer**W50-54 (3.0kg)**

3 Bronwen Sola 25.14m

W55-59 (3.0kg)

4 Theresa Bartlett 27.49m

M60-64 (5.0kg)

1 Adrian Stockill 38.10m

M70-74 (4.0kg)

2 Raj Menon 20.67m

Javelin**W55-59 (500g)**

2 Theresa Bartlett 21.32m

Sunday Track:**5000m Run****M45-49**

1 Paul Evans 17:02.39

M50-54

1 Graeme Morrison 17:04.08

2 Seth Campbell 17:55.42

4 Darren Gordon 19:31.39

M55-59

1 Terry Fraser 18:52.33

M60-64

1 Paul Hewitson 17:48.93

M65-69

1 Tony Price 21:51.53

5000m Race Walk**W60-64**

1 Helen Willis 35:23.59

W80-84

1 Jackie Wilson 37:46.13

2 Daphne Jones 44:56.65

M75-79

1 Clive McGovern 32:33.56

60m**W45-49**

3 Mel Calder 10.81 -0.5

M45-49

5 James Tipping 8.15 -1.4

M50-54

4 Emerson Willard 8.12 +0.0

M55-59

3 Mark Ford 8.54 -0.6

M85-89

1 Peter Hanson 13.68 -0.3

200m**W45-49**

3 Mel Calder 38.77 +1.3

M45-49

5 James Tipping 26.18 -1.9

M50-54

5 Emerson Willard 27.00 +0.6

6 Andrew Kerr 30.58 +0.6

M55-59

3 Mark Ford 29.47 +0.5

M85-89

1 Peter Hanson 54.09 -0.7

800m**W35-39**

2 AyeshaShafi 2:36.51

W45-49

3 Heidi-Jane Humphries 3:23.00

M35-39

2 Zaan Janse 2:11.31

M40-44

2 Jamie Duncan 2:08.79

M45-49

3 James Tipping 2:23.87

M50-54

3 Graeme Morrison 2:21.50

Sunday Track – Outdoor Pentathlon:**100m****W45-49**

1 Heidi-Jane Humphries 17.52 +0.6

800m**W45-49**

1 Heidi-Jane Humphries 3:23.00

Sunday Field – Outdoor Pentathlon:**Shot Put****W45-49 (4.0kg)**

2 Heidi-Jane Humphries 7.27m

Long Jump**W45-49**

1 Heidi-Jane Humphries 2.99 0.2

Javelin**W45-59**

2 Heidi-Jane Humphries 14.15m

Sunday Throws Pentathlon:**Hammer****W50-54 (3.0kg)**

5 Bronwen Sola 21.39m

W55-59 (3.0kg)		
4	Theresa Bartlett	25.79m
M60-64 (5.0kg)		
1	Adrian Stockill	39.53m
Shot Put		
W50-54 (3.0kg)		
5	Bronwen Sola	6.35m
W55-59 (3.0kg)		
4	Theresa Bartlett	7.34m
M60-64 (5.0kg)		
1	Adrian Stockill	11.77m
Discus		
W50-54 (1.0kg)		
3	Bronwen Sola	16.61m
W55-59 (1.0kg)		
3	Theresa Bartlett	20.16m
M60-64 (1.0kg)		
1	Adrian Stockill	45.19m
Javelin		
W50-54 (500g)		
5	Bronwen Sola	10.73m
W55-59 (500g)		
2	Theresa Bartlett	19.46m
M60-64 (600g)		
1	Adrian Stockill	33.60m
Weight Throw		
W50-54 (7.26kg)		
3	Bronwen Sola	8.51m
W55-59 (7.26kg)		
4	Theresa Bartlett	6.71m
M60-64 (9.06kg)		
1	Adrian Stockill	14.41m

Tasman

Derek Shaw

NZ Road Mile Championships

These championships were held as part of the 2025 Spectacle road running events held on a Nelson CBD street circuit, which included an Elite Mile race featuring leading New Zealand, Australian and other overseas runners. The second year of the Elite Mile again provided the highlight for the large crowd lining the circuit and packed into the finish area, with Sam Tanner (4:02.91) in fine form to take line honours in a close and exciting finish with Kenyan Festus Lagat (4:03.47) and Australian Jack Anstey (4:03.53) third.

The Masters Mile also provided an exciting finish for line honours between two top local masters. Barney Hoskins (M40) established an early lead over younger rival Tegan Goodman (M35). As Barney tired over the last 150 metres, the fast-finishing Tegan quickly reduced the gap but Barney managed to just hang on to win by 0.62s in 4:45.92.

All seven masters who ran won the gold medals in their 5-year age groups, with six out of the seven being Tasman masters: M35 Tegan Goodman, M40 Barney Hoskins, M45 Nige Burgess, M65 Tim Cross,

and M75 Barry Dewar. Wellington's Ayesha Shafi won gold in her W35 age group.

The number of entries for a NZ Championship event was disappointing. Hopefully the **NZ 5km road race championships** which are part of the 2026 Spectacle events will attract more registered masters runners on **Saturday 5 December 2026**.

South Island Masters Track & Field Champs

The major activity over the summer was hosting the SI Master T&F Champs over 23-25 January 2026 at the Saxton Field athletics facilities. It was very pleasing that these champs attracted 75 entries from across both islands plus a Tasmanian visitor, up from 56 in 2024.

Increased promotion locally attracted 23 entries from the Tasman Centre, including 12 who hadn't participated two years earlier. For at least half of these athletes, it was their first time at a dedicated masters track meet.

Tasman masters were prominent amongst those who achieved records, including eight new SI Championship Records. Marlborough Remy Le Brun was in impressive form setting new SI Championship records in all three of his sprints – 60m (7.27s), 100m (11.41) and 200m (23.89) with improvements on his own records for both the 60 and 200m.

Having graduated to the M75 age group, Peter Hague made the most of the opportunity and not only set new Championship records for the 1500mTW (9:52.32) and 5000mTW (34:13.64), he also set new NZMA National Records in both these events. In the 5000m TW he impressively took 7:18 off the SI Champs record and 3:41 off the National record. He now has the distinction of having the 5000mTW SI Champs records for the M55, M65 and M75 age groups. It has resulted in six out of the seven SI records for men in the 5000mTW now being held by 4 different Tasman masters.

In his impressive debut at SI Champs, Tegan Goodman took 26.25s off the M35 3000m SI Champs record. Pentathlete John Rawcliffe lowered the 2012 M65 60m SI Champs record of 9.08 to 8.96s. In her triple jump, Liezel De Wet set a new SI Champs record of 8.42m in breaking Lois Anderson 1998 record of 8.25m.

NZ Masters T&F Championships

The eight Tasman Masters athletes who ventured north to Taranaki enjoyed considerable success at the 51st NZMA T & F Champs in Inglewood. Collectively, they won 23 5-year-age group titles and returned with 23 gold, 4 silver and 3 bronze medals.

Joeline Jones and Remy Le Brun, the fastest female and male sprinters at the champs, both broke NZ Championship Records. Joeline, despite a troubling Achilles injury, gritted her teeth to edge out Auckland's Penny Kee and set a new W45 NZ Championship Record in her 60m of 8.48s into a slight head wind to lower the previous record of 8.71s set in 2012. In her 100m, she again narrowly finished ahead Penny Kee to claim her second gold. However, in her 200m the Achilles pain got too much about 50m from the finish and she had to ease off and settle for second place.

M35 Remy Le Brun has been in the form of his life this season but has had to contend with light head winds at the Saxton track whenever he ventured over from Blenheim. Despite a -0.5m/s head wind in his 100m, he broke the M35 NZ Championship Record of 11.36s set in 1987 to lower it to 11.16s. In winning his 60m race he clocked 7.25s into a -0.7m/s head wind, just outside his own NZ Champs record of 7.23s set last year with a 0.4m/s tail wind. In his 200m, he won his third gold with 23.40s. The head wind of -2.5m/s made it challenging to break the NZ Champs record of 23.21s.

After several years absence from the champs, Marlborough's Dave Hansen (M45), had a very successful weekend winning four golds and a bronze in his five events. Dave, who holds the NZMA National and Championship Records for the Track Pentathlon in the M35, M40 and M45 age groups, won his 400m (55.94s), shot put (11.07m), discus (35.27m) and javelin (35.49m). In the competitive full field in his 200m, he took 3rd place with 25.32s.

Marlborough's W70 Carey Dickason also took home four golds, with wins in her 1500m (8:39.57), long jump (2.00m into a -2.1m/s head wind), triple jump (5.26m) and outdoor pentathlon (1491points). In her hammer throw she achieved 19.38m.

W50 Liezel De Wet had a triumphant return to the NZMA Champs winning gold in all her three events – 80 hurdles (15.34), long jump (3.63m into a -3.5m head wind) and triple jump (8.25m).

After limited preparation due to injuries, W45 Jo Van Rensburg displayed the form that won her a Oceania Masters title in the 2000m steeplechase and silver in the 1500m at last year's OMA Champs in Brisbane in winning golds in both her events with sharp times – 800m (2:29.46) and 1500m (5:14.24).

M75 Barry Dewar's main focus at the champs were the two longest track races where he comfortably won his 3000m (14:27.52) and 5000m (23:44.44). His good form resulted in him finishing ahead of all the M70 runners in the 5000m. To fill in time on the Saturday, he also entered the 2k steeplechase which he also won (11:02.1) and four field events, some of which he hadn't attempted for quite a few years. However, he claimed silvers in three events – discus (17.17m), shot put (6.07m) and triple jump (5.19m) and the bronze in the high jump (0.94m).

M70 Derek Shaw contested three track races nursing a couple of niggles in his right leg, but to his pleasant surprise managed wins in both the 3000m (14:02.37) and 5000m (23:51.69) and third in the 1500m (6:28.93).

Former Tasman master M75 Ian Carter, now residing north of Auckland, was in record smashing form. He completed his 800m in a fast 2:39.80, taking 5.61s off the NZMA National Record previously held by Canterbury legend and frequent visitor to Nelson Ron Stevens set in 2009 and adding the M75 NZ Champs record to the M70 NZ Champs record he achieved in 2021. In the 1500m, his 5:29.03 took a further 4.79s off the NZMA National Record that he set on 10 January 2026 and he also lowered the M75 NZMA Champs record by over 27s, to add to his M70 Champs record.

Lovelock Classic – Timaru - 10 January 2026

The NZMA 10,000m track championships were part of the 2026 Lovelock Classic meet in Timaru. Amongst the small number of masters who took part were two Tasman Masters who had strong runs to claim gold in their age groups – M40 Tegan Goodman 34:56.33 and M75 Barry Dewar 51:57.88.

Canterbury

Andrew Stark

Canterbury Masters are integrated with Athletics Canterbury, enabling participation in interclub meetings and the opportunity to compete alongside younger athletes. In previous years, Anne and Rick Davison have coordinated throwing events specifically for mature masters athletes; these events typically take place during the week or on Sunday mornings. Due to health concerns, Rick has

reduced his involvement this season, and Justine Whitaker has assumed responsibility for organizing some of these activities.

Currently, we have a limited number of runners participating in interclub competitions or traveling internationally. Notable recent performances include **Joden Pratten** in the M40 discus (NZMA record 43.69m), **Craig Oliver** in the M40 800m (NZMA record 1:57.78), and **Louise Martin** in the W60 60m (NZMA record 9.03).

There are currently 18 members who belong solely to the Canterbury Masters Association (CMA), while all other masters athletes—over 200 individuals—are affiliated with clubs. The committee is presently inactive; however, we do maintain representation on the Athletics Canterbury Track & Field Committee.

At the recent NZMA Track & Field Championships in Inglewood, a new member of Canterbury Masters surfaced, having competed at the Masters Games in Dunedin. At his first championship meeting, **Phillip Parkin** (M80) set two CMA / NZMA Championship & National records: 1500m - 6:27.12 & 3000m 14:17.80.

Canterbury is among the select Centres that holds Incorporated status. Accordingly, efforts were made to update, approve, and upload our new constitution.

In January 2027, Canterbury will host the combined OMA/NZMA Championships. We look forward to welcoming many participants to this event. Work is already underway for this event.

A logo has been designed, a schedule of events has been created, items of clothing are currently being investigated. Our aim is to have offer 'smart' apparel with an OMA logo added, that can be worn in the future.

Check out the NZMA or OMA website for more information.

Otago

Noeline Burden

In October we farewelled Noni Callander and Jim Blair who have now joined Manawatū Athletics.

They left big shoes to fill as competitors, coaches, mentors, officials and administrators but it is reassuring to know they are only a phone call or text away when advice or support is needed.



Some of the 9 Otago Masters who went to the **South Island Masters Champs** in Nelson travelled by car, others flew but not Alison Newall! She was the most creative of them all. Alison reached her accommodation on a tractor, after only asking its driver for directions. Perhaps she had a lot of luggage? Or were the roads wiped out due to floods?



However, as we all know, it's not all about the high jinks out of stadia, but about seeing the results of months of training and determination, and spending time with like-minded people we often only see at competition venues. The nine Otago Athletes returned home with 19 firsts, 12 seconds and 4 SI records. Congratulations to all our athletes but especially to the 4 who broke South Island Championship records:



Alison Newall (W65) 1500m walk 10.10.28 and

outdoor pentathlon 2182 pts

Fiona Harvey (W65) throws pentathlon 2917 pts

Simon Maole (M50) shot put 13.11m; javelin 21.67m; and throws pentathlon 2623 pts

Winifred Harding (W70) hammer 25.96m

Thanks to all those at Tasman Athletics who contributed to another successful, enjoyable meet.



The three opportunities to learn new skills or find those practised in younger years, paid off. We had a pre-season **Have a Go**, another in mid-November and a third in January which was aimed at those who wanted to compete in the Masters Games. This gave many the confidence to compete in interclub meets. It was indeed gratifying to see the determination, successes and smiles on their face. Many are talking of pursuing this newfound passion next season, especially with the NZMA T&F Champs being combined with the Oceania Masters Champs in Christchurch at end of January 2027 and then in Dunedin in 2028.



Four Otago Masters were lucky enough to join Southlanders in Manapouri for an athletics season highlight, the **Manapouri Classic**, which is admirably organised by Lester and Melva Laughton. Through the eyes of a novice thrower, it was the ideal event for instruction, encouragement and comradeship. A great way to start 2026, with some relaxed exercise in a beautiful corner of the country.



Tony Tan admitted to popping pain killers like lollies during training last year in preparation for the **Asian Championships** in November 2025. He was really pleased with his 100m heat time of 12.62s but felt it was downhill after that, as his knee got worse. There were 7 or 8 heats in all 3 of his events. His knee, however, did not stop him from achieving commendable results: 3rd in the 100m and 400m, 4th in the 200m. Well done, Tony. We look forward to seeing him in true form next season after having rested his knee for most of this season.

Otago Mile Champs_25 February 2026. Only 3 Masters ran in the Otago Mile this year but the younger athletes were very much aware of the speed of their senior competitors.

Aaron Porter - Arika (M40) 5:16.85 3rd in Open Men

Andrew McCaig - Caversham (M65) 6:15.11 4th in Open Men

Georgina Pakeho - Hill City (M50) 6:01.29 3rd in Open Women

Geoff Capon / Self handicap 5km – 25 February 26

Participants proved they really know their running or walking ability. Ash Dustow was the overall fastest in 24.56, while Marc Boullé, recipient of the men's trophy, was only 8 seconds out for his 5km. The women's trophy was won by Alison Newall who miscalculated her 5km walk by only 5 seconds. Amazing estimates and not a timing device in sight! It's 23 years since Geoff Capon passed away but according to a family member, he would be tickled pink that this event is still going.

3 Peaks Mountain Race – 15 March 2026

Showcasing the best of Dunedin's trails and mountains, the **3 Peaks Plus 1** includes 22km of the iconic 26km 3 Peaks route with a big detour. The extra 34km adds in an extra mountain with a brutally steep climb, some beautiful single track through native forest, a river crossing and a wee bit of mud.

The iconic **3 Peaks** began in 1984 and has been run every year since. There have been a few tweaks to the course over the years but the current route was established in 2020 and runs entirely on public property using trails that are open all year round.

Men (35-49) 1 st Simon Cromarty	2:08:27
2 nd Matthew Collins	2:38:47
Men (50-59) 1 st Andrew Lonie	2:33:56
2 nd Craig Iversen	2:37:39
Women (35-49) 1 st Katie Morgan	2:29:13
2 nd Kristy Eyles	2:46:02
Women (50-59) 1 st Evelyn Armstrong	3:15:30
2 nd Natasha Prior	3:21:44

The **11km Trail run or walk** starts on Leith Valley Rd but it soon turns into a single track which leads through some native bush, meadow and forestry up to the summit of Mount Cargill.

For full results:

[3 Peaks Mountain Race \(2026\) Results | SportSplits](#)

NZ Masters T&F Championships in Inglewood

Six Otago athletes competed at these NZ Championships. Congratulations to them all for representing us so well and bringing home a medal haul of 18, several PBs and some records too. Liz Mitchell showed why she was named Masters Athlete of the Year (sprints) with her 4 sprint titles; Alison Newall now has 3 national titles and 2nd placings in 4 more events. Pat Taylor, the youngest in our team, won both his 1500m and 3000m and

was 2nd in 400m. Alan Houghton added to the medal haul when he won his 800m and he was 3rd in both his 200m and 400m. Alison achieved championship records in both of her Track Walks (1500m Track Walk 10:05.96; 5000m Track Walk 36.31.81), and Liz in her sprints (100m 14.19; 60m 9.04)

Records Achieved over the Summer

New Zealand Record:

Liz Mitchell W60 200m 29.52



Otago Records:

Rosie Harris W30 throws pentathlon 1584 pts; weight throw 9.14m

Holly Robinson W30 shot put 13.08m

Fiona Harvey W65 throws pentathlon 2948 pts

Winifred Harding W70 throws pentathlon 2782pts; weight throw 9.79m; hammer 25.96m

Alison Newall W65 300m hurdles 1.18.71; long jump 3.04m; triple jump 6.66m; 60m 10.72; 100m 17.60; outdoor pentathlon 2182pts

Liz Mitchell W60 400m 1.10.93; 200m 29.52; 100m 14.19; 60m 9.04

Alan Houghton M50 400m 55.46

Steve Smith M75 10,000m 55.34.07

Simon Cromarty M35 5000m 15.21.58

Graham Fisher M30 800m 2.07.26; mile 4.38.22

Andrew McCaig M65 mile 6.09.14

Otago Masters are planning a casual get-together for our Track and Field competitors now that the season is over. This will be an opportunity to present Otago record breakers certificates for their achievements. We are grateful for the support of Athletics Otago as our numerous cups and trophies are presented at a combined awards evening which is on 1 May this

Southland

Ian Denise

Age Is No Barrier

The 2025–26 athletics season has once again demonstrated that in Southland, age truly is no barrier. Across track and field, road running, trail racing, and community events, Masters athletes have continued to compete, volunteer, officiate, organise events, and support the sport at every level.

From international representation to weekly parkrun participation, the strength and spirit of Masters athletics in the deep south remains remarkable.

Remembering Irene Barnes

The season was marked by the sad passing of Irene Barnes, long-time patron of the Fiordland Athletic Club and a hugely respected figure in the Southland community.

Irene had a rare presence - someone who brought people together and made things happen with warmth and a smile. Her service spanned community boards, local schools, the Guardians of the Lakes, and was recognised with the Queen's Service Medal in 2011.

Within athletics, she was a long-time competitor, committee member, and tireless volunteer, remembered by many for presenting medals at the Kepler Challenge and for her famous scones at club events.

Irene would never have wanted a fuss, but her legacy lives on in the strong, connected community she helped build - a spirit reflected in this season's performances across track, trail, and road.

A Strong Presence on the Track

Southland Masters athletes made their presence felt at the South Island Masters Track & Field

Championships in Nelson in January, producing a number of outstanding performances.

Among the standout competitors was Bruce Thomson (St Pauls), competing in the M65-69 age group. Bruce claimed victory in the 200m (30.20) and 400m (1:09.53), added third place in the 60m (9.83), and capped off the weekend with a 3:02.85 in the 800m. It was a superb all-round sprint and middle-distance campaign.

Equally impressive was the performance of Evan MacIntosh (Invercargill), competing in the M80-84 division. Evan dominated his age group, winning multiple events including the 60m (12.89), 100m (20.84), 400m (1:55.14), and the demanding 2000m steeplechase (13:53.42). He also secured victory in the Pentathlon (932 points), producing age group personal bests along the way - a testament to both versatility and longevity in the sport.

At the Otago/Southland Track and Field Championships in Dunedin, Dwight Grieve (Fiordland) represented Southland Masters strongly, claiming the M45-49 titles in both the 1500m (4:24.27) and 3000m (9:25.67). Dwight was the only Southland Masters athlete in the 1500m field, showing the determination and competitive spirit that has become his trademark.

Meanwhile, Chris Knight (Invercargill) demonstrated his throws versatility with strong results at the Otago/Southland Championships, including 10.13m in the shot put, 38.89m in the discus, 35.24m in the javelin, and 36.04m in the hammer.

Earlier in the season, Masters athletes came out in numbers on the track at the opening day of competition. Nicole Jackson (St Pauls) made a rare but welcome appearance in the 3000m with a 13:07.27, while Grant Baker (St Pauls) 3:01.34 and Lindsay Kelly (Invercargill) 3:24.77 lined up in the 800m, alongside Evan MacIntosh (4:01.61).

In the throws, Lester Laughton and Warren Green (both Fiordland) recorded solid early season performances. Lester threw 29.68m in the hammer, 17.74m in the javelin, and 28.25m in the discus, while Warren Green recorded 22.56m in the hammer and 27.55m in the javelin.

Success at the National Championships

Southland Masters athletes also featured at the New Zealand Masters Track and Field Championships held in Inglewood in March, with strong performances highlighting the depth and determination of the small Southern team.

Leading the way was Bruce Thomson, who continued his impressive season competing in the M65-69 age group. Bruce lined up across multiple sprint events and once again demonstrated his versatility and consistency. Medalling in all his events, his performances at Nationals included, bronze 100m (14.04), silver 400m (1:07.74), bronze 60m (8.93), and bronze 200m (29.92). He remains one of Southland's most consistent and versatile Masters athletes.

Also competing was Ian Densie (Fiordland), who has shown steady improvement across the season. Earlier performances included a wind-assisted 12.25 for the 100m, a 25.48 performance in the 200m at the Lovelock Classic meeting in Timaru, and a long jump PB of 4.82m.

At the national championships, Ian competed strongly in the highly competitive M45-49 age group, earning a silver in the long jump (4.37m), silver in the 400m (57.42), bronze in the 100m (12.42), and fourth placings in both the 60m (8.15) and 200m (25.48). His continued progression suggests a sub-12-second 100m may be within reach next season.

Recognition at national level also came for Debbie Telfer (Invercargill), who was the only Southland Masters athlete nominated as a finalist in the 2025 New Zealand Masters Athletics Athlete of the Year awards, in the Long Distance category.

Mountain, Trail and Local Running Success

Masters athletes from the region were also highly visible across New Zealand in non-stadia events.

At the NZ Cross Country Championships in Christchurch, Southland Masters athletes again featured strongly. Debbie Telfer (W65) continued her remarkable dominance with another gold medal - her fourth or fifth consecutive national title - a performance that contributed to her selection as a finalist for NZ Masters Athlete of the Year. Evan MacIntosh (M80) also won his age group title, continuing his exceptional record at national level. In the team competition, the Southland Masters men claimed bronze in the M35-49 category, with scoring team members Dwight Grieve M45, Ryan Carr M35 (Queenstown), Bobby Douglas M40 (Winton), and Scott Underhay M45 (Fiordland), supported by Bryce McVicar M40 (Gore) and Jason Russell M45 (Invercargill).

Three Southern Masters athletes earned selection for the World Mountain and Trail Running



ANZ XC Championships: Jason Russell (Invercargill), Scott Underhay (Fiordland), Dwight Grieve (Fiordland), Ryan Carr (Queenstown), Bobby Douglas (Winton), Bryce McVicar (Gore)

Championships in Spain: Sarah Douglas (Queenstown), Ryan Carr, and Dwight Grieve. Sarah was unfortunately unable to attend due to injury, while Ryan finished mid-field in a strong international race. Dwight battled illness but showed determination to complete the event.

Ryan Carr also produced one of the season's best results with second place at The Goat Alpine Adventure Run, one of New Zealand's premier technical mountain races held in Tongariro.

Closer to home, Dwight placed sixth in the Luxmore Grunt, the challenging mountain race associated with the Kepler Challenge. Dwight's two-hour finish (2:00:37) ranks among the fastest times in recent years. In a lesser-known event, Dwight also set a new fastest known time on the Lake Mistletoe Challenge, a 1.3km loop track just off the Milford Highway, clocking an impressive 4:25 to take over the benchmark for the course, with local Facebook reports of the result describing it as "Not bad for a man nearly in his 50's..."

At the Motatapu Marathon, Gary Kirkman (Fiordland) continued his extraordinary consistency, finishing 200th out of 496 competitors while well into his seventies. Remarkably, Gary has missed only one edition of the race since it began. His wife Gail Kirkman (Fiordland) also competed, finishing 325th of 515 runners in the Miners Trail event and winning the 70+ age group.

Masters runners were also well represented at

other popular Southland events including the MLT Moonshine Trail Run, Forest Hill Trail Run, and the iconic Surf to City. At the Moonshine, local runner Craig Iversen (representing the Leith Club in Dunedin) claimed victory in the 15km M50-59 category, Andrew Horton (Unattached) placed strongly in the M40-49 division, Jackie Blay (St Pauls) finished third in the W40-49 category, and Linda Te Au (Invercargill) who normally runs in the W70-74 category secured second place in the W60+ 5km event!

Parkrun Power

A large group of Masters athletes are regulars at the weekly parkrun events in Southland, contributing both as runners and volunteers.

Recent highlights including Dwight Grieve, who ran 15:52 at Invercargill parkrun, setting a new 45-49 age grade record and moving into the top three fastest times recorded on the course.

Regular Masters participants include Grant Baker, Debbie Telfer, Lindsay Kelly, Rosemary Heyrick, Andrew Horton, Andrew Lienert, Todd Symon, Tim Macdonald, Frank O'Boyle, Tim Sutton, Graham Neilson, Andrea Lebreton, Jackie Blay and many more.

Some of these runners have yet to take the step into track competition, but with the South Island Masters Track and Field Championships scheduled to be held in Invercargill in November 2026, the

local Masters community hopes to see many more join the club ranks and experience track competition.

Recognition and Service

The Southland Masters community continues to contribute enormously behind the scenes.

Chris Knight has officiated at events across the country and travelled to India for the World Para Athletics Championships in New Delhi. Chris also works as the Athletics Southland development coach, helping nurture the next generation of athletes across the region's primary, secondary schools and clubs.

Meanwhile, Barry Smith (Invercargill) spent a full week volunteering in Nelson at both the Colgate Games and the South Island Masters Championships, and Les Scown (Fiordland) who was injured and unable to compete, but still travelled to Inglewood to assist as a volunteer at the NZMA T&F Champs - an example of the volunteer spirit that keeps athletics running.

Lester Laughton was pivotal in the organisation and running of the Manapouri Throws Classic held in early 2026. The seventh running of the event was a great success, see the separate article on this.

Masters athletes continue to play a major role in the administration of the sport locally. The Southland Harriers committee is currently dominated by Masters athletes, with the 2026 season already being planned. The committee includes: Nicole Jackson (Chair), Ian Densie (Vice Chair), Grant Baker, Chris Knight, Bruce Thomson, Jason Russell, Vanessa Carson (Unattached), Joe Sanginiti (St Pauls).

Looking Ahead

While many Masters athletes competed strongly this season, a few familiar names were absent due to injury, family commitments, or other priorities. Athletes such as Lee Grieve, Scott Belesky, Debbie

Telfer, and Gary and Gail Kirkman were among those with reduced competition schedules, though the community looks forward to seeing them back in action in the 2026-27 season.

Attention is already turning, first to the South Island Masters Track and Field Championships scheduled to be held in Invercargill in November 2026, then to the combined Oceania Masters Athletics Championships and the NZ Masters T&F Champs, which will be held in Christchurch 27-31 January 2027. These Champs over 5 days will attract top Masters athletes from across New Zealand, Australia, and the Pacific, providing an incredible opportunity to test yourself against some of the best in the southern hemisphere. The event promises not only fierce competition but also a chance to celebrate the sport, connect with fellow athletes, and enjoy the camaraderie that makes Masters athletics so special. For Southland athletes, it's a unique chance to compete at an international level without leaving the country, and many are already planning their preparation to make the most of these exciting championships.

A Community Effort

Finally, a huge thank you goes to Athletics Southland, NZ Masters Athletics, Athletics NZ, and all the clubs across the region for their ongoing support of Masters athletics.

Equally important are the officials and volunteers who organise and run weekly competitions, along with the partners, children, families, and friends who support athletes throughout the season.

Without them, none of this would be possible.

And if the performances and participation this year are any indication, the future of Masters athletics in Southland remains bright.

After all, as this season has clearly shown ...

Age is no barrier!



Lake Mistletoe Challenge
Dwight Grieve (Fiordland),
Scott Underhay

Coming Events		
2026		
18-23 May	Oceania Masters Age Group T&F Championships	Darwin
23 July - 2 August	Commonwealth Games	Glasgow
1 August	New Zealand Cross Country & Relay Championships	Christchurch
8-9 August	New Zealand Masters Indoor Championships	Hastings
22 August - 3 September	World Masters Stadia Championships	Daegu, South Korea
29 August	New Zealand 10km Road Championships	New Plymouth
12 September	New Zealand 1 Mile Road Championships	Dunedin
3 October	New Zealand Road Relay Championships	Feilding (TBC)
1 November	New Zealand 100km Championships	Christchurch
1 November	Festival of Running (Half Marathon, 10, 5 & 2km)	Nelson
20-22 November	South Island Masters Track & Field Championships	Invercargill
27-29 November	North Island Masters Track & Field Championships	Hamilton
4-5 December	The Spectacle - Trail events and road races, including New Zealand 5km Championships	Nelson
2027		
27-31 January	Oceania New Zealand Masters Track & Field Championships	Christchurch
11-14 March	Athletics NZ Track & Field Championships	Auckland
18-26 March	World Masters Indoor Track & Field Championships	Gainesville, USA
23-26 April	Australian Masters Track & Field Championships	Perth



Check out the OMA and NZMA websites for more details