

vetline

New Zealand Masters Athletics

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**Oceania
Championships**

TAURANGA

**NZMA T & F
Championships**

AUCKLAND

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Peter Sandery (AUS - 7313) and Michael Walker (AUS) in the half marathon at the Oceania championships

Photo | JIM TOBIN



A group of real masters - three happy octogenarians - Michael Brown, (NZL), David Padget (AUS) & Rod Leovic (AUS)

Photo | JIM TOBIN

Official Magazine of New Zealand Masters Athletics
FOUNDED IN 1970



Cover Photo

Mike Weddell (NZL) was 4th in the M 60 800m at Tauranga
PHOTO - JIM TOBIN

Inside Back Cover

Jay Stone won the M30 long jump with a record distance of 6.36m
PHOTO - JIM TOBIN



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President's Report

The period since the last AGM has been a busy one with a World track and Field Championships, an Oceania championships as well as our regular domestic programme. All events were well supported by athletes and just as importantly officials and administrators.

We had two new members join the board of NZMA Karen Gillum-Green and Andrew Stark, Karen is responsible for merchandise and Andrew is responsible for the database. Christine McCahill resigned from the board and we thank her for her work over the last few years.

Due to the good offices of treasurer Stewart Foster NZMA is in a much better financial position than we have been of late and have begun to build reserves. I would also like to remind centres of the 4th World Games Trust which can be applied to for grants for part of the costs of equipment and the NZMA allocation of funds for the promotion of masters athletics.

Our sport is reliant on conducting well run events to attract members but one aspect of our sport that could help retain

members is coaching. In athletics in general athletes who have coaches are more likely to stay in the sport so I encourage centres to help provide coaching by linking athletes with appropriate coaches. Also for those interested there are some very good IAAF coaching publications available.

Vetline as well as being the NZMA flagship has now become the official magazine of Oceania Masters Athletics. This shows the high regard in which Vetline is held in the region and a tribute to Jim Tobin's great work over the years. There will be a greater Pacific flavour to the magazine which will make it even more interesting.

To ensure the viability of our domestic events and our organisation we need as ever to increase our membership so that we retain a critical mass.

I hope you enjoyed the year of athletics and are looking forward to the coming year.

by | MIKE WEDDELL - NZMA President

Vetline

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PHOTO | JIM TOBIN

Catherine Bacon & Andrea Williams battled for the bronze medal in the W40 800m at the Oceania championships

Letters to the Editor

Race Walking

As an observer at the recent well-organised Oceania championships in Tauranga I would like to make a comment about the walking component.

The judging of the 5000m track race in particular was draconian and officious with far too many disqualifications, particularly in the 65+ age categories. It was also inconsistent in that the walking technique of at least three of those disqualified was deemed satisfactory in both the earlier 10km road race and subsequent 3000m track race.

In Tahiti, Oceania introduced the 'no advantage' rule. This proved to be of great assistance to those older walkers, in particular, who find it difficult to rigidly comply with the strict walking technique. Why was this 'no advantage' rule not applied in this particular race?

You (Editor) will recall that in Geelong in 2002 over half the field were disqualified in the 5000m track walk, due to similar heavy-handedness. This caused a lot of grief and was the subject of a strong editorial in the following Vetline.

For future Oceania events I would suggest we have two categories:

- a) Those chasing medals to be judged in accordance with correct race walking technique with the 'no advantage' rule applied with discretion to those in the older age bracket and
- b) To give less competitive walkers the option of not being judged (distinguished by wearing a coloured band around one ankle) and therefore, being ineligible for medals (perhaps they could be issued with a finishers certificate instead)

I personally now know of four people who will not participate in future masters walking events and I am sure there are other similarly disenchanting.

John Hines (Wellington)



Race Walking Judging

Having just been to my first and sadly last Oceania Masters championships, I was disturbed by some of the walk rulings. I completed the 10km walk which had thirty six starters and two disqualifications (not me). The 5000m walk had eighteen starters and only eleven finishers with seven disqualifications. Leading to some very upset athletes, three were heard to say that they had had enough and would not be returning to compete at any further Oceania championships.

When asked for the reason why we were okay in the 10km but not for the 5000m we were given the following reasons by the officials. These were different judges and in my case as my knee was strapped they could not tell if it was straight or not, so they assumed it was not and I was therefore disqualified. In this case I have to wonder why was the same knee strap okay for the 10km race. Also if it was not okay then why let me start. To this I was given the reason that the start judges are only there to judge the start of the race and nothing else.

I personally find this to be a ridiculous reason and so did many of the other competitors. Others walkers mentioned the NO GAIN NO FAULT, and were told that was up to the discretion of the judges. Another ridiculous idea as it would seem that this would open up the allowance for favouritism. Other examples of officials with a power trip complex was seen in the resetting of the 5000m walk because one competitor had his toe on the white line, and in the M85 200m one competitor was wavering.

I mean for goodness sake at that age many of them tremble. If you can make age allowances in other events, such as shot put - lighter, discus - lighter, javelin - lighter, hammer - lighter, weight throw - lighter, hurdles - lower and steeple chase - shorter. Then why not a NO GAIN NO FAULT in the older age walkers. Our limbs do not work as well. Surely this would encourage more people to compete. Whereas at the moment in just one race, the 5000m three people were heard to say NO MORE. This is a sad testament to the proud sporting heritage of the many countries and individual athletes who have or wish to compete in the championships.

One last thought the Wanganui/Dunedin NZ Masters Games states that "in the 3000m walk, if athletes are deemed to be walking (even if their legs are not straight), they will not be disqualified. Only if an athlete is blatantly running, will a disqualification occur." The Wanganui/Dunedin NZ Masters Games who have no association with the Oceania Masters championships have four hundred plus entrants in their 10km and five hundred plus in their 5km. Perhaps these numbers are attributed to the ridiculous attitude of the Oceania officials?

Donald Park

Walks, The Chief Judge Responds

I respond to your two correspondents and read their comments with interest. The judging panel for the championships comprised of a mix of Australian and New Zealand judges, all competent and experienced in international events with a minimum of an A grading.

In judging an event at this level it is important for the athlete to understand that the red cards must be issued by both countries with only any two to count from one country. i.e. two New Zealand and one Australian or two Australian and one New Zealand. (Refer to IAAF rule 230.6(b)). In all events the Chief Judge did not judge except over the last 100metres. For the road walk there were seven New Zealand Judges and two Australian whereas on the track the panel comprised three judges from each country. Three of these judges are members of the Oceania Council and are competitive race walkers.

The judges acted in an individual capacity (IAAF rule 230.2(b)) and no specific instructions were given as to favouritism as has been suggested. The composition of the team prevents this. To take the matter further in the 5000m there was a case of two eighty year olds - one who had the correct technique and one later disqualified for a bent knee. Before being disqualified the athlete with the bent knee was leading and in contention for the gold! I ask is this fair on the rest of the field who train and provide a perfect performance?

To suggest a "Power Trip Complex" is a little out of line and to comment on officials who are doing their job, voluntarily, I may add, is an unacceptable comment as were the comments made by Mr Park at the postings board following his event. He was given the opportunity to protest but did not take this up.

It is important to also understand also the difference between the walk judges and the other officials. The walk judges judge the technical aspects of the walk. Starts are the responsibilities of the referee as are also uniforms and assistance. This point is often misunderstood and there are generally no track umpires or the track referee on the track during a walk.

The matter of assistance is defined within IAAF rule 144.2(c) and support by the use of strapping can be considered assistance and this was a matter for the referee not the walk judges. Your correspondents may be interested in the remit from the Taranaki Centre, that concerned race walking, which was placed before the NZMA Annual General Meeting. The meeting was open to all members but I observed your correspondents did not attend and put their views. If they are so concerned I suggest that they take an officials course and become walk judges. It appears that the only qualification required is an "ability to stand criticism"

Stewart Foster

Running vs Tramping

I've been thinking for some time now that you should remove me from your list of "regular contributors". I am much more an irregular contributor now. I am still a master's member but have not been very active this season. I seem to be doing more climbing and tramping than running. Anyway keep up the good work - the Vetline is always inspirational reading. I will keep you in mind if I do anything interesting in the running area.

Cheers

Dave Kennedy (Christchurch)

Hi Dave,

Thanks for your note. I will (reluctantly) delete you from the regulars. Thanks for your input over the years - always interesting. Tramping articles have always been welcomed by our members so feel free to send such material from time to time. **ED**

Notice Board

Oceania Photos

Official championship photos are available on line from nesport.co.nz. See elsewhere in this issue for details.

July Vetline

Work has begun on the July Vetline and your contributions are invited. The deadline is 1 June but as always we ask that wherever possible you send your material prior to that date to help us avoid possible log jams.



World champion Ron Robertson endorses the WMA message

PHOTO | LYNNE SHICKERT

Oceania Championships

by | LYNNE SCHICKERT Oceania Delegate to WMA

Oceania Masters Athletics Championships are unique because of the diverse locations we experience each two years, with a rotation system of New Zealand, Australia and an Island Affiliate hosting the championships. If we thought Tahiti was Paradise for our 2010 OMA championships, then Tauranga in 2012 was not far behind. What a magnificent setting we enjoyed this time, with Mt Maunganui across the water as a backdrop behind one end of the track. New Zealand and the east coast of Australia have had a very wet summer so the week of sunny but mild weather was much appreciated by the athletes and contributed to the success of the event.

The local organising committee headed by Murray Clarkson and Fay Riley, the officials and the volunteers (many of whom were the athletes themselves) are to be congratulated as they did an excellent job of managing a total of 472 competitors representing 13 different countries. A special note of thanks is extended to the group of International officials who travelled to Tauranga to complement the New Zealand expertise. As expected, Australia (180) and New Zealand (258) fielded the largest teams with New Caledonia (13), Cook Islands (9), French Polynesia (2), Marshall Islands (1), Tonga (1), Belgium (2), Czech Republic (1), India (2), Mexico (1), United Kingdom (3) and United States of America (1) contributing to the international flavour of the event.

The facilities in Tauranga were first class and gave all competitors the opportunity to perform to the best of their abilities. An Oceania event is also a time for renewing friendships and meeting new colleagues as we all support and cheer each other during our respective events. Many went home with PBs along with the medals that were earned in tough competition.

The non-stadia venues were well marked, interesting courses and also provided scenic delights, with the 10km road walk at Kulim Park and the half marathon at Ferguson Park taking the athletes along the foreshore of the Bay of Plenty with Mt Maunganui again in the background. Watching three cruise ships arrive in the early morning as the walkers set off on their 10km road walk event made the event memorable. A tough and challenging course was set for the 8km cross country with a hill that reduced many runners to walkers, but most enjoyed the experience, especially as the grass was so green!

The day's successes were celebrated each evening along the waterfront where the local wines and beers were sampled at the various restaurants together with a variety of quality New Zealand cuisine. Being a maritime city, fish and chips at the wharf cafe were a firm favourite! The traditional rest day in the middle of the competition allowed many of the athletes to visit some of the iconic sites in the region with a tour to the thermal region of Rotorua and the Waitomo Caves.

The OMA Council met before competition commenced, then held its Annual General Meeting on the lay day, with delegates from the affiliates in attendance. Relevant items of agreed business included:

- Constitutional change of name of the association from Oceania Association of Masters Athletes to Oceania Masters Athletics Inc.
- Election of the OMA Council for 2012-2014: President - Wilma Perkins (AUS), Vice President David Lobb (COK), Secretary - Bob Schickert (AUS), Treasurer - Stewart Foster (NZL), Council Members: Bob Banens (AUS), Lynne Schickert (AUS), Jim Tobin (NZL), George White (AUS), Oceania Delegate to WMA: Lynne Schickert.
- Due to with the change of year to 2016 for WMA stadia championships, Cook Island Athletics has been awarded the right to host the 2015 Oceania Masters Athletics championships with a proposed date of 22-28 October of that year.

The attendance at the championships of WMA President Stan Perkins and WMA Vice President (Stadia) Serge Beckers (who also competed) was very much appreciated by the OMA Council, the LOC and the athletes. In his address at the athlete's dinner, Stan confirmed the change of date to 15-27 October for the 2013 Stadia Championships in Porto Alegre, Brazil and provided an overview of the competition facilities, encouraging all athletes to attend.

WMA's new anti-doping message "For Clean Sport and Fair Play" was prominently displayed during the OMA Annual General Meeting and at the track with a colourful banner situated beside the results board.

The Oceania region now looks forward to another well organised event at Bendigo, Australia, for the 2014 OMA championships 5-12 January, and OMA invites interested overseas athletes to again attend.



John Campbell warming up for the 400m

PHOTOS | JIM TOBIN



Sally Gibbs was first woman overall and finished ahead of all but two of the men in the half marathon



Heather Carr (AUS) was third in W60 half marathon

Results >

60m			Sheril Buchanan	AUS	14.11
W30			W35		
Cassie Neubauer	AUS	8.55	Vanessa Story	NZ	13.50
Melissa Foster	AUS	8.62	Ranell Hobson	AUS	14.22
Sheril Buchanan	AUS	8.90	Vanessa Beddie	AUS	21.69
W35			W40		
Ranell Hobson	AUS	8.61	Petra Creighton	NZ	13.81
Vanessa Story	NZ	8.72	Kim Ludbrook	AUS	14.19
Melanie Martin	NZ	9.23	Julia Lile	NZ	14.39
W40			W45		
Kim Ludbrook	AUS	9.08	Liz Wilson	NZ	13.37
Julia Lile	NZ	9.09	Louise Martin	NZ	14.79
JoAnne Owen	NZ	9.38	Penny Reid	NZ	14.91
W45			W50		
Liz Wilson	NZ	8.66	Marie Kay	AUS	13.45
Louise Martin	NZ	9.32	Paula Sharpe	NZ	14.54
Penny Reid	NZ	9.44	Jill Hayman	NZ	14.64
W50			W55		
Marie Kay	AUS	8.59	Claire Giles	NZ	14.84
Paula Sharpe	NZ	9.26	Margaret Smith	AUS	15.02
Robyn Suttor	AUS	9.34	June Lowe	AUS	15.38
W55			W60		
Claire Giles	NZ	9.35	Margaret Taylor	AUS	15.42
Margaret Smith	AUS	9.41	Sheryl Gower	NZ	15.54
June Lowe	AUS	9.48	Rosemary Dean	AUS	16.04
W60			W65		
Margaret Taylor	AUS	9.69	Lois Anderson	NZ	16.21
Sheryl Gower	NZ	9.79	Valmai Padget	AUS	16.44
Vivienne Cash	AUS	9.98	Jeanette Rayner	AUS	17.96
W65			W70		
Lois Anderson	NZ	10.33	Frances Bayler	NZ	17.64
Valmai Padget	AUS	10.46	Judy Hammond	NZ	17.69
Jeanette Rayner	AUS	11.17	Jill Sherburn	NZ	18.96
W70			W75		
Frances Bayler	NZ	10.97	Margaret Peters	NZ	17.53
Jill Sherburn	NZ	11.67	Constance Larmour	AUS	20.20
Jo Klemke	AUS	12.31	W80		
W75			Marcia Petley	NZ	22.01
Margaret Peters	NZ	10.86	Clasina Van der Veecken	NZ	23.04
Corinne Collins	AUS	11.53	Gwendoline Gleeson	AUS	23.95
Constance Larmour	AUS	12.79	M30		
W80			Vincent Smith	NZ	13.08
Marcia Petley	NZ	13.27	M35		
Gwendoline Gleeson	AUS	14.03	Paul Makakaufaki	Ton	11.49
W85			Mark Pilcher	NZ	11.55
Pam Spiers	NZ	30.83	Travis Venema	AUS	11.58
M40			M40		
M30			Greg Smith	AUS	11.48
Vincent Smith	NZ	8.14	Kris Wardecki	AUS	11.88
M35			Scott Dorset	UK	12.02
Paul Makakaufaki	Ton	7.42	M45		
Travis Venema	AUS	7.47	John Campbell	NZ	11.71
Mark Pilcher	NZ	7.49	Christopher Brack	AUS	12.12
M40			Stephen Te Whaiti	NZ	12.17
Greg Smith	AUS	7.30	M50		
Kris Wardecki	AUS	7.52	Gary Rawson	NZ	12.25
Scott Dorset	UK	7.66	Stephen Burden	NZ	12.52
M45			Paul Allsworth	Cok	13.57
John Campbell	NZ	7.65	M55		
Stephen Te Whaiti	NZ	7.85	Dennis O'Leary	NZ	12.97
Christopher Brack	AUS	7.87	Jeffrey Barnfield	NZ	13.06
M50			Trevor Watson	NZ	13.06
Gary Rawson	NZ	7.84	M60		
Stephen Burden	NZ	8.12	Laurence Malcolmson	NZ	13.01
Paul Allsworth	UK	8.60	John Lamb	AUS	13.07
M55			Alan Dougall	NZ	13.59
Dennis O'Leary	NZ	8.38	M65		
Jeffrey Barnfield	NZ	8.53	John Wall	AUS	13.36
Trevor Watson	NZ	8.59	Garry Maher	AUS	14.35
M60			Ross McBeth	NZ	14.70
Laurence Malcolmson	NZ	8.29	M70		
Alan Dougall	NZ	8.62	Albert Gay	AUS	14.71
William Carr	AUS	8.91	Michael Stevenson	AUS	14.74
M65			Stewart Foster	NZ	14.85
John Wall	AUS	8.43	M75		
Keith Howden	AUS	8.90	Max Brook	AUS	16.27
Garry Maher	AUS	9.08	Max Wood	NZ	16.93
M70			M80		
Albert Gay	AUS	9.20	Leo Coffey	AUS	16.66
Michael Stevenson	AUS	9.33	Hugh Thomsen	AUS	17.93
Greg Mamalis	AUS	9.43	Rad Leovic	AUS	18.72
M75			M85		
Max Brook	AUS	10.46	Jim Sinclair	AUS	17.89
Max Wood	NZ	10.64	Maurice Dauphinnet	AUS	17.90
M80			M90		
Leo Coffey	AUS	10.01	Eric De Lautour	NZ	23.72
Hugh Thomsen	AUS	11.10	200m		
Rad Leovic	AUS	12.15	W30		
M85			Cassie Neubauer	AUS	28.82
Maurice Dauphinnet	AUS	11.12	Sheril Buchanan	AUS	28.95
Jim Sinclair	AUS	11.22	Belinda Westcott	AUS	30.80
Wallace Opperman	NZ	16.16	W35		
W100m			Vanessa Story	NZ	27.58
W30			Ranell Hobson	AUS	29.64
Melissa Foster	AUS	13.42			
Cassie Neubauer	AUS	13.49			



The ever smiling New Caledonia Team



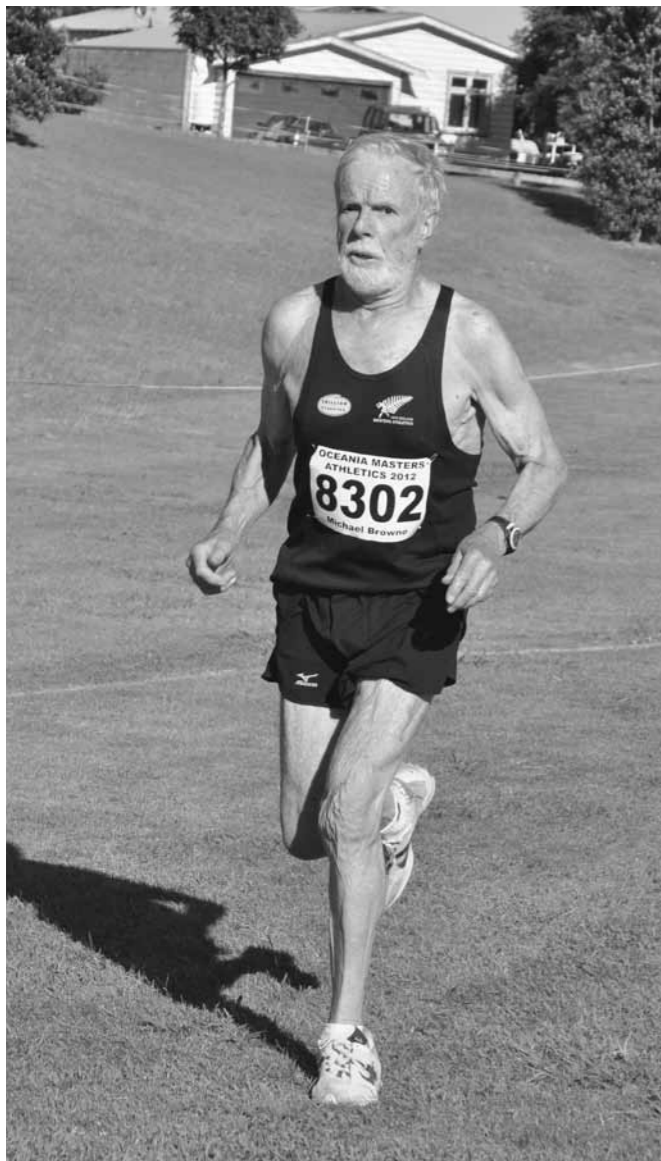
Trevor Ogilvie (NZL) won the M60 8km cross country event



David Anstiss (NZL) won gold in the M65 long jump



Alain Courtot (NCL) & Julie Wilson (AUS) in half marathon



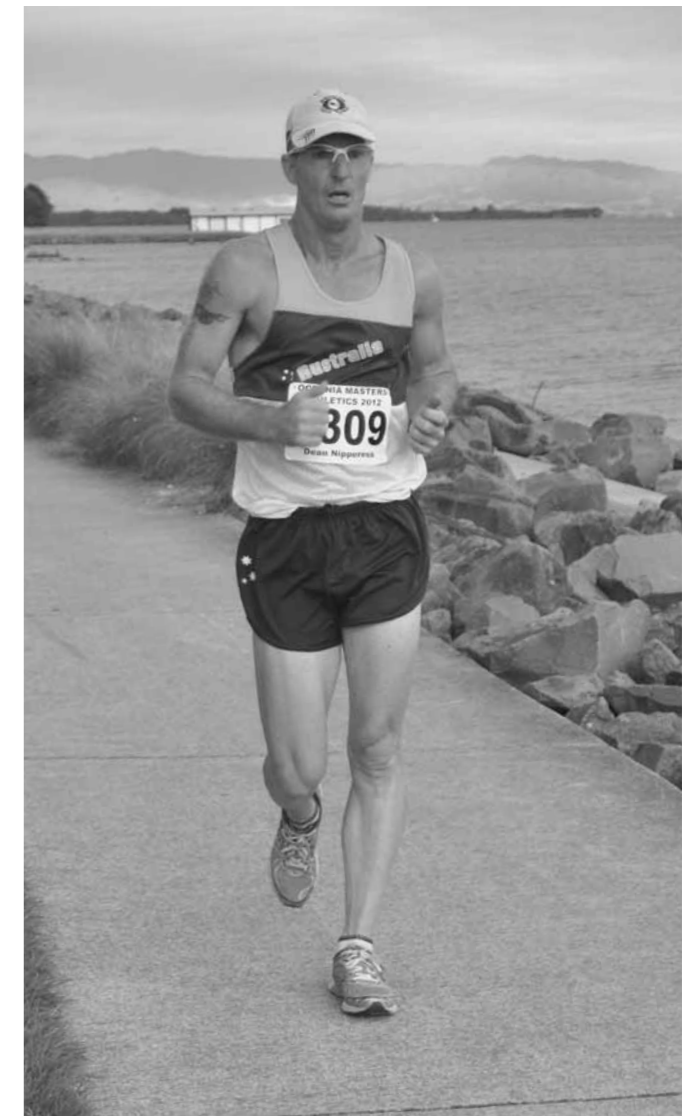
Michael Browne won the M80 6km cross country event



Eric De Lautour won gold in the M90 100m



Heather Carr (AUS) won the W60 10km road walk in 56:15

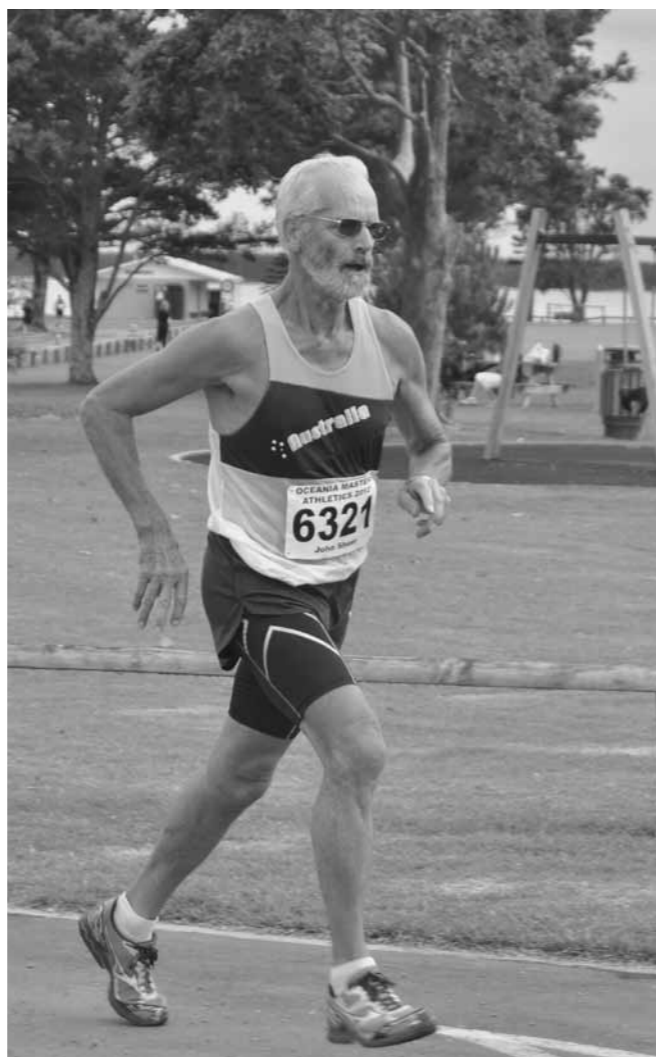


Dean Nipperess won the M40 10km road walk in 47:31



PHOTO | FIONA HARVEY

Claire Giles collects one of her nine medals



John Sheer (AUS) was third in the M60 half marathon



Stan Perkins (WMA President) and Serge Beckers (WMA Vice President Stadia) at the opening ceremony



PHOTOS | JIM TOBIN

Marie José Berthet (NCL) leads from Carol Bowman (AUS) in the W55 800m



Roger Creighton (NZL) won gold in the M45 half marathon



Corinne Collins (AUS) won the W75 800m in 3:54.65



Teraimateata Hill (COK) in the W60 shot



Clive Reynolds was third in M40 half marathon



Another group of happy officials



Geoff Gibbons (AUS) won the M30 javelin with a record throw of 48.25m



Peter Ranginui (NZL) cleared the bar at 1.70m to win gold in the M40 High Jump



Brigitte Courtot (NCL - 4003) & Jennie George (COK) finished 3rd & 4th in W40 5000m

Tauranga Was Special

by | WILMA PERKINS

Several years ago, if you had asked this Aussie where Tauranga was located I would not have had a clue. Fortunately for me and quite a few other masters' athletes, we got to spend some time in this very lovely place on the justification that we were participating in the Oceania Masters Athletics Championships.

The reality is that many masters' athletes use these championships as a catch up with fellow athletes and friends and as a chance to spend some holiday time in the region. One thing that stood out to me was that there were quite a few athletes attending who I had not seen during the past few years at competitions. So it was great to see them back in action. Tauranga must have had a special appeal.

Sometimes I think that masters' athletics gives a whole new meaning to Darwin's evolutionary theory of the Survival of the Fittest. In our sport it is often about whether that runner with the suspect hamstring can beat the runner with the dodgy knee or the runner with the Achilles problem.

Belgium View

by | SERGE BECKERS (VP Stadia WMA)

The Beckers family from Belgium wanted to flee the cold European winter and come to New Zealand. Wilma Perkins, a good friend and your OMA President, told us that the OMA Championships were being held in Tauranga from 4-12 February. So the date and place were pretty obvious as I am the Vice President Stadia of the World Masters Athletics (WMA).

From 31 January we were visiting your beautiful country, region of the Bay of Plenty and of course the City of Tauranga. I must say that we succeeded in getting a tan, train in good weather conditions and discover a very inviting North Island. In the mean time we will have left New Zealand. Certainly, New Zealand and the hospitality of its people will leave a lasting impression on us.

The main thing now, the championships of Masters Athletics. My wife and I are also athletes, so we wanted to compete in your championships. Some might say, how is this possible. Belgium is not part of Oceania. That is correct, but our WMA rules want to bring masters athletics people together. Therefore there is a rule that says that all athletes around the world can participate in a regional championships, in this case the Oceania championships. We were very lucky as athletes, because we got eight medals, without robbing medals of the Oceania athletes of course.

Although the numbers of competing athletes were not as big as the ones I used to know at the World and the European Championships, the competition was of a high standard thanks

Then we have the situation of athletes whose injuries prevent them from competing in their preferred events so they enter alternative events so that they can still enjoy the camaraderie of competition.

As an athlete who fills in as an official on occasions, I have the utmost respect for the officials who attend our championships and work tirelessly so that the athletes can have a good competition. For a number of years we have had a very special group of officials who, at their own expense, attend and officiate. Thank you to every one of you, from the locals, to the out of towners and to the out of country. And thank you to those athletes who combined competing with officiating.

Now my diary has a booked date for Bendigo in 2014. I'll be at the end of my current age group by then so I will have to give due consideration to my event selections. I will also have to obtain some tourist literature and check out what I intend to visit on that occasion.

to the very good officials, Local Organizing Committee and athletic performances. Of course there were the usual remarks that administrators like me always see. Sometimes the results got out a little late, some times the number of officials was only just sufficient, sometimes the computer system had its bugs.

But let us not forget that these championships are very tiring, not only for the competing athletes, but certainly for the organizers and officials. An athlete only does the events that he enlisted for, whereas the organizers and officials have to be there all day long during the whole period. I want to express a big thank you to all the officials and the organizing team. You did great and you should be proud of yourselves. We were very lucky and fortunate to be here and meet you all.

On a technical level, we were very satisfied about the state of the stadium, track, surface, implements, circles, throwing cages and jumping pits. We took some photos of it to show in Belgium how to construct a good athletics facility.

As for the future, I cannot yet say if we will be present in Bendigo in 2014. However there is a good chance since it will again guarantee good weather and we like to have a sunny break in our winter period. We were very glad to be in Tauranga and we wish you all a very good life and prosperity as well in sports as in your social and professional life.

John's View of Tauranga

by | JOHN WAITE

This year's OMA championships were a great success, blessed by wonderful weather: a week of warmth, slightly breezy winds, mild evening temperatures, and scarcely a drop of rain! The city of Tauranga is quite a gem for its magnificent sporting facilities, especially for those competing in athletic competition. The modern international-class track situated near the city centre has all the requirements for top-class performances. Nearby, the race-walking circuit and cross-country course are as good as anywhere in the world. Especially trying was the cross-country course, with a vantage point where most of the race could be watched from one spot. Comprising steep rises and near vertical drops, two massive timber hurdles per lap, and long grass, this course made for an exacting eight kilometre slog. Competitors loved it! Perhaps even more challenging was the arduous half-marathon course: three laps of sealed bitumen with several nasty rises that tested even the most talented.

The organizers are to be congratulated for the whole conduct of the events. From the beginning to its conclusion not one obvious hitch occurred.

Where Masters meet, there is an obvious drawing together of available and willing expertise. There were skilled personnel from Canterbury, for instance, assisting locals with computing instant results. The cooperative spirit was in evidence throughout the meet. There is always friendly (though sometimes fierce) rivalry between the Aussies and Kiwis, and competition brought out the best of this banter. More significant here was the rowdy, happy laughter from the noisier New Caledonians and Cook Islanders. These Pacific Islanders won the 'smiliest teams' award! For a casual observer, these championships may have little relevance. However, to the entrants, the personal achievements are very important. It seems, fortunately, there are two main categories of competitor. There are the highly-talented athletes who have the opportunity to perform and record personal-best results, but not to be forgotten are those who attend with the intention of participating merely for the pleasure of competing.

Without any doubt, master's members are drawn together from across the Pacific Basin to share like interests. On this occasion many friendships were forged and deepened off the track - in local pubs and bars and at the very successful Wednesday official dinner at the Tauranga Yacht Club.

What is appreciated by the rank and file athletes is the down-to-earth attitude of the World President, Stan Perkins, filling-in in 'ordinary' roles wherever he saw a need. How many leaders of a world sports body would be out to assist in even the most menial of tasks? With such leadership it is no wonder that when officials were called for, they were ready, able, and more importantly willing. There was one lady in the call-up tent who quickly became well-respected - she took no excuses for delayed arrival. Fellow athletes loved her for her dismissal of a lame excuse - all part of the fun in this kind of competition! (A couple of elderly, forgetful runners were even warned after their tardy arrival with the issue of a red card! Walkers and the football codes are not the only receivers of cautionary cards!)

At this meet the walkers felt that they were treated fairly by the walking judges. Nevertheless, those walkers who completed the course to the best of their walking ability were devastated to learn at the conclusion that they had been disqualified. Such are the risks in this particular athletic pursuit!

Whoever was responsible for organizing the catering at the track scored a winner. It was possible to purchase a high-grade coffee and other drinks, and a variety of lunches was always on offer. There was even a Subway caravan on site!

There were many outstanding individual performances throughout the Meet. The performances of Victorian Lavinia Petrie and New Zealander Sally Gibbs were world class. There were others of similar distinction who dominated their age groups too. Special commendation goes to all who participated. Well done! We now look forward to Bendigo, Victoria, in two years time when these games will continue...



Sally Gibbs (NZL) led the W40-49 5000m field to win gold at the Oceania championships

PHOTO | JIM TOBIN



John Lamb (AUS) & Laurie Malcolmson (NZL) finished one/two in a close finish in the M60 300m hurdles

Oceania Call Room

by | LOLOMA FOSTER

When I discovered that I had been appointed the leader of the Oceania championships call room with a very small team of three unknown people, number of events and athletes, it appeared a daunting task. However, at the officials meeting I and behold there was Patricia Kinnane with whom I was lucky enough to work under at the world IPC Games in Christchurch in February 2011 and who has many years of experience at international level. The rest of the team consisted of Rolf Porter from BOP, Trish Pecar, Canadian born but now an Australian and Kathryn Morris also from Australia being their first time as call room officials.

After a very quick get-together and many unforeseen short comings during the first morning, I felt more confident that with the co-operation of the athletes we could get all events out on the field or to the starters on time. This is the most important duty of a call room. The processing of athletes to ensure that all were present, in their correct uniforms, shoes, etc took time and we were often pressed to meet the program timetables.

For many athletes it was the first time that they had experienced a call room where IAAF procedures were being carried out, eg reporting in at the correct time with the uniforms and equipment correct and where necessary checked out by the technical official and noted accordingly. To some athletes it appeared unnecessary that they could not leave the call room or having to report early. We, the call room team, required the time to carry out the necessary procedures particularly for the morning events. We had anything up to 50+ athletes at any one time which was quite a challenge for our small team. Before each day, it was necessary to collect the equipment required, microphone, radio, stationery etc which had been handed in

for safe keeping the day before. It is amazing how the best of pre-laid plans don't always work out! The team would then go through the mornings events to ensure that everyone was on the same wavelength and where necessary note the events where large numbers were to be processed so that another team member could step in to help.

Each evening myself and Trish Kinnane would collect the next days competition start sheets, schedule the program and allocate the events to the three bays, note the start sheets with "time in" and "time out" for athletes call up and delivery to the various events. The rest of the team would tidy up the call room until the time sheets were ready for distribution to each "bay" personnel. Each bay leader would arrange these to suit their own way of handling the paperwork. This is very time consuming and subject to changes on the following competition day.

To those athletes who were co-operative, on behalf of the call room team, my grateful thanks for your understanding and tolerance when it appeared at our organisation turned to custard. You made our efforts all worthwhile even though at times our minds went to "mush" due to tiredness. The officials who were so willing to take the pressure off us and to help whenever they saw the necessity, also our grateful thanks. Hopefully to those athletes who had never experienced a call room at IAAF level, you can now understand what is required if at any time you are competing at an international level.

My grateful thanks for a great week officiating with great athletes, officials and in particular my team!



A happy group of officials at the Oceania championships

PHOTO | JIM TOBIN

An Official's Perspective

by | JOHN MORRIS

A view of the Oceania championships in Tauranga from an Australian Official's perspective.

The following summary is an extract from Australian Official John Morris's report to the OMA Council. This snapshot provides a very interesting look at how the championships were conducted and his total report will be beneficial in managing future events.

The Tauranga Domain Athletic venue provided all the necessary facilities to conduct an athletic event of this nature and duration. Set close to the CBD with Mt Maunganui dominating the coastal horizon, the championships demonstrated the value that athletics plays in the lives of individuals who wish to remain active in the sport. With the ages of the athletes varying from thirty through to ninety two, all track and field disciplines, coupled with out of stadia activities, were conducted in a spirit of harmony and friendship with the camaraderie displayed amongst the competitors second to none.

This event brings together people from all 'walks' of life in the Oceania drawing area and is almost a pilgrimage where new friendships are made and established 'connections' consolidated. Many younger athletes could learn by watching the manner in which the competitors conduct themselves to achieve their personal goals. The athletes appreciated the contribution made by the officials.

The personnel comprising the LOC worked long and hard to present a championship to cater for the needs of all participants. Without knowing all the history behind their 'preparation', the individual contribution made by chairperson Murray Clarkson and Fay Riley was significant as they appeared to have a 'finger in every pie'. On a daily basis they were involved in organisational tasks as well as finding time to compete. They received valuable assistance from Heather O'Hagan and Linda Reynolds.

As Meeting Manager, Heather was 'charged' with the responsibility of 'making the track and field events' happen and her problem solving ability and friendly 'disposition' each day was appreciated by all officials and ultimately athletes. Linda was a member of the track team and when she wasn't placed on the track holding her yellow folder or competing, she proved a valuable ally to her mother Fay in many different ways.

The officials with whom I had the most interaction demonstrated valuable support to me and the team leaders of these 'groups' took on leadership responsibilities with confidence and commitment to ensure that all athletes were provided with the opportunity to compete freely and fairly. Thus I owe special thanks to Wendy Fox-Turnbull (start area co-ordinator), Barry Pecar (chief umpire), Gary Garner (technical team), Brian Smith (combined event referee), Heather O'Hagan (meeting manager/administration) and ITO Janelle Eldridge. Off the field of play personnel in the Technical information Centre (TIC) and Call Room supported the track and field events effectively. Overall, like IPC at Christchurch in January 2011, the NZ officials were welcoming and friendly and mixed well with non-NZ officials.

With the Australian officials in the minority, we enjoyed working with our New Zealand counterparts and appreciated their 'local knowledge' and friendship. The Kiwi track officials were keen to watch and listen to both Barry and myself and the sharing



PHOTO | JEAN HAMPSON

of track knowledge and experience strengthened our 'working relationship'. As retired primary school teachers and employed by the NSW Department of Education and Commerce Sports Unit to travel NSW presenting full day workshops to both primary and secondary teachers in the rules of track and field, we see education as an on-going process and were always available to answer questions relating to the track specifically but athletics in general.

My athletic experience was 'strengthened' as a result of my interaction with Wendy Fox-Turnbull in my role as start referee. Wendy possesses a sound knowledge of current IAAF Competition Rules in her area of expertise and our discussions allowed me to gain increased confidence in understanding what constitutes a fair start. A valued New Zealand official, I wish her well in her pursuit of excellence with starting, both at home and overseas.

I was concerned regarding the apparent lack of medical support on Day 1. Fortunately, the first vehicle I noticed as I entered the ground on Day 2 was a St John Ambulance. The vehicle was present at the ground each day and ambulance personnel were required on a number of occasions to assist athletes.

The inclusion of a 'lay day' was an excellent idea and is applauded. This provided all officials and athletes/supporters the opportunity to 'explore' the Bay of Plenty and relax with partners and friends. There was plenty (no pun intended!) to do and see.

The weather throughout the championship was, to me, hot and sunny and I soon learnt to 'slip, slap and slop' every hour (as opposed to two hours in Australia) and remain hydrated. Sun block was available freely to athletes, officials and spectators alike with water provided at the finish line and to athletes involved in distance events throughout their races. Catering for officials was provided by Subway (much improved on what Barry and I are used to at Sydney!) along with tea, coffee and fruit.

Many thanks for the opportunity to visit your area of the North Island and interact with officials, athletes and supporters. This is the second positive experience I have had officiating in New Zealand and I would enjoy the opportunity to return for any 'major meets'.

John J Morris (AUS) was one of two track referees.

NORTH ISLAND MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS

Porritt Stadium, Hamilton | 23 -25 November 2012



Surname	<input type="text"/>	
Postal Address	<input type="text"/>	
First Name	<input type="text"/>	
Telephone No.	<input type="text"/>	Male/Female <input type="text"/>
Date of Birth	<input type="text"/>	Age Grade <input type="text"/>
Centre	<input type="text"/>	NZMA No. 2012/13 <input type="text"/>
Email	<input type="text"/>	Signed <input type="text"/>
		Date <input type="text"/>

I declare that I am a financial member of NZMA for the 2012/13 year. Neither the organisers, the sponsors, nor other parties associated with the events shall have any responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

TICK EVENTS ENTERED – (Check the programme for correct events for your age group)		
FRIDAY 5pm START		
TRACK		FIELD
400m M/W		Hammer M/W
3000m Track walk M/W		Shot Put M/W
5000m M/W		Long Jump
SATURDAY		
60m M/W		Discus M/W
3000m Steeples M30-59		Javelin M/W
2000m Steeples W/M 60+		Triple Jump M/W
80m Hurdles W40-60+/M70-80+		High Jump M/W
100m Hurdles W35-39/M50-69		Weight Throw M/W
110m Hurdles M35-49		
100m M/W		
4 x 100m Relay 2w x 2 m (Provincial)		
1500m M/W		
SUNDAY		
3000m M/W		Throws Pentathlon M/W
Pentathlon M/W		
10km Road Walk M/W		
200m Hurdles W70+/M80+		
300m Hurdles W50-69/M60-79		
400m Hurdles W35-49/M35-59		
200m M/W		
800m M/W		

ENTRY FEES		
NZMA Fee	\$	10.00
First Event @ \$6.00	\$	6.00
Each additional event @ \$5.00	\$	
Multi Events @ \$5.00 each	\$	
Lunches @ \$ 10.00 each	\$	
Total Enclosed	\$	

ENTRIES CLOSE - 2nd November 2012

NO LATE ENTRIES

CHEQUES PAYABLE TO
Waikato - Bay of Plenty Masters Athletics

ENTRIES AND ENQUIRIES TO
Judy Chandler
P O Box 24072
Abels, Hamilton 3253

Phone 07 856 7674
Email: judy.ken@slingshot.co.nz

Is Reading Injurious To Your Health?

by | BARRY RAIT

Over the last 15 years I have been enthused by the periodicals published by Sports Performance Bulletin and Sport Injury Bulletin. Both UK publications are produced by the same organization under the editorship of Jonathon Pye. In recent years some of the headlines for their publications have become startling and even frightening even though the articles contained therein were well written.

One headline in a flyer was *Runner? Read This or Risk Serious Injury*, and this certainly attracted my attention. As I read on there was the statement (19 May 2011) "*The shocking truth is that some people shouldn't even try to run*". Also eye-catching was the headline "*Danger: Every time you go to the gym you could be risking severe injury!*" (31 December 2010) certainly provokes one to read the justification for the warning. Additionally, the health professionals, i.e. physiotherapists, we so often turn to when injured, can be easily confused with the welter of new research information now available and it is increasing in quantity. In fact, there is another headline "*Don't see a physio until you've read this message - There may be something missing from your physio's basic training that could affect you.*"

To remain on-side with New Zealand physios, the editor, Jonathon Pye, was referring to the UK scene and of course we expect that the local scene here should be better. So, it is not just the basic training that matters but the ongoing further education required by a health professional so that s/he remains abreast of the latest verified research and thinking.

In my day job as an advocate for ACC claimants who feel aggrieved at some unfavourable decision, I have learned a great deal more about the huge multi-layered rehabilitation industry that supports people with, usually, acute and permanent physical injuries. It is simply amazing what the various radiologies can do with MRI and CT scans in addition to the ultrasound examinations besides the old standby of X-rays for solid structures.

The eruption of change in the rehabilitation world that fully professional sport has brought is a two-sided sword with greater striving for rewarded supremacy and greater physical demands being made on the body. The significant rise in masters' athletics is an important part of this change but without the financial incentives for athletes. The amount of research that has and is being promoted in masters athletes, is extensive.

To keep a balance in his publications, Jonathon Pye, masterfully has a solution-type headline for another article (31 December 2010) *The Indestructible Athlete Series*. Of course you will have to sign up for a US\$9.97 deal worth US\$270.85 to get the whole eight booklets and access to on-line information. Pye also has other angles that should be examined by athletes with the headline "*Stop injuries in their tracks BEFORE they stop your athletes!*" (28 January 2011).

I have found that the articles to be of a high quality and with frequent references to the older athlete. For the older athlete, say at least 50 years old, s/he should take extra-ordinary care with plyometric training and any new power oriented training. The body at all ages needs time and gradual training to adapt to these demands. One good term coined in Bompa's books is "anatomical adaption". This means that where it is possible the body will adapt to the demands made on it, provided that those demands are below injury provoking levels. In one of Arthur Lydiard's books he gave the sound advice about starting running.

The beginner should wear suitable footwear and go to jog one lamp post or power pole outwards and then return. As the athlete successfully adapts to this particular mode of exercise then the number of lamp posts can be increased one at a time. This cautious beginning is about as careful as one could get. Frank Hamlin, a former legal adviser for NZMA, did precisely that in his late 40s and rose through the ranks while losing around 22 kilograms body weight. Such was his enthusiasm that he eventually wore out his knee cartilages and then reverted to cycling.

Regarding the gym work warning, as a veteran gym body, I fully agree with the dangers of poor exercising. It is often related that the two categories of humans who look after their backs are babies/infants and Olympic weightlifters. Those pretenders to Olympic weightlifting who aspire to greatness and do not look after their backs are soon erased from the sport. For many runners it is the knee joints that need particular attention being wise enough to choose the best running surface.

For those masters who wish to further their knowledge of this aspect of sport go to sib@sports-performance.com and as it is put these days "Enjoy!"



LOC Report

by | MURRAY CLARKSON (LOC Chair) & FAY RILEY

Firstly, a big thank you to all of those who helped in organizing, planning, and running a successful event. Yes, we did have some short-comings and yes, we called on help, but that is the essence of master's athletics to jump in and help rather than stand back and complain.

The committee was only part of the equation and without very experienced assistance and a level headed and competent meeting manager (Heather O'Hagan) wheels could have loosened and caused havoc. We sincerely thank Heather for her sterling efforts and sleepless nights along with those who stepped up to be counted on the day (s). The superb weather was part of the reward for the behind-the-scenes effort.

The Championships reflected the positive attitude of the athletes themselves and those who had a wonderful time in our beautiful City can take credit for their own reward. Tauranga is not a city of high profile but has its own unique natural assets which we, as organizers, opted not to influence. Those who experienced this will know what we mean.

There were, as usual, a large number of records broken to keep the statistician busy to the next championships. These were assisted by the standard of competition, the equipment and the track. Thank you to Gary Garner and his technical team for their efficiency. We acknowledge our sponsors and those who were persuaded to offer goods and services at reasonable costs, sometimes at short notice. The local track equipment administration trust made sure that everything needed was available.

Our Australian neighbours provided a wealth of knowledge, experience, and commitment. We thank them for giving their time and travelling to this "small" town. Comments indicate that our country is a "must return" so we hope that their next visit is equally rewarding.

Our non-stadia events daunted and surprised many but post-event comments justified the effort and locations chosen. We are, indeed, privileged to have such good facilities and scenery par excellence. Who enjoyed the social?? As an organizing committee, a balance must be set between cost, quality and entertainment. With the magnificent back-drop and, dare I say it, planned sunset, we were on to a winner. Our young entertainer and the quickly served meal were accepted as a perfect balance to a "good night out". Thank you for your support.

To those who could not make it, be it for health, injury or other reasons, we wish you all a speedy recovery, your problems solved, or be there next time. Our sympathy is expressed to those who were injured, or unable to complete their events, having committed themselves to coming. We trust that you will have success at future championships. That's it now from us and we accept the accolades on behalf of the WHOLE TEAM.

P.S. It is with sadness that we learned of the death of Trish Kinnane's (call-room) Husband on the Monday following the championships.



Murray Clarkson & Fay Riley take a well earned break

PHOTO | JIM TOBIN

World President Comments

by | STAN PERKINS (WMA President)

One of the pleasures of being President of the World Masters Athletics organization is the opportunity to visit each of the six world regions within our sport and attend their biennial championships. Oceania is of course my 'home' Region and so it holds an important place in my life as I have previously been President of this Region and I have attended most of the championships held over the years. I have also had the opportunity to be involved in much of the administration during the actual championships and I have had the great pleasure to be an announcer for many championships.

A particular highlight of any WMA Championship is the opportunity to meet up with many friends from past years, and to have the opportunity to form new friendships with the many athletes and their accompanying persons. In Oceania we really do experience the 'one family' aspect of Masters Athletics because of the uniqueness of this Oceania Region. As the Regional President, Wilma Perkins indicated in a recent speech, every affiliate in Oceania has to travel over the sea to reach another affiliate – and the spread of our region across a vast area spanning not just the major part of the southern hemisphere but also part of the northern hemisphere emphasizes the commitment of our Oceania Masters athletes to our sport and our competitions.

Therefore when we congregate to participate in a Regional Championship in Oceania we come together not just to meet on the track, the road or the throwing arena in competition, but also to be involved in meetings, seminars and the championship dinner, and to take up our friendships that have been forged over the years. We also welcome into the Oceania family those who are attending for the first time and welcome back those who we have not seen for a long time. That was the scenario in Tauranga, a beautiful seaside city in the north Island of New Zealand. The competition arena is new and situated in a unique, picturesque location close to the city heart and in view of the harbor and the famous Mount Maunganui that stands guard over the seaway into the port. A prettier athletics facility would be hard to find and the Tauranga athletics community has every right to be extremely proud of their home.

Locals Murray Clarkson and Fay Riley, together with Fay's very supportive family and a greatly dedicated and committed team of supporters and helpers produced a really memorable championships. When they lost their appointed Manager in the lead up to the event I am sure they wondered if they would ever get to the start line. Well they did and they did it in style. Supported by the Tauranga community and in particular the local government, they got stuck in and I can say without doubt that the smiles and happiness that was evident around the ground and the other competition areas was testament to their success. Well done to all.

Wearing my Presidential hat I can report that I am very satisfied at the continued excellent management that exists in this Region. This can be attributed to good leadership, the involvement of experienced people and not the least the excellent relationship that exists between the Masters organization and the IAAF Oceania Regional administration. Because of the spread of affiliates in this region and the small populations that exist in most countries, the sport of athletics is all inclusive with junior, open and master athletes competing together under the one administration and a single hard working base of officials and coaches.

IAAF Regional President Geoff Gardiner from Norfolk Island and the Regional Office Administrator (or 'boss') Yvonne Mullins are totally supportive of the masters movement and the result is a level of co-operation that ensures success. Yvonne's bubbly personality hides her superb organizational skills and her involvement brings knowledge, commitment and integrity to events. She also works hard to ensure that there are sufficient well qualified officials from all across the Region to assist in the conduct of the championships and this delivers a level of officiating that succeeds to the benefit of everybody.

Overall this was probably one of the best Regional championships that I have witnessed. When asked what was the highlight to me I had to really think hard but to me there was one event that stood out above all of the rest and that was the Championship athlete's dinner. Why? Well it was held in a Club that had uninterrupted views across the Bay, we had sole use of the facility, the service of food and beverages was conducted without hassle and was good quality and the music and entertainment was appropriate to the age group concerned, very enjoyable and probably most importantly, non invasive to conversations at the many tables needed to cater for the huge crowd that attended. The speeches were entertaining and also informative and I did not hear one adverse comment – just lots of praise.

As for the competition, well it was high quality also with many new Regional records established and some world class performances were witnessed. I was amazed at the ability of Ruth Frith who at the age of 103 still performs all of the throws and is as sharp as a tack. The efforts and versatility of Rad Leovic (Australia) and Ron Johnson (New Zealand) who competed in many events is legendary, whilst the participation of Marie Kay and attendance at the meet of Ron Robertson, both winners of the IAAF Masters Athlete of the Year award, demonstrated that whilst Oceania is the smallest of the world Regions in numerical strength, it is one of the powerhouses when it comes to athlete ability.

In closing I was again proud to be a member of the Oceania Region in 2012 and look forward with great excitement to 2014 when the event will return to Australia and be hosted in Bendigo, a city of significant history in the development of Australia.

OMA Council Structure

by | WILMA PERKINS

What is the Oceania Masters Athletics Council?

These are eight people (formally nine) who have been elected by the various affiliates in the Oceania Region to maintain the affairs of Oceania Masters Athletics (OMA). Four of these people make up the executive and other four are serving Council members. One of the eight (Lynne Schickert) is the Oceania delegate to the world body (WMA). Yvonne Mullins as Executive Director of the Oceania Athletics Association also attends these meetings.

On Saturday 4 February, the OMA Council formally met to discuss the affairs of our region. Murray Clarkson and Fay Riley were also in attendance for the early part of the meeting to report on preparations for the Tauranga Championships. Stan Perkins also attended part of the meeting to bring our Council up to date on WMA matters. The OMA Council continued and completed its Council meeting after the conclusion of the AGM held on 8 February.

So what gets discussed?

Below is a summary of some of the matters discussed, reported or decided on:

- Tauranga: 472 entries for 2160 events, almost five events per athlete
- A pat on the back for the OMA Council for responding promptly to issues raised by WMA
- Presentation of a banner from WMA in regards to keeping our sport drug free. The free standing banner has the WMA and OMA logos plus the message of "Clean Sport Fair Play"
- A new logo for OMA which is similar to the OAA logo – a result of the close co operation between the two bodies
- The current OMA flag to be retained
- Details on the preparation of the WMA Championships to be held in Perth during 2016
- Recommendations to WMA in relation to the processes for changes to specifications and competition rules
- Recommendations to WMA in relation to the criteria for the IAAF Masters Athlete of the Year nominations
- Details of the IAAF Masters Committee meeting at which Mike Weddell represents Oceania Masters
- The appointment of Sheryl Gower as the Oceania Women's Representative to the WMA Women's Committee
- Update on the new draft WMA Constitution
- Anti doping and medical report from Roger Parrish

- Report from George White (Oceania Records Officer) in regards to processes in place for claims on behalf of Oceania Athletes for world records
- Jim Blair's receipt of an IAAF Veteran Pin for service to the sport
- Vetline Magazine: steps in place to encourage more athletes to purchase our Oceania magazine, which is recognised as the best Masters magazine in the world
- OMA Website updates
- OMA Championship manual, several minor updates required – this is a guideline for organizing championships
- OMA Handbook, now almost ready for production
- The OMA Constitution and By-Laws to be placed on the OMA website in both French and English
- Discussion on the OMA AGM to be held on Wednesday 8 February
- Report on the January 2014 OMA championships in Bendigo
- Submission from Cook Islands for the OMA championships in October 2015
- The appointment of OMA Officers: Patron- Jim Blair, Auditor-Rob McGregor, Legal Advisor-Alan Galbraith, Public Officer-Jan Banens, and Statistician-Bob Banens
- Equipment purchase of weight throwing equipment for Cook Islands in preparation for 2015
- Discussion on the need to have a Coaching Forum at the Bendigo championships
- Clarification of relay teams at OMA championships: countries can field more than one team in an age band but only the first team from each country will count for medal purposes

When will the next OMA Council meeting be held?

The next Council meeting will be held in Bendigo on the weekend of 12/13 January 2013. In the meantime, the OMA Council members will continue to carry out their responsibilities and maintain communication through the internet.

When will the next OMA AGM be held?

The AGM will also be held in Bendigo on the weekend of 12/13 January 2013.

In conclusion, congratulations to the Tauranga LOC for an excellent championships. I am sure that all of the athletes who attended will have great memories of the competition and their time spent with friends.

Coaching Corner



by | MIKE WEDDELL

Being involved in athletics all the year round I tend to think of April as the end of one year and the start of the next. There is a lull between the track season and the harrier season and as I coach middle and long distance athletes this is when I encourage them to have a rest albeit an active rest. They can either continue running at an easier pace and less often or do some other aerobic activity such as biking, indoor rowing or swimming. Sprinters, jumpers and throwers would benefit too from a change of routine and be refreshed before getting into the serious training for next summer.

One of the activities that I do in this down period is walk. My workplace is close to some pleasant walks through Dunedin's greenbelt. There is an endless variety of wood chipped and sealed footpaths and they are good for fitness as there is very little on the flat. I can get my heart rate into the target zone for aerobic training by walking up the many flights of steps available. In fact some of these steps are long enough and steep enough to work

the anaerobic system. The advantage of walking is that it does not stress the joints and as we get older that is important although I cannot see my younger athletes being too keen to walk - they either drive or they run.

During this rest period I get my group together over some bowls of chips and tomato sauce and whatever drink takes their fancy and discuss their goals and aspirations for the next year. Then we pick the events that they want to target for the winter and a rough outline of the summer season which will be reviewed at the end of the winter. One other very important thing that we do is review the past year to see if PBs have been improved and aims met. It is also a good idea to look at any injuries that have occurred and have a plan to avoid them in the future.

If you have a plan and specific goals there is a much better chance of achieving them than if you just have some vague idea of what you are going to do.



All in together in the women's steeplechase at the Oceania championships

PHOTO | JIM TOBIN

Britain

by | BRIDGET CUSHEN

Cold and lonely death for an athletic icon

The Fells are that large swathe of land that stretches from Derbyshire through to the Yorkshire Moors and on into Lancaster and are notorious for their steep rugged hills and bleak landscape. A regular hill walker on his way through remote Forest of Bowlands Fells glanced to his right and spotted what he thought was a bog stick, but on closer examination he saw it was the half submerged body of an old man in a peat bog. Out of reach of any mobile phone mast, it took him some hours to raise the alarm. Next morning the helicopter rescuers paused for a few moments to pay their respects; an honour afforded all those that perish out on the wild Lancashire Fell sides.

The remains of the elderly man had lain undiscovered for up to three weeks and now remained unclaimed in a Liverpool morgue. It was then that concern arose amongst the local clubs that they had not seen 75-year old bachelor Bill Smith, a pioneer of modern Fell running and author of the bestselling book "Stud Marks on the Summits" and who had uncharacteristically failed to turn up for marshalling duty at some local races in early October. As tributes poured in, questions were asked how could such an experience fell runner, who in one particular feat of endurance in 1975 completed 55 peaks in 24 hours and scaled 63 peaks in 23 hours and 55 minutes the following year, veer off course on what was to him familiar, but dangerous grounds?

Peat bogs are among the most endangered and sensitive landscapes in Britain and are a common site in northern uplands, but they remain a potent menace to all runners and walkers as they appear to be solid ground but are in fact little more than a veneer of soil floating on often ice-cold water. Survival experts recommend slow movements or a wide swimming action to get out, but panic can cause those that get stuck to sink deeper, eventually making it impossible to escape without help.

British & Irish Masters International Cross-Country

Despite atrocious Scottish wind and lashing rain, eleven of the 15 individual age category title holders proved themselves masters of the mud to retain their hard won age group title from Dublin last year in this, arguably, the most keenly contested races in the annual calendar at Bellahouston Park, Glasgow, on Saturday 26 November.

All women and men aged 65-plus ran together over 6km and just over 21 minutes later W35 Clare Martin in the red and white of England, who has sub 34 minutes for 10km to her bow, had come through on the second lap to snatch victory by nine seconds over the tough hilly course. She was followed home by the early pack leaders W40 Caroline Betmead, making her international debut and not expected to medal and W35 Lesley Chisholm securing Scotland's first individual medal and just managing to hold off the first W45 Melissa Whyte by less than a metre. The W35 team scoring was just as tight with England beating the host nation by just one point.

The winning England team was powered in the W40 group by Philippa Taylor, second and ex-international Bev Jenkins, third. One point again gave England's victory over Scotland in the W45 team event as Niamh O'Sullivan, an outright winner on four previous occasions, snatched the bronze to bring the Republic of Ireland into the individual medals. Scotland's Fiona Matheson who reset the W50 middle distance records this year, finishing fifth overall here while Carmel Parnell secured her third individual W55 title for Ireland. Sacramento triple gold medallist, Angela Copson, made her final year in the W60 category, a golden one and evergreen Dot Fellows won the W65 race.

PHOTOS | JIM TOBIN



Mo Pearson (UK) won gold in the W60 shot at the Oceania championships

Malcolm Reynard returned to his happy hunting ground where he won his first ever individual age group title in 2006 - the M60, despite being a consistent England team member. Here he led England's M65 team to victory after a strong battle with Ireland's European champion, Frank Reilly, George Mitchell, Scotland, and two-time winner, Martin Ford. With several fallers in all races, it was regular fell runner Peter Covey, who survived the treacherous conditions to win the M70 title.

The combined M35 through to M60 race is always a thriller and here the field certainly got off to a flying start as M35 800m star Alex Gibbons in his first international for England, led the charge up and down the first two steep hills, but it was the defending champion, Ciaran Doherty, who came through on the muddy 8km course to finish third overall leading a very strong Irish M35 team to victory. Jamie Reid, 20 seconds adrift for silver, took the Scottish team to within a single point of wrestling the trophy from the defenders. Gibbons held on for third. At the half way stage it was the green vest of Ireland leading the field as M40 Peter Matthews took command. He was 22nd in the 2001 IAAF Cross-Country and clocked 24.54 here despite the conditions. It was great to see the two Northern Ireland runners David Morwood and Steve Duncan pack in for M40 silver and bronze. With their final scorers sixth and 18th they only lost the team title by three points to England. As several runners slithered around or fell, a surefooted sheep farmer from the Brecon Beacons was chasing hard after Matthews, holding on for second place overall and easily retaining his M45 title for the third successive year, but Austin Davies' effort could only give Wales third team prize as their other scorers were 19, 25, 27th. The

M50 race was one of the closest as only six seconds separated the first three, led by England's Bob Atkinson, Graeme Saker and Scotland's Neil Thin. In sixth place was Iain Campbell running for Scotland again over the same course as he did in the then World Senior title thirty-three years ago. But it was the retired



Christopher Bowman (NZL) was second in the M50 10km road walk at the Oceania championships

schoolmaster, Mike Hager, who was the star of the day, 45th in the race, winning the M60 title by a clear 1½ minutes ahead of the whole M55 field. This was the fifth successive win for the Tipton Harrier and his 11th win having run a British Best 16.19 5km on the road the previous weekend.

Indoor running

One of the great benefits of hosting the Olympics is the provision of more indoor training facilities and these are available for open meetings. Masters have clocked the following times at these meetings:

M40 Julian Golley had a busy start to 2012 clearing 6.72m in the long jump and a 60m 7.52 timing on 8 January at Eton. In the Lee Valley hall North London M40 Jason Carty ran 7.16, M45 Rohan Samuel a 7.36 win and M75 Colin Field 9.88. Peter Benedickter clocked 55.74 over the 400m. M55 Ray Daniel 800m in 2:19.45. Alan Leiper cleared 3.51m in the M50 pole vault and W55 Sue Yeoman 2.76m. Up in Glasgow on 28 December, Fiona Matheson sealed her 2011 campaign with yet another world record, this time in the W50 3,000m with a runaway 9:56.39 win.

Recognition for the Masters?

Controversy surrounded the final ten nominations for the prestigious BBC Sports Personality of the Year in December when no women made it into the final 10 despite individual and team international successes at cricket, boxing, football, taekwondo and the Ironman triathlon. I grasped the opportunity and wrote a letter to The Times pointing out that the unfunded Masters are the most successful section of British athletics, never outside the top four in the world and are not even taken into consideration and expressing my dismay that the Age Discrimination Act exclude competitive sport. It got printed! I wonder how many people are aware that when the BBC first introduced this Award in 1954, the year that Roger Bannister ran the first sub-4 minute mile, it was Chris Chataway who won!

Auckland

by | JOHN CAMPBELL

This will be my last Vetline report, for as many of you already know, I have decided not to stand again for president of Auckland Masters. The last two years have been rewarding, but due to being involved more and more with both the NZMA board and senior athletics in Auckland, I find that my time is being spread too thinly.

I wish my successor all the best in the role, which will come with its own set of challenges. One area that is a concern, is that there seems to be a lack of willingness by our members to pitch in and help out with organising and setting up events. There are too many that are quite happy to sit back and let a small number of regulars do all of the work. Unfortunately I can't see that changing sometime soon and so we may have to consider combining our events with the senior/open meetings held by Athletics Auckland if the present trend continues.

On a brighter note, the national championships that we hosted, were a success. There were of course a few glitches here and there, but essentially nothing that we couldn't sort out.



We have a core group of regular competitors who compete at all of our meets and that group were also in action at the Oceania championships. Congratulations to all those that took part and especially those that came home with medals. Full results from these championships can be found elsewhere in this issue, however there were a few Aucklanders that broke Oceania records:

- John Campbell M45 60m: 7.65 secs**
- Mark Cumming M45 Hammer: 46.97m**
- M45 Weight Throw: 14.60m**
- Ho Young Do M50 High Jump: 1.65m**
- Pam Spiers W85 Weight Throw: 5.94m**
- Nigel Stainton M50 Javelin: 52.44m**

Our last competition of the season will be our Auckland championships, which will cap off what has been a very busy, yet successful season. It has certainly been one to remember for many different reasons. Let us hope that next season is just as satisfying as this one has been.

Northland

by | COLLEEN BRUNKER

Greetings from the North and congratulations to the Tauranga LOC for a wonderful OMA championships. We held our Northland championships on 23 January. A new date, a new track and brilliant weather provided the ingredients for a successful meet. Competition was enhanced by the attendance of several Auckland visitors. Our congratulations to Jim Kettlewell who set two Northland records in the M65 1500m (5:43.2) and M65 3000m (12:07.4). Detailed results follow:

100m

Paula Sharpe	W50	14.2
Jill Hayman	W50	14.6
Claire Furlong	W45	15.9
Nancy Bowmar	W60	17.0
Naylor Stopforth	W50	17.2
Anne Deleiros	W60	17.4
Sien Van der Veecken	W80	22.3
Scott Dorset	M40	11.7
Corney Carstens	M40	11.9
Paul Campbell	M45	12.2
Mark Lett	M45	13.1
Tony Deleiros	M65	13.8

200m

Paula Sharpe	W50	30.2
Anne Goulter	W45	33.1
Claire Furlong	W45	36.2
Naylor Stopforth	W50	37.6

Nancy Bowmar	W60	40.1
Sien Van der Veecken	W80	55.9
Scott Dorset	M40	24.2
Corney Carstens	M40	24.4
Paul Campbell	M45	25.7
Mark Lett	M45	27.1

400m

Paula Sharpe	W50	1:08.7
Sien Van der Veecken	W80	2:09.3
Paul Campbell	M45	1:00.9
Mark Lett	M45	1:01.1
Morris Gray	M55	1:40.9

800m

Nancy Bowmar	W60	3:44.1
Naylor Stopforth	W50	3:46.0
Sien Van der Veecken	W80	5:06.2
Ian Calder	M50	2:19.2
Rob Griffin	M65	3:15.4
Morris Gray	M55	3:41.7

Male - 1500m

Ian Calder	M50	4:38.0
Jim Kettlewell	M65	5:43.3
Morris Gray	M55	7:47.5
Neville Rae	M70	8:23.4

High Jump

Anne Goulter	W45	1.20
Nancy Bowmar	W60	1.17
Anne Deleiros	W60	1.11

Long Jump

Anne Goulter	W45	3.68
Nancy Bowmar	W60	3.21
Sien Van der Veecken	W80	2.26
Mark Lett	M45	4.73

Female - Triple Jump

Nancy Bowmar	W60	7.28
Anne Deleiros	W60	7.21
Sien Van der Veecken	W80	4.90

Shot Put

Barbara Austin	W65	8.19
Naylor Stopforth	W50	8.15
Anne Deleiros	W60	7.50
Nancy Bowmar	W60	6.29
Beth MacLeod	W65	6.24
Claire Furlong	W45	6.23
Lynn Fraser	W75	5.46
Delwyn Smith	W45	5.26
Val Babe	W70	5.08
Sien Van der Veecken	W80	4.94
Jenny Hastie	W60	4.87
Mark Cumming	M45	9.15
Tony Deleiros	M65	9.13
Hans Barnard	M50	9.07
Robin Ball	M75	8.17

Discus

Anne Goulter	W45	24.38
Naylor Stopforth	W50	19.92
Anne Deleiros	W60	19.73
Barbara Austin	W65	19.21
Jill Hayman	W50	17.37
Nancy Bowmar	W60	16.97
Val Babe	W70	13.27

Jenny Hastie	W60	12.42
Lynn Fraser	W75	11.23
Sien Van der Veecken	W80	10.94
Robin Ball	M75	28.66
Hans Barnard	M50	28.23
Mark Cumming	M45	28.06
Ian Babe	M75	24.03
Tony Deleiros	M65	23.33

Javelin

Naylor Stopforth	W50	19.92
Jill Hayman	W50	18.44
Barbara Austin	W65	18.34
Delwyn Smith	W45	14.50
Nancy Bowmar	W60	13.99
Sien Van der Veecken	W80	10.25
Audrey Williams	W85	8.17
Mark Cumming	M45	29.16
Hans Barnard	M50	26.60
Mark Lett	M45	26.10
Robin Ball	M75	18.35

Hammer

Anne Goulter	W45	36.65
Barbara Austin	W65	27.47
Naylor Stopforth	W50	23.10
Nancy Bowmar	W60	18.45
Val Babe	W70	16.53
Jenny Hastie	W60	14.31
Mark Cumming	M45	47.29
Hans Barnard	M50	34.88
Robin Ball	M75	23.83

Male - 3000m

Ian Calder	M50	9:52.8
Jim Kettlewell	M65	12:07.4
Rob Griffin	M65	14:28.6
Morris Gray	M55	16:27.3
Neville Rae	M70	17:18.0

Female - 3000m Race Walk

Karen Davison	W40	20:11.7
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Waikato Bay of Plenty

by | SHERYL GOWER

Our Oceania warm up meeting in Tauranga went well, with Bev Savage, Marcia Petley Hector Mein and Vincent Smith all proving that they were in top form for the OMA championships by achieving Waikato records and personal bests.

February

The LOC organised perfect weather for the weeklong championships and more than 60 Waikato-Bay of Plenty members had entered. The decathlon- pole vault was represented by Stephen Te Whaiti 3.10m Dave Rondon 3.00m and Peter Ranganui 2.90m. It was a real treat to watch this event on the new equipment and done so well by athletes and

officials. New member Dave Couper M30 threw extremely well in the javelin, broke the New Zealand record and just missed the Oceania record. Also Julia Lile (W40) in her first season ran a superb 200m. Trevor Ogilvie and Sally Gibbs ran their 5000m event at a fantastic pace and record times. It is great to have such competition as this at our region.

Throwers will be pleased to know that Rene Otto is the new co-ordinator for the Trans Tasman Winter Throws competition.

The Waikato- Bay of Plenty committee is on track organising the North Island championships for 2012. They were held here in 1986 for the first time.

Canterbury

by | ANDREW STARK

At the time of writing this report, the 2011 / 2012 season has almost been and gone with one more track & field meeting planned, plus the throws pentathlon championships. This year in Canterbury, it has been like turning back the clock as the track athletics get use to running on a grass track again. To see QEII in its present state of disrepair, the over-grown in-field and the damaged grandstand is truly a depressing sight.

To Athletics Canterbury's credit, a huge amount of work has gone into organising the up-grading of Rawhiti Domain, the home of New Brighton / Olympic Club's track & field club, so that we in Canterbury do at least have a venue. New throwing circles, long jump, triple jump, high jump and javelin run-up areas have all been laid in mondo. A new equipment shed, plus a half container to house the electronic timing have also been erected. We are now in a position to be able to hold every event except pole vault and steeplechase. The pole vault has been set up at Papanui High School, the home of the Toc H athletic club and steeplechase events are held every time the centre runs a meeting in Timaru. The completion of this up-grade has involved hundreds of volunteer hours of work from members of the athletics community to make all this happen. We are fortunate this has occurred and on behalf of CMA, I would like to thank those individuals.

The CMA Championships were held in cool and slightly wet conditions at Rawhiti Domain on Sunday 19th February. We had about 40 competitors, which is down on previous years. A copy of the results can be found on our website, via the NZMA website. For those who attended, the meeting went well and most stayed for a BBQ following the competition. I suspect the lower than expected numbers has no doubt been influenced by the earthquakes we have had to endure for the past 18 months. Overall our membership is about 100, which is down by at least



Photo looking down the main straight. New equipment shed behind the 100m start area.



30 on last year. For the less 'serious' athletes there is only so much one can cope with and faced with damaged houses and on-going stress, I'm not surprised that several have opted not to compete.

As far as the future goes for all athletics in Canterbury?? The senior athlete ranks are devoid of runners. We will continue to lose members as the younger masters athletes are just not around. While there are many masters aged athletes running cross country and road, they do not run track and therefore do not join NZMA. I suspect this is a problem for many centres. Until QEII is replaced it will be difficult to know just where the track & field part of the sport is heading, as numbers are down holistically across all age groups.

Replacement of QEII? It has become obvious that the ground under QEII is not suitable and a QEII 'replacement' on the present site is not going to happen. Terry Lomax has been employed by ANZ to assist Canterbury in working towards replacing QEII. He has looked around the city for possible venues. Terry has highlighted a park where Athletics Canterbury could be accommodated, entering into a joint venture with another sport. Whether this is an option very much depends of what the Christchurch City Council comes up with in their 'master plan' for sport within the region. As yet we are still waiting on the CCC to release a plan about how sport in Canterbury can move forward. It all comes down to money and priorities. All I can say is don't hold your breath and watch this space, but I am hopeful we will have an all-weather againone day!!

The winter season is fast approaching and many of our members go into hibernation. Hopefully by the next issue of Vetline we might have some answers about getting an all-weather track somewhere???

PHOTO | ANDREW STARK

Taranaki

by | BRIAN O'SHEA

Tauranga Twilight Meeting Tauranga Domain 3 January

10km Road walk
W60 M White 1:06:11

Taranaki Invitation TET Inglewood 4 January

In the M60 Des Phillips had a field day when He swept the board winning the 200m in 33.16, 400m in 1:09.76, 800m in 2:44.07 & high jump in 1.32m. This jump broke the age group Taranaki record. Not to be outdone by this Raewyn Grigg (W40) won 100m in 17.31, 200m in 37.89, long jump 3.43m, shot put 7.33m & discus 22.67m Other results were as below.

Shot put

M75	Trevor Gillum	6.10m
	Trevor Suthon	3.98m
M85	Ivor Ellis	6.07m
W50	Denise Phillips	8.09m
W65	Sue Park	5.25m

400m

W50	Karen Gillum-Green	1:14.91
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Discus

M75	Trevor Gillum	16.07m
	Trevor Suthon	12.67m
W50	Denise Phillips	25.70m
W65	Sue Park	11.86m

3000m walk

M40	Mike Morresey	17:19.11
M85	Ivor Ellis	27:00.78
W45	Serena Coombes	18:12.25
W60	Marlene White	18:35.78

1500m

M65	Alan Jones	5:59.38
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Taranaki 5,000m Champs TET Inglewood 17 January

M40	Mike Morresey	18:36.20
M60	Brian Warren	21:44.85
	Des Phillips	22:24.83
M65	Alan Jones	23:09.41

Taranaki 5,000m walk Champs TET Inglewood 24 January

M40	Mike Morresey	28:59.07
M45	Dave Wackrow	28:26.12
M55	Tony Burrell	31:52.05
M60	Eric Kemsley	29:07.32

	Des Phillips	33:42.70
	Dave Barrett	35:59.49
W45	Serena Coombes	32:09.81
W55	Anne Fraser	34:41.03
W60	Marlene White	31:53.30

Egmont Athletics Club Champs TET Inglewood Feb 07-28

3,000m walk

M60	Des Phillips	18:57.85
	Dave Barrett	20:53.01
W45	Serena Coombes	18:41.26
W55	Anne Fraser	20:15.44
W60	Marlene White	18:24.54

Shot Put

W50	Denise Phillips	8.98m
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Javelin

W65	Sue Park	7.60m
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High Jump

M60	Des Phillips	1.20m
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Long Jump

M60	Des Phillips	3.38m
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400m

M60	Des Phillips	1:04.97
M65	Alan Jones	1:07.28



Robert Dabb was second in the M50 half marathon at the Oceania championships

PHOTO | JIM TOBIN

Southland

by | EVAN MACINTOSH

Southland Road Champs

The track and field section was held on the 5 February in pleasant warm conditions with little or no wind. Numbers competing in each age group were generally down on other years, the reason being that the Oceania Masters T & F champs were being held in Tauranga at the same time. Clashes such as this are inevitable and happen from time to time. A dozen or so Southland masters ventured to Dunedin to compete and came back laden with medals. One competitor who stood out was Ricky Gutsell who was first overall in the 800m, 1500m, the 5km road run, the 10km road run and the half marathon. Not too bad for someone who turns the big 50 this year!

While all this was going on, Bruce Thomson made it worthwhile going all the way to Tauranga to compete in the Oceania Masters championships by taking out the gold medal in the 400 metres and a bronze in the 200m. A very good result in top company. A runner from India ran him close at the finish but could not hold out a very determined Bruce.



Bruce Thomson proudly displays his Oceania gold & bronze medals

PHOTO SUPPLIED BY EVAN MCINTOSH

Oceania Gold for Bruce

(A report from Bruce Thomson)

I got lucky but you've got to make luck happen. You take advice and you work hard. Getting there is a chore; drive to Dunedin and hop on a plane, pick up a cheap sleeper van in Auckland and drive to Tauranga. I camped in a motor camp next to the sea and kowhai fish were jumping just 4m from the back of the van. And all this within a mile of New Zealand's most dynamic commercial centre and port!

About that luck. I'm what Lydiard would call willowy - tall and skinny and (once properly conditioned) quick to sharpen and quick to go off. I had peaked in training three weeks earlier and was struggling with sore abs and an old ankle injury. So I wasn't feeling confident about the 400m. At warm-up on the Friday the soreness and ankle pain eased off and I rediscovered fluid movement. The day was warm and perfect. There was a gentle breeze to waft you out of the blocks and eddy you round to the finish. The Mondo track was hard and fast and the officials were world class.

There were four of us in the M50 age band. In the marshalling tent the hot favourite - Andrew Stark - called in with an injury. So then there were three. Indian Ron Mehter (a good half second faster than me in the 200m) got the lane seven draw to my lane three, and he had his mind on his specialist event for the morrow, the 400m hurdles. So maybe I could blindside him? If he didn't 100% power out of the blocks he wouldn't finesse his pace on the back straight.

If he thought about his hurdle race he wouldn't push hard into the homeward bend. And he'd be playing catch up hound to my dying rabbit. And I'd have a chance at Oceania gold! But what he did was his problem. All I had to do was power-pace-push-and-pray to the finish. It was close. But the rabbit won! Sometimes you get lucky. I was staggered which gave the ambulance officers something to do. But it passes.

Standing on the podium is not to be missed. It feels like being on Mount Cook - an awfully long way down. And it's special - like getting married. (Mountaineers and married men will know what I mean). If you get the chance at high level competition then take it. You might get lucky - and even if you don't you'll have the best fun in the world! Detailed results from Tauranga appear elsewhere in this issue.

Tasman

by | DEREK SHAW

Oceania Track & Field Champs

Four Tasman Masters participated in these championships in Tauranga and all of them achieved podium performances. Full results appear elsewhere.

Oceania Walking Trophy

As part of the open New Zealand team competing against an U23 Australian team in this Trans Tasman walking event, Nyle Sunderland (W40) survived the very hot 37 degrees Celsius conditions in Hobart on 25 February to finish third woman in the 20km race walk. The hot conditions resulted in many athletes dropping out due to heatstroke and dehydration. Nyle started to get into trouble about half way through but when the sun went down and a sea breeze came up she managed to recover and continued. She finished in 2:00:56. The event also doubled as the first round of the world championships and the Australian Olympic trials, with Nyle finishing a very creditable eighth overall.

Nyle's next meet is the national championships in Auckland 23-25 March. Following this event she and her partner Shane are shifting to the Gold Coast. She is going to be sorely missed in Nelson as she has done a lot to encourage and train other race walkers - young, middle-aged and older. Thank you very much Nyle and all the best with establishing a new base in Oz and with your future race walking endeavours. Hopefully some Tasman masters will see you at the next Oceania Championships in Bendigo.

South Island Track & Field Champs

By the time you read this planning will be well underway for the championships in Nelson in December. The date will be confirmed at NZMA AGM. The Saxton pavilion adjacent to the all-weather track at Saxton Field was completed in October last year and provides great facilities for such events. We promise great weather (floods are off this December), a great event in a great setting, convivial company and hopefully some great competition. More details will be in next Vetline. Enquiries to Derek Shaw, nikau@ts.co.nz, ph 03 548 7537, PO Box 602, Nelson.



Tim Cross (NZL), Leigh Browell (AUS) & Clive Reynolds (NZL) in M5000m at the Oceania championships

Otago

by | JOHN STINSON

Otago athletes enjoyed great success at the Oceania championships held in Tauranga. Full results appear elsewhere in this issue and space limitations preclude repetition in this article. However our stand out performer was Claire Giles who secured a total of nine medals in the W55 grade.

Claire won gold medals in the 60m, 100m, 200m, 400m and pentathlon plus the 4x100m relay and the medley relay. Her other medals were a silver in the long jump and a bronze in the javelin. Claire set an Oceania and New Zealand record in the 60m of 9.35 and Otago records in the 60m, 100m, 400m, pentathlon and javelin. The highlight for Claire came in the medley relay where she ran the 200m leg and held out multiple world masters champion Marie Kay from Australia.

Claire has been competing seriously in master's athletics for six years and has become a more complete athlete over time. Her performances at Tauranga were a fitting reward for a training regime aimed at the Oceania championships over the last six months. Claire trains two hours a day six days a week including sprint training with Coach Jarrod Adams plus core work at the Les Mills Gymnasium with personal trainer Elwyn Rouvi. As a result Claire has reduced her weight by 12kg to 52kg - an important factor in her run of successes. Claire thoroughly enjoyed standing on the podium in New Zealand colours feeling proud that all the hard work had paid off for her.

On Sunday 29 January the annual Peggy Calder Memorial Interclub Trophy Meeting was held at Memorial Park, Mosgiel, in fine but windy conditions. There was an excellent turnout for this popular competition based on accumulated points over all track and field events. The winning club was Caversham who have compiled a proud record in this event with Leith second and Taieri Third.

Vale - Roy Smith

by | WAYNE SMITH

Long time Hawke's Bay sporting personality, Roy Smith, passed away peacefully on 8 February. Roy was Patron and Life Member of Napier Harriers and former member of the Napier athletic Club. His involvement in running commenced in 1940 with Napier Harriers and then later in the 1940s with Napier Athletic Club after surviving World War II. During his time with both clubs he served long periods on the respective committees being Handicapper, Club Captain, Chairman and President which led on to Chairman of the Centre executive for many years.

While carrying out these functions he collected numerous centre track titles from 440 yards through to 10,000m and also collected numerous cross country titles with Napier Harriers along with gaining many age group wins in the marathon, particularly in the Rotorua marathon where he was virtually unbeatable in his age groups over many years.

Roy initiated the Masters Association very early on in the movement and was the organiser of the New Zealand Masters championships in the 1970s on McLean Park. He was also one of the initiators of the HB Road Runners Club when running was in its boom period where many runners gathered on Saturday afternoons to run for two or three hours during the summer, a great camaraderie between runners occurred during these years.

His great love of the sport and enthusiasm ultimately led to a very successful coaching period throughout the 1960s through to 1980s he had a very big hand in coaching athletes who went on to achieve national titles. He was a great supporter of Arthur Lydiard and was always willing to learn.

His greatest coaching triumph was with Dianne Rodger (nee Zorn) who gained selection to the Montreal Olympics in 1976 where she competed in the 1500m and where Roy was able to attend and watch his protégé. He was one of the very few Hawkes Bay coaches to achieve this high accolade.

Roy competed through to his 60s and retired from running later in the 1980s where he helped his late wife Betty bloom as a runner in her 60s where Roy guided her to a number of national age group titles herself. The whole family has been involved in sport all their lives with children Cheryl, Wayne and Robyn all heavily involved in sport throughout their lives under the influence of Roy and Betties enthusiasm.

His other sporting love was rugby where he was a season ticket holder at Mclean Park for many years before mobility issues prevented attendance over the last few years.



Regina Crouch (AUS) in W40 javelin at the Oceania championships

PHOTO | JIM TOBIN



A group of happy and efficient officials at the Oceania championships

Photo | JIM TOBIN



COMING EVENTS by Nostradamus

2012			2014		
4 JUN	Partial eclipse of the moon - 11.04pm		5-11 JAN	Oceania Championships	BENDIGO, AUSTRALIA
21 JUN	Winter Solstice - 11.28pm				
23 SEP	Spring Equinox - 2.50am		2015		
4 AUG	NZ Cross Country Champs	HAMILTON		WMA Stadia Championships	LYON, FRANCE
12 AUG	NZ Half Marathon Champs	PALMERSTON NORTH	OCT	OMA Stadia Championships	RAROTONGA
1 SEP	NZ Road Champs	VENUE TBC			
28 OCT	NZ Marathon Champs	AUCKLAND	2016		
30 NOV - 2 DEC	South Island Champs	NELSON		WMA Stadia Championships	PERTH, AUSTRALIA
			2017		
24 JUL - 4 AUG	WMA Stadia Championships	PORTO ALEGRE . BRAZIL	NOV	OMA Stadia Championships	DUNEDIN

Please Note: The above information is based on the best crystal ball images available to Nostradamus. However, intended dates and venues can change. Readers are advised to check the details from official entry forms, websites or from the event organisers.



Order Photos from the 2012 Oceania Masters Track and Field Champs at www.nesport.co.nz

