

Vetline

Official magazine of Oceania and New Zealand Masters Athletics

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in this issue:

- > Australian Masters T&F Championships
- > National Half Marathon Championships



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The start of the second heat of the M50 100m sprint

PHOTO:: John Campbell



Bruce Solomon (WBP) leads the field around the first lap of the men's pentathlon 1500m

PHOTO:: John Campbell

Official Magazine of New Zealand Masters Athletics
FOUNDED IN 1970



Cover Photo

Vanessa Story (WGN) in the W35 100m hurdles race at the national championships in Wellington

Photo - John Campbell

Inside Back Cover

Mark Macfarlane (WGN) was 2nd in the M45 long jump at the national championships in Wellington

Photo - John Campbell

Back Cover

John Lester (AKL) won the M70 100m sprint at the national championships in Wellington

Photo - John Campbell



REGULARS

President's Report	2
Editor's Notes	3
Notice Board	3
Committees / Contacts	4
Calendar	48

NEWS

Otago	John Stinson	45
Auckland	Chris Thompson	38
Waikato/BOP	Ray Laurie	40
Northland	Diane Barrett	41
Taranaki	Brian O'Shea	42
Wellington	Michael Wray	43
Canterbury	Andrew Stark	44
Southland	Evan MacIntosh	46

ARTICLES

39th NZMA T&F Championships	Michael Wray	6
National T&F Championship 2013	Brian Watson	17
NZMA Masters Athlete of the Year Awards 2012	Mike Weddell	21
Australian Masters Athletics Awards	Wilma Perkins	22
Jim Tobin Retires as Vetline Editor	Mike Weddell	23
Keeping the Fire of Youth - New Ideas for Older Runners	Roger Robinson	24
Memories of Alan Hill	Barbara Turbott	28
2013 National Half Marathon Championships	Michael Wray	30
Is Peaking/Tapering for Masters Athletes?	George White	32
Are They Being Treated Equally & Fairly?	Brian O'Shea	34
Sheila Tearle...an unsung hero	Ray Wallis	35
George Goulding - Olympic Champion	Mike Parker	36
Coaching Corner	Mike Weddell	47



President's Report



I am writing this report shortly after the national track and field championships in Wellington and would like to congratulate the organising committee on a well-run event. The championships were enjoyable for me both as an official and a competitor and the weather was a bonus to add to the efficiency of the organisers.

At the championships, we held the 39th AGM of NZMA at which we appointed a new patron Jim Blair. Jim is a life member of NZMA and has had a huge influence on our organisation and I am sure in his new position he will continue to contribute to Masters Athletics as a whole as well as winning gold medals and setting records.

Another major change was Jim Tobin stepping down from the editorship of Vetline after nearly thirty years in the position. Jim's contribution to our sport has been enormous and has touched every aspect of it but it is his work with Vetline that has made him synonymous with the magazine. Jim will continue to serve on the board so his wisdom is not lost to our organisation.

We also gained a new board member at the AGM, in the form of Chris Thompson from Auckland. Chris is a field events competitor and we welcome him to the board.

by **MIKE WEDDELL** - NZMA President

Editor's Notes

The Uncombined, Combined Events

A few weeks ago at the NZMA AGM, a remit was put forward, proposing that we have a competition on a separate weekend for the Combined Events (Pentathlon, Throws Pentathlon etc.)

I'm not going to debate this remit here, but I would like to mention the Pentathlon in particular.

At the recent national champs, it was decided to combine the fields for some of the Pentathlon events with the open events (where possible), while still running the competition in its correct order. I completely agree with this concept, as we instigated this at last year's champs in Auckland and it worked very well.

What we did (for example), was to run the open men's 200m and the Pentathlon 200m together in one race. What this meant, was that the athletes only had to run once and their time was then used for their Pentathlon points. This seemed to gain favour with the athletes that I spoke to and they could race in their normal age group, without having to turn around and run another 200m within a few minutes.

I do believe that this was what was intended in Wellington, however what actually happened, was that the athletes were asked before they raced, whether they wanted to run with their age group, **or** in the Pentathlon. To me this was wrong and instead of having one large field of mixed age groups in the 200m Pentathlon, they should have been competing in their respective age groups.

Unlike Australia, we don't have the numbers to ensure good sized fields in all events, so we end up competing with maybe one or two others in a race. To me this is silly, when we are trying to encourage competition and especially in the sprint events, I feel that we need to look at combining age groups on the day, when there are obviously low numbers in each race.

Perhaps we really need to sit down and take a good, hard look at the format of our national championships programme, so that we can improve the overall competition for our athletes.

- **John Campbell**

Notice Board

WMA Ambassadors – promoting Porto Alegre

An initiative of the WMA Council this year has been to promote for the forthcoming championships in Porto Alegre, Brazil throughout the regions. Athletes from around the world are being asked to share their reasons for entering these championships.

Contact has been made with a number of Oceania athletes. Don Chambers of Australia was our first Oceania respondent and race walker Jackie Wilson of New Zealand was #4.

If you would like to participate in this promotion, please email Lynne Schickert, Oceania Representative on the WMA Council: lynne.4@bigpond.com for details. Responses are being regularly highlighted on the WMA website.

Vetline Material

Work has now begun on the July Vetline and there will be a feature on the Australian National Championships held recently. Your articles and photos are always welcome. The deadline for receiving material, is 1 June. However, please send material to us as soon as possible and make our job easier. Please email your articles and/or photos directly to John Campbell at the following email address: admin@nzmastersathletics.org.nz

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39th NZMA T&F Championships

by Michael Wray

PHOTO: John Campbell



A panoramic view of Newtown Park, Wellington

Thank you, George Michael.

Perhaps I should explain...

Last year, my partner booked a flight to Melbourne to see George Michael perform in concert. Unfortunately for her, the concert was cancelled and she was left with a credit for another flight to Australia. Lucky for me, she was willing to 'endure' two days at the track, to watch me compete at the Australian national championships, as long as we could have a holiday afterwards. How could I say no to that?

We arrived in Sydney to 30° heat and battled the rush hour traffic from the airport until we got out of the city. The drive to Canberra was pleasant but nothing to write home about, because after you've seen one gum tree... well, you get the picture.

Regretting our decision not to hire a GPS unit with the rental car, we struggled with my printed Google Maps instructions and eventually made it to The Tradies Club in Canberra. I had decided to collect my race pack the night before, so I could study the programme. Unfortunately the simple job of collecting my race pack seemed to turn into a complicated procedure. Instead of just walking in, collecting the pack and leaving – we had to have our passports scanned, pay a \$2 fee (even though my partner wasn't competing) and were left to try and locate the

registration desk. Needless to say, after three hours of flying plus another three hours of driving, we weren't particularly amused.

We were told however, that our \$2 entry fee entitled us to a free drink, free parking and entry to the club (which was valid for a month) so in the end, it turned out to be a good deal.

We did go back twice to have dinner at the The Tradies and I must say, that I have never experienced such fast service. The meals were very nice and great value for money, so our initial opinion of Canberra was soon reversed.

The first day of the championships arrived and we were treated to some superb Canberra weather. Sunny and warm with a mild breeze was the norm for the few days that we were there and it was absolutely perfect for competing.

First up for me, was the 60m heats. We all did our warm up and checked in at the start line, only to find that there were a few scratchings and we would now run a straight final. I was quite pleased at hearing that news, as it's never fun to have too many races in one day. On the other hand, it would have been nice to have a little practice start with the electronic gun, as it was quieter

than a normal starting pistol, with the sound coming from speakers behind the starting blocks.

An hour later we had the 60m final and it was time to see if all of my training and hard work was going to pay off. By this point, I was quite nervous because I had never competed outside of New Zealand and here I was, taking on the best in Australia. With a larger population than us, the level of competition was always going to be tougher.

The quiet starting gun proved to be no trouble and I got off to a good start and won the 60m. There were a couple of fast guys (Jaye Hanson and Gary Parkinson) that weren't in the final due to injury, but hey...I'll take the win.

Next up was the 100m and this time we did have heats. The top seeds cruised easily into the final, but my rival and friend Chris Brack had a moment of nervousness, as he waited to find out if he qualified, after just being pipped for third place by fellow NSW sprinter, Brett Reid. This was reminiscent of our qualifying 400m heat at last year's Oceania Championships, when Chris also was made to sweat for a short while, to see if he would make the qualifying time. Not to worry though, as Chris deservedly made the 100m final and lined up in the blocks, two lanes across from me.

Again I got out of the blocks nicely and managed to see

off the challenge from Chris and the other guys.

The next day (after a good night's rest) was the 200m. Again, there was supposed to be heats and one of the favourites and top seed (Gary Parkinson) was carrying an injury but went through his warm up routine, to see if he would be fit to race. Unfortunately for Gary, it was not to be and he withdrew from the heat at the last minute. It was a shame, as I don't like to see anyone have to pull out of a race and it would have been a good battle with him, for sure.

After a delay due to a technical issue, we were off in my race. Normally in the 200m, I tend to push reasonably hard around the curve, but I felt as though I was only running at about 95% pace this time. Once we hit the straight, the tail wind gave us all a little assistance and I found another gear and powered home quite strongly. I don't know if I could have run a better time if I had pushed harder on the bend, but I was still really happy to finish with a PB and another win.

It was good to have another NZ sprinter make all the finals of my age group and especially good to see Mark Macfarlane competing again after being dogged by injuries for the last few seasons. While Mark didn't come home with medals this time, he certainly gave it 100% and I hope he will be back to his best next season.

Before my final was the M65 200m, which was exciting to watch. Trevor Guptill has only recently joined masters athletics and has had very limited training this season, due to injury. He surprised both himself and his competition, by taking the gold medal in the 60m in what would have been a new NZ record. As luck would have it, the anemometer malfunctioned for all the 60m races and despite running into a headwind, his time was not allowable for a record.

In the 200m final, Trevor was leading all the way, but was beaten right on the line, by the narrowest of margins. Speed was certainly not lacking for Trevor, but his lack of endurance showed up at that point. It was a valiant effort though and he will be one to watch next season.

Not to be outdone, the M50 200m final was an out and out thriller. Talk about a 'blanket finish' and the photo finish judge must have had a hard time splitting the first three placings, with only five hundredths of a second between first and third. Darren Hughes led the field into the straight and was only passed by the eventual winner, Rudy Kocis in the last few metres. Sensing the presence of both Kocis and David Isackson behind him, he made a last desperate lunge for the line and fell heavily on to the hard track, injuring himself in the process. I overheard one of the other competitors mention that he went to hospital with a suspected dislocated collarbone. It wasn't pleasant to see and I hope Darren is okay and recovers quickly.

Bruce Solomon has been having a dream season this year and narrowly missed out on third place in the 200m, after picking up a bronze medal earlier in his 60m final, to go along with his gold medal in the Pentathlon and silver medal from the 400m. Bruce broke Waikato Bay of Plenty masters records in the 400m and the 200m, while setting what I believe is a new PB of 24.24 in his pentathlon 200m race .

The women's W35 200m gave us yet another exciting and tight finish with New Zealand's Vanessa Story narrowly taking out the four-way finish with a few hundredths of a second to spare.

Vanessa not only took out NZ national masters titles recently, but also competed at the NZ senior championships at Mt Smart a few weeks earlier. I think Vanessa must have had to pay excess baggage coming back into NZ, with her haul of seven medals weighing down her hand luggage quite considerably.

Not only did I not expect to win all three of my finals, but I certainly never expected to qualify for the 100m Champion of Champions event. The best eight male and eight female sprinters are invited to compete in 100m handicap races. The top sprinters are determined by the WMA age grading percentages and to my surprise, I was the top male qualifier on the day with 92.22%. The bad news was that I had to withdraw, as we were travelling

back to Sydney the following day, so I missed out in participating in what is a unique and exciting event.

I was told that Canberra had a fast track and now I certainly believe them. It proved to be a good track to run on for most of us, with records and PBs for a lucky few.

Of course it wasn't just all about the sprinters on the track. Our throwers, jumpers and walker came away with an excellent tally of medals and great performances. With such a busy programme, unfortunately I didn't get to see them all compete, but of course that didn't stop Rick Davison, Roy Skuse, Kevin Bradley and Sue Hoskin from winning medals.

There were a total of nine New Zealanders that made the trip across the Tasman Sea and we did our country proud. Whilst we were certainly made to feel welcome, I think that the Aussies secretly were happy to see the back of us. We poked fun at being constantly referred to as 'overseas competitors' instead of New Zealanders, but in typical kiwi fashion, it did not put us off in the slightest and we managed to collectively take home over 20 medals.

Next year, the location for the championships is Hobart. I'm not sure if we'll make the trip across 'the ditch' next year, but if we do, Canberra will be hard to beat (for me anyway), thanks of course to George Michael.

PHOTOS (below and left): Andrew Stark



John Campbell (4504) leads Andrew Davenport (4532) and Malcolm Cornelius (4510) in the M45 400m



A tight finish in the M55/M60 100m sprint



Loris Reed (CAN) in the women's 1500m



The women's combined W65-W80 100m sprint. From L-R: Sheryl Gower (WBP), Clasina Van der Veecken (NTH), Chris Waring (AKL) and Marcia Petley (WBP)

PHOTO (above): Sharon Wray

RESULTS:

60m

W35					
Vanessa Story	WGN	8.45	82.8%		
W40					
Julia Lile	WBP	8.61	84.3%		
W45					
Louise Martin	CAN	9.09	85.3%		
Heather Collins	TAS	10.35	75.7%		
W50					
Paula Sharpe	AKL	9.31	88.6%		
Akemarua Hosea Winterflood	COK	9.50	86.8%		
Alison Newall	OTG	9.95	82.1%		
Aggie Boxall	AKL	10.06	82.8%		
W55					
Claire Giles	OTG	9.38	90.6%		
W60					
Veronica Gould	WGN	9.41	97.3%		
Jenny Mason	WGN	9.98	89.3%		
Anne de Leiros	AKL	10.36	88.4%		
Nancy Bowmar	NTH	10.37	86.8%		
W65					
Sheryl Gower	WBP	9.68	95.6%		
Chris Waring	AKL	9.94	96.4%		
W80					
Clasina Van der Veecken	NTH	13.48	82.7%		
Marcia Petley	WBP	13.54	85.9%		
M30					
David Lane	WGN	8.53	74.9%		
M35					
Gavin White	WGN	7.91	84.2%		
Dennis Langford	NTH	7.98	81.6%		
M40					
Steven Hargreaves	AKL	7.80	88.1%		
M45					
John Campbell	AKL	7.71	93.0%		
Paul Campbell	AKL	8.07	87.6%		
Mark Macfarlane	WGN	8.23	87.1%		
M50					
Bruce Solomon	WBP	7.85	92.0%		
Gary Rawson	WGN	7.90	93.3%		
Stephen Burden	WBP	8.22	89.7%		
Julian Courtney	AKL	8.35	87.1%		
Michael O'Leary	HBG	8.54	86.3%		
Mark Lett	NTH	8.56	84.3%		
Dave Rondon	WBP	8.68	83.8%		
Mike Baxter	WGN	9.19	78.6%		
M55					
Dennis O'Leary	HBG	8.22	92.2%		
Gordon Cameron	WGN	8.54	88.2%		
Jeff Barnfield	CAN	8.55	89.2%		
M60					
Laurie Malcolmson	MWA	8.33	94.6%		
Warren Green	STH	8.84	88.0%		
M65					
Tony de Leiros	AKL	8.80	91.4%		
Trevor Guptill	AKL	8.80	91.4%		
Garry Maher	AUS	8.95	89.8%		
Ross McBeth	WGN	9.41	85.4%		
Rupert Watson	WGN	9.65	82.8%		
David Anstiss	AKL	9.79	82.6%		
M70					
John Lester		9.27	88.9%		
Skotty Neilson	WBP	10.58	77.9%		
Dave Eastmond	NTH	11.30	75.1%		

M75					
Stewart Foster	WBP	9.84	86.9%		
Peter Hanson	WGN	10.17	84.1%		
Max Wood	CAN	10.27	86.8%		
M80					
Jim Blair	WGN	11.69	77.9%		
Robert Heseltine	CAN	13.42	67.1%		
100m					
W35					
Vanessa Story	WGN	13.28	80.7%		
Mandy Simpson	WGN	16.03	67.7%		
W40					
Julia Lile	WBP	13.58	81.8%		
Andrea Williams	WGN	15.23	73.8%		
W45					
Louise Martin	CAN	14.67	81.0%		
Marlou Klaver	HBG	14.78	78.7%		
Heather Collins	TAS	16.92	70.9%		
W50					
Paula Sharpe	AKL	14.87	85.0%		
Akemarua Hosea Winterflood	COK	15.53	81.4%		
Alison Newall	OTG	16.03	78.1%		
W55					
Claire Giles	OTG	15.07	86.5%		
Christine Kerrison	WBP	17.74	75.6%		
W60					
Veronica Gould	WGN	15.37	91.4%		
Jenny Mason	WGN	16.63	82.2%		
Nancy Bowmar	NTH	16.74	82.4%		
W65					
Sheryl Gower	WBP	15.47	91.7%		
Chris Waring	AKL	15.77	93.2%		
W80					
Marcia Petley	WBP	22.15	85.3%		
Clasina Van der Veecken	NTH	23.63	73.1%		
M35					
Jarrold Adams	OTG	12.23	81.5%		
Gavin White	WGN	12.45	81.8%		
Dennis Langford	NTH	12.59	79.2%		
M40					
Steven Hargreaves	AKL	11.84	88.4%		
M45					
John Campbell	AKL	11.97	91.1%		
Paul Campbell	AKL	12.66	85.0%		
Mark Macfarlane	WGN	12.70	85.8%		
Wayne Doyle	CAN	19.04	57.2%		
M50					
Bruce Solomon	WBP	12.19	90.1%		
Gary Rawson	WGN	12.39	90.3%		
Stephen Burden	WBP	12.78	87.6%		
Julian Courtney	AKL	13.18	83.8%		
Michael O'Leary	HBG	13.44	83.3%		
Mark Lett	NTH	13.47	81.5%		
Dave Rondon	WBP	13.50	81.9%		
Bruce Thomson	STH	13.74	81.4%		
M55					
Dennis O'Leary	HBG	13.00	88.3%		
Jeff Barnfield	CAN	13.62	84.8%		
Gordon Cameron	WGN	13.73	83.1%		
M60					
Laurie Malcolmson	MWA	13.22	90.1%		
Warren Green	STH	14.05	83.8%		
Ross Brown	AKL	14.17	84.6%		
David Lobb	COK	15.61	75.4%		

M65					
Tony de Leiros	AKL	13.84	87.6%		
Garry Maher	AUS	14.34	84.6%		
Rupert Watson	WGN	14.69	82.1%		
Ross McBeth	WGN	14.92	81.3%		
Wolfgang Schenk	AKL	15.10	80.8%		
M70					
John Lester		14.56	85.3%		
Skotty Neilson	WBP	16.67	74.5%		
Dave Eastmond	NTH	18.55	70.3%		
M75					
Stewart Foster	WBP	16.08	82.1%		
Max Wood	CAN	16.91	82.7%		
M80					
Robert Heseltine	CAN	23.04	61.6%		
200m					
W35					
Vanessa Story	WGN	27.20	81.0%		
Mandy Simpson	WGN	34.21	65.2%		
W40					
Julia Lile	WBP	28.62	80.0%		
Andrea Williams	WGN	32.02	72.4%		
W45					
Louise Martin	CAN	30.12	81.6%		
Marlou Klaver	HBG	30.39	79.1%		
Heather Collins	TAS	36.37	68.4%		
W50					
Paula Sharpe	AKL	30.22	87.0%		
Akemarua Hosea Winterflood	COK	31.91	82.4%		
Alison Newall	OTG	33.01	78.8%		
W55					
Claire Giles	OTG	31.48	86.2%		
Karen Gillum-Green	TAR	34.80	77.2%		
W60					
Gail Kirkman	STH	30.83	92.7%		
Nancy Bowmar	NTH	35.72	80.8%		
Lynne Mackay	TAR	37.73	75.7%		
W65					
Sheryl Gower	WBP	32.61	91.1%		
Chris Waring	AKL	33.74	91.4%		
W80					
Marcia Petley	WBP	52.19	77.9%		
Clasina Van der Veecken	NTH	56.89	65.1%		
M35					
Gavin White	WGN	26.37	78.4%		
M40					
Steven Hargreaves	AKL	24.28	87.7%		
M45					
John Campbell	AKL	24.45	91.0%		
Paul Campbell	AKL	25.80	85.0%		
Mark Macfarlane	WGN	26.09	85.3%		
M50					
Bruce Solomon	WBP	24.78	90.5%		
Gary Rawson	WGN	25.58	89.4%		
Stephen Burden	WBP	26.34	86.9%		
Julian Courtney	AKL	26.73	84.4%		
Dave Rondon	WBP	28.14	80.2%		
Mark Lett	NTH	28.23	79.4%		
M55					
Dennis O'Leary	HBG	27.19	86.5%		
Jeff Barnfield	CAN	28.63	82.7%		
M60					
Warren Green	STH	29.57	81.7%		
Ross Brown	AKL	30.05	82.0%		

M65					
Tony de Leiros	AKL	28.49	87.7%		
Garry Maher	AUS	29.66	84.3%		
Rupert Watson	WGN	30.86	80.3%		
Ross McBeth	WGN	31.40	79.6%		
M70					
John Lester		29.49	87.5%		
Dave Eastmond	NTH	36.34	75.5%		
M75					
Stewart Foster	WBP	33.00	84.5%		
Max Wood	CAN	37.21	80.3%		
M80					
Robert Heseltine	CAN	53.82	56.5%		
400m					
W35					
Vanessa Story	WGN	1:02.01	82.8%		
Mandy Simpson	WGN	1:15.39	68.9%		
W40					
Julia Lile	WBP	1:07.57	78.5%		
Andrea Williams	WGN	1:09.16	77.5%		
Karina Meyers	WBP	1:30.53	60.5%		
W45					
Marlou Klaver	HBG	1:10.62	78.4%		
Louise Martin	CAN	1:12.19	78.2%		
W55					
Karen Gillum-Green	TAR	1:12.05	84.6%		
Claire Giles	OTG	1:13.25	84.0%		
Dalise Sanderson	OTG	1:24.29	73.7%		
W60					
Gail Kirkman	STH	1:08.93	93.4%		
Lynne Mackay	TAR	1:34.19	68.3%		
W65					
Chris Waring	AKL	1:19.89	88.7%		
Sheryl Gower	WBP	1:25.48	78.0%		
W80					
Clasina Van der Veecken	NTH	2:11.98	70.0%		
M35					
Jarrold Adams	OTG	57.58	77.9%		
M40					
Steven Hargreaves	AKL	53.32	88.5%		
M45					
John Campbell	AKL	56.12	87.7%		
Andrew Davenport	MWA	57.23	83.6%		</



The start of the first heat of the M50 100m sprint



Gail Kirkman (STH) broke the NZ W60 record in the 300m hurdles



Brian Senior (CAN) won the M70 weight throw



Andrew Davenport (MWA) won the M45 400m hurdles



Rod Plimmer (WGN) won the M45 long jump



Rupert Watson (WGN) in the men's pentathlon javelin



Brenda Davis (WBP) in the women's pentathlon 800m

5000m

W40

Michelle Van Looy	WGN	20:21.78	74.2%
Karina Meyers	WBP	26:12.12	59.3%

W45

Sally Gibbs	WBP	17:14.24	95.7%
Gabrielle O'Rourke	WGN	18:13.81	87.2%

W60

Dianne Spiers	AKL	29:45.16	67.4%
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M40

Todd Stevens	WGN	16:26.45	83.1%
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M45

Grant McLean	WGN	16:37.84	83.4%
Michael Wray	WGN	16:46.55	83.3%
David Rush	OTG	17:33.93	80.8%
Murray Peebles	WGN	19:05.45	72.6%
Colin Price	WGN	19:52.06	70.3%

M50

Alastair Prangnell	AKL	17:52.35	83.4%
David James	WBP	20:17.47	71.1%
Neil Price	WGN	20:17.71	71.1%

M55

Greg Lautenslager	TAS	16:52.89	89.0%
Tony Price	WGN	18:03.28	84.0%
Gene Sanderson	OTG	19:42.39	78.9%
Malcolm Chamberlin	AKL	21:10.15	73.5%
Gerard Meyers	WBP	21:17.74	71.2%
Phil Kerrison	WBP	23:26.14	65.8%
Tom Reihana	CAN	24:59.61	60.6%

M60

Derek Shaw	TAS	19:42.55	79.6%
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M65

Brian Hayes	WGN	20:12.62	81.2%
Peter King	CAN	22:57.42	72.8%
Dougal Congalton	WGN	24:10.73	69.8%

M70

Dave Eastmond	NTH	26:55.10	67.7%
Jeremy Griffiths	MWA	27:11.83	67.0%
Robert Slade	WGN	27:45.46	63.7%

M75

Eric Saxby	CAN	25:36.70	73.7%
Ron Wareham	HBG	29:51.27	67.2%

M80

Michael Browne	WGN	35:49.55	60.5%
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10000m

W35

Juanita Paterson	MWA	43:20.98	70.5%
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W40

Michelle Van Looy	WGN	42:03.73	74.4%
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W45

Sally Gibbs	WBP	35:57.60	94.0%
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W60

Dianne Spiers	AKL	1:00:36.11	68.1%
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M40

Todd Stevens	WGN	34:44.85	82.0%
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M45

Michael Wray	WGN	35:16.65	82.7%
Murray Peebles	WGN	40:21.29	71.7%
Colin Price	WGN	40:31.06	72.0%

M50

Alastair Prangnell	AKL	36:25.72	85.4%
Cross Tim	TAS	39:07.94	78.8%
Neil Price	WGN	42:29.56	70.8%

M55

Tony Price	WGN	37:28.96	84.4%
Gene Sanderson	OTG	41:27.28	78.3%
Malcolm Chamberlin	AKL	45:13.66	71.8%
Phil Kerrison	WBP	49:28.61	65.0%
Tom Reihana	CAN	52:02.15	60.8%

M60

Derek Shaw	TAS	42:19.07	77.4%
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M65

Brian Hayes	WGN	42:39.29	80.3%
Richard Sweetman	WGN	46:01.01	75.1%
Dougal Congalton	WGN	49:16.61	71.5%

M70

Jeremy Griffiths	MWA	55:36.71	68.4%
Brian Watson	WGN	55:56.19	68.0%

M75

Eric Saxby	CAN	52:02.06	75.7%
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4x100m Relay

WGN A		52.44
AKL		55.05
WGN B		57.50
Hawkes Bay Gisborne		58.29
OTG		1:00.59

80m Hurdles

W55

Claire Giles	OTG	16.97
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W60

Gail Kirkman	STH	15.56
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M70

Skotty Neilson	WBP	19.54
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M80

Jim Blair	WGN	20.45
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100m Hurdles

W35

Vanessa Story	WGN	19.67	67.5%
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M50

Dave Rondon	WBP	18.65	73.3%
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M60

Laurie Malcolmson	MWA	18.47	81.3%
Des Phillips	TAR	22.91	66.4%

300m Hurdles

W50

Anne Goulter	AKL	1:01.07
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W60

Gail Kirkman	STH	56.86
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M60

Des Phillips	TAR	57.03
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M70

Skotty Neilson	WBP	1:09.44
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400m Hurdles

W40

Andrea Williams	WGN	1:28.97
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M45

Andrew Davenport	MWA	1:12.70
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2000m Steeple

W75

Dawn Cumming	HBG	13:18.65
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W80

Clasina Van der Veeken	NTH	15:25.09
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M60

Derek Shaw	TAS	8:35.89
Des Phillips	TAR	8:45.66

M65

Michael Bond	CAN	8:50.22
Richard Sweetman	WGN	9:55.67
David Anstiss	AKL	10:13.42

3000m Steeple

M45

Brendan Magill	WBP	12:57.18
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M55

Malcolm Chamberlin	AKL	15:08.90
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3000m Track Walk

W40

Julie Edmunds	OTG	17:01.72	71.2%
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W45

Serena Coombes	TAR	18:48.21	67.7%
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W55

Terri Grimmett	WGN	17:44.64	77.0%
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Theresa Large	TAR	18:51.21	73.9%
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W60

Sue Hoskin	MWA	17:44.17	82.9%
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Marlene White	TAR	19:14.97	78.2%
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Sheryl Lorna Miratana	WBP	21:29.73	69.2%
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W65

Jacqueline Wilson	WGN	19:20.70	80.8%
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W70

Daphne Jones	WGN	21:39.09	76.2%
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W75

Dawn Cumming	HBG	25:20.12	72.8%
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M65

Geoff Iremonger	WGN	19:42.24	71.3%
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10km Road Walk

W40

Julie Edmunds	OTG	59:51.0
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W45

Serena Coombes	TAR	1:07:53.0
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W55

Theresa Large	TAR	1:07:06.0
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W60

Sue Hoskin	MWA	1:01:21.0
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Marlene White	TAR	1:12:55.0
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Sheryl Lorna Miratana	WBP	1:15:15.0
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W65

Jacqueline Wilson	WGN	1:07:18.0
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M40

Mike Morresey	TAR	50:19.0
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M65

Geoff Iremonger	WGN	1:10:21.0
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High Jump

W35

Vanessa Story	WGN	1.46	75.3%
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Juanita Paterson	MWA	1.40	71.4%
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W45

Marlou Klaver	HBG	1.31	73.2%
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W60

Gail Kirkman	STH	1.27	88.2%
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Nancy Bowmar	NTH	1.19	83.8%
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Anne de Leiros	AKL	1.13	82.5%
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W75

Judy Hammond	WGN	1.04	92.0%
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M40

David Sexton	HBG	1.50	68.5%
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M45

John Turner	WGN	1.65	78.2%
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Mark Macfarlane	WGN	1.45	71.8%
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Wayne Doyle	CAN	1.35	66.8%
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M50

Ho Young Do	AKL	1.65	84.2%
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Brian Curry	MWA	1.60	80.8%
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Dave Rondon	WBP	1.35	68.2%
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Mike Baxter	WGN	1.30	65.0%
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M60

Des Phillips	TAR	1.25	73.5%
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M65

David Anstiss	AKL	1.33	81.6%
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M70

Rob McGregor	WBP	1.15	76.7%
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Lance Smith	STH	1.15	73.2%
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Mike Shepherd	MWA	1.10	70.1%
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Brian Senior	CAN	1.10	71.9%
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M75

Les Williams	WBP	1.00	70.4%
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M80

Ron Johnson	AKL	1.05	77.8%
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Pole Vault

M45

Wayne Doyle	CAN	3.00	60.9%
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M50

Dave Rondon	WBP	3.10	64.7%
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Brian Curry	MWA	2.70	56.4%
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M65

David Anstiss	TAR	1.90	51.9%
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M70

Rob McGregor	WBP	2.00	61.7%
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M80

Ron Johnson	AKL	1.50	54.5%
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Long Jump

W35

Vanessa Story	WGN	4.11	58.8%
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Juanita Paterson	MWA	4.06	57.4%
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W45

Marlou Klaver	HBG	4.30	67.2%
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W50

Akemarua Hosea Winterflood	COK	3.67	63.9%
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Aggie Boxall	AKL	3.61	63.9%
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Alison Newall	OTG	3.34	57.4%
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W55

Claire Giles	OTG	3.53	64.3%
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Christine Kerrison	WBP	3.00	57.3%
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W60

Anne de Leiros	AKL	3.33	69.1%
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Nancy Bowmar	NTH	3.26	65.3%
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W80

Clasina Van der Veeken	NTH	2.08	63.0%
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M30

W45			
Christine McCahill	WBP	32.78	53.8%
Gaylene van Wijk	WGN	18.59	31.1%
W50			
Anne Goulter	AKL	23.17	39.4%
W60			
Jenny Hastie	NTH	12.32	26.1%
Dianne Spiers	AKL	11.13	24.7%
W65			
Barbara Austin	NTH	19.33	48.6%
Loris Reed	CAN	18.78	43.7%
Beth MacLeod	NTH	14.45	36.3%
W70			
Justine Whitaker	CAN	13.31	36.3%
Valerie Babe	NTH	12.29	35.6%
Marion Clarke	WBP	10.32	29.0%
Gwyn Heseltine	CAN	9.90	29.6%
W75			
Patricia Drayton	CAN	13.56	44.8%
Iris Bishop	CAN	11.15	38.1%
W80			
Wini Pepene	NTH	11.46	38.9%
Clasina Van der Veecken	NTH	11.16	36.4%
W85			
Pamela Spiers	AKL	9.14	41.6%
W90			
Pauline Purser	WBP	8.86	45.5%
M35			
Jarrold Adams	OTG	28.48	38.4%
M40			
David Sexton	HBG	28.32	38.6%
M45			
Wayne Doyle	CAN	32.90	50.4%
René Otto	WBP	32.63	47.1%
M50			
Mark Flaus	STH	35.59	50.8%
Mark Cumming	AKL	35.20	47.5%
Bruce Solomon	WBP	31.77	42.9%
Keith Barrow	CAN	30.87	43.2%
Dave Rondon	WBP	29.92	41.1%
Brian Curry	MWA	26.56	36.5%
Gary Rawson	WGN	26.44	37.7%
M55			
Hans Barnard	AKL	28.24	42.9%
M60			
Chris Thompson	AKL	34.19	51.8%
Lester Laughton	STH	33.66	52.1%
Peter Orman	WGN	25.85	40.0%
David Lobb	COK	19.56	30.3%
Robert Hannan	WGN	17.09	27.0%
M65			
Pete Hoskin	OTG	28.53	51.7%
Phillip (Bo) Cox	MWA	28.16	49.8%
Tony de Leiros	AKL	27.82	48.1%
Garry Maher	AUS	26.14	45.2%
Wolfgang Schenk	AKL	22.36	39.6%
Peter Jack	WGN	17.89	30.9%
M70			
Brian Senior	CAN	31.01	62.3%
Mike Shepherd	MWA	27.40	52.3%
Skotty Neilson	WBP	21.66	41.3%
M75			
Robin Ball	NTH	26.12	60.8%
Bruce Clarke	WBP	20.09	44.0%
Ray Laurie	WBP	17.02	40.9%

Hammer Throw

W40			
Brenda Davis	WBP	29.63	54.7%
Michelle Ward	WGN	25.16	45.1%
Michelle Scriven	WGN	23.24	44.3%
W45			
Christine McCahill	WBP	38.79	84.8%
Gaylene van Wijk	WGN	19.58	44.5%
W50			
Anne Goulter	AKL	39.10	63.5%
Aggie Boxall	AKL	21.51	37.7%
Alison Newall	OTG	20.62	34.7%
W55			
Claire Giles	OTG	24.28	44.2%
W60			
Anne de Leiros	AKL	22.26	48.4%
Veronica Gould	WGN	18.47	40.1%
Jenny Hastie	NTH	16.13	32.7%
W65			
Barbara Austin	NTH	24.04	57.8%
W70			
Marion Clarke	WBP	17.94	48.3%
Justine Whitaker	CAN	16.10	42.1%
Gwyn Heseltine	CAN	15.96	45.7%
Valerie Babe	NTH	15.51	43.0%
W75			
Patricia Drayton	CAN	21.63	68.4%
Iris Bishop	CAN	15.23	50.0%
W80			
Clasina Van der Veecken	NTH	17.94	66.1%
Wini Pepene	NTH	16.41	63.0%
Marcia Petley	WBP	15.08	63.3%
W85			
Pamela Spiers	AKL	10.63	54.8%
W90			
Pauline Purser	WBP	12.61	73.4%
M45			
René Otto	WBP	31.83	44.3%
M50			
Mark Cumming	AKL	56.03	75.3%
Mark Flaus	STH	30.95	44.3%
M55			
Hans Barnard	AKL	33.71	51.7%
M60			
Chris Thompson	AKL	36.21	58.7%
Lester Laughton	STH	28.11	46.6%
Robert Hannan	WGN	14.73	25.0%
M65			
Phillip (Bo) Cox	MWA	32.15	61.9%
Peter Jack	WGN	18.21	34.2%
M70			
Brian Senior	CAN	33.28	65.5%
Rob McGregor	WBP	22.33	45.3%
M75			
Bruce Clarke	WBP	24.41	52.8%
Robin Ball	NTH	24.09	55.7%
Ray Laurie	WBP	22.55	54.1%
M80			
Ron Johnson	AKL	30.41	78.6%
Javelin Throw			
W40			
Brenda Davis	WBP	23.21	37.5%
Michelle Scriven	WGN	21.28	35.3%
Michelle Ward	WGN	18.98	29.9%
W45			
Christine McCahill	WBP	23.09	42.8%

Delwyn Smith	NTH	11.96	21.5%
W50			
Aggie Boxall	AKL	18.63	38.4%
Alison Newall	OTG	16.98	33.3%
W55			
Claire Giles	OTG	18.76	40.8%
W65			
Barbara Austin	NTH	20.21	58.4%
Loris Reed	CAN	17.97	48.2%
W70			
Justine Whitaker	CAN	10.32	32.3%
Valerie Babe	NTH	9.66	32.0%
Marion Clarke	WBP	8.30	26.7%
Gwyn Heseltine	CAN	7.07	24.2%
W75			
Judy Hammond	WGN	13.18	46.5%
Iris Bishop	CAN	8.70	33.9%
W80			
Wini Pepene	NTH	13.46	61.0%
Clasina Van der Veecken	NTH	9.94	43.3%
W85			
Pamela Spiers	AKL	5.57	33.4%
W90			
Pauline Purser	WBP	7.16	48.1%
M35			
Dennis Langford	NTH	40.53	43.6%
Jarrold Adams	OTG	30.80	33.1%
M40			
Steven Hargreaves	AKL	44.21	53.3%
David Morgan	AKL	39.84	48.8%
David Sexton	HBG	38.97	45.4%
M45			
Wayne Doyle	CAN	43.04	57.8%
John Turner	WGN	31.33	39.1%
Rod Plimmer	WGN	30.57	38.8%
René Otto	WBP	29.62	37.6%
Andrew Davenport	MWA	28.19	35.2%
M50			
Nigel Stainton	AKL	49.24	67.6%
Bruce Solomon	WBP	36.91	47.9%
Brian Curry	MWA	34.51	45.6%
Mark Flaus	STH	33.53	46.0%
Mark Lett	NTH	28.86	37.5%
Mike Baxter	WGN	28.29	36.7%
Gary Rawson	WGN	26.15	35.9%
M55			
Tom Reihana	CAN	24.88	36.2%
Hans Barnard	AKL	23.36	34.0%
Michael Roche	MWA	21.98	32.0%
M60			
Laurie Malcolmson	MWA	38.40	61.5%
Peter Orman	WGN	24.73	38.0%
Lester Laughton	STH	22.25	34.1%
Robert Hannan	WGN	12.87	20.2%
M65			
Pete Hoskin	OTG	25.52	45.9%
Wolfgang Schenk	AKL	23.42	41.1%
Tony de Leiros	AKL	21.97	37.7%
Phillip (Bo) Cox	MWA	20.02	35.1%
M70			
Brian Senior	CAN	23.05	43.1%
Skotty Neilson	WBP	21.87	38.8%
M75			
Trevor Cowley	AKL	23.03	51.7%
Bruce Clarke	WBP	20.33	41.5%
Robin Ball	NTH	17.75	38.6%
Ray Laurie	WBP	14.72	33.0%
Peter Hanson	WGN	14.42	29.4%

Weight Throw

W40			
Brenda Davis	WBP	10.38	65.5%
Michelle Ward	WGN	10.01	61.9%
Michelle Scriven	WGN	8.13	52.4%
W45			
Christine McCahill	WBP	13.91	98.2%
W50			
Anne Goulter	AKL	11.64	61.2%
Aggie Boxall	AKL	9.38	53.1%
Alison Newall	OTG	8.59	46.8%
W60			
Veronica Gould	WGN	7.64	45.2%
Dianne Spiers	AKL	7.18	41.5%
Jenny Hastie	NTH	5.23	28.9%
W65			
Barbara Austin	NTH	10.85	71.0%
W70			
Justine Whitaker	CAN	7.19	51.1%
Marion Clarke	WBP	6.44	47.1%
Valerie Babe	NTH	6.42	48.5%
Gwyn Heseltine	CAN	5.50	42.8%
W75			
Patricia Drayton	CAN	10.23	88.0%
Iris Bishop	CAN	5.79	51.6%
W80			
Marcia Petley	WBP	7.60	86.5%
Clasina Van der Veecken	NTH	7.37	73.6%
Wini Pepene	NTH	6.64	69.2%
W85			
Pamela Spiers	AKL	5.46	76.2%
W90			
Pauline Purser	WBP	4.60	72.3%
M45			
René Otto	WBP	11.03	50.8%
M50			
Mark Cumming	AKL	20.00	86.0%
Mark Flaus	STH	14.12	63.8%
M55			
Hans Barnard	AKL	12.13	57.8%
M60			
Chris Thompson	AKL	13.75	60.6%
Lester Laughton	STH	11.50	51.7%
Robert Hannan	WGN	5.78	26.5%
M65			
Phillip (Bo) Cox	MWA	11.63	59.3%

M70			
Brian Senior	CAN	13.77	72.4%
Rob McGregor	WBP	10.42	56.3%
M75			
Robin Ball	NTH	10.69	64.5%
Bruce Clarke	WBP	10.28	58.6%
Ray Laurie	WBP	7.17	44.6%
M80			
Ron Johnson	AKL	11.95	72.7%
Pentathlon			
W40			
Brenda Davis	WBP		
W50			
Alison Newall	OTG	2184	
W55			
Claire Giles	OTG	2878	
W60			
Nancy Bowmar	NTH	2210	
W70			
Jean Hulls	HBG	2425	
W80			
Clasina Van der Veecken	NTH	2228	
M35			
Dennis Langford	NTH	2308	
M40			
David Sexton	HBG	2067	
M45			
Wayne Doyle	CAN	2893	
Andrew Davenport	MWA	2690	
John Turner	WGN	2374	
M50			
Bruce Solomon	WBP	3030	
Brian Curry	MWA	2553	
Mark Lett	NTH	2394	
Gary Rawson	WGN	2256	
Dave Rondon	WBP	2198	
M65			
Rupert Watson	WGN	2203	
David Anstiss	AKL	2025	
M70			
Skotty Neilson	WBP	1458	
M75			
Peter Hanson	WGN	1824	
Throws Pentathlon			
W40			
Althea Mackie	AUS	2848	
Brenda Davis	WBP	2658	
Michelle Scriven	WGN	1985	

W45			
Christine McCahill	WBP		3598
W60			
Dianne Spiers	AKL		1406
Jenny Hastie	NTH		1330
W65			
Barbara Austin	NTH		3255
W70			
Justine Whitaker	CAN		2170
Valerie Babe	NTH		2067
Marion Clarke	WBP		1913
Gwyn Heseltine	CAN		1748
W75			
Patricia Drayton	CAN		2914
Iris Bishop	CAN		1946
W80			
Wini Pepene	NTH		2841
Clasina Van der Veecken	NTH		2830
W85			
Pamela Spiers	AKL		2101
W90			
Pauline Purser	WBP		2869
M40			
David Sexton	HBG		1861
M45			
René Otto	WBP		2673
M50			
Mark Cumming	AKL		3500
Mark Flaus	STH		2945
M55			
Hans Barnard	AKL		2581
M60			
Lester Laughton	STH		2429
Robert Hannan	WGN		990
M65			
Phillip (Bo) Cox	MWA		2683
M70			
Brian Senior	CAN		3060
Rob McGregor	WBP		2702
Mike Shepherd	MWA		1986
M75			
Robin Ball	NTH		2751
Bruce Clarke	WBP		2637
Ray Laurie	WBP		1912
M80			
Ron Johnson	AKL		3738



The start of the second heat of the M50 100m sprint

PHOTO : John Campbell

National T&F Championship 2013

by Brian Watson

The meeting started with the AGM on Friday noon which was attended by representatives from all the main centres . Each centre representative gave an outline report of how they were maintaining members and competition during the past year. Wellington Centre was holding its membership which was not the case in some other places. The track events for Friday covered 100, 200, and 5000 meters, some great times and exhibitions of field events was observed. In the hammer throw for the women 70 and over I helped and was amazed at how well the hammer was thrown by these ladies when I could hardly lift it off the ground.

A full day on Saturday resulted in some excellent competition between the competitors. I ran in the last 1500 meter event for the over 70's (The Old Man's Race) whilst waiting for the start conversation covered the topic of how our grandparents at our age were sitting on porches watching the world go by and here was us still competing. Had another great dice with my friend Peter Hansen who regularly outsprints me so I had to pull out all stops in the the last two laps to make a gap thus preventing him overtaking on the finishing post. The evening was rounded off with a lovely dinner and presentation of the Special Merit awards by the National President Mike Weddell.

Overcast weather greeted competitors on Sunday but the rain held off continuing the drought throughout the country. I ran in the 10km with all the grades taking off together, this was excellent as there were only 24 competitors and finishing times were staggered. A comment was overheard that this was a normal Sunday training run as they disappeared into the distance.

I would like to thank everyone involved in making this event such a success. The Organisers Mark Harris and John Palmer, and the committee at the event Jim Blair, Graeme Gould, Albert van Veen, John Hammond and myself, plus all the other track officials who kept everything running smoothly. There were comments on how well organized and enjoyable the weekend was. It was great to see 90 year old Pauline Purser still competing proving you are never too old.



Dave Rondon (WBP) competing in the men's pentathlon javelin throw



David Lane (WGN) soars high into the air during the long jump



Meghann Stewart (AKL) was 2nd in the W45 800m



Des Phillips (TAR) in the M60 100m hurdles



Clasina Van der Veeke (NTH) in the women's pentathlon 800m



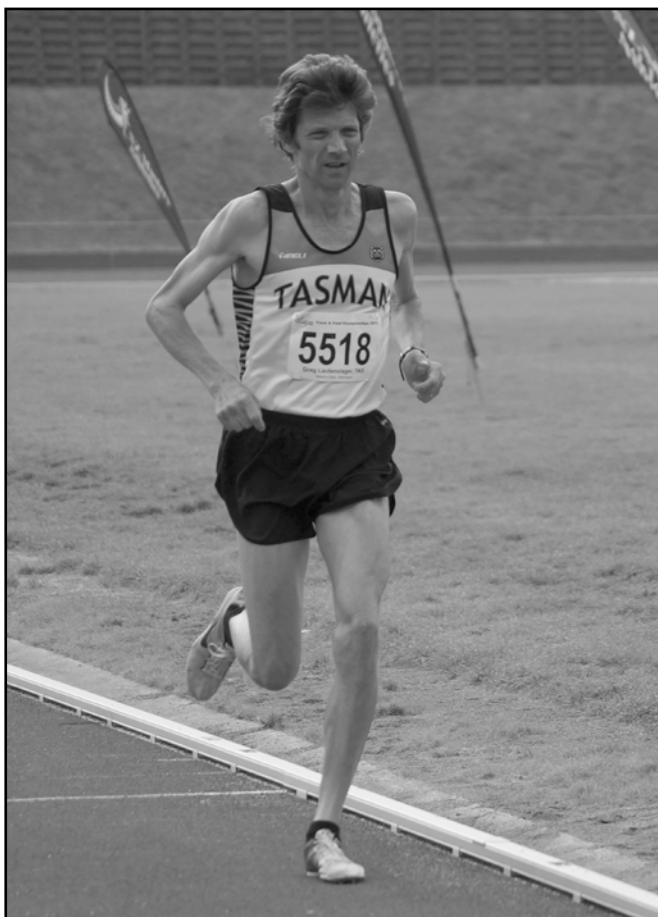
Mark Flaus (STH) won the M50 shot put



Sally Gibbs (WBP) won the W45 800m



Ron Roberston (HBG) won the the M70 grade with Ron Wareham (HBG) 2nd in the M75 1500m



Greg Lautenslager won in the M55 5000m with a time of 16:52.89



Neil Price (WGN) was 3rd in the M50 grade of the 10000m



NZMA Athlete of the Year Awards 2012

Sprints

Men

John Campbell M45
60m 7.55, 94.3%, NZR + Oceania record

Women

Chris Waring W65
60m 9.72, 98.54%, NZR

Middle Distance

Men

Tony McManus M60
1 mile 4:51.85, 96.52% WR
3000m 9:42.97, 95.51% NZR

Women

Sally Gibbs W45
3000m, 9:55.06, 97.57%,
5000m, 16:44.53 97.34%,
Mile 5:03.40, 96.41

Distance

Men N/A

Women

Sally Gibbs W45
800m 2:41.15, 98.46%,
10,000m 34:45 96.06% World No 1

Hurdles

Men

Stewart Foster
M70 300mH 59.84 85.77%
M75 80mH 18.22, 76.08% NZR

Women N/A

Jumps

Men

Brian Senior M70
PV 3.10, 91.66%

Women

Judy Hammond W75
HJ 1.06, 93.6% NZR

Throws

Men

Mark Cumming M50
WT 20.11, 86.5% NZR,
HT NZR, World ranking: 6th

Women

Beverley Savage W65
WT 13.06m 81.17% Oceania Champs 1st
World ranking: 5th

Combined Events

Men

Mark Cumming
M50 Wt Pent 3497 NZR (tbr)

Women

Beverley Savage W65
Throws Pent NZ Champs 1st 3891
World ranking: 4th

Walks

Men N/A

Women N/A

Colours

Jim Blair - WMA Gold medal
Chris Waring - 98.54%
Sally Gibbs - 98.64%

Myrtle Rough - 97.6%
Loris Reed - 95.5%
Tony McManus - 96.52%

Australian Masters Athletics Awards

by Wilma Perkins



These awards were presented during the four day Easter Australian Masters Athletics Championships, Canberra, at the Dinner function and awards evening which was held at the conclusion of the third day of competition.

The awards were first introduced in 1999 at the AMA Championships which were held in Canberra on that occasion as well. The awards are based on performances of athletes from the preceding year and are divided into eleven categories. Thus the awards presented on this occasion are from performances achieved in 2012. This was the fifteenth year of the awards.

The following athletes were recognised for their outstanding achievements:

Sprints:

W60 Kathy Heagney was one of three outstanding athletes in this category with age grade percentages being the deciding factor in her favour. The highlight of Kathy's success in 2012 was winning the 200m and 400m at the WMA Indoor Championships and securing silver medals in the 60m and 4 x 200m.

Middle Distance / Steeplechase :

M80 David Carr There are some things that just get better with age and David Carr just happens to be one of them. David achieved two world records in the steeplechase, one in the mile and one as part of the M80 4 x 400m as well as a number of Australian records in the 800m and 1500m.

Distance:

W70 Sandy Brunner had many great age grade performances with several over 95% during 2012. Twelve months ago, at the AMA Championships, Sandy won the 5000m and 10000m setting National Records in both and then a few days later broke the world record for the 3000m.

Multi Events / Relays:

M85 Rad Leovic and M35 Geoff Gibbons These two outstanding athletes, from opposite ends of the age groups, ten age groups apart, approach the multi events in such a different way. Geoff set the Australian master's record in the decathlon whilst competing in and winning his states' open championship. He is also the AMA and Oceania champion. Rad, on the

other hand, considers the events in a program as the multi event, regardless of whether he is at club, state, national or international level. Rad will be there for the pentathlon or the individual events. He currently holds twenty six ACT records and the Australian record for the one hour run.

Walks:

W85 Heather Lee has taken to race walking by storm since her first competition in 2011. She has broken a record almost every time she has contested an event. Her achievements have been incredible in such a short space of time as she has set numerous state and national records including three Australian records at the AMA Championships twelve months ago as well as world records in the 3000m and 5000m walks later in the year.

Throws:

W45 Jayne Hardy competed at the oldest end of her age group during 2012. This did not seem to affect her success. Jayne blitzed the field to win four gold medals at the national championships twelve months ago as well as making a clean sweep at the Oceania Championships with six gold medal performances which included two championship records.

Jumps:

W55 Dawn Hartigan has established Australian and World records across a number of age groups in pole vault over the years. In 2012 Dawn continued with her success by breaking the pole vault world record on three separate occasions during the year, the final record with an age grade of 97%.

Most Outstanding Individual Performance:

M40 Lance Purdon was diagnosed with atrial fibrillation and sick sinus syndrome at the age of 28. Ten years ago he received his first pacemaker and last year received a new one. Early on Lance took up running as he was unable to play contact sports and he has now completed many long distance events. Last year Lance was second in the M40 ACT Vet's half marathon and 31st of more than 5000 runners in the annual 10km Canberra Times fun run. But the highlight was being one of 25 'Global Heroes' from 10 countries invited to participate in the Medtronic Twin Cities Marathon in the USA. Global heroes were selected because their lives are dependent on medical devices.

Lance completed the marathon in a PB of 2:56.48, finishing 198th out of 8,783 runners, an outstanding individual performance and an inspiration to us all.

Administrator / Official of the Year:

Mike Walker was awarded this recognition for his outstanding work in creating and implementing strategies to increase masters' athletics membership, to increase masters' athletics participation and to enhance relationships with open athletics in his home state of Tasmania. Mike has held an executive position on his state's committee for the past seven years and has been an AMA Council delegate for the past four years. He also developed the idea and concept of an AMA Half Marathon Championship and has been the Director and Administrator of this event for the past three years.

Most Outstanding Male Athlete:

M65 Andrew Jamieson had an outstanding year. Over the twelve months Andrew set nine world records as well as winning two gold medals at the WMA Indoor Championships in Jyvaskyla. Andrew was also the Oceania nominated athlete for the IAAF Male Athlete of the Year. Andrew's walk records were in the 5km three times, the 3km twice, 10km twice, 20km and the Indoor 3000m walk.

Most Outstanding Female Athlete:

W55 Lyn Ventris had a most successful year culminating in being named the IAAF Female Masters Athlete of the Year for the second year in a row. Lyn set eight world records performances during the year, breaking the 10km road walk record three times, the 20km road walk twice, the 3000m and 5000m walks and the Indoor 3000m walk. Lyn was the fastest female walker of any age group at the WMA Indoor Championships in both the 10km road walk and the indoor 3000m walk.

Jim Tobin Retires as Vetline Editor

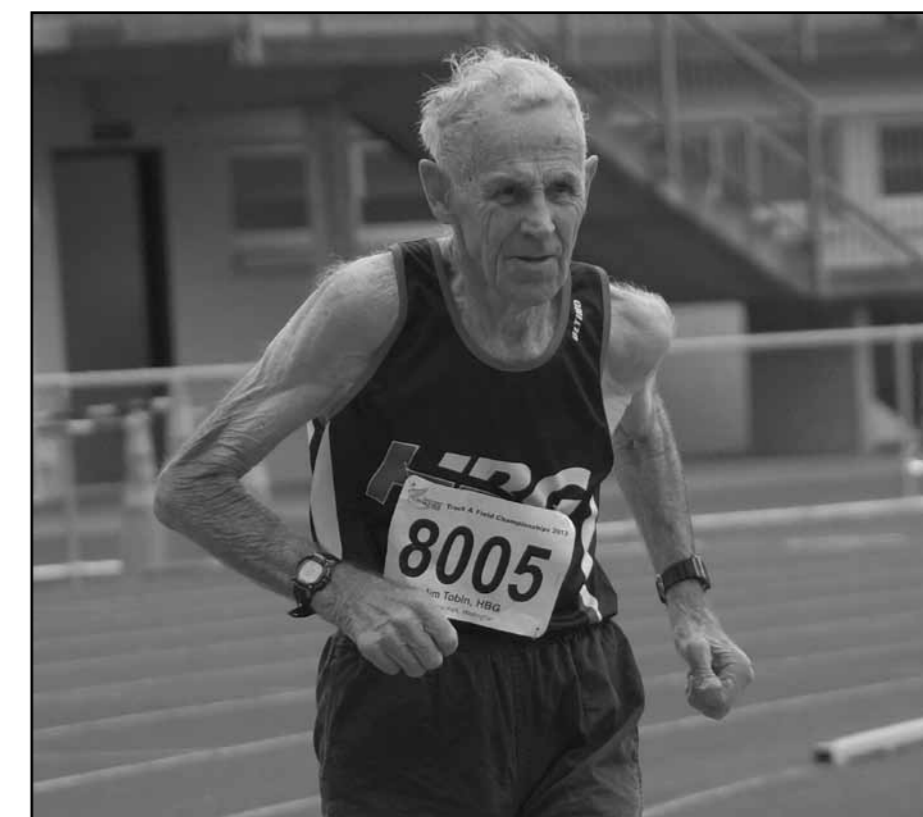
by Mike Weddell

The name Jim Tobin is synonymous with Vetline and he has taken the magazine from a small B&W format, to a professional looking glossy magazine that is the envy of many national masters associations. Vetline is now the official magazine of Oceania Masters association and is circulated all over the pacific and other parts of the world.

Jim has been editor and photographer for nearly thirty years, working tirelessly for the benefit of NZMA members. He could be seen, camera in hand at Island, National and International championships, recording the moment for other athletes while still managing to compete himself.

Retirement is a big move for Jim, as Vetline has been a large part of his life. He will have to decide how he is going to utilise all the extra space available in the Tobin residence and how to fill the time that used to be devoted to the editorship. However I am sure he will find plenty to do, as he remains on the Board of NZMA and I am also sure he will still be asking curly questions at our meetings and keeping the rest of the board on their toes. He is also on the board of Oceania Masters Athletics and is involved with Hawkes Bay Masters Athletics.

I am sure I speak for all readers of Vetline in offering Jim a huge thank you for his work over the years and wishing him a happy retirement.



Jim Tobin - NZ Masters Life Member

PHOTO : Sharon Wray

Keeping the Fire of Youth - New Ideas for Older Runners

by Roger Robinson

An ancient French book describes a foot race for older men, and enthuses, "How good it is to see runners who have kept the fire of youth under the creases of age. As they run, they look like a sunny day in winter."

Nice image, a sunny day in winter - Ed Whitlock to the life. For the aging runner (and, to state the obvious, we are all aging), the issue is how to stay sunny as the winter of life advances. What kinds of running, exactly, will best keep the fire of youth burning?

I sought the answers from twenty or so runners, aged from 37 to 80, of widely varied ability and fame, both genders, and from six countries; several are also coaches. I chose those who think well about their running, and are still interested in running well, whether that means a sub-5hr marathon or a sub-2:04/2:20 one. (The first runners I questioned were Haile Gebrselassie, 38, and Paula Radcliffe, 37.) All have long, continuous running experience, because I needed comparison across age-groups, to understand the aging/running process. I wanted to learn how these thoughtful men and women are changing their response to the eternal challenge of running as well as you can run.

I'll summarize their responses as tidily as I can. There is consensus on many things. But dealing with aging is always a tangle of senescent cells, wisdom, denial, and defiance. When you add the demands of a vigorous sport mainly associated with youth, it's a complex subject.

Warming up:

Do more warm-up, the older you are. "I need a longer warm-up before hard running now, including an easy two miles and some fast pick-ups." (Norman, 73). The body seems to need longer to catch on that it's time to work hard. You can't blast away from the gun cold as high school runners can. In a rep session, you feel sluggish on the first one or two, and then they get easier and faster. You feel reluctant and slow in the first half-mile of a race. So stir things up. "I include skipping and hopping in warm-ups, as older runners are inclined to get heavy-footed" (Diane, 73). "My warm-up routine often includes a 1K swim and stretches" (Bernie, 64).

Above all, be prepared. "My days of going out the door ready to take whatever life throws at me during a run are over" (Deb, 52).

Planning:

There is total agreement that "peaking" is even more important as you age. If you want to race well, pick goals (say two or three a year) and shape your whole training to be ready for them. "I do base work, then gradually gear up fitness with speed-work and races to peak at the right time" (Grant, 43). "I structure training to peak for a half in March and a marathon in April/May; then similar in the fall" (Ton, 55). "It's more important than ever to plan the steps to your goal race" (Bernie, 64).

There is also wide (not quite total) agreement that if you want to race well, whatever your age, your training program needs the same elements as before (long runs, faster reps, tempo, recovery). But Jonathan (47) nails the problem that "you must face a reduction in options. Time was if I had chance for a good 15 miles, say, it didn't matter too much if I'd done speed-work yesterday. Now it's hard even to put two 10 milers back to back."

The long run:

The long run gets shorter. You have little choice. You can do the same workouts and mileage until your early 50s if you're lucky ("at the same perceived effort albeit at a slower pace" - Alan, 54). After that your options are reduced, as the long run gets more demanding. "The last three years have challenged my ability to hold progressive overload. I cannot now insist on 20+ miles every Sunday long run" (Chris, 63). "Not as long and not the intensity - the recovery took too long and interfered with the whole week's training" (Bernie, 62).

Dan (67) points to the danger that unless you make the longer runs slower, they become too near your new (slower) race pace, and leave you flat for races. Scott (47) runs more time now, sometimes 3 hours, to log the distance he wants, but recognizes the cost/benefit problem, "given that goal #1 is to remain uninjured and keep running daily."

It was the ever-lurking injury issue that caused Les (59) to shift to mostly long slow running, which has given him extra endurance (as a Team in Training coach, he's often running for eight hours back and forth supporting his beginners through a marathon). Coach and runner Diane (73) has perhaps the best solution - "run similar amounts of time, so shorter distances. Those who have already built a solid base need less focus on adding up the miles."

Intensive training (repetitions etc):

Yes. At any age interval training is the shortest cut to race preparedness. Even Ed Whitlock (80), who famously runs round and round his local cemetery, two years ago told me dismissively, "I haven't run intervals for five years." OK, but even my math can figure that means he ran intervals to age 73. "A qualified yes - the intensive work gradually gives way to greater volume" (Dan, 67). That seems the consensus - retirement-age runners have less inclination for intensive training, and it may be less essential.

Against that general trend, however, set the revival of Norman's racing by running long reps for the first time at 70: "The long intervals - 3 minutes up to 10 minutes - were really important. They taught me the physical and mental discipline of racing for 40 minutes" (Norm, 73).

Handle intervals with care. Always build a base of miles first. Be aware of the "reduction of options" (see above) which means as you get older and recovery is slower, you can't fit everything into each week. "On Tuesdays I alternate 8 x 3min with a 10 mile tempo/pick-up run" (Grant, 43). So try a two-week training cycle, a brilliantly simple solution proposed by British guru Bruce Tulloh.

Reduce the intense phase. "Track and tempo sessions are still key, but now I do them for only 4 weeks before a big race instead of 8" (Gabby, 44). Reduce the impact/injury risk. Almost all my respondents have given up training in spikes. Paula (37) no longer races on the track. Bernie (64) often does her speed work on grass.



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Jo (38) does hers on a straight trail because track bends aggravated a foot injury. Norm (73) does his on a rail-trail, by time (6 x 3 minutes, say, instead of 6 x 800m, which cured his crippling anxiety about lap times. Haile (38) and Chris (63) do their speed work on a treadmill. And see “Warming up” and “Recovery.”

Tempo runs:

Yes, especially if you race marathons, but they may have to alternate with intervals. “You can do too many tempo runs as you age and run yourself right out of your aerobic base” (Chris, 63). “Don’t let them turn into mini-races” (Dan, 67). “Slower now, keyed more to marathon pace, and often on grass” (Bernie, 64). “I love to run at various paces. Would you cook the same dish every day? I do more impromptu tempo runs now, especially after a miserable work day, going hard for 30 minutes or so” (Scott, 47).

Races:

The older you are, the longer it takes to recover fully from hard races. And aging bodies are cunning. If you race too often, yours will find a comfort zone, and you will become a 75% racer without realizing it. As you age, you need increasingly to make your body aware in training of the difference between a 25% day and a 100% one.

Be selective. You’re old enough (if you are reading this) not to have to impress the crowds every week. Learn to treat some races as building blocks in your training program, alternatives perhaps to your tempo run, starting at a casual jog, then picking it up with (say) two miles to go. Or fit your interval session into a race – race one mile, jog one mile, and repeat, which will give you a useful 3 x 1 mile session in the course of a local 10K. Successful racing is always a balance of hot effort and cool judgment, and you can use minor races to teach yourself that self-control.

“Targeting one key race as the aim of the whole program really gave me a focus, and put the other races into perspective. In the past all races were equal to me, but this time each had a place and a purpose, a different objective from what the watch said” (Norman, 73). “My body now has only a certain amount of races and hard training without injury. You have to pick your goals” (Bernie, 64).

If you want to stay part of the weekly racing community, volunteer! You will be surprised how much you learn about running. A day at the race is never wasted.

Recovery:

This is the key. Pete Magill’s revelatory “It’s the recovery, stupid,” in “Running Times” October 2011, should be required reading for all masters: “Physiological adaptations can only occur with proper recovery...You shouldn’t be doing a long run on tired legs.” Essential stuff.

There are two aspects to recovery. First, as you age, the familiar hard day/easy day principle will become hard/easy/easy. You need more very light, 25%, days (not necessarily days off running completely): “I pay greater attention to recovery days. I resent them, but I’m clear about the consequences of running unrecovered” (Chris, 63). “When I was younger, my body would tell me how long it took for the impact of training to wear off. Now I have to take charge of that process” (Dan, 67).

Second, there is recovery during sessions.

Experimentally coaching a 70-year-old who could handle a session of 8 x 400m, I had him recover for three to five minutes between each rep, instead of the one minute I would give a 25-year-old. Between longer repetitions (hard 3min or 6min, say), we strolled along conversationally until he felt ready, maybe after seven or ten minutes. No one else seems to have tried these “relaxed recovery reps” for older runners. It worked. It enabled him to fulfill what I call the “quantity of quality” – a total of 40 minutes’ race-pace training for a 40-minute race. He trained like a 25-year-old. He could do that because he got a 70-year-old’s recoveries.

Refresh:

“Unclog the wheels of life, to increase the motion of the machine” (novelist Tobias Smollett in 1758). We get stale doing the same thing. One of the greatest dangers for the experienced runner is that if you simply repeat the same training, your body gets too efficient at it. Improvement comes from adaptation to repeated over-stress – that’s the basic principle of human skills at any age. Watch a one-year-old learn to walk.

“Seriously I think I need to change something” (Alan, 54, on the eve of his 25th New York City Marathon). “After 33 years you can get stale without knowing it. So adding long reps off the track gave me a new kind of freshness” (Norm, 73). Les (59) discovered in his fifties that “slow running can be good for you, and has much improved my endurance base. Now I even do an occasional speed work-out without getting injured.” Jo (38) added 15-mile tempo runs with a consistent heart rate. “It’s hard for a lifetime track runner to accept that a long run is equal to a hard interval session, but it’s working.”

PHOTO :John Campbell



Dawn Cumming (HBG) competing in the 800m at the national championships in Wellington

Add-ons, cross-training, etc:

My respondents loved this bit. They all do stuff. Almost all advocated stretching. Several waxed lyrical about massage. “I need physiotherapy every day now” (Haile, 38). Six of them chilled me by enthusing about ice baths. Here’s an alphabetical list of other things they variously recommended: active isolated stretching, avoid direct sun, balance improvement, bone density scans, compression clothing, core-strength exercises, electrolyte tablets, flow-type yoga, foot pad, gym work, heart monitor, hydration packs, pool running, stationary bike, strengthen quads, swim, t’ai chi, touch your toes, treadmill, umpteen nutritional ideas, Wharton-sanctioned strengthening.

I confess to being out of my depth. I’m with Chris (63), who tried various new technologies, and concluded, “I returned to water, food, and hard work.”

The Rewards:

Is it worth it? Only a tiny minority are willing to push themselves physically and mentally in their 50s, 60s or 70s instead of retiring to the couch. What are their rewards?

Bernie annually asks herself the question: “Decide each year if your passion and enthusiasm are still strong enough to enable you to enjoy your running no matter how hard it gets with age. Then just do it!” Scott defines the aim: “Do what you can to keep your body as close as you can to how it was when you were at your best.” Dr Walter Bortz gives the medical-scientific justification: “Research shows that a fit person of 70 has the same oxygen carrying capacity as an unfit

person of 30” (Bortz, “We live too short and die too long”). When they found all Peter’s cardiac arteries blocked at age 68, his life was saved because his fifty years of competitive running had created a whole network of ancillary routes for the blood.

Dan nails the motivation: “I asked the 26 contributors to “Running in the Zone” why they all continue to run in later life. In one form or other, all 26 replied ‘because I love it.’ They didn’t say they loved winning, just running. The time may come when old age catches you and the fun will be over. But running well at any age demands mental strength, and so does adjusting to what time will slowly do to all of us.”

Norman trained for a year for a 70+ world championship under a cruel and remorseless coach (me), only to fall sick with Lyme disease three days before the big race. He could have felt it was all a waste. But quite the reverse.

“The program was outstanding. Although of course I was slower than at 40, I was in better shape for a race than I had ever been in my whole running career. I had confidence, excitement, and the knowledge that I could give it everything. I never felt like that before. I was putting in as much total effort as when I was younger, and I was training smarter and better. I really enjoyed the process. It was a whole new experience. I’m happy that I was lucky enough to have that in my 70s.”

That sounds like reward. It also sounds like the “sunny day in winter” that we started out seeking. As Shakespeare put it, in another perfect motto for older runners, “Though I look old, yet am I strong and lusty.”

Thanks to the runners and coaches who generously shared their thinking: Jonathan Beverly, Peter Coughlan, Dan Cumming, Scott Douglas, Haile Gebrselassie, Norman Goluskin, Les Heffernan, Grant McLean, Deb Meier, Gabrielle O’Rourke, Diane Palmason, Jo Pavey, Bernie Portenski, Paula Radcliffe, Brian Rhodes, Chris Risker, Jim Robinson, Alan Ruben, Ton Rückert, Ed Whitlock.

Further reading:

Pete Magill, “It’s the Recovery, Stupid” in “Running Times”, October 2011, p. 32; Richard Benyo, “Running Past 50”; Walter M. Bortz, “Dare to be 100”; Earl Fee, “Complete Guide to Running: How to be a Champion from 9 to 90”; Jeff Galloway, “Running until You’re 100”; Steve King and Dan Cumming, “Running in the Zone: A Handbook for Seasoned Athletes”; Bruce Tulloh, “Running Over 40, 50, 60, 70...”

Roger Robinson’s classic book “Heroes and Sparrows: a Celebration of Running” was republished in 2011. It includes “Running through the mid-life crisis.” (From www.rogerrobinson.com)

Memories of Alan Hill

by Barbara Turbott

Alan was one of the best friends I have ever had. We first got to know each other on a trip to the Gothenburg Veterans Championships, way back in 1977. Alan stepped in when our group was left stranded high and dry with our travel arrangements in Amsterdam. Many of our group were panicking and trying to find ways for us to get from Amsterdam to Gothenburg. Alan quietly researched and made arrangements for us to go by boat, which all accepted gratefully. This was my first introduction to Alan's unflappable methods – never rushed, always calm, pleasant. No fuss – just good steady, reliable Alan action finding compromises to suit the majority.

Many of you will be aware of his athletic abilities. In early years he competed on the local and national athletics scene and then returned in 1976 after an absence of several years, to join Veteran Athletics. Alan was a wonderful sprinter and he became holder at various times of New Zealand Records. In 1987 edition of Vetline he held NZ Records in the M55 age group in 1980 for 100m (12.3), 200m (24.9), 400m (56.6) and long jump (5.06m).

In administrative roles, he served on the Waikato and the National Executive for many years, being the Waikato President during 1995, 1996 and 1997. Waikato Life Membership was conferred on Alan in 1997.

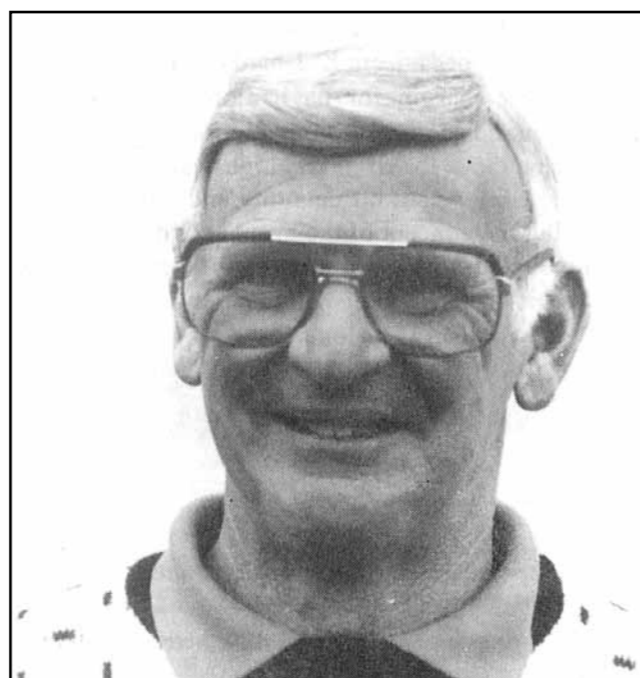
He was also a very notable hockey player at local and national levels. He captained the Waikato rep team, coached, selected and was President of the Hamilton Hockey Association and later played veteran grade hockey. Squash was another of his sporting achievements where he played inter-club and tournament matches. He also coached and served on his Ngaruawahia club executive, before going on to become President.

When I first arrived in Hamilton (ex Christchurch) in 1987, 'someone' volunteered us (Alan, Judy Chandler and me) to take on the Vetline! Oh, the fun we had with Vetline in those early days. I was the only one who could type then and we had an old fashioned typewriter with changeable golf ball heads for headings and various fonts to work with. Camped at the Polytech until the early hours of morning, typing, cutting, pasting, photocopying to make the mag ready for Alan to take to the printer (the

department photocopying bill increased dramatically). Late nights, early mornings, we three, laughing and working together in harmony and friendship – something so special. I remember being dropped off by at the Boundary Rd bridge at around 3am one time, climbing over the fence and crawling into bed in the clothes I had on. Then the progress to computers. Alan was amazing in learning word processing and a new technology and embracing so many programmes and building skills many people would be so proud to manage. He outdid me for stickability with both the equipment and the programmes! He purchased his own computer, printer etc and he and Judy continued to produce the Vetline until 1996 - several years after I had left the scene.

I would also like to tell you of his other qualities. When I moved to Hamilton, it was Alan who could always be relied on for help.

At home, he always knew where to get materials for any projects and could turn his hand to so many things. I remember being stranded in Tirau very late on a Sunday night with car problems. Out went the call... "Alan, Help"!! A short time later he arrived and delivered me home. It was not all one sided though – what Alan could not do, I usually could, so between us, we got things done.



Alan Hill

Alan became a part-time staff member of Waikato Polytechnic. So many "inventions" to help my department develop and change with new technology. Patience was his middle name in a department of mainly women who, as women do, changed their minds with alarming frequency. The Polytechnic benefitted in so many ways both within the department and in other areas where Alan assisted, both while I was there and after I had left. All the feedback was so positive for this helpful 'Alan' who was always dignified, friendly and cheerful when dealing with staff (even the most difficult including the principal!) His practical skills and advice were highly regarded.

Meeting and getting to know Alan's wife, Joyce and Alan's family, has been an ongoing source of friendship and good times since I have been in Hamilton. Joyce's gardening skills are excellent (she knows the difference between a weed and a plant, which Alan was not too

good at!). I recently gave an introduction for Joyce when she joined our Probus Club and explained I had been on various trips with her husband long before I met her. She and I also share an interest in golf, and in earlier years with Alan, we played good social games (another of Alan's sporting talents). When Alan later had knee troubles which limited his exploits, he bought a mobility scooter. This helped satisfy his speed urge – man could he get that scooter to move! He wore out tyres at double the usual rate. Joyce was never sure where he was on these 'intrepid journeys'. Her strength in supporting Alan during his recent ill health has been magnificent.

Alan leaves behind a legacy of friendship, service in many areas and many memories of shared times, reliability, and dignity. A gentleman - a good man who will be missed. Alan passed away on 28 December 2012.



Jarrod Adams (OTG) and Steve Hargreaves (AKL) perfectly in sync during the men's 100m sprint at the national championships in Wellington

PHOTO : Sharon Wray

2013 National Half Marathon Championships

by Michael Wray

Wellington's biggest running event, Round the Bays, played host to the 2013 National Half Marathon Championships. It's only the fourth year since Round the Bays was introduced and the number running in the half marathon event have steadily increased with each year. This year was no exception, with 2389 entrants.

The flat course starts near Frank Kitts Park and as you might expect from the name, follows the road around the bays. While the 7km entrants continue from the wind needle to Kilbirnie Park, the half runners turn left towards the airport and then follow Shelley Bay Road for an out and back section. In the years when there's a light northerly, the prevailing tail wind results in fast times. Not this year. After three years of northerlies, runners had to contend with a brisk southerly.

Scottish club runner M45 Grant McLean was the first master to finish, in a time of 1:15:57, despite having run a sub-16 minute 5km in the Wellington Track Champs the day before. M40 Vaile Mexted applied early pressure to McLean, shadowing him over the first third of the race, but faded slightly to finish as the second masters competitor in 1:17:25. Hamish Maxwell (Hawera) was third in 1:19:28, despite a late surge from Lake City's Tony Broadhead over the final 5km.

There was an exciting race in the M50 and M55 sections. Masterton's Tony Price and Wellington Harrier Liam Healey were clear ahead of their respective age-group competitors, instead racing each other. They were neck and neck to the half way point. Price then opened up a 30 second lead over the next 5km. While Healey was able to eat into that lead over the final part of the race, it was the M55 Price who crossed the line first.

For the masters women, Gabrielle O'Rourke of Wellington Harriers elected to compete in the senior women and showed her class by finishing second overall in 1:19:45. Two Scottish club M35s, Jackie Mexted and Angela Leck were the next masters to finish, in 1:22:10 and 1:23:52 respectively. Unfortunately, the W40 and older sections were sparsely contested, with just one runner per section and no competitors from outside Greater Wellington

somewhat making a mockery of competition.

Scottish were the only club to field a women's team, winning the team gold by default, but two of the three qualifying runners, were W35 masters (Jackie Mexted and Angela Leck).

The men's teams saw Scottish take gold, with masters Grant McLean (M45) and Vaile Mexted (M40) making up half the team. Wellington Harriers also relied on two masters (M50 Liam Healey and M45 Murray Peebles) to claim team silver. Olympic Harriers completed the podium to make the teams an all Wellington affair, with three masters (M40s Butch Borlase and Chris Martin, M65 Ken Ritchie).

PHOTOS : Sharon Wray



Murray Clarkson (WBP) was 2nd in the M65 1500m at the national championships in Wellington

Results:

Competing in SW grade (2nd place):
Gabrielle O'Rourke (W45) 1:19:45

MW 35-39
Jackie Mexted 1:22:10
Angela Leck 1:23:52
Mandy Simpson 1:35:32
Georgina Cox-Gratton 1:41:50

MW 40-44
Marie Pugh 1:48:28

MW 45-49
Deb Finn 1:29:22

MW 50-54
Betty Sharp 1:35:14

MW 55-59
Loretta Desourdy 2:04:53

MW 60-64
Barbara Tucker 2:38:10

MM 35-39
Ian Graham 1:21:39
Paul Barwick 1:22:58
Matyas James 1:25:02

MM 40-44
Vaile Mexted 1:17:25
Hamish Maxwell 1:19:28
Butch Borlase 1:20:05
Michael Dall-Hjorring 1:27:11
Charles Crighton 1:28:00
Chris Martin 1:28:52
Matthew Stewart 1:29:30
Ian Murray 1:44:14

MM 45-49
Grant McLean 1:15:57
Tony Broadhead 1:19:40
Michael Wray 1:20:51
John Plimmer 1:26:21
Warren Maguren 1:27:32
Murray Peebles 1:28:35
Neville McCallum 1:29:03
Mark Ross 1:29:35
Glen Wallis 1:33:38

MM 50-54
Liam Healey 1:25:45
Alex McKenzie 1:34:49

MM 55-59
Tony Price 1:25:13
Malcolm Chamberlin 1:33:59
Chris Hansen 1:39:26

MM 60-64
Gavin Smith 1:33:54
Howard Harman 1:48:01
Dennis Smith 2:02:11

MM 65-69
Brian Hayes 1:33:42
Michael Bond 1:35:54
Ken Ritchie 1:48:18

MM 70-74
George Preddey 1:59:42
Dave Eastmond 2:09:20
John Hammond 2:13:36

MM 80+
Michael Browne 3:03:42



From L to R: Derek Shaw 1st M60, Brian Watson 2nd M70 and Jeremy Griffiths 1st M70 in the 10000m at the national championships in Wellington

Is Peaking/Tapering for Masters Athletes?

by George White

The simple answer is yes! While normally associated with top class athletes, there is no reason the concepts shouldn't apply to masters athletes – the degree to which you apply them depends on how serious you are. At some stage, most of us want to do well in a special race or championship. There may even be up to 3 or 4 important races to you in a year and your training should be geared to them. The main thing you are trying to avoid, is leaving your best race on the training track.

To peak correctly, involves a series of phases that in simplest terms involves recovery, building a base, speed and then a taper before competition. The length of each phase will depend on whether you have an annual or more frequent target but they shouldn't be shorter than about 3 weeks each.

While each of these phases may contain all or most training elements, the emphasis will change.

In each phase, give your body chance to adapt and only change one variable at a time i.e. if you increase distance, do not increase speed and vice versa. Also, remember, too rapid an increase in distance or intensity could result in injury.

Recovery

The recovery phase would be dominated by rest, slow training and cross training. After an important race or season, rest is vital and may last from one to many weeks. Both your body and your mind need this rest! Remember the body repairs and strengthens itself in the time between training not in the training itself.

The objective in this phase is to gradually return to training with low-intensity and moderate-duration activities. Easy to moderate, comfortable sessions are a good way to prepare for the season. Cycling and swimming are good options for cross training.

Building A Base

When you are refreshed, enter the base building phase which is dominated by steadily increasing longer distance.

About half of the time between your start and your first target event should be spent in this phase which concentrates on easy to moderate endurance training. These workouts may feel too easy but don't make the mistake of going to hard - focus on improving technique and endurance.

This phase is extremely important as it allows muscles, joints and tendons to get stronger slowly and adapt to increased loads and efforts. Use this time also to find shoes that suit and food and drink that you can train with.

Building Speed

The speed phase will obviously introduce more fast training. During this time you are becoming more "race-specific" and you should increase training intensity. You should add interval work of high-intensity, shorter duration efforts. Your training volume may in fact stay the same but speed and intensity should go up and as there is a danger of injuries in this phase, it may be necessary to include more rest days.

During this phase you may wish to bring in strength training to provide the extra power you need for a good result. Strength exercises up to three times a week will assist and need not take a lot of time.

Part of this phase could be simulating race conditions where you can focus on technique and strategy.

If you are not already doing so, you may start competing in "lead-up" events to get used to actual competition and race-day conditions.

The Taper

Weekly totals should drop by half or more, while still maintaining intensity and concentrating on technique. Believe in what you have done in the previous weeks or months and do not be tempted to do too much in the last week or so. If you continue with a high volume of training it will result in minimal or no further improvement and may well be counter-productive and entering a race tired, rather than fresh. If you want to stay active do more stretching.

Your objective is to be in top condition – physically, mentally and emotionally. Your high-intensity intervals should continue, but with fewer repeats. The final few days before the event can include some light aerobic exercise, but nothing too strenuous.

During the taper it is essential to get proper nutrition that will fuel your race. Complex carbohydrates should be your primary fuel and you should have already established what is your best pre-race meal. Don't worry too much about poor sleep the night before a race, it will have minimal impact on performance - it is the few nights before this that are more important.

The length of the taper will depend on the race with a rough guideline being one week for a race of one hour or less and two weeks for longer races.

Depending on your overall fitness, after the taper phase, your fitness could be maintained for one to several weeks, but at some stage it is important to return to the recovery phase.



Bruce Solomon (M50) practicing his block starts at the national championships in Wellington



The men's pentathlon 1500m at the national championships in Wellington

PHOTOS : John Campbell

Are They Being Treated Equally & Fairly?

by Brian O'Shea

Well said George White, with your observations on race walking standards at Masters' events, in January's edition of Vetline. The answer to your final question, which is the heading of this article is No!

Personally I think that some associations and the NZMA have something against walkers, because any remits asking for change are defeated.

I always thought that the object of Masters' athletics was to encourage the older person to participate in a sport, in order to keep the body and mind active right to the end.

With this object in mind, many rules governing various disciplines have been altered to accommodate the ageing athletes, such as lowering the height of equipment for steeplechasers, reducing the height & distance for hurdlers, reducing the weight for throwing events and having standing starts for sprinters, rightly so in all cases, in my opinion. So why should ageing race walkers have to comply with IAAF Rules when they compete in Masters' events?

On a personal note, I never started running until in my 50s, but arthritis in my knees stopped this after three agonising half marathons and I discovered race walking. I was privileged to be in the Taranaki Race Walking Club at the same time as the club's founder; the late, great Norman Read.

After 10 happy years racing around the country, the arthritis stopped me from competing under judges,

so I had to leave Masters' because I was useless in any other discipline. That was 14 years ago and the same thing has happened to three other members of our club. How many other athletes around the country has this happened to over the years? I would say it amounts to a tidy sum lost for the NZMA's kitty.

Fortunately the Taranaki Athletics Centre is more enlightened than most and a few years back, introduced what they called 'B' Grade walkers, so that us non-compliant walkers could compete again around our province in Championship races and we now even have our own age grade records. Wellington, Auckland and Palmerston North also have races where 'B' Grade walkers are welcome. There may be others that I don't know of.

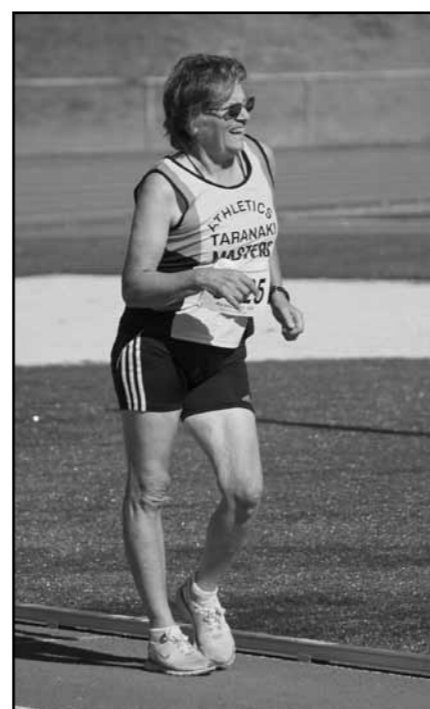
The 'B' Grade walkers, walk at the same time as other walkers in all these races and under the scrutiny of NZ judges, who ignore the bent knees but will caution/DQ them for running, creeping or anything else that will give them an unfair advantage over others in the race. It has been said, having the two grades walking at the same time, is too confusing for the judges but in all the races I have attended around the country, none of the judges found it at all difficult, as they just wore different coloured numbers or stickers.

If it is decided it is too difficult on judges, then let these walkers have a separate race and before it is said "That means introducing a new

discipline," remember it has been done before with the Weight Throw.

Give it a trial to see what the response is, but if common sense does not prevail, you should be honest on the entry form and declare against the Walks, 'This is judged to IAAF standards.' This will save athletes who enter walking races, the cost of travel from around the country and from overseas, to Masters' events, only to be disqualified because they can't straighten their knees anymore. It should also nullify the flak a Chief Judge often gets from a disgruntled, 'bent knee' disqualified competitor.

Whatever the decision, our 84 & 89 year old club members, will still give their best in all the non-masters races they enter, where they are still welcome.



Marlene White (TAR) in the 3000m track walk at the national championships in Wellington

Sheila Tearle...an unsung hero

by Ray Wallis

Sheila and Peter Tearle came to New Zealand in the 1950s, sponsored by a farming family at Matarawa west of Carterton. Whilst there they ran a poultry farm and Sheila worked in a drapery shop. After they sold the poultry farm, Peter worked at the freezing works and Sheila continued at the drapery shop.

Later they shifted to Wellington and lived in the inner city. Peter had always been involved in athletics and continued to compete and also became a very efficient official, Sheila more so on the harrier side of the sport.

PHOTOS : John Campbell



Peter Tearle (WGN) and Dawn Cumming (HBG) in the 3000m track walk at the national championships in Wellington

For many years they were involved in most of the major cross country and road events and championships held in the Wellington Centre and they were there from first thing in the morning, 'til last to leave. What a team! Out of the back of the van would come all the finish area gear and the next thing you knew the start/finish banner was up and the finish chute built...everything in place.

Time for a cuppa - then Peter on the finish line and Sheila at the end of the chute handing out the finish cards, regardless of the weather...rain - hail or shine for hours at a time. Going down the chute, there would be Sheila with a big smile and "well done luv" even though at times she must have been wet to the skin and frozen to the bone.

Sheila and Peter had been very active with their travels and Peter recalled the time they were at a camel market in Morocco and an Arab offered Peter 30 camels for Sheila (NOTE: Sheila was a bit of a looker in her younger days) when Peter told Sheila her reply was "and what would you do with 30 camels?"

Health problems over the last few years, meant she wasn't up to standing in the chute for hours on end, so she had to retire. On behalf of the thousands of walkers and runners who she handed a finish card and a smile too, thank you Sheila.

A lovely farewell was held in Masterton which was a beautiful celebration of Sheila's life. Alan Stevens spoke on behalf of Scottish harriers and Ray Wallis on behalf of the many athletes who had been encouraged by her breezy smile.

One thing I'm sure of when my race is finished, Sheila will be there to give me my finish card...

George Goulding - Olympic Champion

by Mike Parker

George Henry Goulding was born in Hull, England, on 19 November 1884. He was just 18 when he emigrated to Canada in 1903. George settled in Toronto and joined a local athletic club. He focused on the marathon and five years later was representing his adopted country at the 1908 Olympic Games in the long distance race.

After his arrival in London, George had his first acquaintance with the sport of race walking. He found that he had an aptitude for the event and the technique came naturally to him. He immediately decided to enter the walking events as well as running in the marathon. London 1908 would be the last Games in which a person could enter an event in such a relaxed fashion.

His Olympic schedule was a busy one. Competing in both the 3500 metres and the 10 mile walks would necessitate him competing in heats for both events if he was to progress to the finals. In addition to the marathon, this meant that he would have to complete five gruelling races during the Games. What made this all the more remarkable, was that when George Goulding stood on the start line for his heat of the 3500 metres walk, he had never taken part in a walking race before. Remarkable as that might be, it was even more incredible that George promptly went out and won the race and in the process qualified for the final.

In that historic final held two days later George Goulding almost achieved the impossible. In third place until in the closing stages of the race, he was overtaken by our own Harry Kerr and had to settle for fourth place in 15:49.8. George Goulding's performance in splitting the two New Zealand born Australasian representatives Kerr and Rowland and in the process going so close to winning an Olympic medal in just his second walking race, gave notice that George Goulding was a man to watch out for in the future. Two days after the 3500 metres walk, Goulding missed making the final of the 10 miles walk when he failed to finish in his heat. Goulding followed his walk performances up by finishing 22nd in the marathon out of 27 finishers and there had been a high attrition rate, with half of the 55 starters failing to complete the distance.

In the four years leading up to the next Olympic Games, George Goulding trained hard and perfected his race walking technique. He was determined to come away from his next Olympic experience a winner. Between 1908 and 1912 he competed extensively in Canada and North America and lost just one race. Usually these races were handicap type events, with George giving away huge distances. These events made him work hard and he improved his speed and endurance. In 1912 when the Olympic Games in Stockholm came around, George Goulding was in great shape and he was Canada's only gold medalist in track and field at the Games. There was just one race walking event held at Stockholm.

The walk distance of 10,000m was also more traditional than the distances competed over four years previously in London. On 8 July Goulding won his heat in 47:14.5 and Ernest Webb (GBR) was second in 47:25.4. All three medalists in the 11 July final competed in this first qualification race. The only notable change to the result in the final was that Altimani (Italy), fourth in the heat, reversed his finishing position behind Rasmussen (Den) to claim the bronze medal in the final. Goulding won the Olympic title in 46:28.4 with Webb second in 46:50.4, the Englishman claiming his third Olympic silver medal, adding to the two he had won in London in 1908. Fernando Altimani took the bronze in 47:37.6.

Despite Goulding's fine walk, the race was extremely controversial. Goulding was a very fast walker and a very fair one, there is no historical evidence showing that Goulding was ever disqualified in a race walk event. Similarly, Webb, despite being over 40 years old was also highly regarded for the standard of his walking, though he was clearly unable to match Goulding's pace. Unfortunately exhibiting sound technique could not be said for many of the other 21 competitors taking part in 1912. Other competitors tried to keep up with the leading pair and in the process ignored technique.

The result was a spate of disqualifications. By the end of the final only four athletes remained in the race, three had been disqualified and three failed to finish. When added to the disqualifications that had occurred during the two qualification heats, notable among them being those of one of the pre-games favourites for the gold medal Bobby Ridge (GBR) and Australian William Murray (Australasia), eye brows were raised and questions started being asked about race walking's

place as an Olympic event. By the conclusion of the Games, race walking, although only featuring as an Olympic event for the second time, was being issued with its first yellow card. This was the first warning that there were dangers to race walking remaining as an Olympic event; unfortunately they went unheeded. What's changed? In 1928 due to a lack of uniformity by the judges as to what constituted fair walking and the many resultant controversies that ensued, race walking was shown a red paddle and was deleted from the Olympic programme in Amsterdam.

It is also worth mentioning that 1912 was the first time that Russian walkers competed at the Olympic Games. Considering the Russians current level of performance their introduction to Olympic competition was rather inauspicious. Their three walkers all failed to make the final, one being disqualified, another failing to finish and the remaining athlete finishing second his heat and only just breaking 60 minutes. Wow, what a difference 100 years can make!

Immediately after his Olympic triumph, George Goulding and Ernie Webb (his defeated rival from Stockholm) were invited to undertake an extensive competitive tour of North America promoting race walking. In the 19 races that the pair had, in a variety of Canadian and American cities, Webb never beat the Olympic champion. George Goulding, race walking's second Olympic champion and the only Canadian walker to win an Olympic title was inducted into the Canadian Sports Hall of Fame in 1955. Goulding died on 31 January 1966 at the age of 81.



PHOTOS : John Campbell



Jacqueline Wilson (WLG) in the 3000m track walk at the national championships in Wellington



Eric Saxby (CAN) and Geoff Iremonger (WGN) in the 3000m track walk at the national championships in Wellington

Auckland

by Chris Thompson

At the writing of this article, our home track at Mount Smart is now open for competition after the laying of a new track and additional facilities. We thank the Auckland Council for their investment and guaranteed future tenure at this location. With a lot of discussion around sports venues in Auckland, we now have certainty for many years to come. We will be back there in early April for our final meet of the season, prizegiving and AGM.

Auckland v Waikato Challenge - December 2012

This event was the second year since the Challenge was instigated and was held at the Pakuranga Athletic Club. It is a 'points based' competition between the two regions with the age brands stretched out to ten

years. The competition is contested between the lowest number of competitors who attend from either association.

Once again Waikato proved too strong and retained the trophy. Next year it is planned to hold the event at Tauranga. Performances of note were Mark Cumming breaking the M50 Hammer, Laini Inivale M45 Shot Put, Anne Goulter the W50 Hammer and Laurie Carter the M85 Shot Put records.

Auckland Masters Champs - February 2013

About 50 competitors took part in our Auckland Masters Champs including visitors from Northland which was held at the AUT Millennium.

A stand out performance was Nigel Stainton in the M50 Javelin, where he broke his NZ record with a throw of 54.68m. Many other competitors broke Auckland records and there was a good representation of race walkers. We have encouraged these athletes back into the Masters fold this year with the holding of 3km walks at most meetings.

Auckland Pentathlon/Throws Pentathlon Champs/Top Team Two - February 2013

This meeting was also held at the AUT Millennium and combined with an earlier cancelled meeting. Numbers were not great in the Pentathlons, with Tui Ashe retaining her title in the women's Pentathlon. No men entered in the men's Pentathlon.

The Top Team competition continued with North Harbour Bays, our dominant club, further extending their lead in the race for this trophy.

In relation to the Throws Pentathlons, participants were greater in numbers, with Ron Johnson (M80) 3789 points and Anne Goulter (W50) 3049 points leading the way with new Auckland records.

Noni Callander broke three Auckland records in the field events in the W65 division.

NZ Masters Track and Field Champs Wellington - March 2013

A total of 36 members made the journey to Wellington for the national championships and enjoyed considerable success.

NZMA records were achieved by Mark Cumming in the M50 Weight Pentathlon, Ron Johnson M80 Pole Vault, Triple Jump and Weight Pentathlon, Tony Deleiros M65 60m and Trevor Guptill M65 60m.

In total, 71 gold, 22 silver and 19 bronze medals were won by Auckland athletes.

NZMA Athlete of the Year Awards

Congratulations to the following AMA members who received NZMA Athlete of Year awards, namely: Chris Waring, John Campbell and Mark Cumming.

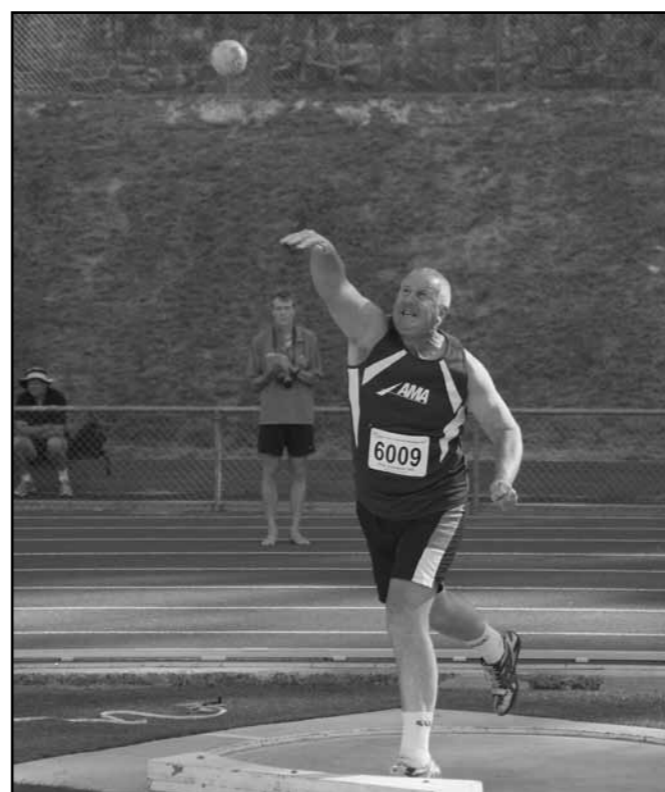
Obituary - Alf Insley

On 8 March 2012 we lost one of our life members, Alf Insley aged 88 years. He was a Papakura stalwart and local official starter for over 40 years. His distinctive style will be remembered by many an athlete who have gone to their marks during the period he officiated. Alf was the chief starter at the 1990 Commonwealth Games. He was made life member of the Papakura Athletic and Harrier Club in 1976 and he was president of the club in the 1980's. He received an Athletics Auckland merit award in 1988 and he was awarded an Athletics New Zealand merit award in 1998.

PHOTOS: John Campbell



Julian Courtney (AKL) gets some air time in the long jump



Chris Thompson (AKL) won the M60 shot put at the national championships in Wellington



Paula Sharpe won the W50 100m at the national championships in Wellington



Ron Johnson soaring high in the M80 pole vault at the national championships in Wellington

Waikato/Bay of Plenty

by Ray Laurie

Waikato/ Bay of Plenty Provincial Challenge

Due to the unavailability of the Mount Smart Stadium, Auckland was fortunate in having the Pakuranga Club able to host the event. Although well organised and catered for by the Auckland athletes, being just over a week before Christmas meant that many of the Waikato athletes were not able to spare the time required to travel. Thus only seven visitors were able to make the journey.

Fortunately the competition rules compensate for the reduced numbers of athletes that needed to make the two or more hour journey, so Waikato Bay of Plenty were able to retain the trophy.

Competition was still keen in spite of some events not counting towards the trophy, and in particular there was some exceptional hammer throwing by Auckland athletes; Mark Cumming (M50) and Anne Goulter (W45) who both threw further than the New Zealand records.

PHOTOS: Violet Temo



David Couper won the M35 weight throw

Waikato Masters Championships

These were held in Tauranga over the weekend of January 12th and 13th. Conditions both on and off the field must have been good, as twelve centre records were bettered. The most prolific record breaker was former decathlete, Rob McGregor (M70) who now has credits for the weight (11.78m), the shot (9.68m), the javelin (24.49m), and 2674 points in the throws pentathlon. Ninety year old Eric deLatour also might have been credited with two new records in the 200m and 400m, but he has even better times recorded from the North Island championships. Others whose performances exceeded previous Waikato Bay of Plenty records are:

60m	Kimberly Wells	W30	8.59
60m	Bruce McPhail	M75	10.60
200m	Paul Daborn	M45	24.87
100m Hurdles	Dave Rondon	M50	19.02
Hammer	Bev. Savage	W65	31.11
Weight Throw	Violet Temo	W30	9.25
Shot	Vincent Smith	M30	10.99
Throws Pentathlon	Violet Temo	W30	1798



Paul Daborn won the M45 200m

Northland

by Diane Barrett

The summer has been hot and dry, like other parts of the country. We had a wonderful day for our Northland championships and had the company of some Auckland Masters athletes. Our officials are dedicated and professional. Thank you to the athletes who participated and the officials that ensure our day is a success.

See you at the North Island championships in November in Whangarei.

Northland Masters Track & Field Champs Results Whangarei - 06 Feb 2013

100m

Claire Furlong	W45	16.1
Nancy Bowmar	W60	16.5
Sien Van der Veecken	W80	22.5
Dennis Langford	M35	12.0
John Lester	M70	14.3

200m

Claire Furlong	W45	41.3
Nancy Bowmar	W60	43.9
Sien Van der Veecken	W80	57.5
John Lester	M70	33.6

400m

Claire Furlong	W45	1:27.1
Sien Van der Veecken	W80	2:10.7
John Lester	M70	1:13.5

800m

Sien Van der Veecken	W80	5:02.0
Ian Calder	M55	2:29.0
Morris Gray	M55	3:56.0

1500m

Sien Van der Veecken	W80	9:57.1
Ian Calder	M55	5:06.7
Mark Lett	M50	5:40.0
Morris Gray	M55	7:45.7

3000m

Ian Calder	M55	10:41.2
Tony Langton	M70	14:41.9
Morris Gray	M55	16:03.9

3000m Race Walk

Karen Davison	W40	20:02.2
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High Jump

Nancy Bowmar	W60	1.14
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Long Jump

Claire Furlong	W45	3.55
Nancy Bowmar	W60	3.34
Sien Van der Veecken	W80	2.18
Dennis Langford	M35	5.32
Graham Hardy	M65	3.53

Triple Jump

Nancy Bowmar	W60	6.97
Sien Van der Veecken	W80	4.80
Dennis Langford	M35	10.70
Graham Hardy	M65	6.57

Shot Put

Barbara Austin	W65	8.15
Val Babe	W70	5.03
Laini Inivale	M45	11.93
Dave McMillan	M40	10.30
Chris Thompson	M60	10.09
Dennis Langford	M35	9.60
Hans Barnard	M55	8.78

Discus

Barbara Austin	W65	18.90
Val Babe	W70	14.03
Sien Van der Veecken	W80	11.43
Chris Thompson	M60	36.52

Hans Barnard	M55	29.22
Laini Inivale	M45	28.06
Dave McMillan	M40	27.84
Mark Lett	M50	24.72

Javelin

Barbara Austin	W65	19.45
Nancy Bowmar	W60	13.53
Sien Van der Veecken	W80	9.38
Val Babe	W70	9.12
Dennis Langford	M35	40.04
Hans Barnard	M55	24.29
Mark Lett	M50	23.60
Chris Thompson	M60	19.54

Hammer

Barbara Austin	W65	24.02
Val Babe	W70	17.90
Sien Van der Veecken	W80	16.79
Jenny Hastie	W60	14.79
Hans Barnard	M55	35.00
Chris Thompson	M60	32.31

PHOTO: John Campbell



Mark Lett (NTH) competing in the M50 high jump at the national championships in Wellington

Taranaki

by Brian O'Shea

Central League Meeting Palmerston North - Nov 11

3000m walk
M50 Rodney Gillum 17:01.51

Central League Meeting Wanganui - Nov 24

3000m walk
M50 Rodney Gillum 16:51.27

Auckland Walking Association 15km Champs Auckland - Jan 12

M40 Mike Morresey 1:20:01

Egmont Athletics Club Champs Inglewood - Jan 15

3000m Walk
M40 Mike Morresey 14:13.25 **R**
M65 John Payne 20:02.64
W40 Kate Morresey-Tahere 20:52.95
W45 Serena Coombes 18:23.51
W60 Marlene White 19:31.18

B Grade
M60 Des Phillips 18:23.51 **R**
W60 Joy Baker 24:20.40
W70 Sue Park 24:18.97 **R**

Taranaki Invitation Inglewood - Jan 22

3000m Walk
M60 Eric Kemsley 15:38.39
W60 Marlene White 19:24.12

B Grade
W70 Sue Parks 23:57.27

200m
M60 Des Phillips 34.36

400m
M60 Des Phillips 72.88

800m
M60 Des Phillips 2:45.50
W60 Vicky Adams 3:21.75

High Jump
M60 Des Phillips 1.30m

Discus
M75 Trevor Gillum 15.21m

Shot Put
M75 Trevor Gillum 6.51m

Taranaki Champs Inglewood - Feb 5

300m Hurdles
M60 Murray Laird 55.50
M60 Des Phillips 54:57 **R**

5000m Walk
M40 Mike Morresey 24:22:52 **R**
W45 Serena Coombes 32:04:64

B Grade
W40 Katie Morresey-Tahere 33:41.05 **R**
M60 Des Phillips 30:45.75 **R**
M65 John Payne 32:54.48 **R**

Weight Throw
M65 John Payne 8.08m **R**
M75 Trevor Gillum 9.05m

Egmont Athletics Club Champs Inglewood - Feb 12

100m Hurdles
M65 Des Phillips 22.78

800m
W55 Karen Gillum-Green 2:46.79 **R**
M60 Murray Laird 2:29.05 **R**

10,000m
M40 Mike Morresey 38:11.60

Javelin
W70 Sue Park 6.83m **R**
M75 Trevor Gillum 14.12m **R**

3000m Walk
M40 Mike Morresey 14:13.25 **R**
M60 Des Phillips 18:23.51
W45 Serena Coombes 18:49.76
W60 Marlene White 19:31.18
M65 John Payne 20:02.64
W40 Katie Morresey-Tahere 20:52.95

B Grade
W70 Sue Park 24:20.40 **R**

Egmont Athletics Club Champs Inglewood - Feb 19

2000m Steeplechase
M60 Murray Laird 8:05.02 **R**
M65 Des Phillips 8:50.52

400m
M65 Des Phillips 71.10

R = Taranaki Record

Wellington

by Michael Wray

With the completion of the track construction in Masterton and the re-laying of the track at Newtown Park, the Wellington area now has two high quality tracks available for use. Masterton celebrated their opening by hosting a black programme of events in mid-January, which included a 1500m event paced by Olympic silver medallist Nick Willis. Two weeks later, Newtown Park re-opened with the Capital Classic, also attended by Willis.

The Wellington Centre and Masters Championships took place over two weekends in mid-February.

Day one was poorly timed to take place the day before Wellington hosted the National Half Marathon Champs, but participation levels did not suffer too badly. The largest event was the 5000m. Despite a lack of masters women, nine masters men competed with Grant McLean recording a 15:59

finish to beat club-mate Todd Stevens. The 800m also attracted nine masters. Kevin Pugh pipped Richard Brent to the line for the men, while Vanessa Story claimed first masters women ahead of Andrea Williams. The 1500m Walk had eight masters competing, with Terri Grimmett finishing first in 8:35.64, while Geoff Iremonger was the sole man to finish without a DQ. Outside of the track events, the Shot Put field comprised eight throwers, of which Nicole Macquet and Peter Orman prevailed.

Participation levels appeared to rise for day two. The 1500m had 14 masters compete and Anne Hare was first for the women, with a 5:06.75 giving a comfortable win over Teresa Cox. The men had 11 runners, making it the largest masters event across the two days. Kevin Pugh repeated his 800m win, his 4:40.15 bringing him a little

ahead of Michael Wray. The 3000m also had a good line-up of masters men, although no masters women competed. Todd Stevens was the first of ten masters in 9:37, taking revenge on second placed Grant McLean and reversing the finishing order of the previous week's 5000m. The Javelin had eight competitors. Nicole Macquet won the masters women with a 24.20 throw, while Laurie Malcolmson's 38.59 not only secured the master men's win, it was only bettered by a competitor in the M18 grade. The 3000m Walk had fewer entrants and, in contrast to the 1500m Walk, only one DQ as Jacqueline Wilson and Bob Gardner were the top performers.

Next up, the National Masters Track and Field Champs are about to take place in Wellington. We look forward to welcoming athletes from across the country at our newly refurbished facility.

PHOTO: John Campbell



Jim Blair (WGN) #8009 competing with Skotty Neilson (WBP) #7011 in the 80m hurdles at the national championships in Wellington

Canterbury

by Andrew Stark

It has been another frustrating year in Canterbury as work continues to rebuild our city. As yet, we are no closer to work beginning on a replacement facility for QEII. There has been much debate between Christchurch City Council 'workers' and our Centre's track and field committee as to where the best place should be.

Our preferred site has been Burnside Park, however in a meeting recently held between our committee and the Council representatives, the difficulties of building on that site, means that it is most unlikely it will be built there.

The Council's preferred site is the AMP Show Grounds, known as Nga Puna Wai, which translated means 'many springs of water'. As yet, no geotech work has been conducted as to whether or not the ground is even suitable. Resource consent has to be obtained, before any building can start. This process will take about 18 months from the time it is decided the site is suitable. I am not sure what the next move would be, if it is not!

The plan is to build a sports hub and as athletics has the funding already allocated, our sport would be the centre of the hub and first to be built. The Council has admitted it needs athletics behind their proposal for it to work.

Personally, I just want a track somewhere, as soon as possible, as without such a facility our sport continues to suffer. Within the CMA ranks, most of the middle & long distance runners have deserted the track, in preference to running 5km road races throughout the summer. This they can do eight weeks in a row during January and February.

At Saturday inter-club competitions, there are virtually no senior athletes competing. The meetings are made up of under-age athletes and a few 'oldies'.

Overall, our membership continues to decline, with just under 100 members, down from 186 in 2010. Of these, the numbers of actively competing members is also in decline. At our Wednesday / Sunday CMA meetings throughout the season, we can have between 5 and 20 members turning up to compete. At our recent CMA Championships only 37 members competed.

Our most well performed athlete this season has been Loris Reed. She broke three NZMA records at the South Island Championships (1500m, 2000m steeplechase, 5000m) and a fourth at our CMA Championships held on grass at Rawhiti Domain (800m). Iris Bishop continued her unbroken attendance record at NZMA Championships. She is the only athlete to have competed all in thirty-nine NZMA Championships. Will she be back next year?

Unless you are a thrower or a sprinter, then is no reason to join NZMA if you are a club athlete. Without a new track, we cannot hold national championship events, therefore we lose our best opportunity to attract new members, as has happened in the past. I know here in Wellington, there was an influx of new and old members joining up, just to compete this weekend.

It is a challenge as to know what to do next. Of those who do compete, we have a good time. It is disappointing to see numbers drop...and watch many 'masters' aged athletes pound the roads, yet they will not take up the challenge of running 3km, 5km or 10km on the track. I know Canterbury is not alone with this problem. Is there an answer to solve this issue? If there is, please let me know what it is.



Iris Bishop (CAN) about to throw the discus

PHOTO: Gary Nesbit

Otago

by John Stinson

Otago Masters Athletics has enjoyed a successful 2012/13 track and field season, which has now almost concluded. In her February Report, newly appointed Treasurer, Fiona Harvey stated that membership numbers now stand at 61. This is a most satisfactory result. The Wednesday night track and field sessions have been consistently well attended with plenty of keen competition in evidence. The field events have become increasingly popular, with the majority of track athletes proving keen to improve their prowess in some new disciplines. Thanks must go to Fiona Harvey and Jo Hurring for their guidance and patience in attempting to familiarise everyone with the techniques and etiquette involved in all the different disciplines of the field events.

PHOTO: John Campbell



Claire Giles (OTG) won the W55 long jump at the national championships in Wellington

On January 20th the annual Peggy Calder Memorial interclub competition was held at Memorial Park, Mosgiel after being postponed for one week due to inclement weather. Peggy Calder was a founding member of the now defunct Otago Eastern Districts club and a passionate supporter of Otago Masters Athletics. The Eastern Districts club for a number of years organised the Annual Women's Coast Road Relay, held around the Otago Coast from Evansdale to Karitane. Conditions for this year's Peggy Calder competition were damp to start with, but got better and better as the day progressed. The Caversham Club successfully defended their title in winning the competition with Athletics Taieri 2nd and Arika 3rd. Thanks to Fiona Harvey the event organiser and to Gene and Dalise Sanderson for hosting lunch at their Gordon Road home afterwards.

On January 30th the Annual 5K Self Handicap race was held around a circuit starting at the Caledonian Ground Logan Park. The concept involves estimating your projected time prior to the start, while running with no watch. It was pleasing that two race walkers Julie Edmunds and Colin Dick participated this year. Gene Sanderson was the time estimate winner his time of 19.55 - only five seconds astray. John Landreth was second with an error margin of 10 seconds and Colin Dick third with a margin of 14 seconds. The race was run in extremely hot conditions, which took their toll on competitors over the concluding stages. Thanks to David Jackson the race convenor and to Sandra Dingwall who organised the prizes for distribution afterwards.

The 'evergreen' Myrtle Rough continues to enjoy her track running at all levels and shows no sign of slowing down or lessening her competitive attitude. On February 23rd during the second day of the Otago track and field championships, Myrtle bettered her own previous New Zealand masters W70 record for the 3000m, recording a time of 13:18.98. Congratulations on another great performance Myrtle.

The Otago team enjoyed a successful weekend at the national championships in Wellington. There was some tight competition and a number of outstanding personal performances by those who competed. Two of our most consistent athletes achieved personal best performances in Wellington; Alison Newall in the W55 Heavy Weight and Claire Giles in the Hammer Throw.

Southland

by Evan MacIntosh

Kepler Challenge

The Kepler Challenge is a gruelling 60km mountain run and is a high profile event which attracts many overseas entrants. It is very well organised by Te Anau locals and the event, plus the associated Luxmore Grunt, is generally booked out within minutes of entries opening on-line.

Some of this year's results from local masters runners were:

Nigel Marsh	M40	6:35:09
Dwight Grieve	M35	6:35:20
Steven Rhodes	M40	8:02:56
Gary Kirkman	M60	9:59:07
Barrie Sheehy	M60	11:53:42

Luxmore Grunt

Graham Neilson	M45	2:46:44
Rudi Verplancke	M45	3:21:08

Gail Kirkman - Ambassador

More new New Zealand records were set by Gail Kirkman in the W60 grade. High Jump: 1.23m; 80m Hurdles: 15.50 seconds; 400m: 70.12 seconds; 800m: 2:44.71. These are in addition to the records noted in the previous edition of Vetline.

The following is an email I received from Gail, who is proud to be an ambassador for NZ Masters Athletics at the forthcoming World Masters Athletics champs in Brazil.

"Evan, in your roles with Southland Masters Athletics, just wanted to be first to let you know this news. I have recently been contacted with the offer of going to the World Champs in Brazil in October. (A NI sponsor has offered to send two from NZ and I am lucky enough to be one of them!) This offer came totally out of the blue a few weeks ago.

Now this morning I have been contacted by someone from the WMA and asked to be one of the event ambassadors. This involves being used in the promotion of the event - profiles on the website etc. There will apparently be about 20 athletes from all around the world in this role. I have said yes because I think it is a

great opportunity to promote NZ and Southland Athletics to the world! Hell... looks like I'd better keep training for a few months yet!!"

I am sure that Gail will do a fine job of both being a competitor and an ambassador for New Zealand.

Papatowai Challenge

Conditions were ideal for the 2013 running of the Papatowai Challenge held in the Catlins area of southern NZ. It was an overcast day with a temperature of around 19 degrees. It was not too hot and not too cold, just right for an event of 15km which includes a bush run, a beach run, a long steady uphill section and a long steady downhill all on gravel roads and finishing on a short stretch of tar seal. The event attracts around 400 walkers and runners each year. Wayne Allen of Dunedin and his band of helpers, have been the driving force behind this popular event, which starts and finishes at the Allen family crib at Papatowai. And for a mere \$15 dollar entry fee, the Allen crew also put on afternoon tea. Marvellous scenery, down to earth family crib base, happy and eager competitors who wish to challenge themselves, appropriate weather, what more could we ask for?

The event has been going for around 20 years now and long may it continue. I would recommend it to anyone and everyone as a very enjoyable event. I for one, will be back next year for my 5-year medal.

Ricky Gutsell won his MM50+ grade, Glenn MacIntosh was 2nd in his MM40+ section, and Barrie Sheehy, an ex-walk record holder, was third in the men's walking section.

Some Southland masters athletes results are:

Glenn MacIntosh	M40+	1:05:47	2nd
Brett Cordes	M40+	1:11:29	4th
Martin Knowler	M40+	1:15:52	7th
Rudi Verplancke	M40+	1:17:39	10th
Evan MacIntosh	M60+	1:28:43	4th
Val Musket	W45+	1:20:23	1st
Rose Heyrick	W45+	1:30:50	7th
Linda Te Au	W45+	1:43:39	13th
Jan Taylor	W45+	2:08:55	24th
Barrie Sheehy	M60+	1:48:19	3rd
(Walker)			



Papatowai Challenge organiser Wayne Allen in full cry at the prize giving

PHOTO: Evan MacIntosh

Coaching Corner

by Mike Weddell



As we come to the end of the track and field season or are approaching the harrier season, whichever way you look at it, it is a good time to take stock of our training. First of all, we should look back and see if we achieved our goals in the last harrier season or over the summer at the track. If we did achieve our goals, what can be done now to get even better? If performances fell below expectations, it does not make sense to keep doing the same training and expecting different results. Something has to change.

Even if goals for the season were attained, were the goals appropriate and even more important was the training done appropriate for the events we do? Many athletes especially middle distance runners, do lots of non-

specific training but do no training specific to the events they compete in. Throwers are often guilty of the same thing - they use weight training machines instead of free weights, the latter recruit stabilising muscles, the former do not. Equally if you are a middle distance runner you cannot expect a good sprint finish if you don't do any sprints in training and if you are a marathon runner and expect to run 4.5 minute Kms in a race, but don't run as fast or faster over training distances...you're dreaming.

Training for athletics is not about doing what I've always done or doing lots of anything, it is about doing the right quantity of the right sort of training, that way goals will be achieved.



Robert Homan (OTG) leads Bill Twiss (WGN) and Graham Murphie in the 800m at the national championships in Wellington

PHOTO: John Campbell



COMING EVENTS

2013

13 APR	Athletics NZ Mountain Running Championships	WELLINGTON
23 JUN	Athletics NZ Marathon Championships	WELLINGTON
3 AUG	Athletics NZ Cross Country Championships	HAMILTON
31 AUG	Athletics NZ Road Championships	DUNEDIN
5 OCT	Athletics NZ Road Relay Championships	TBA
15 - 27 OCT	WMA Stadia Championships	PORTO ALEGRE, BRAZIL

2014

5-11 JAN	Oceania Championships	BENDIGO, AUSTRALIA
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2015

	WMA Stadia Championships	LYON, FRANCE
OCT	OMA Stadia Championships	RAROTONGA

2016

	WMA Stadia Championships	PERTH, AUSTRALIA
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2017

NOV	OMA Stadia Championships	DUNEDIN
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Please Note: The above is based on the best information available to the editor. However, intended dates and venues can change. Readers are advised to check the details from official entry forms, websites or from the event organisers.

