

# Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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in this issue:

- > 41st NZMA T&F Championships
- > Australian Masters Athletics Awards
- > NZ Masters Athletics Awards





Starting group of the M50-59 1500m at the NZMA championships in Tauranga

PHOTO: Sharon Wray



Dennis Langford (NTH) at the start of the M35 400m sprint at the NZMA championships in Tauranga

PHOTO: Sharon Wray

Official Magazine of New Zealand and Oceania Masters Athletics  
FOUNDED IN 1970



**Cover Photo**

Ron Johnson (AKL) setting the first NZ record of the championships, in the M80 pole vault at the NZMA championships in Tauranga  
Photo - John Campbell

**Inside Back Cover**

Murray Clarkson (WBP) competing in the M65 400m at the NZMA championships in Tauranga  
Photo - John Campbell

**Back Cover**

Marshall Clark (WGN) launching out of the blocks in the M55 400m sprint at the NZMA championships in Tauranga  
Photo - John Campbell



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# President's Report



At the recent NZMA AGM held in Tauranga, there was a changing of the guard, with myself moving up from Vice-President to President. Mike Weddell has remained on the board and assumes a role on the committee, therefore his experience and expertise has not been lost. For the first time in years, an election was required to elect our committee of five. The current members were re-elected, with Murray Clarkson gaining selection onto the board for the first time.

Marcia Petley who had been on the board for several years did not seek re-election. I would like to take this opportunity to thank her for the contribution she has made whilst on the board. Many of you would have experienced the wisdom and kind words, by way of the cards she has written to members or member's families. She has actively been involved and promoted masters athletics by being a positive role model and by showing that age is no barrier to participation. I know she has plans to attend the World Masters Athletics Championships in France and the Oceania Masters Championships in Rarotonga later this year and I wish her every success.

Within any organisation, change of personal and roles should be seen as a positive move. With a fresh pair of eyes, it is an opportunity to reflect on what has been done in the past and see where improvements can be made going forward. With that in mind, the NZMA board will be reviewing much of what we currently do.

Some of the areas I intend to look at include:

1. Improving our communication with centres, up-dating our website and using direct e-mail communication with members.
2. Creating a generic track & field programme that better suits the needs of our current membership. On the following page, you will find an article I have written on how the generic programme was created.
3. Reviewing how NZMA membership fees are currently spent and where should they be spent.
4. Reviewing the NZMA membership fee we currently pay and determining if it should be split into a basic membership fee, plus an optional subscription to Vetline.
5. Reviewing the costs of going to the NZMA Championships in the smaller centres and seeing if that is having an impact on participation numbers.
6. Amalgamating NZMA with Athletics New Zealand, therefore allowing all club registered masters athletes an opportunity to compete in the NZMA Track & Field Championships.

This will involve seeking comments and suggestions via centres, but you are all welcome to put 'pen to paper' with ideas of how you think NZMA could promote and improve what we currently do.

On a personal note, I have enjoyed the opportunity to get to know many of the track athletes during the past two NZMA Championships, by way of doing the starter's assistant role. Hopefully, next time I will be competing myself.

Good luck to those preparing for Lyon in August.

**ANDREW STARK - NZMA President**

# NZMA Generic Track & Field Programme

by Andrew Stark

This year we trialled a new NZMA Track & Field programme which was created based on the average number of competitors per event per age group, from data collected from the four previous NZMA championships. It involved trying to reduce the number of throwing events. This included groupings, partly due to the increased difficulty of getting enough officials. This also was the reason for moving the throws pentathlon from Monday morning back to Sunday morning. Ideally I was trying to have no more than thirteen competitors per age groupings, such as W30-W64 and W65+.

Having the championships in Tauranga this year proved to be popular, with larger than the expected 'average' fields for some events. The table below shows the average number of women competitors per age groupings at the NZMA Championships from 2011 to 2014, compared to the actual numbers of 2015 entries. Note these are entries and not competitor numbers on the day.

Women		2011-14	2015	2011-14		2015
Shot Put	W30-64	13	17	W65+	13	14
Discus	W30-64	13	17	W65+	13	14
Javelin	W30-64	9	15	W65+	12	11
Hammer	W30-64	12	12	W65+	12	12
Weight	W30-64	10	12	W65+	11	11

A similar situation occurred with the two or three groupings used for the men throwing events, as the table below shows.

Men		2011-14	2015	2011-14		2015	2011-14		2015
Shot Put	M30-49	6	7	M50-64	9	10	M65+	10	19
Discus	M30-49	6	6	M50-64	13	16	M65+	14	20
Javelin	M30-49	7	7	M50-64	9	13	M65+	10	16
Hammer	M30-64	10	15				M65+	9	12
Weight	M30-64	10	13				M65+	7	13

I appreciate that the larger than normal groups did cause delays to the programme because of the time to complete each event. Therefore we will again be looking at how we can improve the programme by adjusting the groups if needed.

Creating a programme that fits everyone's needs is not possible. Some of you do have to make choices as to which events you enter, when there is a timing clash. Nevertheless we will do our best to avoid clashes where possible. To assist us in this process, I am interested in receiving feedback from anyone who would like to make helpful suggestions as to how we can improve the programme... not just field events, but also track.

I understand there was quite a bit of discussion amongst middle and longer distance runners regarding the programming of their events, including the possibility of moving the 10,000m to a combined event with the Athletics NZ 10,000m championship event and adopting the approach that has been used in recent years at the NI and SI championships of having a 3000m on Friday evening and a 5000m on Sunday morning. (See Michael Wray's report on the 2015 championships.) Your feedback on these ideas and any other changes or refinements to the track programme is also welcomed.

Please direct your comments via e-mail to Andrew Stark - NZMA Convenor of Programmes Committee : [aws@xtra.co.nz](mailto:aws@xtra.co.nz)

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# 41st NZMA T&F Championships

by Michael Wray

PHOTO: John Campbell



*The stadium at Tauranga Domain*

There's something about Tauranga. It was only my second time competing at the Tauranga Domain, the first being the 2012 Oceania Champs, and once again I found the event to be welcoming and efficiently run. Faye, Murray and the team treat you as old friends when you arrive and they should be congratulated on putting on a great weekend. I particularly enjoyed the camaraderie throughout the three days and the opportunity to catch-up with people I tend to only see at the North Island or NZMA Champs.

The only thing that has degraded in the last three years is the track surface. I notice this has been in the news, with the track not standing up to the usage and climate as well as anticipated. Certainly the fast, bouncy surface of 2012 has been replaced with a hard, unforgiving track. These last three years have not been kind to the Domain and I regretted not packing some racing flats for the longer distance events.

When it comes to the weather, we athletes, particularly the runners, are never wholly satisfied. It seems churlish after the wintry conditions of the 2014 NZMA Champs to bemoan the heat... but boy, it was hot! The back straight served up a brisk headwind, which wavered now and then, even reversing direction altogether for a time on Sunday morning. The shaded viewing areas in the stands and the trackside tents

were welcome havens between events. Our thoughts must go out to the officials, being out in the sun with no shady retreat for the duration while us athletes duck in and out as our competition schedules allow.

For the first time in the four years that I've been competing at NZMA Nationals, medals were awarded with a podium presentation ceremony. This was a welcome change, allowing us to capture celebratory photos and savour the moment, especially for those events with the deeper fields where medals had to be genuinely earned.

The programme for this year was a little different to previously scheduled. The throws pentathlon, traditionally scheduled for the Monday, had been incorporated into Sunday. Not being a thrower, I'm not particularly qualified to comment but I did stay to the end of competition on Sunday and it didn't seem like the change had forced Sunday to be a long day. It looked to my untrained eye as if the change was a success?

One area for potential change in future years became a discussion point amongst the 10000m competitors, particularly those of us (foolishly?) also running the 800m too. One expressed opinion was the 800m being moved to the Saturday morning. Personally, I think this would be less popular than the current timing, given the 800m/1500m is a more common combination

than 800m/10000m and it seems better to keep the 800m on a different day to the 1500m. The 800m is more or less the final track event, so its place in the programme is appropriate. Another option was to move the 10000m to a separate event altogether, perhaps combining with the ANZ 10000m championship event. I think this idea has problems. The ANZ 10000m championship events are far less patronised than the other track and field events, it taking a special interest to travel across country for just the one event, and I suspect the masters championship would suffer the same fate and numbers would be reduced. Instead, I would favour the 10000m being kept on the Sunday morning as part of the NZMA Championships but run earlier than 9:30am. The 7:30am start time afforded to the 10km Road Walkers would be the logical choice. I understand the officials at the road walk were not the same as those at the 10000m, so it's not a case of asking officials to cover multiple locations simultaneously. An earlier start was certainly a popular consensus among the 10000m competitors. Besides allowing a longer recovery time to the 800m, the temperature difference from 7:30am to 9:30am is significant. Performances suffer accordingly; I think it no coincidence that the cold conditions Invercargill offered us in 2014 produced faster 10000m times than other recent years.

Competition on Friday started with field events at 4pm. Three competitors took part in the pole vault. It was a shame Andrew Davenport missed out, having been unable to arrive in time to take part – Andrew likes to enter something new every year and had chosen pole vault this year. I don't know if he'd done any special preparation for what seems to me to be a very technical event. Hopefully he'll have another go next year. The highest age-grade in the pole vault was 61.30%, supporting the idea that it requires specific technical expertise rather than general athletic prowess. All vaults other than Rob McGregor's 1.80m were beaten by high jumper William Doney later in the weekend. To be fair, William is a pre-vet less than half the age of the pole vault competitors! Having said that, Ron Johnson broke his own M80 National record. It seems Ron was moving back and forth to the shot circle, which was taking place at the same time for the M65+ grades, where he was recording the highest age-grade and Peter Crawford was throwing a new Championship Record.

Curiously, unless there's an error, it appears the W45 weight throw record was vacant. This meant the four W45 competitors weren't just competing for medals. I suspect there's a glitch, as it's hard to believe no W45 has ever competed in this event before. In any case, Brenda Davis prevailed with a throw of 10.20m.



Chris Waring won the W70 400m

The walkers were the first to use the track, opening up that half of the programme with the 3000m. With 13 competitors spread across 11 age bands, the focus was on inter-age racing. W45 Corinne Smith was in a class of her own on pure speed, completing the event almost two minutes ahead of anyone else. W69 Sue Hoskin claimed the age-grade plaudits with an 84.40%, narrowly ahead of W65 Jacqueline Wilson's 84.30%.

Friday's track running commenced with the women's 400m. The W40-54 race yielded four performances over 80%. W40 Vanessa Story crossed the line first in 61.31s, with Meghann Stewart scoring the event's top rating of 87.10%. The M35, M50, M55 and M65 grades offered more depth than there were medals. Dennis Langford took out M35 honours, narrowly seeing off David Garrett. M50 Bruce Solomon came in at the head of the event's largest field, while Stephen Low and Alan Dougall took charge in the M55s and M65s.

The first distance event featured the women 5000m together with the men 65+, with a second final for the younger men. Sally Gibbs dominated the first race, winning in 17:24 for 97.30%. Judith Stewart was another with an impressive score winning the W65 grade and securing 91.70%. The other 5000m settled into a three-way contest at the front. Initially led by M45 Grant McLean, shadowed by Michael Wray, M40 Chris Mardon gradually moved his way past his older rivals. By 3.5km, the finishing order was set. Not far behind, M50 Ken Walker completed the top four. The competitive interest lay in the race for M50 silver between David Rush and Robbie Barnes. The two South Islanders had

run together from about 1km and only a strong sprint finish from David decided their contest.

Saturday was a scorcher of day. Perfect for a swim. Or steeplechase. There was not a lot of depth for what is not an especially popular event, but Loris Reed became the latest competitor to score highly with a 91.60% and a new W65 national record. No national records fell to the hurdlers, but M40 Nick Bolton, who had a fast weekend with performances over 90%, secured the Championship Record in the 110mH.

Meanwhile, Gary Rawson was setting a record in the M55 high jump. Stephen Te Whaiti took out a competitive M50 high jump competition, 0.03m ahead of Wayne Doyle and 0.06m above Seelan Ramiah. Many of the high jumpers were also contesting the discus with Wayne Doyle in particularly managing two medal winning performances concurrently.

While Beverley Austin secured a comfortable victory in the W70 shot put, there was a good competition taking place for the minor medals. Jill Sherburn just missed out, throwing 6.28m, to the 6.30m and 6.34m thrown by Beth MacLeod and Justine Whitaker. Not for the last time over the weekend, Rupert Watson's medal chances rested on tiny margins: Tony Deleiros' M65 discus performance won the bronze medal to leave Rupert empty-handed by just 0.04m. The M70 high jump staged the closest contest of all, where Mike Shepherd and Lance Smith had to share gold with Brian Senior beating Roy Skuse to bronze by 0.05m.

Several Championship Records were enjoyed by the 60m sprinters. Some came close to national records - Sheryl Gower's 96.20%, Chris Waring's 95.40% and Judy Hammond's 92.60% were the stand-out runs. There were some very close battles. The W40 contest between Vanessa Story and Julia Lile was particularly exciting, as Vanessa won by 0.18s. It wasn't the tightest race: Petra Stoeveken won the W45 gold by 0.17s, Megan Chave the W35 by 0.11s. Marcia Petley took advantage of the softest record on the books to set a new W85 record but didn't take it easy as she set a new mark better than half the time of the old record. The boys were also putting on a good contest. Stephen Te Whaiti won the M50 by just 0.09s and Gary Rawson the M55 by 0.11s.

After a break for lunch, the sprinters returned to the track for the 100m. There were no national records this time. Malcolm Fraser was the closest to troubling the statisticians when he came within 0.01s of the M75 mark. Beyond that it was the usual suspects keeping things exciting: Stephen Te Whaiti versus Bruce Solomon in the M50 race (Stephen by 0.11s), Gary Rawson versus Stephen Burden in the M55 (where Stephen closed Gary down as the line approached and failed to catch him by 0.06s).

The women's 1500m suffered from a lack of depth. That didn't stop Sally Gibbs running a 98.00% for the highest age-grade of any performance over the weekend, breaking her own national record. With a brisk headwind up the back straight, you can only wonder how high the percentage would have been on a fully calm day.

There was no lack of depth in the M45 1500m, with six competitors all scoring over 80%. Michael Wray led Andrew Davenport as the two strode out to a good lead ahead of the remaining four. Andrew took over for the final two laps and the two continued to the finish. Grant McLean led the charge for bronze, until Malcolm Cornelius and Ian Purvis took over in the final straight and Malcolm secured bronze by less than a second. The M65s didn't have so many competing, but Brian Warren and Graeme Adams put on a good finish. Graeme started the faster of the two and Brian only got back in contention at the bell. Together with two of their younger competitors (Malcolm Chamberlin and Noel Burr, themselves battling for the M60 bronze) a four-way charge for the line ensued in the final 80 metres. Brian edged the M65 gold ahead of Graeme by half a second; Malcolm pipped Noel to that bronze.

There were less than 10 competitors in the 10km Road Walk. W60 Sue Hosking was first to finish, closely followed by M60 Bob Gardner and W65 Jacqueline Wilson.



Pauline Purser competing in the W90 javelin throw

The first track event on Sunday morning is usually the 10000m, but this year the pentathlon 100m heats were held first. Thanks to the pentathlon needing finish times, rather than positions, one heat had to be run twice when the electronic timing system failed.

Just 13 runners took part in the 10000m. Grant McLean led from the startoff, finishing 46 seconds ahead of age-grade rival Michael Wray. Sally Gibbs was third to finish, about six minutes ahead of the next woman. Unfortunately a mix-up in the lap counting meant that three runners (Barry Watson, Derek Shaw, Malcolm Chamberlin) were given the bell a lap early and consequently ran 9600m instead of the regulation 10000m. The error was soon realised, with a subsequent adjustment to their results to add an average extra lap to their recorded times.

The 200m repeated the trends of the previous sprinting events. Vanessa Story ran a narrow victory over Julia Lile in W40s; in the W50 grade, Anne Goulter beat Alison Newall by 0.42s. The most exciting contest was the race for the M65 bronze medal, featuring Rupert Watson, Wolfgang Schenk and Ross Brown. A photo finish gave Rupert the final podium spot by 0.03s ahead of Wolfgang, with Ross another 0.03s back.

In the women's 800m, Sally Gibbs once again strode to triumph. Vanessa Story showed that it's not just about the sprinting, easing ahead of Andrea Williams and Meghann Stewart to be second overall. The M45 race was a close, competitive spectacle. Andrew Davenport, chasing the pre-vet William Doney, took a relatively unthreatened gold. Ian Purvis moved into the silver medal position on the final bend before being joined by Michael Wray and Malcolm Cornelius in a drag-race to the line. Michael defied the 10000m in his legs to claim silver and Ian hung on for bronze. For the M50s, Ken Walker started slowly, no doubt impeded by the 10000m efforts earlier. In the second lap, Ken rallied to catch and pass Robert Homan despite the latter's four second lead at the bell. Ian Carter ran a solid 800m where he was under strong pressure from Jonathon Harper in the M60s. Then Jonathon blew, slipping to last, while Ian carried on for a large victory. In a copy of their 1500m contest, that left three M65s and two M60s ran together for 700m and then staged their own 100m race! Malcolm Chamberlin won out for M60 silver, as Noel Burr found the pace too hot. For the M65s, Murray Clarkson got past Des Phillip's initial lead, with Brian Warren less than a second behind.

The pentathlon events seemed to be well attended on the Sunday, where the standout performance was Waikato's Johann Van Zyl's new M55 national record.



Marcia Petley (WBP) finishing the W85 100m sprint



The field of the men's M50-59 1500m led by Ken Walker (AKL)



Sue Hoskin (MNW) 1st W60 in the 3000m track walk with 84.4% age grade performance



Judith Stewart (AKL) won the W65 5000m



Johan Van Zyl was 2nd in the M55 shot put



Steve Hargreaves (AKL) and Stephen Te Whaiti (WBP) won the M45 and M50 100m age groups respectively

## Results

### 60m

W35	
Megan Chave	9.01
Bianca Mueller	9.12
W40	
Vanessa Story	8.44
Julia Lile	8.62
W45	
Petra Stoeveken	8.90
Phillipa Green	9.07
Louise Martin	9.65
Delwyn Smith	10.23
W50	
Angela Graham	9.68
Alison Newall	9.86
W55	
Claire Giles	9.63
Christine Polkinghorne	15.35
W60	
Lynne Mackay	10.81
Nancy Bowmar	11.65
W65	
Sheryl Gower	9.78
Anne Deleiros	10.33
W70	
Chris Waring	10.26
Frances Bayler	11.48
Jill Sherburn	12.44
W75	
Judy Hammond	11.41
W80	
Iris Bishop	19.18
W85	
Marcia Petley	14.00
M35	
Gideon Hanekom	7.55
David Garrett	7.72
Dennis Langford	7.86
Damien Wood	8.71
M40	
Nick Bolton	7.64
Jonny Baird	8.05
M45	
Steven Hargreaves	7.68
M50	
Stephen Te Whaiti	7.77
Bruce Solomon	7.86
Mark MacFarlane	8.27
Seelan Ramiah	8.43
Mark Lett	8.49
M55	
Gary Rawson	7.92
Stephen Burden	8.03
Warren Edlin	9.11
Mark Flaus	9.59
M60	
Jeff Barnfield	8.69
David Lobb	11.69
M65	
Laurie Malcolmson	8.53
Ross Brown	9.15
Paul Sharland	10.40
M70	
John Lester	9.15
M75	
Malcolm Fraser	9.43
Alan Hunter	17.89
M80	
Trevor Cowley	11.64

### 100m

W35	
Megan Chave	13.89
Bianca Mueller	14.54

W40	
Vanessa Story	13.14
Julia Lile	13.41
W45	
Petra Stoeveken	13.88
Phillipa Green	14.28
W50	
Angela Graham	15.52
Alison Newall	15.95
W55	
Claire Giles	15.62
W60	
Nancy Bowmar	21.72
W65	
Sheryl Gower	15.86
Zillah Nixon	20.04
W70	
Chris Waring	16.62
Frances Bayler	18.22
Jill Sherburn	21.35
W75	
Judy Hammond	18.35
W85	
Marcia Petley	23.66
M35	
Gideon Hanekom	11.80
David Garrett	12.03
Damien Wood	13.58
M40	
Nick Bolton	11.72
Jonny Baird	12.64
M45	
Steven Hargreaves	11.97
M50	
Stephen Te Whaiti	12.14
Bruce Solomon	12.25
Wayne Doyle	12.62
Mark MacFarlane	12.74
Seelan Ramiah	13.34
Mark Lett	13.44
M55	
Gary Rawson	12.56
Stephen Burden	12.62
Warren Edlin	14.46
Marshall Clark	15.43
M60	
Jeff Barnfield	13.66
M65	
Laurie Malcolmson	14.07
Ross Brown	14.71
Wolfgang Schenk	14.99
Rupert Watson	15.32
M70	
John Lester	14.46
Alan Silvester	16.09
M75	
Malcolm Fraser	14.92
Alan Hunter	28.62
M80	
Trevor Cowley	20.52

### 200m

W35	
Megan Chave	30.11
W40	
Vanessa Story	27.41
Julia Lile	28.47
W45	
Petra Stoeveken	29.97
W50	
Anne Goulter	33.62
Alison Newall	34.04
W60	
Nancy Bowmar	43.16

W65	
Sheryl Gower	33.17
W70	
Chris Waring	35.96
Margaret Fraser	49.24
W75	
Judy Hammond	42.38
W85	
Marcia Petley	54.58
M35	
David Garrett	24.53
Dennis Langford	26.93
Damien Wood	28.03
M40	
Nick Bolton	24.23
Jonny Baird	26.36
M45	
Steven Hargreaves	24.59
M50	
Bruce Solomon	25.64
Mark MacFarlane	26.47
Mark Lett	28.26
Rob Kear	29.92
M55	
Stephen Burden	26.72
Gary Rawson	27.29
Stephen Low	28.33
Warren Edlin	31.45
M60	
Jeff Barnfield	28.58
M65	
Laurie Malcolmson	27.76
Alan Dougall	29.21
Rupert Watson	31.15
Wolfgang Schenk	31.18
Ross Brown	31.21
M70	
John Lester	30.91
Alan Silvester	34.47
M75	
Malcolm Fraser	31.60

### 400m

W40	
Vanessa Story	1:01.31
Andrea Williams	1:05.67
W45	
Karen McCready	1:11.12
W50	
Meghann Stewart	1:06.79
W55	
Karen Gillum-Green	1:14.29
W60	
Tui Ashe	1:22.29
W70	
Chris Waring	1:28.43
Joan Mayall	1:47.34
Margaret Fraser	1:54.35
M30	
William Doney	55.14
M35	
Dennis Langford	56.75
David Garrett	57.79
Jamie Halla	1:03.26
Damien Wood	1:12.46
M40	
Andrew Sexton	58.51
M45	
Andrew Davenport	57.77
Scott Dorset	1:01.07

## 400m (cont.)

M50	
Bruce Solomon	57.86
Mark MacFarlane	59.15
Robert Homan	1:02.00
Mark Lett	1:03.57
Rob Kear	1:07.03
M55	
Stephen Low	1:02.49
Peter Ayson	1:06.60
Marshall Clark	1:07.62
Warren Edlin	1:10.41
M60	
Jonathon Harper	1:09.88
Derek Shaw	1:10.91
Malcolm Chamberlin	1:13.05
M65	
Alan Dougall	1:09.21
Desmond Phillips	1:11.40
Rupert Watson	1:12.68
Ross Brown	1:15.12
M65	
Murray Clarkson	1:15.74
M70	
Alan Silvester	1:14.69
Colin MacLeod	1:17.87
Alan Jones	1:23.02
M75	
Malcolm Fraser	1:15.38

## 800m

W40	
Vanessa Story	2:23.69
Andrea Williams	2:24.88
W45	
Karen McCready	2:45.81
W50	
Sally Gibbs	2:21.98
Meghann Stewart	2:24.66
Carolyn Smith	2:50.81
W65	
Loris Reed	3:10.79
W70	
Joan Mayall	4:08.40
Margaret Fraser	4:25.05
Fay Riley	6:21.89
M30	
William Doney	2:08.99
M35	
Jamie Halla	2:21.97
M40	
Andrew Sexton	2:12.01
M45	
Andrew Davenport	2:09.80
Michael Wray	2:13.98
Ian Purvis	2:14.62
Malcolm Cornelius	2:15.77
William Twiss	2:20.11
M50	
Ken Walker	2:21.30
Robert Homan	2:23.15
Robbie Barnes	2:29.01
Grant McKay	2:31.65
Rob Kear	2:42.68
M55	
Tim Cross	2:30.07
Allan Thomas	2:33.12
M60	
Ian Carter	2:25.52
Malcolm Chamberlin	2:44.03
Noel Burr	2:47.04
Jonathon Harper	3:03.99
M65	
Murray Clarkson	2:45.04
Desmond Phillips	2:45.70
Brian Warren	2:46.67

M70	
Colin MacLeod	2:57.81
Alan Jones	3:16.76
M75	
Peter Hanson	3:49.32
M80	
Patrick Mills	4:06.73

## 1500m

W40	
Andrea Williams	5:13.94
W45	
Karen McCready	5:21.60
W50	
Sally Gibbs	4:45.94
Meghann Stewart	5:07.58
Carolyn Smith	5:47.35
W55	
Debbie Telfer	6:07.98
W65	
Judith Stewart	6:23.63
Loris Reed	6:33.37
M35	
Jamie Halla	5:06.04
M40	
Andrew Sexton	4:35.45
Chris Mardon	4:47.50
M45	
Andrew Davenport	4:27.46
Michael Wray	4:30.21
Malcolm Cornelius	4:35.30
Ian Purvis	4:36.20
Grant McLean	4:37.24
William Twiss	4:43.62
M50	
Ken Walker	4:35.20
Robbie Barnes	4:51.68
Robert Homan	5:03.24
David James	5:45.20
M55	
Tim Cross	5:00.01
Tony Price	5:04.48
Allan Thomas	5:16.59
M60	
Ian Carter	5:20.59
Derek Shaw	5:36.82
Malcolm Chamberlin	5:40.68
Noel Burr	5:42.42
M65	
Brian Warren	5:41.40
Graeme Adams	5:41.99
Murray Clarkson	5:46.77
M70	
Colin MacLeod	6:11.01
Alan Jones	6:28.03
Dougal Congalton	6:50.33
M75	
Peter Hanson	8:05.87
M80	
Patrick Mills	8:22.35
Jim Tobin	11:58.18

## 5000m

W45	
Karen McCready	19:49.82
W50	
Sally Gibbs	17:24.54
W55	
Julie Wilson	20:55.76
Debbie Telfer	21:34.69
W65	
Judith Stewart	22:55.24
Loris Reed	24:43.64
M40	
Chris Mardon	16:21.93
M45	
Grant McLean	16:36.49
Michael Wray	16:45.59
William Twiss	17:58.09

M50	
Ken Walker	17:12.96
David Rush	17:37.03
Robbie Barnes	17:38.32
David James	21:04.70
M55	
Tony Price	18:08.46
Tim Cross	19:10.92
Barry Watson	20:29.62
Michael Wilson	20:50.22
Tom Reihana	26:39.54
M60	
Derek Shaw	20:39.04
Malcolm Chamberlin	21:38.90
M65	
Brian Warren	20:40.72
Graeme Adams	21:28.83
M70	
Dougal Congalton	26:54.13
M80	
Patrick Mills	31:49.74

## 10000m

W45	
Karen McCready	42:04.73
W50	
Sally Gibbs	35:58.67
W65	
Judith Stewart	48:12.72
M45	
Grant McLean	35:02.79
Michael Wray	35:48.34
M50	
Ken Walker	36:27.67
Robbie Barnes	37:19.83
M55	
Tony Price	39:24.26
Barry Watson	43:24.17
Michael Wilson	45:22.96
M60	
Derek Shaw	44:05.83
Malcolm Chamberlin	44:20.42
M65	
Graeme Adams	45:33.72

## 80m Hurdles

W50	
Anne Goulter	18.14
W55	
Claire Giles	18.91
W60	
Tui Ashe	17.27
M70	
Alan Silvester	19.25

## 100m Hurdles

M50	
Stephen Te Whaiti	17.74
M65	
David Anstiss	22.09
Desmond Phillips	23.09

## 110m Hurdles

M35	
Damien Wood	24.12
M40	
Nick Bolton	15.41

## 300m Hurdles

W50	
Angela Graham	1:01.78
M65	
Desmond Phillips	59.01
M70	
Alan Silvester	1:02.72

## 400m Hurdles

M50	
Brendon Magill	1:22.74

## 2000m Steeplechase

W45	
Delwyn Smith	9:57.29
W65	
Loris Reed	10:03.79

## 3000m Steeplechase

M50	
Brendon Magill	13:07.20
Rob Kear	14:13.45

## 2000m Steeplechase

M60	
Derek Shaw	8:46.91
Malcolm Chamberlin	9:11.50
M65	
Graeme Adams	8:57.09
Desmond Phillips	9:25.78

## 3000m Track Walk

W35	
Vicky Jones	22:11.69
W40	
Sandra Moratti	21:58.21
W45	
Corinne Smith	15:21.22
Denise Fellows	22:40.32
W55	
Theresa Large	20:11.04
W60	
Sue Hoskin	17:49.92
W65	
Jacqueline Wilson	19:01.72
Sheryl Miritana	21:44.48
W70	
Daphne Jones	21:15.05
M35	
Damien Wood	21:43.74
M50	
Mark Gray	17:39.91
M60	
Bob Gardner	17:36.16
M65	
Geoff Iremonger	20:41.16

## Long Jump

W35	
Bianca Mueller	4.43
Megan Chave	3.00
W45	
Louise Martin	3.76
W55	
Claire Giles	3.38
Christine Polkinghorne	1.40
W60	
Nancy Bowmar	2.74
W65	
Anne Deleiros	3.21
W70	
Frances Bayler	2.74
Jill Sherburn	2.17
W75	
Judy Hammond	2.75
M35	
Dennis Langford	4.11
M50	
Stephen Te Whaiti	5.28
Mark Lett	5.23
Seelan Ramiah	4.91
Mark MacFarlane	4.61
M55	
Stephen Burden	5.18
Gary Rawson	4.63

M65	
David Anstiss	4.11
Wolfgang Schenk	4.06
Ross McBeth	2.86
M70	
Lance Smith	3.28
Mike Shepherd	3.06
M75	
Rob McGregor	3.19
Les Williams	2.65
Alan Hunter	1.89
M80	
Trevor Cowley	2.83
Ron Johnson	2.76

## High Jump

W35	
Emma Puletaha	1.45
W60	
Nancy Bowmar	1.10
Tui Ashe	1.05
W65	
Zillah Nixon	0.90
W75	
Judy Hammond	1.02
M30	
William Doney	1.73
M40	
Zhihui Wu	1.45
M45	
Glenn Bishop	1.59
M50	
Stephen Te Whaiti	1.56
Wayne Doyle	1.53
Seelan Ramiah	1.50
Mark MacFarlane	1.40
M55	
Gary Rawson	1.50
M60	
Tuariki Delamere	1.35
M65	
David Anstiss	1.36
Desmond Phillips	1.25
M70	
Mike Shepherd	1.10
Lance Smith	1.10
Brian Senior	1.05
Roy Skuse	1.00
M75	
Rob McGregor	1.15
Les Williams	0.95
M80	
Ron Johnson	1.00

## Pole Vault

M65	
David Anstiss	1.70
M75	
Rob McGregor	1.80
M80	
Ron Johnson	1.60

## Triple Jump

W35	
Megan Chave	6.66
W50	
Alison Newall	7.33
W55	
Aggie Boxall	8.05
W60	
Nancy Bowmar	5.85
W65	
Anne Deleiros	7.25
W70	
Frances Bayler	6.28
Jill Sherburn	4.91
M35	
Dennis Langford	9.03

M40	
Zhihui Wu	11.06
M45	
Andy Richardson	10.59
M50	
Seelan Ramiah	8.83
Mark Gray	7.09
M55	
Stephen Burden	11.33
Gary Rawson	10.29
Warren Edlin	6.83
M60	
Jonathon Harper	8.15
David Lobb	7.89
M65	
David Anstiss	8.57
Ross McBeth	7.29
M70	
Lance Smith	7.36
Mike Shepherd	6.56
M75	
Les Williams	5.75
M80	
Trevor Cowley	6.38
Ron Johnson	6.15
Hector Mein	4.88

## Shot Put

W35	
Emma Puletaha	11.47
Bianca Mueller	8.05
Megan Chave	5.85
W40	
Megan Osborn	8.19
Sandra Moratti	6.14
W45	
Veronica Romagnoli	9.49
Brenda Davis	9.45
Michelle Scriven	8.90
Denise Fellows	5.48
W50	
Tina Rainford	10.34
Anne Goulter	7.94
Alison Newall	7.12
W55	
Aggie Boxall	8.41
Claire Giles	7.88
W60	
Liz Hamilton	8.45
Jo Hurring	6.45
W65	
Beverley Savage	8.29
Anne Deleiros	8.10
W70	
Barbara Austin	8.39
Beth MacLeod	6.34
Justine Whitaker	6.30
Jill Sherburn	6.28
Marion Clarke	4.12
W75	
Barbara Bird	6.01
Valerie Babe	5.38
Gwyn Heseltine	5.11
Julie Williams	4.25
W80	
Iris Bishop	4.90
W90	
Pauline Purser	3.24
M30	
William Doney	9.04
M35	
Dave Couper	10.47
Dennis Langford	9.88
M40	
David McMillan	9.65
Ian Clarke	8.33





Rob McGregor (WBP) in the pole vault



Tina Rainford (AKL) won the W50 weight throw



Vanessa Story won the W40 400m in 61.31 secs



Loris Reed was 1st in the W65 steeple with a 91.6% age grade performance



Michelle Scriven (WGN) was 3rd in the W45 weight throw



Iris Bishop (CAN) competing in the W80 javelin throw



Alan Dougall (AKL) won the M65 400m in 1:09.21



Bruce Solomon won the M50 shot put



Brian Warren (TAR) won the M65 5000m



From L-R: Dennis Langford (NTH), William Doney (WBP) and David Garrett (AKL) finishing the men's 400m sprint



Women's 60m (L-R): Alison Newall (OTG) 2nd W50 (9.86s), Angela Graham (WBP) 1st W50 (9.68s) and Claire Giles (OTG) 1st W55(9.63s)



Stephen Te Whaiti cleared 1.56m to win the M50 high jump

## Shot Put (cont.)

M45	
Laini Inivale	10.41
Andy Richardson	8.91
M50	
Bruce Solomon	10.78
Fuzzy Maiava	10.46
Murray Free	10.11
M55	
Mark Flaus	12.39
Johan Van Zyl	12.35
Hans Barnard	8.73
M60	
Tuariki Delamere	11.02
Lester Laughton	10.18
Christopher Thompson	9.30
M65	
Richard Davison	9.40
Tony Deleiros	8.38
Mark Powell	7.51
M70	
Peter Crawford	11.61
Brian Senior	9.34
Bruce Wills	9.33
Roy Skuse	8.57
Mike Shepherd	8.50
Fred Turner	6.46
M75	
Rob McGregor	9.09
Peter Hanson	7.88
Brian Clatworthy	7.35
Bruce Clarke	6.93
Alan Hunter	5.22
M80	
Ron Johnson	9.35
Trevor Cowley	7.48
Bryan Mayall	6.43
Ray Laurie	5.01

## Discus

W35	
Megan Chave	16.24
W40	
Megan Osborn	25.02
Vanessa Story	17.33
Sandra Moratti	14.59
W45	
Brenda Davis	25.80
Michelle Scriven	24.03
Veronica Romagnoli	22.79
Denise Fellows	18.54
Karen McCready	14.00
W50	
Tina Rainford	23.81
Anne Goulter	21.57
Alison Newall	17.44
W55	
Claire Giles	16.25
Theresa Large	12.81
W60	
Liz Hamilton	20.38
Jo Hurring	15.24
W65	
Beverley Savage	21.38
Loris Reed	16.86
W70	
Barbara Austin	17.42
Justine Whitaker	15.81
Beth MacLeod	13.74
Jill Sherburn	13.08
Marion Clarke	9.54
W75	
Barbara Bird	13.68
Valerie Babe	12.45
Gwyn Heseltine	10.28
Julie Williams	9.75
W80	
Iris Bishop	9.87

W90	
Pauline Purser	7.44
M35	
Dennis Langford	31.07
Dave Couper	27.17
M40	
David McMillan	27.85
Ian Clarke	26.49
M50	
Wayne Doyle	39.51
Bruce Solomon	34.60
Murray Free	30.35
Seelan Ramiah	26.51
Mark Lett	25.38
Mark MacFarlane	21.73
M55	
Johan Van Zyl	39.83
Mark Flaus	36.96
Hans Barnard	27.87
Gary Rawson	26.24
M60	
Joseph Bradley	35.82
Lester Laughton	35.44
Tuariki Delamere	34.34
Christopher Thompson	31.92
M65	
Richard Davison	35.89
Mark Powell	27.06
Tony Deleiros	24.46
Rupert Watson	24.40
Wolfgang Schenk	22.08
M70	
Peter Crawford	31.30
Brian Senior	28.98
Mike Shepherd	25.36
Roy Skuse	21.84
Fred Turner	19.82
M75	
Rob McGregor	22.34
Bruce Clarke	20.60
Brian Clatworthy	19.95
Alan Hunter	16.94
M80	
Ron Johnson	27.01
Jim Blair	19.97
Trevor Cowley	18.24
Ray Laurie	14.69

## Javelin

W40	
Megan Osborn	24.79
Sandra Moratti	15.21
W45	
Veronica Romagnoli	27.48
Brenda Davis	22.83
Michelle Scriven	20.09
Karen McCready	15.27
Denise Fellows	12.88
W50	
Alison Newall	19.45
Tina Rainford	19.27
Anne Goulter	15.71
W55	
Aggie Boxall	23.10
Claire Giles	17.00
Christine Polkinghorne	10.05
W60	
Liz Hamilton	19.15
Tui Ashe	17.09
W70	
Barbara Austin	17.51
Jill Sherburn	14.93
Justine Whitaker	13.62
Marion Clarke	8.87
W75	
Barbara Bird	13.49
Judy Hammond	12.83
Valerie Babe	9.41
Gwyn Heseltine	7.49

W80	
Iris Bishop	7.77
W90	
Pauline Purser	6.25
M35	
Dave Couper	47.80
Dennis Langford	45.28
M40	
Ian Clarke	36.00
M45	
Steven Hargreaves	40.25
Prieur Du Plessis	38.08
Andy Richardson	37.56
M50	
Wayne Doyle	42.00
Stephen Te Whaiti	39.52
Murray Free	37.99
Bruce Solomon	37.33
Mark Lett	29.55
Brendon Magill	28.98
M55	
Johan Van Zyl	36.14
Mark Flaus	34.28
Tom Reihana	28.01
Gary Rawson	26.03
M60	
Joseph Bradley	43.70
Lester Laughton	23.52
M65	
Laurie Malcolmson	36.63
Richard Davison	28.75
Rupert Watson	18.91
Brian Warren	17.61
Mark Powell	16.29
M70	
Peter Crawford	29.73
Brian Senior	16.82
M75	
Rob McGregor	24.92
Brian Clatworthy	18.51
Bruce Clarke	18.17
Alan Hunter	14.40
M80	
Ron Johnson	29.52
Trevor Cowley	22.58
Jim Blair	21.72
Bryan Mayall	16.09

## Hammer

W40	
Sandra Moratti	17.59
W45	
Brenda Davis	31.35
Michelle Scriven	26.78
Veronica Romagnoli	24.91
W50	
Denise Fellows	20.68
W55	
Anne Goulter	37.40
Tina Rainford	28.92
Alison Newall	25.51
W60	
Claire Giles	24.90
Aggie Boxall	23.29
Theresa Large	20.73
Christine Polkinghorne	12.91
W65	
Beverley Savage	26.52
Anne Deleiros	20.88
W70	
Barbara Austin	25.93
Justine Whitaker	18.57
Marion Clarke	15.87
W75	
Valerie Babe	18.31
Gwyn Heseltine	18.26
Barbara Bird	15.31
W80	
Iris Bishop	13.86

W85	
Marcia Petley	16.80
W90	
Pauline Purser	10.14
M35	
Dave Couper	34.45
M40	
Ian Clarke	25.73
David McMillan	22.36
M50	
Murray Free	29.62
Fuzzy Maiava	28.97
Rob Kear	14.95
M55	
Johan Van Zyl	38.33
Mark Flaus	36.50
Hans Barnard	33.37
M60	
Christopher Thompson	36.70
Joseph Bradley	35.04
Lester Laughton	30.76
Tuariki Delamere	26.24
M65	
Richard Davison	39.13
Mark Powell	21.72
M70	
Brian Senior	33.62
Roy Skuse	22.82
M75	
Bruce Clarke	23.13
Rob McGregor	19.96
Brian Clatworthy	19.55
Alan Hunter	16.08
M80	
Ron Johnson	27.08
Ray Laurie	25.50
Jim Blair	21.72

## Weight Throw

W40	
Sandra Moratti	5.83
W45	
Brenda Davis	10.20
Veronica Romagnoli	9.81
Michelle Scriven	8.95
Denise Fellows	6.01
W50	
Tina Rainford	11.46
Anne Goulter	11.31
Alison Newall	8.88
W55	
Aggie Boxall	9.56
Theresa Large	7.66
Claire Giles	6.95
W60	
Jo Hurring	8.51
W65	
Beverley Savage	11.91
W70	
Barbara Austin	10.41
Justine Whitaker	7.94
Marion Clarke	6.12
W75	
Valerie Babe	6.87
Gwyn Heseltine	6.58
Barbara Bird	4.42
W80	
Iris Bishop	5.39
W85	
Marcia Petley	7.33
W90	
Pauline Purser	4.24
M35	
Dave Couper	11.55
M40	
Ian Clarke	9.33

M50	
Fuzzy Maiava	12.60
Murray Free	11.86
M55	
Mark Flaus	14.88
Johan Van Zyl	14.69
Hans Barnard	12.20
M60	
Christopher Thompson	11.97
Lester Laughton	11.71
M65	
Richard Davison	14.48
Mark Powell	8.41
M70	
Brian Senior	13.38
Bruce Wills	11.46
Roy Skuse	10.32
M75	
Bruce Clarke	9.54
Rob McGregor	9.22
Alan Hunter	7.62
Brian Clatworthy	7.22
M80	
Ron Johnson	12.12
Jim Blair	9.97
Ray Laurie	9.15

## 10k Road Walk

W35	
Vicky Jones	1:19.52
W60	
Sue Hoskin	1:03.10
W65	
Jacqueline Wilson	1:06.46
W70	
Daphne Jones	1:17.38
M35	
Damien Wood	1:18.59
M50	
Mark Gray	1:06.16
M60	
Bob Gardner	1:04.41
Malcolm Taylor	1:26.12
M65	
Geoff Iremonger	1:12.58

## Throws Pentathlon

W35	
Emma Pulehaha	659
W40	
Sandra Moratti	1348
W45	
Brenda Davis	2887
Michelle Scriven	2397
Denise Fellows	1714
W50	
Tina Rainford	2979
Anne Goulter	2868
Alison Newall	2314
W55	
Aggie Boxall	2650
Christine Polkinghorne	1038
W65	
Beverley Savage	3428
W70	
Barbara Austin	3640
Justine Whitaker	2727
Beth MacLeod	2245
Marion Clarke	1779
W75	
Valerie Babe	2360
Barbara Bird	2348
Gwyn Heseltine	2187
W80	
Iris Bishop	2159
M35	
Dave Couper	2362

M40	
Ian Clarke	2001
M50	
Wayne Doyle	3018
Murray Free	2627
Fuzzy Maiava	2064
M55	
Johan Van Zyl	3525
Mark Flaus	2545
Hans Barnard	
2458	
M60	
Joseph Bradley	3177
Tuariki Delamere	2599
Lester Laughton	
2174	
M65	
Richard Davison	3241
Mark Powell	1881
M70	
Brian Senior	3145
Kevin Bradley	3057
Roy Skuse	1270
M75	
Bruce Clarke	2344
Brian Clatworthy	2012
Alan Hunter	
1636	
M80	
Ron Johnson	3604
Jim Blair	2733
Ray Laurie	2357

## Pentathlon

W55	
Claire Giles	2416
Christine Polkinghorne	465
W60	
Tui Ashe	2676
Lynne Mackay	1809
W65	
Loris Reed	2450
Margaret Crooke	1809
W70	
Jill Sherburn Performance	
1746	
W75	
Judy Hammond	2624
M35	
Dennis Langford	2170
M45	
Andrew Davenport	2681
Andy Richardson	1528
M50	
Wayne Doyle	3199
Stephen Te Whaiti	3019
Bruce Solomon	2828
Mark Lett	2354
M65	
Rupert Watson	2290
Wolfgang Schenk	2259
M80	
Hector Mein	1236





Anne Goulter (AKL) won the W50 hammer with a throw of 37.40m



Theresa Large (TAR) won the W55 3000m track walk in 20:11.04



Loris Reed (CAN) was 2nd in the W65 5000m



Megan Osborn (AKL) won the W40 javelin



Malcolm Taylor (OTG) in the M60 3000m track walk



Bob Gardner (WGN) in the M60 3000m track walk



Mark Lett (NTH) finishing strongly in the M50 400m



Peter Ayson (WBP) was 2nd in the M55 400m sprint

# Vale Mike Piper

by Lance Smith

## We Have Lost a Valued Friend, Supporter and Mentor

The passing of Mike Piper is a great loss, not just to the sport of athletics, but to all sport and to the entire community. Mike was one of those people who quietly worked in the background but his contribution to sport and particularly to athletics in Southland is beyond measure.

His involvement played an enormous part in establishing the facilities and sporting structures we take for granted today, including Stadium Southland and the high performance initiatives now seen in the Academy Southland programme that has been instrumental in the region's sporting success.

These and his many, many other deeds saw him receive a well deserved Sport Southland Services to Sport Award in 2013. He is also life member of Athletics Southland and his Invercargill club.

However, it is athletics that Mike was most passionate about. He attended a great many world athletics championships and major events around the globe but claimed watching Southlanders competing at a national champs is as exciting as watching the world champs. Yes, Mike took a great pride in the accomplishments of our athletes and while many of the younger ones may not have known Mike, he knew who they were and what were achieving.

His involvement was more than watching; he had run over 100 marathons with a best of 2.35. Among that 100 plus were wins in the World Masters, age group golds at the prestigious Honolulu and Chicago marathons and third place in the 50-54 age group at Boston in an exceptional 2.45. And he was an enthusiastic masters member and competitor. When injury and illness meant he was unable to run he entered the walks and discus at masters championships, just to be part of it.

Even when illness prevented him setting foot outside for a long run he would get a run in on a treadmill.

Mike, a partner of Invercargill accountants McCulloch and Partners, was 69.

Athletics Southland extends its condolences to wife Joy and family.

Mike, you leave a big gap in Southland, masters and national sport, we all thank you for all you achieved on our behalf.



# How Do You Eat An Elephant?

by John Muskett

April 2014, saw Val Muskett running around the Adelaide University Oval determined to break the 12-hour World Age group record for women over 60. The weather gods conspired against her and the once dry, firm, red gravel path became a sticky porridge that drained her legs but she still managed to increase the world record(s).

The IAU has decided, in its wisdom, to have only one record per distance/time so no more track, road or indoor records – just one overarching record.

Val's determination took the track record of 96km to a general record of 109.378km. She was pleased, but wanted more.

In September Sri Chinmoy was hosting the New Zealand 24-hour Championships at Mount Smart, Auckland. Val put her name down for the 12 hours and started training in earnest. Trips to the Caledonian Track in Dunedin were interspaced with beach runs and miles of gravel roads around Hampden. All was going well until, three weeks out from event when Val was ready to taper her training, her ankle started to "play up".

A few days rest and all seemed well, until a steep climb again brought on the ankle pain.

Val has always listened to her body (if not her husband) and so she brought training to an end.

What to do? Flights, motel hire car all booked – nothing for it, but to go and see what could be salvaged.

Come 9am and Val lined up on the John Walker track with athletes who were competing in the 6, 12 and 24 hour events. After a moment's silence the race was on and Val was running okay. She was lapping at the pace she wanted and felt fine.

Two hours in to the race, the niggling ankle came back and a reassessment had to be undertaken. No point running on an injury and crippling yourself so it was decided to slow down.

Val realised her ankle hurt when she was pushing herself, trying hard. So don't try as hard. A change of top took place while plans were made (lap 49) Val was going to slow her pace. This she did gradually but the pain was still there. Desperate measures were required, for the first time in her running career Val was going to have a painkiller. She did on lap 82, and on she went.

For the next 70 laps Val's paced hardly changed and her ankle was not getting worse.

Val's next stop was only a wee affair on lap 133 for a call of nature lasting 1min 20sec.

The plan appeared to be working physically, but mentally it was taking its toll, at the marathon she was 10 minutes slower than she wanted (4hr 10min) and at 6 hours she was 3km behind what she had planned for and 1.5 km behind Adelaide (59km / 60.5Km).

As darkness descended down came the rain and it was beginning to blow so a stop on lap 209 was required to give Val a drink of hot Milo and put her a jacket on. This took valuable seconds,

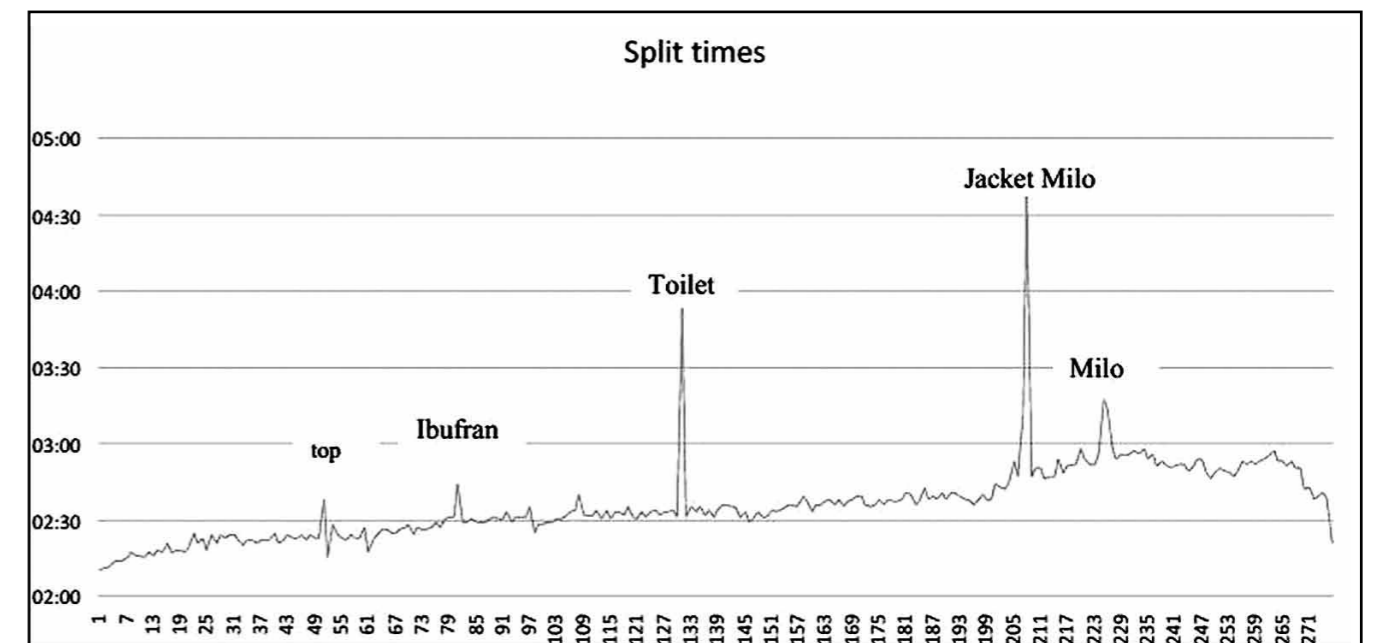
seconds which had been gained through dogged determination, but sometimes a few seconds spent preparing are worth it.

This proved to be the case. Val managed to hold her lap times below the level required by her crew and the record was in sight. It was now a case of how much could she break her own record by and for this she once again called on a cup of Milo, this time drunk while walking on lap 226, slowing her down only slightly.

The race was now on and Val was beginning to risk her ankle and push through her foot bringing her lap times down, a couple of laps to compose then she had to go for it. She was now lapping as fast and sometimes faster than when she had run at the 5-hour mark – the old record went – the crowd cheered Val got faster. The countdown began would Val complete another full lap, it was going to be close but ... not close enough. Simahin blew the final hooter and Val was stopped 5 metres short of completing her 276th lap.

With 110.795km completed she was ready for a rest.

What had she achieved, a better world age group record, overall winner of the race by almost 20km front of the first man, but more than this, the understanding that sometimes if you just keep going, you get there. She would have liked to run 115km and that was the goal, but sometimes goals have to be changed and strategies reformed. The old chestnut of "how do you eat an elephant?" comes to mind. The answer? "One bite at a time, one bite at a time."



# OMA Council Meeting February 2015 (Summary)

by Bob Schickert

The cooperation between OAA and OMA continues to develop with, for the first time, the OMA AGM and Council meetings being held in conjunction with the OAA Congress. The meetings were held in early February in Tweed Heads on the Gold Coast Australia.

The WMA President Stan Perkins attended the meetings. He reported on developments such as the appointment by WMA of Senior Officials for the conduct of WMA Championships. Up to ten may be appointed with five of these being in place for Lyon this year.

He also mentioned the progress towards a new WMA Constitution and By Laws which will soon be available to be sent to affiliates and will be presented to the WMA General Assembly in Lyon. The proposed time for changes to be effective is immediately following the Perth 2016 Championships.

At the IAAF Championships this year in Beijing there will be two invitation events for Masters Athletes. There are very high qualifying standards for the M50 800m (2.06) and the W50 400m (65.00). Four Oceania region athletes are applying.

The Council agreed to a proposal from OMA Vice President David Lobb of Cook Islands for an inter island competition with athletes comparing their performances by email. Further details to follow.

The Council agreed set up a system for Affiliates to apply for assistance for such items as equipment purchases. The OMA Treasurer is to provide further details.

Arrangements for the Cook Island 2015 OMA Championship October 5-10 are in hand and further details will be available soon. An on line entry system is being set up.

The OMA Championships scheduled for 2017 have been allocated to Dunedin New Zealand and will now be held in January 2018 (20-27).

OAA Area and Regional Championships as shown below will have some masters events included and medals will be presented on an age graded basis.

Athletes interested in competing in the masters events should contact Yvonne Mullins at OAA [oceania@attglobal.net](mailto:oceania@attglobal.net)

- OAA Area Championships Cairns Australia May 8-10 2015
- Polynesian Championships Papeete, Tahiti 8-9 April 2016
- Melanesian Championships Suva, Fiji Islands 7-9 July 2016
- Micronesian Championships Pohnpei, Federated States of Micronesia 22-24 June 2016

WMA Perth 2016, October 26 - November 6, is now only twenty months away. The website on which details will soon be expanded is [www.perth2016.com](http://www.perth2016.com). A draft program has been prepared. Bob Schickert [rschicke@bigpond.net.au](mailto:rschicke@bigpond.net.au) is an LOC member and inquiries can be sent to him. The LOC is working on arrangements and it is planned to open entries in January 2016. All entries must be done on line.



PHOTO: Sharon Wray

The leading pack in the M40-64 5000m race at the NZMA championships in Tauranga

## STADIUM FACILITIES

The facilities at the National Stadium have been host to the Pacific Mini Games in 2009 and the Oceania Area Championships in 2014.

The facility boasts:

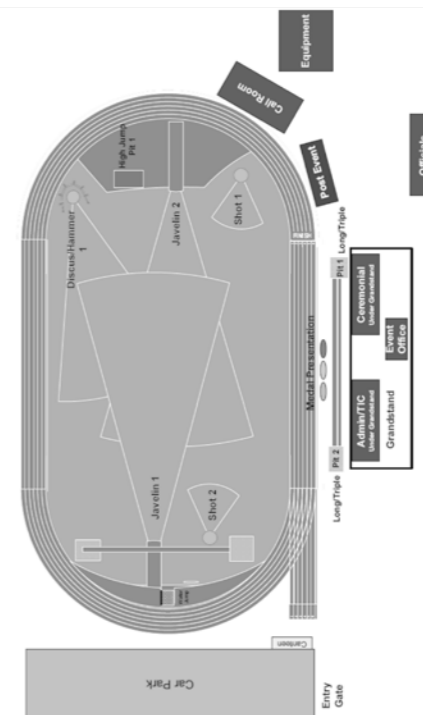
- All weather Synthetic Surface
- 6 lanes
- 2 jump pits
- Steeple Chase Facilities
- 2 throwing rings
- Car Parking and Bus access
- Covered Grandstand
- Provision for Photo Finish Equipment
- Full Administrative Services

## ACCOMMODATION

The Cook Islands offers a number of different accommodation styles from motel to fully self-contained units and houses. Edgewater Resort has offered participants a Championships' deal, which includes hotel and self-contained options.

## ANNUAL GENERAL MEETING

Oceania Masters Athletics invites athletes and other interested persons to attend the OMA Annual General Meeting to be conducted on Sunday, 4 October. The meeting will discuss current developments in Athletics in the Area. Time to be advised.



## CONTACT DETAILS

For further information regarding the event please contact:  
 Bob Schickert: [rschicke@bigpond.net.au](mailto:rschicke@bigpond.net.au)  
 or Mike Weddell: [mweddell@xtra.co.nz](mailto:mweddell@xtra.co.nz)  
 or visit: [www.oceaniamastersathletics.org](http://www.oceaniamastersathletics.org)



## EVENT GUIDE

National Stadium  
 Rarotonga, Cook Islands

5-10 October 2015

- ◊ COMPETITION DATES
- ◊ ACCOMMODATION
- ◊ CONTACT DETAILS
- ◊ COOK ISLAND ATTRACTIONS
- ◊ VENUE LAYOUT



## PROGRAM / DATES

**Monday—5 October**  
 10000 Metre Race Walk  
 Javelin (All)  
 Discus (M)  
 Long Hurdles  
 5000 metres  
 Combined Event—Men  
 Heptathlon - Women

**Tuesday—6 October**  
 Weight Throw (W)  
 Triple Jump (W)  
 Hammer (M)  
 Shot Put (W)  
 60m  
 800m  
 Combined Event—Men  
 Heptathlon - Women

**Wednesday—7 October**  
 Cross Country  
 Throws Pentathlon (W)  
 Long Jump (W)  
 Shot Put (M)  
 High Jump (M)  
 100m  
 400 m Heats  
 5000 m walk

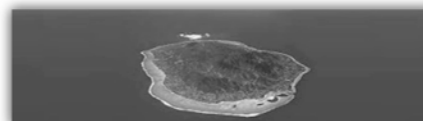
**Thursday—8 October**  
 T & F Pentathlon  
 Hammer (W)  
 Weight Throw (M)  
 High Jump (W)  
 Long Jump (M)  
 200 metres  
 1500 metres  
 Short Hurdles

**Friday—9 October**  
 Throws Pentathlon (M)  
 Triple Jump (M)  
 Discus (W)  
 Steeplechase  
 400 metre Finals  
 3000 metre walk  
 4 X 100 Relays  
 Medley Relays

**Saturday—10 October**  
 Half Marathon

## ABOUT THE COOK ISLANDS

Scattered over a vast expanse of empty ocean the size of Western Europe, the tiny Cook Islands is a castaway's dream come true. If you've ever fantasised about escaping to a remote desert island, far from the hustle and hum of the modern world, then look no further than these 15 fascinating islands, where you'll find a thousand years of Polynesian culture sitting side by side with some of the most spectacular natural scenery in the South Pacific. The jewel in the crown is Rarotonga, the largest island - a bewitching blend of craggy mountains, dense jungle and glorious bone-white beaches Rarotonga is the capital of



the Cook Islands. The Cook Islands' Parliament buildings and international airport are on Rarotonga. Because it is the most populous island, Cook Islanders may often be referred to as Rarotongans, but they may come from one of the other 14 islands in the group, such as Aitutaki or Mangaia. Rarotonga is a very popular tourist destination with many resorts, hotels and motels. The chief town, Avarua, on the north coast, is the capital of the Cook Islands.

The Island of Rarotonga stands over 4,500 metres above the ocean floor. It is 32 km in circumference. At a depth of 4,000 m (13,000 feet) the volcano is nearly 50 km (31 miles) in diameter. Te Manga, at 658 m (2,140 feet) above sea level, is the highest peak on the island.



## ACTIVITIES AND THINGS TO DO

When the mood takes you, there is plenty to do on Rarotonga. The island is 32 kilometres (almost 20 miles) in circumference and surrounded by a reef that encloses a magnificent lagoon. This is a wonderful playground. The snorkelling is stunning, the kayaking fun, the beaches are beautiful and the crystal clear water is warm.

Back on land you can spend time hiking the hills and valleys covered with lush tropical vegetation or hire a bicycle or scooter. Take the local buses and get on and off at places of interest.

There is also a wide range of well-organised tours to help you discover Rarotonga, meet its people and enjoy its culture. Cook Islanders are well known for their generous hospitality and you will encounter many of these experiences along the way.

Depending on which Resort/Accommodation you are staying at you will find a number of different activities such as RUTU PA'U (Drumming Lessons), ANGAI IKA (Fish feeding PAREU (Sarong) tying and Island 'URA (Dancing) lessons.

For those of you who have a few spare days, or are looking for a day away from Rarotonga why not head out to Aitutaki and visit 'One Foot Beach'. Truly one of the most beautiful places in the Pacific.

Remember when planning your trip to the Cook Islands you will cross the International Date Line.



# Positive Thinking

by George White

## I-Think- I- Can, I-Think- I- Can...

As it neared the top of the grade, which had discouraged the larger engines the Little Engine That Could went more slowly. However, it kept saying, "I—think—I—can, I—think—I—can." It reached the top by drawing on all its reserves and then went on the down grade, congratulating itself by saying, "I thought I could, I thought I could."

We come from a breed that crossed continents on foot! But who hasn't said "My spirit is willing", "but the flesh is weak". In reality it is often the flesh that is willing and the spirit that is weak. Generally the flesh is not only willing; it is often eager for action. However so often we have done the training, we are fit, we have eaten wisely and got all the right gear but we don't perform to the level we expect. So much of a good (or bad) performance is in the head. So are there any tricks to help a positive attitude? Can you placebo yourself into running faster?

We all know how sugar pills work in the medical business and the industry spends millions of dollars on research to prove that their products are in fact better than any placebo. So are there placebos for running? Basically the answer is yes and it can be anything that you believe will make you go faster.

Do you think that the knee high socks, nose strips and necklaces make Paula Radcliffe run marathons the way she does. I am sure she thinks so! Cathy Freeman was already a world class 400m runner but I am sure she felt invincible in that hooded body suit at the Sydney Olympics! I know I feel as though I am running faster when I don a new pair of running shoes, and how many of us believe that compression tights make us run faster – despite no scientific evidence to support it.

There have been University studies that clearly demonstrate that athletic performance does improve when people believe that they have taken steroids, caffeine or a whole bunch of things referred to as ergonomic aids. Ergonomic aids is a catchall phrase for anything that may:

- Influence the physical capacity of the body
- Eliminate psychological constraints on performance
- Increase the speed of recovery

They may include physical aids, pharmacological aids, physiological aids, nutritional aids and psychological aids.

Why does a placebo work? It depends on our expectations and beliefs because these can, and do, modify activity in the brain. We expect a more expensive treatment to work better, or for a well-known doctor to help us more than some unknown. In fact there is a whole medical industry that some believe is based on the placebo effect. It's called homeopathy. What happens when you go to a naturopath? They are kind, they genuinely care and believe in their work and they offer a solution that they believe in. For the believers it doesn't matter why it works as long as it does!

As pointed out before a placebo effect depends on our expectations and beliefs. If we start expecting workouts to go badly – they probably will. If we expect a certain workout to be incredibly hard, then it probably will be. The converse can also be true and that is what we need to tap into.

While fatigue can result from genuine physical depletion, the feeling of fatigue is actually a battle between your willpower to succeed and your body trying to keep you safe from harm. You can battle through the pain if you believe enough. Certainly glycogen depletion, lactic acidosis etc. matters, but these send feedback to the brain. It's like driving your car, looking at the fuel gauge and deciding to drive more economically because you're about to run out of petrol. That's what your brain does. If you are running low on fuel, instead of showing you the gauge, it tells you, you are feeling pain or fatigue. As you get closer and closer to empty, that warning signal gets stronger. The body is trying to slow us down so that we don't do damage.

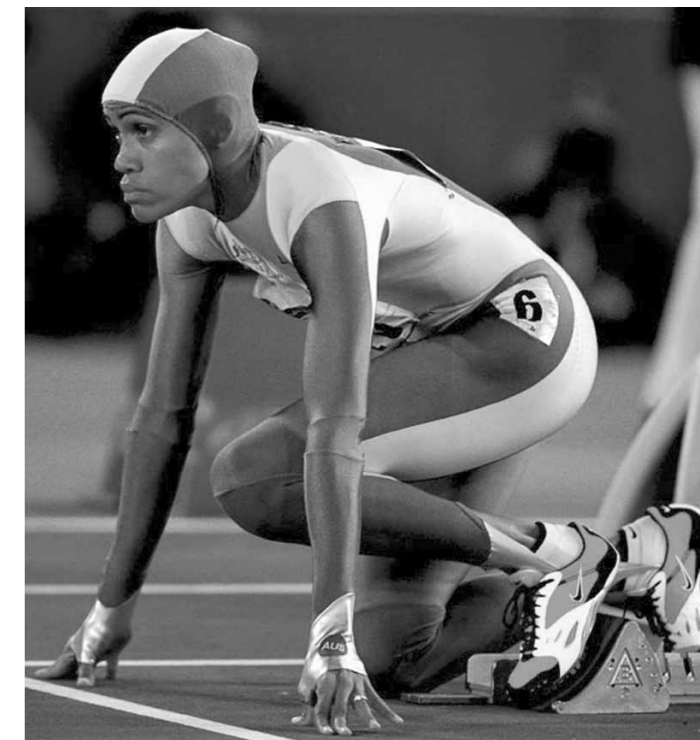
Research at the University of Sunderland (2014) investigated the placebo effect of belief in a performance enhancing supplement on 15 male endurance runners in competitive time trials.

Those who were given a caffeine based drink showed a 1.7 per cent improvement in their performance; however, the results also showed that when they were given a placebo and were convinced it contained caffeine – an identical improvement occurred. If you believe in what you have taken, you run faster.

In another study at the University of Rennes, France, ten elite runners performed 3000m track-running sessions. Using lightweight respiratory gas exchange systems, maximal oxygen uptake and maximal aerobic speed were determined. A second test consisted of running with drafting for the first 2000m of another 3000m.

Performance during the opening 3000m was significantly slower than during the drafting run. However cardiorespiratory responses were not significantly different between the trials although athletes perceived the non-drafting run as more strenuous than the drafting run. While demonstrating that drafting has a significant effect on performance, the effect could not be explained by a reduced energy expenditure or cardio-respiratory effort. This raised the possibility that drafting may also be a placebo to aid running performance.

Placebo conditioning is nothing more than training the brain. The mind is often stronger than the body - it sets your limits, moods, and feelings. So find something that you can believe in and use it – no matter how wacky it may seem. The placebo effect isn't a trick - it's very real – just wait for it to be listed on the "Banned Substances" list.



Cathy Freeman with her famous 'body suit' at the 2000 Olympic Games

## NZMA Athlete Of The Year Awards 2014



### Men

<b>Sprints</b>	T Guptill
<b>Middle Distance</b>	T McManus
<b>Long Distance</b>	A Prangnell
<b>Hurdles</b>	S Foster
<b>Jumps</b>	D Anstiss
<b>Throws</b>	R Davison
<b>Walks</b>	M Parker
<b>Combined Events</b>	R Johnson

### Women

<b>Sprints</b>	M Peters
<b>Middle Distance</b>	S Gibbs
<b>Long Distance</b>	S Gibbs
<b>Hurdles</b>	-
<b>Jumps</b>	J Hammond
<b>Throws</b>	B Savage
<b>Walks</b>	-
<b>Combined Events</b>	B Savage

### National Colours (95%+ age grade performance)

Margaret Peters, Liz Wilson, Chris Waring, Mike Parker, Sally Gibbs

# Australian Masters Athletics Awards

These awards are presented annually at the dinner function held at the end of season AMA Championships. The awards were based on athletics performances achieved during 2014 and the presentations were made during the Sydney Championships in April. The 2015 award recipients are listed below.

## Sprints/Hurdles:

Gianna Mogentale W50 from NSW was in top form at the World Indoor Championships in Budapest winning a gold medal in the 400m, silver in the 60m and fourth place in the 200m. She set a new Australian record of 26.48s in the 200m and broke the 60m AR three times (8.40, 8.18, 8.17). Gianna won the Champion of Champions Sprint at the AMA Championships for the 7th consecutive year. Gianna excelled at the Oceania Masters, AMA Championships and PanPac Games with six gold medals at each.



## Middle Distance:

Jenny Flynn W60 from Qld won gold at the WMA Indoor Championships in the 800m (2.41.40) and 1500m (5.47.05), setting Australian records in both. She also won the same two events at the Oceania Championships. At PanPac Jenny won gold in four track events including the 800m and 1500m with age grade performances all above 90%.



## Distance:

Janet Upcher W65 from Tasmania won the 5000m and 10000m at the Tasmanian and AMA Championships in Hobart with best time is 22.43.75 (93.95%) and 46.08.23 (95.47%). Janet also had gold medal performances in the half marathon 1:44.37 (93.43%) and 8000m Road Championships 38.10 (90.10%).



## Walking:

Kelly Ruddick W40 from Victoria made quite an impact on world records when she entered the W40 category in 2013. In 2014 Kelly broke her own WR by over 10 seconds in the 5km with a time of 21.46.68. Kelly won the Victorian Open 5km and 10km events and finished second in the Open Roadwalk Championships in Hobart. She competed for Australia at the World Open Racewalking Cup in China in the 20km (1:34.00) and at the IAAF Challenge Series Event in Mexico where she finished 7th. In 2014 Kelly was the highest ranked Australian female walker in the IAAF rankings.



## Jumps:

Chris Anderson has a long history of high jump behind him from his days in open competition Chris has now entered the M45 category and at the Athletics Western Australian Strive Meeting he set an Australian record of 1.90m.



## Throws:

A very motivated Stuart Gyngell (NSW) entered the M50 age group. Within the first month of the year Stuart set five Australian records, three in shot put, two in discus and one in the throws pentathlon plus a world record in shot (18.63m). During the year Stuart increased his AR in discus two more times with a best of 51.09m.



## Multi Events /Relays:

Geoff Gibbons M35 from Tasmania put together an outstanding decathlon obtaining 6428 points. This was close to the Australian record that Geoff set several years ago when he was nearer the younger end of this age group.



## Administrator / Official of the Year:

Ian Mann from Queensland is one of those behind the scenes administrators who have been a stalwart of Queensland Masters competitions for many years. Ian is the chief operator of the Meet Manager program and makes himself available throughout the season, not just for masters but for all levels of the sport. He has been part of the PanPac Masters Games team, not just during the championships operating Meet Manager but also working behind the scenes in the months beforehand as part of the local organizing team to ensure that a great track and field event is conducted.



Ian's knowledge of Hy-Tek and his ability as a mentor to share his knowledge ensures that he leaves a legacy for others. He not only volunteers his time to Queensland Masters and Gold Coast Masters but to Queensland Athletics, Athletics Australia and the Oceania Athletics Association. Ian is an invaluable asset, not just to masters but to all levels of the sport of athletics. He epitomizes the essence of a great volunteer.

## Outstanding Individual Performance:

Susan Archer W65, from ACT, apart from many other excellent performances during 2014 had a most remarkable achievement at the WMA Mountain Running Championships in Stubai, Austria in September. Susan crossed the line in first position on the tough 7.5km course which had an elevation of 760m in 1 hour 00.49 seconds which was 1 min 22secs ahead of the silver medalist.



## Outstanding Male Athlete:

Neville McIntyre M70 from NSW, like many others from Oceania, had never seen an Indoor Track until he arrived in Budapest for the WMA Indoor Championships. Yet, without any experience at running on a banked 200m track Neville was able to win gold in the 60m and 200m as well as finishing second in the 400m, setting Australian Records in all three events. At the NSW and Australian Masters Championships, Neville won the four sprint events and at the PanPac Masters Games, Neville won three and was placed second in the fourth event.



## Outstanding Female Athlete:

Lavinia Petrie from Victoria continued her record breaking performances in the W70 age group during 2014. In January at the OMA Regional Championships, Lavinia set an Australian record in the 1500m and a world best time for the half marathon 1:37.38. Then later in the month Lavinia set world records in the 3000m 13.07.79 and 10000m on the same day. Two months later at the AMA Championships Lavinia lowered her WR for the 10000m 44.43.27 by 45.46 seconds and set WR in the 5000m 21.34.08. Later that month she set an AR in the mile 6.33.96. Finally, in November, Lavinia lowered her 1500m AR to 6.04.06. This she achieved a day before boarding a plane to fly to Monaco to receive the IAAF Female Masters Athlete of the Year Award.



# World Masters 100km - Doha, Qatar

by Jodie Osborne

The International Association of Ultrarunners (IAU) 100km World Championships for National teams is held annually. The World Masters Athletics (WMA) and IAU have a long history of joining forces in providing ultra events for athletes and the 27th IAU 100km World Championships held on the 21st November 2014 included the WMA 100km Championships. Since I had been selected to represent Australia I decided to also enter the World Masters Championships (W40-44). The event also included the Gulf Coast 100km Championships and an open race.

The journey to these championships was tumultuous. The venue for the 2013 championships were changed twice and then cancelled late in 2013 and a 100km World Championships was not held that year. The 2014 Championships were originally to be held in Latvia but again uncertainly surrounding sponsorship saw the venue changed to Doha, Qatar in the Middle East. It was the first time championships of this nature were held in the Middle East. To avoid the heat of the day the race was scheduled to start at 6pm which meant all participants would be running into the early hours of the morning. Of the 250 athletes participating on the night, 53 were Masters of which 40 finished.

The Australian Team had all arrived by Wednesday and with the race scheduled for Friday evening we spent the days before resting, hydrating and eating. Many of us ventured to the Villagio shopping centre a short walk in the heat. The Villagio featured an ice rink and small river system with Gondola's for hire. Most importantly it had a supermarket where we picked up last minute essential supplies for race day.

It was a relief to finally to be able to race on the day. The race started at 6pm and the weather seemed mild given we were in the desert. Our team captain Brendan Davies gathered the team and we formed a tight huddle, after a few wise words, some encouragement and a tribute to Jackie Fairweather, an amazing Australian athlete who had represented Australia at these very championships who had sadly passed away just a few weeks earlier we were summoned by the organisers to make our way to the race start for the pre-race briefing.

My team mate Nikki Wynd and I had a loose plan to run together and ran more or less side by side for about the first 40km. The course was a 5km loop with some out and back sections that afforded us a good view of those in front and behind us. We saw Brendan on one of the out and back sections and he warned us to 'keep your fluids up, it's humid out here'. We kept an eye on our pace and while I felt it was a little too fast I figured this was the World Championships and since we were able to chat and it didn't feel too hard we stuck with it.

We chatted as we went around and around noting the intricacies of the course. We discussed when Brendan might lap us for the first time and were astounded when the first group cruised past.



Jodie Osborne & Nikki Wynd

Their pace was certainly not sustainable in the conditions and from the carnage later it was clear that many had gone out too fast.

Every lap (5km) I collected something from the Australian crew table. I kept it simple taking a small bottle of icy cold water provided by the race organisers, each athlete was assigned 20 (1 for each lap) and an energy gel, I brought a mixed box of Gu energy gels with me from home. Around halfway through the race I had some iced coffee, which was a treat and took some Gatorade, which was provided on the course but primarily stuck to my gel and water, routine. Downing the gel as I ran along, drinking enough water to wash it down and then pouring the rest of the icy cold water over my head neck and back or shoulders to keep me cool. I alternated the flavour of my energy gel but the order was random as I had simply put my box of Gu on the table and took whatever was handed to me. It was kind of like a surprise each time to see what flavour I would be given. I alternated between Vanilla, Chocolate Peanut Butter, Salted Caramel and Roctane Island Nectar and I didn't tire of them even though I took 18 gels over the course of the evening. I missed one on my first lap a mistake my crew didn't make again and decided it wasn't necessary on the final lap with just under a kilometre to go. Occasionally I took water from the aid tables elsewhere on the course always looking for a frosty bottle, which meant it was cold. There weren't many like that to be found after midnight.

I reached 50km (10 laps) feeling okay. Running on the cobbled road and hard tiles was starting to take its toll. I looked forward to the out and back section of about 1.5km on the road that felt easy.

PHOTO: courtesy Aspire Zone

I remained positive throughout drawing on the support from afar, my family and friends halfway around the world willing me on. I thought of all those messages I had received in the days before. There were cameras on the course, which I believed provided a live feed throughout the night. I tried to smile and look happy each time. I wondered who was up in the middle of the night to follow my progress and if the tracking was actually working. There was a period of time around midnight I think where the number of people on the course seemed to drop significantly. This was before anyone had finished and I wondered if a lot of people had pulled out.

It was easy to keep track of how far you had run, as athletes passed over the timing mat the number of laps completed and time popped up on a large screen. There were always volunteers and spectators milling about providing encouragement that usually lifted me.

As is fairly usual for an ultra the final kilometres are extremely tough. It becomes a mental battle but I was determined to finish it off. From about 80km onwards I walked a little but found it was always painful to start running again so decided I was better off running albeit a little slower. During the earlier laps I had run through the crew table grabbing what I needed, eating and drinking without stopping, later in the evening I used it as a short walk break but always ran off again once I had collected what I wanted spurred on with some encouragement from the crew.

When I ran through the 89th kilometre it crossed my mind that if I was running Comrades I would have been finishing by now. On my 19th lap I saw my team mate Marita on her 20th and final lap. I had expected to be lapped by her in the later stages of the race but I didn't see her until that point. With 7km to go I spotted Nikki again after missing her for awhile. Spotting my team mates lifted me and I picked up the pace determined NOT to be lapped by fellow Queenslander Marita. I managed to run those final 7km putting in a faster last lap.

It was a relief to finally finish the officials at the finish line congratulate me, ensure I am okay make me walk when I all I want to do is lie down. I know it is best to keep moving so I do with some assistance, one of my legs feels like it will collapse but I manage to walk. I spot the massage tent and sense an opportunity to be horizontal and think I would like a massage. Somehow I climb on the massage table and I was tortured for what seems like ages but was glad to be horizontal. I manoeuvre myself off the table and upright and stagger (no exaggeration) out to find my team mates Chris, Andrew and Nikki in the chill out zone not far from the finish line and lie down on the carpet provided. I'm happy to finish but feel overwhelmed and relieved amongst other things.

I finally start to cool down and slip into one of my finisher shirts (athletes were provided with 2 shirts on finishing one read 'participant and the other 'finisher') before making my way back to the crew table and the rest of the team.

By 4:00am or so we are all done and considering how we will cover the 1km or so back to our hotel. We start to walk slowly favouring the ramps over the stairs. Then we spot our captain and a few other Aussies have procured a ride on a golf buggy. They cruise past but we are not forgotten and the buggy comes back for us and

we only have to walk half the way. I am fatigued but not tired, I've consumed quite a bit of caffeine and given the hour it was now about 5:00am we decided that the breakfast buffet at 6:30am after a shower is a good idea. We shower and wait patiently for 6:30am, practically breaking down the doors to get in.

I was hopeful of running a personal best at this event and we all had high hopes going into this event. It was evident that everyone on the team had worked hard leading up to this event. On reflection I am in no way disappointed with my time. A review of my splits will show that I maintained a relatively consistent pace. There were 250 athletes registered to start this event and 57 did not finish. My time is way off my personal best but the conditions, a warm and humid evening, coupled with racing into the early hours of the morning and a course that was tough under foot, meant that for me at least, it just meant toughing it out to secure a team placing.

**The women finish 6th out of 9 federations able to field a full team (3 athletes must finish for a team result) and the men 8th out of 19.**

1st	Ellie Greenwood	GBR	7:30:48
2nd	Chiyuki Mochizuki	JPN	7:38:23
3rd	Joasia Zakrzewski	GBR	7:42:02
27th	Marita Eisler	AUS	8:59:54
31st	Jodie Osborne	AUS	9:24:36
33rd	Nikki Wynd	AUS	9:34:11
41st	Kerrie Otto De Grancy	AUS	10:38:21

1st	Max King	USA	6:27:43
2nd	Jonas Buud	SWE	6:32:04
3rd	Jose Antonio Requejo	ESP	6:37:01
12th	Brendan Davies	AUS	6:56:45
40th	Chris Truscott	AUS	7:46:54
48th	Andrew Heydon	AUS	7:55:36

A link to the complete Masters Results can be found at: <http://www.world-masters-athletics.org/files/results/20141121wma100kresults.pdf>



Opening Ceremony L-R: Robert Boyce (AURA President), Marita Eisler, Chris Truscott, Kerrie Otto de Grancy, Rick Cooke, Nikki Wynd, Andrew Heyden, Jodie Osborne, Brendan Davies (Captain and flag bearer).



# Oceania Moves Towards One Athletics Family

by Bob Banens

Oceania Masters Athletics (OMA) was honoured to be invited by Oceania Athletics to hold the OMA Council and AGM in conjunction with Oceania Athletics Association's (OAA) biennial Congress held at the Gold Coast on 6-8 February 2015.

This first joint meeting provided many of our Pacific Island member federations the opportunity to attend the OMA AGM and learn more about masters athletics in the Oceania region. Similarly it gave OMA Council members the opportunity to interact with delegates from the Oceania member federations (including Australia and New Zealand) as well as a range of athletic and Pacific games dignitaries. These included the IAAF Vice President, Lord Sebastian Coe, the IAAF Secretary General, Essar Gabriel, and a number of IAAF Council and IAAF Committee members as well as the 2014 IAAF Female Athlete of the Year, Valerie Adams. It became apparent during the Congress that the Oceania region although representing less than 1% of the world's population was highly regarded because of the strength of its regional development. This particular Congress had a greater degree of importance, because later this year there will be an election of a new IAAF President – both Sebastian Coe and Sergey Bubka are standing for the IAAF Presidency. The Oceania region is important in these upcoming elections because each IAAF member federation has one vote - thus tiny nations such as Nauru and Palau have the same vote as China or the USA.

## Report from OAA President Geoff Gardiner

In typical Pacific Island style the Congress was opened by a moving sporting prayer by the Fiji delegate. The Oceania Athletics Association President Geoff Gardiner (Norfolk Island) then gave a lengthy and wide-ranging report on Oceania Athletics, the key points of which are provided below:

- Oceania has a very strong voice in the IAAF.
- Oceania owns Oceania House which has in one place the OAA headquarters, its regional development centre and regional training centre - the only IAAF region that owns such an integrated centre.
- The IAAF Strategic Plan requires all regions to develop their own strategic plan – the OAA already has a Strategic Plan which will be used as a template for other IAAF regions.

- The Oceania development plan (coming out of the strategic plan) has addressed the isolated nature and challenges of travel (and costs) in the Oceania region through the concept of subregional hubs for athletics competitions. Oceania Championships will be held every 2nd year with sub-regional competitions Micronesia, Polynesia and Melanesia – being held in alternate years.
- The concept of an Oceania-Asia circuit for athletics (cf. Diamond league) is being explored.
- Oceania women have strong roles in both OAA and IAAF Committees – achieved on merit not quotas.
- Geoff also noted that the IAAF was seriously investigating the allegations of systematic doping in Russia and Kenya, that the IAAF had established a new Ethics Committee and that an IAAF Code of Ethics had recently been released that applied to everyone involved in athletics activities.

Four yearly elections resulted in Geoff Gardner being returned as the OAA President and with Council members from Australia, French Polynesia, Guam, New Zealand the Northern Marianas Islands and Palau.

## Other Reports

The Congress included a range of reports on significant upcoming athletic events namely the:

- IAAF World Athletics Champs to be held in Beijing on 19-30 August 2015
- Pacific Games to be held in Port Moresby Papua New Guinea on 4-18 July 2015
- Gold Coast Marathon and half marathon to be held in the 1st week of July 2015
- 21st Commonwealth Games to be held on the Gold Coast in 2018

Although no formal reports were presented the following events are also on the athletics calendar:

- Oceania Region Track & Field Championships to be held in Cairns, Qld 8-10 May 2015
- Oceania Masters T&F Championship to be held in Rarotonga, Cook Islands 5-10 October 2015 (a progress report was provided at the OMA AGM)



The OMA Council with the IAAF Vice President, Lord Sebastian Coe from left Mike Weddell, George White, Wilma Perkins, Bob Banens, Lynne Schickert, Sebastian Coe, Hazel McDonnell (AMA), Bob Schickert and David Lobb

- Micronesian sub-regional athletics championships to be held in the Federated States of Micronesia on 22-24 June 2016
- Polynesian sub-regional athletics championships to be held in Tahiti on 8-9 April 2016
- Melanesian sub-regional athletics championships to be held in Suva, Fiji 7-9 July 2016

## OAA and OMA working together

As part of OMA's strategy to promote and encourage participation in masters events in the Oceania region, OMA in collaboration with OAA has arranged for a number of masters events to be held as part of these athletics championships. However, because of limited participant numbers, such masters events are usually conducted as a single group, with age-graded percentages determining the place getters.

## Funding – Andrew Minogue

The marketing presentations at the Congress also included a range of diverse topics several with direct relevance to masters athletics, including funding of events; elements of a great competition; and event promotion and publicity amongst others.

Andrew Minogue, Executive Director Pacific Games Council, gave an interesting talk on Funding. He noted that many athletic championships and games in the Pacific relied too heavily on government funding and grants, and that there should be a greater focus on other money sources such as sponsorship, fundraising, merchandising and investments. He talked about branding, and the use of communications for different target audiences using a range of tools and mechanisms including social media, and that such communication should be before, during and after the event.

Andrew emphasised the importance of a strategy that identified step by step the sponsorship process, such as negotiating fair market value sponsorship packages that identified what sponsors would receive. These included printed acknowledgement, announcements, accreditation, signage, athlete access etc to encourage future return sponsorship.

### Great Competitions – Bill Bailey

Bill Bailey, an OAA Life Member, gave an informative presentation on What Constitutes a Great Competition - something that has relevance to all championships including masters. He systematically worked his way through the aspects and requirements of a competition, starting with a suitable date and time and an appropriate venue that provides all the required facilities, such as warm-up areas, ancillary rooms and spectator facilities. Bill identified the need to use star athletes and media favourites together with an intelligent timetable that ensures that local heroes and events are distributed throughout the program and the arena. He emphasized that sessions should be short and sharp with no non-action periods, and that the event should finish on a high note. Bill also identified the value of knowledgeable, appreciative and vocal spectators and the importance of keeping them informed of events, progress and performances of star athletes. Underlying all this should be an effective management structure that includes a Local Organising Committee focussed on what needs to be done to deliver the event; and an implementation team that delivers the technical and support aspects of the event on the day. Competent, trained and supportive technical officials and support personnel and volunteers were also identified as being essential for an outstanding competition. Bill's presentation was insightful, although it focussed solely on the competition. However, my experience is that supporting formal and informal functions and activities associated with a championship can provide the athletes, officials, sponsors and others with a great championship and a memorable experience.

### Media Coverage – Cody Lynch

Cody Lynch, from Athletics Australia, spoke on how to improve competition media coverage. One of the key elements she identified that could be relevant to masters championships was live-streaming an affordable, accessible on-line broadcast that requires few staff, a HD handcam, the internet and YouTube. Cody noted that it provides the ability to control content, can include pre-recorded material, sponsors messages, encourages growth via a social media platform, and furthermore provides a mechanism for monitoring viewing and use. The challenge for live-streaming an event is getting a large audience. The live-stream could be promoted through provision of some footage to TV, advertising the

event on TV, radio and in the print media. While email databases and social media can also be used promote the live-stream event – which is typically accessed via a link on the event or organisation website.

### Track Maintenance – Shaun Guido

Shaun Goudie, from Polytan Asia Pacific Pty Ltd, gave an illustrated and informative talk about artificial track maintenance. In brief his key points were: keep the track drainage system clean and effective; protect the track from heavy vehicles; use barriers to protect lanes 1 and 2 during training; only allow pyramid spikes; only allow sprint training on the back straight; and provide signage to inform track users about the issues and requirements regarding track use. Where damage, bubbles, delamination or tears occur these should be assessed and repaired promptly by a qualified and experienced technician in consultation with the manufacturer. Shaun's nightmarish picture of a massive 1 metre high bubble extending across all lanes of the track as a result of blocked drains and flooding would have been a wake-up call to any facility manager.

### Working Towards One Athletics Family

To me the jointly held OAA and OMA meetings and informal dinners were a great success in improving communication, confidence and trust between the two bodies, and a large step towards one Athletics Family at the Oceania level. The fact that Yvonne Mullins OAA Executive Director sits on the OMA Council has greatly facilitated this closer interaction. I hope that these joint meetings will continue, and will ultimately result in even closer ties, and that interactions between the two organisations will be more relaxed and substantial.

### Summary

In summary the OMA Council members as Congress observers learned a lot about OAA activities in Oceania region, some key issues regarding the IAAF, experienced the knowledgeable, talented and enthusiastic island delegates, interacted with some key athletics personalities including the possible future IAAF President Sebastian Coe, as well as listening to some informative presentations that related to our sport.

The OMA AGM (see minutes on OMA website) has never had such diverse representatives from island nations all over the Oceania region, and provided us an opportunity to inform them about the our organisation and its activities and the coming Oceania Masters Championships in Cook Islands. We provided those present with the OMA Handbook and OMA Championship Manual, and trust that they know a little more about masters athletics and its organisation in the Oceania region, and will foster masters participation in their organisations.

# “Age Shall Prove No Barrier In The Pursuit of Excellence”

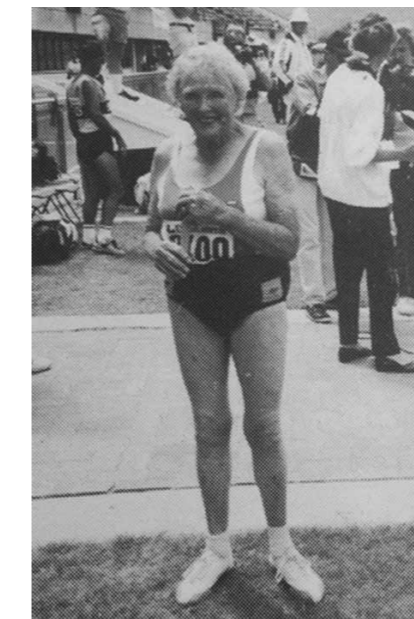
Extract from book by Mike Hall - published with permission

## Ruth Frith O.A.M. (Queensland)

When the question of which athlete I would begin with in this book, there was no hesitation on my part. It just had to be this remarkable lady Ruth Frith, whose longevity in Australian athletics has arguably no equal.

Born in August 1909 in Goulburn (NSW) Ruth married Ray in 1930, and due to his position with the Federal government travelled extensively around Australia, before settling in Sydney, where she became a founder member and president of the New South Wales Veterans Women's Club, before the subsequent amalgamation with the men in 1979.

This was the catalyst for a career in Masters Athletics stemming almost thirty-three years. Serious competition for her began at the fifth world games in 1983 at the ripe old age of 75, where she became world champion and national record holder with her gold medal in the shot-put (6 mts 31).



Over the following twenty-nine years, she amassed a staggering forty-eight world records in events including, triple jump, long jump, discus, shot-put, hammer, javelin, weight throw and weight pentathlon, the latter involving five throwing events. During the same period, she also established an amazing sixty-five Australian age-group records, many of which are still unbeaten and will remain as such for many years to come.

August 1999 saw this amazing lady reach yet another milestone, a new W 90 age group. With, as always, constant encouragement and specialised coaching from daughter Helen (Searle), herself a Masters world record holder, Commonwealth and Olympic Games representative.

Ruth began a truly remarkable decade in which she established no fewer than thirty-five world records in all her throwing events. In October 2009 at the World Masters games in Sydney, she was the oldest female competitor, at one hundred years of age, and in typical fashion refused to let the advancing years become a barrier in her continual pursuit of excellence.

She then claimed a further six world records up until the ripe old age of one hundred and three. She last competed in the 2012 Oceania Championships in New Zealand, where once again she excelled by winning the hammer throw in 9 mts 64, further than even some younger age groups! However, these games were to signal the end of a remarkable athletics career, as on her return to Queensland her medical team advised Ruth to cease competition, but continue exercising, which she did religiously at almost one hundred and five!

Among the many awards for her service to sport, Ruth received over the years they have included the Order of Australia Medal in 1994. The Australian Sports Medal in 2004, Services with the indigenous Communities in the Northern Territory in 1953. To finally say this amazing lady, for so many years was not only a role model, but also an inspiration to all of us involved in Masters Athletics.

## Vale Ruth Frith

At the time of writing, we are sad to bid farewell to this remarkable lady who peacefully passed away in recent weeks.

# Wellington

by Michael Wray

The night of miles took place in good conditions in December and our masters were in good form, competing in various events amongst younger competitors. Petra Stoeveken, Gary Rawson and Mark Macfarlane performed particularly well in the sprints; Helen Willis and Jonathon Harper ran in the under-16s 800m; Bill Twiss, Kevin Pugh, Brendon Thompson and Tony Price competed towards the head of the male field in all-comers mile, while Michelle Van Looy and Anne Hare did the same in the women; Michael Wray held his own to claim a few scalps in the elite mile; the one mile walk event was dominated by senior CWG representative Quentin Rew, where Sean Lake and Jacqueline Wilson were the first masters.

The Centre 10,000m Championships were held at Newtown Park in late January, with the masters competing alongside the Athletics Wellington Champs. Only two master's men entered: Grant McLean and Bill Twiss. Grant withdrew after approximately 8000m, leaving Bill to claim the title. Victoria Humphries stayed ahead of Michelle Van Looy for the women's title.

The 3000m Champs were held in Masterton in late February, once again with the Athletics Wellington titles. Many found the timing a little off-putting, so close to nationals, which meant numbers were low. For the women, it was a repeat of the 10,000m race: Victoria Humphries finishing 40 seconds ahead of Michelle Van Looy for the women, Bill Twiss running uncontested for the men.



Wellington Masters Athlete of the Year: Judy Hammond (with Michael Wray - Wellington Masters President)



Jacqueline Wilson recipient of the Noeleen Perry Memorial Trophy

A week before the 3000m, the remaining track and field champs were held over two days. Many of our athletes who were about to head up to Tauranga for the NZMA Champs used them for their final warm-ups. There were a couple of exceptions: Michael Wray and Terri Grimmett took a break from their regular events to give the steeplechase a go. Neither were very good!

At the other end of the scale, Wellington recognises the highest age-grading score in any single event across the Centre Champs. This year the top man was Gary Rawson, scoring 92% in the 60m dash and the top woman was Judy Hammond, with 94% that also came from the 60m dash.

Our female walkers contested a new trophy. Bruce Perry has established the Noeleen Perry Memorial Trophy, to be awarded to the female walker with the highest age-grade in the 3000m track walk. Jacqueline Wilson is the first person to win this award.

Judy Hammond won the Wellington Masters Athlete of the Year. Her four medal winning performances at the World Masters Indoor Championships in 2014 were the clinching factor in a year where two very strong nominees featured.

PHOTOS: Sharon Wray



Gary Rawson achieved the highest age grade at Wellington Centre Champs with 92% in the 60m



The walkers Wellington contingent of Geoff Iremonger (1st M65 3000m and 10k), Bob Gardener (1st M60 3000m and 10k), Daphine Jones (1st W70 3000m and 10k) and Jacqueline Wilson (1st W65 300m and 10k)



Most of the Wellington Masters contingent in Tauranga



Petra Stoeveken in the 200m sprint at the Scottish Night of Miles



Sean Lake competing in the 1 Mile walk



Bob Stephens and Michael Browne lining up for the popular Spiral handicap race

# Britain

by Bridget Cushen

The annual British & Irish Masters International Cross-Country was held in Wollaton Park, Nottingham, on 22 November in mild weather and soft going following heavy overnight rain. This is the only event where each of the seventeen different age groups teams are selected and, in the case of the younger age categories, heavily oversubscribed by runners keen to represent England, Scotland, Wales, N. Ireland or the Rep. of Ireland at their own expense. An M75-plus and a W70 category were included this year.

Women and men 65-plus run together over 6km, the others 8km. England's Claire Martin, a previous winner of four successive W35 individual titles and now just into the W40 group, led the field home and the W40 England team to victory over a familiar course as she won the Midland senior and ran in the Inter-Counties titles here previously. Helen Berry only made the team as second reserve but called into action on the day, the Fell runner excelled in the heavy going coming in just 7sec after Martin. A delighted Louise Rudd, 2nd in the WMA Indoor 1500m in March and only days short of her 40th birthday, sprinted home 3rd to take the W35 race for England and N. Ireland got a surprise bronze from W35 Sharon Barlow. Julie Biggs had a comfortable 19sec lead over former European marathon champion, Nikki Nealon, in the W45 group but the W50 individual title resulted in a fierce battle between the defending Scot Fiona Matherson and Clare Elms and as in the WMA Indoor in Budapest, Clare emerged the faster. England did not quite dominate all the women's team titles as Carmel Parnell successfully defended her W55 individual title, leading Ireland's team to victory. The W60 race went to Marian Hesketh and Angela Copson continued her unbeaten W65 streak. W70 Betty Gilchrist won the inaugural W70 race for Scotland. M65 hardy perennial Terry Eakin won N. Ireland's only gold and 8sec behind four men could not be separated at the finish in the rush over the line; the Rep. of Ireland won the team award. Prolific racer Martin Ford notched up his third consecutive M70 victory leaving Robert Young, Scotland, and Welshman Gordon Orme to pick up the minor individual medals. Stalwart Bingley Harrier Fred Gibbs deservedly wrote himself into the record books as the first M75 winner from another name from the past - Jim McNamara of Ireland.

In the second race M50-64, Tyneside man Guy Bracken was keen to win a major title following his bitter disappointment after dropping out of the European M50 10,000m in Izmir unable to cope with the heat, here he bolted into the lead but Thames Hare & Hounds Ben Reynolds kept within striking distance over the first three laps before making a decisive surge opening up a 4sec lead that Bracken was unable to close. Rob Atkinson successfully defended his M55 crown and although Ireland's Jim Stafford and Ifan Lloyd in the Welsh red vest got silver and bronze, with evergreen Andy Wetherill and Richard Drage closing in, England retained the team title. Scotland had to wait to the M60 age group to get their first team gold when Frank Hurley and Andy McLinden got 2nd/3rd behind Paul Elliott, Ireland.

In the final race M35-49, with many donning their first international vest, England dominated the individual titles, led by sub4 minute miler Matt Barnes who also has a sub 14-minute 5000 to his credentials, his 13sec win gave England the M35 team title for the first time from the holders Ireland, by just one point. Chris Greenwood came in second to retain his M40 crown but footballer turned very successful cross-country runner Tim Hartley, who won his race last year, struggled in 6th place but retained his M45 title.

## Indoor Racing

The South West Veterans held their Senior Indoor Championships in the Cardiff University track on 11 January. Kicking off his season over 200m were M45 Chris Millard 25.40sec, M60 Ian Broadhurst with a 27.22sec and M65 Barry Williamson 30.47sec. Ian Allan cleared 5.55m in the 45 LJ and Prof. Tony Crocker reached 7.38m in the M75 TJ. David Oxland travelled down from Notts. for the Open 800m winning the M60 in 2.22.72sec and W65 Pat Gallagher also won in 3.17.19. In a mixed 3000m M60 David Bedwell ran 10.23.07sec. Amanda Wale won the W40 LJ 4.40m Up in Sheffield, Louise Rudd, now a W40 had to run 4.38.05 to win a B-string 1500, faster than her 4.40.45sec at the WMA Championships in Budapest. Also in Sheffield at the Northern AA Championships on 17/18 January, European M35 400m champion Lawrence Baird raced 50.74sec. M55 Steve Smith 1500m (4.40.63) and M45 John Nicholls reached 13.84m shot.

In the Midlands Open Indoor meeting W60 Caroline Powell and W55 Jane Horder started their European Indoor in Torun campaign. Caroline finished 5th (9.07sec) over 60m won by W40 M. Thomas 8.32sec. and Jane took the 60mH in 10.11sec. M40 Joe Appiah clocked 7.50 over 60m and 8.80sec for 60mH in Lee Valley, North London on 4 January. At the same meeting W60 Helen Goodsell who has now returned to sprinting after experimenting with road running, ran 60m in 8.91sec. At the Southern Senior Championships, W35 Lesley Owusu, a former international, clocked 59.49 over 400m and a 26.59 200m.

In Glasgow on 4 January, M50 Guy Bracken held off his younger challengers to win a 3000m in 9.06.15 from M45 S. Allen (9.10.94), M40 G Barrie (9.11.23), Preston H. M55 Steve Smith finished 8th in 9.56.26sec. Mixing in with the U20/U15 lads and lassies, two of Scotland's most durable Masters, M70 Peter Cartwright ran 11.59.30 and Robert Young 12.10.49sec. South London clubs held some limited events in the Indoor Hall at Sutton, Surrey. The pole vault attracted good entries with Theresa Eades clearing 2.50m, the same height as won her the W55 European title in Izmir last August. M50 Alan Leiper cleared 3.50 and M60 Alan Williams soared over 3.30m



British M45 sprinter Scott Dorset, now living in Auckland and competing at the New Zealand national championships in Tauranga

PHOTO: John Campbell

# Auckland

by Alan Dougall

Our thanks and congratulations to Murray Clarkson and his WBoP team for organising a well-run NZMA national championships in Tauranga (27 February to 1 March). Of particular note was the very professional presentation of the programme and innovative statistics summary. Those athletes awarded medals could not help but be impressed with the size, substantiveness and design of the medals.

## NZMA Athlete of the Year (2014)

Congratulations to the following Auckland athletes who received NZMA Athlete of Year awards for 2014:

- Margaret Peters (Sprints)
- Trevor Guptill (Sprints)
- Ron Johnson (Multi Events)
- David Anstiss (Jumps)
- Mike Parker (Walks)
- Alistair Prangnell (Middle distance)

Also achieving NZ Colours were:

- Chris Waring
- Mike Parker
- Margaret Peters



Friena Sands

## Auckland Masters Championships (8 & 15 February)

This was a very well supported event with 63 entries across the two days of competition.

The following new AMA records were set:

Judy Stewart (W65)	5,000m; 10,000m
Steven Hargreaves (M45)	400m
Meghann Stewart (W50)	400m; 800m
Alaric Fernandes (M30)	60m; Triple Jump
Ron Johnson (M80)	60m

## New Zealand Masters Championships (27 February - 1 March):

Auckland was represented by 43 athletes (12 women and 31 Men) who performed admirably with a collection of: 76 Gold, 48 Silver and 23 Bronze medals.

Two NZMA records were set by:

John Lester (M70)	60m: 9.15s
Ron Johnson (M80)	Pole Vault: 1.60m



Fuzzy Maiava



Lusía Puleanga



Mark Cornaga



Tuariki Delamere



Seelan Ramiah



Jamie Halla

Several more AMA records were broken by:

John Lester (M70)	100m
Tui Ashe (W60)	80m Hurdles
Judy Stewart (W65)	1500m
Meghann Stewart (W50)	800m
David Anstiss (M65)	High Jump
Ron Johnson (M80)	Discus

## AMA v WBoP Challenge (8 March)

This was hosted by Auckland this year at the newly resurfaced AUT Millennium Stadium. The competition was hotly contested, but once again Waikato prevailed by a single point. This contest has been running for four years now with Waikato coming out on top each year.

## 2014/2015 Summary

This has been a very positive season for Auckland Masters with 30 new members joining up.

Although losing a few members, this has been our best season for numbers since we held the Nationals three years ago.

New initiatives have included a "Newbee's Day" at the start of the season, by seeking interest through the use of Facebook. The setting up of a Strategy Planning Subcommittee has helped to grow membership as we head towards the World Masters Games in Auckland in 2017.

At the end of last season we lost, due to retirement, three of our most senior officials, including our starter. It has been very gratifying to have a significant number of members respond to the call to seek an official's qualification, and existing officials seek and obtain higher level qualifications.

Larger than usual numbers have attended our seven official meetings this season in what has generally been a very fine summer.

We will have a busy off season preparing to host the North Island Championships in November 2015. In late June, we are also hosting a new initiative on behalf of NZMA, an indoor meeting at the AUT Millennium stadium, Mairangi Bay, for the first time. This will also be an opportunity for those heading to the WMA championships (August) in Lyon to stretch out.

PHOTOS: Paul Campbell

# Northland

by Delwyn Smith

## NMA Championships

Our annual championships were held on Waitangi Day again this year, continuing a long-standing and popular tradition for the club of getting together on this day each year for some friendly competition. This year our pentathlon championships (weight and T&F) were also run on the same day.

Weather-wise it was certainly a day of all seasons this year, to be either enjoyed or endured! We had the full range of weather elements from sunshine to cloud, showers of rain and even a couple of strong wind gales. Luckily none of the tents took flight during the latter! But despite the varying weather, we had a great turnout of competitors and were delighted to welcome visitors from Auckland, Waitakere, Tauranga and Hamilton.



PHOTO: Bob Crooke

NMA members at the national champs in Tauranga



PHOTO: Justin Smith

Start of the mixed 1500m at NMA champs

It was a very full programme with the inclusion of the pentathlons and made for a busy day for competitors and officials alike, but everyone seemed to enjoy themselves with some good performances posted. The afternoon tea at the conclusion of the day was an enjoyable finish and a chance to relive each event with fellow competitors – not to mention the scrumptious food on offer! Our grateful thanks to the organisers, officials and helpers on the day, without whom such events could not occur. Thanks also to Justin Smith who once again took some fabulous photos of the day.

## NZMA National Championships

The national champs in Tauranga this year were close enough geographically (only a five hour drive) for NMA to have a strong contingent of 12 members attending and competing in various events. Given our small membership numbers at present this represented almost half our club! So it was great to see the Northland blue singlets making frequent appearances throughout the weekend.

If 1 March heralded the end of summer, this certainly wasn't evident in Tauranga over the course of the championships; it was an absolute scorcher! Loads of sunshine on offer, to the extent that most were seeking shade under tents or trees at some point during the weekend.

A great job by WBOP Masters in hosting a successful championships meeting. From all accounts it was an enjoyable weekend for all and great to once again renew friendships with those further afield, swap competition stories and relive events with fellow athletes.

NMA members performed very well overall and collectively as a club we came home with 25 gold, 11 silver and four bronze medals, not to mention one New Zealand record and 12 Northland records (all subject to ratification of course). Not bad for the small club in the North! Well done everyone!



PHOTO: Justin Smith

Val Babe in the weight throw at NMA Champs

# Waikato/Bay of Plenty

by Ray Laurie

Activity in our area, has been much greater than usual since the Christmas break for not only have our athletes had the Waikato/BOP Masters Championships and the Trophy Day in which to compete, the area also hosted the the NZ Masters Championships. Some have also travelled to Wanganui for the NZ Masters Games. With the exception of the Masters Games, this has involved a considerable amount of work for the committee led by Murray Clarkson and they are to be congratulated for having carried this through so successfully

In addition, Porritt Stadium had been closed for renovations, and now both the track and throwing areas are in near new condition. In the case of the hammer cage area, the circles are fronted with artificial turf, bordered by a concrete strip. Thought has even been given to providing portable rubber strips to lay on the concrete when in use. This wisdom was demonstrated when an 11.34kg weight hit the cage, bounced on to the protective rubber strip, making a small split, but leaving the concrete intact. Planners take note.



PHOTO: John Campbell

Mark Grey (WBP) competing in the 3000m track walk at the NZMA championships at Tauranga

The area championships drew out many fine performances, with seven age corrected results over 90% and a further twenty three between 80 and 90%. The ninety percent achievers were Bruce Solomon (M50, 60m and 100m) Sheryl Gower (W65, 60m), Sally Gibbs (W50, 1500m and 5000m), Steven Te Whati (M50, 60m), and Stephen Burden (M55, 60m). In addition, the overall results indicate that nine Waikato/BOP records may have been bettered.

The last competition prior to the NZ Masters Championships was the popular Trophy Day which was held at the Porritt Stadium. This meeting which draws visitors from other centres, limits competitors to four events and requires that of their four events, entrants must have at least one track or one field event; thus pushing most athletes out of their comfort zone.

The trophy winners were:

- Cuthbertson** female overall points: Sheryl Gower (322.4).
- De Bell** male overall points: Stephen Burden (330.3).
- K. Woodhead** female 400 metres: Chris Waring (86.4%).
- A. Woodhead** triple jump: Stephen Burden (74.3%).
- Gower - female** 800m: Tui Ashe (77.7%).
- Gower - male** 800m: Graeme Adams (81.2%).
- Mary Hamilton** female visitor overall points: Chris Waring (295.6)
- Ted Hamilton:** male visitor overall points: John Lester (278.7)
- Waikato Men's Field** - javelin: Peter Crawford (53.5%)
- Waikato Women's Field** - shot: Jill Sherburn (61.7%)

A measure of the quality of the overall points winners can be found by dividing the overall points by four to see the average percentage per event.

One of the highlights of the throwing events was a weight throw by Fuzzy Maiava of 15.01m.

This is remarkable as Fuzzy is a virtual beginner at this event and is not to the stage of using a turn. The other highlight was that of Marcia Petley, who with a weight throw of 7.14m in the W85, achieved a percentage of 89.5%; a figure seldom seen for NZ throwers.

# Taranaki

by Vicky Jones

It's been an eventful track and field season in our neck of the woods, and as the season is fast coming to its conclusion, competition is heating up with championship events coming thick and fast. It has been fortunate that all these events have been held under ideal weather conditions – clear, calm and in the cooling off of day's end.

Masters athletes competed as part of the Senior Taranaki Championships held on Friday 20 February, with members making up a large proportion of the event's fields, as well as doubling up as officials.

Other events, like the 5,000m, 10,000m, 5,000m walk and weight throw have been held over a series of Egmont Athletics club nights. The 5,000m Taranaki Championship race was held on 3 February, with Alan Jones, Neil Phillips, Brian Warren and Mike Morrese taking part. Brian Warren and John Payne flew the Masters flag in the 10,000m held on 6 January.

The 5,000m walk on 10 February provided arguably the most exciting race, with the field made up almost entirely of masters athletes, with all producing excellent performances which included personal bests and some records. Eric Kemsley bettered his own M60 record by 1 and a half minutes, while Katie Tahere-Morrese and Sue Park broke records in the W45 B grade and W70 grade respectively. Vicky Jones set a personal best by 1 and half minutes, while John Payne managed to hold off a strong challenge from Dave Barrett in the M65 grade, with only about 8 seconds between them.

## TET Athletics Taranaki Championships, 20/2/2015

<b>110m Hurdles</b>		
M65	Des Phillips	23.81

<b>100m</b>		
W40	Sandra Morratti	21.32
W45	Katie Tahere-Morresey	15.75
W60	Lynne Mackay	18.05
M45	Dennis Gibbon	15.83

<b>200m</b>		
W40	Sandra Morratti	49.08
W45	Katie Morresey-Tahere	32.83
W60	Lynne Mackay	38.83
M45	Dennis Gibbon	32.45
M65	Des Phillips	33.11

<b>400m</b>		
M45	Dennis Gibbon	75.02
M65	Des Phillips	73.69

Championship events held on other nights:

<b>10,000m (6 Jan)</b>		
M65	Brian Warren	41.27.65
	John Payne	53.40.17

<b>5,000m (3 Feb)</b>		
M55	Neil Phillips	20.23.27
M40	Mike Morresey	19.42.87
M65	Brian Warren	20.08.04
M70	Alan Jones	25.47.44

<b>300m Hurdles (10 Feb)</b>		
M65	Des Phillips	56.06

<b>3,000m Walk</b>		
W35	Vicky Jones	22.06.17
W40	Sandra Morratti	20.57.43
W65	Marlene White	20.05.11
W70	Sue Park	24.04.99

<b>800m</b>		
M45	Dennis Gibbon	3.03.96
M55	Allan Thomas	2.34.08
M65	Des Phillips	2.44.34
	Brian Warren	2.50.63

<b>1500m</b>		
M55	Allan Thomas	5.34.24
M65	Brian Warren	5.59.48

<b>5,000m Walk (10 Feb)</b>		
W35	Vicky Jones	37.56.53
W45	Serena Coombes	32.31.78
W45(B)	Katie Tahere-Morresey	34.20.47 (r)
W70	Sue Park	41.26.80 (r)
SM	Mike Morresey	26.17.68
M60	Eric Kemsley	27.37.56 (r)
M65	John Payne	35.26.95
	Dave Barrett	35.34.35

Field events have also been well supported by members, with the likes of Trevor Suthon showing how it's done at 80-plus years old in his specialist throws disciplines at club and regional levels.

<b>Weight Throw (17 Feb)</b>		
W40	Sandra Morratti	5.81m
W60	Vicky Adams	7.76m
	Lynne Mackay	7.25m
W70	Sue Park	5.76m
M45	Dennis Gibbon	8.18m
M65	John Payne	7.57m
M80	Trevor Suthon	5.20m

<b>Shot Put</b>		
W45	Sandra Morratti	6.45m
W60	Vicky Adams	5.97m
	Lynne Mackay	4.53m
W70	Sue Park	4.60m
M45	Dennis Gibbon	8.32m
M80	Trevor Suthon	4.08m

<b>Hammer</b>		
W45	Sandra Morratti	17.75m
W70	Sue Park	6.02m
M45	Dennis Gibbon	22.36m
M80	Trevor Suthon	10.75m

<b>High Jump</b>		
M45	Dennis Gibbon	1.31m
M65	Des Phillips	1.25m

## Wells Half Ironman/Half Marathon/7km Walk/Run, 7/2/2015

Outside of track and field, a handful of members competed in the Wells Ironman/Half Marathon with 7km walk/run - and all were walkers! Eric Kemsley took out the half marathon walk, while Serena Coombes, Katie Tahere-Morresey, Sue Park and Mike Morresey competed in the 7km walk, with Mike winning and Serena first woman home placing second overall. A very good effort by all involved.

<b>Half Marathon</b>		
M60	Eric Kemsley	2.01.09

<b>7km Walk</b>		
W45	Serena Coombes	46.12
	Katie Tahere-Morresey	51.06
W70	Sue Park	56.46
M40	Mike Morresey	40.40

## NZMA Track and Field Championships, 27/2/2015-1/03/2015

Taranaki was well represented at the national championships held in Tauranga. The weather came to the party with hot, sunny conditions and the programme ran smoothly. Credit to the organisers for choosing a beautiful setting for the 10km road walk - a great way to watch the sunrise. Competition wise, Des Phillips and Brian Warren acquitted themselves notably with a strong challenge in the M65 800m (a particularly strong grade) to give Taranaki silver and bronze for the event. Brian also ran a strong 5000m to comfortably beat his competition, and Des Phillips impressed in his 300m hurdles race coming through to finish strong and win comfortably straight after contesting the 800m. In almost every event contested by our members, Taranaki colours flew proud on the dais, with everybody coming away with a great swag of medals, making it a highly successful outing – and a great way to cap off a long, hot, track season!

# Canterbury

by Andrew Stark

For the fourth year in a row, we continue to hold our track & field meetings at Rawhiti Domain. Being in an eastern suburb and built on sand, during the middle of summer the in-field looks like a desert. Fortunately with the help of the QEII groundsman and irrigation, the track is looking mostly green but a bit patchy.



PHOTO: Andrew Stark

Throwers waiting by the hammer cage of the dried in-field

For the second season, CMA members have joined in the open Saturday interclub competition and as a result we offer our members more opportunities to compete than we previously did when holding CMA only meetings. We have retained three stand alone CMA meetings, these being the opening, pre-Christmas & closing meetings). Lack of numbers attending these meetings is a concern, but those that do attend enjoy the gathering as they are always followed by a social.

## New track

Late last year, the Christchurch City Council's Nga Puna Wai Sport Hub concept plan was presented to the public for consultation. Submissions for and against building the facilities on this site were required by law as the use of the land was changing from what it was intended for, i.e. an open green space, with little or no buildings on it.

This consultation process was completed in mid December. In late January all those who lodged submissions could speak about their submission in front of a Council committee if they wanted to ... which I duly did, presenting why CMA and NZMA supported the change to the use of this open space to become a sports hub area.

Of the submissions received, 90% were in favour of the Sports Hub. At the hearing I raised the following points about how CMA has been affected by the loss of QEII.

1. Membership continues to drop, with now only 60 members, down 62% from our 2010 membership figures of 160. 43 of these members have competed at least once during the season.

2. Only 6% of club registered masters athletes who raced in the Canterbury cross-county or road championships have raced on the track this season. They prefer to race in a 5km road race series instead.
3. In the season prior to the earthquake, 28 Canterbury Masters athletes broke 88 records, 41 were track records broken while competing at QEII. This season 3 athletes have broken 5 records! Only two while competing on the grass track at Rawhiti Domain.
4. We cannot host a South Island or NZMA Track & Field Championship event within Christchurch.

At a full Christchurch City Council meeting held on 12 March 2015, councillors voted on the Sport Hub concept and it has now been confirmed that the project is to go ahead. The Council has committed \$7 million for the first stage, with the building of an athletics track being the first project they will undertake. Initially it will be just a track, equipment shed and photo finish facility that we will have, but it is a start.

## CMA Championships

This year we held our CMA Track & Field Championships over two weekends, during the Saturday Interclub competition, with 33 athletes taking part over the two days. Following the second day, we held a BBQ for our members and the Athletics Canterbury Track & Field officials. Once we have a new track, we will look at the possibility of holding our CMA championship events over the same weekend as the under-age & senior Canterbury Championships, if it fits in with our season.

During the season we had very few CMA records broken, which is a reflection of the lack of opportunities for the track athletes, unless they travel to an event outside of Canterbury. Our most successful competitor this season has been Rick Davsion who has broken the records for the M65 hammer and discus. He was rewarded for his efforts by receiving the 2014 NZMA Thrower of the Year Award, presented at the NZMA Championships in Tauranga.

Congratulation most also go to Iris Bishop who attend her 41st NZMA Championships, therefore continuing her unbroken run of attending all NZMA Championship since they first started. For more information about what's going on in Canterbury, visit our website via the link on the NZMA website.

# Tasman

by Derek Shaw

## 2015 NZMA Track and Field Championships

A team of six Tasman Masters athletes had a successful campaign at these championships in Tauranga. Although well used to the sunny weather in the top of the south, we did find the Bay of Plenty temperatures an added factor. Despite the heat all members managed to win medals in all their individual events and as a result collectively took home a total of 17 medals – 8 golds, 6 silvers and 3 bronzes.

Making their debuts at the champs were a couple of Marlborough athletes. Robbie Barnes (M50-54) ran strongly to win silver medals in the 1500m (4:51.68) and 10,000m (37:19.83) as well as bronzes in both the 800m (2:29.01) and 5000m (17:38.32). Prieur Du Plessis (M45-49) won silver in the javelin with his best throw of 38.08m.

Tim Cross (M55-59) showed the benefits of his special training for the middle distance events in winning both his 800m (2:30.07) and 1500m (5:00.01) races and taking second place in the 5000m (19:10.92). In the same age group Steve Low retained his 400m title that he won at the 2014 champs with fine time of 62.49 seconds. In his 200m he was third (28.33), being edged out by two sprinters who had recently turned 55.

In the M60-64 age group Ian Carter repeated his double gold medal success from last year in winning both the 800m (2:25.52) and 1500m (5:20.59) races



PHOTO: Sharon Wray

Robbie Barnes was 2nd in the M50 1500m at the NZMA championships in Tauranga

by comfortable margins. Derek Shaw made it three titles in succession in this grade in winning both the 2km steeplechase (8:46.91) and 10,000m (44:05.83) and also claimed a third gold in the 5000m (20:39.04). In addition he was second to Ian in the 1500m (5:36.82) and after a close race with old rivals Jonathon Harper and Malcolm Chamberlain was also second in the 400m in 70.91s.

## South Island Masters Games – Nelson

26 September – 4 October 2015

Nelson will be hosting its third SI Masters Games later this year. Tasman Masters members (under the auspices of Athletics Nelson) will be involved in organising a day of athletics/track and field events on the opening day – Saturday 26 September at the all-weather track at Saxton Oval and assisting with the 10km and 5km run/walks on 27 and 30 September respectively. Our colleagues in Waimea Harriers have a cross country event on 29 September and a half marathon on 4 October. For early bird and other entry deadlines and further information check [www.simasters.co.nz](http://www.simasters.co.nz). For further information on the athletics contact Derek Shaw ([nikau@ts.co.nz](mailto:nikau@ts.co.nz); ph 03 548 7537). The games provide a good opportunity for some early season competition, particularly those attending the Oceania Masters championships in Rarotonga. There will also be 44 other sporting and not so sporting activities on offer if you wish to try something different for a change.



PHOTO: John Campbell

Steve Low won the M55 400m at the NZMA championships in Tauranga



# Southland

by Evan MacIntosh

## The Kepler Challenge 62km Mountain Run

Dwight Grieve and Scott Underhay were pleased to break the 6 hour mark on a very energy-sapping course.

Some Southland masters results were:

Dwight Grieve	5:53
Scott Underhay	5:57
Tyrone Lake	7:10
Steven Rhodes	8:43
Stephen Gemmill	9:04
Les Scown	9:12
Rudi Verplancke	9:35
Glenn McLeay	9:48
Fiona Hishon	10:10

## Luxmore Grunt (27km)

Barrie Sheehy	4:36
Lee Grieve	4:41
Jan Taylor	5:23

Some other SMA members also worked as 'sweepers' on the track to help any competitors who needed assistance on the day.

## Southern Trail Runners (STR)

For those people who prefer off-road running Southland/Fiordland offers a host of opportunities. A Facebook page has been set up under the Southern Trail Runners name and currently has about 100 members listed. You can even obtain a STR cap from Ruud Verplancke to keep the sun off.

A number of STR members are currently supporting and running with Mal Law who is attempting to run 50 mountain runs in 50 days, which is fundraising for the Mental Health Foundation. Local runs for Mal and his disciples include the Kepler Track, the Routeburn Track, the Longwoods and a host of others.

## The Long, Hilly, Dusk 'til Dawn event

This inaugural event was held in January 2015 on the Long Hilly Track about 4 km past Colac Bay, in the Longwoods hill range. The event started at 10 o'clock at night and finished at 6 o'clock the next morning. Obviously headlamps were a requirement. The idea was to complete as many 3 km laps as possible during the 8 hours. Dwight Grieve managed 23 laps in the allotted time, following by Glenn MacIntosh and Marty Knowler with 19 laps each. Some runners chose to do just a few laps. The event is all in a bush track where early Chinese

goldminers made many kilometres of water races. All entrants get a medal and the BBQ goes through the night. The Long Hilly Dusk till Dawn event can also be found on Facebook.

## NZMA Track & Field champs at Tauranga

Four SMA members took the long trip to Tauranga to compete against the best in the country. Lance Smith, our Athletics Southland Manager, coach, etc, came home with 3 gold medals which included a first equal in the high jump. Partner Debbie Telfer, SMA Treasurer, won a gold and a silver in the 1500m and 5,000m respectively. Our throwers Mark Flaus (SMA president), and Lester Laughton (SMA committee member) were not to be denied and added to the medal haul. Mark won 2 gold and 4 silver medals. He still held 2nd place in the weight pentathlon despite not completing the final event (the weight throw in this case) of the Weight Pentathlon. Lester came home with 4 silver and 2 bronze medals.

Full results of the NZMA track and field events are elsewhere in this edition of Vetline.



Dwight Grieve having finished the Dusk to Dawn run at 6:00 a.m.

PHOTO: Evan MacIntosh

# Otago

by John Stinson

Otago athletes produced a number of excellent performances at the NZMA Track and Field Championships held in Tauranga from 27 Feb to 1 March.

The stand out Otago athletes during the championships were Alison Newall and Claire Giles This pair have been in great form right through the Track and Field season and thoroughly deserved their success at the National level. Although Claire and Alison are in different age groups competition has always brought out the best in them particularly this season with both athletes recording a number of personal best performances.

For the record in the W50 grade Alison was first in the triple jump and javelin, second in the 60m, 100m and 200m and third in the shot put, hammer and weight throw. In the W55 grade Claire was first in the 60m, 100m, 80m hurdles, long jump, discus and hammer, second in the shot put and javelin and third in the weight throw. Congratulations to Claire and Alison on their great efforts.

In the W60 grade Jo Hurring was a popular winner in the weight throw with 8.51m and placed second in the shot put and discus competition. On the track Julie Wilson was first in the W55 5000m in 20.55.76 while her partner David Rush was second in the M50 5000 m in 17.07.03. Michael Wilson was third in the M55 10000m in 45.22.96, while Malcolm Taylor was second in the M60 10k road walk in 1.26.12. Robert Homan competing in the M50 grade was second in the 800m in 2.23.15, third in the 400m in 1.02.00 and third in the 1500m in 5.03.24.



Alison Newall in the W50 hammer throw

PHOTO: John Campbell



Claire Giles in the W55 javelin

PHOTO: John Campbell

The Otago team thoroughly enjoyed their stay in Tauranga and congratulate the Bay of Plenty Association for the efficient organisation and friendly hospitality provided for everyone during the championships. The 2016 championships will be held in Dunedin during early March with preparations already well underway. A preliminary budget has been drawn up and the programme will be published in the September edition of Vetline. A sub committee from Athletics Otago and OMA will be formed to organise the championships.

## Val Muskett

Trailblazing Otago athlete Val Muskett has continued her remarkable career in ultra long distance events. After a successful trip to Taupo to run the length of the lake 67.5 km race, Val then turned her attention to the annual Papatowai Challenge event run annually in the Catlins with all proceeds going to the Catlins Community. In unfavourable weather Val recorded a new Women's legends record of 1.23.32. This was an ideal hit out for Val who is currently preparing to represent New Zealand in the World 24 Hour Championships held this April in Italy. On 10 March Val received the award for Waitaki Masters Sports Person of the Year award for the second consecutive year.

The OMA Athlete of the Year Awards will be presented during the Athletics Otago Awards night to be held at the Sargood Centre, Logan Park Drive on Wednesday 22 April. More on the winners in the next edition of Vetline.



Stephen Burden (WBP) chasing down Gary Rawson (WGN) in the M55 100m sprint

PHOTO: Sharon Wray



## COMING EVENTS

### 2015

11 APR	ANZ/NZMA Mountain Running Championships	NELSON
31 MAY	ANZ/NZMA Half Marathon Championships	CHRISTCHURCH
1 AUG	ANZ/NZMA Cross Country Championships	CHRISTCHURCH
4 - 16 AUG	WMA Stadia Championships	LYON, FRANCE
5 SEP	ANZ/NZMA Road Championships	TAURANGA
5 - 9 OCT	OMA Stadia Championships	RAROTONGA
10 OCT	OMA Stadia Championships (Half Marathon)	RAROTONGA
1 NOV	ANZ/NZMA Marathon Championships	AUCKLAND
20-22 NOV	South Island Championships	TIMARU
27-29 NOV	North Island Championships	AUCKLAND

### 2016

27-29 FEB	NZMA T&F Championships	DUNEDIN (dates to be confirmed)
26 OCT - 6 NOV	WMA Stadia Championships	PERTH, AUSTRALIA

### 2017

19 - 25 MAR	WMA Indoor Championships	DAEGU, SOUTH KOREA
21 - 30 APR	World Masters Games	AUCKLAND

### 2018

20 - 27 JAN	OMA Stadia Championships	DUNEDIN
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