

Vetline

Official magazine of New Zealand Masters Athletics

ISSUE: VOL 31 No. 1

JANUARY 2013

in this issue:

- > North Island T&F Championships
- > South Island T&F Championships
- > Road Relay Championships





The start of the men's (M55-M70) 100m sprint at the 5th Island champs in Nelson

PHOTO:: Andy Dennis



The start of the mixed 3000m at the Nth Island champs in Hamilton

PHOTO: Sharon Wray

Official Magazine of New Zealand Masters Athletics
FOUNDED IN 1970



Cover Photo

Gavin Smith (WBP) won the M55 3000m steeplechase at the North Island champs in Hamilton
Photo - John Campbell

Inside Back Cover

Stewart Foster showing good form in the hurdles at the North Island champs in Hamilton
Photo - John Campbell

Back Cover

Eric Delatour (M90) finishing strong in the 400m at the North Island champs in Hamilton
Photo - Sharon Wray



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President's Report

Reports from the recent Island Track and Field Championships indicate that they were successful events, combining those with the National Championships and the Oceania Championships we have had a very good year in master's athletics. One of the things that I have noticed from looking at entries is that the largest age groups are getting older with 50s to 70s being much bigger than 35s to 45s.

We need to encourage younger masters to join our organisation. Many younger masters who are still competitive in seniors seem to think that it is an admission of getting old if they have to join masters. It is worthwhile pointing out to them the standard of masters worldwide puts many of our seniors to shame as does the fact that masters have won national senior medals in recent years.

To promote our sport we need to grab some younger members. A good new year's resolution would be to introduce at least one young master to our sport.

by MIKE WEDDELL - NZMA President



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Oceania Association of Masters Athletics (OMA)
Council of Athletics New Zealand (ANZ)



Notice Board

NZMA Subscriptions

Subscriptions were due as at 1 September. Members are reminded that they are required to be financial before they can enter for national and international competition. The national levy is \$45.00 and should be paid to your Centre Treasurer. You must also be financial to continue receiving your Vetline.

NZMA AGM

This will be held in the Function Room, Newtown Park Stadium on Friday 1 March at 12:00 noon.

Australian Championships

The Australian Track and Field Championships will be held in Canberra on 29 March – 1 April. As always, there is a standing invitation for NZL Masters to compete. Details are on the Australian Masters website. If you do take part please wear the NZL uniform.

Vetline Material

Work has now begun on the April Vetline. Your articles are always welcome. The deadline is 1 March. However, please send material to us as soon as possible and make our job easier.

Letters to the Editor

Vetline Name Change

Readers may notice that this issue of of Vetline looks a little different, due to the fact that we decided to give the magazine a 'lick of paint' (so to speak) for the new year.

One thing that our members may like to consider, is a possible name change for our magazine, as in my personal opinion, the name 'Vetline' is now outdated.

While it was a great name and totally relevant in its day, the fact that we changed from being Veterans to Masters several years ago, makes me think that perhaps it is now time to look at a new name that reflects our current organisation more appropriately.

I for one, would like to see a fresh name that is a little more representative of our association name. After all, the major masters organisations in our local region ie. NZ Masters Athletics, Australian Masters Athletics and Oceania Masters Athletics all replaced the word veterans many years ago. Don't get me wrong, I am not against tradition but think about it... would you want to wear the same fashions year after year? Food for thought, anyway.

John Campbell

PHOTO : John Campbell



Laurie Malcolmson (MAN) leading Ross Brown (AKL) in the M60 60m sprint at the Nth Island champs in Hamilton

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Record Breaking Championships

by Derek Shaw



Greg Lautenslager and Malcolm Cornelius battling it out in the 1500m

Records tumbled at the South Island Masters Track and Field championships held in Nelson at the Saxton Oval over the first weekend in December. Ten athletics age group records were broken and 23 South Island masters championship records were broken and another six championship records established by masters athletes who reside in the South Island.

Tasman masters sprinter Brian Thornalley broke his own New Zealand record for the 60m in the M70 age group to record 9.31 seconds which lowered his previous record of 9.38 seconds set during the South Island Masters Games in October 2011. Thornalley also set a new South Island masters championship record in his 100m event with a time of 15.06 seconds.

Visiting athletes from Canterbury and Otago also broke New Zealand records with Loris Reed (Canterbury) and Michael Scholten (Otago) having the distinction of breaking three national records each. Reed broke the W65 records in the 1500m (6:02.81), 2000m steeplechase (9:20.23) and 5000m (21:56.10). Her performance in the steeplechase was particularly impressive as she broke the previous record by 70 seconds and ran the race on her own. Her time in the 5000m also took an impressive minute off the old record.

Michael Scholten's records came in the M30 age group in the hammer (39.69m), weight throw (10.20m) and the throws pentathlon (2402 points). In the hammer throw all his three legal throws were further than his previous record of 33.40m. Other national records were set by Max Wood (M75) in the 60m with a time of 10.37 seconds, Barbara Patrick (W65) in the 3000m with



Wendy Healey (W35) and her father Roger Denton (M60) both set SI records in the 5000m walk

a time of 13:29.37 and Judy Hammond added the W75 high jump record with a jump of 1.06m to her W70 high jump record. Patrick also broke South records in her 400m and 800m events.

Tasman athletes were also amongst those who broke South Island championships record. Greg Lautenslager (M55), who took time out from his coaching duties of young local middle distance runners, broke championship records in winning both his 3000m and 1500m events. His time in the 3000m of 9:47.39 broke the old record by an impressive minute. His 4:34.48 for the 1500m shaved 0.45 of a second off the old mark. Murray Hart took 24 seconds off the M55 record for the 3000m steeplechase to claim his first ever South Island championship record.

Tasman race walkers performed well, particularly in the 5000m track walk with Gillian MacDougall breaking the W55 championship record by 69 seconds with a time of 33:17.46. Wendy Healey (W35) 27:58.14, Todd McCashin (M40) 29:38.35 and Roger Denton (M60) 30:39.63 all set championship records with good performances in the 5000m track walks. McCashin continued his recent improvements in both the 5000m and 3000m track walks to achieve personal bests of 52 and 20 seconds respectively. Healey also continued her recent good form and went

very close to breaking the 3000m championship record in her age group – just missing by half a second.

Golden Bay thrower Patricia Drayton had a very successful championship breaking four South Island championship records in her W75 age group. She broke the shot put (6.74m), hammer (20.76m), weight throw (9.93m) and throws pentathlon (3010 points) records. Former Nelson resident Alan Hunter set a championship record in the M75 age group for the throws pentathlon with 1729 points. The throws pentathlon took place on Sunday morning and involves three throws in each of the hammer, shot, discus, javelin and weight throw disciplines with points being allocated according to the participants age, gender and the distance of the best throw in each discipline.

Results

60m

W35	Vanessa Story	WTN	8.60
W40	Michelle Ward	WTN	9.76
W45	Louise Martin Heather Collins	CAN TAS	9.32 11.06
W55	Claire Giles Noeline Burden	OTG OTG	9.55 10.37
W70	Frances Bayler	MWA	11.02
W75	Judy Hammond	WTN	11.25
M45	Mark Macfarlane	WTN	8.34
M50	Gary Rawson	WTN	7.99
M55	Dennis O'Leary	HBG	8.36
M65	Keith Rozecki-Pollard Garry Maher	OTG AUS	9.08 9.10
M70	Brian Thornalley	TAS	9.31
M75	Peter Hanson Max Wood Robert Heseltine Alan Hunter	WTN CAN CAN CAN	10.37 10.39 13.93 17.23
M80	Jim Blair	WTN	12.19
M85	Maurice Cook	CAN	17.76

100m

W35	Vanessa Story	WTN	13.05
W45	Louise Martin Heather Collins	CAN TAS	14.78 17.18
W55	Claire Giles Noeline Burden	OTG OTG	15.31 16.64
W70	Frances Bayler	MWA	18.12
W75	Judy Hammond	WTN	17.70
M35	Zeddrick Osten	OTG	13.12
M50	Gary Rawson Bruce Thomson	WTN STH	12.39 13.71
M55	Dennis O'Leary Steve Low	HBG TAS	13.25 13.63
M65	Keith Rozecki-Pollard Garry Maher	OTG AUS	14.03 14.33
M70	Brian Thornalley	TAS	15.06
M75	Max Wood Robert Heseltine	CAN CAN	17.08 24.78
M85	Maurice Cook	CAN	29.43

(continued overleaf)

PHOTOS: Andy Dennis



Kevin Jago (M65) competing in the Shot Put



Maurice Cook, Max Wood and Robert Heseltine

200m

W35 Vanessa Story	WTN	27.32
W45 Louise Martin	CAN	31.07
W55 Claire Giles Noeline Burden	OTG OTG	32.18 37.04
M50 Gary Rawson Bruce Thomson	WTN STH	26.59 28.33
M55 Dennis O'Leary Steve Low	HBG TAS	26.96 27.30
M65 Garry Maher	AUS	30.54
M75 Peter Hanson Max Wood Robert Heseltine	WTN CAN CAN	36.79 36.88 51.95

300m

M75 Max Wood Robert Heseltine	CAN CAN	1:10.40 1:19.40
-------------------------------------	------------	--------------------

400m

W35 Vanessa Story	WTN	1:02.21
W45 Louise Martin	CAN	1:10.21
W55 Claire Giles Noeline Burden	OTG OTG	1:15.73 1:27.44
W65 Barbara Patrick	OTG	1:25.93
M35 Zeddrick Osten	OTG	1:00.00
M50 Bruce Thomson	STH	1:01.15
M55 Steve Low Dennis O'Leary	TAS HBG	1:00.79 1:01.40
M60 Mike Weddell	OTG	1:04.73
M65 Garry Maher	AUS	1:09.45
M75 Peter Hanson	WTN	1:26.95

800m

W55 Dalise Sanderson	OTG	3:04.29
W65 Barbara Patrick	OTG	3:14.88
W70 Carol Thompson	CAN	4:28.05
M45 Malcolm Cornelius	CAN	2:19.56
M60 Mike Weddell	OTG	2:32.14

1500m

W55 Bernadette Jago Dalise Sanderson	CAN OTG	6:00.26 6:03.86
W65 Loris Reed Barbara Patrick	CAN OTG	6:02.81 6:41.20
W70 Carol Thompson	CAN	8:18.57
M45 Malcolm Cornelius	CAN	4:36.99
M55 Greg Lautenslager Murray Hart Gene Sanderson	TAS TAS OTG	4:34.48 5:06.36 5:26.59
M60 Ian Carter	TAS	5:07.73
M75 Peter Hanson Keith Wills	WTN CAN	7:42.15 8:41.62
M80 Stan Gawler	CAN	8:22.00

2000m Steeplechase

W65 Loris Reed	CAN	9:20.23
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3000m Steeplechase

M50 Bruce Thomson	STH	13:55.21
M55 Murray Hart	TAS	12:48.37

80m Hurdles

W55 Claire Giles	OTG	17.13
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100m Hurdles

W35 Vanessa Story	WTN	19.59
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3000m Track Walk

W35 Wendy Healey	TAS	15:59.15
W45 Sharon Stringer	TAS	21:16.36
W50 Gillian MacDougall	TAS	19:24.67
W60 Shirley Rolston	CAN	20:17.09
W70 Ann Henderson	CAN	22:54.28
M40 Todd McCashin	TAS	16:42.04
M60 Roger Denton	TAS	18:18.40

3000m

W55 Bernadette Jago Dalise Sanderson	OTG OTG	12:34.70 12:55.71
W65 Barbara Patrick	OTG	13:29.37
W70 Carol Thompson	CAN	17:10.03
M45 Malcolm Cornelius	CAN	10:27.87
M55 Greg Lautenslager Murray Hart Bill Revell Gene Sanderson Michael Kelly	TAS TAS TAS OTG CAN	9:47.39 10:55.93 11:12.58 11:18.97 12:15.22
M70 Pete Watts John Waite	CAN CAN	21:12.82 22:53.18
M75 Keith Wills	CAN	18:31.52
M80 Stan Gawler	CAN	18:15.57



Fiona Harvey (OTG) competing in the W50 Shot Put



Vanessa Story and Gary Rawson take a breather from competition

5000m Track Walk

W35 Wendy Healey	TAS	27:58.14
W55 Gillian MacDougall	TAS	33:17.46
W60 Shirley Ralston	CAN	37:21.80
W70 Ann Henderson	CAN	39:03.35
M40 Todd McCashin	TAS	29:38.35
M60 Roger Denton	TAS	30:39.43
W50 Tim Cross	TAS	19:00.81
M55 Bill Revell Gene Sanderson Michael Kelly Thomas Reihana	TAS OTG CAN CAN	19:31.53 19:35.12 20:44.37 25:27.93
M70 John Waite	CAN	35:19.89
M75 Keith Wills	CAN	32:20.46

Long Jump

W35 Vanessa Story	WTN	4.21m
W55 Claire Giles	OTG	3.62m
W70 Francis Bayler	MWA	2.82m
W75 Judy Hammond	WTN	2.95m
M35 Zeddrick Osten	OTG	4.58m
M45 Mark MacFarlane	WTN	5.22m
M50 Gary Rawson	WTN	5.12m
M75 Alan Hunter	CAN	1.42m

High Jump

W35 Vanessa Story	WTN	1.35m
W55 Noeline Burden	OTG	1.09m
W75 Judy Hammond	WTN	1.06m
M35 Zeddrick Osten	OTG	1.39m
M45 Mark MacFarlane	WTN	1.36m
M50 Gary Rawson	WTN	1.35m
M75 Alan Hunter	CAN	0.90m
M80 Jim Blair	WTN	1.09m

Triple Jump

W55 Noeline Burden	OTG	7.00m
W70 Frances Bayler	MWA	6.28m
M50 Gary Rawson	WTN	10.34m
M65 Garry Maher	AUS	8.29m

Discus

W35 Vanessa Story	WTN	17.25m
W40 Althea Mackie Michelle Ward	AUS WTN	27.34m 25.76m
W50 Fiona Harvey	OTG	24.65m
W55 Jocelyn Hurring	OTG	15.26m
W60 Jill Evans	MWA	17.93m
W65 Loris Reed Alison Wright	CAN CAN	17.29m 14.42m
W70 Glen Watts Barbara Bird Gwyn Heseltine	CAN CAN CAN	17.74m 12.38m 11.21m

W75 Patricia Drayton	CAN	12.52m
M30 Michael Scholten	OTG	32.89m
M50 Mark Flaus Keith Barrow Gary Rawson	STH CAN WTN	38.75m 31.89m 25.40m
M55 Joe Tasker	TAS	35.12m
M60 Rick Davison Lester Laughton	CAN STH	38.02m 34.41m
M65 Garry Maher Kevin Jago	AUS CAN	25.87m 15.26m
M80 Jim Blair	WTN	21.19m

Hammer

W40 Althea Mackie Michelle Ward	AUS WTN	39.47m 26.89m
W50 Fiona Harvey	OTG	26.34m
W55 Claire Giles Jocelyn Hurring	OTG OTG	21.14m 18.30m
W60 Jill Evans	MWA	25.26m
W65 Alison Wright	CAN	16.95m
W70 Glen Watts Gwyn Heseltine Barbara Bird	CAN CAN CAN	21.00m 16.61m 14.32m
W75 Patricia Drayton	CAN	20.76m
M30 Michael Scholten	OTG	39.69m
M50 Mark Flaus	STH	34.56m
M60 Rick Davison Lester Laughton Adrian Landon-Lane	CAN STH TAS	41.47m 25.98m 18.60m
M75 Alan Hunter	CAN	16.33m
M80 Jim Blair	WTN	20.49m



Tim Cross (M50) winner of the 5000m



John Waite (CAN) pauses for a photo opportunity

Shot Put

W40 Michelle Ward Althea Mackie	WTN AUS	9.30m 8.05m
W50 Fiona Harvey	OTG	8.12m
W55 Claire Giles Noeline Burden	OTG OTG	7.71m 6.66m
W60 Jill Evans	MWA	7.55m
W65 Alison Wright	CAN	5.62m
W70 Glen Watts Barbara Bird Gwyn Heseltine	CAN CAN CAN	6.57m 6.03m 5.24m
W75 Patricia Drayton	CAN	6.74m
M30 Michael Scholten	OTG	12.37m
M50 Mark Flaus Keith Barrow	STH CAN	12.00m 11.77m
M55 Joe Tasker	TAS	10.22m
M60 Lester Laughton Rick Davison Adrian Landon-Lane	STH CAN TAS	10.09m 9.33m 8.55m
M65 Garry Maher Kevin Jago	AUS CAN	8.42m 5.31m
M75 Peter Hanson Alan Hunter	WTN CAN	8.30m 5.39m
M80 Jim Blair	WTN	7.90m

Javelin

W40 Althea Mackie Michelle Ward	AUS WTN	21.00m 17.35m
W50 Fiona Harvey	OTG	22.72m
W55 Claire Giles	OTG	15.98m
W60 Jill Evans	MWA	13.85m
W65 Loris Reed Alison Wright	CAN CAN	19.60m 11.23m
W70 Barbara Bird Glen Watts Gwyn Heseltine	CAN CAN CAN	16.95m 14.54m 8.09m
W75 Judy Hammond	WTN	12.70m
M30 Michael Scholten	OTG	38.73m
M50 Mark Flaus Gary Rawson	STH WTN	34.26m 29.05m
M55 Murray Hart Thomas Reihana	TAS CAN	32.28m 26.52m
M60 Rick Davison Lester Laughton	CAN STH	30.13m 22.12m
M65 Kevin Jago	CAN	14.50m
M75 Peter Hanson Alan Hunter	WTN CAN	19.75m 14.12m
M80 Jim Blair	WTN	24.10m

Weight Throw

W40 Althea Mackie Michelle Ward	AUS WTN	11.62m 9.03m
W50 Fiona Harvey	OTG	9.59m
W60 Jill Evans	MWA	9.47m
W65 Alison Wright	CAN	8.35m
W70 Glen Watts Gwyn Heseltine Barbara Bird	CAN CAN CAN	10.00m 5.99m 5.55m
W75 Patricia Drayton	CAN	9.93m
M30 Michael Scholten	OTG	10.20m
M50 Mark Flaus	STH	13.39m
M55 Dennis O'Leary	HBG	6.59m
M60 Rick Davison Lester Laughton Adrian Landon-Lane	CAN STH TAS	15.60m 11.94m 9.18m
M75 Alan Hunter	CAN	7.71m
M80 Jim Blair	WTN	9.78m

Throws Pentathlon

W40 Michelle Ward	WTN	1871 pts
W50 Fiona Harvey	OTG	2609 pts
W60 Jill Evans Beverley Church	MWA CAN	2595 pts 2415 pts
W65 Alison Wright	CAN	2008 pts
W70 Glen Watts Barbara Bird Gwyn Heseltine	CAN CAN CAN	3151 pts 2413 pts 1990 pts
W75 Patricia Drayton	CAN	3010 pts
M30 Michael Scholten	OTG	2402 pts
M50 Mark Flaus	STH	2971 pts
M60 Rick Davison Lester Laughton Adrian Landon-Lane	CAN STH TAS	3151 pts 2470 pts 1634 pts
M75 Alan Hunter	CAN	1729 pts
M80 Jim Blair	WTN	2707 pts

PHOTOS: Andy Dennis



Oceania Throws

by Andrew Stark

This annual postal event was held during the month of September. This year the event had been extended by request to include Oceania members outside of New Zealand and Australia. However, no entries were received from any on our island members...perhaps next year.

This year we had 45 women and 54 men entered, which was up on last year. There were 47 entries from Australia and rest were New Zealanders. I am pleased to say that for us in Canterbury, the September weather was conducive to good throwing conditions and we enjoyed the event.

A full set of results can be found on the NZMA website, however below are the top ten performances re: points scored for both men and women. Well done to you all and I look forward to running the event next year.



Michelle Ward (WGN) preparing to throw the shot at the Sth Island champs in Nelson

Men's Top 10 Results:

Ron Simcock	M75	3966
Guy Quarterman	M70	3530
Mark Cumming	M50	3466
Gavin Murray	M55	3254
Rick Davison	M60	3245
Robert Hanbury-Brown	M55	3144
Lajos Joni	M55	3112
Mark Flaus	M50	2919
Kevin Bradley	M65	2914
Barrie Koch	M70	2911

Women's Top 10 Results:

Jayne Hardy	W45	3673
Bev Savage	W65	3637
Christine McCahill	W45	3604
Glynn Boyce	W70	2922
Jill Evans	W60	2856
Glenn Watts	W70	2846
Althea Mackie	W40	2830
Karel McClintock	W50	2719
Winifred Harding	W55	2719
Brenda Davis	W40	2705



Brenda Davis was 1st in the W40 Shot Put at the Nth Island champs in Hamilton



Delise Sanderson, Carol Thompson, Barbara Patrick and Claire Giles

39th NZMA TRACK & FIELD CHAMPIONSHIPS

Newtown Park, Wellington | 1-4 March 2013



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

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

Tick events entered - Please enter your best times for seeding purposes			
60m	PB		Long Jump
100m	PB		Triple Jump
200m	PB		High Jump
400m	PB		Pole Vault
800m			Shot Put
1500m			Discus
5000m			Javelin
10000m			Hammer
80m Hurdles	PB		Weight Throw
100m Hurdles	PB		Pentathlon
110m Hurdles	PB		Throws Pentathlon
200m Hurdles	PB		2000m Steeplechase
300m Hurdles	PB		3000m Steeplechase
400m Hurdles	PB		3000m Track Walk
			10km Road Walk

OFFICIALS REGISTRATION	
Name	<input type="text"/>
Address	<input type="text"/>
Phone No	<input type="text"/>
Email	<input type="text"/>
Officials Grade	<input type="text"/>
Preferred Event(s)	<input type="text"/>
2nd Choice	<input type="text"/>
3rd Choice	<input type="text"/>

We need your help. As with most centres we have good keen band of officials but we need outside help. If you have an official grading this is fine but by no means essential.

ENTRIES CLOSE - 7th February 2013

LATE ENTRIES CLOSE - 15th February 2013

CHEQUES PAYABLE TO

Wellington Masters Athletics or Direct Credit to Wellington Masters Athletics Inc., National Bank, The Terrace: 06 0565 0064415 00 (please include your NZMA number).

ENTRIES AND ENQUIRIES TO

Graham Gould
PO Box 5887 Lambton Quay, Wellington 6145
Ph: 04 973 6741
Email: gvgould@xtra.co.nz

AGE GROUPS -

From 30+ for both men & women. Age as at the first day of competition (even if you do not actually compete on the first day of competition). Remember to wear the correct colour patch as listed below on the top rear of your singlet:

30+ Light Blue, **35+** Light Green, **40+** Gold, **45+** Black, **50+** Red, **55+** Emerald Green, **60+** Royal Blue, **65+** Yellow, **70+** Lilac, **75+** Maroon, **80+** Orange, **85+** White, **90+** Brown.

ENTRY FEES

NZMA and first event fee	\$ 40.00
Each additional event @ \$8.00	\$
Multi Events @ \$10.00 each	\$
Late entry fee @ \$30.00	\$
Lunch Saturday @ \$ 10.00 each	\$
Lunch Saturday @ \$ 10.00 each	\$
Awards/Social Dinner @ \$50.00 (limited to 100)	\$
Polo Shirts @ \$50.00 S M L XL (circle)	\$

Total Enclosed \$

OFFICE USE ONLY

Entry Acknowledged	<input type="text"/>
Race No.	<input type="text"/>

COMPETITION PROGRAMME

The following is the anticipated timing of the Programme. Centres will be notified of any alteration after the close of entries.

Friday 1 March					
TRACK			FIELD		
Time	Event	Grade	Time	Event	Grade
4.00pm	60m heats (if required)	M/W	4.00pm	Long Jump	W50+
4.05pm	100m heats (if required)	M/W	4.00pm	Hammer	M65+
4.10pm	200m heats (if required)	M/W	4.00pm	Discus	W50-59
4.15pm	400m heats (if required)	M/W	4.00pm	Shot Put	W30-49
4.30pm	3000m walk	M/W	4.00pm	Pole Vault	M/W
5.00pm	5000m	W30+	4.45pm	Shot Put	M30-54
5.30pm	5000m	M55+	5.00pm	Discus	M55-64
6.00pm	5000m	M30-54	5.15pm	Hammer	W60+
			6.00pm	Weight Throw	W30-59
			6.00pm	Long Jump	M60+
Saturday 2 March					
8.30am	2000m Steeplechase	W30+	8.30am	Hammer	M55-64
8.45am	2000m Steeplechase	M60+	9.00am	Discus	W30-49
9.00am	3000m Steeplechase	M30-59	9.00am	High Jump	W50+
9.30am	80m Hurdles	W40+	9.00am	Shot Put	W60+
9.35am	80m Hurdles	M70+	9.00am	Triple Jump	M70+
9.45am	100m Hurdles	W30-39	9.30am	Hammer	W50-59
9.50am	100m Hurdles	M50-69	9.45am	Triple Jump	M60-69
10.00am	110m Hurdles	M30-49	10.00am	Discus	M65+
10.10am	1500m	W30-44	10.00am	High Jump	M30-49
10.20am	1500m	W45+	10.30am	Hammer	M30-54
10.30am	1500m	M30-44	10.45am	Triple Jump	M50-59
10.40am	1500m	M45-49	11.00am	Shot Put	M55-64
10.50am	1500m	M50-54	11.30am	Hammer	W30-49
11.00am	1500m	M55-64	11.30am	Discus	W60+
11.10am	1500m	M65+	11.30am	Triple Jump	M30-49
11.30am	100m finals	W30+	12.00pm	Shot Put	M65+
12.00pm	100m finals	M30+	12.00pm	High Jump	M50-59
			12.00pm	Javelin	M30-49
			12.15pm	Triple Jump	W30-59
1.00pm LUNCH BREAK					
2.00pm	400m finals	W30+	2.00pm	Javelin	W30-54
2.30pm	400m finals	M30+	2.15pm	Discus	M30-54
3.10pm	4 x 100m Relay*	W30+	2.15pm	Shot Put	W50-59
3.20pm	4 x 100m Relay*	M30+	3.00pm	Weight Throw	W60+
			3.00pm	Triple Jump	W60+
			3.00pm	Long Jump	M50-59

Athletes Information

RACE PACKS:

Can be collected from the Function Room at Newtown Park Stadium from 3pm on Friday 1st March and thereafter during competition hours.

PROPOSED PROGRAMME:

The above programme is a guide only and subject to the number of entries in each event. The final timed programme will be published in the meeting booklet.

NZMA AGM:

This will be held in the Function Room, Newtown Park Stadium on **Friday 1 March at 12 noon.**

EQUIPMENT:

Competitors may use their own equipment. All items of personal equipment MUST be presented for checking on **FRIDAY 1 March** between 3pm and 4pm.

Only 'Pyramid' or 'Christmas Tree' spikes to be used on the track for athletic activity.

Maximum length spikes are:

- Running activity: maximum of 6mm
- Throw and Jump activity: maximum of 9mm

NOTE: 'Needle' or 'Pin' spikes are strictly not allowed.

North Island Championships

by Michael Wray

On the final weekend of November, Hamilton's Porritt Stadium played host to the North Island Masters Track and Field championships. The walkers kicked off the track proceedings with the 3000m walk, with Taranaki's Eric Kemsley holding off Australian David Smyth to finish first over the line.

The 400m heats took over possession of the track, where Eric de Lautour's time of 2:14.66 set a new competition record for the M90 category, smashing the previous record of 3:06.90. Manawatu-Wanganui's Hayden Robinson also set a new record, while running 53.11 – the fastest and highest age-graded score across the various 400m events.

Friday finished up with the 5000m. Michael Wray of Wellington ran the fastest time, but played second fiddle to Auckland's Judith Stewart's age-graded 82.58% score. Karyn McCready from Waikato beat the W40 record with her time of 20:22.61.

The field events started with the hammer throw. Auckland's Mark Cumming continued his trend of claiming records, adding the M50 record to his possession of the M35, M40 and M45. Mark repeated this feat in the hammer throw, where his 52.07m hammer throw would have been a new record in any of those younger age groups too. When the throwers moved on to the hammer, Mark struck again and now possesses the M50 record, as well as the M35, M40 and M45 records. Not content with that, Mark also won the weight pentathlon with a new record on the Sunday.

For the M80s, fellow Aucklander Ron Johnson also set a new hammer throw record of 28.13m, adding

nearly five metres to the previous mark. Perhaps in competition with Mark, Ron added the shot put record, the 80m hurdles record and won his age group in the long jump too.

Amongst the women throwers, Bev Savage (Waikato) consoled her loss of the W45 shot put record to Auckland's Christine McCahill by picking up the W65 record for both the hammer throw and shot put. Pauline Purser (Waikato) also lost a W85 record in the shot put, but became the first W90 to compete amongst the throwers and to set initial records for all three.

Saturday morning started with the 3000m Steeplechase. Waikato's Gavin Smith won the event, contested by a field of just four runners, but Brendan Magill created the biggest stir. Just 600m into the race, he dashed off the track for a toilet break, surrendering second place, before rejoining a little while later to resume his race in last place. The high jump produced not only a championship record, but a new national record when Wellington's Judy Hammond cleared 1.05m.

The 60m sprinters produced some fine performances, with many exceeding the 90% performance score. The M45s produced the most exciting race, with five runners finishing very close and even the lowest percentage score was 87.34%. For sheer quality, however, the credit must go to the W65 grade. Only two runners, but with 93.43% (Sheryl Gower) and 94.58% (Chris Waring) they were both the standout performers of the event and producing the highest age-grade percentages of the entire championship weekend.

Waikato's Stephen Burden suffered a slight mishap in his 60m heat. Winning the M50 grade, narrowly missing the record, Stephen's stretch for line unbalanced him so much that he fell while trying to slow down post-race. Fortunately, a few grazes and perhaps a slightly bruised ego were the only damage and he recovered enough to win the 100m a little while later.

The W65+ 100m event produced a far more serious incident, when Julie Williams pulled a hamstring just a few metres into the race. Unfortunately, the hamstring caused her to fall where she landed awkwardly onto her left shoulder and hit her head on the track surface. Fellow Waikato runner Jill Sherburn immediately abandoned her own race to go to Julie's assistance and

the ambulance was called upon. We hope that Julie is recovering well.

The non-stadium events took place on Sunday morning. The 10km road race was unfortunately very low on numbers, with only seven entrants in total, of which only five started and four finished. It was a similar story for the walkers. Of the eight entrants, seven started and four finished successfully.

The pentathlon events were the main order of the day at the stadium on Sunday. Waikato's Stephen Te Whaiti proved to be quite dominant for the men, with his long jump and javelin performances setting up nicely for both the win and a new M45 record. Judy Hammond was similarly dominant for the women, setting a new W75 record.

The final event of the championships was the 3000m, the sole event after Sunday lunch, wrapping up with three new age group records. Andrew Davenport won the event convincingly, creating a mark for the previously vacant age group record. Sally Gibbs broke her own W45 record and Robert McPherson set a new M70 record.

Overall, a successful championship, despite numbers being low in some events. It would be great to see a larger field of athletes at next year's championships scheduled to be held in Wanganui.

PHOTOS: Sharon Wray



Stewart Foster and Julie Judd battle it out in the 80m hurdles



Alan Silvester (WBP) is elated to take out the M70 400m title from Malcolm Fraser (CAN)



Barry Watson (WBP) was 1st in the M55 grade in the 10000m road race



Stephen Te Whaiti appears to float over the bar in the M45 High Jump

Results

60m

M35 Hayden Robinson	MAN	7.69
M40 Steven Hargreaves Scott Dorset	AKL AKL	7.62 7.73
M45 John Campbell Stephen TeWhaiti Bruce Solomon Paul Daborn Paul Campbell	AKL WBP WBP WBP AKL	7.59 7.69 7.87 7.98 7.98
M50 Stephen Burden Mike O'Leary Rob Kear Mark Gray	WBP HBG WBP WBP	8.02 8.61 9.48 10.18
M55 Dennis O'Leary Trevor Watson	HBG WBP	8.22 8.52
M60 Laurie Malcolmson Ross Brown	MAN AKL	8.48 8.98
M65 Ross McBeth Wolfgang Schenk	WGN AKL	9.30 9.40
M70 John Lester Alan Silvester	AKL WBP	9.08 9.71
M75 Stewart Foster Bruce McPhail	WBP WBP	9.71 10.29
M80 Ron Johnson Hector Mein	AKL WBP	10.77 12.89
W30 Kimberley Wells	WBP	8.54
W40 Julia Lile Brenda Davis	WBP WBP	9.00 9.58
W50 Paula Sharpe	AKL	9.42
W55 Julie Judd Christine Kerrison	OTG WBP	10.09 11.26
W60 Anne De Leiros Nancy Bowmar	AKL NTH	10.22 11.33
W65 Chris Waring Sheryl Gower	AKL WBP	9.78 9.90
W70 Jill Sherburn	WBP	11.94
W75 Judy Hammond Julie Williams	WGN WBP	11.01 14.16
W80 Marcia Petley	WBP	13.36
100m		
M45 John Campbell Stephen TeWhaiti Bruce Solomon Paul Daborn Paul Campbell	AKL WBP WBP WBP AKL	11.96 12.35 12.44 12.48 12.62
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	12.54 13.42 16.55
M55 Dennis O'Leary Trevor Watson	HBG WBP	13.02 13.38
M60 Laurie Malcolmson Paul Sharland Ross Brown	MAN MAN AKL	13.25 14.16 14.37
M65 Ross McBeth Wolfgang Schenk	WGN AKL	14.78 15.23

M70 John Lester Malcolm Fraser Alan Silvester	AKL CAN WBP	14.44 15.01 15.77
M75 Stewart Foster Bruce McPhail	WBP WBP	15.23 17.18
M80 Ron Johnson Hector Mein	AKL WBP	17.80 21.16
M90 Eric de Lautour	WBP	23.21
W30 Kimberley Wells	WBP	13.52
W35 Michele Rumney	WBP	15.65
W40 Julia Lile Brenda Davis	WBP WBP	14.28 15.42
W45 Sara Horgan	WBP	16.09
W50 Paula Sharpe	AKL	14.72
W55 Julie Judd Christine Kerrison	OTG WBP	15.87 17.94
W60 Anne De Leiros Nancy Bowmar	AKL NTH	16.74 18.91
W65 Chris Waring Sheryl Gower	AKL WBP	15.70 15.93
W75 Judy Hammond	WGN	17.80
W80 Marcia Petley	WBP	22.61
200m		
M35 Hayden Robinson	MAN	23.88
M40 Scott Dorset	AKL	24.89
M45 Paul Daborn Bruce Solomon Paul Campbell	WBP WBP AKL	24.82 25.17 25.35
M50 Stephen Burden	WBP	25.87
M55 Dennis O'Leary	HBG	26.79
M60 Laurie Malcolmson	MAN	28.16
M65 Ross McBeth Wolfgang Schenk	WGN AKL	30.56 32.59
M70 John Lester Malcolm Fraser Noel Jones	AKL CAN WBP	29.72 31.09 43.37
M75 Stewart Foster	WBP	31.65
M80 Hector Mein	WBP	47.26
M90 Eric de Lautour	WBP	50.07
W30 Kimberley Wells	WBP	28.63
W40 Julia Lile	WBP	29.16
W45 Sara Horgan	WBP	33.21
W50 Paula Sharpe	AKL	31.04
W55 Julie Judd Christine Kerrison	OTG WBP	34.31 38.59

W60 Nancy Bowmar	NTH	40.97
W65 Chris Waring Sheryl Gower	AKL WBP	33.47 33.69
W70 Jill Sherburn	WBP	45.92
W80 Marcia Petley	WBP	50.08
400m		
M35 Hayden Robinson	MAN	53.11
M45 John Turner Bruce Solomon	WGN WBP	58.92 1:00.93
M50 Mike O'Leary	HBG	1:05.52
M55 Dennis O'Leary	HBG	1:02.32
M60 Laurie Malcolmson	MAN	1:11.53
M65 Murray Clarkson Ross McBeth Colin MacLeod	WBP WGN NTH	1:11.29 1:13.84 1:17.84
M70 Alan Silvester Malcolm Fraser Noel Jones	WBP CAN WBP	1:11.23 1:12.24 1:46.43
M80 Hector Mein	WBP	1:52.09
M90 Eric de Lautour	WBP	2:14.66
W40 Julia Lile Karyn McCready	WBP WBP	1:08.55 1:12.43
W45 Sara Horgan	WBP	1:15.36
W50 Angela Graham	WBP	1:21.67
W55 Christine Kerrison	WBP	1:32.17
W60 Tui Ashe	AKL	1:24.13
W65 Margaret Fraser	CAN	1:48.37
W70 Joan Mayall	WBP	1:57.44
800m		
M45 Andrew Davenport Michael Wray	MAN WGN	2:07.26 2:21.58
M50 Rob Kear	WBP	2:48.91
M60 Graeme Adams	WBP	2:39.12
M65 Murray Clarkson Colin MacLeod	WBP NTH	2:46.52 2:56.35
M70 Noel Jones	WBP	4:39.49
M90 Eric de Lautour	WBP	5:41.21
W40 Karyn McCready	WBP	2:45.28
W45 Sara Horgan	WBP	3:03.82
W65 Margaret Fraser	CAN	4:12.06
W70 Joan Mayall Fay Riley	WBP WBP	4:41.02 4:59.26
W75 Dawn Cumming	HBG	4:16.26

PHOTOS : Sharon Wray



Steven Hargreaves (AKL), Hayden Robinson (MAN) and Scott Dorset (AKL) in a very close finish of the men's 60m sprint



The women's pentathlon team (L-R): Judy Hammond (WGN), Nancy Bowmar (NTH), Tui Ashe (AKL), Jill Sherburn (WBP) and Julia Lile (WBP)

1500m

M45 Andrew Davenport Michael Wray Darryl Conn	MAN WGN WBP	4:21.96 4:41.69 5:28.04
M55 Gavin Smith Gerry Meyers	WBP WBP	5:19.39 5:48.64
M60 Graeme Adams	WBP	5:32.89
M65 Murray Clarkson Colin MacLeod	WBP NTH	5:52.51 6:13.50
M70 Robert McPherson	WBP	6:11.73
M90 Eric de Lautour	WBP	11:37.00
W40 Karyn McCready Karina Meyers	WBP WBP	5:31.39 6:54.96
W45 Sara Horgan	WBP	6:42.89
W60 Judith Stewart Robyn Winter	AKL WBP	6:29.30 7:58.53
W65 Margaret Fraser	CAN	8:23.96
W70 Fay Riley	WBP	10:54.04
W75 Pauline Hewitt Dawn Cumming	WBP HBG	8:27.43 8:40.45

3000m

M45 Andrew Davenport Michael Wray	MAN WGN	9:44.94 10:20.04
M55 Barry Watson	WBP	11:44.64
M60 Graeme Adams Ray Amon	WBP WBP	12:16.88 13:38.31
M65 Anson Clapcott	NTH	11:37.32
M70 Robert McPherson	WBP	13:15.38
W40 Karyn McCready	WBP	11:41.24
W45 Sally Gibbs	WBP	9:55.08
W70 Fay Riley	WBP	22:55.33

5000m

M45 Michael Wray Darryl Conn	WGN WBP	17:10.31 20:46.05
M50 David James	WBP	20:41.55
M55 Gavin Smith Gerry Meyers Phil Kerrison	WBP WBP WBP	18:39.59 20:42.55 23:07.63
M60 Graeme Adams	WBP	21:40.70
M65 Anson Clapcott Murray Clarkson	NTH WBP	20:05.38 21:11.41
M70 Robert McPherson	WBP	22:56.03
M75 Jim Tobin	HBG	32:22.89
W35 Michele Rumney	WBP	25:27.38
W40 Karyn McCready Karina Meyers	WBP WBP	20:22.61 26:38.26
W60 Judith Stewart	AKL	23:12.28

10000m

M45 Michael Wray	WGN	36:38.40
M50 Warren Smith	AKL	37:13.58
M55 Barry Watson	WBP	41:57.00
W60 Judith Stewart	AKL	47:56.70

110m Hurdles

M40 David Sexton	HBG	19.97
M45 Paul Daborn	WBP	18.71

80m Hurdles

M70 Alan Silvester	WBP	17.65
M75 Stewart Foster	WBP	18.22
M80 Ron Johnson	AKL	20.64
W55 Julie Judd	OTG	18.79
W60 Tui Ashe	AKL	18.34

300m Hurdles

W50 Angela Graham	WBP	1:03.08
W60 Tui Ashe	AKL	1:05.68
M60 Laurie Malcolmson Des Phillips	MAN TAR	53.02 58.84
M70 Alan Silvester	WBP	1:00.4
M75 Stewart Foster	WBP	1:02.06

400m Hurdles

M45 Paul Daborn	WBP	1:06.50
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3000m Race Walk

W55 Theresa Large	TAR	19:56.31
W60 Marlene White Sheryl Miratana	TAR WBP	18:53.65 21:59.18
W75 Dawn Cumming	HBG	24:42.34
M40 David Smyth	AUS	16:49.81
M60 Eric Kemsley	TAR	16:23.54

10000m Road Walk

W60 Marlene White Sheryl Miratana	TAR WBP	1:07.10 1:15.55
M40 David Smyth	AUS	1:01.43
M60 Eric Kemsley	TAR	56.44

2000m Steeplechase

W60 Robyn Winter	WBP	11:56.60
W75 Dawn Cumming	HBG	13:32.55
M40 David Smyth	AUS	1:01.43
M60 Eric Kemsley	TAR	56.44

3000m Steeplechase

M45 Craig Wilson Brendan Magill	WBP WBP	13:26.58 13:36.76
M50 Rob Kear	WBP	14:15.06

M55 Gavin Smith	WBP	12:24.34
M60 Des Phillips Graeme Adams Willie Bowmar	TAR WBP NTH	8:53.55 9:08.61 10:03.32
M65 Murray Clarkson	WBP	9:08.31

Long Jump

M45 John Turner	WGN	4.78m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	5.30m 4.60m 3.86m
M65 Ross McBeth Tony De Leiros Wolfgang Schenk	WGN AKL AKL	4.14m 3.98m 3.89m
M75 Trevor Cowley Tony Tolhurst	AKL MAN	3.15m 3.13m
M80 Ron Johnson	AKL	2.90m
W30 Violet Temo	WBP	3.94m
W40 Julia Lile	WBP	3.41m
W55 Julie Judd Christine Kerrison	OTG WBP	3.40m 3.09m
W60 Nancy Bowmar Gail Dryland	NTH WBP	3.07m 2.22m
W70 Jill Sherburn	WBP	2.40m
W75 Judy Hammond	WGN	2.89m

M40 David Sexton	HBG	10.30m
M45 Brendan Magill	WBP	8.16m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	11.20m 9.00m 7.76m
M65 Ross McBeth	WGN	8.76m
M75 Les Williams	WBP	6.49m
M80 Ron Johnson	AKL	6.75m
W55 Julie Judd	OTG	6.78m
W60 Anne De Leiros Nancy Bowmar Gail Dryland	AKL NTH WBP	7.45m 6.81m 5.28m
W70 Jill Sherburn	WBP	5.42m

M40 David Sexton	HBG	10.30m
M45 Brendan Magill	WBP	8.16m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	11.20m 9.00m 7.76m
M65 Ross McBeth	WGN	8.76m
M75 Les Williams	WBP	6.49m
M80 Ron Johnson	AKL	6.75m
W55 Julie Judd	OTG	6.78m
W60 Anne De Leiros Nancy Bowmar Gail Dryland	AKL NTH WBP	7.45m 6.81m 5.28m
W70 Jill Sherburn	WBP	5.42m

M40 David Sexton	HBG	10.30m
M45 Brendan Magill	WBP	8.16m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	11.20m 9.00m 7.76m
M65 Ross McBeth	WGN	8.76m
M75 Les Williams	WBP	6.49m
M80 Ron Johnson	AKL	6.75m
W55 Julie Judd	OTG	6.78m
W60 Anne De Leiros Nancy Bowmar Gail Dryland	AKL NTH WBP	7.45m 6.81m 5.28m
W70 Jill Sherburn	WBP	5.42m

M40 David Sexton	HBG	10.30m
M45 Brendan Magill	WBP	8.16m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	11.20m 9.00m 7.76m
M65 Ross McBeth	WGN	8.76m
M75 Les Williams	WBP	6.49m
M80 Ron Johnson	AKL	6.75m
W55 Julie Judd	OTG	6.78m
W60 Anne De Leiros Nancy Bowmar Gail Dryland	AKL NTH WBP	7.45m 6.81m 5.28m
W70 Jill Sherburn	WBP	5.42m

M40 David Sexton	HBG	10.30m
M45 Brendan Magill	WBP	8.16m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	11.20m 9.00m 7.76m
M65 Ross McBeth	WGN	8.76m
M75 Les Williams	WBP	6.49m
M80 Ron Johnson	AKL	6.75m
W55 Julie Judd	OTG	6.78m
W60 Anne De Leiros Nancy Bowmar Gail Dryland	AKL NTH WBP	7.45m 6.81m 5.28m
W70 Jill Sherburn	WBP	5.42m

M40 David Sexton	HBG	10.30m
M45 Brendan Magill	WBP	8.16m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	11.20m 9.00m 7.76m
M65 Ross McBeth	WGN	8.76m
M75 Les Williams	WBP	6.49m
M80 Ron Johnson	AKL	6.75m
W55 Julie Judd	OTG	6.78m
W60 Anne De Leiros Nancy Bowmar Gail Dryland	AKL NTH WBP	7.45m 6.81m 5.28m
W70 Jill Sherburn	WBP	5.42m

M40 David Sexton	HBG	10.30m
M45 Brendan Magill	WBP	8.16m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	11.20m 9.00m 7.76m
M65 Ross McBeth	WGN	8.76m
M75 Les Williams	WBP	6.49m
M80 Ron Johnson	AKL	6.75m
W55 Julie Judd	OTG	6.78m
W60 Anne De Leiros Nancy Bowmar Gail Dryland	AKL NTH WBP	7.45m 6.81m 5.28m
W70 Jill Sherburn	WBP	5.42m

M40 David Sexton	HBG	10.30m
M45 Brendan Magill	WBP	8.16m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	11.20m 9.00m 7.76m
M65 Ross McBeth	WGN	8.76m
M75 Les Williams	WBP	6.49m
M80 Ron Johnson	AKL	6.75m
W55 Julie Judd	OTG	6.78m
W60 Anne De Leiros Nancy Bowmar Gail Dryland	AKL NTH WBP	7.45m 6.81m 5.28m
W70 Jill Sherburn	WBP	5.42m

M40 David Sexton	HBG	10.30m
M45 Brendan Magill	WBP	8.16m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	11.20m 9.00m 7.76m
M65 Ross McBeth	WGN	8.76m
M75 Les Williams	WBP	6.49m
M80 Ron Johnson	AKL	6.75m
W55 Julie Judd	OTG	6.78m
W60 Anne De Leiros Nancy Bowmar Gail Dryland	AKL NTH WBP	7.45m 6.81m 5.28m
W70 Jill Sherburn	WBP	5.42m

M40 David Sexton	HBG	10.30m
M45 Brendan Magill	WBP	8.16m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	11.20m 9.00m 7.76m
M65 Ross McBeth	WGN	8.76m
M75 Les Williams	WBP	6.49m
M80 Ron Johnson	AKL	6.75m
W55 Julie Judd	OTG	6.78m
W60 Anne De Leiros Nancy Bowmar Gail Dryland	AKL NTH WBP	7.45m 6.81m 5.28m
W70 Jill Sherburn	WBP	5.42m

M40 David Sexton	HBG	10.30m
M45 Brendan Magill	WBP	8.16m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	11.20m 9.00m 7.76m
M65 Ross McBeth	WGN	8.76m
M75 Les Williams	WBP	6.49m
M80 Ron Johnson	AKL	6.75m
W55 Julie Judd	OTG	6.78m
W60 Anne De Leiros Nancy Bowmar Gail Dryland	AKL NTH WBP	7.45m 6.81m 5.28m
W70 Jill Sherburn	WBP	5.42m

M40 David Sexton	HBG	10.30m
M45 Brendan Magill	WBP	8.16m
M50 Stephen Burden Mike O'Leary Mark Gray	WBP HBG WBP	11.20m 9.00m 7.76m
M65 Ross McBeth	WGN	8.76m
M75 Les Williams	WBP	6.49m
M80 Ron Johnson	AKL	6.75m
W55 Julie Judd	OTG	6.78m
W60 Anne De Leiros Nancy Bowmar Gail Dryland	AKL NTH WBP	7.45m 6.81m 5.28m
W70 Jill Sherburn	WBP	5.42m

M75 Les Williams	WBP	1.01m
M80 Jim Blair Ron Johnson	WGN AKL	1.07m 1.04m
W30 Violet Temo	WBP	1.23m
W55 Julie Judd	OTG	1.08m
W60 Nancy Bowmar	NTH	1.14m
W75 Judy Hammond	WGN	1.05m

M30 Vincent Smith	WBP	10.76m
M35 Dave Couper	WBP	10.34m
M40 Ian Clarke	WBP	9.98m
M45 Laini Inivale Bruce Solomon	AKL WBP	11.97m 8.39m
M50 Mark Cumming Mike O'Leary Neal Tait Jonothan Wangford	AKL HBG WBP AKL	10.14m 9.59m 9.43m 9.31m
M55 Hans Barnard	AKL	8.77m
M60 Jos Pols	AKL	9.54m
M65 Phillip Cox	MAN	9.99m
M70 Brian Senior Rob McGregor Roy Skuse Bruce Clarke	CAN WBP HBG WBP	9.59m 9.08m 7.90m 7.37m
M75 Trevor Cowley Ray Laurie	AKL WBP	7.02m 5.89m
M80 Ron Johnson Jim Blair	AKL WGN	9.72m 8.05m
M85 Laurie Carter	AKL	6.49m
W30 Violet Temo	WBP	8.66m
W40 Brenda Davis Julia Lile Karyn McCready	WBP WBP WBP	8.99m 7.70m 6.27m
W45 Christine McCahill	WBP	10.26m
W60 Liz Hamilton Anne De Leiros Tui Ashe Jenny Hastie	TAR AKL AKL NTH	8.72m 8.19m 7.79m 4.98m
W65 Bev Savage Barbara Austin	WBP NTH	8.45m 8.30m
W70 Jill Sherburn Val Babe	WBP NTH	6.24m 4.98m
W75 Judy Hammond Hilary Weeks	WGN AKL	6.57m 6.55m
W80 Colleen Bruncker	NTH	5.92m
W85 Pam Spiers	AKL	4.10m
W90 Pauline Purser	WBP	4.12m

M30 Vincent Smith	WBP	10.76m
M35 Dave Couper	WBP	10.34m
M40 Ian Clarke	WBP	9.98m
M45 Laini Inivale Bruce Solomon	AKL WBP	11.97m 8.39m
M50 Mark Cumming Mike O'Leary Neal Tait Jonothan Wangford	AKL HBG WBP AKL	10.14m 9.59m 9.43m 9.31m
M55 Hans Barnard	AKL	8.77m
M60 Jos Pols	AKL	9.54m
M6		

Hammer Throw (cont.)

W80 Colleen Brunker Marcia Petley	NTH WBP	24.49m 16.25m
W85 Pam Spiers	AKL	11.64m
W90 Pauline Purser	WBP	11.90m

Weight Throw

M30 Vincent Smith	WBP	11.45m
M35 Dave Couper	WBP	11.13m
M40 Ian Clarke	WBP	7.59m
M45 Murray Free	AKL	8.31m
M50 Neal Tait Mike O'Leary	WBP HBG	10.65m 7.67m
M55 Hans Barnard	AKL	12.45m
M60 Jos Pols	AKL	13.02m
M65 Phillip Cox	MAN	11.54m
M70 Brian Senior Bruce Clarke Rob McGregor	CAN WBP WBP	13.70m 10.57m 9.47m
M75 Ray Laurie	WBP	8.12m
M80 Ron Johnson Jim Blair	AKL WGN	10.49m 9.86m
M85 Laurie Carter	AKL	8.91m
W30 Violet Temo	WBP	8.64m
W40 Brenda Davis	WBP	11.17m
W45 Christine McCahill	WBP	13.62m

W60 Gail Dryland	WBP	8.49m
W65 Bev Savage Barbara Austin	WBP NTH	11.79m 11.15m
W70 Val Babe Marion Clarke	NTH WBP	6.35m 6.35m
W75 Hilary Weeks	AKL	9.62m
W80 Colleen Brunker Marcia Petley	NTH WBP	9.20m 7.49m
W85 Pam Spiers	AKL	5.54m
W90 Pauline Purser	WBP	4.69m

Pentathlon

M40 David Sexton Ian Clarke	HBG WBP	2016 1910
M45 Stephen Te Whaiti John Turner Bruce Solomon Darryl Conn	WBP WGN WBP WBP	2733 2524 2448 1549
M50 Mike O'Leary	HBG	396
M65 Wolfgang Schenk	AKL	1567
W40 Julia Lile	WBP	1824
W60 Tui Ashe Nancy Bowmar	AKL NTH	2749 2066
W70 Jill Sherburn	WBP	1787
W70 Judy Hammond	WGN	3071

Throws Pentathlon

W30 Violet Temo	WBP	1762
W40 Brenda Davis	WBP	2771

W45 Christine McCahill	WBP	3553
W60 Gail Dryland Jenny Hastie	WBP NTH	1917 1540
W65 Bev Savage Barbara Austin	WBP NTH	3600 3347
W70 Val Babe Marion Clarke	NTH WBP	2210 2107
W75 Hilary Weeks	AKL	2965
W80 Colleen Brunker	NTH	3137
W85 Pam Spiers	AKL	2545
W90 Pauline Purser	WBP	2958
M30 Vincent Smith	WBP	2295
M35 Dave Couper	WBP	2245
M45 Murray Free	AKL	2321
M50 Mark Cumming Neal Tait	AKL WBP	3497 1701
M55 Hans Barnard	AKL	2642
M60 Jos Pols	AKL	2597
M65 Phillip Cox Kevin Bradley	MAN WBP	2967 2887
M70 Brian Senior Bruce Clarke	CAN WBP	3204 2324
M75 Ray Laurie	WBP	2052
M80 Ron Johnson Hector Mein	AKL WBP	3501 384
M85 Laurie Carter	AKL	2385

PHOTOS : John Campbell



Murray Free (AKL) won the M45 Discus



Laurie Malcolmson (MAN) competing in the 300m hurdles



Des Phillips (TAR) appears to walk on water during the 3000m Steeplechase

PHOTO : Sharon Wray



John Lester (M70) and Stewart Foster (M75) in the 60m sprint



Murray Clarkson (WBP) cools off in the water jump



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Porto Alegre, Brazil 15-27 October 2013

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Departures from **Auckland 10th October** to Santiago, 3 nights there with a day trip to Valparaiso then flight over the Andes to Porto Alegre 2-3 days before the start of the champs. Plenty of time to acclimatize before the athletics start.

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Waterlogged or Dehydrated

by Peter Sandery

In this we believe - but is there credible evidence?

Observe people out recreational walking, running or in any "fun" run these days and three things become obvious. One is the number of participants who seem to regard various forms of technology as an essential part of the activity. Run or walk without a smart phone? Unthinkable. One of many thousands of close Facebook friends might have posted truly earth shattering news - "waiting at a bus stop", "getting on the bus", "just passed Stop 12", "having coffee with XXX", ... and life as we know it would surely end if that wasn't "liked" or commented on.

Then there are the high tech GPS sports watch wearers (many of whom have little expertise with, or knowledge of how the device works) who stand staring at the screen hoping that the run doesn't start before satellites are locked in. In both cases, the focus is on the technology, not the actual activity that the users are participating in.

A third thing that has become so common that it is an accepted part of running is the emphasis on drinking before, during and after activities, an adjunct to the bottled-water-as-accessory phenomenon that has become embedded in daily life. Where running is concerned, just drinking water will not do (certainly not tap water), as attested by the plethora of sports drinks on the market. You need to drink an expensive sports drink that has had just the "right" amounts of various sugars, salts and various other additives (even oxygen) added to it if you are to perform at your best and avoid dehydration or worse outcomes.

The intensive marketing (to athletes and the general public) that promotes this view has resulted in the growth of a very large scale, clearly profitable industry. Are the claims made by the sports drink companies based on evidence derived from well designed, expertly conducted, independent research on appropriate subject groups?

One person who challenges the need to consume as much fluid as many people now do, including sports drinks, is Tim Noakes, an eminent sports scientist. Noakes has also been an ultra distance runner. Anyone who has run a distance race is very likely to empathise with Noakes' reflection on how he felt at the 57km mark of the 87km Comrades race in South Africa., "My legs, detecting the first signs of an ailing will, begin

their own mutiny, and inform me that this is far enough. Why, they ask, must they continue to run, knowing that each step will become more painful, more difficult? After all, there is always next year"¹. Noakes brings running experience to his research.

The title (Waterlogged ...) of one of Noakes' recent books does tend to indicate what his view on the topic is. He writes², "Fascinated by the hoopla, but also confused by it, I spent several months in 2003 looking into the research on water consumption. I found no support for exaggerated claims about human needs. As far as anyone could tell, the human body had evolved an exquisite system to regulate water consumption. It's called thirst. When you're thirsty, you need to drink. When you're not thirsty, you don't".

He goes on to say that we don't always pay attention to thirst when we become distracted by other things, but this leads to transient dehydration which can be relatively quickly corrected. If you lose around 2% of body weight in perspiration in an endurance race you will probably begin to feel increasingly thirsty and start to slow down until you drink. In pre-hydration conscious times, distance runners were advised not to drink until they felt thirsty and there doesn't seem to be evidence that large numbers of them suffered adverse effects.

Deborah Cohen³ has done a comprehensive study of the recent history of sports drinks and the research reports (the majority of which were not completely independent of the industry) on which the claims of the three principal manufacturers are based. Cohen's conclusion - "There was no substantial evidence to suggest that liquid is any better than solid carbohydrate intake and there were no studies in children. Given the high sugar content and the propensity to dental erosions children should be discouraged from using sports drinks. Through our analysis of the current sports performance research, we have come to one conclusion: people should develop their own strategies for carbohydrate intake largely by trial and error". Seems like good advice to apply to hydration.

1. Noakes, T. & Vliismas, M. "Challenging Beliefs: Memoirs of a Career", Zebra Press, 2012

2. Noakes, T. "Waterlogged: the serious problem of overhydration in endurance sports", Human Kinetics, 2012

3. Cohen, D. (Investigations Editor), "The truth about sports drinks", BMJ, (Published 18 July 2012)

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Road Relay Championships

by Derek Shaw

As is usually the case, there was plenty of drama and fine performances in the National road relay championships held on a new course in the Moutere Hills, west of Nelson, on Saturday 6 October. Race organiser Ian Morrison and his Athletics Nelson committee had devised an out and back course centred around the wonderful Moutere Hills Community Centre facility at Upper Moutere. The well planned course had five and eight lap options for different grade races and a four lap race for walkers with a good mix of terrains including hills of varying heights. A total of 116 teams contested the various grades including for the first time a five-person open M60 grade.

Athletics Nelson had a suite of master's men teams and were hoping to be amongst the medals in all three grades but like many teams had lost some runners to injury, especially in the M60 team. Keen competition was expected from Scottish teams in the M40 and M60 grades as well as old foes Auckland University in the M50 grade. Papanui Toc H and Hamilton Hawks also looked strong in the M40 grade as did the M50 Lake City team and the M60 Wellington and Tauranga teams.

In the M60 race, the lead changed on each lap with Chris Bolter putting Athletics Nelson in the lead at the end of the first lap closely followed by Wellington's David Mason, Tauranga's Murray Clarkson and Jonathon Harper of Scottish. A very good run by Scottish's Richard Brent saw them first to the end of the tough second lap with a lead of nearly two minutes over Wellington's Brian Hayes and a further minute and half back to Barry Dewar of Athletics Nelson. Derek Shaw managed to put Nelson back into lead on the third lap and handed the baton over to team mate Hugh Neill with a lead of a minute.

John Skinnon put Scottish back into the lead on the fourth lap and handed over to last lap runner Howard Harman with a lead of a minute. Nelson's Ian Morrison steadily reduced the gap and took the lead about two-thirds of the way through the last lap to have the pleasure of being the first race organiser to win a gold medal in the road relay champs in a total time of 2:51:11. Scottish finished 1:24 back, with Wellington a further 6:41 back.

In the M40 race, Gavin McLean gave Scottish a lead of 36 seconds over Athletics Nelson's John Kennedy with Alan Carmen of Leith a further 13 seconds back.

Michael Wray maintained Scottish's lead over Nelson's Ian Thomas on the second lap with John Crane moving Hamilton Hawks into third place. David Kettles increased Scottish's lead to a minute, with Ronnie Thomas moving Papanui ToCH into second place ahead of Nelson's Jon Linyard and Hamilton's Nick Freke on the third lap.

On the fourth lap, Scottish's James Turner increased their lead to over one and a half minutes with Kent Hodgson having moved Hamilton into second place ahead of Papanui ToCH's Shane Grose and Nelson's Stu Cottam. A top run by Graham Taylor resulted in Nelson regaining second place on the fifth lap, 70s behind Scottish's Joseph Bulbulia and closely followed by Andrew Wark of Hamilton and Jason Baillie of Papanui. On the sixth lap Jim Jones kept Scottish in the lead, but a strong run from Tony Olsen resulted in Hamilton regaining second place ahead of Nelson's Stu Cottam and Papanui's Don Greig.

The order remained the same after Peter Stevens, Dion Hardy and Peter Versey ran lap seven for their respective clubs. Nelson's Phil Costley took the baton 2:40 behind Scottish's Todd Stevens and chased hard over the undulating final 11.6km lap. He soon caught Hamilton's Glenn Sexton who not long after pulled up with a hamstring injury that resulted in his team deciding to withdraw. Costley then set his sights on Stevens in the distance and gradually reduced the gap. After over four hours of the Scottish team leading Costley caught him as they turned off the road for the final 200m on the grassy Moutere Domain, to win by three seconds and give Athletics Nelson its second gold of the afternoon.

After trailing the super sixties lead-off runners for New Brighton Olympic (Tony McManus) and Lake City (Trevor Ogilvie) teams for much of the first lap in the M50 race, Athletics Nelson's Ian Courtney took the lead to give his team a slim nine seconds margin at the first changeover. A very good run by Auckland University's Ian Richards moved his team from fifth place to first after the second lap, with Dave Cronshaw moving Lake City into second and Athletics Nelson's Tim Cross in third place. Greg Lautenslager's very good run on the third lap regained the lead for Athletics Nelson, with Auckland University's Bryan Bates in second place and New Brighton Olympic's Richard Young in third.

Bill Revell maintained Nelson's lead on the fourth lap over University's Ken Maloney and New Brighton Olympic. Nelson's lead went to over six minutes after Patrick Meffan's run on lap five, with University's Graham Macky in second place and a good run by Bruce Edwards moving Lake City into third. Murray Hart stretched Nelson's lead to over eight minutes on lap six with Graeme Pearson moving Lake City into second place. Dave Dixon added another five seconds to Nelson's lead on the seventh lap, while Dave Harkness moved University into second place.

With current NZ M50 cross country and road champion Cliff Bowman on the last lap, Nelson were reasonably confident of capturing the M50 title, however tragedy struck at the half way mark when Bowman felt a serious pull in his glutes and was forced to stop, unable to even walk. Patrick Meffan took over and completed the lap. Although he finished nearly four minutes ahead of Gavin Stevens, the seven minute penalty incurred for substituting a runner dropped the team to third place behind Auckland University and Lake City.

Athletics Nelson masters men were left pondering what could have been - a clean sweep in the three masters men grades and the overall champion club medal ... but it wasn't to be and the club had to settle for second place in the club competition, one point behind Scottish. With the possible pending changes to the point scoring basis for the club championship it seems unlikely that clubs that are strong in the master's grades, such as Athletics Nelson, will be in contention for the club championship in the future which would seem a pity as it could take away some of the interest of such clubs who are not strong in the SM and SW ranks.

In the master's women race, Scottish, who had two of the four teams, retained their title with a commanding margin of over 20 minutes. In the senior men's race, Scottish ended University of Canterbury's run of five consecutive wins, with a 26 seconds win over the newly merged New Brighton Olympic club. After not managing to field a senior women's team, the University of Canterbury's three consecutive titles were clearly not going to be extended, so it was Hamilton Hawks who took out their first SW title with a 52 seconds win over North Harbour Bays.



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Australian Winter Throws

by Christine McCahill

My enthusiasm for athletics in the past 18 months has been very low. After the high of last year's world championships I have struggled to feel and excitement about athletics and competing. I guess I'm worn out after 11 years of service to master's athletics on a national and regional level, and being involved in athletics for over 40 years. It is unfortunate that there are very few competitors in my age group within New Zealand and to get top competition and to be honest value for money, I need to travel further afield, namely Australia.

I have got incredibly close to tossing it all in and leaving the sport behind. It's harder to find places to train if you are a thrower, especially for hammer. Apparently some council think that athletics is purely a summer sport and you don't train over the winter! I know of many throwers who just cannot find facilities to train in and when they do there are huge restrictions about when you can throw, which direction you can throw and often these grounds are a long distance to travel to. Then there is digging up the holes and all other hurdles in the way. It's really no wonder it goes in the "too hard" basket for some and they don't bother.

My local club is not particularly master's friendly, unless you are a distance runner. I have joined a Hamilton Club which has been a breath of fresh air for me. They care about what you do, regardless of what it is. The profile of athletics has taken a fair beating, numbers have dwindled dramatically and even though Athletics NZ wants all areas if the sport to be as one, masters are often treated like second hand citizens, unless we are needed as officials. In a lot of centres, masters cannot compete at open meets. Many struggle to pay an ANZ fee, an NZMA fee, a club fee, so once again they don't bother to belong to anything.

Anyway I needed to find out if I still had enthusiasm for my lifelong sport. Enter my good mate in Aussie, Jayne Hardy. "Come over for the Australian Winter Throws championships" I hadn't been for ten years and the last time I went I absolutely loved it. This competition is three days of throwing only, not a runner or jumper in sight! So off I went. 60 throwers braved the Canberra weather for this nonstop throwing fest. Day one is the five individual throwing events. Six throws for each event, not four or two because the event just takes too long! Day two is the throws pentathlon and Day three is the heavy weight pentathlon and the 56lb and 100lb

weight throws. The heavy weight pentathlon is made of you throwing the two heavy weights below your normal weight, and the two heavy weights above your normal weight as well as the one you would usually throw.

ACT veterans have held this event for the 17 years of its existence. The numbers never seem to dwindle. Some of the faces come and go but a lot just keep coming every year and there are a lot of "newbies" this year, a good sign that Aussie throwing is doing well. Ray Greene is the stalwart behind this AMA sanctioned event. There is nothing fancy about the event. No medals except for a beautiful participation one. A certificate that you can write your results on, and the prized champs shirt which doesn't change in design, but does in colour every year. Nothing fancy, very simple, but one of the best competitions that I have ever been involved in. It is incredible to look around a field and see hammer, shot, discus, javelin and heavy weight areas set up in one spot.

The hammer hasn't been shunted to the back or bottom field like a second class citizen. The sectors are beautifully marked out with distance cones along the sides. The gear is plentiful and in top shape. No need to bring anything with you. Everything has been weighed, measured, great handles and straight wires on the hammers, everything colour coded, just beautiful. Just what the doctor ordered, a stress free weekend absorbed in a world of throwing. Admittedly I haven't done as much training over the winter as I normally would have. My focus has been being fit, dropping some weight and doing as much variety of training as I can. My goals for the competition were to come through injury free, to enjoy the competition have some fun. The verdict was that all three were achieved.

It's a pity we do not have this sort of competition in NZ, in an easy to get to, central location. NZMA throwers would love it. A carrot to keep throwers going over the winter. After all there are many events distance runners can do over the winter, but next to nothing for throwers. Just what are we doing as a national body and for that matter local bodies to retain and attract new people to our sport? ACT has monthly weight pentathlons and individual throws. Nothing fancy, nothing expensive, just a bunch of masters athletes getting together to throw. I think that is what our sport is supposed to be about. We are supposedly

Track AND Field. Not track and field shoved out the back because it's dangerous or might make a mess of the ground.

The world championships in Sacramento succeeded in one thing, segregating the two. All the track events in one spot at the main arena, and throwing on the back field. You never saw your fellow runners, jumpers and we could not support them. This was a major disappointment. I hope that that changes for Brazil. So where to from here? Well my enthusiasm has been restored, but I feel I may need to travel to Australia to keep it that way. I think that I will need to think carefully about what events I go to in and why.

At present NZMA nationals hold little attraction for me unless my age group can slot in with the men throwing the distances I do. It's not about the national titles and records for me. It's about competition. Getting my money's worth. Selfish, maybe. But we all only have a certain amount of money to go around. There's no challenge when you have no one to compete against and you get a medal just for turning up.

So, if there are any throwers out there who would like to be part of some sort of monthly challenge, have ideas about fun events we could create and do, feel free to email me. I would love to have a winter throws championships, monthly competitions all year round with results from regions collated and published. Yes it will take time, and man power, but if it keeps people in the sport, why not do it! I know where I will be aiming to be this time next year... at a well run, awesome Aussie winter throws championships. Thanks Ray, Sharon, Jayne, Barbs and Raylea for making me so welcome and for a great time. Maybe you will be seeing a few more New Zealand throwers coming your way.

Note: The full results are on the Australian website: australianmastersathletics.org.au



PHOTO : John Campbell



Vincent Smith (WBP) won the M30 discus at the Nth Island champs in Hamilton

Race Walking Notes

by George White

If The Shoe Fits!

If you are serious about race walking then you should spend time considering what shoes to wear. I am a firm believer in different shoes for racing and training. Generally you will cover more kilometres in training than in races so a hard wearing shoe is a good consideration. I tend to get somewhere between 800 and 1000km from a training shoe. These shoes are a running shoe with reasonable support. However for racing I like to wear racing flats or the new trend of minimalist shoe. These are much lighter and feel so much more responsive for racing. However they do not wear as well – often lasting 400km or less.

Don't worry about all the hype that you need good support in a shoe, as race walking is far kinder to feet and legs than running, so a very light shoe should not cause any problems. Racing shoes are built with a relatively low heel which assists a fast, efficient race walking technique. Training (normal running) shoes generally possess higher, more shock-absorbing heels necessary because of the stress caused by running. These shoes result in more compression and expansion in the heel which uses energy.

When To Buy New Shoes

Shoes are the most expensive part of our sport but don't skimp or injuries could follow. You need new shoes when wear on the shoes tells you, or they just no longer feel as though they give you the support you need.

Shoes will wear differently for each walker. Regularly inspect your shoes for wear, paying particular attention to the bottom of the shoe near the heel, and the front where you roll off the toes. While obvious wear may exist – it is often the midsole that could be a problem as this tends to collapse. Check the shoes from behind. If the midsole of the shoe is compressed (visible creases) or leaning too much to one side it is time for them to go.

Don't try to save money by home-repairing shoes. Sole rebuilding products only fix the visibly worn section of a shoe, often leaving invisible damage inside.



John Turner (WGN) competing in the M45 High Jump at the Nth Island champs in Hamilton

What To Look For In A Shoe

Shoes should feel great as soon as you put them on – you don't turn an uncomfortable shoe into a comfortable one by wearing it. Therefore even if it has rave reviews and claims to be the best thing since sliced bread – avoid it unless it feels good on you. Try them on a treadmill in the shop if you can. Having said a shoe should feel comfortable as soon as you put it on – do "break them in" before wearing them in an important race.

Ideally, walkers training consistently should alternate between two pairs of the same or different model shoes; this protects the feet and helps to prevent blisters, as each shoe will wear differently. Also, with two pairs, you can usually avoid training in wet shoes and it gives time for the midsoles to recover.

If you find a particular shoe that you like, buying the two pairs can certainly be an advantage but don't be tempted to buy multiple pairs because they do have a shelf life with midsoles in particular eventually breaking down.



Bruce McPhail showing great form at the Nth Island champs in Hamilton

Heel Counter

Most shoes provide some form of stabilizing heel counter. This prevents excessive motion when the heel strikes the ground. Race walkers need a little more motion control than runners; so test for heel stability by squeezing the sides of the heel together; the heel should not collapse. Be sure that the heel counter is well cut out at the top or an inflamed Achilles tendon could result.

Sole

Make sure that the sole bends at the ball of the foot – not under the arch as this could cause hamstring problems.

Toe-Box

In walking the foot needs plenty of space to spread out, so make sure you have plenty of room in the toe-box and allow for the feet swelling during the day and in a race. Your toes should be about a thumb's thickness from the end of the shoe.

Shoe Last

When a walker's foot strikes the ground, it normally lands on the outer corner of the heel and then rolls towards the big toe. If you tend to over pronation (rolling inwards) you should go for a straight-lasted shoe, whereas if you supinate (rolling outwards) a curve lasted shoe is best. If you pronate normally, then select a semi-curved last.

Where To Buy Shoes

You should begin at a specialty sports store, perhaps even taking your old shoes in to discuss how they have worn. While often the more expensive shoes will perform or protect better, this is not always the case and sometimes the advantage is marginal. Choose a shoe that suits you, not by price or fashion. If you want to save money then after finding the right shoe (and size) at a store, going online can often save a great deal. This is especially the case with discontinued models which can be purchased at a significant saving. The major shoe companies continually update their shoes, relying on fashion conscious athletes to buy them. However technology doesn't change that fast and the previous models are almost always just as good.

PHOTOS (below left): John Campbell

New Year's Honours

PHOTO: Jim Tobin

Ron Robertson was made a Member of the New Zealand Order of Merit MNZM in the New Year's Honours for his services to athletics. The citation reads:

Robertson of Gisborne was the World Masters Association Male Athlete of the Year in 2011.

At the 2011 world masters championships in Sacramento Robertson won four gold medals and set three world age group records.

In the M70 grade Robertson set world records in the 1500m 4:52.95, 5000m 18:15.53 and the 2000m steeplechase 7:10.03. He also won the 8km cross country event in 32:10.

The 71 year old has an outstanding international record at world masters championships of 31 gold and three silver medals as well as 15 world records over the time.

He also currently holds 15 New Zealand masters records:
 1500m - M55, M60, M70
 3000m - M55
 5000m - M50, M55, M60, M70
 10,000m - M50, M55
 2000m steeplechase - M60, M65, M70
 3000m steeplechase - M50, M55



Ron Robertson on his way to gold in the M70 steeplechase at the world championships at Sacramento

A High Performance Athlete

by Barry Rait

The phenomenal athletic feats produced by Ron Robertson over the last two decades are well-known to us all but particularly so to Southlanders. The world masters records that Ron was breaking were those held by our "fastest old man in the world" the late Derek Turnbull. To beat these records really meant that Ron is 'someone' legendary to Southlanders because of this sweep of several of the world records that were held by Derek.

I recall Derek saying once that he thought that Ron was going to rewrite all his records and that he was 'something else'. Derek thought that Ron was in another higher category of masters athletics. This praise from the local master Derek, impressed me at the time and I decided to do a profile of his feats in the Vetline of March 1992

Since Ron's participation at the last Masters World champs in Sacramento where he set three world records, I wondered if this level of performance could have been predicted using the age-graded tables from 1991. Of course certain assumptions are made such as dedication to training and the desire to strive well etc all relative to increasing age.

One interesting blip noticed was Ron's 65 year old record (2008) in the 2000m steeple at 7:18.10 and then when five years older he chopped off eight seconds.

The tables below show some interesting aspects:

TABLE 1:
SHOWING SELECTED PERFORMANCES AT 55-60 YEARS

Event	Age	Performance	Age Graded %	Age Graded Performance
1500 m	55	4m 12.50	97.60	3m 32.79
5000 m	55	15m 41.72	96.45	13m 27.00
2km. Steeple	60	6m 30.21	106.1	7m 35.8

TABLE 2:
SHOWING SELECTED PERFORMANCES AT 70 YEARS

Event	Age	Performance	Age Graded %	Age Graded Performance	Change over 10-15 years
1500m	70	4m 52.95	98.10	3m 32.85	Equal
5000 m	70	18m 15.53	96.44	13m 27.01	Equal
2km. Steeple	70	7m 10.3	111.09	7m 13.98	21+ faster

Undoubtedly Ron's forté among his superb performances is the steeplechase. The remarkable coincidence of the two other times for the 1500m and 5000m emphasises that 'older masters runners do not die, they just keep running away.'

So the figures show (i.e. age graded performances) that what ever training Ron is doing, he is doing the right stuff with exactitude and can truly be recognised as a master's high performance athlete. However I am not sure about the rapidity of any funding acknowledgement from a national body.

So it can be said with confidence that Ron's age graded performances when aged 70 years, were predictable from his earlier ones and thus he is a master of consistency. Any arithmetical errors are mine and my apologies if there are any but at 76 years I am finding calculations somewhat more of a challenge.



Ron Robertson

PHOTO: Jim Tobin

Promoting Positive Images of the Older Person

by Lynne Schikert

In 2010 at the Australian Masters Athletics championships in Perth, Flickchicks, a Queensland based film company, filmed Oceania's oldest athlete Ruth Frith for a documentary they were producing.

This film, *The 100 + Club*, received much interest when featured on ABC TV and has now won a trophy at the prestigious United Nations Association of Australia Media Peace Awards in Melbourne on Friday 26 October 2012. The poignant documentary took out the special award category for 'Promotion of Positive Images of the Older Person'.

The 30-minute ABC TV film goes behind the doors of the world's oldest social club for centenarians and follows three of its sprightly members - the world's oldest competing athlete Ruth Frith, 101, performer Olive Webber, 103, and outback author Dexter Kruger, 100 - who are still in hot pursuit of their dreams. It was hoped the film would "help highlight a few issues that our older Australians face".

In their remarks, the Award's judges said: "the documentary presents ageing and even very old age as a rewarding worthwhile stage of life.

"There is much discussion regarding the 'burden' of ageing society; it does us all good to see the positive side of this growing demographic."

As the producers said "When we set about making the doco, we were admittedly on a mission to produce a positive film about our older Australians for we felt they received a bit of a bad rap in general. Usually when they are in the spotlight, they're either seen as victims or as a burden on our social security system. So, through *The 100+ Club* and our amazing characters, we specifically wanted to bust open a few stereotypes and show that our older Australians shouldn't be written off or wrapped in cotton wool. Just you try wrapping Ruth Frith in cotton wool! We really wanted to show what they can do, not what they can't."

This latest accolade is the second in as many months for *The 100+ Club* which was equal winner of the 'TV Current Affairs Award' at the Older People Speak Out (OPSO) Awards in Brisbane on 1 October. The award-winning film is now available on DVD through:

<http://www.flickchicks.com.au/100+clubdoco/buy> and a sneak preview can be seen at : <http://www.youtube.com/user/flickchicks>.

The Oceania region is very fortunate to have role models such as Ruth Frith and Eric De Lautour who inspire our younger competitors to keep up their involvement in masters' athletics.



Eric DeLatour

PHOTO: Sharon Wray



Ruth Frith

Deirdre Larkin - The Sensation of 2012

by Leo Benning

The 2012 Two Oceans Half Marathon in Cape Town had a total entry of 57 runners and a few walkers of 70 and older and there were even five of 80 plus. Forty-six were men and eleven were women. The oldest lady was Deirdre Larkin (80) of Randburg Harriers. As 16,000 entries for the Half had been accepted the chance of seeing any particular runner was quite remote. (Leo Benning of Whalers Club in Hermanus was running his tenth Half but has 25 Ultras to his credit and felt that there had to be a story behind Deirdre Larkin and tracked her down and here follows her remarkable tale. (These races, the 56 km Ultra and Half-marathon took place in Cape Town, on April 7 2012 .)

The Two Oceans Half

However, somewhere around the 6km mark Leo noticed a slim, almost frail woman with an '80' on her running vest from Randburg Harriers gradually move past him. His thought was that this senior citizen, an unknown to him, was probably going too fast and did not know much about the ominous Southern Cross Drive that would surely raise its ugly head just over 5km later and it would certainly cut her down to size.

In addition to the severity of the course she had to contend with rain after one hour into the run. Being a high jumper Leo had trained minimally for the 21km as the SA Masters Athletic Championships were little more than a month away and was therefore aiming for about a 2:30 Half, and made no attempt to chase her!

While running to the half way mark Leo spoke to a few runners about the 80-year old woman (the first ever in the Two Oceans Half) who was ahead - he had been able to see her up until about 9km - and commented that they should surely not allow the octogenarian to stay ahead of them. "Remember Vince?" But the end of the matter is that Deirdre Larkin conquered Southern Cross Drive and the rain, and finished the race in 2:25 while Leo did 2:33. However, Deirdre was only beaten by a much younger woman of 71 (Willemien Smuts) in 1:57 and five men. This is a truly amazing performance by an oldish novice lady of 80!

England

While at school in England Deirdre did no athletics but did an affair amount of rowing, punting and canoeing. She also pursued these activities while at university when she ran a fair amount from the music department where she practised the piano to her academic lectures.

When her son who was a regular runner came to live with her four years previously Deidre thought that she would give running a try. They saw an advert about the Randburg Harriers Valentine's Run in 2010 and decided to enter and she enjoyed it very much. This is when her running career started. At the time they came across a copy of Runner's World and saw that there were many such races. She took part in some others and became absolutely hooked.



The men's pentathlon competitors at the Nth Island champs in Hamilton.
From L-R: Ian Clarke, Davis Sexton, John Turner, Bruce Solomon, Stephen TeWhaiti and Darryl Conn



Start of the 3000m at the Nth Island champs in Hamilton

Training

Deirdre has been running 10km and 15 km road and trail races and a few half-marathons, but enjoys the road more and has a best Half time of 2:18. Deirdre has kept fit over the years by walking regularly and about six years ago joined the Fitness League (gym) which she attends twice a week for an hour. She trains four times a week (4 x 7km) which is preceded by 20 minutes of exercises. Therefore with a 10km or 15km race over the weekend it brings her total to about 40 km per week.

She does not have a coach but subscribes to Runner's World where she absorbs ideas. Deirdre trains alone as she does not have anybody nearby with whom she can run. As there are very good routes where she lives, near to a river she has to go uphill anywhere at all. This dynamo is a tiny person who weighs only 40kg and is 1.56m tall. Deirdre enjoys going out in the dark and cold in the early morning as there is nobody else around and she does not have to say "Good morning" so many times which is on average thirty times to workers walking to work, although that might be regarded a bit antisocial!

Deirdre includes speed work in training runs on the road but never does work outs on a track. She alternates gentle running and fast running depending on her mood but usually tries to make it 50 - 50. By the end of the year she hopes to make it 75 speed and 25 gentle. Her most enjoyable races are 10km or 15km distances... But she especially likes the more scenic ones such as the Cradle at Kloofzicht Lodge, Bruce Fordyce's race at Kareekloof, Suikerbosrand Nature Reserve. "Unfortunately I can't judge the Two Oceans race as all I saw was rain, rain, rain!"

Her Philosophy of Exercise and Health

Deirdre has been a vegetarian for about twenty years and also avoids sugar, salt, caffeine, potatoes and anything made with white flour. She does not feel that she has to run a certain number of km per week but feels that she needs daily exercise of some sort and has always done so.

Her general philosophy of exercise is that 'if you don't use it, you lose it'. She intends going on as long as she is able to do so physically - and can afford the petrol! Deirdre joined Central Gauteng Masters recently and has the ability to do well in the shorter distances. This lady is world class and hopefully will be able to participate in the World Masters Championships in Brazil in October 2013.

Life in General

Deirdre was a concert pianist in England and since coming to South Africa in 1970 she has been a pianoforte teacher at Independent Schools. She is also a member of a small music group called the Festive Ensemble that plays at weddings and special functions. She sleeps for 6-7 hours a night and occasionally grabs an extra hour. An afternoon nap is impossible as she teaches the piano at an Independent School from 12:15 onwards as well as having private students during the week.

She has never had a health problem except for osteoporosis which was diagnosed ten years ago. The density improved by 5% in 2011 and she is hoping that it will do the same this year. It has never seemed to affect her and it is only the x-rays that have picked this up. As for supplements, Deirdre takes vitamins (a multi-vitamin plus extra calcium, vitamin C and vitamin D) and is not on any medical programme such as HRT. Deirdre has three sons and a daughter and five grandchildren, three boys and two girls, but only the runner son shows any interest in her locomotor activities!

Mastering the Bounce: Breast Support for Masters Athletes

by Professor Julie R Steele and Dr Deirdre E McGhee
Biomechanics Research Laboratory, University of Wollongong

Is breast support really necessary?

Internally, your breasts rely on support provided by the overlying skin and fine ligaments, known as Coopers Ligaments, which are dispersed throughout breast tissue. However, these anatomical structures are relatively thin and therefore unable to limit excessive breast movement that can occur during athletic events. In fact, unsupported breasts have been found to move up and down more than 12 cm during running. Unfortunately, as we get older, the supporting tissues lose their elasticity and are less able to tolerate loading. This means that the breasts of older athletes require even more support than the breasts of their younger counterparts.

Breast support is an important issue for female Masters athletes to consider because as little as 2 cm of vertical breast displacement is sufficient to cause breast discomfort in some women. In fact, exercise-induced breast discomfort can cause some women to refrain from exercising, particularly women with large breasts. A lack of proper breast support can also negatively affect your performance. For example, women who experience excessive breast movement during running typically brace their arms against their torso in a subconscious attempt to limit this excessive motion. This bracing can alter the women's natural torso and upper limb movement and, in turn, negatively affect their running performance.

The good news is that biomechanics studies have shown that breast motion can be reduced by at least 50% by simply wearing a well-fitted, well-designed sports bra. For this reason, sports bras should be considered like *shoes for your breasts*. Although we do not think twice about changing our shoes when we train or compete, women don't always adopt the same attitude for their bras. In fact, a recent study found that only 41% of 267 women who were surveyed about their breast support choices wore a sports bra during exercise.

Which bra?

There are basically two types of bras to choose from for athletics, a sports bra and a crop top. A well-designed sports bra, also known as an 'encapsulation bra', has two structured cups that support each breast individually in an attempt to limit breast movement. Crop tops are designed to limit breast movement by compressing your breasts as a single unit against your chest wall. Bras marketed for every day use are usually designed to look appealing, not to limit breast movement, and therefore are not really suitable to wear during training and competition.

When selecting a bra for athletics, look for the following features:

Crop Top:

- **Fabric:** strong and compress your breasts firmly against your chest wall. It should wick sweat away from your body and feel good against your skin.

- **Structure:** have a high round neckline with your breasts completely covered; the band should be made of strong wide elastic to hold the crop top firmly in place.
- **Straps:** wide so they can distribute the load.

Sports Bra:

- **Fabric:** should wick sweat away from your body; it should feel good against your skin with no seams that irritate any part of your breasts.
- **Cups:** made of strong, supportive material (not lace/Lycra) and cover your breasts completely.
- **Band:** made of strong elastic material, wide enough relative to your breast size (A-C cup, 2 sets of fasteners; D+, 3 sets of fasteners).
- **Straps:** wide and padded for comfort, and adjustable so they don't slip off your shoulders.
- **Front band:** should sit flat against your breastbone, although this may not be possible for women with breasts > E cup.

Underwire or soft-cup: this depends on the fit. If a bra has underwire, the underwire should be shaped so it sits on your ribs, NOT on any breast tissue. Your breasts are not designed to tolerate compressive forces caused by underwire. If the underwire does not sit on your ribs and sternum, a soft-cup version of the bra is more suitable.

How much support do I need?

When deciding on whether you need to wear a crop top, a sports bra or both during your events, three factors need to be considered; your age, breast size and type of event you are involved in. A younger athlete, with A cup breasts, and involved in shot put may achieve enough support from a crop top. The level of support, however, increases with advancing age, larger breasts and activities that involve high impact, combined with vertical trunk movement and fast lower limb motion. At the top end of the breast support scale, older athletes with D+ bra cups who are involved in sprint events, might need to wear two bras simultaneously, a sports bra plus a crop top, to achieve sufficient breast support. Ideally, once supported, your breasts will move in synchrony with your trunk rather than moving excessively every time your foot impacts with the ground, and you should experience minimal or no breast discomfort.

What about bra fit?

Correct bra fit is just as important as selecting the right type of bra. The best-designed bra will not provide effective breast support if it is too big or too small. Alarming, research suggests that about 85% of women wear ill-fitting bras or bras that are worn out. Once a bra's band loses its elasticity and the material starts to break down, it is time to stop wearing that bra as it can no longer provide support. To ensure your bra fits you correctly, check the following features:

- **Cup:** all of your breasts are covered, with no wrinkles or gaps (too big), and your breasts don't bulge over the top or sides of the cup under your arm pits (too small). For a crop top, it must compress your breasts against your chest wall.
- **Band:** when viewed from the side, the band should sit level front and back. It should not move up or forwards when you

raise your arms (too big), and no flesh should be bulging over the top edge of the band (too small).

- **Straps:** firm but comfortable, not sliding off your shoulder (too big) and not digging in (too small).
- **Front band:** should sit flat against your breastbone, with no gaping.
- **Underwire:** should sit on your ribs and breastbone, NOT on any breast tissue (too small).

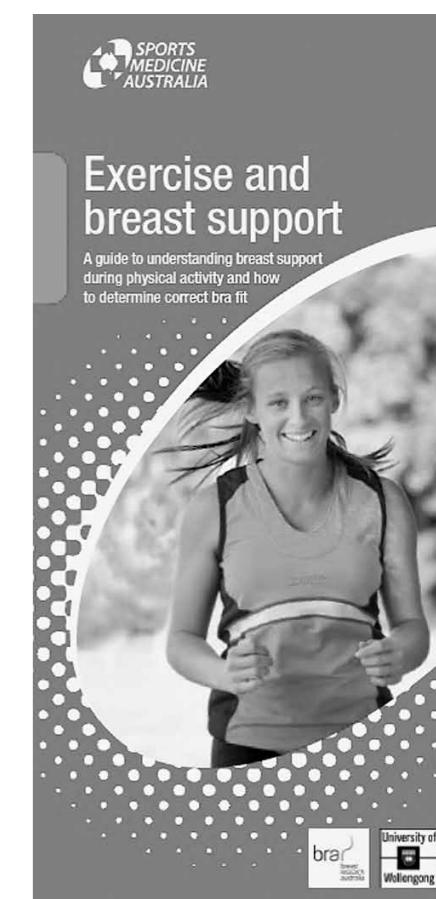
Hopefully, this information will assist you to select a well designed and supportive sports bra so you can train and compete in comfort, irrespective of your AMA age division or event.

To download a free Sports Medicine Australia *Exercise and Breast Support* fact sheet, go to <http://www.uow.edu.au/health/brl/index.html> and click on the image of the brochure.



800m W50 - Deborah Drennan, Cris Penn and Julie Steele battle it out for silver, gold and bronze respectively

PHOTO: Lynne Schickert



Do Race Walkers Get a Fair Run?

by George White

In a recent Adelaide Advertiser photo from the Australian 20km championships, Jarred Tallent is shown clearly off the ground (both feet appeared to be about 120mm off). Similarly photographs from the Olympics show most if not all of the walkers also well off the ground.

The race walking fraternity even has a technical term for the period when a walker has both feet of the ground, in acknowledgement that it occurs frequently. It is called the "Flight phase" of the stride (This is the technical term for the commonly used infringement – "lifting").

Generally 25-40 mille-seconds, is regarded as the limit of the human eye so anything less than this in the flight phase cannot be seen and is therefore deemed legal because any infringement must be "seen by the human eye". Recent treadmill tests, and track tests show that walkers were above 40ms at about 12/13km/hr for women and 13.5km for men. At 15.5km/h for men the flight time was 60ms. These studies showed that time in the flight phase went up linearly as speed increased and stride length and stride frequency also went up. A flight phase would also save energy – all of which results in a significant net gain in speed.

In the Olympic races I extracted the following statistics:

Men 20km

Winning speed 15km/h. Slowest speed 13.8km/h.
2DQ for lifting.

Men 50km

Winning speed 13.9km/h. Slowest speed 11.8km/hr.
8DQ (none for lifting only).

Women 20km

Winning speed 14.1km/h. Slowest speed 11.8km/hr.
4DQ for lifting.

From this and from viewing the races it would seem that most walkers were off the ground most of the time and the faster walkers were probably off the ground all of the time, frequently at what should have been visible to the human eye.

I ask then, why were there so few DQ's in these races? The judges must know top walkers enter a flight phase and at least in the upper end of the flight phase it ought to be visible.

It is also interesting to note that while in theory all race walking events enforce the no-lifting rule – ultra events rarely DQ walkers for slightly bent knees. This to me endorses what a great number of people believe – that the best distinction between running and walking – is contact with the ground.

Hence my point in writing all this! In top class events the competitors are known to be breaching the rules and gaining speed from this breach, yet few are DQ'd, yet in Masters race-walking there are a great number of judges who will DQ older walkers for slightly bent knees even when it is obvious that no benefit is gained.

Are they being treated equally and fairly?



Eric Kemsley was 1st in the M60 3000m track walk at the Nth Island champs in Hamilton

PHOTO: Sharon Wray

Gail is Back

by Evan MacIntosh

Gail Kirkman made the trip from her Te Anau home to Invercargill worthwhile on 9 November by breaking two W60 records well and truly. And she did it the hard way by completing both events in a short space of time. Gail ran the 400m in 70.97 seconds and the 300m hurdles in 58.78 seconds. Both were well inside the existing records, and reduced the 300m hurdles record by seven seconds.

For the record Gail also has NZ records and/or NZ championship records the W45 100m hurdles, 400m hurdles and heptathlon; the W50 100m, 200m, 400m, 800m, 80m hurdles 300m hurdles, long jump, and high jump; W55 80m hurdles, 300m hurdles, 400m, high jump, and heptathlon; along with her new W60 records.

These latest records by Gail came after a five year absence from track and field competition. In prior years on the international scene in 2007 she went to the world championships in Italy - gold medals in the 400m and 300m hurdles, silver in the 80m hurdles and was part of the NZ team for a couple of bronzes in the relays (4 x 100m and 4 x 400m).

Prior to that there were world championships in Melbourne and world championships in Brisbane. All up she has entered about 15 events at world level with seven golds, four silvers, three bronze and a fifth (in the high jumps in Italy.) She held a W50 world record in the 800m and a W55 world record in the 400m for a while. At this stage she hopes to go to Wellington for the national championships in March. Overall Gail is compiling an impressive resume of wins and records at the highest level and I perceive that there is more yet to come.



Gail Kirkman is back in action again

PHOTO: Lance Smith

Coaching Corner

by Mike Weddell

Here we are at the start of another year looking forward to better performances or at least not getting any worse than last year. As athletes we are generally an optimistic bunch otherwise we would not do athletics. Competitive sport, either against others or ourselves requires optimism. We need to be optimistic about the effects of our training, that it is improving our level of performance and that it is doing so at a greater rate than the opposition is improving. If the answer is in the negative to either of these questions we need to do some soul searching. The statement made by Albert Einstein along the lines "if you keep doing the same things as you have always done and expect different results you will be disappointed".

We should always be looking for a better way of training. The Arthur Lydiard system is often touted as the ultimate training for middle and long distance running; however I am sure that Arthur would have not made such a claim. If you read his early writings on training they are different from his later works. He was always experimenting, changing and refining his training methods.

So if you want to improve your performances this year try something different and remember that different does not necessarily mean more. Appropriateness is more important than quantity.



Auckland

by Chris Thompson

Tribute to Katherine (Katy) Tapling

At the time many of us were at the Gideon Tait meeting, our beloved Katy passed away peacefully after a short illness. Katy was a long time member of the Glen Eden Athletics Club and still held ten club records. She was also a Life member of that club. Katy participated in the throwing events and travelled all over New Zealand for many years to compete.

Katy managed our registration process and in her profession as an accountant, compiled our annual financial records in a polished and professional manner. For her work in the administration of Auckland Masters Athletics she was granted Life membership. With her smile and enthusiasm for what she did, she was a pleasure to know and will be missed by all.

PHOTOS:
(Left and Centre) Murray Free



Katy Tapling competing in the Shot Put

Pan Pacific Masters - Gold Coast, Australia

The Pan Pacific Masters were held on the Australian Gold Coast in early November and saw a number of our members competing.

The outstanding performance was Ron Johnson (M80) who won 12 medals, 11 gold and one silver. In doing so, Ron broke 11 Auckland records, five Pan Pacific Master's records and four national records.

Tui Ashe (W60) won three gold, two silver and two bronze medals. She set new records at Pan Pacific and Auckland level in the 300m hurdles. Chris Waring (W65) won two gold and two silver medals. John Lester (M70) won three gold medals, breaking three Auckland records and one national record. Scott Dorset (M40) had six top six place finishes in a highly competitive age group. Mark Cumming (M50) won 2 gold, 2 silver medals and further broke his Auckland and NZ record in the Weight Throw.



Ho Young Do leaps high in the Triple Jump

Ho Young Do - Personal Trainer/ Coach/Masters Athlete

Ho Young Do is based at the Millennium Institute of Sport in Mairangi Bay. He is a member of the North Harbour Bays athletic club and has just returned from Seoul, South Korea after receiving one of Korea's highest sporting awards.

Ho Young was invited by the Korean government to attend a prestigious ceremony to receive the award for outstanding achievement to Korean sport.

Ho Young was the Korean national high jump coach and took athletes to the 1996 Olympic Games, 1999 World Championships and Asian games.

Ho Young also holds the Auckland Masters M50 records in the high jump at 1.70m and the triple jump at 11.12m.

PHOTO: Tony Deleiros



Ho Young Do proudly displaying his awards

Northland

by Dianne Barrett

Colleen Bruncker, our legend in Northland, died on 13 December 2012. She will be sadly missed by all who knew her. A full obituary will be published in the April Vetline.

November was filled with action. November 10th was the Northland weight pentathlon and with six competitors' The 3000m track run won by Clappy (Anson) Clapcott in a Northland record time, broken again in Hamilton.

November 17 had members competing in Kerikeri half marathon. November 23 had a small team head to the North Island championships in Hamilton where our "Colleen Bruncker was the star of the team".



Colleen Bruncker

PHOTO: Courtesy of The Northern Advocate

Colleen Bruncker (1931-2012)

by Audrey Williams

Born into a small community at Thames, Colleen typified the welcoming style of the countryside, warm, generous of her time and talents and friendly to all. Her athletic prowess, her dancing talent and her musical gifts were all apparent in her youth and stayed with her to the last. A couple of weeks before her death she competed at the North Island Masters Championships, setting a national record and several Northland ones. She also had a nasty fall, damaging her ribs, but she took it all in her stride and carried on.

Over the years Colleen had worked hard for master's athletics, starting

the Northland section and keeping it going overall until just recently when she gave up the Secretary/ Treasurer's job to someone younger. She also worked for Athletics Northland, following in her Mother's footsteps, as manager and/or selector of teams when she finished as a representative herself.

The Northland scrapbooks list many of Colleen's triumphs as a sprinter in her young days. In more recent years she had foot trouble so concentrated more on throwing events. One of her problems in the hammer was a tendency to throw outside the sector and, being a 'leftie' both officials and spectators had to be wary of where

they stood. This was very frustrating for her when, on occasions, a record throw was 'wayward'. Colleen collected many medals in her time and was known to have given a number of them to young aspiring athletes to encourage them.

As part of a music teachers group Colleen was still playing duets with a friend at their weekly meetings. She was also involved in masters swimming and was very competitive in her age group. A woman who was a frequent visitor to those who had health problems, Colleen will be very much missed by all, as shown by the 500+ who attended her funeral.

Canterbury

by Andrew Stark



Malcolm Cornelius (CAN) at the Sth Island champs in Nelson



Wendy Healey winning the 5000m race walk at the Sth Island champs

On 30 September in warm and sunny weather conditions, ten of our 'regular' throwers assembled at Rawhiti Domain to take part in the Oceania Throws Pentathlon. By all accounts it was an enjoyable outing, made more pleasant by the weather. A full set of the results can be found on the NZMA website. The opening day of the 2012-2013 season was held at Rawhiti Domain and for once it was in warm weather conditions. The usual dedicated members turned up and we followed up the events with a social gathering. Since the earthquakes, it would be fair to say that the number of competing members has decreased and this trend seems to be continuing this year, as registrations are down. Pre-Christmas, we have held CMA 10000m & 5000m championships and finished the 2012 year with a Christmas break-up meeting and social. All of our results can be found on our CMA website, via the NZMA website.

The on-going debate as to where the replacement facility for QEII is to go continues. In November, the Christchurch City Council (CCC) 'workers' called a meeting 'inviting' interested parties to attend. They announced that they would like to build a 'sports hub' on the Canterbury AMP Show grounds site. The area of land where the facility is to be built is called Nga Puna Wai, which translated means 'many springs of water'. While there appears to be plenty of land available, it's miles away from anywhere, with no public transport going past the area, unlike our preferred option of Burnside Park. So far, no geotech work has been done on the area to see if it is in fact suitable to build on. I am not sure why the CCC did not at least do this first? If this is the new site for a sports hub, resource consent has to be gained, which takes 18 months from the time it is applied for. This would further delay the start of any

rebuild, even though just over six million dollars has been set aside for work to begin in the 2013-2014 financial year. Athletics Canterbury representatives went along to this meeting and were underwhelmed by the information that was given out and commented that this information could have been made available months ago. So, basically we are no closer to knowing what is going on than we were one year ago! All very frustrating! However I do appreciate that it is an enormous task to rebuild Christchurch's sporting facilities given the damage that many have sustained. Fortunately, Athletics Canterbury are not taking this announcement as being 'what will happen', but are continuing to look at what is the best outcome for our sport re location and potential partners and will be actively debating the situation with the CCC planners.

PHOTOS: Andy Dennis

Wellington

by Michael Wray

The Wellington masters closed the harrier season with their annual 10km road race in Lower Hutt. The bad weather forecast, which arrived overnight and cleared by race time, seemed to take its toll on numbers, with the smallest field in many years lining up to take part. Michael Wray was the first runner home, successfully defending the men's title from last year. The first two women reversed their finishing order from last year, with Tineke Hooft beating Michelle Van Looy across the line by 30 seconds.

The first half of track season is being disrupted by the work at Newtown Park. A \$1.14 million upgrade, encompassing the replacement of

the running track, the asphaltting and drainage, started in October. The last running track surface lasted 10 years, but the new surface, Spurtan BV polyurethane, is expected to provide 15 years of use.

When I visited late November to view progress, the black underlay appeared to be down, leaving two seal coats and the red surface granules to be done. The expected finish date is mid-January. In meantime, a number of grass tracks have been marked up around the region with the usual black and gold athletic programmes alternating venues and switching between Saturdays and Sundays to fit availability.

Central Wellington is not the only area in the region to be getting a new running track. A new track, replacing a previous grass surface, is being created at the Colin Pugh Sports Bowl in Masterton. Work started in October 2011 and the project is nearing completion. While it's not expected to be finished until December, a fun day was held at the track recently. At this time, the track was two thirds laid with the back straight still being bare concrete. Consequently, no spikes were permitted and lane markings had not yet been painted, but those who attended enjoyed the opportunity to test the new, very blue surface.

PHOTO: Sharon Wray



Newtown Park upgrade in progress

Taranaki

by Brian O'Shea

Taranaki Volunteer Sports Awards New Plymouth 28 September

This is an event sponsored by Sport NZ and this year's winner of the Volunteer Coach section is Karen Gillum - Green. Sport NZ's representative told the gathering that each year 750,000 volunteers give 50 million hours of their time to sport. I personally know that Karen has been involved in the sporting scene, coaching & organising and competing for the past 24 years and it goes back a lot further, from when I first met her. So this was an unasked for, but well earned accolade for all those years of work, for athletes and to athletics.

Daily News Half Marathon New Plymouth 7 October

This half marathon has a very testing course for the first half of the race, with some really steep hills and plenty of undulations. However once you turn to head back to New Plymouth around about 11km, it's flat with only one hill (which is steep) to negotiate. Not only is it flat but it is going downhill slightly all the way and that's when race walkers can hit the afterburners and take off. This year was a fascinating race at the front between the old and the young. Eric Kemsley who has won this race before had a tough challenge this year in the form of Mike Morresey who is nearly 20 years his junior and who has deserted running for race walking, just as Eric did a few years ago.

They raced should to shoulder the whole way until Eric dug deep for the last couple of km and pulled away to win by 51seconds. This was a tough day at the office for both of them!

Dave Wackrow came fourth and Serena Coombes was second woman home. A special mention should be made about Sue Park who came 85th as this was the first half marathon that she has done in six years because of two hip replacements during this period. So not a bad time for a 70 year old bionic woman!

Walkers

M60	Eric Kemsley	2:02:14
M40	Mike Morresey	2:03:05
M50	Dave Wackrow	2:08:39
W45	Serena Coombes	2:25:49
W70	Sue Park	2:57:22

Runners

W55	Alison Russell	1:57:01
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ANZ Long Distance Walks 20km Palmerston North 21 October

What a terrible day this was for the walkers. The 50km men took off at 7.00am in the pouring rain with cold blustery winds and although two hours later when the 20km walkers started, the rain had just stopped, the wind increased in intensity and got worse as the race went on. Not the most ideal conditions when you have three International and four A Grade Judges watching you. Both Theresa Large & Marlene White managed to go the distance without any cautions, with Theresa winning her age group and Marlene getting silver in hers. Sixty one year old Eric is a bit like a fine wine, inasmuch he gets better with age. Not only did he do an excellent time for walking a half marathon but he came second by only 4:34 behind the winner and one of fastest race walkers, Graeme Jones.

New Walk Course

Race walkers will be pleased that a new walk course has been developed at Jubilee Park in Hamilton and was used for the North Island championships in November. The course is flat and fast with no camber and 1.22km long and is walked eight times for 10km. To make up the distance the start is pushed back from the finish line but what little road the walkers actually race on, is the smooth black tarmac. Except at the start and around the area of the finish line it is all walked on the pathway around the big field. It's good for judges as well, as there are park benches scattered along the path for them to rest while waiting walkers to approach and large trees to shelter under from the sun. Except when the walkers disappear into the trees and come around towards the finish line and car parking, they are in sight of the judges all the time, although quite a long way off at times. All the walkers thought it was a very good course. Another bonus is that there is also a car parking area right by the finish.



Theresa Large (TAR) and David Smyth (AUS) at the Nth Island champs in Hamilton

PHOTO: Sharon Wray

Southland

by Evan MacIntosh

Southland Road Champs

The Athletics Southland road championships were again held in and around the picturesque Queens Park area, not that the runners had time to admire the scenery. Having the championships in the Queens Park area avoids the problem of the restrictions that apply to running on roads. A further benefit is that it is reasonably sheltered should the weather deteriorate, and it is mainly an asphalt surface rather than bitumen or concrete which is slightly easier on the legs. Masters results were:

5km Women

Kathy Maclachlan	W40	19:43
Debbie Telfer	W50	20:56
Gail Kirkman	W60	23:08
Jo Thomas	W35	23:24
Ruth Bellew	W60	24:51
Rose Heyrick	W50	25:39
Beverlee Shepherd-Oates	W50	34:33

10km Men

Glen Mcleay	M40	34:34
Ricky Gutsell	M50	36:11
Grant Adamson	M40	36:30
Cory Mennell	M35	37:08
Glen MacIntosh	M40	37:43
Nigel Marsh	M35	37:53
Tyrone Lake	M40	38:49
Dwight Grieve	M35	38:56
Steve Gemmell	M35	39:17

Grant Baker	M40	39:23
Garth Fairbairn	M50	42:46
Bruce Thomson	M50	43:52
Jonathon Muhl	M35	46:33
Rudi Verplancke	M40	46:49
Marty Knowler	M40	47:05
Evan MacIntosh	M65	49:30
Barrie Sheehy (walker)	M60	69:00

Southland Marathon Champs

The Southland marathon champs were held on the Riverton to Invercargill course with a slight side wind most of the way and a head wind from Lornville to Invercargill. The ever consistent Ricky Gutsell was first masters male and third overall in a time of 2:47. Local master's results were:

Men

Ricky Gutsell	M50	2:47:25
Glenn MacIntosh	M40	3:11:42
Martin Knowler	M40	3:26:15
Garth Fairbairn	M55	3:31:36
Bill Richardson	M55	4:08:06

Women

Val Muskett	W55	3:39:59
Linda Te Au	W55	4:42:56

Debbie Telfer (W50) was the first master's women in the associated 10km event in a time of 43:14.



Bruce Thompson (STH) going over the picturesque Steeplechase water jump at the Sth Island champs in Nelson

PHOTO: Andy Dennis

Waikato/Bay of Plenty

by Ray Laurie and Bruce Clarke



Sally Gibbs with her Waikato/Bay of Plenty 'Masters Athlete of the Year' trophy for 2012

Oceania Throws Pentathlon Challenge

Formerly known and run as the Trans Tasman Postal competition finally got underway at the Tauranga Domain on 7 October. There had been prior frustrating changes of dates through foul weather and availability of venues, so what was originally a winter throws competition turned out a Spring - come Summer lovely day in the sun at Tauranga.

Eighteen throwers (12 men and 6 women) participated and came from Tauranga, Whakatane and Hamilton. We welcomed two new throwers, Bruce Solomon (45) and Violet Temo (30). Both responded greatly to the

camaraderie of our group and helpful coaching and throwing tips. Overall everyone threw really well for so early in the season. This included Pauline Purser who was turning 90 years young in late October. Congratulations Pauline, we love you heaps!

In throwing, one of the most technical disciplines to throw and enthralling to watch is the javelin. We have three fine exponents of this in our ranks; David Couper (35), Ian Clarke (42), and Vincent Smith (30). Overall Vincent Smith had the best distances in most events for men, while Christine McCahill achieved this for the women.



Stewart Foster (WBP) at the Nth Island champs in Hamilton

Kevin Bradley (65) threw the weight 15.62m while Bev Savage (65), recovering from injury also had a good day, throwing the weight 12.54m, and the hammer 30.17metres.

Christine McCahill had to be pleased with her early form with a hammer throw of 38.65m, the shot at 10.50m and a discus of 31.10m. As usual she was not a happy camper with the javelin.

Sally Again

Special mention is made of Sally Gibbs who, competing in an open grade event, won the women's 10km and crossed the finish line 13th overall, (including the male competitors) in 35:45.

AMA AGM

by Lynne Schickert - AMA Director, Communications

Stan Perkins, World Masters Athletics (WMA) President, was a guest speaker at the 2012 Australian Masters Athletics Annual General Meeting in Bribie Island, Queensland.

The meeting was fortunate to have Stan in attendance. Stan, who lives in Daisy Hill, near Brisbane, gave an informative talk on the relationship between the International Association of Athletics Federations (IAAF) and WMA and some of the history that has evolved throughout the years since WMA was established. He explained the structures that existed within our sport that were responsible for the administration and decisions that impacted upon the masters athletes from across the world.

Of interest was the recent decision by the IAAF to end the existence of the IAAF's Masters Committee and to replace it with a Commission comprising equal numbers of representatives of the IAAF and WMA - an indication that the

IAAF now fully accepts the WMA organization and is committed to working closely with WMA in the ongoing administration and development of masters athletics worldwide.

Stan also outlined the role of Australian Masters Athletics (AMA) in the WMA structure and he stressed the importance of the AMA ensuring that it is properly represented at every level of the sport - particularly at the Regional level (Oceania) and at the world level when World Championships are held and the General Assembly is held every two years. He detailed that AMA was considered to be one of the leading countries in our sport and as a foundation member they had to accept that they have an obligation to contribute and be represented at the major competitions - not just with athletes but also with their key administrators being present and taking part in the administration of the sport.

To maintain its status within WMA, Stan then suggested a 'path' that AMA should look at taking in the future. This included attendance by the AMA President at WMA world championships as leader of the AMA delegation at all meetings. The benefits that would flow from this included a great opportunity to learn what is happening in other countries and to meet persons from similar positions.

Many other facets of the WMA organization were highlighted by Stan, and in particular he advised that WMA was focussing on education in relation to people's understanding of drug testing, something that had been causing concern for some years. He also spoke about initiatives that WMA were taking to try to generate greater financial opportunities. These included the possible introduction of merchandising activities, in addition to seeking an increase in funding from the IAAF.

In his closing remarks Stan advised that a new WMA constitution was presently being considered with one of the key provisions being a possible reduction in the size of the council. A draft of the constitution would shortly be forwarded to Affiliates for comment and consideration prior to it being tabled for ratification at the General Assembly in Porto Alegre.

The AMA Council were appreciative of Stan Perkins being available to speak at the meeting and the information he provided has greatly enhanced member's understanding of the relationships which exist within our sport.



Stan Perkins



The finish of the men's 200m sprint at the Nth Island champs in Hamilton

PHOTO: Sharon Wray



COMING EVENTS by Nostradamus

2013

1-10 FEB	NZ Masters Games	WANGANUI
1 MAR	NZMA AGM	WELLINGTON
1-4 MAR	NZMA Stadia Championships	WELLINGTON
29 MAR - 1 APRIL	AUS Masters Stadia Championships	CANBERRA, AUSTRALIA
15 - 27 OCT	WMA Stadia Championships	PORTO ALEGRE, BRAZIL

2014

5-11 JAN	Oceania Championships	BENDIGO, AUSTRALIA
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2015

WMA Stadia Championships	LYON, FRANCE
OCT OMA Stadia Championships	RAROTONGA

2016

WMA Stadia Championships	PERTH, AUSTRALIA
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2017

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



TAURANGA
RAMBLERS

NI Masters Champs 2012

9002

Eric Delatour