

# Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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**JANUARY 2014**

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- > North Island Championships
- > South Island Championships
- > ANZ Road Relay Championships







Lightning strike in Porto Alegre, Brazil

PHOTO: John Campbell



The competitors in the W60 heptathlon event at the WMA championships in Brazil

PHOTO: John Campbell

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



**Cover Photo**

World Champion, Mark Cumming (NTH) won the M50 weight throw at the North Island championships in Whangarei

Photo - John Campbell

**Inside Back Cover**

Anne Deleiros (AKL) competing in the W65 triple jump at the North Island championships in Whangarei

Photo - John Campbell

**Back Cover**

World Champion, Gail Kirkman (STH) won gold in the W60 heptathlon at the WMA championships in Brazil

Photo - John Campbell



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# President's Report



The master's athletics calendar is a busy one and the last few months have been as busy as any with World Masters Games, WMA track and field championships and North and South Island Championships in quick succession. It does not let up there with Oceania track and field championships, NZMA track and field championships and WMA indoor championships to come in the next few months. The international events seem to have an effect on the local events as the numbers attending are not what they used to be. On the bright side the standard of our athletes attending international meets is as good as ever.

We had a relatively small team in Porto Allegre but what it lacked in quantity it made up in quality with a great haul of medals.

Championships of all levels give us something to set our sights on something to motivate us to be the best we can, to help us to strive to get better relatively speaking. So set your goals for the next few months and go for it.

by MIKE WEDDELL - NZMA President

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Chris Waring on her way to winning gold, at the WMA championships in Porto Alegre, Brazil

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# North Island Championships

by Michael Wray



Kensington Park Stadium, Whangarei

PHOTO: John Campbell

It was off to the far north this year for those taking part in the North Island Track & Field Champs. Whangarei offered warm conditions, with temperatures up to 27°. The brisk wind didn't help too much, nullifying potential record attempts by sprinters, but it provided a cooling relief up the back straight that was almost worth the time lost from running into it. Perhaps a preview of what we can expect in Bendigo?

As usual, the 400m opened the track events. Auckland's Chris Waring fell a little short of her own National W70 record, but her 1:23.2 was certainly fast enough for her to add the North Island championship record to her existing collection of the W55, W60 and W65 records. Judy Hammond made up for any potential disappointment of Chris taking her previous W70 record, by taking the W75 record as replacement in a time of 1:37.1. It wasn't just the women setting records either. M65 Tony Deleiros, fresh from medalling in this event in Brazil, continued his good form by breaking the championship record.

The 3000m track walk was a bit of an anti-climax with only two competitors, although Corinne Smith missed the W45 Nth Island record by the slenderest of margins, walking 15:46.1 against a record of 15:46.05. If the electronic timing had been functioning would that have made the difference?

Friday's final track event was the 5000m. The women went first. Their times were widely staggered and the six athletes soon settled into "time trial" mode rather

than racing head-to-head. Local athlete Ady McKenzie (W35) crossed the line first in 19:58.0.

The men put on a genuine race, with Northland's Ian Calder (M55) pitted against Michael Wray (M45) from Wellington. Ian led for 1.5km and the two stayed together through half way. The younger man was able to eke out a small lead from 3km and stretch it to 20 seconds over the final kilometre to win in 16:55.4.

The field events opened with the men's hammer, women's shot put and men's long jump going on at different points around the ground. The most impressive hammer throw came from M50 Mark Cumming, whose 50.67m was not far from his championship record. Val Babe's 7.70m in the shot put eclipsed the previous national W70 record, while Jean Hulls threw 7.30m for the national W75 record. The men weren't to be outdone at shot put, nor the women in the hammer. As the genders swapped field positions, Laini Inivale threw the shot 12.52m, beating the M45 Championship record he'd set himself in 2012; in the hammer Anne Goulter achieved 38.83m for the W50 Nth Island record and Bev Savage narrowly beat her own W65 Nth Island record.

When Saturday came round, the wind was still up. Any record attempts for the 60m would have to wait, with tailwind readings up to +3.3m/s. The throwers weren't deterred and Ron Johnson recorded 26.87m in the discus, beating an M80 Nth Island record that had stood since 1999.

Judy Hammond proved last year's high jump record was no fluke, equalling her W75 jump from 2012. Unfortunately, the next mark proved elusive and Judy has the consolation of knowing the same height one year later is at least a higher age-grade percentage score.

By the afternoon, the earlier wind speeds looked less impressive when the 100m sprinters saw readings go up to +4.4m/s. It made things difficult on the back straight for the 1500m runners, but that didn't stop Ian Calder. The M55 passed a fast starting Michael Wray and survived a late grab at glory from club mate Paul Simuch (M35) to win the men's race in 4:39.17, beating the previous M55 Nth Island record of 4:39.7. I know Ian didn't realise, even the next day, that he'd secured the record, so belated congratulations are due his way. In the women's event, Ady McKenzie (W35) took an early lead from Wellingtonian Teresa Cox (W40). Teresa refused to allow Ady to grow her lead and maintained pressure all the way round but couldn't quite catch the Northland runner.

The 10km road race on Sunday morning started off with relatively cool conditions, although the heat was back on before the finish. As last year, the field was small, allowing both Michael Wray and Ady McKenzie to win without having to extend themselves.

The wind had died a little, but continued to hound any sprinters with record aspirations in the 200m. Of the six heats, only two were under +2m/s.

Bruce Solomon took full advantage of the small window of opportunity as he broke the Nth Island M50 record.

The weight pentathlon produced one record, of the narrowest margin. Bev Savage scored 3723 in the W65 event, beating her 2010 Nth Island record by just nine points.

There were no records in the 800m, but Andrew Sexton (M40) dominated in the men's race, while Meghann Stewart (W45) was even more dominant for the women.

Meanwhile the pentathletes were performing, completing the long jump, javelin, 200m, discus, 1500m (men) and 100m, shot put, long jump, javelin, 800m (women). M35 Dennis Langford took out a 15 year old Nth Island points record and Bruce Solomon broke an M50 Nth Island record set in 2000. Neither man enjoyed the 1500m but have the satisfaction of knowing they got the job done. Clasina van Der Veeken set a benchmark for the W80, just as she did for W75 five years ago, to occupy a previously vacant record.

Eventually, with field equipment being put away, the final event of the weekend took place. In the 3000m, Ian Calder raced to the lead from the start. He held his position all the way to the finish to claim his second M55 Nth Island record of the weekend. This time, Ian knew he'd broken the record as soon as he finished. A local athlete, one well liked and admired, breaking records to sign-off the championship felt right. Congratulations again, Ian!





The women's W30-W45 100m sprint



Ian Calder (NTH) won the M50 1500m



Val Babe (NTH) throws the heavy weight



(From L to R) Stephen Burden (WBP) and Bruce Solomon (WBP) battle it out in the M50 100m



John Lester (AKL) won the M70 100m



Dennis Langford (NTH) showing his javelin technique



Michael Wray (WGN), Ian Calder (NTH) and Paul Sumich (NTH) in the men's 1500m race



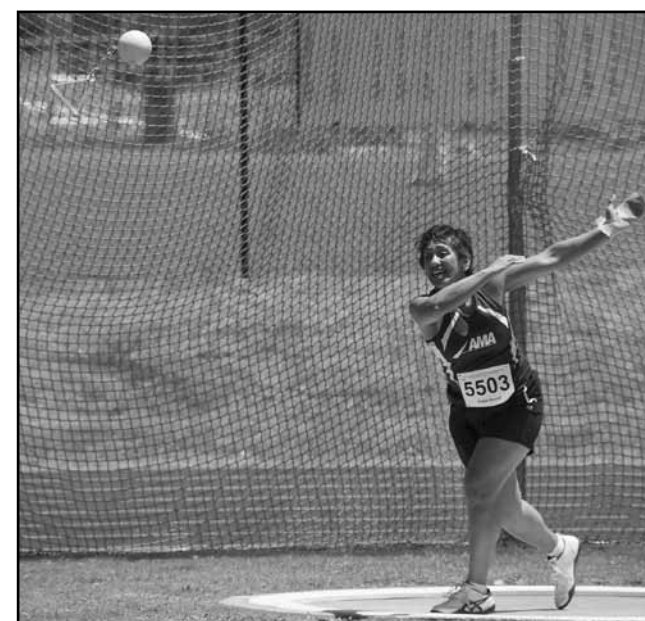
Louise Martin (CAN) at the start of the 60m



Robbie Hannan (WGN) in the M60 100m sprint



Pam Spiers (AKL) throwing the heavy weight



Aggie Boxall (AKL) in the heavy weight throw



Graeme Adams, Murray Clarkson and Robin Reed in the men's 1500m





Ady McKenzie (NTH) in the 1500m



The women's W70 - W80 100m sprint



The start of the men's M60 - M65 60m sprint



Stephen Burden (WBP) in the triple jump



Powering out of the blocks in the men's M35 - M40 60m sprint



Julia Lile (WBP) in the 100m sprint



Tony Deleiros finishing strong in the 100m



The women's W55 - W65 60m sprint start



Dennis Langford (NTH) lands safely in the pit in the M35 triple jump



Anne Goulter (AKL) in the 80m hurdles



Stewart Foster (WBP) easily clears the hurdle in the M75 80m hurdles



Graeme Adams (NTH) clears the hurdle in the M60 steeplechase





Murray Clarksom (WBP) in the M65 800m



Ron Johnson (AKL) won the M80 discus throw



Hector Mein (WBP) in the pentathlon 1500m



Ady McKenzie (NTH) in the 10km road race



Judy Stewart (AKL), Brian Barach (NTH) and Robin Reed (WBP) in the 10km road race



Trevor Wilson (AKL) in the long jump



Graham Hardy (NTH) in the M65 long jump



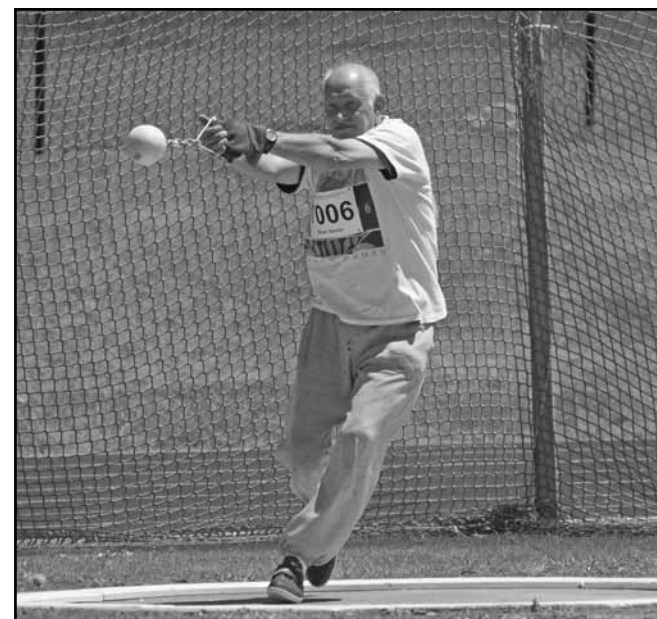
Judy Hammond (WBP) clears the bar in the W75 high jump



Jenny Ferris (NTH) finishing in the 800m



Diane Barrett (NTH) competes in the 3000m track walk



Brian Senior (CAN) in the weight throw



Clasina Van der Veeke (NTH) soars high in the long jump

# Music To My Ears

by George White

It would come as no real surprise that there is a good reason for marching bands - they make the marchers more efficient! So does music assist runners/walkers and even make them faster?

There is a growing amount of evidence that this is the case. For many people, music is essential to peak performance, proving motivational during a workout. Research is demonstrating that music actually changes both the body and the mind during exercise; it elevates mood, appears to distract people from pain and fatigue, increases endurance and reduces perceived effort. After prolonged exercise, fatigue begins to set in but music competes with physiological feedback in the brain changing a person's perception of their effort: it seems easier to run those 10 kilometres when Beyoncé is there with you.

One of the leading researchers on the subject of music and exercise is Costas Karageorghis at Britain's Brunel University. He believes there are four factors that contribute to a piece of music's motivational qualities: basically two music factors - beats per minute and melody/harmony, and two factors personal to the individual - musical preferences/background and how an individual associates certain music. Studies by Karageorghis over 20 years, consistently observed positive effects of music and show up to a 15% performance gain based on listening to the right song during a workout.

What is the most obvious thing that happens when we listen to music? Very quickly runners and walkers synchronise their stride with the beat of the music. And it doesn't seem to matter what the style or mood of the music is. Synchronising beats per minute with steps per minute increases efficiency by naturally regulating an athletes' style.

At Liverpool's John Moores University a group of cyclists pedaled to the same song over three trials. The researchers first played the song at normal speed, but then increased and decreased the speed of the same song by 10%. The small change was not enough to be noticed, but its effect on performance was significant. Speeding up the music increased the distance covered by 2.1% and slowing the music resulted in a fall of 3.8%. The cyclists clearly increased or decreased their effort and pace to match the tempo of the music.

Social factors may significantly influence a listener's response to music. Previous exposure to a song impacts its effect and for some, a particular piece of music

might inspire while for others it may relax. We may also associate music with particular experiences and that's why the song "Eye of the Tiger" is so popular, as it makes us think of Rocky running up the steps to prepare for his fight.

So selecting workout music is not as simple as lining up fast, high-energy songs. You also need to consider the memories, emotions and associations that different music evokes. The more you identify with the music's emotions or perspective, the more it becomes motivational. Karageorghis also found that the right song increases periods of high alpha-wave activity - basically the "runners high"; so music may induce this effect that we have all felt at some time.

In a practical sense, how will all this translate to your running/walking? If we look at the stride rate of elite runners it is found to be similar to the rate of average runners, usually 170 to 200 steps per minute (spm) when running most distances other than sprints. Where elite runners prevail is in extra stride length. Race walkers are a little different in that many world class race walkers take well over 200 steps a minute and some Chinese have been clocked at 240 spm and faster. For Masters runners and race walkers, an average of 180 spm is not unreasonable. This is also the figure that distance running coach Jack Daniels determined from his analysis of the 800m to marathon in the 1984 Olympics. Karageorghis also found a link between heart rate and preferred beats per minute and that at above 80% of maximum heart rate a level of around the 180 was preferred.

So if we take a base of 180 spm as the optimum - how can we use it? If it is optimal then the longer we can sustain that level, the more efficient we will be, and music may be the best way to do this, especially for the non-elite runners and walkers. Beyond that, extra fitness and endurance will allow the longer stride which then leads to faster times. Therefore choose music with 180 beats per minute and then consider all the other social, cultural and association factors to develop your best motivational playlist.

If you are really serious about running to music then you may want to travel to London where Karageorghis has helped create the "Run to the Beat" half marathon. Music is played along the course to maintain both the spm and motivation for the entrants.

To assist in adding music to your training or long races there are several phone apps that can help. "TempoRun",

"Tangerine", "PaceDJ-Run", "Synchstep" and "Cruise Control" are just some of them. Depending on which app, you can build a custom playlist based on the beats per minute range you provide, have the music chosen to match your pace, have the app download appropriate songs or have the app adjust the tempo of your playlist to match. Songs can be arranged to include warm-ups and warm-down tempos. For an mp3 player there are several sites that you can get music lists from. iTunes has many playlists with songs from 80 to 190bpm and they can be sorted by genre.

Wearing headphones is a personal choice and as with most things care needs to be taken. Never have the music so loud that you are not aware of your surroundings particularly in heavily trafficked areas. Also never forget that in some races being aware of your competitors and reacting to them may be more important than running/walking to a music plan. Enjoy and benefit from music but also learn to workout without music so that you can push yourself in silence when necessary.



Paul Sumich (NTH) in the 1500m at the Nth Island champs



Nancy Bowmar (NTH) in the triple jump at the Nth Island champs



Stewart Foster (WBP) in the 80m hurdles at the Nth Island champs



Diane Spiers (AKL) in the 1500m at the Nth Island champs



# “Obrigado Brazil”

by John Campbell



CETE (Main) Stadium, Porto Alegre

PHOTO: John Campbell

Ever since I was a teenager, I always wanted to go to South America. It was one of those destinations that was on my ‘bucket list’. I had this romantic notion of going to Rio and that it would be all carnivals, with scantily clad women, wearing brightly coloured outfits and dancing to the hypnotic Samba beat. I have always loved latin music and so it seemed like such a great place to visit.

Fast forward 30 years and I never actually thought that I would be getting on a plane and heading to Brazil for my first crack at the world championships.

Ever since I took up masters athletics back in 2005, of course I dreamed of competing at a world championship, but I never seriously thought that I would ever go. I mean, it’s one thing to do reasonably well at a few local meets, but the standard of competition at the world level, is just incredible.

I guess sometimes though...dreams do become reality.

A few years ago, I wrote an article about my start in masters athletics and how I almost stumbled into it. Looking back now, my first few races were quite pathetic and I was completely under-prepared. It would have been easy to give up and say “well I gave it a go”. However there is something inside of me that doesn’t give up so easily. Perhaps it’s because of my Scottish ancestry and maybe I have that ‘if at first you don’t succeed...try and try again’ attitude that Robert the Bruce made so famous.

So...I decided to actually do some real training and be the best that I could be (whatever that may be).

Before I left for Brazil, I read all sorts of reports about how dangerous it was...watch out for pick-pockets, don’t wear a watch or anything ‘flashy’, don’t look like a tourist – instead try and blend in with the locals.

Well that may be true in some areas, but in the city of Porto Alegre, I felt just as safe as walking in downtown Auckland. Of course, there was me wearing plain t-shirts, with no logos (trying to be inconspicuous) and then there were the Aussies...wearing almost fluorescent yellow and green shirts with AUSTRALIA emblazoned all over them. Talk about sticking out like a ‘sore thumb’! I guess they never read that memo...

The flight from Auckland to Santiago was pleasant and uneventful. We landed in Chile and boarded the flight to Sao Paulo, Brazil. It was a gorgeous, sunny day and the temperature was warm. We took off and the plane climbed and banked towards the Andes mountains. Shortly after take-off, the captain announced: “We are about to fly over the Andes mountains...please fasten your seat belts”. “Oh that’s just great” I thought. I had these visions of a really rough flight across the mountains and then I suddenly thought about **THAT** plane crash in 1974. Would we make it? Was my will, up to date? All of these thoughts flashed through my mind.

And then...WOW!

We flew over the most spectacular mountain range and the sun was reflecting off the brilliant white, snow-capped peaks. It was amazing. The plane banked almost deliberately I thought, just to get a better view. The crossing was not only spectacular, but extremely smooth too – no turbulence whatsoever. I wanted to take some photos, but instead, just sat there mesmerised by the view. It’s funny, because almost as soon as we had got past the Andes mountains, the turbulence started. It wasn’t too bad, but I did think it was strange that all the passengers clapped when we landed at Sao Paulo.

It was a long and arduous, 25 hour journey from Auckland to Porto Alegre and eventually I got to my hotel and got some well deserved sleep.

Luckily I had planned a few rest days before the competition started. This gave me some time to acclimatise, register at the main stadium and generally settle in to the place and try to get over the jet-lag.

This may sound really obvious, but for someone who has never travelled to a country that doesn’t speak English, it is a real culture shock. I knew a few words of Portuguese (and I mean a few)...obrigado (thank you), por favor (please) and for me, the most important of all...quanto custa? (how much does it cost?). In the areas where they spoke no English at all, I seemed to manage okay with

some hand gestures and a smile. In one small convenience store, I wanted to buy some chocolate milk and got a blank stare when I tried to explain what I wanted - by ‘mooing’ and pretending to milk a cow. I felt rather silly, but eventually I got my chocolate milk. I guess they don’t see too many cows in Porto Alegre, huh? Perhaps it’s just as well I wasn’t after some baby formula...I may have got arrested for that one!

Once I was settled in, I ventured out to the PURCS (university) stadium to watch Gail Kirkman and Tui Ashe in action in the Heptathlon. Unfortunately I arrived late and only managed to see the final event, which was the 800m. It was a great race and cemented Gail and Tui’s position as medalists.

I must also thank Gail for her help when I arrived. She was kind enough to help me find the main stadium and gave me a few helpful tips too. In my book, she’s a champion in more ways than one.

The first day of competition for me, rolled around pretty quickly and I had the heats and semi finals of the 100m to contend with. The heats were fairly straight-forward and I just wanted to qualify and no more. The idea was to conserve energy for the latter rounds. Once into the semi finals, it seemed that the competition ramped up a notch. I only needed to get 2nd place in my race to qualify, but I had a point to prove and went out like a rocket.

PHOTO: John Campbell



The Andes Mountains - Santiago, Chile

It was a blistering pace and I won that race and gained some confidence from that. The time seemed like a fast one, but we later learned that the camera malfunctioned, so I had to be satisfied with a hand time.

The next day saw the final of the 100m and I have to admit, I was a bit apprehensive. Something just didn't feel quite right and also I was in pretty good shape, my build up hadn't been ideal, with a bad bout of the flu and bronchitis, two months out from the champs.

In the other finals, it wasn't uncommon to get a false start here and there, but in my final, we had four false starts in a row. Every one was nervous and trying to get that little edge on the rest of the pack. The starter even made us stop and relax for two minutes, before continuing on with starting the race.

Eventually we were away and after four false starts in a row, I was perhaps a little too tentative and got a bad start. All my training and preparation seemed to go out the window and my dream of a medal seemed to evaporate in a few metres. Pat Logan got a dream start and was several metres ahead after the first few strides it seemed. I was playing 'catch up' and I thought I had no chance, but of course I had to try, so I dug deep and put every ounce of effort I could muster into catching them. At about the 85 metre mark, I was lying in 4th place, but I was gaining

on the pack. By the time we reached the line, I put in a desperate lunge and managed to get into 2nd place - only half a metre behind Pat Logan. If only the race was another 10 metres long...but alas it wasn't. I was in shock when I realised that I had just won a silver medal.

I shook everyone's hand, congratulated Pat and Martin Prime (bronze medallist) and then proceeded to limp back to the start line to collect my gear.

I was in pain from my old tendonitis injury and it seemed a little worse than usual. It would have been nice to head back to the hotel and get some pain relief, but I had a medal presentation to attend.

The next day, I woke to find that I was very stiff and sore and at that point, I really thought that I would be unable to walk 200m, let alone sprint at full speed. Today was a rest day and boy, would I need it. Luckily there was a mall only a few hundred metres away, so I decided to check out the pharmacy and got some ibuprofen and some 'magic spray'. This seemed to work wonders and by the next day, I was able to walk freely again.

The bad news was that we awoke to a nasty storm. There were gale force winds, torrential rain, thunder and lightning. Not the best way to start off the 200m preliminaries. To be honest, I have never competed in such terrible conditions and I was really tempted to just stay in my hotel and catch an early flight back to NZ.

Having the two races (heats and quarter finals) in the one day, I think helped to loosen me up and I felt much better than I had done earlier. It was rather unpleasant sitting up in the stand for a few hours - wet and miserable, while we all waited for the next race, but I got through it and was into the semi.

Well what a difference a day makes. The day of the finals dawned and it was back to warm, fine weather with a pleasant breeze. Before my races, I spoke to Mark Cumming, who had become the M50 world champion in the hammer throw, just the day before. He put his arm around me and gave me a great 'pep talk'. He told me that I could do this and it was all up to me, but he had confidence in me. It was great to hear that and I really



The 'blanket finish' of the M50 100m final



The finish of the M50 200m final

appreciated his words of encouragement. In contrast to the day of the 100m finals, I was very calm and quietly confident.

Next up was the semi final and I only had to qualify in the top three again to ensure my place in the final. I was happy to let the American Marcus Shute win that one, as again I was saving my energy for the final, which was scheduled for two hours later.

At first, I was frustrated at having to run the semi and final in the same day, however I do believe that it actually gave me an advantage, as the other guys may not have had the same speed endurance and were starting to feel it. In hindsight, coming 2nd in the semi final gave me a better draw. I was in lane 3 and perfectly placed to see the bulk of the field. The fast starting Pat Logan, was in lane 2 next to me, so I knew exactly who I had to look out for.

At this point, you'd think that my stomach would be in knots and that I'd be as nervous as anything, but I was so relaxed and calm, that it was almost like competing at club night. I even had to slap my face a few times to get fired up!

The gun went off and I got the perfect start. I powered out fast for the first 30 to 40m and then floated around the curve. Pat overtook me on the inside, but apart from him, I had caught up the field by the time we reached the straight. Once into the straight, I re-accelerated and 'put my foot down'...I was in the lead with 80m to go and there was no way I was relinquishing it!

I could feel that I had this one 'in the bag' at this stage and ended up winning quite comfortably. Normally I just shake everyone's hand and that is that, but there was such a sense of relief and elation, that I punched the air a few times after I crossed the line. After all the hard work, sweat and stress...I had finally done it - I was now a world champion!

Our team manager Malcolm Clark had a huge grin on his face and I think he was more surprised than I was.

We had a drink together afterwards and chatted for a while and then I had to collect my medal (without the formal presentation), as I was flying back to NZ the next morning.

It was now sinking in and what an amazing feeling. Who would have thought, that my humble start several years ago, would have led to this? I certainly didn't, but it just shows what can happen when you put your mind to it.

At this point, I have to thank my sister Janis, as without her financial assistance, none of this would have been possible. Janis is probably a more naturally talented athlete than me and she could conceivably be a world class sprinter if she put her mind to it.

I would also like to say a huge thank you to my partner, all of my peers, fellow athletes, supporters, well wishers and everyone that has helped me and encouraged me on this awesome journey. Your support has been amazing and certainly well appreciated. Obrigado Brazil!

PHOTO: Malcolm Clark



John Campbell with the gold medal in the M50 200m



# WMA Champs - Brazil

## NZ Medal Winners

A team of 33 New Zealand athletes travelled to Brazil to compete in the World Masters Athletics championships, competing over several disciplines and culminating in a total of 43 medals.

Well done to all those that competed and a special congratulations to our medal winners.

A summary of the New Zealand medallists:



### GOLD

<b>John Campbell</b>	M50	200m
<b>Mark Cumming</b>	M50	Hammer Throw
<b>Sally Gibbs</b>	W50	5000m, 10000m, Marathon
<b>Gail Kirkman</b>	W60	Heptathlon, 300m Hurdles
<b>Mike Parker</b>	M60	20km Road Walk
<b>Loris Reed</b>	W65	Cross Country, 5000m
<b>Chris Waring</b>	W70	100m
<b>Liz Wilson</b>	W50	400m



### SILVER

<b>Tui Ashe</b>	W60	4 x 100m & 4 x 400m relays
<b>John Campbell</b>	M50	100m
<b>Mark Cumming</b>	M50	Weight Throw
<b>Anne Deleiros</b>	W65	4 x 100m & 4 x 400m relays
<b>Alan Dougall</b>	M65	400m
<b>Trevor Guptill</b>	M65	200m
<b>Gail Kirkman</b>	W60	400m, 4 x 100m & 4 x 400m relays
<b>Mike Parker</b>	M60	5000m Track Walk, 10km Road Walk
<b>Wini Pepene</b>	W80	Javelin
<b>Marcia Petley</b>	W80	Weight Throw
<b>Chris Waring</b>	W70	200m, 4 x 100m & 4 x 400m relays



### BRONZE

<b>Tui Ashe</b>	W60	Heptathlon
<b>Greg Brush</b>	M45	Long Jump
<b>Tony Deleiros</b>	M65	400m
<b>Trevor Guptill</b>	M65	100m
<b>Ron Johnson</b>	M80	Decathlon, Javelin
<b>Tiare Lund</b>	W65	Marathon
<b>Wini Pepene</b>	W80	Weight Throw
<b>Tony Price</b>	M55	Cross Country
<b>Chris Waring</b>	W70	400m
<b>Jacqueline Wilson</b>	W65	5000m Track Walk
<b>Liz Wilson</b>	W50	100m, 200m



Carolyn Smith



Loris Reed



Trevor Guptill



Tui Ashe



Tony Deleiros (R)



Chris Waring



Tiare Lund



Greg Brush



Liz Wilson

# How Many METs Did You Do Today?

by George White

There are at least as many reasons to run as there are runners. But if health were your only motivation to work out, would it matter if you ran hard, or could you get the same benefits solely with more moderate exercise? Likewise have you ever wondered what your total week was like from an energy expenditure view-point? It is theoretically possible to boil it down to a single number which could be compared week to week. There is a physiological measure that expresses the energy cost of physical activities which basically relates to your metabolic rate and can be compared to a reference rate.

The measure is known as the Metabolic Equivalent of Task or MET. One MET is defined as the energy produced per unit surface area of an average person sitting quietly (the surface area of an average person is 1.8 m<sup>2</sup>) and is regarded as the resting metabolic rate (RMR).

**Since the RMR of a person depends mainly on lean body mass (not total weight) and other factors such as physical fitness level, cardiovascular health, sex and age, etc., actual RMR and therefore -METs may vary significantly and the energy cost of the same activity will be different for different individuals.**

MET values of activities range from 0.9 (sleeping) to 23 (running at 22.5 km/h or a 4:17 mile pace) with one MET being the energy expended at rest. Two METs indicates the energy expended is twice that at rest. Three METs is triple the resting energy expenditure, etc. Thus, the METs per hour score is a measure of the intensity of a physical activity. (METs can be roughly converted to kilocalories consumed per minute: kcal/min = METs x body weight in kilograms ÷ 60)

## METS PER HOUR OF ACTIVITY

Activity	MET
Sleeping	0.9
<b>Sitting quietly</b>	<b>1.0</b>
Standing	1.3
Desk work	1.8
Washing a car, mopping, vacuuming	3.0
Walking - 11 min/km	3.6
Gardening	4.0
Vigorous gardening – digging etc.	5.0
Walking - 8:20/km	7.0

Activity	MET
Walking - 7:30/km	8.3
Walking - 6:13/km	9.8
Jumping rope	10
Cycling 24 kms/hour	10
Walking - 6 min/km	10.5
Walking - 5:33/km	11.0
Running - 5 min/km	11.8
Cycling - 28 kms/hour	12.0
Running - 4:20/km	12.3
Running - 4 min/km	12.8
Running - 3 :45/km	14.5
Running - 3 :25/km	16.0
Running - 3:06/km	19.0

Obviously varying walking/running speeds between those shown will give approximate METs.

Because of the explanations in the box above, MET values for various activities are approximations and there may be considerable individual variation also because of environmental conditions (especially temperature and humidity). Hence, differences in energy expenditure for the same activity at different times and for different people can be large.

To get weekly MET scores, multiply MET value for each activity by minutes expended in that activity each time, then add all weekly activities. Most health guidelines call for adults to get a minimum of 500 to 1,000 MET minutes per week.

Compare activities as follows: Walking at 7 min 12 sec/km pace for 15 minutes with a MET value of 9 accounts for about 135 MET-minutes (15x9) and is the equivalent to running at 4 min/km pace for 10 mins 33 secs with a MET value of 12.8 (i.e. 135 divided by 12.8).

Many other Met values for different activities and sports can be found on the web with the best site being: Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. The Compendium of Physical Activities Tracking Guide.

<https://sites.google.com/site/compendiumofphysicalactivities/>

# Long Distance Walk Championships

by John Campbell

PHOTOS: John Campbell



Auckland Harbour Bridge and the Waitemata harbour as seen from Ngataringa Bay.

On a gorgeous Auckland spring day, the ANZ Long Distance racewalk championships were held at Ngataringa Bay, Devonport. Three NZMA walkers took part in the championship, held against the picturesque backdrop of the Waitemata harbour. Conditions were perfect for good times, with calm skies and a pleasant temperature.

Their results are as follows:

## 20km Women

Sue Hoskin (MNW) 2:22.04  
Terri Grimmer (WGN) DQ

## 20km Men Non-championship

Mike Morresey (TAR) 1:50.01

## Open 50km Non-championship

Mark Gray (WBP) 6:27.18



Mark Gray



Terri Grimmer



Mike Morresey



Sue Hoskin



# South Island Championships

by Mike Weddell



The start of the mixed 5000m

Canterbury hosted this year's event at the Aorangi track in Timaru. The first session on Friday evening started off in perfect conditions for throws and 60m races. The latter included an NZMA M65 record by Trevor Guptill of 8.54s.

The perfect conditions did not last long, as the wind gradually increased until it was gale force while the 3000m was being run and it even blew the recorders shed over. Lightweights such as Gene Sanderson were in real danger of being blown out of the ground altogether. I noticed a wind reading of 26.0 for Ian Sim in the triple jump and it may not have been a typo. By the time the race was over the wind had almost disappeared.

Saturday morning dawned fine and calm, so the throwers revelled in these conditions with good performances from Mark Flaus, Rick Davison and Michael Moffat in the men's events and Winifred Harding, Fiona Harvey and Glen Watts in the women's events.

The breeze was probably a bit more than the track runners would have liked, but there was still good racing with close tussles between Malcolm Cornelius and Ian Purvis in the 800 and 1500 with Malcolm just edging out Ian in both events.

During the afternoon South Canterbury Athletic Club and secondary schools students took part in events which added to the occasion.

At the end of the day's proceedings there was a trackside barbecue held for participants and officials.

The weight pentathlon and 5000m track races were held. The women's weight pentathlon had 12 competitors with Glen Watts having the highest score and Rick Davidson the best of the men. Loris Reed best known for her track exploits, acquitted herself well in this event as well as dabbling in the jumps.

David Rush a past senior champion at 5000m and 10,000m was well ahead of the field in the 5000m.

A big thanks to Andrew Stark and his helpers for organising the Championships and we are all looking forward to next year's event in Dunedin.



A strong finish by Margaret Flanagan (6006) in the 1500m. She is followed by Dalise Sanderson (5503).

PHOTOS: Andrew Stark



Nick Bolton (M40 110m hurdles)



Gwyn Heseltine competing in the shot put. She broke the W75 SI championship hammer throw record earlier in the meeting.



Strong finishes from Malcolm Cornelius (4504) saw him out sprint Ian Purvis (4503) in both the M45 800m & 1500m.



Michael Scholten (M35) competing in the weight throw





# WMA Council & General Assembly Decisions

by Lynne Schickert

## WMA Council Meetings

The WMA Council held meetings prior to the commencement of the championships in Porto Alegre and the following items are of interest to the region.

## Regional Grants

The IAAF will increase to US\$80,000 their Grant to WMA in 2014 and this will provide additional funding to the regions. In 2014 each region will receive US\$5,000 with payments then of US\$2,500 each subsequent year. In addition, US\$30,000 will be allocated for regional development projects, with no one application being for more than US\$15,000. As an example, development projects will be considered for: equipment for championships in poorer countries; training courses for coaches, officials, administrators; support to Affiliate attendance at regional meetings, etc.

## IAAF Masters Commission

With the disbanding of the IAAF Masters Committee, a new IAAF Masters Commission is being established. WMA Council members nominated for this committee are: Stan Perkins (Aus), Margit Jungmann (Ger), Serge Beckers (Bel) and Sandy Pashkin (USA). All will bring a wealth of experience to this commission and to the forging of stronger ties with the IAAF.

## WMA Anti-Doping and Medical Committee

With the resignation of Dieter Massin as Chair of this committee, Dr Stephen Peters of UK has accepted WMA's offer to take on this role.

## WMA Race Walk Panel

Jo Burrows (USA) and Brian Keaveney (Canada) were nominated for the WMA Race Walk Panel and these nominations were accepted by Council.

## 2013 IAAF Masters Athletes of the Year

David Carr and Dawn Hartigan of Australia were nominated by OMA for these awards for 2013. A stipulation this year was that nominees had to have competed in Porto Alegre to be eligible for consideration and to have won gold medals for their events. With an outstanding year in 2013, breaking a number of world records, Sprinter Charles Allie (M65) USA and Long and Triple Jump WR holder Christa Bortignon (W75) Canada were chosen as the IAAF Best Master winners for 2013.

## Regional Meetings

The Oceania Regional Meeting was well attended and Stan Perkins provided an overview of decisions of interest to the region. The WMA Women's Committee meeting was also well attended by over 24 female athletes and several interested male athletes. Wilma Perkins OMA President and Lynne Schickert WMA Oceania Representative conducted a forum on how women in the regions could be engaged and supported in becoming coaches, administrators, officials and athletes in the Masters domain.

## WMA General Assembly

At the WMA General Assembly, Oceania was represented by Australia (5 delegates) and New Zealand (2 delegates). The following items were agreed by majority decision.

## WMA Council Elections

Stan Perkins, Australia, has been re-elected as President of WMA.

Congratulations, Stan, Masters Athletics has benefited greatly from the work you have done over the past four years.

Two changes were made to the WMA Council : Margit Jungmann, Germany, replaces Vesa Lappalainen, Finland, as Executive Vice President.

Leone Giacomo, Italy, replaces Brian Keaveney, Canada, as Vice President Non Stadia. Brian Keaveney was ineligible to stand for this position again as he had reached the maximum term allowable under the Constitution.

Lynne Schickert continues as the Oceania Region delegate to WMA.

## WMA Implement Specification Changes

As a result of the WMA General Assembly voting decisions in Porto Alegre, the following changes to specifications will take effect from 1st January 2014:

1. Javelin specifications for W60-74 will be 500gms (previously 400gms). This will affect the individual event as well as the heptathlon, pentathlon and throws pentathlon.

2. Men's shots shall have the IAAF maximum diameter of 130mm and women's shots shall have the IAAF maximum diameter of 110mm. This decision will not affect the shots currently in use but will provide the opportunity to use lighter shots that are bigger in size.
3. The 750gm discus shall have a maximum diameter of 182mm. This decision will provide the opportunity to use a 750gm discus that has the same size as the 1.00kg discus.

## 2017 WMA Indoor Championships

At the General Assembly in Porto Alegre these championships were allocated to Daegu, Korea. Dates of competition will be March 18-25 2017. The presentation by the Daegu team was first class and it seems they will conduct very successful championships. The 2011 IAAF World Championships were held in Daegu.

## WMA Constitution, By-Laws and Competition Rules

Drafts of these proposed new documents were provided to all delegates at the General Assembly for a final critique before tabling for adoption at the next GA in Lyon and the process of handling the change the old organisation to the new WMA organisation was agreed. It has been a significant task to bring these documents to finalisation and Bob Banens of Australia has played a major role in the development of these governance documents. Our sincere thanks go to him for his contribution to WMA.

## Future Stadia Championships

Lyon (2015) and Perth (2016) made presentations at the General Assembly to provide further information on their forthcoming WMA Stadia Championships. Both host cities also provided information on their facilities at a booth at the main stadium at CETE. Perth's booth was very popular, giving out clip-on koalas and Perth 2016 was promoted well by the Australian athletes wearing the colourful tee-shirts provided.



**Ascot Park Hotel 40th NZMA  
TRACK & FIELD CHAMPIONSHIPS**  
Surrey Park, Invercargill | 28 Feb - 3 March 2014



## REMINDER!

**Don't forget, the closing date for the entries to the champs is 7th February, so don't leave your entry until the last minute!**

**The AGM will be held in the clubrooms at Surrey Park on Friday 28th February at 12 noon.**

### Accommodation:

Our sponsors have made available special rates at the following motels, starting at \$99 for a Twin/Double:

**Balmoral Lodge Motel** 265 Tay St. Invercargill  
Ph: 03 219 9050 or 0800 225 667 or fax 03 217 5755 • Email: balmoral@ilt.co.nz

**Homestead Villa Motel** Cnr Avenal & Dee Sts. Invercargill  
Ph 03 214 0408 or 0800 488 558 or fax 214 0478 • Email: villa@ilt.co.nz

**Kelvin Hotel** Cnr Kelvin & Esk Sts Invercargill  
Ph: 03 218 2829 or 0800 802 829 or fax 03 218 2287 • Email: bookings@kelvin.ilt.co.nz

### Please note:

Just mention the NZ Masters Champs when making your booking to receive these special rates.

**Entry form available at: [www.nzmastersathletics.org.nz/champs](http://www.nzmastersathletics.org.nz/champs)**

# The Olympics of Road Relays

by Michael Wray

It's called the Olympics of Road Relays. Possibly because the Takahe to Akaroa Relay hosts the National Road Relays every four years. It's more than that; this is New Zealand's oldest and most prestigious relay race. First held in 1935, it was the venue for the first national interclub relay in 1977. Every National Road Relay is a special event, but every four years it returns to Canterbury and becomes extra special.

Unlike other national team events, this is a club competition. That rule has long been bent by Nelson registering the runners of their three clubs as a single entity. This year several Otago clubs followed suit by setting up a combined Otago Athletic Club to consolidate their good runners into a single team. It has to be good to see more entries in the competition, particularly if it enables entries from clubs that don't have the critical mass to field a time. However, one can't help but worry about a trend being set and if the national road relays are going to "morph by stealth" into a centre competition. What would happen if the clubs of Auckland, Wellington and Christchurch decided to follow the Nelson and Otago examples and super-city their clubs into a single team too?

The eyes of the nation were on the senior titles, of course. For the senior men, Wellington Scottish would mount an exciting defence to the challenge of New Brighton, where the latter's Oska Inster-Baynes would outgun Michael Aish to secure victory. The women had North Harbour Bays lead from start to finish, denying University of Canterbury the chance to retake the title they dominated not so long ago. In the juniors, Wellington Harriers secured victory for the boys and Auckland City Athletic took out the girls.

Of particular interest to the readers of Vetline, of course, are the races between the more mature competitors. The Masters Men 40+, Open Masters 50+ and Masters Women all raced on the same course as the seniors. The Open Masters 60+ ran the junior course, from Allandale to Cooptown.

## The Course

The Akaroa Relay course is not a forgiving course. Part of its iconic charm is an eight leg course that is guaranteed to hurt.

Leg one is 9.6km. It starts predominantly uphill, gaining about 140m over the first 3.5km, before turning downhill where the next 3km loses about 300m of

altitude. The undulations in the final few kilometres are gentler, but hard on legs already wrecked.

Leg two is 10.4km. It starts with a 60m climb over the first kilometre, then undulates down to the flat. After 3km or so, there is a gentle climb of 36m until around 6.5km. Here the climb becomes steep, gaining around 125m within a kilometre. The remainder of the leg comes back down to the flat.

The next three legs are for the speedsters or less specialised runners. Leg three is 10km and is mostly flat, with the greatest undulations being gentle 8m bumps. Leg four is 9.4km with gently undulating bumps of 18m. Leg five is a similarly profiled 10.7km with undulations of 38m.

The shortest leg is six. Only 6.8km, it makes up for its brevity by offering an even climb of 415m.

Leg seven is 9.5km and contains a lot of downhill. The first 4km is undulating with a few testing climbs, but the last 3.5km loses 350m of altitude and makes for ugly blisters.

The final leg is 9.9km and contains a lot of flat. However, the flat is broken up by three long hills that have to be climbed and descended, with each hill increasing in severity.

The masters 60+ have things a little easier following the junior course. Their first leg is the second leg overall, which is then divided into a new leg after 4.6km. They then run the three flat legs as per their younger counterparts, but finish with that last flat leg cut up into a new leg after 6.5km.

## The M40 Race

Being in the midst of the M40 race, I can describe this race in detail. When the M40 race started, a pack of around eight stuck together at the head of the field during the climb. Peter Stevens of Wellington Scottish and Jason Baillie of Papanui Toc opened up when the course turned downhill, separating themselves from the rest of the pack. Baillie fell back slightly as the leg progressed, to be replaced by Andrew Wark of Hamilton Hawks. Wark impressed with his finish, completing the leg first in 33:28. Stevens followed 15 seconds behind, while Nelson's John Kennedy handed over the baton from third place a further 30-odd seconds back. The fastest M40 time for this leg was 32:36, achieved by Sasha Daniels running for the ACA senior men.

The second leg saw the placings shaken up. Nelson's Graeme Taylor recorded the fastest M40 time of 36:03, moving past Joseph Bulbulia of Scottish and Granantan Boyle of Papanui. Glenn Sexton ran a strong leg with the second fastest time to keep Hawks at the front. Despite losing nearly a minute to Takapuna's Simon Maunder, Papanui stayed in the top three. Scottish fell out of the running during this leg, crashing from second spot to fifth, now trailing fourth by three minutes.

At the start of the third leg, Nelson managed to undo some of the work done by Taylor. Taylor came to the finish to find no sign of his third leg runner, Brian Kemp. It's the only time I've seen Phil Costley looking rattled, screaming "Brian!" repeatedly. Brian eventually appeared from up the road and his fastest split of the day was more than likely his sprint to the start so he could begin his leg. Nelson had lost around a minute because of the mix-up, allowing Papanui to get a head start in the third leg.

Hawks took as much advantage as they could, with Hadley Craig running 35:36 to keep the lead. Papanui's Anthony Duncraft ran his best 10km for some time to take the plaudits for fastest M40 lap (35:29). Kemp completed the leg in a "delay-assisted" 36:48 handing over the baton from third place.

Nothing really changed during the fourth lap, with the leading three completing their legs in the same order they started. The top two closed, with Papanui's Chris Mardon running fastest lap just 15 seconds ahead of Hawks' John Crane. Scottish moved ahead of Takapuna, but remained in fourth too far behind third to be of any concern to the medal winners for the rest of the day.

The fastest leg five time (33:44) came from Dale Warrander, running in the SM for Pakuranga. The starting leader, Hamilton's Jason Cameron, ran only the sixth fastest M40 time. Consequently, Hamilton surrendered the lead for the first time as Nelson's Simon Mardon and Papanui's Darren Hoolahan came past. Mardon put Nelson in the lead, 19 seconds ahead of Papanui, with the seventh best time across all the grades, but Hoolahan gave it everything he had, running the final half kilometre in obvious distress on bendy legs that couldn't quite hold a straight line. There was now less than 30 seconds between first and third.

Now that Nelson were in the lead, I assumed they would stay there until the finish line. Kent Hodgson of Hamilton had other ideas. He attacked the hill leg and finished as the only master to break 30 minutes (29:09). With only seven SM running quicker times, it was a brilliant performance. Nelson's Simon Leaning ran a strong 30:06 and was the second fastest master, but the Hawks were back in the lead. Papanui's Shane Grose flirted with danger as he climbed the hill, straying nearer the centre line than the edge of the road, actually impeding traffic

at one point. Fortunately for his team, no marshals were on hand to witness a transgression that at best would have cost a minute and more likely would have been interpreted as dangerous and disqualification. Whether it was a desperate corner-cutting attempt to catch-up with Nelson or weaving-induced fatigue from hill running in the heat is anyone's guess. It would have been harsh for his teammates had he been caught.

The seventh leg is the "secret squirrel" leg. No traffic is allowed to follow the runner, so after the baton has been passed you drive down to the handover for the next leg hoping your team's runner will be the one to emerge from the side road first. (Alternatively, you can take the time to enjoy the view and refreshments at the hill top pub, a welcome retreat from which I'm told more than one team has failed to arrive at the next leg on time!)

Nelson and Papanui had saved their heavyweights to the end, with Phil Costley and Richard Bennett warming up in the sun. Hamilton had Tony Olsen, no mean runner himself but not in the same league as Costley or Bennett. It was a nervous wait for the teams. Who would emerge? Given the strength of the final leg runners, would the contest be over or would we get the best scenario for neutrals and start the final leg with Olsen, Bennett and Costley in that order?

Nelson's Peter Versey came through first, his time being the fastest masters' time of the leg and one only bettered by five senior men. Given Costley was the fastest master present and not averse to hills, it was game over for gold. Costley set-off on the final leg knowing the title was secure.

Marc Scott came through next for Hamilton, having run the next quickest time after Versey. Olsen set-off in second place, 16 seconds behind Costley, although his thoughts would surely have been on the gap back to Bennett.

Don Greig, now an M50, completed his leg in an identical time to Scott – by far the quickest M50 time on the leg. Bennett started the final leg in third place. With only Phil Costley ranked quicker, it meant the top three were known and it was just a question of whether Olsen's head-start of 1:42 was enough to protect the silver medal for Hawks.

As expected, Costley ran the fastest final leg time (33:44) and Bennett (35:09) the second quickest. Nelson defended their title to repeat last year's gold with a much more comfortable victory of three minutes instead of three seconds. Olsen held off Bennett by 17 seconds, to see Hawks back on the podium with silver, somewhat making up for the eighth-leg injury that denied them bronze last year. Papanui finished third for the second year in a row.



**Rounding up the other races**

The 50s staged a good race. ACA secured an early lead through the first two legs, Greg Banks notably recording the fastest M50 time of leg one. While Lake City's Bruce Edwards had the fastest leg two time, he was running in the M40s so Wellington Harrier Paul Hewitson inflicted the most leg two damage. Liam Healey moved WHAC into the lead during leg three with the second fastest M50 time of 39:07, although Christchurch Avon runner Richard Seigne takes the headlines for setting a new M50 leg three record of 34:24. From this point on, WHAC preserved the lead all the way to the finish. Nelson followed in second, finding themselves unable to challenge WHAC after leg three and in no danger from third after leg six. One wonders whether a fully fit Cliff Bowman would have made for more excitement up front. (I was surprised to see him running at all after his recent hamstring troubles.) Otago and ACA battling for bronze was where the real contest lay. Up until the sixth leg, ACA looked to be safe but Peter Clark's seventh leg performance for Otago took nearly eight minutes from ACA's Pat Ward and the chased became the chaser. ACA's Alistair Prangnell started the final leg with a 2:40 deficit to close. Alistair gave it a good go, but Andrew Town held on to give Otago the bronze medal by just three seconds.

The Masters Women race was mostly as one-sided as expected. Kirsten Milne put Hawks into a first leg lead, but Jackie Mexted completed leg two with Scottish up by 3.5 minutes. Scottish only wobbled when Mandy Simpson, running just six days after completing the

Berlin Marathon, ran leg four significantly slower than would otherwise be expected to allow Hawks back within 45 seconds. Sally Anderson averted any danger (and a possible selection inquest?) by restoring the margin, while Melissa Moon and Angela Leck cemented victory by running the fastest leg times for the MW. Otago had Dalise Sanderson, Carol Chettleburgh and Julie Wilson run the fastest W50 legs before Louisa Andrew overturned a 4.5 minute deficit to Port Hills in the final leg and claim bronze by nine seconds. It was harsh blow Port Hills, who had been in the top three throughout the race and even had Roby Daly set a new W50 record for leg six.

Nelson dominated the 60s race, leading from start to finish as four of their six runners recorded fastest leg times. Wellington Scottish couldn't quite catch them, but never came under pressure from behind. As with the previous two races, the contest to watch was the battle for bronze. Wellington Harriers had the early running with Peter Corbett, only for Murray Clarkson to take over third place for Tauranga after leg two. New Brighton's Tony McManus ran fastest third leg to reduce the gap to 23 seconds. In the following legs Greg Harney and Ray Wakeford, then Bruce Woods and Peter Kennedy could only be separated by seconds. It came down to the leg six, the final leg in the 60s grade, where New Brighton's Tony Good took 42 seconds out of Tim Masters and New Brighton won the bronze with a 13 second margin.

**PHOTOS:** John Campbell



Malcolm Fraser (CAN) in the M70 100m at the Nth Island champs



Naylor Stopforth (NTH) in the W50 javelin at the Nth Island champs

# Bruce Savage (Obituary)

by Don Garland

Bruce Savage, the man who identified, mentored and coached Dick Tayler, died in Auckland on the 24th September 2013.

Savage was a former Canterbury and Victorian 100m & 200m champion as well as a nationally ranked weightlifter, and on his retirement, continued to coach athletes and weightlifters in Timaru.

Originally from Christchurch, Savage worked as a printer at the Timaru Herald and contributed greatly to South Canterbury, Canterbury and New Zealand athletics and weightlifting, as well as establishing the strong Lovelock athletic club and Timaru weightlifting club.

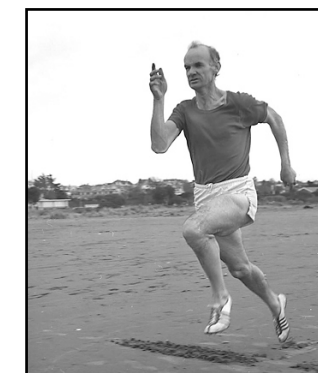
Savage identified Tayler whilst he was at Timaru Boys High School, and at 15 years of age, Tayler ran a (then) world record mile for his age and then went on to represent New Zealand at the 1972 Munich Olympic Games and won a gold medal in the 10,000 metres at the 1974 Christchurch Commonwealth Games (in the pre-race, Savage was instrumental in helping devise tactics, even though Arthur Lydiard was credited with the triumph) as well as Coaching Laurie D'Arcy to represent New Zealand at the 1972 Munich Olympics in the 100m & 200m and Australia at

the 1974 Christchurch Commonwealth Games in which D'Arcy won a gold medal in the 4x100 metres relay and reached the semi-finals of the 100m & 200m.

Savage represented New Zealand at the 1981 World Masters track & field championships in the 100m & 200m, as well as at other international track & field and weightlifting masters championships and won numerous New Zealand masters titles in both track & field and weightlifting.

Savage also coached other notable athletes such as John Black (1976 - 1980 All Black) who won New Zealand junior men's discus and shot put titles and current New Zealand & Olympic track & field selector Don Garland, a former New Zealand international and New Zealand junior men's and secondary school sprint champion.

He survived by his four children, grandchildren and great-grandchildren.



## Official NZMA singlets/uniforms

Official NZMA uniforms are available for purchase and is a requirement for those that are competing in overseas competitions.

- |                          |  |
|--------------------------|--|
| <b>Crop tops</b>         | Women: sizes 10, 12, 14  |
| <b>Singlets</b>          | Women: sizes 10, 12, 14 - Men: sizes Small, Medium, Large, X-Large |
| <b>Tee-shirts</b>        | Women: sizes 10, 12, 14 - Men: sizes Small, Medium, Large, X-Large |
| <b>Tracksuits</b>        | Men's and Women's sizes - orders on request                        |
| <b>Tracksuit jackets</b> | Men's and Women's sizes - orders on request                        |

Larger or smaller sizes are also available, but the ones listed above are the standard sizes.

Prices are:

- Crop tops and singlets \$42 + \$5 postage
- Tee-shirts \$52 + \$5 postage
- Tracksuits \$165 + \$5 postage
- Tracksuit jacket \$85 + postage

Payment by cheque made out to NZMA and post to: 243 Coronation Avenue, Welbourn, New Plymouth 4310 or direct in the account: WESTPAC 03-1598-0062314-00



Singlet front



Singlet back

# NZ Record Applications

by Stewart Foster

During the last year, the Board received 85 applications for records to be approved. Of these applications, 18 had to be referred back to the applicant for verification.

The purpose of this article is to explain the process that is required. The intention is to make it more simple for the athlete to obtain the necessary information, particularly in the area of field events. It also brings the requirements in line with those of Oceania and Australia.

The NZMA application form has been reviewed and the current form is available on the NZMA web site.

**For all national records** there is still a requirement for an application to be completed and the technical details completed. All applications for events outside of the NZMA Track and Field championships must be submitted through the applicant's centre who are responsible for ensuring all documentation is attached.

Each application should have the following applicable supporting documents:

## Track Events

- A copy of the photo finish result, with the wind reading recorded.
- Signed off by the appropriate officials (name printed as well as the signature)
- For hurdles and steeplechase, the Technical Manager's sign off as to the height, spacing and the placement of the weights.
- For events over 3Km, a copy of the lap scoring sheets.
- Walks:** Three judges to sign. A minimum of one judge must be A-grade or higher

## Non Stadia

- If hand timed, a minimum of three recordings must be shown and signed by the chief timekeeper.  
For electronic timing (where chips are used) a copy of the results printout.
- Lap scoring sheets.
- Course measurement certificate (if not already held by NZMA, **see note**).
- For walks - as for the track.

## Field Events

- A copy of the attempts sheet.
- A wind reading for the horizontal jumps.
- See note as to recording in combined age events.

## Combined Events

Individual performances cannot be recognised as Championship records, individual event performances set in combined events such as a pentathlon or decathlon cannot be claimed as a Championship record. The only record that can be

claimed in a combined event is the overall point score for that event. However individual performances may be recognised as National records.

## WMA Events

National records set at WMA championships are automatically recognised and do not require an application form They may require an application to the relevant national statistician but should not require a detailed application form. A course measurement confirmation may be required.

## Notes:

### Records set at NZMA Track and Field Championships

It is recognised that the officials (particularly the photo finish team) have a very busy time and it is not possible for them to continually drop what they are doing to print off a set of results.

The process makes the application procedure more simple and reduces the inconvenience placed upon the officials. e.g. disruption in the photo finish room. It also enables multiple applications to be processed from one set of results. The LOC will be required to appoint a designated records officer for the meet. Chief Judge, Recorder, Technical Manager and the referee will be required to sign on the result sheet. This process was trialled in Wellington 2012 and worked extremely well.

## Field Events

In multi-age events it is possible for the same documentation to cover more than one athlete. It will be necessary for an additional column to be added to the attempt sheet showing the age bracket of the athlete.

In this example it is possible for the Recorder and the Chief Judge both to sign the sheet. This covers the certainty of the throw. The Field Referee would be called to check the measurement so he could also sign the recording sheet and the Technical Manager also verify the weight shown against the athlete and add his/her signature.

The result is two pieces of paper that are quickly and easily completed on the spot. MOST important is that the officials (except the recorder) are graded officials for the event and that beside their signature, print their name and official position. As can be seen we could have a 35yr old and a 50 yr old competing and the two application forms attached to the one field sheet. The raker in the Long Jump for example can be a volunteer and not graded.


## Course Measurement Certificates

Course measurement certificates are important for non stadia events and are valid for a period of five years, from the date of issue. If any alteration to the course is made a new certificate is required.

NZMA has currently the following measurement certificates:

**Trentham: walks course**  
**New Plymouth: open 10 and 15km walks**  
**Huntly: Half Marathon**  
**Ruakura, Hamilton: 10km run course**

**Jubilee Park, Hamilton: 10km walks**  
**Gold Coast, Australia: Marathon**  
**Track Measurement:**  
**Newtown Athletic track, Wellington**

 <b>New Zealand Masters Athletics</b> <b>Record Application Form</b> (Please print clearly)		
National Record: yes (circle)	Provincial Record: yes (circle)	Island Record: yes (circle)
Event:		Performance:
Age Group:	Status of Meeting:	
Athlete's Full Name:		M or F (circle)
Date of Competition: / /	Competition Venue:	
Home address & email address:		
Date of Birth:	Financial Member of:	NZMA Reg No.
<b>Competitor:</b> I, _____ hereby certify that to the best of my knowledge the information I have submitted is true and correct.  Signed: _____		
<b>Timekeeper:</b> I, _____ hereby certify that the time of _____ was properly recorded either electronically or by hand* (THREE times) by competent timekeepers. * Hand times are only accepted for track events 800m or longer.  Hand times: (1) _____ (2) _____ (3) _____ Signed: _____		
<b>Anemometer Steward:</b> I, _____ hereby certify a wind reading of _____ metres per second, was properly recorded for the above event under NZMA rules.  Signed: _____		
<b>Field / Track / Walk (3 required) / Road Referee:</b> I, _____ hereby certify that all technical aspects relating to the above performance were correct under NZMA rules. Signed: _____ (Walk only) Grade: _____ Additional Walk Judges:  _____ Grade: _____ Signed: _____ _____ Grade: _____ Signed: _____		
<b>Technical Manager's Certification:</b> I, _____ hereby certify that the equipment used and the conditions existing in setting that above performance were correct under NZMA rules. The implement weight was _____ The height of the hurdles / steeplechase was _____ mm The hurdle race was _____ m The distance between sprint hurdles was _____ m The height / distance was _____ m  Signed: _____		
Application Date:		Ratified Date:

Photocopies of this form are acceptable



# Auckland

by Chris Thompson

## Gideon Tait Trophy Meeting - 6.10.2013

The start of the 2013/14 season started in brilliant sunshine with 36 athletes taking part in the Gideon Tait meeting in early October. We welcomed three new members to master's athletics, Anne Bartley, Arvindra Maharj and Andrew Sexton. A few former members also returned to the fold.

The GT meeting, for those who participate for the trophy, is about competing in one track event, one field event, one jumps event and one event of the athletes choice. The winner of the GT trophy was Anne Deleiros, the current joint holder of the trophy. She, over the four events, had the highest average of 79.025%.

Four NZMA records were broken during the day with Ho Young Do breaking the M50 high jump record set back in 1994 with a height of 1.75m. Alan Dougal (M65) broke another long standing record in the 300m hurdles with a new time of 52.65s, John Campbell (M50) in the 60m with a new time of 7.58s and Trevor Guptill (M65) in the 60m set a new time of 8.69s, ducking under the previous best of 8.80s.



Trevor Guptill at the Nth Island championships

## World Masters Athletics Champs - Oct 2013

14 AMA members headed off to Porto Allegre to compete in the World Masters Track and Field Champs. Four brought back gold medals, with several silver and bronze medals also well earned by our athletes. Overall our athletes performed with much distinction and it is with pleasure to detail each members efforts.

Certificates of Appreciation on behalf of AMA have been prepared and presented or forwarded to all participants acknowledging their efforts.

Their results are as follows:

Tui ASHE	4th 300m Hurdles, 3rd Heptathlon
Anne DELEIROS	6th LJ, 7th 200m, 4th TJ
Tiare LUND	3rd Marathon, 11th Cross Country, 4th 10Km, 8th 5Km
Carolyn SMITH	6th Cross Country
Chris WARING	1st 100m, 2nd 200m, 3rd 400m 2nd W60 4 x 100m & 2nd 4 x 400m relays
John CAMPBELL	1st 200m, 2nd 100m
Mark CUMMING	1st Hammer, 2nd Heavy Weight
Tony DELEIROS	8th 100m, 5th 200m, 3rd 400m
Alan DOUGALL	4th 300m Hurdles, 2nd 400m
Alan EUSTACE	23rd Cross Country
Trevor GUPTILL	3rd 100m, 2nd 200m
Ron JOHNSON	3rd Decathlon, 3rd Javelin, 4th 10Km track walk, 8th Discus, 8th SP
Mike PARKER	1st 20km road walk, 2nd 5K race walk
Ivan SMITH	41st Cross Country

Amongst these performances were many new AMA and NZMA records.

## Top Team One - 3.11.2013

Numbers were down for our first Top Team event for the season, with many still away, post Brazil and other events on i.e. Auckland Marathon.

Of note was the performance of a new member, Julie Peacock who increased by 10cm the AMA W40 high jump record.

North Harbour Bays took a commanding lead in the Top Team Trophy with 252 points over AMA with 94 points.

## Auckland v Waikato Challenge Trophy - 17.11.13

Nine of our members took the drive down the highway to take on our Waikato neighbours in this, the third year the Challenge Trophy has been running.

At the end of the day we came short by seven points and thus Waikato retained the Trophy.

Perhaps next year we can finally lift the trophy back on home soil?

## North Island Championships - 22/24 .11.2013

Firstly congratulations to Northland Masters for hosting a very successful North Island Championships. The new track along with the main stand very close by provided easy viewing and much room for both spectators and organisers.

Of our members who attended the outstanding feat was Nigel Stainton in the M50 Javelin where he broke his National record by about 6 metres. This was a mighty big increase and the result of a heavy winter training programme. Well done Nigel!

Judy Stewart (W65) and Ron Johnson (M80) were others to break national records along with many others setting new AMA records or North Island best performances.

As the now custodian of the North Island Championship records, nearly three dozen were broken by athletes from all over the Island at these games.

## Pent./Throws Pent.Champs/10K Champs - 1.12.2013

We welcomed back the 10K track race into our seasons programme after a few years absence.

Judy Stewart took out the ladies side of the competition in a new AMA record of 47m.00.20s. Christine Munro in the W60 age group headed home Diane Spiers in the second best time of 49m.57.3s.

Alastair Prangnell (M55) was too quick in the men's competition with a time of 36m.46.4s. Mark Bright finished second in 39m23.3s to top the M45 age group.

The women and men's pentathlons had new winners this year with Steve Hargreaves taking out the men's title with 2552 points and Paula Sharpe the ladies section with 2672 points.

In the throws pentathlon, Anne Goulter (W50) with 2971 points and Ron Johnson (M80) with 3586 points took out the titles.

The idea to split these competitions from our main Auckland Masters Champs programme paid off with greater numbers participating in all events than in previous years.



Anne Bartley competing in the W50 100m at the Nth Island championships in Whangarei



Ron Johnson won the M80 100m at the Nth Island championships in Whangarei

# Waikato/Bay of Plenty

by Ray Laurie

## Congratulations to our World Masters competitors

Pride of place in this report, must be to acknowledge the performance of our members who participated in the World Masters championships

Although only two competed in Brazil, they did so with distinction. Sally Gibbs achieved the remarkable feat of winning gold medals in the 5,000m, the 10,000m and the marathon. Our former secretary, Marcia Petley (W80) won silver in the weight throw and was placed 5th in both the 100 and 200 metres, having competed with a metal support in her broken wrist, and the recent trauma of preparing to shift house.

## Oceania Throws Pentathlon

The long wait for the rugby season to end, and for the Tauranga Masters to have access to the throwing areas at the Tauranga Domain ended on October 13, when members contested the Oceania Throws Pentathlon Challenge. Of the 102 participants, three women, and seven men represented the Waikato/Bay of Plenty area, including two new competitors, Bruce Solomon and Bruce Wills. Fortunately for our athletes, the Whakatane Masters arranged an event at the end of September, which gave some of our members a degree of competition readiness prior to the Challenge.

There were some particularly good performances from WBOP athletes. Bev Savage (W65), Pauline Purser (W90), were placed first in their age groups, and Rene Otto was third out of 11 competitors in the M45. They achieved scores which placed them in the first quartile of the total competitors. Furthermore, in spite of lack of practice due to restricted access to the Domain, both Beverly and Pauline gained totals which exceeded the current NZ throws pentathlon records. Bruce Clarke also had a good day, as his score exceeded the Waikato/BOP Masters record, as well as achieving distances above the current records in the individual throwing events.

## Warm-Up Meeting 20 October

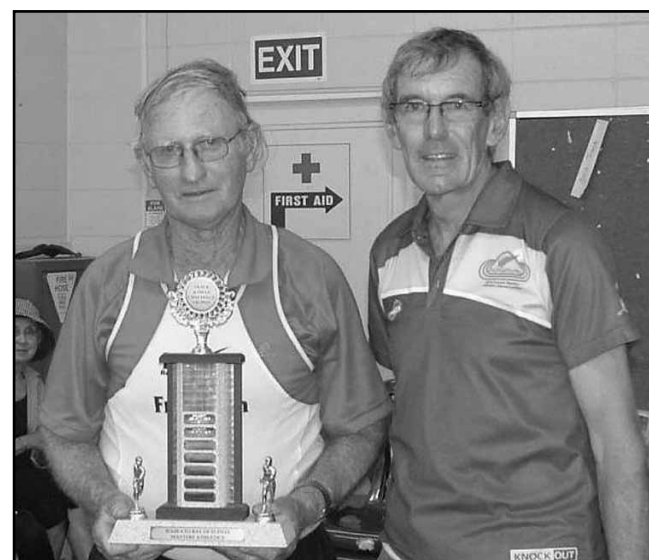
A warm-up meeting to include both track and field events was held at Porritt Stadium the following Sunday. The track men and women raced over the less usual distances of 60, 150, 300 and 600 metres

for the shorter events, but reverted to the 1500 and 3000 metres for the longer distances. As this was a pre-season casual event, it was an opportunity for prospective new members to test their ability against people of their own age. As a result three new members were recruited.

In the two shortest sprints, Stephen Burden (M50) performed particularly well finishing close behind Alan Pike (M35) each time. However new member, Mark Lorentzen (M30) demonstrated the extra speed of youth and why there are age groups to even things up. Graeme Adams (M60) dominated the 1500m and 3000m, while the 600m saw a close finish between three M50 runners: David Hamilton, Darryl Conn and Mark Henderson. Tops for stamina had to be Darryl Conn who competed in 5 events. Of the women, Julie Lile (W40) was impressive, as was Sheryl Gower (W65) who only took just over a second longer than Stewart Foster (M75) to cover the 150 metres.

A likely "competition" began in the javelin, which resulted in David Couper (M35) winning with 43.11m, Ian Clarke (M40) 38.15m and newcomer John Clarke (M30) who had not thrown since school days, achieving 31.11m. Bev Savage (W65) showed good form with 28.25m in the hammer, 12.48m with the weight, and 8.02m in the shot

Kevin Bradley (M65), was welcomed back to competing again and delivered a weight throw of 14.56m, while Bruce Clarke also showed early form with a distance of 10.67m.



Bruce Clarke receiving the trophy from Murray Clarkson

## Auckland v Waikato/Bay of Plenty Challenge Trophy

This annual event took place on Sunday, 17 November at Porritt Stadium with the number in the minority team, (usually the visitors) matched against an even number from the majority, determined by time of arrival when reporting. Entry was confined to four events and I am pleased to report that W/BOP retained the trophy again this year, but the gap had narrowed.

There were some fantastic performances when converted to age percentages.

### Those achieving greater than 90% were:

Sheryl Gower (W65)	60m in 9.1 (h) = 102%
	200m in 32.8 (h) = 91.5%
Bruce Solomon (M50)	60m in 7.6 (h) = 95.0%
	200m in 24.7 (h) = 90.8%
Trevor Watson (M55)	60m in 8.3 (h) = 92.5%
Ross Brown (M60)	60m in 8.6 (h) = 92.3%
John Lester (M70)	60m in 8.8 (h) = 94.3%

### while those achieving over 80% were:

Kimberly Wells (W30)	60m in 8.2 (h) = 84.4%
Julie Lile (W40)	60m in 8.5 (h) = 86.4%
	200m in 28.2 (h) = 82.2%
Bruce Solomon (M50)	400m in 61.21 (h) = 80.9%
Mark Henderson (M50)	60m in 8.9 (h) = 81.7%
Wolfgang Schenk (M65)	60m in 9.3 (h) = 87.5%
	200m in 30.7 (h) = 82.7%

Stewart Foster (M75)	60m in 10.0 (h) = 86.4%
	200m in 33.6 (h) = 84.4%
	400m in 80.8 (h) = 81.8%
Trevor Watson (M55)	200m in 27.9 (h) = 85.4%
Ross Brown (M60)	200m in 30.0 (h) = 82.1%
Graeme Adams (M60)	800m in 2:37.06 (h) = 82.9%
Pauline Purser (W90)	Hammer 13.42m = 83.6%

This exceeded the NZ record and everything was in place to make an application.

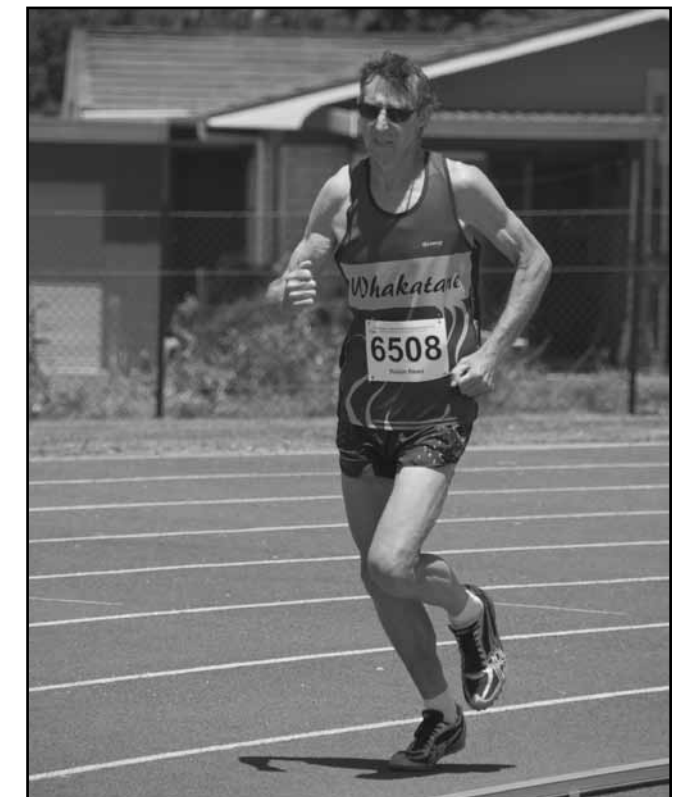
The meeting concluded with an afternoon tea and the presentation of the trophy to Bruce Clarke by Waikato President, Murray Clarkson.

## Change of Officers

At the Annual General Meeting in August, the following officers were elected: Murray Clarkson (President), Bruce Solomon (Vice President), Fay Riley (Treasurer) and Judy Chandler as Membership Registrar. At present the Secretary's office, formerly held by Marcia Petley, is vacant. Marcia who has held this position since 1984 is very much entitled to a break from the hard and efficient work she has put in over all these years. In recognition of her service to the Association, Bruce Clarke had the honour of making the presentation to her and to wish her best wishes for her participation, along with Sally Gibbs, at the World Masters championships in Brazil.



Kimberley Wells at the Nth Island champs in Whangarei



Robin Reed in the 1500m at the Nth Island champs in Whangarei



# Wellington

by Michael Wray

After eleven years on the Wellington Masters committee (five as president), Brian Watson has retired and “settle to life in Otaki.” As the incoming president, I’d like to extend the thanks of Wellington Masters to Brian for his service. Amongst other personnel changes, Bruce Perry has taken the patron role left vacant by the passing of Heather May.

Our final event of the season was the annual 10km Road Race at Lower Hutt. As is often the way in Wellington during spring, a strong northerly took its toll on race times. The runners’ numbers were buoyed by several M35s and M45s, not to mention a pre-master, more than making up for the reduction in walkers. Fastest runner, for the third year in a row, was Michael Wray. Fastest woman was Michelle Van Looy, reclaiming the spot she narrowly lost to Tineke Hooft last year. Daphne Jones and Geoff Iremonger lead the way for the walkers. Four runners (Vaughan New,

Brian Hayes, Michael Wray and David Hood) scored over 80% on age-grade, with Vaughan top of the table with an admirable 86.82%, despite the wind.

With the harrier season over, track and field season has arrived. Several of our members are preparing for the Oceania Champs in Bendigo, now only a handful of weeks away. Jim Blair, Judy Hammond, Teresa Cox, Michael Wray and Robbie Hannan all went to Whangarei for the North Island Champs, where exposure to the hot, humid conditions provided some insight of how difficult we can expect it to be in Australia.

Congratulations to Peter Hanson, Tony Price, Jackie Wilson and Jane Flowerday, all Wellington members who competed in Brazil at the World Champs. Particular plaudits must go to Tony for securing the bronze medal in the cross country and Jackie the bronze in the 5000m walk.

PHOTOS: John Campbell



Wellington Masters President - Michael Wray in the 1500m at the Nth Island championships in Whangarei



Jackie Wilson receiving her bronze medal for the 5000m walk, at the WMA championships in Brazil

# Taranaki

by Brian O’Shea

## 1hr Track Walk Palmerston North September 8th

A week after his PB in the National Road Champs held in Dunedin, Mike Morresey burned up the track in Palmerston North in the last of the RWNZ 1hr track walk series. He walked 11847m in the hour and his 10,000m was in a record time in his age group. Gold, silver or bronze certificates are awarded, according to the distance that an athlete covers during the hour, according to their age.

M 45	Mike Morresey	11847m	Gold
W45	Serena Coombes	9227m	Bronze
W65	Marlene White	8992m	Gold

### 10,000m

M45	Mike Morresey	0:50:19
W65	Marlene White	1:07:03

## New Plymouth Half Marathon Racecourse October 6th

On an unusual perfect day for this event eg no wind, rain or humidity, Mike Morresey continued his fine winning form by taking out the male walking section for the first time, beating his nearest rival by 10 minutes.



PHOTO: John Campbell

Mike Morresey in the 20km racewalk at Ngataranga Bay, Auckland

Another first time winner was Serena Coombes who took out the women’s walking section in a PB and was also 7th overall.

M45	Mike Morresey	1:57:35
W45	Serena Coombes	2:21:14

## Napier Half Marathon Napier October 20th

A third of the Taranaki Race Walking Club went to this event, which is a much enjoyed event each year by the members. Eric Kemsley was first in his age group and second overall to local NZ walker Graeme Jones.

M60	Eric Kemsley	2:03
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## Central League Meeting TET Track Inglewood October 26th

### 3000m Walk

M45	Mike Morresey	14:07:59
W65	Marlene White	19:14.11

## Round the Mountain Relay New Plymouth November 9th

This is another big relay race which has been growing every year with teams and individuals coming from around the country to compete. Besides the serious athletes there are the fun entries with some teams dressing up for the occasion. The course starts and finishes at the New Plymouth TSB Stadium alongside the Racecourse, with the first starters going off at 9.00pm and the last Solo runner finished around 6.00pm the next evening, to thunderous applause, during the prizegiving ceremony after completing his 160km run in 31.5hrs.

There are running, walking and composite teams, as well as the few hardy long distant runners, no solo walkers this year. The Taranaki Racewalking club had the first two teams across the line with the A Team finishing just under 16hrs with the B Team taking just under 19hrs. Why the big difference in time? The B Team had nearly half their team made up of pensioners in their 60s, 70s and 80s, the oldest being 89. The winning running team finished in just over 9hrs and the last in 16.5hrs. The composite team winners finished just under 15hrs and the last one in 20.5hrs. The first solo runner finished in nearly 18.5hrs. The relay teams cover 152km and the solos 160km.

# Canterbury

by Andrew Stark

The track and field scene in Christchurch continues to go through a decline, due in part to the loss of QEII, but not only for that reason. We are an aging population of master's athletes and the lack of senior athletes coming through means that it is getting harder to retain, let alone attract new members. No doubt this is the case throughout many New Zealand centres.

## CMA Opening Day & Saturday Interclub

Our opening CMA meeting held on Wednesday 16th October at Hansen Park attracted a very small number of members, with less than 10 attending. A disappointing start to the season, but not entirely unexpected. As mentioned in my last report, CMA members are now able to compete at Saturday interclub meetings. While very few take up this opportunity, for those that have attended, it has gone without a hitch which is exactly how I expected it to be. The younger athletes, particularly in the field events, have welcomed the master's athletes and have shown us nothing but respect and admiration. Our middle distance track athletes have been running in mixed races for years, so there is no change there. We have introduced 60m to the interclub programme and have been holding masters only sprint events. Many of the younger athletes now enjoy racing in the 60m before heading for the 100m. As an event, being part of a bigger meeting is much more enjoyable than our small CMA meetings.

## Canterbury Open 10000m Championships

On Saturday 16th November, the Open Canterbury 10000m Championships was held at Rawhiti Domain. The entire field was made up of master aged athletes, with Margaret Flanagan (48:01.63) being the only women and of the four men, Clive Kitchingman (42:37.59) won the title.

## South Island Track & Field Championships

This year CMA organised the South Island Master's Track & Field Championships. Initially it was to be held at Rawhiti Domain, but we decided to hold it in Timaru so track athletes could take advantage of the all-weather track. This proved to be a good decision as several track records were broken, especially in the sprints, which would have been unlikely if run on grass. Well done to all those that broke records. On behalf of my committee I would like to acknowledge the sponsorship we received from the New Zealand Community Trust and the support we received from Athletics Canterbury, the South Canterbury Athletics Sub-Centre and the South Canterbury Track & Field Club, which helped to make our meeting successful. On the Saturday afternoon within our meeting, the South Canterbury Club conducted their normal club meeting. With a reduced of masters competing, there can be large gaps on the track between events and I can see this as a good way to make use of a facility.



Gene Sanderson in the M60 2000m steeplechase at the Sth Island championships in Timaru



Kevin Moore (5509) competed in his first Sth Island championships and says he will be back for more

## Jack King Memorial Throws Pentathlon

On Sunday 8th December, a small group attended this event. Held the weekend after the SI Championships may have put some people off ... or it a sign of times to come?

## CMA Christmas Break-up Meeting

On Wednesday 11th December we held our CMA Christmas Break-up meeting at Rawhiti Domain. This time we had about 30 athletes / supporters attend and we enjoyed a shared supper after the meeting. As mentioned above, we are an aging population and the average age of those attending this meeting was 68 ... the oldest being Maurice Cook (87) & the youngest, Polly Grainger (40). Such has been the decline in CMA numbers over the past three seasons and after a discussion at this meeting, it decided to incorporate our CMA Track & Field Championships within a Saturday interclub programme. Given that the interclub meeting is all organised, having a few extra track events makes no difference to that meeting, but perfect sense to us. Like many centres, we struggle to get officials and while many of the Athletics Canterbury officials have been willing to attend CMA Championship meeting in the past, many of them are getting older themselves. Coupled with the fact that they are now involved in travelling to Timaru 4 to 5 times a season, it is unrealistic to expect them to give up more time to attend

our 'small' Sunday meeting. We may well have to self manage some of our own field events, but that's okay and easy to achieve.

## CMA 5000m Championships

Held during the interclub programme on 14th December, 13 masters athletes ran in this event and of these only 8 were current financial members of CMA. The other athletes were club athletes who are able to run in interclub events. The winner of the CMA title went to Malcolm Cornelius (18:24.59, 5th overall), who is better known for his efforts over middle distance events.

## Replacement Venue Up-date

This January / February we should hear back from the Christchurch City Council about the progress being made towards replacing QEII with a sport hub on the AMP site, so hopefully I can give you a more detailed report then.

As my fellow athletes will be reading this after Christmas and maybe New Year, I trust you all had an enjoyable break and did not let the holiday season get in the way of training too much ... it normally does for me, which is a problem when you have a sweet tooth!!!

For more information what's going / results in Canterbury, go to our own website, via the NZMA link.

PHOTOS: Andrew Stark



Field event athletes doing what they do well ... self organising their event



# Tasman

by Derek Shaw

## Masters Men win champion club title

The combined efforts of three master's men relay teams resulted in Athletics Nelson winning the prestigious champion club title at the annual NZ Road Relay Championships held on Banks Peninsula on Saturday 5 October 2013.

With wins in both the Masters Men (M40) and Open Masters 60+ grades and a second in the Open Masters 50+ grade this gave Athletics Nelson a total of four points in the best of each clubs top three teams competition. The four points was one point less than Wellington Scottish who had 5 points from one win in the Masters Women and seconds in the Senior Men and Open Masters 60+, with the champion club being determined by the lowest total. This was a reversal of the points last year for these two clubs when Athletics Nelson hosted the championships.

There was a sense of "poetic justice" in winning the title this year after being so close last year. After having won the M60+ and MM titles, the M50 team were leading by over 8 minutes on the final lap when the last lap runner had the misfortune to suffer a serious injury and was unable to continue. The time lost getting another runner to take over and the resulting 7 minute penalty resulted in them dropping to 3rd place.

It is understood to be the first time that a club outside of Auckland, Wellington, Christchurch and Hamilton has won the champion club title and was a reflection of the depth of master's men runners in Nelson across the three age groups. The gold medal performances this year meant that both the M40 and M60 teams successfully defended the titles they won last year, making it a special double double in these two grades.

On the 6-lap 40.7km course, the M60 team of Ian Morrison, Derek Shaw, Mike Morrissey, Barry Dewar, Ian Carter and Herman van Gessel lead from start to finish to win by nearly 4 minutes from Wellington Scottish in a total time of 2 hours 42 minutes. Strong runs by all team members ensured that their lead was always more than 40 seconds over Scottish and the greater depth of the Nelson runners saw the lead increased by over 3 minutes on the last two laps. Morrison, Shaw, Carter and van Gessel all had the fastest times for their respective laps and since it was only the second year for the M60+ grade also set new lap records.

On the traditional 8 lap course from the Sign of the Takahe to Akaroa, the MM team of John Kennedy, Graeme Taylor, Brian Kemp, Ian Thomas, Simon Mardon, Simon Leaning, Peter Versey and Phil Costley were locked in a close race with Hamilton Hawks, Papanui Toc H and Wellington Scottish. They took the lead on the 5th lap thanks to a top run by Simon Mardon, the current NZ M40 road champion. Hawks regained the lead on the uphill 6th lap but a strong run by Peter Versey resulted in a 16 second lead at the end of the penultimate lap. However, this was more than enough as Phil Costley made short work of the 3 hills on the final lap to ensure the win by over 3 minutes.

Costley's time 33:44 for the last lap was the 3rd fastest of the day behind the top two senior men Oska Inster-Baynes (32:58) and Olympian Michael Aish (33:22). As a former Christchurch resident, Costley has contested the relay many times and still holds the Open Men record for the last lap of 30:18 set in 1997 when he was a member of the Hastings club, but it was the first time he has had the distinction of being the first runner across the finish line. In addition to Costley, Graeme Taylor and Peter Versey also had fastest laps for MM runners.

For the M50 team, just getting a team on the start line proved quite a mission. A week out current NZ Cross Country M50 champion Cliff Bowman withdraw after being advised to rest his injured calf muscle. Then two days before the relay Dave Dixon was forced to also withdraw with a calf injury. After an extensive search for another replacement failed, Bowman offered to fill in to make it possible for the team to participate on the understanding that he was able to run the shortest flat lap of 9.4km and that his performance was likely to be considerably below his best.

The team of Tim Cross, Neil Whittaker, Bill Revell, Bowman, Ian Courtney, Nick Lovell, Andrew Barker and Patrick Meffan were soon locked in a close race with 5 other teams. At the end of the 6th lap old rivals Auckland University were 12 seconds ahead of Wellington Harriers with Nelson contesting 3rd place with Auckland City Athletic. However, after Auckland University's runner collapsed on the steep downhill section of lap 7 and Andrew Barker had a good run, Nelson regained second place which they hadn't held since Tim Cross's opening lap. Patrick Meffan comfortably maintained the team in second place to finish 4:44 behind Wellington Harriers and

nearly 5 minutes ahead of Otago Athletic. The gutsy run by Bowman combined with Auckland University's misfortune resulted in the team's silver medal instead of what was looking like a bronze medal and meant that Nelson end up wining the champion club title.

To cap off a rather dramatic day, members of the M50 team were the second vehicle to the scene of a serious road accident on their return to Christchurch and were able to assist with rescuing people whose car had gone off the road and was in danger of tumbling down the hillside.

The medal winning efforts of the three master's men teams resulted in them collectively making the finals of the Masters Sportsperson/Teams category in the Nelson Sports Awards. At the awards dinner on 28 November we won this category.

## SI Masters Games – Athletics - 12 October 2013

Several local masters and others from around the country took part in this athletics meet. The outstanding athlete of the day was Bruce Solomon (M50) who won all his 10 events and in many of his events had faster times and further distances than most of the younger men. His performances were: 60m (8.64), 100m (13.43), 200m (26.58), 400m (62.07), 800m (2:45.65), shot (9.26m), discus (27.6m), javelin (31.82m), long jump (3.72m), high jump (1.35m)

## Steve Low in good early season form

As part of his preparation for the Oceania Masters T&F champs, Steve Low (M55) attended the NI champs in Whangarei. He won both his 200m (27.15) and 400m (63.22) races and is heading to the SI champs at the time of writing.



Tasman Masters athletes

# Otago

by John Stinson

Two Otago athletes travelled to Porto Alegre in Brazil for the World Masters Championships. Liz Wilson and Winifred Harding provided some fascinating and contrasting experiences of the competition and organisation encountered at the championships.

For Liz, the championships were a triumph culminating in a gold medal winning performance in the W50 400m in an Otago record time of 62.63, becoming the first Otago athlete to win a gold medal at the World Masters Athletics championships. Her 400m win followed her bronze medal in the 100m where her time of 13.47 and was an Otago record. In the 200m, she broke the New Zealand record by 0.57sec and took a second off her personal best time.

Well known as a specialist 100m and 200m runner, Liz was still learning the different pace requirements for the 400m before leaving for Brazil. "I still tend to go out too fast and expend all my energy by the 200m. I had to learn to just stride out over the first 200m and pick up the pace later". As it eventuated, Liz ran a perfect race, catching the field by the 200m mark and powering home from there. A preschool teacher in Dunedin, Liz described the formidable opposition she encountered in Brazil; "The two athletes who finished ahead of me in the 100 and 200m, work as personal trainers. A huge difference to someone like me who teaches preschool at home for a living" she said. Liz was overcome with emotion when hearing the New Zealand national anthem played, as she stood on top of the podium



Liz Wilson with her medals from Brazil



The winners of the Kenny's Canter Steeplechase relay: Colin Dick, Christine Montgomery and Gene Sanderson



Otago Masters athletes

following her 400 metres triumph, describing it as the "ultimate accolade".

Winifred found the organisation in Porto Alegre unsatisfactory for the throwing competitions. "We had no implements and no circles for training throws in the days leading up to the competition. Imagine the reaction if a runner was told they couldn't run in the days preceding their events" Winifred said. "On other occasions, officials simply forgot an event was scheduled, where the sectors weren't marked, where there was a large rock just where the hammers and discuses would land and on one occasion it was discovered that the concrete wasn't set. To add to the fun, we had spikers who marked the wrong landing marks and tape readers who read 22m as 32m and wouldn't change. Qualifiers were cancelled and rescheduled as finals and my throwing pentathlon took 6.5 hours with lightning and rain a constant and only one gazebo to keep us dry. Despite all this, it was wonderful to catch up with old friends and make new ones as well as enjoying the camaraderie of my fellow throwers.

Being an older competitor in the W55 age group, I was well pleased to place 6th in the Hammer, 8th in the Shot Put and 10th in both the Weight Throw and the Throws Pentathlon." Congratulations Liz and Winifred from Otago Masters Athletics.

A recent highlight on the local scene was the inaugural staging of the Kenny's Canter 3000m Steeplechase Relay. Held on November 13th, the event was run in memory of legendary Otago Masters athlete Bill Kenny who died in November 2012. Participants were divided into teams of three, made up of two runners and one walker. The numbers were great and the whole occasion deemed a huge success. For the record the winning team members were OMA Immediate Past President Gene Sanderson, Christine Montgomery and Colin Dick. Thanks to Jo Hurring, who organised the commemorative prizes for the winners.

Good luck to all OMA members at the South Island Championships in Timaru on November 30th.

# Northland

by Graham Hardy

The 3rd of November 2013 saw the Northland Masters' Pentathlon and Weight Pentathlon Championships. A small field of eight competitors, all in different age groups, demonstrated that it was possible for everyone to be a winner on the day! An impressive performance was given by Mark Cumming in the M50 Weight Pentathlon with 3454 points, a pointer to better things to come!

On 22-24 November, Northland hosted the North Island Masters Athletics Track and Field Championships. This was the first major meeting on Whangarei's new all-weather track. A total of 95 athletes competed over the three days, in typical sunny Northland weather. The organising committee, almost all of whom had not previously been involved in such a meeting, were particularly pleased to note that most athletes and officials seemed to be smiling most of the time! Possibly a new innovation was the decision not to provide official Officials' uniforms, thereby saving a considerable cost. No-one appeared to mind and it seemed to be more

important that the officials involved largely knew by the Friday evening, what their responsibilities were for the remainder of the weekend. There were some great performances, including a total of 3502 points for the M50 Weight Pentathlon by Mark Cumming, which bettered his own NZ Record by 2 points!

We were very grateful for the generous assistance of athletes who doubled as officials and particularly for the non-athlete officials who travelled to Whangarei for the meeting. Local volunteers and various family members who fetched weights, raked sand pits and helped out in many other ways also contributed to the success of the meeting. In addition, a special mention should be made of a major local sponsor, Anytime Fitness (Whangarei).

Northland Masters Athletics Inc. is currently reassessing its public face and relatively low membership, with an expected emphasis on advertising of local events and associated fund raising.



# Southland

by Evan MacIntosh

## Southland Road Champs

The Southland Road Champs were again held in and around Queens Park Invercargill. The weather was not the best but the park setting afforded some shelter to the runners. Again Ricky Gutsell showed his talent by entering and winning as an open grade runner. There was a great tussle in the M35+ grade with Scott Underhay holding out Dwight Grieve by just one second! Southland masters results for registered runners were:

### Women (5km)

Rose Heyrick	W50+	24:25
Marie Muhl	W35+	26:06
Lee Grieve	W35+	32:45

### Men (10km)

Ricky Gutsell	M50+	36:10
Scott Underhay	M35+	36:24
Dwight Grieve	M35+	36:25
Corey Mennell	M35+	37:35
Nigel Marsh	M35+	38:37
Tyrone Lake	M35+	39:10
Stephen Gemmell	M35+	41:01
Garth Fairbairn	M50+	45:16
Bruce Thomson	M50+	47:22
Evan MacIntosh	M60+	50:05
Alastair Hatton	M35+	51:20
Warren Green	M60+	55:55

## Grand Prix Handicap Series

Allan White Sports Shoe clinic prizes went to those who had the best aggregate points over five events during the season. Masters results were: Graham Neilson 2nd on 70 points; Mervyn Potter 3rd 75 points; and Evan MacIntosh 76 points.

## Gail Kirkman - World champion

Gail Kirkman of Te Anau got her World Masters Athletics championships program off to a great start. She won her W60 heptathlon event for a world gold medal, and also broke three NZ W60 records in the process. Her 5,300 points in the heptathlon was a NZ record, as was her high jump of 1:30m, and 800m in a time of 2:42. She won the 200m, 800m, 80m hurdles, and high jump outright, second in the long jump, and fourth in the shot put. Her javelin faltered a bit below her best, but her clear win in the final event the 800m saw her win by over 300 points on her nearest rival. She then went on to a further gold medal in the 300m hurdles, and a silver in the 400 metres.

Our other SMA competitor at the WMA, SMA president Mark Flaus, had very strong competition from the European throwers and managed several top ten placings.

## Southland Marathon Champs and 10km Event

51 year old Ricky Gutsell repeated his efforts from previous years by being the first over the line in the Riverton to Invercargill marathon which was run in fine conditions with little wind, if any. Some Southland masters results were:

### Marathon

Ricky Gutsell	1st M50	2:49
Garth Fairbairn	4th M60	3:27
Bill Richardson	7th M60	3:54
Val Muskett	1st W50	3:38

### 10km event

Bevan Pearce	2nd M40	39:48
Mary Marshall	1st W40	50:54

### Half Marathon Walk

Barrie Sheehy	M60	2:45
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PHOTO: John Campbell



From L to R: Stephanie Claassen (SA), Tui Ashe (NZ) and Wilma Perkins (AUS) battle it out in the W60 Heptathlon 800m in Porto Alegre, Brazil



PHOTO: Heidi Van Rooyen

Gail Kirkman - World Champion

# Coaching Corner

by Mike Weddell



Athletics is an individual sport, at least as far as published results are concerned except of course in harrier teams' events. In training that is far from true as the best results usually come from working in groups. It is probably a good idea to do some training alone but quality sessions are better done in groups. When a hard session is scheduled it is easy to reduce the intensity or cut it short when on your own but with a group we do not wish to wimp out.

When training with a group individuals are less likely to opt out if the weather is bad or your enthusiasm is waning. Of course care is needed not to push yourself when you are over tired or sick. The other thing that needs to be watched is being dragged along too fast by better runners or held back by slower runners is not good physiologically or psychologically. The latter is best

served by finishing a session on a high note.

Where there is a discrepancy in ability between runners in a group when doing either reps or a steady run, slower runners can set off first and faster runners try to catch them which allow both groups to run hard. If the group is big and the reps are short there could be a continuous line of runners so no one is isolated.

Just as important as running with someone is the camaraderie that develops within the group with experienced runners encouraging the beginners. I have a largish coaching group and one athlete who had been used to training alone said she enjoyed the group sessions and ran a PB on the track first up for the season.

So if you want to give your training a boost join a group or form your own.





Marc Lorentzen (WBP) put on an impressive display in the M35 110m hurdles at the North Island championships in Whangarei

PHOTO: John Campbell



## COMING EVENTS

### 2014

4-11 JAN	Oceania Championships	BENDIGO, AUSTRALIA
28 FEB - 3 MAR	NZMA Track and Field Championships	INVERCARGILL

### 2015

4 - 16 AUG	WMA Stadia Championships	LYON, FRANCE
OCT	OMA Stadia Championships	RAROTONGA

### 2016

JUL	WMA Stadia Championships	PERTH, AUSTRALIA
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### 2017

NOV	OMA Stadia Championships	DUNEDIN
TBA	World Masters Games	AUCKLAND

Thank you to Roy Skuse for his generous support in supplying the NZMA membership cards for 2013/14

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