

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 35 No. 1
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From R to L: Scott Belesky M35 (STH), Nic Bolton M40 (CAN) and Jonny Baird M40 (CAN) finishing order in the 60m sprint at the South Island T&F Championships in Timaru

PHOTO: Derek Shaw



Sally Gibbs (NZL) leads the front bunch of the W55 1500m final at the WMA Championships in Perth

PHOTO: Sharon Wray

Official Magazine of New Zealand and Oceania Masters Athletics
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Cover Photo

Jacqueline Wilson (2nd W70) leads fellow countrywoman Sue Hoskin (6th W65) in the 20km Road Walk at the World Championships in Perth

Photo - Sharon Wray

Inside Back Cover

Liz Eade, winner of the Wellington Masters 10km race

Photo - Sharon Wray

Back Cover

Ian Calder in the 1500m M55 heat at the World Championships in Perth

Photo - Sharon Wray



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Michael Bond (NZL) and Peter Sandry (AUS) in the M70 Cross Country race at the WMA Championships in Perth

President's Report

by ANDREW STARK - NZMA President



Welcome to the New Year. It's hard to believe it's 2017! The 2016 WMA Championships have been successfully held in Perth and it was a well organised event. The feedback I have received has been nothing but positive, so well done Perth! For those unable to attend, the daily live streaming of selected events meant that you too could watch the action as it happened. Both the Island track & field championships have been held. Thank you to the Canterbury and the Manawatu / Wanganui centres for organising these events.

Since my last report, work has continued to develop the new website and we have introduced the following new features.

1. An NZMA e-News page has been created, whereby news and important information can be posted, then members are e-mailed a link to this page.
2. On-line entries for all Championships organised by a NZMA Centre.
3. An information post for Athletics NZ members who have never joined NZMA before.
4. A Vetline subscription page for Athletics NZ members, plus a page where ANZ members can request to be added to our database and receive e-mails directly from us.
5. We are also working on making on-line purchasing of NZMA uniforms an option.

I would like to remind Centres that there is space on the website for you to have your own pages. Please contact John Campbell to arrange this.

The MoU between NZMA & Athletics NZ has been in place since September. The success of the MoU is really in NZMA hands. One of the best ways to encourage ANZ members to join our events is word of mouth from the club athletes within our ranks.

At the two Island Track & Field Championships, this has already happened. Of the 65 competitors at the South Island Championships, seven were new ANZ competitors, with a further three new NZMA members. Of the 125 North Island entries, there were

fourteen new ANZ competitors, with a further ten new NZMA members. That is a positive start, given the lack of advertising to the ANZ members. Over the next few weeks, we will be promoting the NZMA Championships to all master's athletes, via our website and with the help of ANZ, so that even more ANZ members attend.

In line with changes as a result of the MoU and as was indicated at the Special AGM held in August, both the NZMA Constitution and By-Laws have been updated. The proposed changes have been circulated to all Centre Secretaries, members with current e-mail addresses and the documents are posted on the NZMA website. Please read these documents and if you have any comments, please direct them to Chris Thompson (Vice-President NZMA). Thank you to my fellow Board members for the work done to give effect to these changes.

We are now getting down to the business end of the season, with regional and national championships coming up. Good luck to those who are intending to compete. To the non-competitive NZMA members, I appreciate your on-going support of our sport.

I look forward to seeing many of you in Nelson.

Vetline

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NZMA e-mail Database

NZMA are intending to use e-mail as a method of contacting our members.

If you have **not** supplied your centre secretary with your e-mail address or if it has changed, please e-mail Andrew Stark (NZMA Database Conveyer)

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2016 World Masters T&F Championships (Perth, Australia)

by Michael Wray

The accents are more varied and the singlets a greater range of colours, but ultimately the World Champs are just another track and field meet. The sheer number of athletes raises the scale and generates an atmosphere that is a little bit special.

One big difference between Worlds and “just another meet” is the quality of the opposition. You might be used to winning most of the time in your meets back home, even on those days when you’re a bit off. At Worlds, most people are “on” and while the fields are made up of a good number of people just there to enjoy themselves, if you want a medal you need to be talented and also have everything go well. And, above all, do not get sick in the build-up (d’oh!). This was my first Worlds and it won’t be my last.

Perth 2016 did a good job in most areas. The large number of volunteers scattered around the venues were most helpful. The free public transport system which made getting around on the bus and train, whether to or from competition venues or exploring the host city, not only easy, but was also a great benefit.

Not everything was great. There were a handful of things, little things, to get in the way of ticking the ten out of ten box. Most of these were cosmetic type things:

- the cross country course was dull by NZ or UK standards, being flat grass with no barriers;
- the colour of the men’s bibs were poorly designed, featuring black numbers on dark blue, so you couldn’t read the age group of someone you were racing unless they stayed close;
- the only way to distinguish whether a fellow competitor was running the marathon or half marathon was to try and look for a wristband that was hard to spot, being flesh-coloured;
- some of the throwing events were denied the feel of a big event when they were contested in a corner of the warm-up field.

The more significant faux pas occurred in one of the sprint hurdle events, when the race had to be re-staged after it was run with one set of hurdles missing! And then there was the pre-race confusion around the marathon and half marathon (see below).

When you travel a few thousand miles to a World Champs that is hosted at several different venues, it is impossible to get to see everything. Part of this is the multi-venue aspect and part of it is the need to justify the expenditure by treating the trip as a

holiday with running days, so you do tourist things on the days you’re not competing. So rather than a comprehensive rundown of the proceedings, I can only provide snippets.

My own event schedule meant I only spent a couple of days competing at the main stadium, with one additional day for a relay race that we ultimately did not start as we failed to field a complete team.

The cross country course was held in a park over the road from the main stadium, with the road walks in the same complex. New Zealand had some notable performances in the cross country. Arriving at the time I needed for my race, I missed the older age groups. In one of these Tony Price contested a sprint finish for gold in the M60 grade, then apparently mistook the lap-counting timing mat for the finish line and pulled up early, almost allowing the bronze medallist to catch him.

The most exciting of the cross country races I saw was the W50 grade. Sally Gibbs had the early lead, which was gradually closed by GBR athlete Lucy Elliott. At the start of the final lap, Lucy had drawn level with Sally and they ran together until the final corner, where Lucy outkicked Sally to the line.

After a few days visiting the Perth Mint, Fremantle Prison and so on, the next experience of Worlds was at the secondary stadium where the 5000m races were being held. It’s the first time I’ve encountered a track event with a timing mat being used, which read a transponder chip integrated into our timing bibs. Some of the age groups were split in to two separate races, such as the M50s, to accommodate the numbers. In my age group, we ran as one. It’s probably the largest 5000m field I’ve run in and certainly the largest 5000m I’ve run in which everyone in the race is the same age group. I won’t dwell on my (lack of) performance but there was some strong running at the front of the race, despite the blustery winds. Jason Cameron came close to adding another medal, after his cross country bronze, but just missed out in a fierce contest with Portugal’s Antonio Costa. I had a good view of their sprint finish as they’d just lapped me with 200m to go.

After attending the General Assembly on the Sunday, spending a couple of days sightseeing (Prison Tunnels Tour, Rottnest Island) and having a good time at the athletes party (held at Perth Zoo), I got my first taste of competition at the main stadium. The call tent procedures here were much stricter than at the secondary stadium.

It was the 1500m heats and I was surprised to find withdrawals at such a high level, with my heat only featuring half of the assigned runners. By now I knew that Perth is the closest Australia comes to Wellington for wind. Perth calls its wind “the



Start of the W65 4x100m relay

Fremantle Doctor” as the wind is seen as a welcome relief to the heat, whereas in Wellington the nearest we get to naming our wind is an expletive-laden rant that I cannot repeat here.

It was a great novelty to have a big screen covering the race while you run. I had the early lead in my heat, figuring we should set a decent qualifying time as the first heat, so was able to use the screen to gauge how close the chasers were behind me.

The next day was very hot, some 35 degrees. I was very glad we were only running another 1500m given the heat. Perhaps because it was the finals today, the call room procedures were even stricter this time. We had to be “race-ready” from the call-room, rather than from the track-side tent, and our gear was given a full inspection. We were held back longer and so it meant not being able to see much of other races.

Having led from the front for the semi to ensure a qualification on time, I figured the final would be more tactical and I could run a much easier first 1000m. Wrong. It set-off at a ferocious pace and I was running the same splits as the day before with the difference being that instead of leading for a while I was dead last for 250m.

The final day of competition required an early start for the marathon and half marathon. The pre-marathon procedures were chaotic. Runners needed to get their bibs scanned as part of a check-in process before the race. This took a long time and participants weren’t entirely sure of what was happening and I know of a few who skipped the scan due to the queue length. I don’t know if this meant they were not recorded in the results. The chaos meant the marathon start time had to be delayed.

When it came time for the half marathon, the check-in was slightly smoother, as the personnel quickly learned from the marathon experience a few minutes earlier. However, we were informed the half marathon start would be delayed by 15 minutes. Because of this, we delayed our warm-ups.... and then the announcement was made, with only a minute or two to go,



David Anstiss soars high in the Pole Vault

that the start would proceed as originally scheduled. So much for a warm-up!

The course itself was an out and back on the path along the riverside, with the marathon running two laps, and required no road crossings. At the turnaround I wanted to assess my position, but the colour scheme of the bibs meant you couldn’t read numbers of the runners coming back, let alone see if they were wearing one of the those flesh-coloured wristbands to indicate if they were running the half or full.

Even with the early start and a much cooler day than the day before, aided by the breeze, the day got warmer as we proceeded. A large number of people failed to finish. The biggest concern for NZ was learning that Judith Stewart had been taken to hospital after reaching around 39km in the marathon. Fortunately, Judith soon recovered and it seemed to be dehydration or a mild heat stroke that was the cause.

A breakfast banquet was laid on for athletes after the race. Fresh fruit, muffins, sausages etc. This was appreciated by all and any pre-race confusion was instantly forgiven!

Back at the main stadium, the relays were taking place to close the championships. The most entertaining of these was the 10x40m (yes, 10x40m) relay. Officials and track custodians: don’t worry! You don’t need to rush back and add markings to your track for a new set of handover zones. It was just a bit of fun. Eight teams ran, made up of sets of volunteers, officials, physios, team managers, WMA council members etc. Most team members were dressed in gear that allowed running, but many were in fancy dress. Santa’s team had a sack of presents that needed to be handed over with the baton, while one team had a giant quokka on their anchor leg.

We now know the next set of championship venues. Indoors it’s Daegu, Korea 2017 and Torun, Poland 2019, while outdoors goes to Malaga, Spain 2018 and Toronto, Canada 2020. Start saving and planning now – it’s worth it.



Sally Gibbs 1st W50 Half Marathon



Delwyn Smith in the 8km Cross Country race



Linda Reynolds in the 8km Cross Country race



Antonio Costa (POR) leads Jason Cameron (NZL) and Daniel Smees (AUS)



Judy Stewart in the W65 Cross Country



Trevor Wilson posing with the M45 Decathlon group

NZ Medal Winners at the WMA Championships

A big congratulations to all of the New Zealand athletes that took part in the WMA Championships in Perth.

This following is a list of the New Zealand medal winners from the championships. There are some great performances here, as well as NZ and World records.



Silver Medal winning M75 Half Marathon Team from L to R: John Hines, Peter Hanson and Alan Eustace



W55 8km Cross Country winners from L to R: Carolyn Smith 2nd, Janet Ferguson 1st, Helen Larmour 3rd



M60 NZ team 1st place Dennis Wylie, Tony Price, Gavin Smith

Age Group	Event	Name	Time/Distance	Medal	Record
M45	Half Marathon	Eagar/Wray/Calder (Team)	4:05:10.0	Gold	
M45	8km Cross Country	Cameron/Eager/Mardon (Team)	1:25:43	Gold	
M50	Hammer	Mark Cumming	54.31m	Gold	
M55	800m	Ian Calder	2:15.34	Gold	
M60	10000m	Dennis Wylie	39:41.75	Gold	
M60	8km Cross Country	Price/Wylie/Smith (Team)	1:36:36	Gold	
M60	20km Road Walk	Parker/Kemsley/Lamb (Team)	6:17:04.0	Gold	
M60	5000m Race Walk	Mike Parker	25:39.11	Gold	
M70	Decathlon	David Anstiss	5716 pts	Gold	
M75	8km Cross Country	Ron Robertson	35:16.16	Gold	
W45	20km Road Walk	Sunderland/Hoskin/Wilson (Team)	6:36:57.0	Gold	
W50	10000m	Sally Gibbs	36:35.53	Gold	
W50	400m	Liz Wilson	1:02.42	Gold	
W50	Half Marathon	Sally Gibbs	1:22:02.0	Gold	
W60	8km Cross Country	Margie Peat	34:35.46	Gold	
W65	10km Road Walk	Hoskin/Wilson/Jones (Team)	3:22:18.0	Gold	
W85	2000m Steeplechase	Clasina Van Der Veeken	18:30.80	Gold	WR/NZR
W85	Hammer	Clasina Van Der Veeken	17.29m	Gold	NZR
W85	Long Jump	Clasina Van Der Veeken	1.84m	Gold	NZR
W85	Triple Jump	Clasina Van Der Veeken	3.87m	Gold	
M50	Weight Throw	Mark Cumming	18.73m	Silver	
M55	1500m	Ian Calder	4:35.90	Silver	
M60	10km Road Walk	Mike Parker	53:35.00	Silver	
M60	5000m	Tony Price	18:30.59	Silver	
M60	8km Cross Country	Tony Price	30:36.48	Silver	
M65	20km Road Walk	Eric Kemsley	2:00:41.0	Silver	NZBP
M70	2000m Steeplechase	Michael Bond	9:04.45	Silver	
M75	Half Marathon	Eustace/Hanson/Hines (Team)	9:14:52.0	Silver	
M90	10km Road Walk	Peter Tearle	3:29:25.0	Silver	NZBP
M90	5000m Race Walk	Peter Tearle	48:56.81	Silver	NZBP
W35	Shot Put	Emma Puletaha	11.39m	Silver	
W45	20km Road Walk	Nyle Sunderland	1:59:44.0	Silver	
W50	5000m	Sally Gibbs	17:38.44	Silver	
W50	8km Cross Country	Sally Gibbs	29:39.67	Silver	
W50	Discus	Raylene Bates	36.23m	Silver	
W50	Throws Pentathlon	Raylene Bates	4021 pts	Silver	NZR
W55	8km Cross Country	Carolyn Smith	35:30.09	Silver	
W70	10km Road Walk	Jacqueline Wilson	1:04:37.0	Silver	
W70	20km Road Walk	Jacqueline Wilson	2:17:02.0	Silver	NZBP
W70	5000m Race Walk	Jacqueline Wilson	31:43.15	Silver	NZR
W85	1500m	Clasina Van Der Veeken	11:43.93	Silver	
W85	800m	Clasina Van Der Veeken	5:46.06	Silver	NZBP
W85	Hammer	Marcia Petley	16.50m	Silver	
M35	Hammer	Michael Scholten	45.20m	Bronze	
M35	Throws Pentathlon	Michael Scholten	2882 pts	Bronze	NZR
M35	Weight Throw	Michael Scholten	13.82m	Bronze	
M45	8km Cross Country	Jason Cameron	27:38.46	Bronze	
M50	Decathlon	Wayne Doyle	6333 pts	Bronze	
M50	Marathon	Robbie Barnes	2:54:28.0	Bronze	
M55	800m	Peter Fitzgerald	2:17.35	Bronze	
M60	Half Marathon	Dennis Wylie	1:29:42.0	Bronze	
M65	10km Road Walk	Eric Kemsley	56:14.00	Bronze	
M65	4x100m Relay	Guptill/Carter/Deleiros/Dougall	55.75	Bronze	
M65	5000m Race Walk	Eric Kemsley	26:53.78	Bronze	NZR
M70	200m	Trevor Guptill	27.98	Bronze	NZR
M70	Triple Jump	David Anstiss	9.11m	Bronze	
M80	Half Marathon	John Hines	2:59:23.0	Bronze	
M90	Discus	Peter Tearle	12.86m	Bronze	NZR
W35	1500m	Angie Ross	4:49.35	Bronze	
W35	800m	Angie Ross	2:19.54	Bronze	
W40	400m	Vanessa Story	59.87	Bronze	
W45	10km Road Walk	Nyle Sunderland	58:10.00	Bronze	
W45	5000m Race Walk	Diana Adams	29:11.99	Bronze	
W45	Shot Put	Brenda Davis	10.20m	Bronze	
W45	Throws Pentathlon	Brenda Davis	3246 pts	Bronze	
W50	1500m	Sally Gibbs	4:49.97	Bronze	
W50	200m	Liz Wilson	26.83	Bronze	NZR
W50	Shot Put	Raylene Bates	12.58m	Bronze	
W60	4x400m Relay	Gower/Anderson/Sanderson/Waring	5:43.16	Bronze	
W65	10000m	Judith Stewart	48:38.31	Bronze	
W65	4x100m Relay	Waring/Anderson/Deleiros/Gower	1:06.32	Bronze	NZR
W70	Heptathlon	Lois Anderson	4504 pts	Bronze	NZR
W70	Shot Put	Barbara Austin	7.86m	Bronze	
W75	10km Road Walk	Daphne Jones	1:13:30.0	Bronze	
W75	5000m Race Walk	Daphne Jones	35:43.23	Bronze	NZR
W75	Hammer	Glen Watts	27.22m	Bronze	NZR
W85	100m	Clasina Van Der Veeken	23.89	Bronze	
W85	400m	Clasina Van Der Veeken	2:17.54	Bronze	NZBP



Michael Wray and Kyle Eager (Missing Ian Calder) winners of the M45 teams Half Marathon



Alistair Prangnell 4th M55 8km Cross Country



The hard working ladies at the call tent



Carolyn Smith (2nd W55) leads Corinne Debaets and Ilona Kojalovica



M80 Half Marathon medallists From L to R: Alwyn Barnesby 2nd, Roger Bardin 1st and John Hines 3rd



M55 1500m final with Ian Calder and Peter Fitzgerald of NZL settling in



Nyle Sunderland (2nd W45) finishes the 20km Road Walk



From L to R: Andrea Harris, Angie Ross, Sally Gibbs and Vanessa Story 4 x 400m W35 NZL Team which finished 4th



M60 teams: AUS 2nd, NZL 1st, GBR 3rd



Wayne Spies 1st Marathon M40



M45 Cross Country Teams - from L to R: Australia 2nd, New Zealand 1st (Kyle Eagar, Jason Cameron, Chris Mardon), Spain 3rd



Jacqueline Wilson - 2nd in the 20km Road Race

Visiting Western Australia (with some athletics on the side)

by Heather Carter



PHOTO: Heather Carter

Allan Mayfield, Ian Carter and Brian Mayfield admire the canola crop on Brian's farm

When we decided to go to Perth, I contacted a school friend to see if we could catch up, and this developed into a three-week house-sitting stint, which saw us arriving there at the end of September. The house was at Armadale, a booming suburb/city 40 minutes south-east of Perth. The "sitting" part involved two dogs, one cat and a large lawn, and the perks were a large, comfortable house and a car. Mind you, that perk devalued when Ian had an altercation with a stone wall and repairs were as much as the cost of a rental! I took one of the dogs for walks in the adjacent "Common" (Australian) bush area and Ian trained on the trails.

Surely this year they'll have less of a problem with bush-fires. They'd had a cold and wet winter, and it didn't change just because we'd turned up for some acclimatisation. In those three weeks, we had less than a week's worth of mildly summery weather. The programme of controlled burn-offs was only just commencing when it would usually be finishing, and was responsible for the smokey haze.

Our first trip was an overnighter to Albany on the south coast, where the highlight was a visit to the National Anzac Centre. Like the Te Papa display that we'd visited the day before we left, this had been opened in time for the Anzac centenary. The NZ and Australian forces had sailed from Albany. Each visitor was

given a card with a soldier's name, in our cases that of a Kiwi, and we could use the card to display our soldier's participation at various points of the war. It was extremely well done, and as always, depressing.

One weekend, Perth had its annual heritage celebrations, with many of the old buildings open for visitors with tours, displays, walking tours and cultural events. We had a day trip to Fremantle, and included a tour of the prison that must have been quite barbaric when it closed in 1992. Although we're from Marlborough, we had our first winery tour in the Swan Valley, by road and river. Another rain-affected, overnight trip was to the Margaret River region, which would appeal more to surfers.

We preferred our trip to Rottnest Island, which wasn't as touristy as we feared. We hired bikes and enjoyed the fantastic blues of the ocean and talking to others. Bikes now have these new-fangled things called gears which make life much easier, and the gel seats saved any other repercussions.

Until Rottnest, we hadn't heard of quokkas, a small marsupial. When chopping firewood, Ian disturbed what he thought was a small snake, but a visit to a wildlife centre introduced us to leg-less lizards. Road kill was an indication of the wildlife. On our first day's driving, a kangaroo jumped into our car and then

jumped off. Others weren't so lucky; we saw six dead 'roos' in the first 50 km of our trip to Albany. One night, a large rat committed suicide under the wheels, but a road sign shortly afterwards implying that one should take care, introduced us to bandicoots. Only three emus was the count on our later trip east.

This tripping had to be fitted in around the training, of course. Ian attended the Masters' meetings on Tuesdays at the main stadium and Thursdays at the Ern Clarke stadium. He had a 1500 and 800 at each and it gave him a chance to see if he could continue managing the "niggles".

We moved into the apartment in town at the beginning of the champs, just as summer threatened to arrive. The 800m was on days two and three. Everyone knew that the Colombian Carlos had the sprint, so Ian figured it had to be hard early. However, Carlos still passed them all and while battling to hang onto third, just like a kid trying too hard, Ian fell three metres from the line, not a scenario he'd envisaged. Besides his grazes, injured shoulder and dented pride, the main frustration was knowing that he'd run the same winning time on a cold, windy night two weeks earlier!

With a six-day break until the 1500, we headed east for our final trip. The first stop was at Wave Rock, Hyden, a unique rock formation. Afterwards we went into the café and the only other group there included Allan Mayfield, another 800m finalist – and we think NZ is small! His brother Brian farms at Hyden, and as we bombarded him with many questions about farming in the wheat belt, especially in this year of wide-spread frost damage, he asked us what we were doing for the afternoon. They took us 40 km to their 14,000 acre farm, where we stood between a 1000-acre unfenced paddock of canola and another 500 acres of barley. We then went on to see wild flowers and the rabbit-proof fence. Such diversions provide the wonders of travelling.

We headed on to Kalgoorlie, 600 km east of Perth, through visibly shrinking towns and very different landscapes from NZ. We learnt about gold-mining, past and present, and gazed into one of the world's largest holes in the ground. It also provided our first experiences of Aboriginals and their unemployed, drinking behaviours; after years of abysmal treatment, there is now a tremendously complicated situation in which everyone is losing.

With a strapped shoulder and after one gentle run, Ian had the preliminary of the 1500m, then the final in 37 degrees; we'd never seen water stops in a 1500 before. Ian felt "dead", so eased up to save himself for the steeplechase on the next and final day. Again, his main frustration was knowing that three weeks earlier he'd run faster than the winning time. Allan Mayfield ran easily and well for the steeplechase gold, while Ian faded to fifth, as energy deserted him again.

He wanted to scratch from the 4 x 100m but was convinced that there was no one else. After all the disappointments of his real events, he felt a bit stunned and cheeky to have a bronze medal in a sprint. He wasn't alone in the frustrated league though; for someone of Ron R's superior ability to win the cross-country so easily and then be assigned a spectator's role for the remainder of the champs would test the spirit.

We headed for home that night and Ian's cold arrived very shortly afterwards! We'd had an interesting and varied six weeks; it was a pity about the results of the athletics on the side.

So here we are, six weeks out from the closing date for entries to Daegu. Physiotherapy has the shoulder nearly right and he's talking about going for his first run. Unfinished business or a tiger for punishment?



Peter Fitzgerald in the 1500m M55 heat

PHOTO: Sharon Wray

High Jump (continued)

M85				
Jim Hector	Blair Mein	WGN WBP	1.00	0.93

Pole Vault

M45				
Trevor Mark M55	Wilson Lett	AKL NTH	2.80	2.20
Brian	Curry	MNW	2.40	

Triple Jump

W65				
Nancy M50	Bowmar	NTH	7.13	
Rod Brendan M55	Plimmer Magill	WGN WBP	10.11	7.36
Seelan M65	Ramiah	AKL	9.72	
Des M70	Phillips	TAR	7.03	
Mike M85	Shepherd	MNW	6.19	
Jim Hector	Blair Mein	WGN WBP	4.92	4.64

Shot Put

W40				
Vavae Michelle W45	Nuia Bitcheno	AKL WBP	8.44	6.64
Michelle Raewyn W50	Scriven Grigg	WGN TAR	8.56	7.01
Tania Tina Jenny W65	Hodges Ryan Fee	WBP AKL MNW	10.22	9.93
Jill W70	Evans	MNW	7.74	

Barbara M30	Austin	NTH	7.17	
Callum M35	McConachy	MNW	11.02	
Dave John M40	Couper McInnes	WBP WGN	10.52	9.91
David M45	Sexton	HBG	8.03	
Laini Eddie	Inivale Soria	AKL WGN	12.70	10.09
Matt Christopher	Hillas Mendes	MNW AKL	9.60	7.92
Adrian Bruce	Stockill Solomon	HBG WBP	10.91	10.14
Finlay Steve	Abbott Weeks	MNW	8.90	7.75
M55 Seelan	Ramiah	AKL	8.71	
M60 Tuariki	Delamere	WBP	10.21	
Ian M65	Morton	WGN	5.45	
Lester Rick	Laughton Davison		9.40	8.00
M70 Phillip	Cox	MNW	8.99	
Mike M75	Shepherd	MNW	7.87	
Brian Peter	Senior Hanson	CAN WGN	8.76	8.07
Brian Terrence	Clatworthy Ryan	MNW AKL	6.64	6.59
M85 Jim	Blair	WGN	6.36	

Discus

W40				
Vavae Elisapeta Michelle	Nuia Leitu Bitcheno	AKL AKL WBP	22.05	19.93
Michelle W45	Scriven	WGN	24.85	
Raewyn W50	Grigg	TAR	19.36	
Tania Tina Jenny W60	Hodges Ryan Fee	NTH AKL MNW	24.05	21.76
Theresa W65	Large	WBP	14.00	
Jill	Evans	MNW	20.36	

W70				
Barbara M30	Austin	NTH	15.25	
Callum M35	McConachy	MNW	31.72	
Dave M40	Couper	WBP	24.27	
David M45	Sexton	HBG	26.81	
Eddie M50	Soria	WGN	30.75	
Christopher Matt	Mendes Hillas	AKL MNW	28.37	21.59
M50				
Adrian Bruce	Stockill Solomon	HBG WBP	42.84	35.1
Murray Free	Abbott	AKL WGN	31.25	29.21
Finlay Steve	Weeks	MNW	29.21	25.7
M55				
Brian Seelan	Curry Ramiah	MNW AKL	30.91	25.73
Hans M60	Barnard	AKL	24.14	
Tuariki M65	Delamere	AKL	34.69	
Peter M65	Blackwood	MNW	20.76	
Rick Lester	Davison Laughton	AKL STH	34.45	34.26
M70 Mike	Shepherd	MNW	27.37	
Phillip M75	Cox	MNW	22.91	
Brian Peter	Senior Hanson	CAN WGN	28.36	18.97
Noel M55	Jones	WBP	17.65	
Brian Terrence	Clatworthy Ryan	MNW AKL	17.50	15.83
M85 Jim	Blair	WGN	17.80	

Javelin

W40				
Elisapeta Vavae Michelle	Leitu Nuia Bitcheno	AKL AKL WBP	22.35	15.67
Michelle W45	Scriven	WGN	18.91	
Raewyn W50	Grigg	TAR	17.56	
Tina W55	Ryan	AKL	19.16	
Tania W55	Hodges	NTH	17.76	
Jill W65	Hayman	WGN	18.18	
Jill W70	Evans	MNW	15.93	
Barbara M30	Austin	NTH	16.20	
M30 Luke	Crombie	HBG	41.86	
M35 Dave	Couper	WBP	42.70	
M40 David	Sexton	HBG	33.13	
M50 Murray	Free	AKL	38.53	
Bruce Solomon	Plimmer	WBP WGN	32.86	30.31
Rod Adrian	Stockill	WGN HBG	29.86	
Mark M55	Lett	NTH	25.16	
Brendan M55	Magill	WBP	25.03	
Brian M60	Curry	MNW	30.17	
Seelan M60	Ramiah	AKL	22.78	
Tuariki M65	Delamere	AKL	31.42	
Ian M65	Morton	WGN	13.91	
Laurie M55	Malcolmson	MNW	35.33	
Rick M55	Davison	AKL	26.57	
Lester M70	Laughton	STH	19.36	
Phillip M75	Cox	MNW	17.62	
Brian M75	Senior	CAN	25.98	
Brian M75	Clatworthy	MNW	16.29	
Terrence M85	Ryan	AKL	15.68	
Jill M85	Blair	WGN	22.04	

Hammer Throw

W40				
Vavae W45	Nuia Grigg	AKL TAR	26.32	25.33
Raewyn Michelle W50	Scriven	WGN	24.57	
Tina W50	Ryan	AKL	32.93	
Tania W65	Hodges	NTH	28.98	
Jenny W65	Fee	MNW	27.03	

W60				
Theresa W65	Large	WBP	21.82	
Jill W70	Evans	MNW	24.62	
Barbara M30	Austin	NTH	24.31	
Callum M35	McConachy	WGN	35.31	
Dave M35	Couper	WBP	34.76	
M50 Murray	Free	AKL	31.13	
Adrian Stockill	Weeks	HBG MNW	29.25	26.31
M55 Hans	Barnard	AKL	29.24	
M60 Tuariki	Delamere	AKL	28.99	
M65 Rick	Davison	AKL	34.56	
Lester M70	Laughton	STH	26.53	
Phillip M75	Cox	MNW	32.76	
Brian Terrence	Senior Ryan	CAN AKL	32.04	17.54
M85 Jim	Blair	WGN	17.32	

Weight Throw

W40				
Vavae Michelle W45	Nuia Bitcheno	AKL WBP	9.27	6.69
Michelle W50	Scriven	WGN	8.57	
Tina W50	Ryan	AKL	11.25	
Tania W50	Hodges	NTH	11.19	
Jenny W65	Fee	MNW	9.87	
Jill W70	Evans	MNW	11.25	
Barbara M30	Austin	NTH	10.31	
Callum M35	McConachy	MNW	10.57	
Dave M35	Couper	WBP	10.48	
M50 Murray	Stockill	HBG	14.18	
M55 Hans	Free	AKL	11.65	
M65 Rick	Barnard	AKL	11.22	
M60 Lester	Barnard	AKL	11.22	
M70 Tuariki	Delamere	AKL	11.86	
M65 Rick	Davison	AKL	13.6	
Lester M70	Laughton	STH	11.55	
Phillip M75	Cox	MNW	12.12	

M75				
Brian Terrence M85	Senior Ryan	CAN AKL	13.52	6.82
Jim M85	Blair	WGN	7.97	

Throws Pentathlon

W40				
Michelle W45	Bitcheno	WBP	1351	
Michelle W50	Scriven	WGN	4504	
Tina W50	Ryan	AKL	2958	
Jenny W65	Hodges Fee	WBP MNW	2644	2421
Jill W70	Evans	MNW	3157	
Barbara M30	Austin	NTH	2842	
Callum M35	McConachy	MNW	3000	
Dave M40	Couper	WBP	2281	
M40 Dave	Sexton	HBG	1892	
M50 Murray	Stockill	HBG	2797	
M55 Hans	Free	AKL	2433	
M65 Rick	Barnard	AKL	1997	
M60 Lester	Davison	CAN	2838	
M70 M70	Laughton	STH	2829	
Phillip M75	Cox	MNW	2587	
M75 Terrence	Ryan	AKL	1606	
M85 Jim	Blair	WGN	2639	

Why Not Have Our Own Masters Athletics Hall Of Fame?

by Barry Rait

Some years ago the late Mike Piper of Southland and several other aficionados decided to approach the NZ Sports Hall of Fame for Athletics gatekeepers to request that "The Fastest Old Man in the World", the legendary runner, Derek Turnbull, should now be included. He died at 80 years of age in 2006. A well illustrated biography has been written by Vince Boyle, "The Fastest Old Man in the World: The Derek Turnbull Story". Craigs; 2006.

It is true that the records of our high athletic achievers are recorded and for some this may be sufficient recognition. However, a Hall of Fame, like the Annual Academy Awards for films, extends the deserved and permanent acclamation one vital step further. Among the record holders who obviously stands out in this exulted company?

Life membership is yet another avenue for recognition for outstanding contributions to the organisation but usually this has a separate facet on the jewel of achievement adjacent to that of pure athletic talent.

By having a well presented and administered Masters Hall of Fame there is much kudos to be recognised from all within and those without the NZ Masters Association.

Regrettably, the answer from the aforementioned gatekeepers was that this request was an athlete too far. Considering the local, national and wide international fame that Derek had achieved over decades of world record-breaking in many distances, this rejection was sorely felt. There were several mentions in the local newspaper "The Southland Times" supporting Mike's endeavours.

On reflection, the gatekeepers' rejection was not surprising. The mathematical and statistical manipulations coupled with wizardry that are required to appreciate this fascinating dimension of masters athletics, and now fully accepted, in the masters' world (as in the measured sports, using ratio scales), would appear far too magical and intriguingly intricate to be accepted in that other pristine world of basic one-type measurements and little or no advanced mathematical interpretation. For some new masters too, this bafflement may still persist but ripened maturity eventually dispels this problem.

In masters' athletics we have the well-known and tried concepts of "Age Graded Percentage, and Age Graded Performance, which admittedly do take some time and mental dexterity, to fully understand. Perhaps those characteristics caused the gatekeepers to shy away from them? The masters' athletics

world, (and others such as the Masters Olympic Weightlifters) are quite comfortable with these additional statistical concepts to assist with interpreting the given result and thus make it more meaningful. As a well-organised and long-running organisation that has established its right and mana to be heard and seen on the national and international stage, the New Zealand Masters Athletics Association should consider establishing its own Masters Hall of Fame (which would be mistaken by some to refer to top liners in open professional golf).

1. The following steps could be taken: Determine what the support is for a Masters Hall of Fame (Athletics or Track and Field).
2. Should there be sufficient support, then a small group of knowledgeable supporters be appointed, say at the Annual Meeting or by the national executive.
3. The inaugural committee would draw up the necessary procedures and workings of this committee.
4. Particular attention to be given to the qualifying standards or other considerations for recognition by the committee to be finally accepted by the NZMA.
5. The final papers, procedures and standards to be published in VETLINE, after being approved by the NZMA.

I suggest that if this proposal finds favour with members, that the necessary guidelines could be considered then. Applications for posthumous athletic performances could also be accepted. Additional to athletic performances there could be acceptance of other significant contributions to masters athletics sport.

When necessary it may be reasonable for a place-maker to earn consideration for Masters Hall of Fame entry, when all the factors, including distinguished service, are considered. Perhaps a separate section could be made for distinguished service on its own right, one that did not encroach Life Membership?

PostScript:

Once I mentioned the Gisborne phenomena, Ron Robertson to Derek Turnbull and his quick reply was that Ron "was far better than he was and that he was in another class". Derek was quick to recognise talent and was always supportive of athletic endeavour and this could serve as a first recommendation to any Masters' Hall of Fame?



The start of the M45 5000m final at the WMA champs in Perth

PHOTO: Sharon Wray

22nd World Masters Athletics Championships in Perth (26 October – 6 November 2016)

by Bryan Thomas



M35 Mathew Rogers (NZL) was 8th in the 5000m

More than 4,100 competitors from 93 countries enjoyed the 2016 WMA Championships in Perth. The total number of competitors was relatively modest due to the last championships being in Lyon only last year and Perth was selected to commence the new two yearly cycle of world championships to be conducted in even numbered years. The 23rd WMA Championships will be in the Spanish city of Malaga, in September 2018.

This was the third occasion the world's largest track and field championships have been conducted in Australia after being in Melbourne in 1987 and Brisbane in 2001. In 1987 hundred of Aussies participated, most for having their first taste of international competition. Many more senior of our Perth contingent can proudly boast of being fortunate to have participated in all three home championships.

The Perth LOC should be congratulated for organising a high quality, efficiently conducted and friendly ten days of athletics. Some memorable highlights were the large number of friendly officials and volunteers, free public transport for competitors and their guests, excellent venues that included two stadiums for track and field and attractive road and cross-country courses set within the Perry Lakes Reserve, enjoyable medal presentation ceremonies that incorporated the national flags



Michael Wray in the M45 8km Cross Country race

of place-getters displayed on a large screen above the podium and the playing the winner's national anthem. After receiving their gold medal the winners were presented with a cuddly Quokka doll. This cute little stuffed toy may well have been the most treasured memento of these championships. There were hundreds of exciting competitions featuring many outstanding athletes, some of whom were former champion open-age competitors and even Olympians and of course there were many others just trying to do their best. The grandstand at the main stadium was often packed, especially during the running of the 100m, 1500m and relays. Who will forget the standing ovation 97 year-old John Gilmour, legendary personality in both Western Australia and indeed in international masters' athletics and inductee in the AMA Hall of Fame, received as he jogged down the final straight in each of his 800 and 1500m races? John said these two efforts were his competition swansong.

Stan Perkins, WMA President and long-time member of the Queensland Masters Athletics, said in his speech at the closing ceremony that he first experienced a world veterans' championships in Melbourne in 1987 and has attended every championship held since and believed Perth 2016 may have been the best.

PHOTOS: Sharon Wray



Sue Hoskin, Nyle Sunderland and Jackie Wilson winners of W45 team gold in 20km road walk



Juan Manuel Garci Mendoza (ESP), Robert Nicols (AUS) and Chris Mardon (NZL)



Kyle Eagar was 9th in the M45 8km Cross Country race



From L to R: Antonio Costa 2nd, Cesar Javier Troncoso Troncoso 1st, Jason Cameron 3rd in the M45 8km Cross Country race



Elizabeth Gormez (AUS) 6th and Katrin Gottschalk (NZL) 8th in the W35 XC 8km



From L to R: Delwyn Smith, Alfonso Castaneda, Linda Reynolds

PHOTO: Derek Shaw



Steve Low M60 (TAS), Warren Green M60 (STH) and Keith Hutton M65 (OTG) in the 200m at the South Island T&F Champs in Timaru

PHOTO: Tim Cross



Robyn Perkins W50 (CAN) in the 3000m

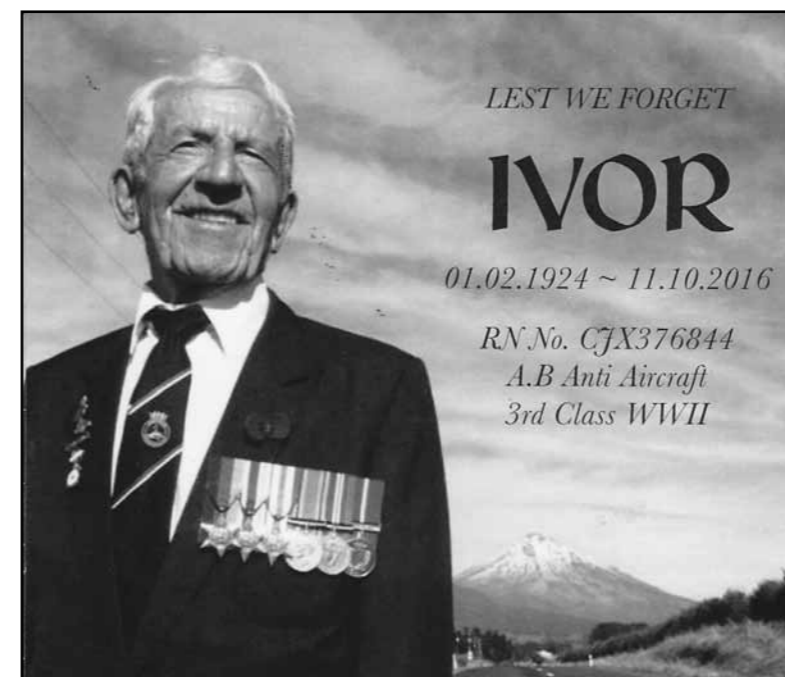


The "Tasman Team" from L to R: Steve Low, Tim Cross, Joeline Jones and Derek Shaw

Ivor Ellis

1 Feb 1924 - 11 Oct 2016

by Brian O'Shea



It is with great sadness that the Taranaki Race Walking Club announce the passing of our dear friend, Life Member, the oldest and longest serving member in the club's history. He joined the club in May 1989 and was walking right up to 2015 at the age of 91.

His last race was the Norm Read Memorial Race which was quite fitting, as Ivor greatly admired Norm. He finished his 3km distance in 32mins.

Not only was he a member of our club but also the Egmont Athletic Club where he raced on the track in summer and threw the shot put. He was also a long time RWNZ & NZ Masters Athletics member.

Although his health started to deteriorate mid 2015 he always turned out for our club races, weather permitting, to support the other members.

Prior to his death, even though he was quite sick, he had a brief chat and a laugh with Charles, Prince of Wales. Being Welsh made this a special occasion for him.

His last public appearance was in September when he was awarded the Legion D'Honneur by the French Ambassador to New Zealand for services to France during the Second World War. He made a speech to a packed audience. Ivor took part in every Allied invasion in the Mediterranean Sea, as a gunner on mine sweepers.

He was a great club member and an inspiration to all who knew him and will be sorely missed.

Coaching Corner

by Mike Weddell



This coaching corner is aimed at both athletes and coaches. For there to be an effective partnership between athlete and coach there needs to be a free flow of information between the two. Are you an athlete that slips in extra training sessions unbeknown to your coach or are you a coach that has no idea what your athlete does when they are not training for athletics?

Many athletes take part in more than one sport or pastime that can complement or conflict with training for athletics and coaches need to know this. For instance if you have been on a two day tramp in the mountains the planned speed session

the day after you get back may not be a good idea. Equally having your athlete doing a speed endurance session the day before they are to play a cup match for their club is equally inadvisable.

Coaches should know all about their athletes and any conflicts that may arise and athletes should keep their coaches advised. The whole idea is that both athlete and coach should be working together so that the athlete can produce their best performances when it matters most.

NZMA 43rd TRACK & FIELD CHAMPIONSHIPS

Saxton Oval, Nelson | 3rd - 5th March 2017



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

I declare that I am a financial member of NZMA or Athletics NZ for the 2016/2017 year. Neither the organisers, the sponsors, nor other parties associated with the events shall have any responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

Tick events entered	
60m	Long Jump
100m	Triple Jump
200m	High Jump
400m	Shot Put
800m	Discus
1500m	Javelin
5000m	Hammer
10000m	Weight Throw
80m Hurdles	Pentathlon
100m Hurdles	Throws Pentathlon
110m Hurdles	2000m Steeplechase
200m Hurdles	3000m Steeplechase
300m Hurdles	3000m Track Walk
400m Hurdles	10km Road Walk

**ENTRIES CLOSE - 6th February 2017
(NO LATE ENTRIES)**

CHEQUES PAYABLE to:
Tasman Masters Athletics

or **DIRECT CREDIT to:**
03-1709-0065260-00
(please include your NZMA/ANZ number & name)

ENTRIES AND ENQUIRIES to:
Derek Shaw
PO Box 602
Nelson, 7040

Phone: 03 548 7537
or 027 548 7537

Email: nikau@ts.co.nz

ONLINE ENTRIES will be available at:
www.nzmastersathletics.org.nz

OFFICIALS REGISTRATION	
Name	
Address	
Phone No	Officials Grade:
Email	
Preferred Event(s)	
1st Choice:	
2nd Choice:	
3rd Choice:	

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

ENTRY FEES	
NZMA fee	\$ 25.00
First event fee	\$ 20.00
Each additional event _____ @ \$9.00 ea	\$
Multi Events @ \$10.00 each	\$
Awards Dinner @ \$45.00	\$
Total Enclosed	\$

OFFICE USE ONLY	
Entry Acknowledged	
Race No.	

COMPETITION PROGRAMME

The following is the anticipated timing of the Programme.
Event times subject to change depending on entries.
Centres will be notified of any alteration after the close of entries.

Friday 3 rd March 2017					
4:00 PM	400 heats if required		Long Jump	M30-64	4:00 PM
			Hammer	M30-64	4:00 PM
			Shot Put	M65+	4:00 PM
4:45 PM	3000m Track Walk	M30+/W30+	Javelin	W65+	4:30 PM
			Weight Throw	W30-64	4:30 PM
5:15 PM	400m Finals	M30+/W30+	Shot Put	M30-49	4:45 PM
			Hammer	M65+	5:30 PM
6:00 PM	5000m (these may be separated depending on entries)	Mixed	Weight Throw	W65+	6:00 PM
			Javelin	W30-64	6:00 PM
			Shot Put	M50-64	6:00 PM

Saturday 4 th March 2017					
9:30 AM	60m & 100m heats if required		High Jump	M30-64	9:30 AM
			Long Jump	W65+	9:30 AM
9:45 AM	2000m Steeplechase	M60+/W30+	Discus	M50-64	9:30 AM
			Javelin	M65+	9:30 AM
10:30 AM	3000m Steeplechase	M30-59	Shot Put	W30-64	10:45 AM
			Weight Throw	M65+	10:45 AM
11:00 AM	Short Hurdles	M30+/W30+	High Jump	W30+	10:45 AM
			Discus	M30-49	11:00 AM
11:30 AM	60m Finals	M30+/W30+	Javelin	M50-64	11:30 AM
			Triple Jump	M65+	12:00 PM
			Hammer	W30-64	12:00 PM
			Discus	W65+	12:00 PM
			High Jump	M65+	12:00 PM

LUNCH

1:45 PM	100m Finals	M30+/W30+	Hammer	W65+	2:00 PM
			Discus	M65+	2:00 PM
2:45 PM	1500m	M30+/W30+	Triple Jump	W30+	2:00 PM
			Weight Throw	M30-64	2:00 PM
3:15 PM	100m Handicap Races	Mixed	Long Jump	M65+	2:45 PM
			Discus	W30-64	3:15 PM
			Shot Put	W65+	3:15 PM
			Javelin	M30-49	3:30 PM
			Triple Jump	M30-64	3:30 PM

COMPETITION PROGRAMME

Sunday 5th March 2017					
7.30 AM	10 km Road Walk	Mixed	Throws Pentathlon	M30+	9:00 AM
8:30 AM	10000m	Mixed			
9.00 AM	Long Jump	MTP1	Throws Pentathlon	W30+	10:00 AM
9.30 AM	200m Heats if required				
9.40 AM	100m	WTP1	Throws Pentathlon Hammer Shot Put Discus Javelin Weight Throw		
10.00 AM	Javelin	MTP2			
10.00 AM	Shot Put	WTP2			
10.30 AM	Long Jump	W30-64/WTP3	Women's Pentathlon 100m Shot Put Long Jump Javelin 800m		
11.30 AM	200m Finals	M30+/W30+/MTP3			
12.00 PM	Discus	MTP4	Men's Pentathlon Long Jump Javelin 200m Discus 1500m		
12.00 PM	Javelin	WTP4			
12.30 PM	800m	M30+/W30+/WTP5	Note: NO pole vault event		
1.10 PM	1500m	MTP5			
1.20 PM	Long Hurdles	M30+/W30+			
1.30 PM	4 x 100m Relays	M/W or mixed			

Athlete's Information

Race Packs:

Can be collected from the Saxton Pavilion adjacent to the track from 3 p.m. on Friday 3 March and thereafter during competition hours.

Proposed Programme:

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

NZMA AGM:

The AGM will be held in the Saxton Pavilion adjacent to the track on Friday 3 March 2017 beginning at 12 noon.

Equipment:

Competitors may use their own equipment. All items of personal equipment MUST be presented for checking on Friday 3 March between 3.00 pm and 4.00 pm.

Function Information

Social Function/Awards Dinner

This will be held in the Saxton Pavilion on Saturday 4 March 2017. Mix and mingle from 6pm. Buffet meal at 7pm. Presentation of awards following the dinner. Cost is \$45 per person. Bring your own drinks. Numbers limited to 90 people.

Age Groups

From 30+ for both men & women. Age as at the first day of competition (even if you do not actually compete on the first day of competition).

Remember to wear the correct colour patch as listed below on the top rear of your singlet:

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

NZ Road Relay Championships

1st October 2016

by Michael Wray

The 2015 NZ Road Relays served up a bit of interest in terms of injuries having some influence on the way things played out in the masters men. It only influenced the minor podium placings, whereas 2016 served up some severe swings in fortunes that saw the mantle of "favourites to win" change hands four times during the race.

After three years in Christchurch, the race moved to Rotoura. If familiarity breeds contempt and change is as good as a rest, then you would think a new location was great. Fortunately the clichés proved their worth; it was indeed a great day. The organisers did a good job producing a smoothly run event. Timing chips inside the batons and sensor mats at each changeover point meant lap splits were readily available. The only negative was the necessity to reduce the team sizes from eight to seven members to accommodate a slightly shorter course than normal. I say negative, but this would be a positive for the smaller clubs who might struggle to field a team of eight with depth.

In the masters men 40, defending champions Wellington Scottish were one of two teams considered favourites by the number crunchers. Scottish and Auckland City Athletics had the strongest teams and were expected to be very close at the finish. The battle for the bronze was an anticipated three-way contest between Wellington Harriers, New Brighton Olympic and Hamilton Hawks, with the former most likely to endure and Lake City poised to exploit any opportunity.

In the battle for the front, Scottish opened with their weakest runner, the injury-hampered Grant McLean who is more used to being the best runner in the team, while ACA went higher up their order with Rick Tombling. Tombling ran a strong lap, completing the undulations in 30:09 for first place. McLean ran a creditable 31:38 but was back in sixth. Mike Causer from Hawks was a bit of a surprise, only 42 second behind Tombling for second. Cambridge were third in 31:17 but a lack of depth in the second half of their team had few concerned. Wellington Harriers had re-imported a member they previously lost to Australia, Roussos Alexopolous, and he brought them in just a second behind Cambridge.

ACA's Simon Yarrow ran the fastest lap two, extending his team's lead. Scottish moved up into second through Simon Keller and so the pre-race predictions were materialising. Hawks stayed in touch for third. Wellington Harrier's John Beale was clearly not having a great day and was lucky not to draw a penalty for cutting bends, especially with the chasing Lake City runner Bruce Edwards yelling out to him to stick to the rules of running within a metre of the roadside.

Lap three was one in which the support vehicles had to be separated from their runners for a few kilometres. It would be a bad time for a runner to pick up an injury, so of course it happened. Scottish's Paul Barwick suffered a hamstring strain after just two kilometres but his team van didn't find him until about four kilometres after which he'd been effectively hopping for a couple of kilometres. Scottish duly made the substitution and the seven minute penalty, on top of the time that Barwick had lost – not to mention the additional distance required from their next runner – effectively ruled them out of the contest. It appeared that ACA would cruise to gold.

New Brighton's Jeff Spillane ran the fastest third lap, moving his team up to fourth on the road (third once you take into account the penalty to Scottish). ACA held a large lead of over four minutes ahead of Hawks.

Stu Milne of Wellington Harriers proved to have the greatest love of hills, running the fastest time through the climbs of lap four. Milne brought his team up to fourth and within 30 seconds of second placed Hawks. New Brighton's Allan Staite was second fastest, keeping his team a little ahead of Wellington Harriers and putting even more pressure on Hamilton.

Lap five is a tough lap. It starts with a few kilometres of sharp descent and then demands another few kilometres of rolling hills with some steep climbs and drops. It was a lap that took its toll on the pre-race favourites. Scottish, who had already suffered a substitution, now had Todd Stevens aggravate a pre-existing glute niggle. Stevens made it to the handover without a second substitution being required but it ruled out any far-fetched thoughts of the team still sneaking a podium place. ACA, who had seemed to be cruising to a simple win, also hit problems. Matt Murphy blew up spectacularly and it looked they would need to sub him out. Murphy eventually made it to the changeover but his wobbles saw him produce the sixth slowest time. Wellington Harrier Dan Clendon ran the fastest lap and at the handover he had taken four minutes out of ACA's lead to move into second spot. Chris Mardon was only some 30 seconds slower than Clendon, propelling New Brighton well ahead of Hawks, now back in fourth.

Michael Wray ran the fastest lap six, although Scottish were well out of contention by this stage. Wellington Harriers had their weakest runner on this lap so ACA managed to maintain their lead at the handover.

So at the start of the final leg, ACA had a narrow lead over Wellington Harriers of just 32 seconds. New Brighton were in third, another 54 seconds behind with Hamilton looking out of it almost two minutes adrift of the podium.

PHOTO: Derek Shaw



Tom Cockerill M70 (OTG) in 5000m race walk at the South Island Championships in Timaru



Don McGowan, best age grade runner of the Wellington Masters 10km race



Andrew Kerr, winner of the Wellington Masters 10km race

PHOTOS: Sharon Wray

Just as with the previous lap, the fastest time came from a team no longer in contention - Cambridge's Steve Rees-Jones.

The drama was not over. New Brighton's Mark Bailey ran a ferocious race. He overhauled both Dan Nixon (Wellington Harriers) and Sasha Daniels (ACA) pretty early and was soon extending his lead. It seemed like a done deal. New Brighton were heading for the win and then, with just one kilometre to go, Bailey was unable to run. An Achilles injury brought him to a halt. It's a part of the course where, thanks to the main roads, a substitution is practically impossible. Besides, at this stage, one kilometre out, his team would have driven on to the finish line to celebrate him crossing in first place. Bailey limped to the finish on a backroad, not following the course. Then, rather than face a team DQ, he limped back to the point at which he left the course and came back in following the course. First place went to eighth.

Meanwhile, Nixon came in to finish completely unaware of the incident. Wellington Harriers finished thinking they were taking silver and only gradually came to realise they had taken the title. ACA finished just 25 seconds behind for second place, while Hawks had bronze.

In the M50 grade, three teams finished the first lap with little between them. Scottish came in first thanks to Dave Kettles, but Anthony Duncraft (Papanui Toc H) and Dave Creamer (Wellington Harriers) weren't far behind. A couple of minutes behind, Christchurch Avon headed a chasing group.

ACA's Blair Cossey ran the fastest second lap, moving his team up the standings into second. A slow Scottish time saw them slip to fifth as Dave Carrigan (Wellington Harriers) and Chris Smith (Hawks) ran their teams into the first and third spots, respectively.

The evergreen Don Greig recorded the fastest lap three in the grade, moving Papanui Toc H into second. ACA fell to fourth thanks to a good performance from Phil Sadgrove (Scottish), while Colin Price kept Wellington Harriers at the front.

Jono Hales extended on that good work for Wellington by running the fastest fourth lap and stretching the gap at the front to almost three minutes. The musical chairs behind first place continued. Now it was Hawks and ACA in the minor medals, with PTH and Scottish a few minutes behind.

Darren Hoolihan put PTH back in contention, running fastest lap five and returning his team to second spot. The M50 lap selections were proving quite varied within the teams! It was the turn of Hawks to fall back, as they slipped from second to fifth. Scottish enjoyed the lap and came within 30 seconds of ACA's third spot.

Wellington Harriers were beginning to look unassailable at the front. To underline that, Ian Macfarlane produced the fastest lap six and Andrew Wheatly, running for their B team, ran the second fastest time. The WHAC A team were eight minutes ahead of second placed PTH at the final changeover. A good run from Scottish's John Pimmer brought them into third, 83 seconds ahead of ACA.

Wellington didn't really need that eight minute head start. Dallas McCallum extended the winning margin for a convincing victory. Any aspirations of dislodging PTH from silver by Scottish were discarded a few kilometres from the finish when James Turner tore his calf. PTH, despite fielding a less than 100% Richard Bennett, took the silver. Meanwhile, ACA's Alistair Prangnell was giving chase to Turner. It's unclear whether Prangnell knew Turner was merely holding on and just trying to hold it together to the finish; he surely would have seen something was wrong as he got closer. Ultimately, Prangnell ran out of course and Turner snuck in a mere four seconds ahead to clinch bronze before his calf gave out and he needed medical attention. It's never dull in masters!

It's been a while since we had a truly competitive master's women race and this year was no different. At the end of lap one, Scottish were ahead through Anne Hare. Second was Hawks, while third to fifth were tightly packed with Tauranga holding third.

Lindsay Barwick gave Scottish the fastest lap two and the lead shifted to over three minutes. Hawks remained second but Tauranga stretched things out in third. The remaining teams were all separated by a gap of two minutes between them.

Lap four kept the same running order with the gaps increasing between each team. Michele Allison (Scottish) was fastest runner. Judith May broke the pattern in lap five, giving Tauranga fastest lap. It meant Scottish's lead shrank to just over a minute, but the running orders were unchanged.

In lap five Lake City had fastest leg through Sue Crowley, taking advantage of a very slow Tauranga time to move into third. With a gap of over eight minutes between third and fourth, it appeared the medallists were set.

And so it was. Hawks ran fastest in lap six through Maureen Leonard to close the gap to 66 seconds and raise a faint glimmer of hope but Katie Kemp ran the fastest final lap to give Scottish a nine minute win. Hamilton stayed second and although Lake City took four minutes out of the buffer, they had to settle for third.

The 60s grade ran a short course version of six laps, starting with leg three in the long course and dissecting the long course lap five into two laps. Tauranga's Stu Smith ran a good race, coming in almost a minute ahead of Marshall Clark (Scottish).

Brian Hayes (Wellington Harriers) and Phil Gulbransen (Lake City) weren't too far behind.

Richard Brent put in the fastest lap two and moved WHAC to the front. Tauranga held on to second, while Lake City and Scottish were only a second apart for third.

Now they had the lead, WHAC weren't going to surrender it. Duncan Matthews underlined that with fastest lap. Tauranga stayed in a comfortable second but the race for third saw Jenny Mason (Scottish) come in seven seconds ahead of Ray Hewlett (Lake City).

Jenny's spouse Dave ran lap four for WHAC, with fastest lap. Tauranga's Murray Clarkson increased the gap from second to third, which had been reclaimed by Lake City thanks to Ray Lichtwark.

Nothing changed at the front in the final two laps - fastest were Geoff Smith and Paul Sharp of WHAC. Wellington Harriers claimed their third masters gold. However, Tauranga's Gavin Smith blew in the final lap and a silver medal that seemed set faded to a fourth place finish. In that final lap, Lake City and Auckland Uni had classy runners with the ability to take advantage of any opportunity (Colin Earwaker and Graham Macky, respectively) to claim silver and bronze.

2017 Australian Masters Athletics Championships

Registrations are open for the 2017 Australian Masters Athletics Championships to be held in Darwin 9-12 June 2017 in the Northern Territory of Australia.

Go to the website at <http://ntmastersathletics.com.au/registrations/> and click on the registration button on the right.

This site will help you plan for your events, travel, accommodation and a possible extended holiday in the Top End.

The Event Dinner/AMA Awards and Merchandise will be added shortly.

To stay up to date with the event, please follow our Australian Masters Athletics Championships 2017 Facebook event: <https://www.facebook.com/events/1052787604815819/>

www.ntmastersathletics.com.au
for the
Australian Masters Athletics Championships 2017
Darwin, Northern Territory 9 - 12 June



Jack Pennington OAM

December 1922 – October 2016

by Bryan Thomas

Inspirational Promoter Of Physical Fitness For Mature-Aged Persons

In his foreword to Jack's book "The Evolution of Veteran Athletics 1966 – 1981", Ray Green, former president of ACT Veterans' Athletics Club (ACTVAC) and board member of Australia Masters Athletics (AMA), asked: "What are myth, legend and history? Can they be part of the same thing? How should a critical period be represented, particularly by someone who was a significant player in it?"

When we think of Jack there are probably many myths concerning him. For instance I recently read a supposedly respected source that said Jack competed in the 1972 Olympics but he certainly did not! An exclamation as to how such a myth may have arisen will become obvious below. But Jack Pennington is definitely a legendary figure and one of the most significant personalities involved in the evolution of veteran/master athletics within Australia and even internationally.

Jack was born in London but spent much of his childhood in Ireland. At fifteen he returned to England to make his fame and fortune. As it was the early years of the WWII Jack enlisted in the London Irish Rifles but later transferred to Army Signals and was sent to Burma for a three year posting. In 1946 he returned to London and joined the local harriers club and enjoyed considerable success as a cross-country and middle distance runner. In 1958 Jack and his family migrated to Canberra where he almost immediately began organising cross-country races across the lake bed from the site of the National Library and in the Cork Woods that is now part of the National Arboretum. In 1960 he formed the Canberra City Harriers and soon after the ACT Cross-country Club (ACTCCC). Jack would eventually become a foundation member of the ACTVAC, NSW Veterans' Athletics Club, Australian Association of Veterans' Clubs (AAVAC) and both the ACT and NSW Coaches Associations.

Jack Pennington, who became patron of the ACTVAC in 1994 and later earned an OAM for services to athletics, had been involved with our branch of the sport from its very beginning; he was a prominent middle distance runner, coach, mentor and writer long before the veterans/masters movement began. Jack had a life-long interest in sport physiology and fitness testing. He had a close working association with the fitness clinic attached to the Australian National University (ANU) University Health Service and especially with its director Dr Bryan Furnass who said: "Jack has been a driving force in the ACT for encouragement of sport and recreation throughout the whole community.... It was largely through Jack's enthusiasm that a clinic for cardiovascular testing was established at the ANU in 1967 and in 1969 he was the driving force behind the successful symposium on Physical Recreation and Fitness".

For almost sixty years Jack was a prolific writer on athletics and fitness, especially as it related to people over 40 years-of-age. He was a fountain of knowledge about all things relating to athletics and had many articles published and was often quoted in the press and running magazines. He produced a national magazine "The Veteran Athlete from 1971 to 1979" and published two books on athletics - "A Life on the Run" (1995) and "The Evolution of Veteran Athletics 1966 – 1981" (2010).

Perhaps the most important vehicle in communicating to mature-aged athletes throughout Australia during the 1970s was Jack's magazine - The Veteran Athlete that had a circulation of well over 500. Although he wrote most articles, he had valuable support from fellow editors and input from a variety of credible national and international athletics and medical sources. In his editorial in the first edition Jack outlined the new magazine's philosophy. "We are concerned primarily to promote running, which we consider every man's birthright. Not to be able to run is, in our opinion, an unfortunate condition and usually due to man's own neglect of an ability he was born with.... Fortunately many eminent medical researchers are having a look at what is different about veteran runners."

In Easter 1974 Jack was one of a small group of men who established the Australian Association of Veterans' Athletics Clubs (AAVAC). However, the journey to this achievement began several years earlier when a few mature-aged men travelled abroad to participate in marathons and athletic meets. In 1969 Jack publicised the first Canberra Times Fun Run held on a four mile course along the shores of Lake Burley Griffin and arranged for two 67 year old former champion runners from Sydney to participate to set an example. In Jack's words: "Nobody had seen old age pensioners race before."

Jack had been corresponding with the UK Association of Veteran Athletics about a planned international tour of Europe that would include the first international track and field championships for veteran athletes (men over 40) to coincide with the 1972 Munich Olympic Games.

Jack was involved in team selection and obtaining government support for an official Australian team to participate in this historic tour. The Australian Amateur Athletic Union (AAAU) was convinced the team of thirty-five was worthy of representing Australia so they granted them permission to use the AAAU badge incorporating the national coat of arms and the words "International Veteran Athletics, Cologne 1972" beneath. They were also fortunate in receiving some government support and private sponsorship enabling each team member to be fitted with a green and gold track suit while

they purchased their bottle green blazer on which the official badge was embroidered. The team looked resplendent!

On arrival in England the Australians were invited to an international cross-country race in London and the following day to an international track and field meet for men over 40 years of age featuring the USA, Great Britain and Australia. The Australians then attended the Munich Olympics and after the Games they participated in the highlight meet of the tour, a two day International Athletics Championships for men over 40 in Cologne, West Germany.

According to Jack it was a tour never to be forgotten and the championships in Cologne were reported as being world championship in the New York Times, the London Guardian, in several West German newspapers and even in the Canberra Times". Veteris reported favourably on the historically significant events in Europe during the late summer of 1972: "When US and Canadian Masters, and Australian vets visited Europe in 1972 the move towards competition for men over 40 really took off".

For almost sixty years from 1934 to 1993 Jack was a champion middle-distance runner and coach. Apart from the historic 1972 tour he also competed successfully at the US Masters in New York in 1975, in London in 1979 as well as in three World Championships (Toronto 1975, Hanover 1979 and Christchurch 1981). An unusual incident occurred in Hanover when Jack finished fourth in the M55 1500m final in an excellent time of 4.41 only to discover the winner from Puerto Rico was under age and therefore illegal. Some months later Jack received a belated apology from the organizers and his bronze medal.

Until he retired from racing at the age of 70 Jack had run hundreds of high quality races setting many ACT Records and winning numerous medals in national and international competitions. Although he has run several half marathons, including two M60 wins in our ACT Vet's Half, Jack only attempted the marathon once - running 3:12 in the event at the 1981 World Championships in Christchurch.

Jack was a successful coach and mentor. Dr Dick Telford in his foreword in Jack's book "A Life on the Run" said: "Jack is a philosopher. He is a Distance Running Man's Man. He is Canberra's Percy Cerutti and the only characteristic that old Percy had that Jack hasn't is sandhills". Jack insisted his athletes did quality training rather than churn out endless miles of long slow distance running (LSD) that was in vogue at the time. Jack coached several junior and open-age athletes to national championship victories and many of his students remained friends for life. In 1985 the AIS asked Jack to coach a visiting Chinese team of women distance runners for a period of three months. He accepted the task and successfully included the visitors within his squad of young athletes.

Jack Pennington's contribution to athletics over such a long period was acknowledged by being awarded the 2000 Australian Sports Medal, he was honoured with an OAM in 2006 and during the 2013 national championships held in Canberra he was inducted into the AMA Hall of Fame. In 1999 the ACTVAC introduced a track handicap series incorporating the classic middle distance track events (800, 1500 and 3000m) to be known as the Pennington Series to honour the contributions made by Jack.

Jack Pennington OAM - athlete, coach, administrator, historian and friend - died 9 October 2016 two months short of his 94th birthday.

JACK AND ME

Jack and I had been friends for a long time but a few years ago we had a "falling out" due to a dispute over what was in the public domain and what was his intellectual property while each of us were writing the history of masters athletics in Australia. Initially Jack was very upset and refused to talk to me but in time I am pleased to say we resolved our differences and renewed our friendship.

I first became aware of Jack in the mid 1970's while participating in the old Marymead Fun Run that started and finished at Civic Pool. I was amazed that this skinny little bloke, more than twenty years my senior, could so easily finish well in front of me.

Then of course when I joined the ACTCCC Jack was its president and seemed to be the sole organizer of the weekly cross-country race. During the running boom of the 1970s a public debate erupted between two strong personalities within the club about the relative methods of their preferred forms of training. Jack stressed the importance of doing quality efforts over relatively short distances at training while John Harding, who at the time was himself a champion distance runner and prominent club official, favoured the LSD theory. For many months Jack and John were involved in a battle of ideas via magazine articles and by prominently placing notice boards at events extolling their respective views and criticising those of the other.

As we were both interested in the history of our sport Jack and I frequently shared information and resources. Jack had an encyclopedic knowledge of athletics and a fantastic memory right to the end. One incident that impressed me was after having been told by one of the athletes on Jack's 1972 tour to Europe he had set a world record. Believing the athlete I wrote an article for Vetranner about his performance only to receive a phone call from Jack telling me it was untrue. Jack invited me to his home and pulled out the original program and results book as well as clippings of the track meet where the record was supposed to have been run. Jack was correct. You needed to have your facts right to win a debate with Jack about anything to do with athletics or fitness.

Jack's final athletics performance was not one of his best. In November 1993 he lined up at the start of a local 800m race and as he was an M70 I predicted he would almost certainly win his age group and set a new ACT Record. Unfortunately it was not to be because during the race he pulled a muscle and was forced to stop.

So after almost sixty years of competitive running Jack retired but he remained intimately involved with our club - becoming our longest serving patron and being a frequent visitor at both our track and field and monthly throwing handicaps where he was interested in what was going on and of course he always enjoyed a discussion about athletics.

Oceania Throws Pentathlon Challenge 2016

by Andrew Stark

During mid-September to mid-October, this postal event organised by NZMA provides an opportunity for throwers within the Oceania region to compete against each other, without having to be in the same place. For the New Zealanders involved it is particularly welcome as there are very few opportunities in the winter months for competitions of this type.

As per previous years, there are some top class performances. Below are the top five competitors for each gender. The full results are available on the NZMA website.

2016 Women's results in order of points scored				
	Age	Name		Points
1	W60	June Lowe	NSW	3909
2	W50	Gabi Watts	NSW	3841
3	W70	Mary Thomas	NSW	3831
4	W50	Jayne Hardy	ACT	3753
5	W45	Brenda Davis	WBP	3376

2016 Men's results in order of points scored				
	Age	Name		Points
1	M80	Ron Simcock	NSW	4292
2	M60	Gavin Murray	NSW	3517
3	M35	Darrin Norwood	QLD	3287
4	M55	Mark Flaus	SLD	3203
5	M65	Rick Davison	CAN	3145

Having this event just prior to the WMA champs in Perth, provided many of the competitors a final opportunity to become competition 'hardened'. Of these top performers listed above, Mary Thomas (W70) was the most successful at Perth winning the Throws Pentathlon title, scoring 4079 points. June Lowe (W60) was 2nd, Jayne Hardy (W50) 3rd and Brenda Davis (W45) equal points for 3rd, but 4th on a count back.

For the men, Gavin Murray (M60) and Mark Flaus (M55) were 5th in their respective age groups. While Ron Simcock did not attend the WMA champs in Perth, he would have done very well if he had repeated his performance above. Thank you to all centres / regions that support this event and I look forward to organising next season's event.



Johanna Clarkson (AUS) 1st W60 Half Marathon at the WMA Championships in Perth



Lavinia Petrie (AUS) 1st W70 Half Marathon at the WMA Championships in Perth

PHOTOS: Sharon Wray

WMA General Assembly

by Michael Wray

At the conclusion of the first week of competition in Perth, World Masters Athletics held its General Assembly. A large number of national delegates gathered at a city central hotel to hear annual reports, elect officers, debate remits and vote on the hosting bids for the 2019 and 2020 championships.

It is important to note that I am writing from a personal perspective and any opinion I express within this write-up does not necessarily reflect the opinions of NZMA or WMA.

This was my first General Assembly, in which I was to represent New Zealand. On arrival, you are directed to a table to collect your pack. This was organised, roughly speaking, by continent and I was bemused by the volunteer who thought Colombia was in Africa. The poor Colombian delegate, with limited English skills, found himself at a table with no Spanish speakers and a sit-com level of confusion until I intervened to direct him back to the original table staffed by the geographically-challenged volunteer.

The room for the General Assembly is large, as you can imagine, but I soon found my pre-allocated seat and started to review the material I had been given. The tables were regionally organised, so my neighbours were from Oceania too.

Reports and Elections

Once called to order and the process started, voting counters and scrutineers were elected from the floor. A number of reports were then presented to the assembly, from the various officers of the WMA Board on their areas of governance.

The President spoke to a number of matters, commenting on the good relationship with the IAAF and the more problematic one with IGMA (who run the World Masters Games). Originally Sebastian Coe was due to attend the assembly until matters related to the recent doping scandal took precedence. The IAAF had a representative, Pierre Weiss, in attendance who also presented.

One matter that was mentioned was the status of Russian Masters, for whom the WMA had sought permission to compete in Perth. However, the IAAF ban on Russian athletes was inclusive of all levels and this meant no permission to compete in Perth was allowed.

From a technical perspective, the championship in Perth is the last championship of the 'old' World Masters Athletics. World Masters Athletics is moving to Monaco. To facilitate this move, WMA has to be legally reconstituted as a new body, to take effect from November 2016, with a full transfer of assets from the previous WMA entity based in Sweden. This incidentally, was the reason for Korea 2017 delaying the opening of entries as it required the formal acceptance at the General Assembly

of the new entity before it could take entries for its first championship. From our perspective as members, this is a seamless back office change that will not have an impact on our direct experience.

The President spoke to a number of outstanding issues from previous championships. This included writing off some monies due from 2013 and it sounds like Porto Alegre athletics is in some disarray generally, having had its right to host the 2015 regional championships cancelled. The 2014 championships post-event procedure have been completed, except they have not despatched the promised printed results and the WMA will intervene to meet this commitment. The 2015 committee has completed its formalities with just the final report to come.

The IAAF Masters Athlete of the Year awards will continue but with the cancellation of the IAAF Gala Dinner for 2015 and 2016, WMA will look for a suitable formal occasion to make the awards to the recipients.

Following the various officer reports, an election was held to replace Winston Thomas, who was stepping down from his role as Secretary. The other electoral roles were uncontested, with Margit Jungmann (from Germany) retaining her position as Executive Vice President and Brian Keaveny (Canada) taking the new position of Vice President Competition. For the position of Secretary, Winston had two potential successors. One was Serge Beckers (Belgium) and the other Maria Alfaraon-Casan (Mexico). Both presented their case and took questions before voting took place, which Maria won by a reasonable margin.

Remits

The next order of business was the review of the submitted remits. There were nine of these, eight related to changing the championship programmes. To me it looked like these eight should have been conjoined into four, each being pairs of related remits.

The first remit was to remove the 3000m track walk from the World Indoor Championships with effect from 2019 and the second motion was to introduce a 3km road walk. It was announced that the first remit had already been withdrawn. The initial reason for the remit was the difficulty the banked curves of an indoor track can create in maintaining a legal racewalking motion. It was withdrawn because it was the only indoor event at the World Indoor Champs for walkers, the other walking event being an outdoor event, and to have no indoor events at an indoor championship for one section of the athletics community was deemed wrong.

With the removal of this first remit, I had assumed the second remit would be deemed redundant too. It was a separate remit in its own right, so we were faced with the possibility of creating an Indoor Championship that would consist of both a track and a road race over the same distance. What emerged during the debate was a proposal to change the remit to one positing the introduction of a 5km road walk instead. This amendment was voted in and the remit subsequently passed with only three votes against. From the 2019 World Indoor Championships, there will be three walking events: 3000m track walk, 5km road walk and 10km road walk. Only the latter will have a team's component.

The next two remits were to remove the marathon event from the Stadia Championship programme and to make the half marathon a mandatory part of the programme. (While the half marathon has been held in recent championships, this is at the discretion of the hosts with the marathon being mandatory). The removal of the marathon was a topic that was hotly debated. The mood of the Assembly was such that I thought the motion would be defeated. As the reasons were explained and arguments put forth, you could sense that people were being swayed. The justification for the remit was based on the problems in holding such a significant event combined with the declining numbers of entrants (in contrast to increasing numbers in the half). It was explained that the difficulty for many cities to stage a marathon limited the number of potential hosting bids and that both the cities bidding for 2020 had enquired whether it was possible to not stage the marathon. The WMA suggested they will look to hold a separate WMA Marathon Championship event, possibly as part of an existing marathon event. Ultimately the remit passed with only seven votes against.

The result of the previous remit made the following proposal, to make the half marathon a fixed part of the championship programme, a formality. It passed with only one vote against. This means Perth is the last Stadia Championship to feature a marathon.

Next up was the proposal to drop the half marathon from the World Indoor programme, with an additional remit to introduce a 10km road race. Part of the justification for this was so that there would be only one WMA Championship with a half marathon. I found this an odd argument given it's not seen as a concern for other events that feature in both (e.g. cross country) plus the inherent contradiction to this argument by one of the later remits. The other justification was the indoor championships often take place in less than hospitable environments with snow and ice, making a 10km a more manageable event. The first remit was eventually carried but not with the large margins of previous remits. Once the first remit had been voted in, the acceptance of the second became a formality. Daegu 2017 will be the last to hold a half marathon, with 2019 instead offering the 10km. The half marathon team's component will be transferred to the new 10km event.

The next pair of remits became the most hotly contested. The proposal was to remove the 10000m event from Stadia Championships and to replace with a 10km road race. Some

delegates wanted to reverse the presentation order of the remits, saying the result of one would influence the other. Personally, I wanted to keep the presented order for the same reason. These two remits were eventually merged into a single remit, which was the right thing to do (and I think should have happened with the previous remits).

The justification for the remit was predicated on how much track time is tied up in holding the 10000m event for all the different age groups, whereas a 10km road race could accommodate a mass or even a waved start. It was noted that the problems programming a 10000m event was disproportionate to the number of contestants. Arguments to retain the 10000m were passionately presented by supporters of the event. When the vote was taken, the remit was passed by 68-38 (the remainder abstaining). Perth will therefore be the last to hold a 10000m.

The final remit was to reduce the cross country distance for M70+ and W70+ from 8km to 6km. It was a fairly straightforward debate with most arguments focusing on whether 70 was the right cut-off point. Two amendments to the remit were proposed. The first was for the cut-off to apply to 65+ instead but this amendment was defeated. Next someone proposed that the cut-off should be 80+ but this proposal failed to find a seconder and did not make it to a vote. The original remit was voted on and passed, to take effect from 2018 onwards.

Hosting Updates and Bids

The organising teams for both Daegu 2017 and Malaga 2018 presented information on their upcoming championships. Both events look like they are going to be a great experience. For me, being a NZ European, the Daegu presentation was particularly exciting.

The 2019 Indoor Championships was an uncontested bid, with the sole proposal coming from Torun in Poland. Torun is a small city full of historic architecture. With no competing bids, the presentation team enjoyed a relaxed opportunity to present a city and facilities that had recently held the European Masters Championships. The event was voted in and will take place 24-30 March 2019.

For the 2020 Stadia Championships, a number of cities had initially bid for hosting rights. Bogota in Colombia and Tampere in Finland had already withdrawn prior to the General Assembly, leaving Toronto in Canada and Gothenburg in Sweden to present. Both presentations were strong. Toronto seemed to present a marginally greater set of professional facilities but had venues further apart, whereas Gothenburg had a more compact city and the slicker presentation. It was very difficult to decide which way to vote. Clearly both cities could promise a great championship. Taking into account the whole promised experience, Gothenburg appeared to have the edge but with 2015 being in Lyon, 2018 in Malaga and 2019 in Torun would it be fair to go back to Europe so soon.

As you could expect from two strong bids, the voting was very close. In the end the winning margin was a mere 11 votes; the championships will be held in Toronto from 22 July to 1 August.

Rule Changes and Clarifications

Some Non-Stadia IAAF rule exemptions were presented.

Discus:

Not a rule change as much as a clarification, the diameter of a discus relative to its thickness and weight was updated in WMA rules. The allowable maximum diameter of the 750-gram discus had not been wholly defined in the 2014 WMA rules. The amendment "completes the change to make the discus in line with all commercially produced 0.75kg discus."

Weight: (kg) min 0.750, max 0.775

Outside Diameter: (mm) min 166, max 182

Diameter of Flat Area: (mm) min 50, max 57

Thickness at Centre: (mm) min 33, max 39

Thickness of Rim at 6mm from Edge: (mm) min 10, max 13

IAAF Section VII - Race Walking Rule 230:

3 (d) Masters: All judges must be registered RW Judges. At WMA Championships RW Judges shall include member of the WMA RW Panel.

4 (f) For all Rule 1.1 (a) competitions, hand held computer devices with transmission capability must be used by the judges to communicate all Red Cards to the Recorder and the Posting Board(s).

In Masters events hand held transmission devices are not used.

12. In events of 10km or more, an athlete may leave the marked course with the permission and under the supervision of an official, provided that by going off course he does not shorten the distance to be covered.

IAAF Section VIII - Road Races Rule 240:

New Rule: (10) Masters – Pacing by athletes or other persons not in the race is not allowed. It is recommended that before the beginning of the race that all athletes are made aware of this rule. This is considered a warning. Athletes may and can be given a red card for this infraction during or after the race.

IAAF Section IX – Cross Country Races 250:

Distances Masters – Distance of all Championship Races shall be 8km. [Note the remit with regards to masters 70+ distances, however]

Drinking/Sponging and Refreshment Stations – Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking/sponging station shall be provided every lap. [No longer "if weather conditions warrant such provision"].

New Rule: (9) Masters – Pacing by athletes or other persons not in the race is not allowed. It is recommended that before the beginning of the race that all athletes are made aware of this rule. This is considered a warning. Athletes may and can be given a red card for this infraction during or after the race.

Mountain Races - Rule 251

New Rule: (7) Masters – The WMA has an agreement with WMRA to follow the rules they have established. A Technical Delegate and Safety Officer who may be the same person attends WMRA Masters Competition.



Officials at the South Island Championships (L to R): Averil Davies, Mark Peters and Andrew Stark

PHOTO: Derek Shaw

Profile: Stewart Foster

by Bryan Mayall



Stew the cyclist Dey Street Stadium 1960

(This article first appeared in WBoP Masters Up Front newsletter No. 91)

This is an interview I decided to do after discovering some of Stew's early history in harrier running. Most readers will be aware of Stew's illustrious career in master's athletics. However when previewing my 1985 Hamilton Harrier Club (HHC) seasons events DVD that was subsequently shown at the reunion held at the Hawks Clubrooms last month, I picked up that Stew had been a prominent competitor in the then veteran events. I was very surprised to see him competing knowing him now as a track runner and occasional recreational harrier for his Lodge Frankton club.

Q1. What led you to get involved in track athletics all those years ago and when did you get started?

My late father-in-law used to say "it is all in the breeding". My grandparents were very much involved with athletics. I have my grandfather's gold medal from 1904 when he won the Hamilton Athletics Club 150 yards. The Lindsay's (mother's side) are well recorded in the Hamilton Harrier Club history and results.

I actually started at Primary school and represented Hamilton High in the late 1940s in the Inter secondary school championships. I was too small to make the rugby team as in the 5th form I could barely make the 7th grade weight. There was the Boy's Brigade with their athletic badges and as I was doing well in the sport I have just continued. As well as running I also took on track cycling with a high degree of success. Always remember by bike number was the same as my athletic rego number 421.

Q2 What events did you initially focus on?

The 800 yards was a starter and during Compulsory Military Training was coached by Frank Sharpley and things just developed from there. Represented Papakura Camp against Ardmore Training College - nothing in particular as long as it was running.

Training took precedence over school work and racing the shunt train from Craig's yard in Hamilton to the Frankton yard in the evening was all in a good nights work out. The shunt left at 7pm each Tuesday and Thursday.

Cycling at this time also helped and we used to catch the stock trucks at Frankton sale yards, hook in behind and get drafted to the Horotiu freezing works. It was OK so long as the driver knew you were on the back.

Q3 What are some of your early memories of track running and the big names of your fellow competitors?

There are many happy memories. Running with Hamilton Wright (400 hurdles) at the Hamilton club nights (Hinemoa Park). Get a new member and we would place them between us. Hamilton would break first, then I would go. The new guy by this time was shattered.

Winning the Rothmans International 100 yards at Seddon Park and beating Warren Jowett (Waikato Champ) in a time of 9.9 seconds. This followed on to Hastings where I beat Tony Steele in a similar time. There are other meets like Paeroa and running with Peter Strange (his father was Town Clerk of Te Kuiti). We would run then hop behind the toilets and have a cigarette.

The country meets at Tauwhare, Cambridge (anniversary weekend) and Otorohanga (Easter) were all part of the calendar. At Otorohanga I was also able to ride the bike. Teamed up with the Johnston brothers (Warren and Ritchie) (Olympic representatives) for the cycling part of my competition during a term with Hinemoa based on the Naylor Street track.

Q4 When did you get involved with the H.H.C and what was your reason?

I just went along one Saturday in 1951 and the club was based at that time in the old building on top of the Seddon Road hill behind Hinemoa Park. My parents knew the Wood family and George and Alex were members and asked me to come along.

Q5 Can you give the readers some of the harrier events you competed in? Did you ever compete in a marathon and when?

There were many but three I enjoyed were Rotorua at Queens Birthday weekend. Sulphur flats around the boiling pools and the Maori children who would try to push you off the tracks. Paul Tasker and I used to go over on the NZR bus. I had home-made vegetable soup and Paul fruit cake. Nongataha to Rotorua Road Race - along the main drag to the show buildings. I held the record for this event. Rotorua was a real happy hunting ground.

There was the Tauwhare Cup and this event proved popular and the Auckland, Northland and Waikato challenge was held there. Won the juniors event then changed into a Waikato singlet and was second home in the challenge. I must admit it was a great period of time.



Stew winning the junior event Tauwhare Cup 1956

Relays were a speciality and the year Hamilton won the round the lakes was really special. Team was Robin Ash, Graeme Wilson, myself, Andy Galloway, Lofty Drysdale and Harry Nicholls. I broke the record for the Hamarana hill section in 18:24 and this stood for many years until broken by Peter Snell. All metal roads then.

I ran three marathons with a best of 2:42 (I did have some doubts about the course measurement). I did this in September 1970 just before my return to NZ. I was the senior NZ Army Officer with the United Nations Military Observer Group India Pakistan. Marathons never really interested me.

I did make a point of concentrating on the Huntly half and worked on the basis that I had to compete within 100 days after my last 100m in a time of at least 100 minutes. Never failed. Round the Bridges always evaded me and the best I ever did was second. Others can tell of my liking for trains.

The Nationals in Timaru were a real exercise to get there. Train to Wellington, ferry to Christchurch then bus to Timaru. Those days we were billeted and I was put up with Lofty Drysdale's parents. Pure coincidence. Trip back was bus to Christchurch then DC 3 back to Hamilton. In those day's the team was fully selected and no self entry.

Q6 How did you remain competitive in track running in those years before you became a masters athlete at the then age of 40?

I think it was just the group of people I was with. I enjoyed what I did. The comradeship was there plus family were also involved. Joining Hinemoa and being able to cycle and run at the same meet and venue added a different perspective. Cycling finished with a crash at the Hillcrest velodrome in a miss and out race. Bike was written off and I received a badly injured shoulder.

Q7 When did you decide to get involved in veteran athletics?

I took my son (Glenn) to Frankton, as they were just down the road on Innes Common. I saw Laurie McGregor and the late Murray Savage there and with Fred Copeman decided that I could do better than them. This was the challenge. It was here that I commenced back in hurdling with concentration on the long hurdles.

Q8 As a very successful masters athlete your exploits are well documented. What are some your highlights in your very early days in veteran athletics?

At the Melbourne World Veterans Champs alongside Bruce McPhail. Oceania had just been formed and I had taken on hurdling and was coached by Paul Wilson (St Pauls Collegiate).

These meets were enjoyable social affairs and the records tumbled. New Caledonia was a good meet with winning the 10km road race and the track events I entered.

Q9 All athletes get injured at some stage of their career. How did you personally deal with your injury setbacks? (I seem to remember that you broke you leg in a motor bike accident)

Yes in 1971, after my return from the UN, I was knocked off my motor cycle in Bader Street and pushed up against a power pole compounding fib and tib in the right leg. It took four months in hospital before I was able to get mobile. Time taken was with the skin grafts. I was rightfully or wrongfully accused that I had slipped causing the shin bone to move forward and not sit as it should. Sorry but you had better give athletics away as the leg will not be straight.

I took two years off before returning and that was when I joined Frankton. Hurdling does place stresses on parts of the body and as you get older your flexibility becomes less. A recent release of the sciatic nerve has helped.

The main thing I feel is to listen to the advice (except giving up) of the experts. As you grow older it takes more time for the body to recover.

Q10 Was there at any stage you felt like quitting athletics and living the easy life?

Not really. Though I must admit I could pass it all off some days. I play golf on Thursdays, Saturday morning and then to harriers in the afternoon. It is easy to consider where you are and give up but as long as the joints hold up why give it away. I have not given it much thought. I do enjoy time out at the beach property and officiating and often think of my friends who have a more leisurely life.

Final Question Stew. Do you have any advice for masters athletes?

Listen to the advice that your body gives you. The masters system caters for all through the age grading system so all you do is work within the range where you fit. Enjoy yourself.

The NZMA motto is "Comradeship in Competition" and this can be achieved in many ways. Keeping contact is important and one way to do so is to offer your services as an official.



Stew running in Round the Bridges 1960

Possibly The Most Important Part Of Training-Is Not Training!

by George White

We all love to talk about our training - long runs, great multiple sprint times etc. Sharing these experiences is what drives many of us to try new training ideas and push harder in our workouts. Recovery practices are not as sexy! No one wants to talk about what happens in between training because most of it to put it simply, is boring. Everyone has heard of "over-training" but what we should really be talking about is "under-recovery".

Recovery from any sort of exercise is not as easy as it used to be when we were younger. However recovery from every session is essential if we want to prepare for the next session as well as show improvement. Cool-down after exercise, physical recovery processes and nutrition all assist training without having to add any serious extra kilometres. It doesn't matter whether you are a sprinter, distance runner, walker, thrower or jumper - the same principles apply.

Everything we do in training is looking for adaptations to our bodies to make us go faster, further or higher, but it is what we do between training sessions that provides the training adaptation and increased fitness. As soon as a training session is finished, the recovery process begins. Muscle fibres robbed of energy and suffering micro-tears, begin the process of repairing themselves to come back stronger for next time. While these processes happen naturally, they can be enhanced by what we choose to do from the minute training stops.

1. COOL-DOWN:

Walking efficiently moves blood from the working muscles back to normal flow patterns. Walking a few minutes post workout is the minimalist cool down but also consider:

- 5-10 minutes of easy effort running or run-walking.
- 3-5 minutes of brisk to then gentle walking.
- 5-10 minutes of total body stretching

Also, doing things like lunges, squats, burpees and dynamic stretches when tired, will recruit fast twitch muscles without having to do more speed work.

2. IN THE HOURS AFTER:

Compression Apparel

Lots of research now suggests that compression wear aids in the recovery process. It does this by assisting increased blood flow to the affected area which helps to flush out metabolic waste that accumulates after a hard workout.

Recovery Footwear

For distance runners/walkers, the muscles of the feet and all the surrounding soft tissue take a beating every time they hit the ground, supporting up to eight times body weight with every stride.

What to put on after the shoes come off can have a noticeable effect on how well they and the lower legs recover after a run. Comfortable supportive shoes are required and there are even purpose made recovery shoes. The company Oofos makes recovery sandals constructed with foam that it claims absorbs 37% more shock than traditional midsole foam. They are claimed to offer instant relief for aching knees and ankles.

Recovery Nutrition

There is an important window of between 20 and 60 minutes after training where it is vital to re-hydrate, begin the process of glycogen replacement (glycogen depletion is the "hitting the wall phenomena") and repairing muscle tears with protein. Drinking plenty of water will help flush out toxins from your body and prevent dehydration, which can make muscle soreness even more painful. Consuming carbohydrates and protein in a ratio of 3, or 2 to 1 is recommended by sports nutritionists. Fast-acting carbohydrates and proteins are needed during this window. The carbohydrates replenish energy stores and the protein begins the process of repairing micro-tears in the muscles. One easily accessible combination that provides this input is chocolate milk, otherwise use whey protein as it offers rapid absorption, followed by a sports drink to supply the carbohydrate. Foods high in potassium like bananas may also be beneficial.

Rest

Without rest, not only is the body denied time to adapt to the stress it's under and to enable the gains made to take hold, but you could start the next workout under-fuelled, exhausted and possibly fighting off illness or injury. Rest should not be seen as a necessary evil. Rest periods will allow greater fitness gains from the same amount of training.

Ice Baths

Not for everybody, but there is evidence that an ice bath for 10 to 15 minutes can be very beneficial.

Foam Rolling

Much of the soreness that comes with exercise occurs when our muscles and connective tissue become knotted. Rolling out muscles with foam rollers can help remove those knots



W50 Sally Gibbs was 2nd in the 8km Cross Country race at the WMA Championships in Perth

and prevent muscle imbalances. Not a comfortable thing to do but the benefits are worth it.

3. ONE TO TWO DAYS AFTER A WORKOUT:

Sleep

This is part of the necessary downtime that the body needs to restore itself. At least seven hours is the ideal although athletes may need more.

Days Off

Many people believe in taking at least one day off per week to aid the recovery process.

Cross-Training

After a particularly heavy training session or race it could be beneficial to do some cross training. Cycling and swimming are the most recommended with research showing that swimming in particular, enhances performance in subsequent sessions by decreasing muscle inflammation.

4. RECOVERY THROUGHOUT A TRAINING CYCLE:

A sound recovery strategy involves not only what is done immediately following a workout but also what is done in the weeks and months after and between these harder efforts. With each week that mileage is increased, a long run is extended, or more challenging workouts added, you become progressively more tired from the increased training load and if this accumulation of fatigue is ignored, performance will eventually start to stagnate or suffer. The likelihood of illness or injury also rises if you continue to add to your training load without periodically scaling back volume or intensity. Perhaps do three weeks of increased volume and intensity followed by one week of a lessened training load. This recovery week should represent a 20% to 30% reduction in volume and intensity from the previous three weeks. On a longer timeframe after several months of training it may pay to cut back for a month.

Never forget recovery is when improvements happen!

Max Carr's Last Throw

by Barry Rait

As reported in the last Vetline (October 2016) Max Carr, a masterful athlete and gracious gentleman has died at age 94.

I had the excellent fortune of meeting Max in Wellington (circa 1954), along with his mentor, the inestimable Jack McHolm. Jack was a top hammer thrower during the 1920s, who stayed with the sport and acted as an insightful official, referee-cum-coach during competitions! Many were the comments from a committee member at a drear meeting when Jack would make some insightful humorous and apposite remark and break the heavy mood of that meeting. Max was also in this fine tradition.

In the 1950s and 1960s we used Hataitai Park for training and most of the competitions. There was no cage and the circle was (of course) clay. During one hammer competition when Max was in full sweep during a throw, the ball disengaged from the wire and sliced through the air in the opposite direction of the desired throw. It neatly grazed my right leg as I stood in an observer's position to the rear, in what usually was a safe spot. I quickly learnt that the safest spot was probably in the circle while throwing.

On another occasion Max was throwing at Hataitai Park while the three milers were also competing and the back straight was adjacent to the throwing circle. Max threw when he was a little off balance and the hammer went on its own path, out to lane one and regrettably went through the legs of a runner. The hammer wire caught round his legs and threw him off course onto the inner part of the park. The surprised athlete, still in no doubt that his singular meaning for life at that moment was to continue competing, picked himself up and with flesh impressions of the impact of the wire on his legs, jumped back onto the track and finished the race in fine heart. No single athlete or official around the circle (including Jack McHolm) thought of pointing out that the runner concerned had deviated from the track and could be disqualified.

At the inaugural Lower Hutt Memorial Jack McHolm evening meeting in the 1960s, Max discovered that the organisers had unwittingly omitted to have THE main event, the esteemed hammer throw on the programme. He forcefully and very convincingly explained to the programmers that Jack was the multiple New Zealand holder of the National title for the hammer throw and thus it must be the centre of the evening's programme. Without a second's deviation, the programmers immediately saw the irony of their omission (unwittingly of course) and instituted a hammer throw. There was a 'near firework celebration' that was to follow in the evening twilight as Max and others, threw their hammers all fully alit with soaked, combustible, fuelled, fastened cloth as they flew over the six grass lanes into the centre of the ground...with no circular track events on and no unsuspecting track athletes daring to warm up nearby. Hail to Jack McHolm.

In the Commonwealth Games year of 1962, a Wellington Throwers Club was formed by Max and his partner in throws and weightlifting; nationally selected Dave Leech, Glenda Hughes, Dick Harris, Stewart Williams, myself and several others. Our aim was to support Dave to reach a good competitive level for the Games later in the year. We threw at several designated areas around Lower Hutt and DollVarden where buildings were being proposed but unbuilt, before we got to Trentham Military Camp where there were these new fangled concrete circles. On one occasion we were given a star photographic billing in the Wellington Evening Post.

So it's to the celebration and commemoration of a life well lived and thrown, jumped and run, that we can say a mighty thanks to Max and our sincere condolences to his family. The Wellington Throwers' Club has lost another highly esteemed member.

Northland

by Margaret Crooke

Northland was well represented at the World Masters Championships in Perth with 6 of our members participating. Ian, Mark, Delwyn, Judith, Barbara and Sien certainly did Northland proud, returning home with 6 gold, 2 silver and 2 bronze medals.

Sien van der Veecken was a star performer at the champ, bringing home eight medals in the W85 division, including four golds and a world record in the 2000m steeplechase. Sien competed in 100m, 200m, 400m, 800m, 1500m, 2000m steeplechase, hammer, long jump and hurdles. The half marathon clashed with the steeplechase so she had to unfortunately forgo her entry in the half.

Ian Calder who competes in the M55, came home with a gold in the M45 half marathon team relay. Ian tells us that Michael Wray thought they had a reasonable chance of gaining a medal but deep down Ian wasn't sharing his confidence. After finishing the race Ian left to watch his son, who is based in Perth, compete in a cycle race so imagine his surprise when he learned they had won gold. Ian also won gold in his 800m final with an impressively well executed run.

During November we held a "Have a Go Day" with those that usually run, having a go at throws. A few new people

came along, some having run the Kerikeri half marathon the day before and wanted to try the shorter track runs. It was a lovely relaxed afternoon.

Judith Bradshaw, John Kent, Dave and Jenny Eastmond all had good runs in the Kerikeri half marathon, the conditions couldn't have been any better with a gentle tail wind.

Athletics triumphed over adverse conditions, at the North Island Masters champs held in Palmerston North. While other codes in the area cancelled their sporting endeavours the champs carried on in some of the most demanding conditions seen for a while. Through howling gales and driving rain to the occasional glimmer of sunshine, the show went on. Many thanks to the organisers and volunteers who also endured what Mother Nature threw at us.

As for the competition it was well contested with a number of records broken and new PB's set. Well done to the nine hardy Northlanders who competed. Those of us who stayed on in Palmerston North after the event on Sunday may have felt the two earthquakes.

Year 2017 is already looking to be a busy year, with Northland Champs in February, Nationals in Nelson, then World Masters Games Auckland in April. Time flies by.



From L to R: Ian Calder, Mark Lett, Sien Van der Veecken, Delwyn Smith and Judith Stewart

PHOTO: John Stone, Northern Advocate

Auckland

by Alan Dougall and Chris Thompson

WMA Champs 2016

Thanks to all those Auckland Masters athletes who were able to compete at the WMA Track and Field Champs in Perth. Congratulations to all those medal winners and many others who made Top Five finishes and finals.

Mark Cumming (M50) won gold in the hammer and silver in the weight throw. Now in the back end of his age group, Mark repeated what he achieved in Brazil four years ago. He is now back in full training trying to ready himself to repeat these performances in his new age group for the WMG in April 2017.

One of our evergreen athletes, David Anstiss (M70), achieved gold in the decathlon and bronze in the triple jump - another marvellous effort and a lot more to come from David. Trevor Guptill (M70) relished his new age group and picked up bronze in the 200m.

Well done also to Mike Parker, Chris Waring, Anne Delerios, Alistair Prangnell who picked up fourths and fifths, along with AMA members who made up the men's and women's relay teams in the 65 age groups to each win bronze medals. Both Trevor and David broke NZMA records along the way in the 200m and TJ respectively.

We must also spare a thought to those athletes who put in the training effort, but were unable to attend or perform to their expected best, due to injury or health issues.

North Island T & F Champs

Thanks to all our members who made the trip south to Palmerston North (and back!!...). Chris Waring and Trevor Guptill continued their excellent form from the WMA champs in their respective sprint events. Chris's excellent performances in the 60m & 100m were both above 95%. Well done Chris.

There seemed to be an "unofficial" competition going on within the official competition, as to who could compete in the highest number of events. The "unofficial last person standing" 1st prize has to go to Seelan Ramish with eight events (60m, 100m, LJ, HJ, TJ, SP, Discus, Jav), and 2nd to Trevor Wilson with six events (100m, 400m, 110mH, LJ, HJ, PV). Great stuff guys. We admire your stamina and dexterity.

Also well done to those who achieved personal bests. Do keep up the good training and stay healthy. The season is but still young, and there are many more challenges appearing quickly over the horizon!!...

The Trusts Arena

The planned resurfacing of the Waitakere Trust Stadium track, which will be the centre piece for the WMG2017 (Auckland) Track & Field championships in April, has been completed and a number of events have taken place on the new surface.

Other WMG2017 athletics competition locations are:

AUT Millennium: 5000m, 10000m, 1500m Race Walk, 3000m Race Walk, 5000m Race Walk, Throws Pentathlon, Weight Throw, Hammer Throw

Auckland Waterfront: Road events

Auckland Domain: Cross Country

Coronial Inquest

Twelve months have now passed since the unfortunate and regrettable accident which took the life of Bruce Clarke. On 14 November a number of AMA members travelled south to Hamilton to participate in the Coronial Inquest into the circumstances of the accident. It was an emotional and trying day for the Clarke family and all involved. The findings of the Inquest are reserved at this time.

Vetline Subscriptions

As from January 2017, the Vetline subscription will only be included in the membership fee of Competitive and Social NZMA members. Athletics NZ members will need to purchase a separate subscription, should they wish to receive the Vetline magazine.

Subscriptions are available to purchase through the NZMA website. Should you require further info, please contact Andrew Stark at aws@xtra.co.nz or 03-338 0516.

Taranaki

by Vicky Jones

The NZ road champs on 3 September marked the transition between the winter programme and a full summer programme of track and field. Our members had a relatively successful outing in Masterton despite the unfortunate disqualifications of Anne Fraser and Katie Tahere-Morressey, which was discussed in the last Vetline. Our membership has increased dramatically as a result of the ANZ/NZMA partnership and so we welcome those ANZ members of masters age into the TMA/NZMA fold. So many more people to report on!

The track at TET Stadium in Inglewood is not too far off completion, awaiting the arrival of the new mondo track surface. It has meant the adjustment to grass track racing and resurrection of old skills in terms of track marking, time keeping, and of course being at the mercy of the elements. Two Egmont Athletics nights have been washed out, as has one night for Inglewood Athletics. It has made it fun having the option of racing barefoot, which a number of members have tried out - though it has meant a few cold toes!

The opening night of Egmont Athletics on 11 October became tinged with sadness and will be forever remembered for the passing of our oldest and greatly respected member, Ivor Ellis, at the age of 92. He was a gentleman in the truest sense of the word with his dry Welsh wit and willingness to help wherever possible up until the illness that claimed him took hold. He remained as active as possible for as long as possible and is an inspiration as to how to live life to the full. I imagine Ivor's career on the Royal Navy minesweepers during the Second World War played a large part in his can-do attitude to life.

North Island Masters Track and Field Championships 25-27 November 2016

This year Taranaki had a larger contingent that participated at the North Island champs in Palmerston North, half of whom were walkers - myself, Serena Coombes, Peter Fox and newcomer Ross Allen. We kicked off the weekend's track competition on the Friday with the 3000m walk, which produced hot times and several records. All passed muster with the judges, and I was happy not to come last! As can be the way, the rain started during the warm-up process and continued through the race and fortunately only got harder after completion. It would have been Murphy's law for it to stop once we crossed the line.

The weather was very changeable throughout the entire weekend - showers on Friday, a promising start on Saturday with strong wind descending into heavy rain in the afternoon. The walking contingent weren't too enthused with conditions on the Sunday for the 5000m walk, with warm-ups being undertaken undercover. Thankfully the rain eased during the race, though the wind meant the gritting of teeth on the approach into the home straight (13 times!). Again, everyone

passed with the judges, with myself walking a PB - grass track racing appears to be making a difference.

Des Phillips had a typically full programme and came in either first or second in all his events, and was particularly strong in the steeplechase. Lynne Mackay's focus was on Sunday's pentathlon and, although finishing third against strong competition, she was pleased with her shot put and achieved second in the pentathlon 800m. Allan Thomas marked his entry into a new grade in dominating fashion in the 800m and 1500m.

3000m Walk

W35	Vicky Jones	22:11.11 (1)
W50	Serena Coombes	18:42.72 (2)
M60	Peter Fox	16:50.73 (1)
	Ross Allen	19:06.67 (2)

5000m Walk

W35	Vicky Jones	37:49.31 (1)
W50	Serena Coombes	32:10.77 (2)
M60	Peter Fox	28:48.58 (1)
	Ross Allen	32:07.74 (2)

200m

M65	Des Phillips	36.33 (2)
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400m

M65	Des Phillips	1:15.14 (1)
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Triple Jump

M65	Des Phillips	7.01m (1)
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Pentathlon

W65	Lynne Mackay	1773 points (3)
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800m

M60	Allan Thomas	2:37.64 (1)
M65	Des Phillips	2:56.13 (1)

1500m

M60	Allan Thomas	5:46.25 (1)
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100m Hurdles

M65	Des Phillips	26.67 (2)
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300m Hurdles

M65	Des Phillips	1:01.57 (2)
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2000m Steeplechase

M65	Des Phillips	9:27.90 (1)
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High Jump

M65	Des Phillips	1.20m (1)
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Long Jump

M65	Des Phillips	3.60m (1)
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Meanwhile, Alan Jones forewent the North Island Masters in favour of attending the Sports Taranaki Sportsperson of the Year awards, in which he and masters winner Joy Baker were nominated for the masters category. Congratulations to both on their nominations and to Joy for taking the honours. Incidentally, the supreme winner was none other than local All Black, Beaudan Barrett (with whom Lynne Mackay has a connection in her role as a teacher).

So the summer season has had a successful beginning with strong performances and well-deserved recognition. Keep up the good work!

Tasman

by Derek Shaw



PHOTO: Derek Shaw

Tracey Excell W35 (STH) and Joeline Jones W35 (TAS) in 100m at the South Island T&F Champs in Timaru

NZMA Track & Field Championships – Nelson 3-5 March 2016

The entry form, programme and other information on the 43rd NZMA champs is elsewhere in this issue of Vetline. Alternatively there is the on-line entry facility on the NZMA website at www.nzmastersathletics.org.nz. Please note that entries close on Monday 6 February 2017. There will be the annual Awards Dinner/social function on the Saturday evening, beginning at 6pm. Please order your tickets when entering the champs. The cost is \$45 per person with a limit of 90 people. It will be a BYO function.

All NZMA members are urged to encourage their master's friends and colleagues who are members of ANZ affiliated clubs to come along and have a go on the track as they now don't need to join NZMA in order to be able to compete.

We are a small centre and need assistance with officials for the champs. If you are able to assist please register your willingness on the form associated with the entry form. You don't have to be a graded or experienced official to help out as there will be plenty of tasks that you can assist with and receive any 'on-the-job training' that maybe needed.

The LOC is looking forward to hosting athletes, officials and associated family and friends in Nelson. If you have any queries please contact LOC chairperson Derek Shaw, nikau@ts.co.nz, 03 5487537, 027 5487537 and Tasman Masters, PO Box 602, Nelson.

WMA Champs

Four Tasman masters ventured across the Tasman to Perth to see how they fared against some of the world's best masters. While most took the opportunity to enjoy some of the visitor attractions in between events, Robbie Barnes (M50) decided to concentrate on one event and flew in for the final day's marathon. His approach seemed to work very well as he finished third in his age group in 2:54:28 to take home a well earned bronze medal. Barry Dewar had his eye on a similar coloured medal in the M65 age group in the marathon but unfortunately faded in the second half to finish in 5th place (3:42:45). In his warm up race over 5000m on the track he recorded a creditable time of 20:38.

Steve Low (M60) in his specialist 400m event was third in his heat and his time of 1:05.77 was fast enough to advance to the top 16 in the semi-finals. Unfortunately he didn't manage to qualify for the final. Ian Carter (M65) was a comfortable 2nd in his 800m heat in a time of 2:42.46 to automatically qualify for the final. In the final he lead into the last bend before being passed by the eventual winner and was in a tight battle for the other two medals when he suddenly took a tumble 10m from the finish line – eventually finishing a disappointed 8th in 2:33.34. Despite a sore shoulder from his tumble he was 5th in his 1500m heat in 5:12.61 and qualified for the final in which he finished 9th in 5:11.98. In his 2km steeplechase he finished a creditable 5th in 8:15.14.

In the 4 x 100m relays, Ian was persuaded to join three kiwi sprinters – Trevor Guptill, Anthony Deleiros and Alan Dougall - in a 65+ team who came away with bronze medals.

Former Nelson race walker Nyle Sutherland (W45), now resident on the Gold Coast, rejoined Tasman Masters so she could compete in NZ colours. She had a very successful champs with a bronze medal in the 5km road walk (58:00), silver in the 20km road walk (1:59:44) and a team gold in the W45+ 20km event with former fellow Nelsonian Sue Hoskin and Jacqueline Wilson who finished 3 minutes ahead of Australian rivals.

South Island Masters T&F Champs

Four Tasman members ventured down to Timaru and had a successful and enjoyable weekend. Tim Cross in a solo effort broke the M55 SI championship record by 2.36s held by fellow Tasman master Murray Hart in the 3km steeplechase with a time of 12:46.04. He comfortably won his age group in the 5000m with a time of 19:24.75 to claim his second SI title.

In her first SI champs, Joeline Jones (W35) displayed fine early season form in her sprints PBs over 60m (8.56s) and 100m (13.68s). In the 400m race she was first women overall with a time of 66.05s. However, in her 60m and 100m races she came up against the superior speed of Southland's Tracey Excell and had to settle for second place. In their last race over 200m, Excell unfortunately pulled a hamstring after 30m which enabled Jones to claim her second SI title in a time of 28.85.

In his specialist 400m event, Steve Low (M60) was hoping to add to his current championship record in the M55 200m. However, the breezy conditions made achieving records difficult and he had to settle for SI titles in his three events - 100m (14.25), 200m (29.07) and 400m (66.01). Derek Shaw (M60) managed three SI titles in his three events - the 3000m (11:57.31), 1500m (5:38.37) and the 5000m (21:01.07).

North Island Masters T&F Champs

Tasman race walker Peter Hague (M65) headed to Palmerston North and claimed NI titles in both the 3000m (18:09) and 5000m (31:57.7) race walks despite rather unpleasant wet and windy conditions for the latter event.

Waikato/Bay of Plenty

by Murray Clarkson

Now that the stadia events have resumed, Waikato athletes as well as those from other centres have had plenty of competition available to them; the most prestigious being the World Championships in Perth. Our congratulations to the team from New Zealand whose abilities resulted in bringing home 21 gold, 23 silver and 35 bronze medals; an outstanding performance considering the small population of New Zealand. Of these medals, the non-stadia events contributed 2 gold, 9 silver, and 5 bronze.

The Waikato/Bay of Plenty women came home with the most medals, the star performer being Sally Gibbs (W50), who won the 10,000m, the half marathon, and was a member of a winning relay team. Sally also gained silver for the 5000m & the 8 km cross country, and bronze for the 1500m. Our other gold medal winner was thrower, Brenda Davis who won the weight throw and gained bronze medals in the shot and throws pentathlon. New member Jason Cameron gained a bronze in the Cross Country.

Edgecumbe College was again the host of the Waikato/Bay of Plenty for the Oceania Throws Pentathlon Challenge with 11 competitors taking part. New, and very welcome to this event for throwers, and possibly competing for the first time in the hammer and weight, were Brendan Magill and Bruce Solomon.

The results and placings in their age groups, as well as those in the overall challenge competition are available on the website:

This year's North Island Championships must have been somewhat disappointing to the organisers because of the small numbers competing in many of the events. This resulted in a high proportion of the competitors gaining the first to third placings I suspect the lack of entries might have been due to many of those returning from the World Masters Athletic Championships, suffering from competition fatigue after such a concentrated and high pressure event. However there were some who had competed in Perth venturing down to this event.

The Waikato Centre was rewarded by one of its members, Paul Daborn not only winning 5 events (100m, 200m, 400m, 100m short hurdles and the 400m long hurdles) but also setting new North Island Championship records in all but one of them.

The Waikato Centre have had a boost of members through the MoU and they are being invited to join our group and come to our meetings.

The Tauranga track is due for a re-surface and this is planned to take place next season.

We are hopeful it will not interfere with our programme but will be a great incentive to promote athletics in this area. Hamilton is hosting the ANZ Championships in March.

Wellington

by Michael Wray

Wellington Marathon

The winter season in Wellington officially closed with a couple of road races. The Wairarapa Marathon hosted the Wellington Marathon Championships in Masterton, as it always does in an even-numbered year. Unfortunately numbers were low, as they always are in the Wairarapa for this event, with many potential competitors preferring the mass participation of Auckland for their Autumn marathon kick rather than chasing Athletics Wellington medals over the Rimutakas.

Graeme Tindall from Masterton was the first, albeit the only, Wellington masters man and took gold in 3:56. It was the same story for the masters women, with Annie Jerling (Masterton) defending her 2015 title in an otherwise uncontested field.

Hutt 10km

The Hutt 10km Race returned to the stop bank course that was debuted last year. Scottish's Andrew Kerr and Olympic's Liz Eade took away a nice bottle of wine each as the first man and woman in the run. In the walk, Sean Lake was first male and Terri Grimmett the first female. We also award prizes to the highest age grade percentages, which went to Don McGowan in the run. The highest age-grade percentage prize for the walkers went to Jackie Wilson, who achieved an impressive 90.02%.



NZMA Life Member and Patron: Jim Blair

Track Champs

The first of the Centre track champs events to be held was the 10000m, returning to the programme after an absence last season. For the first time, at least in so far as my records go back, a 10000m Track Walk Championships was held too. Several Centre records fell during the 10000m walk and some vacant records were populated thanks to the performances by Sean Lake, Joseph Antcliff, Arelene Wong-Tung, Jackie Wilson and Daphne Jones.

Rowan Hooper finished at the front of the 10000m run field, taking over a minute off the Wellington M35 record. W35 Sophie Lee finished narrowly ahead of W40 Lindsay Barwick at the front of the women's field.

Anniversary Dinner

Finally, Wellington Masters held a celebration of its own to commemorate the 40th anniversary of the founding of Wellington Masters Athletics Inc. Over 60 guests assembled for a sumptuous dinner at the CQ Hotel, with spot prizes provided by the Shoe Clinic, Whittakers Chocolate, Exodus Gym and Hoka OneOne shoes. Roger Robinson – the renowned master's runner, writer and commentator – was the keynote speaker, doing a fantastic job of entertaining the attendees with a talk about masters and athletics. We gave away a copy of one of Roger's books to everyone who came along as well as bag of general goodies. It was a thoroughly good night to celebrate the Centre entering a new age group.



Wellington Masters Athletics President: Michael Wray

PHOTOS: Sharon Wray

Otago

by John Stinson



Dalise Sanderson and Robert Homan - Joint Winners of the Geoff Capon Memorial Trophy presented following the Geoff Capon 5K Beach Run

The start of the 2016-17 Otago Masters track and field season can only be described as one of the worst ever in terms of inclement weather. Five of the first six weeks of the season have been rained out - a hugely frustrating period for everyone. The hope is that when the weather gods finally relent we will be in for an extended period of fine weather. This situation has played havoc with the scheduled programme for the season so far with the Bill Kenny Memorial steeplechase night having to be cancelled for two consecutive weeks.

A working party has been set up for the Oceania Masters Championships to be held in Dunedin in January 2018. The working party will liaise closely with Athletics Otago officials to coordinate the organisation of these champs. The Caledonian Ground has already been booked for this special event in master's athletics.

The Peggy Calder Interclub Meeting usually held in early January has been rescheduled for later in the season away from the holiday period to make it easier for more people to participate.

Otago athletes produced a number of top performances at the World Masters Championships held in Perth during late October to early November. Liz Wilson continued her great form in top competition winning the W50 400m in 62.42 along with finishing 3rd in the 200m in 26.83. Raylene Bates also performed outstandingly in the throws pentathlon with 4021 points. Raylene also took 3rd place in the shot put with 12.58m. Michael Scholten was a model of consist throws pentathlon with 2882 points. Peter Fitzgerald finished 3rd in the M55



Claire Giles W60 (OTG) and Alison Newall W55 (OTG) at the finish of the 60m at the South Island T&F Champs in Timaru

800m in 2.17.35, a great effort in light of having to contend with a painful toe injury. Mention must be made of Dalise Sanderson who was a member of the bronze medal winning W60 4x400 relay team. Dalise was delighted to be part of such a fine team effort.

The Kenny's Canter memorial steeplechase was finally able to be completed on Wednesday 30 November at the Caledonian Ground. Teams of three comprising two runners and a walker completed five laps of the track - 2 for each runner and 1 for the walkers. A steeple was placed on the track for each team member to negotiate. An Otago Daily Times photographer was on hand to record the event. NZMA Life Member Jim Blair was in Dunedin on the day and competed as a walker in one of the teams. Thanks for being a willing participant Jim. The winning team comprised Gene Sanderson, Tom Cockerill and Dalise Sanderson with the second placed team comprising OMA President Rob Homan, Sandra Dingwall and Sophanna Parsons.

On 7 December the annual Geoff Capon Memorial 5k beach run and walk was held on St Clair and St Kilda beaches. The tides proved favourable making it an enjoyable outing for the small group of competitors. The Geoff Capon Memorial Trophy was shared jointly between Dalise Sanderson and Rob Homan. Thanks to Sandra Dingwall for organising the spot prizes presented after the event. Later that evening an enjoyable Christmas function was held at Eureka Cafe and Bar in Albany Street in North Dunedin.

The OMA wish everyone a Merry Christmas and a happy and prosperous 2017.

PHOTO: Derek Shaw

Canterbury

by Andrew Stark



Dena Millar (CAN) shows great balance in the W40 javelin throw



Tim Cross (TAS) in the 3000m Steeples, with a new SI best performance

PHOTOS: Malcolm Taylor



3502 Tracy Excell (STH) went on to win the women's 60m

PHOTOS: Malcolm Taylor

For the fifth season in a row we are using Rawhiti Domain as the only venue in Christchurch where we can hold track & field meetings, while we wait for work to start on a new all-weather facility. Planning for the new Sport Hub on the Nga Puna Wai site is well underway as we move into the design phase. If all goes to plan, the track & field facility is due to be available in January 2018. There is still a massive amount of work to be done to meet this deadline and what we ultimately end up with in Stage 1 will be determined by the available money.

The opening CMA meeting was held in mid-October and we only had a small group of active competitors, with others who came along for a social gathering. I am not really sure how long these meetings will continue, given the low attendance numbers.

Nine Canterbury athletes attended the World Masters Track & Field Championships in Perth in October / November (results on the NZMA website). We were all impressed by the organisation, venues and the weather. Well done Perth! Several local Canterbury officials went as well, so it was good to see some familiar faces, to help claim the nerves prior to events starting.

This season we will be continuing to join in with the Athletics Canterbury Saturday interclub meetings. Slightly fewer than normal have been attending, due to injuries and health issues. We have gained a few new faces as a result of the MoU with ANZ and we look forward to that increasing as more ANZ athletes become aware of the MoU.

CMA 5000m Championships

On Saturday 12th November we held our first championship event for the season. Last season's winner Chris Mardon (M45) was relatively untroubled in defending his title in a time of 17:01.23. However, a close tussle between Kevin Muir (M45, 18:03.08) and Malcolm Cornelius (M50, 18:03.35) was the highlight of the race. Of the eleven starters, Shannon-Leigh Litt (W35), who is new to track racing this season, was the first woman home in a time of 21:28.09. Full results for all CMA events this season can be viewed on our website.

South Island Masters Track & Field Championships

This was a combined event with Athletics Canterbury and while at times there were 'issues' over the availability of throwing circles, compounded by a lack of officials, I believe the combined meeting in still the way to go. There were 68 competitors, up on last year, with several new ANZ club athletes in attendance. A separate report on this event is in Vetline, but on behalf of Canterbury Masters I would like to acknowledge again the help we received from our Otago members / officials, plus our local Athletics Canterbury officials.

Due to the Otago and Tasman Centres being committed to major events in 2017-2018 season, Canterbury will host the SI Championships in Timaru for the third year in a row. Please support this event as it does involve considerable work to organise. I would also like to acknowledge the support CMA received from the New Zealand Community Trust by way of a \$5000 grant, plus also the grant from the 4thWVGT.



Anna McNab - one of our youngest members who has already broken the NZMA & CMA throws pentathlon record this season.



Men's 60m sprint. Eventual winner Scott Belesky from STH (closest) gets off to a good start. Unfortunately Malcolm Clarke (hopping at the back) pulled a calf muscle coming out of the blocks.



W55 Alison Newall (OTG) competing in the triple jump



Lester Laughton shows his versatility in doing the high jump...he is more renowned as a thrower

Southland

by Dwight Grieve

Weird season going through spring, we go from marathons, ultra marathons and track and field all at once - the long and the short of it all. But with lots going on it means we have plenty of people out there doing it!

World Masters Champs - Perth

Southlands Lester Laughton made the trip to Perth to take on the world. Below is a report from Lester, a top ten finish to be proud of. Coming from Southland I can only cringe at the thought of competing in 36 degree heat!

Yes I did go to Perth. It is a lovely city, and we enjoyed a very well ran event. My performances were mostly up to my norm.

My best placing was 10th in the weight throw with 13.44m, and at just 2 weeks off being in the M65 group, I was the best of the 64 year olds, so I have to really be quite pleased with that. Most events had 25 to 30 entrants which made for huge fields.

In the Throws Pentathlon there were 19 entrants and we sweltered in 36 degrees for over 6 hours. Needless to say my performances diminished as the day went on.

Communication with some of the Europeans was difficult, but all seemed to fully understand "beer" at the end of the day.

Having been to UK, Canada, and last year's World Masters in Lyon, I now know quite a few of the contestants and it was great to renew acquaintances. A few are coming to Auckland and want to then tour NZ, so I have entered there too, and most importantly have FIORDLAND on their tour itineraries.

- Lester

Croydon's Crazyness

Down here we have a few crazy's. Yep I know that's hard to believe, but we consider ourselves good crazy's. One at the top of the list is a Dunedin based Southland member Croydon Paton, who we are currently attempting to get to some track events. But his specialty is long runs, by long I mean crazy long, the hundred milers. Recently Croydon become just the second person in NZ to complete the NZ "Grand Slam", which is made up of the four 100 mile races in NZ within a calendar year - North Burn (scary vertical), The Great Naseby Water Race, NZ 24 Hour Champs and the Taranaki around the Mountain. I recommend one day just going along to one of these events, as it is pure inspiration. Well done Croydon, you crazy fool.

South Island Masters Champs

The champs this year were in great conditions with a solid Southland team making an appearance with even records falling Southlands way with Scott "Lightning" Belesky ripping up the track as he turned back the clock posting his fastest times for a number of years. Scott took 6 titles in the M35 age group, including the 60m and pentathlon records - 60m, 100m, 200m, long jump, javelin and pentathlon. Awesome stuff and over the season I have no doubt he will be keeping the younger Southland athletes honest.

Not to be out done others also took some titles. Tracey Excell making her comeback had great wins in the W35 60m and 100m before pulling a hammy in the 200m.

For the throws Lester Laughton and Mark Flaus were in attendance. In the M65 age group Lester had a close win in the discus and earned seconds in the shot put, hammer, weight throw and throws pentathlon and a third in the javelin. I do believe I also saw a high jump win?! Who said throwers can't jump!

Mark is a stalwart of Southland Masters and in the M55 age group showed his experience with a clean sweep of his age group and in general throwing stuff a long way all over the place in the shot, javelin, discus, weight throw and the Throws pentathlon.

Warren Green was in the M60 age group and won the 60m, was second in the 200m and 400m, and also won the pentathlon and even the pole vault! I know the pole vault is a new event to Warren and he is taking to it well, in fact he can say he is the Fiordland club champion!

Bruce Thomson is in the M55 bracket and is a familiar figure at Southland track events, often getting around in bare feet. I personally agree with this idea and how great it feels to get around with no shoes. Anyway Bruce's training showed dividends with wins in the 60m, 100m, 200m and 400m.

Southland Marathon Champs

It was a fine day with a nice tail breeze for the oldest marathon in NZ which runs from Riverton to the finish in the Invercargill velodrome, a pretty cool setting. I will start with the half as a few of the crew took on the shorter distance. Kelly McSoriley won the 40+ category in a nice 1.22 with Rueben Boniface 4th and Alastair Hatton 6th. The marathon didn't have many Southland registered runners but Lyla Belesky and Tyrone Lake took the honours for the Southland masters.

Southland Beer Mile Champs

Well running isn't ALL about being serious, we do need to include some fun at times and fun was had by all at the 3rd Southland Beer Mile champs which always pulls in the master runners. For those that haven't heard of the "beer mile" it is a bit of an international thing and there are official results online at Beermile.com. The race has strict rules - you must drink a beer within the designated 10m area before setting off on a 400m lap of the track, you then drink another beer, then run 400m, repeat until you have done a mile and if you vomit you do an extra lap - simple really. It's a case of being able to run fast and drink fast.

For the record Dwight Grieve won in 5.52 setting a new New Zealand record with Tyrone Lake second and Scott Underhay third. For the ladies - Lee (I can drink but not run) Grieve downed beer faster than 90% of the males for the title with Sarah Wallis second. In what was also a NZ first Tyrone Lake also won third female as he run in a French maid outfit.

Local Meets

The local track and field season has been in full swing and many masters have been out with the whippersnappers keeping them honest. I live a long way from the track but got down last week for a 5000m and it really is fun going hard against the youth. There is a great atmosphere and yes sometimes we do tend to get beaten but when you speak to the athletes afterwards most

of them really appreciate us coming and racing them. Firstly we make them work harder but they also have the opportunity to gain from some huge wells of experience. Don't be frightened to get in with them.

Kepler Challenge

The Kepler challenge is a "must do" in a trail runners race list as it is one of New Zealand's iconic events. It is so very well organised and supported by the Fiordland community, running in that scenery just takes your breath away, either that or the fact you are running up a mountain means you simply can't breathe???

This year as per normal many Southlanders were in the field, some to race and some to finish - 62km of mountain is tough and just to get over the line has a huge sense of achievement. Glen McLeay and Kelly McSorlily decided to take the relaxed option and run together for the day, Glen getting his ten year medal. Jan Taylor took on the mountain again but sadly missed

the cut off. Scott Underhay hadn't been training to much but still managed to get home in a bit over 7 hours. Dwight Grieve targeted this event and after months of focus it paid off with a 5 hour 29 sec finish for 7th place.

A thank note has to go to the Southland members that turned up as volunteers, out there giving their weekend to help the race happen - Glen MacIntosh, Tim DeRidder, Marty Knowler and Nigel Marsh were all noticed - cheers team.

Looking Ahead

The NZ champs loom ahead and the World Masters Games are in April in Auckland. The Southland crew have a few booked in for the Auckland latte experience.

At the same time we look at the local track competitions and hopefully in the New Year the Southland masters might pay a wee visit across to Dunedin for a weekend of fun track & field.



Lester Laughton and his fellow competitors at the WMA Championships in Perth



Dwight Grieve competing in the 2016 Kepler Challenge



Scott Belesky on his way to winning the M35 60m at the South Island Champs in Timaru



2016 beer mile competitors from L to R: Scott Underhay, Tyrone Lake, Dwight Grieve



Croydon Paton - Hundred Milers



The start of the marathon at the WMA Championships in Perth

PHOTO: Sharon Wray



COMING EVENTS

2017

17 JANUARY	AMA Half Marathon Championships	HOBART, AUSTRALIA
3-5 MARCH	NZMA T&F Championships	NELSON
17 - 19 MARCH	ANZ T&F Championships	HAMILTON
19 - 25 MARCH	WMA Indoor Championships	DAEGU, SOUTH KOREA
25 MARCH	NZ Mountain Running Championships	QUEENSTOWN
21 - 30 APRIL	World Masters Games	AUCKLAND
9-12 JUNE	AMA T&F Championships	DARWIN, AUSTRALIA

18 JUNE	NZ Marathon Championships	WELLINGTON
30 JULY	NZ Cross Country Championships	AUCKLAND
2 SEPTEMBER	NZ Road Race Championships	CHRISTCHURCH
30 SEPTEMBER	NZ Road Relay Championships	ROTORUA

2018

20 - 27 JANUARY	OMA Stadia Championships	DUNEDIN
5 - 16 SEPT	WMA Stadia Championships	MALAGA, SPAIN

