

# Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 36 No. 1

**JANUARY 2018**

in this issue:

- > North Island T&F Championships
- > South Island T&F Championships
- > NZ Half Marathon Championships





Open Women's Throws Pentathlon competitors at the North Island Championships

PHOTO: Michael Wray



Mark Lett leads out the Men's Pentathlon 1500m at the North Island Championships

PHOTO: Sharon Wray

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



**Cover Photo**

Veronica Gould takes up the baton for Wellington in the 4x100m relay at the North Island Championships

Photo - Sharon Wray

**Inside Back Cover**

Lucy Andrews (NTH) in the 800m at the North Island Championships

Photo - Sharon Wray

**Back Cover**

Graeme Adams leads Murray Clarkson followed by Des Phillips and Colin McLeod Deverell (WBP) at the North Island Championships

Photo - Sharon Wray



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Bernie Portenski's pals from the past don the Scottish shirts in memory of Bernie

PHOTO: Sharon Wray

# President's Report

by ANDREW STARK - NZMA President

Welcome to the new year. Since my last report, both the Island track & field championships have been held. Thank you to both the Canterbury and Taranaki centres for hosting these two events. Going through the results, while there were some great performances, overall participation seems to have dropped since last year. I note that during the winter season there were also fewer entrants at the non-stadia events, which is of concern going forward.

Coming up at the end of January we have the Oceania Masters Track & Field Championships, being held in Dunedin. There are 350 entries in total, with 224 New Zealanders. Of these, I have identified 187 who belong to Athletics NZ clubs. Sixty-three or 33.6% of these members were not members of NZMA prior to the MoU with Athletics NZ being signed in August 2016. It is not to say that some of these athletes might have joined NZMA anyway, but by removing the barrier of a double fee structure, it has made it easier for them to join. For the future of master's athletics in New Zealand, this is a positive outcome. As we work more closely with Athletics NZ to promote what is available to master's athletes, I am sure we will attract more club athletics to NZMA, OMA or WMA events in the future. Of the 37 NZMA Competitive members entered, there were only four new members. Given that Dunedin is not the easiest place to get to from overseas, overall the number of entries is more than the OMA Council was expecting, which is a great. I have no doubt that the Otago centre will run a very successful event. Thank you in advance to all officials who will help make this event possible.

For the first time, the Northland centre is hosting the NZMA Track & Field Championships in Whangarei. Northland is small centre and it will be a challenge. As is the case for our events, I know that members from other centres have been helping in the background and will step up to help during the weekend. We are using the Athletics NZ online entry system this year which will streamline the process. I know this will be frustrating for some, but I am sure you will have

a friend who can help you enter, as you do when entering OMA or WMA events.

We have decided to retain four issues of Vetline during 2018. The biggest concern and I have mentioned this before, is putting the magazine together. So please consider helping by provide articles, photos or joining the production team to ensure we can continue creating our magazine.

During the past year, the NZMA Board has continued working on improving how we do things. All of our key documents are now held in a Dropbox that is accessible from anywhere in the world via a computer. We have worked more closely with Athletics NZ to promote what we have to offer and all of our events are now on their website calendar. Having updated our Constitution & Handbook, our next challenge is to identify key roles and create job descriptions for these roles, as part of the succession planning required to ensure that when we step down, it is easier for new board members to take our place.

If you have any bright ideas as to how we can improve how we operate and what we can offer our members, please let me know.

Finally, I look forward to seeing many of you in Dunedin and then again in Whangarei.



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# North Island Masters T&F Championships

by Michael Wray

At Inglewood's picturesque athletics stadium, featuring the imposing Mount Taranaki in the background of the south-west corner, Taranaki hosted the 2017 North Island Championships. On my last visit here, for the third round of the Regional League in late October, you wouldn't have known there was a mountain, such was the extensive cover of rain clouds. No such issues for the NI Masters. The clear weather provided ample photo opportunities and various photographers arranged their shots of the action to include what must be one of New Zealand's more impressive backdrops.

The North Island Champs are generally quite low key. Even by that standard, this year had an unusually low number of entries for some reason, further compounded by some entrants not turning up for the weekend. Taranaki is not a great location in terms of Air NZ services, but it is fairly central and within reasonable driving distance for most regions. The Northland athletes would probably have had the longest journey, yet some dozen travelled down. It has been a busy 2017 for our athletes with World Champs in Daegu and World Masters Games in Auckland; and 2018 opens with Oceania Champs in Dunedin and NZMA Champs in Whangarei. Perhaps it's just a case of depleted travel budgets forcing some prioritisation of the athletic dollar.

Regular competitor Judy Hammond from Wellington marked her new W80 age-group by collecting three NZ records, six new Championship Records (CR) and even more Wellington records. The oldest competitor was Peter Tearle, who was competing in the North Islands for the first time since entering the M90s. Peter created a couple of NZ records, four CRs and three Wellington records.

Sharon was trying her hand at some throwing events on all three days so I found myself in the company of the women throwers, rather than the male distance runners, for a fair chunk of the weekend. This confirmed something I'd suspected; they're a tight-knit group with great camaraderie. For the first time I fully appreciated how the different nature of the throwing event changes the dynamic. We have good spirit in the distance running group too but you don't get to hang out during a 5000m.

The nature of throwing, where each person competes in serial, means an athlete spends most of their competition time watching others or chatting with their peers. In an event where the numbers mean everyone gets six throws, the less skilled thrower is alongside the more gifted athlete throughout. It creates a more social experience than leading or chasing, sometimes lapping, your peers in a distance race, for which socialisation is limited to warming up or a communal post-race jog.

The competition as a whole started with the younger masters men hammer throw and the older masters men shot put. The hammer cage was passed on to the older masters men and the women threw the weight and javelin in turn, with the younger women taking on the shot put to finish their day.

Peter Tearle set a new M90 National record for the shot put with his first throw. While Peter only achieved three legal throws, his second of 5.60m stood as his best adding 21cm to the previous record and setting a M90 CR for the first time. There were no records in the men's hammer where the M50 contest between Richard Takurua, Laini Invale and Adrian Stockill was the one to watch and finished in that order.

For the W50 shotput, Tania Hodges established a good lead over Tina Ryan early on. Tina saved her best throws for the second half but Tania's second of 10.46m proved unassailable. Their head-to-head in the javelin was more dynamic. Tania held the lead for the first round until Tina moved ahead. Tania's third throw of 21.58m was then over three metres longer than her other throws. Tina once again finished strong, saving her best for her last two but maxing out at 19.63m.

In the weight throw, Tania broke Bev Savage's 17 year old CR with her final throw of 13.07m. Barbara Austin was also in record claiming mode, bettering her own CR that she only set last year with 10.76m in her second throw.

The Inglewood track surface is only about a year old. It's a good surface to run on and has a distinctive two-tone colour scheme, each lane alternating between red and tan. The first to use the track were the competitors in the 3000mW. Most of Wellington's walking community were unable to attend this first race, as they were attending the funeral service of popular walker Leanne Palmer in Wellington.

Local walker Eric Kemsley (M65) was the first to finish, a long way ahead of Peter Tearle. Peter becomes the first M90 to compete in this event, thereby setting a new Championship and NZ Record. W50 Serena Coombes was the first woman to finish, a little over a minute ahead of Theresa Large (W60). The remaining four walkers all finished in quick sequence, crossing the line within 45 seconds of each other.

The 400m races pitted M50 Bruce Solomon against M60 Steve Low at the front of the race, the younger man winning by a couple of seconds. The second M60, Willem van den Worm, had a good contest with M65 Des Phillips, coming in ahead by less than a second. Ian Calder was one of a number of injury withdrawals with, I think, a calf issue that ended his weekend of competition. Only two women ran but one was Joy Baker, who seemed to be competing in more or less every event on offer. In any event that Joy is in, it's rare to be able to offer a post-race handshake as Joy, instead of stopping at the finish, usually carries on running to a field event.



Gary Rawson (WGN) fights for the lead with Dennis O'Leary (HBG)

The final Friday track race was the 3000m. For the women, Joy Baker (W65) finished first, some 70s ahead of Sharon Wray (W50). Judith Stewart suffered an injury-enforced withdrawal during the first lap when her hamstring niggles failed to cooperate. The men pitted M40 Wellingtonian Darren Gordon against Wellingtonian M50 Michael Wray at the head of the field. Michael won by 25-odd seconds but Darren still managed to collect the M40 CR for his efforts.

Meanwhile, the jumpers completed the pole vault and the women completed the triple jump. The pole vault featured Northland couple Mark Lett and Delwyn Smith alongside Auckland's David Anstiss. Unfortunately for Delwyn, this was to be the last of her weekend's competition; another with an injury niggles that forced her to scratch the remainder of her programme. David was apparently rivalling Joy, he and Des Phillips being two to compete in a wide range of events.

The women's triple jump featured a W65 head-to-head between Nancy Bowmar and Joy Baker, with W70 Frances Bayler in support. Possibly because of the 3000m, Joy only managed to attempt three of her six allowed jumps. The second produced 6.22m. This was enough to exceed Nancy's first jump but Nancy's final three were remarkably consistent (6.36m, 6.36m, 6.37m) and she secured the win over her Northland colleague.

On Saturday morning the steeplechase fences were deployed and the water jump filled with liquid. The 2000m steeplechase was the first to go. Andrea Harris (W45) spent the entire race at the front, comfortably ahead of the only other woman, Sharon Wray (W50), and Murray Laird (M65) only just behind. The race for second and third M65 was close, with contrasting styles on display. Des Phillips hurdled with much better technique than Graeme Adams but Graeme's ability to run faster between fences enabled him to finish in front. Des' habit of scooping water from the water jump to cool his head every lap was soon noticed by onlookers. Peter Hanson populated the previously



1500m Pentathlon: Stephen Burden 2nd M55, Brian Curry 3rd M55, David Anstiss 1st M70

vacant M80 record, though his struggle to clear the fences extorted a price and he finished with nasty grazes down the side of one leg from regularly scraping the fences on the way down after clearing. In the 3000m steeplechase, Mat Rogers' withdrawal left Michael Wray running alone. To be fair, Mat's steeplechase prowess is such that Michael would have been running alone well behind Mat anyway! Michael's technique betrayed the fact this was a first attempt at steeplechase for two years but he set a new M50 CR regardless. Coincidentally, the record he beat – originally set by Brendan Magill – was also set in a solo race. I guess that's the steeplechase for you!

David Anstiss, fresh from the 2000m steeplechase, maintained the barrier theme by going from the steeplechase to the 80m hurdles and followed with the 300m hurdles later in the afternoon. Des Phillips did the same, albeit that being a little younger his short hurdles were over 100m.

The 60m dash before lunch had good numbers, with 28 running. The head-to-head contests combined with only a light breeze produced some good contests and propelled some runners to new CRs. Luke Crombie set a new pre-vet mark in the M30s and Stephen Te Whaiti came in at the front of the six-strong M50 race to do the same. For the women, Angela Beamish-White ran the fastest time for a new CR in the W45s. Wellingtonians Veronica Gould (W65) and Judy Hammond (W80) soon followed suit. You could be forgiven for thinking it was just a warm-up for the 100m as a near-identical field returned to the home straight after lunch to continue sprinting. The finishing orders were about the same but only W80 Judy Hammond was able to double-up on collecting CRs.

The middle distance runners had the track next. M35 Mat Rogers and M45 Wim Luijpers gave the spectators an exciting 1500m race. The two went to the front early and stayed neck-and-neck all the way to a sprint finish. Wim won by 0.56s and the effort propelled him to a new M45 CR of 4:21.94. All the remaining competitors were several seconds apart from each other.

The women's 1500m only had three runners. Being in different age-groups, Andrea Harris, Lucy Andrews and Joy Baker were spaced out by more than 30 seconds.

Meanwhile the jumpers were at various stages during the day taking on the high jump. For the W65+ round, W80 Judy Hammond cleared her first two with ease and after one false start made her final successful clearance at 0.98m for a new CR and NZR. At this point, Judy possessed the W70 and W80 records. However, by the end of the contest, she'd lost the W70 record to Margaret Crooke - whose final jump of 1.07m exceeded the record Judy had set in 2007. Lisa Trow was the sole competitor in the younger group and her first jump alone was a new W45 CR, to which she added with the next three attempts and finished with 1.55m.

The men were also in record setting mood in the high jump. For the M50s, Adrian Stockill, Phil Beamish-White and Stephen Te Whaiti all pushed each other along. Phil was the first to falter, struggling on his third height before Stephen had deigned to start, but getting through on the final attempt. Stephen soon surpassed them for a new CR. M55 Brian Curry exceeded even his younger competitors with the best mark of all and broke his own CR with a final jump of 1.64m. In the older MM ranks, both David Anstiss (M70) and Jim Blair (M85) claimed new CRs.

In the horizontal jumps three of the five female age-groups produced new CRs. Veronica Gould's second attempt gave her the W65 lead, ahead of Nancy Bowmar and Joy Baker, while her third was a new CR. Margaret Crooke came close to the W70 record and in her penultimate leap added 0.02m to old mark, while Judy Hammond's first successful attempt added significantly to the previous W80 CR and narrowly exceeded the previous NZ record.

The men threw the discus, javelin and weight throw on day two. We had CRs at both ends of the spectrum for the javelin, from M30 Luke Crombie and M90 Peter Tearle. Peter also added the discus record. Some of the men's age groups were contesting the shot put, where Laini Inivale broke a long-

standing M50 record that an onlooking Phillip (Bo) Cox set in 1996. It wasn't just the men, W70 Annette Parlane also had a CR in the discus and Barbara Austin the W70 hammer throw CR.

On Sunday morning, the 10km road walk returned to the North Island Championships. This troubled event has an uncertain future; the cost of providing a course for a small number of participants is proving increasingly challenging. Since 2003, track walks of either 5000m or 10000m have been held six times. We had no 10km RW in 2003, 2004, 2008, 2009 or 2016. W70 Jacqueline Wilson and W75 Daphne Jones improved on the existing CRs, as W50 Serena Coombes finished first woman and Eric Kemsley finished 15s ahead of Peter Fox in the men (both M65).

The 5000m suffered several withdrawals to leave a small field of six that soon spaced itself out. Michael Wray (M50) finished first, 47s ahead of M40 Darren Gordon. Joy Baker was the sole woman.

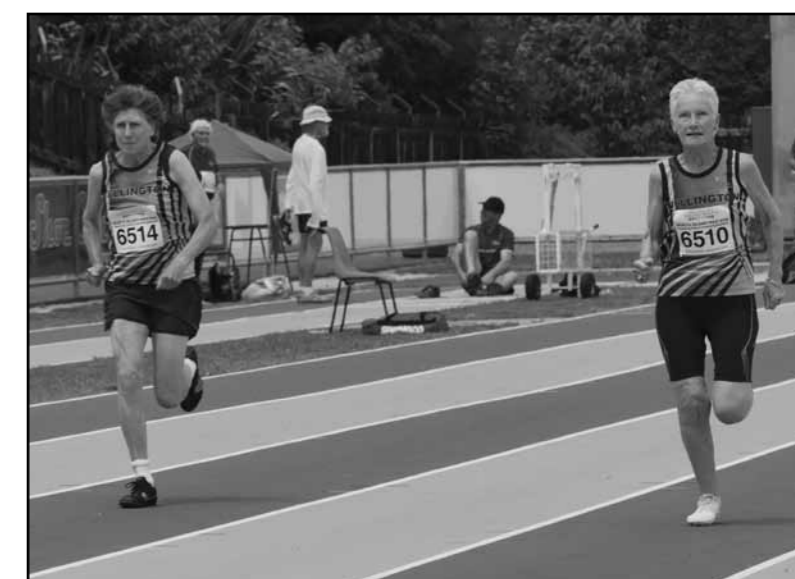
The 200m produced two CRs from diverse sources; M30 Brayden Grant recovered from a false start to set the new pre-vet CR, while W80 Judy Hammond extended her collection of records.

The final standalone track races were the 800m. For the men, M30 Brayden Grant, M35 Mat Rogers and M45 Wim Luijpers ran a controlled first lap together. This was good tactics in the individual head-to-head between Mat and Wim, who were re-contesting their 1500m race. However, it played into the hands of 400m specialist Brayden, who kicked on at the bell for a convincing win. Mat and Wim stayed close and this time it was Mat who outkicked Wim to the line, by 0.37s, to make it honour even between the two over the weekend. The rest of the men's field was widely spaced, as were the three women who repeated the earlier 1500m race.

The combined events closed out the meet with a collection of CRs, particularly in the throws pentathlon. In the track pentathlon, Mark Lett (M55), Dennis O'Leary (M60), David Anstiss (M70), Margaret Crooke (W70) and Judy Hammond (W80) all scored more than the current NZ records.



Michelle Bitcheno in the Throws Pentathlon



Jenny Mason and Veronica Gould



Judy Hammond in the Pentathlon 800m



David Anstiss checks his splits during the 1500m Pentathlon



John McInnes finished off the 4 x 100m relay for Wellington



Judy Hammond, Frances Bayler and Margaret Crooke fight it out



Tina Ryan 2nd Throws Pentathlon



L to R: Women's Pentathlon Judy Hammond, Margaret Cooke, Lynne Mackay, Nancy Bowmar and Dale McMillan



Stephen Te Whaiti 1st M50-54 1500m Pentathlon

PHOTOS: Sharon Wray

Results >

60m

M30	Luke Crombie	HBG	7.81
M35	John McInnes	WGN	7.82
M50	Stephen Te Whaiti	WBP	7.85
	Bruce Solomon	WBP	8.16
	Mark Macfarlane	WGN	8.53
	Wayne Bradley	AKL	8.67
	Adrian Stockill	HBG	9.16
	Domnic D'Silva	AKL	10.08
M55	Stephen Burden	WBP	8.14
	Gary Rawson	WGN	8.17
M60	Dennis O'Leary	HBG	8.61
M65	Paul Sharland	MWG	9.77
M70	Trevor Guptill	MWG	8.98
	David Anstiss	AKL	9.76
	Ross McBeth	WGN	10.47
	Murray Clarkson	WBP	11.08
M80	Les Williams	WBP	12.98
M85	Hector Mein	WBP	14.48
W45	Angela Beamish-White	HBG	9.11
W50	Dale McMillan	MWG	9.54
	Lucy Andrews	NTH	9.66
W55	Jill Hayman	AKL	9.41
W65	Veronica Gould	WGN	9.69
	Jenny Mason	WGN	10.29
	Nancy Bowmar	NTH	12.32
W70	Margaret Crooke	NTH	11.04
W75	Frances Bayler	MWG	11.59
W80	Judy Hammond	WGN	11.88

100m

M35	John McInnes	WGN	12.86
M45	Craig Seymour	AKL	13.72
	Morne Du Plessis	WBP	14.09
M50	Stephen Te Whaiti	WBP	12.67
	Bruce Solomon	WBP	13.13
	Mark Macfarlane	WGN	13.82
M55	Stephen Burden	WBP	12.89
	Gary Rawson	WGN	13.31
	Brian Curry	MWG	13.82
M60	Dennis O'Leary	HBG	13.98
M65	Paul Sharland	MWG	16.2
M70	Trevor Guptill	MWG	14.56
	Ross McBeth	WGN	17.01
	Murray Clarkson	WBP	18.3
M80	Les Williams	WBP	27.78
M85	Hector Mein	WBP	24.86
W45	Angela Beamish-White	HBG	14.61
W50	Lucy Andrews	NTH	15.84
W55	Jill Hayman	AKL	15.48
W65	Veronica Gould	WGN	15.79
	Jenny Mason	WGN	16.95
	Joy Baker	TAR	17.52
	Nancy Bowmar	NTH	19.49
W70	Margaret Crooke	NTH	18.15
W75	Frances Bayler	MWG	19.87

W80	Judy Hammond	WGN	20.15
M30	Brayden Grant	MWG	23.21
M35	John McInnes	WGN	26.66
M45	Craig Seymour	AKL	28.62
M50	Bruce Solomon	WBP	26.58
	Stephen Te Whaiti	WBP	27.62
	Mark Macfarlane	WGN	27.97
	Domnic D'Silva	AKL	38.38
M55	Stephen Burden	WBP	27.30
	Mark Lett	NTH	28.87
	Brian Curry	MWG	29.13
M60	Dennis O'Leary	HBG	29.38
M70	Trevor Guptill	MWG	29.94
	David Anstiss	AKL	33.92
	Ross McBeth	WGN	36.44
W50	Lucy Andrews	NTH	33.09
W65	Veronica Gould	WGN	35.03
	Joy Baker	TAR	38.70
W80	Judy Hammond	WGN	45.13
M50	Bruce Solomon	WBP	1:02.14
M55	Graham Ross	AKL	1:13.90
M60	Steve Low	TAS	1:04.52
	Willem van den Worm	HBG	1:15.10
M65	Des Phillips	TAR	1:15.87
M75	Colin Macleod	NTH	1:22.66
W50	Lucy Andrews	NTH	1:11.98
W65	Joy Baker	TAR	1:28.04
M30	Brayden Grant	MWG	2:03.07
M35	Mathew Rogers	WGN	2:08.55
	Jonathan Cowley	AKL	2:30.93
M45	Wim Luijpers	AKL	2:08.92
M60	Allan Thomas	TAR	2:37.89
	Willem van den Worm	HBG	2:53.72
M65	Graeme Adams	WBP	2:54.77
	Des Phillips	TAR	2:59.67
M70	Murray Clarkson	WBP	3:05.06
M75	Colin Macleod	NTH	3:06.18
W45	Andrea Harris	WGN	2:45.89
W50	Lucy Andrews	NTH	3:00.64
W65	Joy Baker	TAR	3:34.92
M35	Mathew Rogers	WGN	4:22.50
	Jonathan Cowley	AKL	5:15.19
M40	Darren Gordon	WGN	4:53.90
M45	Wim Luijpers	AKL	4:21.94
M50	Michael Wray	WGN	4:47.87
M60	Allan Thomas	TAR	5:35.50
	Willem van den Worm	HBG	6:18.65

1500m

M65	Graeme Adams	WBP	5:54.99
	Brian Warren	TAR	6:22.94
M70	Alan Jones	TAR	8:55.01
M75	Colin Macleod	NTH	6:33.48
W45	Andrea Harris	WGN	5:32.45
W50	Lucy Andrews	NTH	6:07.55
W65	Joy Baker	TAR	6:58.47
M40	Darren Gordon	WGN	10:22.84
M50	Michael Wray	WGN	9:57.65
M55	Ian Wright	AKL	14:03.29
M65	Graeme Adams	WBP	12:53.24
W50	Sharon Wray	WGN	15:47.56
W65	Joy Baker	TAR	14:37.20
M40	Darren Gordon	WGN	18:24.81
M50	Michael Wray	WGN	17:37.66
M55	Ian Wright	AKL	24:36.91
M65	Graeme Adams	WBP	21:34.02
	Brian Warren	TAR	21:48.03
M80	Peter Hanson	WGN	32:48.21
W65	Joy Baker	TAR	24:50.39
M70	David Anstiss	AKL	16.35
M50	Stephen Te Whaiti	WBP	18.19
M65	Des Phillips	TAR	31.60
M65	Des Phillips	TAR	1:03.11
M70	David Anstiss	AKL	1:01.15
M65	Murray Laird	TAR	8:53.54
	Graeme Adams	WBP	9:54.40
	Des Phillips	TAR	9:56.16
M70	David Anstiss	AKL	11:15.12
M80	Peter Hanson	WGN	13:54.99
W45	Andrea Harris	WGN	8:47.27
W50	Sharon Wray	WGN	11:55.97
M50	Michael Wray	WGN	11:35.31
M65	Eric Kemsley	TAR	17:13.95
M90	Peter Tearle	WGN	29:23.20
W35	Vicky Jones	TAR	22:47.44
W50	Serena Coombes	TAR	18:33.48
W60	Theresa Large	WBP	19:39.92
	Anne Fraser	TAR	22:10.14

W65	Shirley Rolston	CAN	22:02.96
	Sheryl Miratana	WBP	22:46.04
M60	Peter Fox	TAR	58:50:00
M65	Eric Kemsley	TAR	58:35:00
W35	Vicky Jones	TAR	1:20:15.0
W50	Serena Coombes	TAR	1:05:46.0
W60	Anne Fraser	TAR	1:15:57.0
W70	Jacqueline Wilson	WGN	1:05:04.0
W75	Daphne Jones	WGN	1:15:57.0
M55	Mark Lett	NTH	3.00m
M70	David Anstiss	AKL	2.30m
W50	Delwyn Smith	NTH	1.81m
M50	Stephen Te Whaiti	WBP	5.25m
	Domnic D'Silva	AKL	4.31m
M55	Mark Lett	NTH	5.09m
	Stephen Burden	WBP	4.99m
	Gary Rawson	WGN	4.32m
	Brian Curry	MWG	4.21m
M65	Des Phillips	TAR	3.31m
M70	David Anstiss	AKL	3.74m
	Ross McBeth	WGN	3.42m
M85	Hector Mein	WBP	2.25m
W45	Angela Beamish-White	HBG	4.22m
W65	Veronica Gould	WGN	3.45m
	Nancy Bowmar	NTH	3.07m
	Joy Baker	TAR	3.00m
W70	Margaret Crooke	NTH	3.09m
W75	Frances Bayler	MWG	2.31m
W80	Judy Hammond	WGN	2.61m
M45	Glenn Boyd	WBP	1.45m
	Craig Marriott	TAR	1.45m
	Eddie Soria	WGN	1.40m
M50	Stephen Te Whaiti	WBP	1.55m
	Adrian Stockill	HBG	1.35m
	Phil Beamish-White	HBG	1.30m
M55	Brian Curry	MWG	1.64m
	Gary Rawson	WGN	1.40m
M65	Des Phillips	TAR	1.24m
	Lester Laughton	STH	1.15m
M70	David Anstiss	AKL	1.27m
M75	Mike Sheppard	AKL	1.05m
M80	Les Williams	WBP	.80m
M85	Jim Blair	WGN	1.05m
	Hector Mein	WBP	.90m
W45	Lisa Trow	MWG	1.55m
	Nancy Bowmar	NTH	1.13m
W70	Margaret Crooke	NTH	1.07m
W80	Judy Hammond	WGN	.98m

10km Road Walk

M55	Stephen Burden	WBP	10.71m
M65	Des Phillips	TAR	6.87m
M70	David Anstiss	AKL	8.74m
	Ross McBeth	WGN	7.09m
M80	Les Williams	WBP	5.48m
M85	Hector Mein	WBP	4.13m
W65	Nancy Bowmar	NTH	6.37m
	Joy Baker	TAR	6.22m
W75	Frances Bayler	MWG	5.35m
M40	Dave Couper	WBP	30.48m
M45	Eddie Soria	WGN	31.97m
	Craig Marriott	TAR	29.62m
	David Sexton	HBG	28.58m
	Glenn Boyd	WBP	25.85m
M50	Adrian Stockill	HBG	41.37m
	Laini Inivale	AKL	33.99m
	Richard Takurua	MWG	31.87m
	Phil Beamish-White	HBG	24.36m
M55	Brian Curry	MWG	29.20m
	Gary Rawson	WGN	25.16m
M60	Christopher Thompson	AKL	30.90m
M65	Lester Laughton	STH	32.88m
	Tuariki Delamere	AKL	32.53m
	Kennedy Garland	NTH	24.63m
M70	Philip (Bo) Cox	MWG	22.05m
M75	Mike Sheppard	AKL	21.76m
M80	Peter Hanson	WGN	16.65m
	Kelvin Wackrow	TAR	16.48m
M85	Jim Blair	WGN	17.12m
	Alec Fahey	TAR	9.40m
M90	Peter Tearle	WGN	11.33m
W40	Michelle Bitcheno	WBP	19.16m
W45	Sandra Moratti	TAR	12.89m
W50	Tina Ryan	AKL	26.21m
	Tania Hodges	WBP	22.45m
	Karen Stockill	HBG	16.19m
W60	Theresa Large	WBP	15.58m
	Christine Polkinghorn	TAR	10.31m
W70	Annette Parlane	WBP	19.02m
	Barbara Austin	NTH	17.39m
	Beth Macleod	NTH	12.49m
W75	Valerie Babe	NTH	13.51m
W80	Julie Williams	WBP	9.23m
W40	Michelle Bitcheno	WBP	6.98m
W45	Angela Beamish-White	HBG	7.05m
	Sandra Moratti	TAR	6.77m
W50	Tania Hodges	WBP	10.46m
	Tina Ryan	AKL	10.37m
W60	Theresa Large	WBP	6.71m
	Christine Polkinghorn	TAR	4.15m
W65	Nancy Bowmar	NTH	6.49m
	Sheryl Miratana	WBP	4.58m
W70			

Triple Jump

	Barbara Austin	NTH	7.43m
	Annette Parlane	WBP	7.41m
	Beth Macleod	NTH	5.82m
W75	Valerie Babe	NTH	5.42m
W80	Julie Williams	WBP	4.17m
M40	Dave Couper	WBP	11.07m
M45	Eddie Soria	WGN	10.30m
	Craig Marriott	TAR	9.73m
	David Sexton	HBG	8.64m
	Glenn Boyd	WBP	8.30m
M50	Laini Inivale	AKL	13.90m
	Adrian Stockill	HBG	11.69m
	Richard Takurua	MWG	10.40m
	Stephen Te Whaiti	WBP	9.91m
	Phil Beamish-White	HBG	8.99m
M55	Brian Curry	MWG	9.59m
M60	Christopher Thompson	AKL	8.89m
M65	Tuariki Delamere	AKL	10.75m
	Lester Laughton	STH	9.54m
	Kennedy Garland	NTH	7.84m
M70	Philip (Bo) Cox	MWG	8.60m
M75	Mike Sheppard	AKL	7.71m
M80	Peter Hanson	WGN	8.81m
	Kelvin Wackrow	TAR	8.10m
M85	Jim Blair	WGN	7.02m
	Alec Fahey	TAR	3.64m
M90	Peter Tearle	WGN	5.60m
M30	Luke Crombie	HBG	44.34m
M40	Dave Couper	WBP	45.82m
M45	David Sexton	HBG	34.67m
	Craig Marriott	TAR	33.66m
M50	Stephen Te Whaiti	WBP	39.92m
	Phil Beamish-White	HBG	35.49m
M55	Stephen Burden	WBP	36.52m
	Brian Curry	MWG	35.13m
	Gary Rawson	WGN	23.47m
M65	Tuariki Delamere	AKL	31.90m
	Kennedy Garland	NTH	22.78m
M70	Philip (Bo) Cox	MWG	16.08m
M80	Kelvin Wackrow	TAR	13.80m
M85	Jim Blair	WGN	19.41m
M90	Peter Tearle	WGN	11.33m
W65	Nancy Bowmar	NTH	6.49m
	Sheryl Miratana	WBP	4.58m
W70	Barbara Austin	NTH	7.43m
	Annette Parlane	WBP	7.41m
	Beth Macleod	NTH	5.82m
W75	Valerie Babe	NTH	5.42m
W80	Julie Williams	WBP	4.17m
M40	Dave Couper	WBP	32.69m
M50	Richard Takurua	MWG	40.40m
	Laini Inivale	AKL	35.56m
	Adrian Stockill	HBG	32.84m
M55	Fuzzy Maiava	AKL	30.87m
M60			

Shot Put

M65	Lester Laughton	STH	32.10m
	Tuariki Delamere	AKL	30.35m
	Kennedy Garland	NTH	19.65m
M70	Philip (Bo) Cox	MWG	29.65m
M85	Jim Blair	WGN	19.62m
	Hector Mein	WBP	14.02m
W40	Michelle Bitcheno	WBP	31.12m
W45	Sandra Moratti	TAR	16.69m
W50	Tania Hodges	WBP	36.06m
	Tina Ryan	AKL	35.39m
	Joanne Inivale	AKL	18.30m
	Sharon Wray	WGN	16.79m
W60	Theresa Large	WBP	20.97m
	Christine Polkinghorn	TAR	14.56m
W65	Veronica Gould	WGN	19.14m
W70	Barbara Austin	NTH	27.29m
	Annette Parlane	WBP	20.49m
W75	Valerie Babe	NTH	20.51m
M40	Dave Couper	WBP	11.34m
M45	David Sexton	HBG	9.40m
M50	Laini Inivale	AKL	14.14m
	Richard Takurua	MWG	13.50m
	Adrian Stock		

# South Island Masters T&F Championships

by Derek Shaw

For the third successive year, Canterbury Masters hosted the SI Masters T&F Championships in Timaru as part of a combined meet with Athletics Canterbury and Canterbury Children's Athletics. This arrangement again worked well with the sharing of the facilities and officials and provided a steady stream of events for spectators to enjoy.

It was inspiring to see the children, junior and senior athletes taking part, including some of the Canterbury rising stars preparing for the SI Colgates, NZ Secondary Schools and Athletics NZ championships. Hopefully having all ages present helps them realise that athletics is definitely something that can be continued into their teenage years and twenties and on into the masters grades including into their nineties – a healthy and friendly sporting activity for life!

Although entries were down on the two previous years, it was obviously a talented pool of track and field athletes who took part as evidenced by the 45 SI championship records set – six more than at last year's champs. Conditions were obviously favourable for breaking records with a light northerly on the Friday evening that by Sunday morning had swung around to the more usual light southerly. Twenty-two different athletes (13 women & 9 men) broke championship record with ten breaking multiple records (8 women and 2 men).

Topping the list was the oldest participant, Southland's 90-year-old Alistair MacKay who set 6 new championship records in the M90 age group: 60m (15.06); LJ (1.89); TJ (3.91); SP (4.31); DT (8.72) and HT (11.09). This gives him a total of ten SI championship records and puts him in a small group with seven other master's athletes who have 10 or more SI championship records.

Canterbury's Loris Reed (W70) broke five SI championship records: 400m (1:25.52); 800m (3:09.76); 1500m (6:28.3); 3000m (13:41.6); 2000m s/c (9:43.19). Three of these records were broken by impressive margins - the 400m by nearly 9s, the 800m by nearly 42s and the 3000m by 2:17. This remarkable athlete now has 16 SI championship records which tops the list of record holders for SI championship records.

Pat Drayton (W80) also had a successful championship with four SI championships records: SP (5.04); HT (15.8); WT (6.91) and TP (2244), which were all previously held by Iris Bishop. Three other women also broke 3 SI championship records each - Louise Martin: 60m (8.75); 100m (14.00); 80mH (14.09); Maggie Chorley: (W50): 800m (2:33.50); 1500m (6:28.30); 5000m (19:06.38); and Lois Anderson: HJ (1.05); Jav (13.45); Pent (2764). Louise had the distinction of improving on her record times set at last year's champs. In addition to breaking the records in all of her races, Maggie was also comfortably the first women in all three and is looking in good form for the Oceanic. Lois is another remarkable athlete who now has a total of 14 SI

championship records which places her second behind Loris in the greatest number of SI championship records.

Another four athletes broke 2 SI Championship records each, most of which were in the sprints (especially if you regard 400m as a sprint?). These were: Helena Dennissen (W35) 60m (8.63) & 400m (66.47); Tracey Excell (W35) 60m (8.26) & 100m (13.11); Joeline Jones (W35) 400m (63.07) and Pent (1811); and Ian Sim (M70) 60m (9.20) & LJ (4.06). Helena and Tracey comfortably broke the 200m record times but unfortunately the prevailing wind was just over the maximum allowed for records. Tracey was the first women in her three mixed age group sprints.

Thirteen others either broke an existing record or established a new championship record. The in-form Dwight Grieve (M40), despite being in serious training for the Kepler Challenge, took over 31s off his own 2015 record with an impressive run in the 3000m to lower his record to 9:29.95. In the combined 5000m run and walk four records were broken including by the overall winner Damian Cook (M35), who broke Dwight's record by over 23s to stop the clock at 17:02.59 in a strong solo run. Maggie Chorley (M50) broke Bernadette Jago's 2009 record by 43.5s but in the same race Bernadette managed to keep her name in the record book when she lowered Loris Reed's M60 2010 record by over 28s in recording 21:14.19. Tom Cockerill (M70) broke the track walk record by over a minute with his time of 35:46.63.

Nick Bolton added the M45 60m record (7.99) to his M40 60m record, while Otago's Peter Fitzgerald (M55) 2:19.30 shaved a second off Jim McDonald's 1990 800m record. Jonny Baird added the M45 pentathlon record (1923 points) to his M40 record achieved last year. Similarly, Warren Green added the M65 pentathlon record (2619 points) to his M60 record.

Justine Whittaker (W75) broke Glen Watts 2015 javelin record of 13.59 with her best effort of 14.21, however Glen maintained her 10 championship records when she broke Justine's W75 discus record of 18.52 with an impressive best effort of 19.79m. Lee Grieve added the W40 throws pentathlon record (1563 points) to her W35 record. Claire Giles (W60) established a record of 68.04 for the 300m hurdles. A mutant Fiordland sandfly did a solo 60m dash ending in with a forward flip across the line but unfortunately no time was recorded to enable a record to be considered.

At the SI Masters AGM held on Saturday afternoon, prior to the enjoyable social get-together, Claire Giles and Winifred Harding were re-elected as President and Secretary respectively. Discussion on the future of the SI champs was strongly in favouring of retaining them and everybody was urged to encourage other masters to support them. It was hoped that the 2018 SI Champs could be held on new track in Christchurch. Watch this space.

Many thanks to Andrew Stark and his team of helpers and also to all the officials, including those athletes that helped out in between their events, that made it such an enjoyable weekend.



PHOTO: Pam Wood

L to R: Alan Hunter (80), Alistair MacKay (90) and Max Wood (84). Alastair travelled up from Southland on his own by bus.

## Top 10 SI Championship record holders (as at December 2017)

1.	Loris Reed	16
2.	Lois Anderson	14
3.	Bruce McPhail	12
4.	Claire Giles	11
5.	G Lawless	11
6.	Shirley Peterson	11
7.	Angus MacKay	10
8.	Glen Watts	10
9.	Ric Davison	9
10.	Malcolm Fraser	9



Bernadette Jago



Claire Giles 300mH



Maggie Chorley



Lois Anderson



L to R: Peter Fitzgerald, Michael Wrigley & Malcolm Cornelius



L to R: Dalise Sanderson and Loris Reed

PHOTOS: Derek Shaw



**Women**

**60m**

W30	Helena Dinnissen	CAN	8.63
W35	Tracy Excell	STH	8.26
W35	Joeline Jones	TAS	8.51
W40	Kylea Gough	STH	9.39
W40	Kirsty Richmond	TAS	9.72
W40	Lee Grieve	STH	10.24
W50	Louise Martin	CAN	8.75
W55	Alison Newall	OTG	10.10
W60	Claire Giles	OTG	10.18
W60	Noeline Burden	OTG	10.88
W60	Dalise Sanderson	OTG	11.88

**100m**

W30	Helena Dinnissen	CAN	13.62
W35	Tracy Excell	STH	13.11
W35	Joeline Jones	TAS	13.54
W40	Kylea Gough	STH	15.11
W40	Kirsty Richmond	TAS	17.07
W50	Louise Martin	CAN	14.00
W60	Claire Giles	OTG	16.59
W70	Lois Anderson	CAN	18.77

**200m**

W30	Helena Dinnissen	CAN	27.97
W35	Tracy Excell	STH	26.91
W35	Joeline Jones	TAS	27.37
W40	Kylea Gough	STH	31.84
W50	Louise Martin	CAN	28.58
W55	Alison Newall	OTG	33.36

**400m**

W30	Helena Dinnissen	CAN	66.47
W35	Joeline Jones	TAS	63.07
W60	Dalise Sanderson	OTG	84.34
W70	Loris Reed	CAN	85.52

**800m**

W35	Joeline Jones	TAS	2:41.20
W40	Kirsty Richmond	TAS	3:06.10
W50	Maggie Chorley	CAN	2:33.60
W60	Dalise Sanderson	OTG	3:09.30
W60	Claire Giles	OTG	3:34.40
W70	Loris Reed	CAN	3:09.70
W70	Lois Anderson	CAN	4:06.40

**1500m**

W45	Maggie Chorley	CAN	5:11.0h
W60	Bernadette Jago	CAN	6:16.7h
W60	Dalise Sanderson	OTG	6:31.8h
W70	Loris Reed	CAN	6:28.3h

**3000m**

W60	Bernadette Jago	CAN	12:42.37
W70	Loris Reed	CAN	13:41.60
W70	Barbara Patrick	OTG	15:14.78

**5000m**

W50	Maggie Chorley	CAN	19:06.38
W60	Bernadette Jago	CAN	21:14.19
W70	Barbara Patrick	OTG	25:20.69

**80mH**

W50	Louise Martin	CAN	14.09
W60	Claire Giles	OTG	18.41

**100mH**

W30	Helena Dinnissen	CAN	17.80
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**300mH**

W30	Helena Dinnissen	CAN	50.42
W60	Claire Giles	OTG	68.04

**2000mS**

W70	Loris Reed	CAN	9:43.19
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**High Jump**

W40	Kirsty Richmond	TAS	1.44m
W55	Alison Newall	OTG	1.08m
W70	Lois Anderson	CAN	1.05m

**Long Jump**

W35	Joeline Jones	TAS	4.42m
W40	Kylea Gough	STH	4.23m
W40	Kirsty Richmond	TAS	4.02m
W55	Alison Newall	OTG	3.43m
W60	Noeline Burden	OTG	2.97m
W70	Lois Anderson	CAN	2.94m

**Triple Jump**

W40	4002 Kirsty Richmond	TAS	9.05m
W55	Alison Newall	OTG	7.49m
W60	Noeline Burden	OTG	6.56m
W70	Lois Anderson	CAN	6.07m

**Shot Put**

W40	Kirsty Richmond	TAS	8.08m
W40	Lee Grieve	STH	6.17m
W45	Althea Mackie	AUS	8.40m
W55	Fiona Harvey	OTG	7.72m
W55	Alison Newall	OTG	7.70m
W55	Thelma Irwin-Sutherland	OTG	5.74m
W55	Evelyn Tribble	OTG	5.64m
W60	Noeline Burden	OTG	6.49m
W65	Beverley Church	CAN	6.04m
W70	Lois Anderson	CAN	6.70m
W70	Alison Wright	CAN	4.85m
W75	Glen Watts	CAN	7.52m
W75	Justine Whitaker	CAN	6.89m
W80	Patricia Drayton	CAN	5.04m

**Discus**

W40	Kirsty Richmond	TAS	22.25m
W40	Lee Grieve	STH	17.86m
W45	Althea Mackie	AUS	26.16m
W55	Fiona Harvey	OTG	22.75m
W55	Thelma Irwin-Sutherland	OTG	13.54m
W60	Dalise Sanderson	OTG	9.25m
W65	Beverley Church	CAN	16.30m
W70	Loris Reed	CAN	17.02m
W70	Alison Wright	CAN	12.90m
W75	Glen Watts	CAN	19.79m
W75	Justine Whitaker	CAN	18.25m
W80	Patricia Drayton	CAN	9.72m

**Hammer**

W40	Lee Grieve	STH	22.50m
W45	Althea Mackie	AUS	38.01m
W55	5501 Evelyn Tribble	OTG	25.59m
W55	Fiona Harvey	OTG	23.89m
W55	Thelma Irwin-Sutherland	OTG	17.75m
W65	Beverley Church	CAN	20.45m
W70	Loris Reed	CAN	17.37m
W70	Alison Wright	CAN	16.39m
W75	Glen Watts	CAN	26.45M
W75	Justine Whitaker	CAN	24.87m
W80	Patricia Drayton	CAN	15.81m

**Javelin**

W40	Kirsty Richmond	TAS	21.00m
W40	Lee Grieve	STH	12.98m
W45	Althea Mackie	AUS	17.86m
W55	Fiona Harvey	OTG	21.89m
W55	Alison Newall	OTG	17.66m
W55	Thelma Irwin-Sutherland	OTG	13.32m
W65	Beverley Church	CAN	14.54m
W70	Lois Anderson	CAN	13.45m
W70	Alison Wright	CAN	11.22m
W70	Loris Reed	CAN	11.13m
W75	Justine Whitaker	CAN	14.21m
W75	Glen Watts	CAN	12.85m
W40	Lee Grieve	STH	7.33m
W45	Althea Mackie	AUS	11.97m

W55	Fiona Harvey	OTG	8.85m
W55	Evelyn Tribble	OTG	7.93m
W55	Thelma Irwin-Sutherland	OTG	6.66m
W65	Beverley Church	CAN	7.31m
W70	Alison Wright	CAN	7.45m
W75	Justine Whitaker	CAN	10.43m
W75	Glen Watts	CAN	10.33m
W80	Patricia Drayton	CAN	6.91m

**Throws Pentathlon**

W40	Lee Grieve	STH	1563 pts
W45	Althea Mackie	AUS	3123 pts
W55	Fiona Harvey	OTG	2660 pts
W55	Thelma Irwin-Sutherland	OTG	1653 pts
W65	Beverley Church	CAN	2322 pts
W70	Alison Wright	CAN	2398 pts
W75	Glen Watts	CAN	3702 pts
W75	Justine Whitaker	CAN	3066 pts
W80	Patricia Drayton	CAN	2244 pts

**Pentathlon**

W35	Joeline Jones	TAS	2764 pts
W40	Kirsty Richmond	TAS	2519 pts
W60	Claire Giles	OTG	2101 pts
W70	Lois Anderson	CAN	1811 pts

**Men**

**60m**

M35	Scott Belesky	STH	12.36
M45	Jonny Baird	CAN	12.88
M45	Nick Bolton	CAN	13.23
M45	Tim Kerr	CAN	14.51
M60	Dave Riddell	TAS	14.74
M65	Warren Green	STH	9.12
M70	Ian Sim	OTG	9.20
M70	Tom Cockerill	OTG	11.19
M80	Max Wood	CAN	11.44
M80	Alan Hunter	CAN	15.79
M90	Alistair MacKay	STH	15.06

**100m**

M35	Scott Belesky	STH	12.36
M45	Jonny Baird	CAN	12.88
M45	Nick Bolton	CAN	13.23
M45	Tim Kerr	CAN	14.51
M60	Dave Riddell	TAS	14.74

**200m**

M35	Scott Belesky	STH	25.22
M45	Nick Bolton	CAN	25.54
M45	Jonny Baird	CAN	26.94
M45	Tim Kerr	CAN	29.84
M55	Bruce Thomson	STH	27.91
M60	Dave Riddell	TAS	30.44
M65	Warren Green	STH	30.63
M70	Tom Cockerill	OTG	40.85
M45	Nick Bolton	CAN	60.24
M50	Ian Purvis	CAN	68.41
M55	Bruce Thomson	STH	61.74
M65	Warren Green	STH	70.44
M70	Tom Cockerill	OTG	88.43

**800m**

M40	Michael Wrigley	CAN	2:17.90
M50	Malcolm Cornelius	CAN	2:18.10
M55	Peter Fitzgerald	OTG	2:19.30
M55	Bruce Thomson	STH	2:49.60
M60	Dave Riddell	TAS	2:46.40
M70	Tom Cockerill	OTG	3:41.30

**1500m**

M50	Malcolm Cornelius	CAN	4:44.7h
M55	Clive Kitchingman	CAN	5:29.3h
M60	Dave Riddell	TAS	5:48.6h
M60	Thomas Reihana	CAN	8:01.7h

M65	Derek Shaw	TAS	5:51.6h
M70	Tom Cockerill	OTG	7:08.9h

**3000m**

M40	Dwight Grieve	STH	9:29.96
M50	Malcolm Cornelius	CAN	10:25.08
M55	Clive Kitchingman	CAN	11:39.00
M60	Thomas Reihana	CAN	17:24.77
M65	Derek Shaw	TAS	12:01.75
M70	Jos Galavazi	CAN	17:25.41

**5000m**

M35	Damien Cook	CAN	17:02.59
M55	Clive Kitchingman	CAN	20:16.45
M70	Jos Galavazi	CAN	29:25.99

**2000mS**

M70	Jos Galavazi	CAN	12:58.90
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**High Jump**

M45	Tim Kerr	CAN	1.44m
M80	Alan Hunter	CAN	0.65m

**Long Jump**

M45	Jonny Baird	CAN	4.82m
M70	Ian Sim	OTG	4.06m
M80	Alan Hunter	CAN	1.83m
M90	Alistair MacKay	STH	1.89m

**Triple Jump**

M70	Ian Sim	OTG	8.44m
M90	Alistair MacKay	STH	3.91m

**Shot Put**

M40	Tomas Castano	ESP	9.72m
M60	Thomas Reihana	CAN	7.40m
M65	Richard Davison	CAN	8.12m
M80	Alan Hunter	CAN	5.54m
M90	Alistair MacKay	STH	4.31m

**Discus**

M40	Tomas Castano	ESP	32.69m
M60	Thomas Reihana	CAN	21.54m
M65	Warren Green	STH	26.57m
M65	Richard Davison	CAN	8.72m
M80	Alan Hunter	CAN	14.60m
M90	Alistair MacKay	STH	21.54m

**Hammer**

M65	Richard Davison	CAN	31.26m
M80	Alan Hunter	CAN	19.39m
M90	Alistair MacKay	STH	11.09m

**Javelin**

M45	Jonny Baird	CAN	32.90m
M45	Tim Kerr	CAN	32.43m
M60	Thomas Reihana	CAN	23.14m
M65	Warren Green	STH	31.02m
M65	Richard Davison	CAN	25.81m
M80	Alan Hunter	CAN	11.83m

**Weight**

M65	Richard Davison	CAN	12.25m
M80	Alan Hunter	CAN	7.92m

**3000mTW**

M65	Jim Kerse	TAS	20:03.79
M70	Tom Cockerill	OTG	20:04.01

**5000mTW**

M65	Jim Kerse	TAS	35:11.58
M70	Tom Cockerill	OTG	35:46.63

**Throws Pentathlon**

M65	Richard Davison	CAN	2820 pts
M65	Lester Laughton	STH	2796 pts
M80	Alan Hunter	CAN	1798 pts

**Pentathlon**

M45	Jonny Baird	CAN	1923 pts
M65	Warren Green		

# Race Walking - The Master's Issue

by George White

Whether we like or agree with the rules or not, the sport is race walking and the only rules that apply are the IAAF rules. The rule requiring a straightened leg on contact is the one that causes problems for masters – particularly older ones.

In 1996 the rules of race walking were amended to require that the advancing leg shall be straightened from the moment of first contact until the vertical upright position. Part of the rationale for this change was to make it easier for judges to actually see a straight leg in races where speed was increasing rapidly. Many believed the new rule dramatically increased the prospect of “lifting” and for open competition the emphasis has been on this aspect of the sport.

Research on race walking in competition and during laboratory testing has found that flight phases are common to practically all elite race walkers. Hanley et al suggest that flight distance contributed approximately 10% of total step length which makes flight phases for elite race walkers, an important factor in their performance.

With increasing controversy at elite competition and with TV and photo coverage clearly showing loss of contact, the IAAF has initiated a study termed “The Electronic Detection System Project” to create a definitive judging system for race walking. It is planned for completion in mid-2018 with a goal of trialing a system in competition ahead of the 2019 World Championships.

Antonio Amigo, who suggested an electronic system in 2013 which may form the basis of the IAAF system, said “in my opinion, the not bent rule was established to make loss of contact more difficult .... But, if we now have a device detecting and totally preventing the run (loss of contact), maybe it would be the time to start thinking about removing said rule (not bent).” This is of course of direct interest to masters.

## In defence of the “no advantage concept” in race walking

Many walkers struggle with leg straightening on first contact. Oceania Masters Athletics is the only jurisdiction where in the Championship manual judges are encouraged to apply the concept of “no advantage” as a means of maintaining participation and avoiding significant numbers of walkers being disqualified. This seems to be a direct breach of the IAAF rules of race-walking and many judges are either not happy with the concept or flatly refuse to use it with some arguing that the concept is undefined and its application too subjective.

Looking at the basics, the rules exist to distinguish the sport from running and to prevent an unfair advantage by effectively running. The “heel and toe” concept defined walking for over

a century and seemed to adequately separate running from walking. The best distinction between running and walking is contact with the ground. Indeed many definitions of running indicate “it is a gait that has an aerial phase”.

## Why should an interpretation of the rules be considered?

There is no need to change the rules – only a need to work within them. In any sport where judges are involved some interpretation of the rules is involved. The role of race walking judges is to stop athletes from gaining an unfair advantage. We should not ask officials to cater for the inabilities of some masters who treat race walking as something they can do when everything else is too hard. Some people just shouldn't try to race walk in competition.

### a) Maintain participation

In many other athletic events, rules are modified to recognise the difficulties masters face as they age. Race walking is the only athletic discipline with technical issues that hasn't taken into account age. Only running and horizontal jumping which cannot be modified remain with unmodified rules. Sprinters are not required to use blocks or a crouch start, high and pole vault jumpers have modified rules, as do hammer and weight throwers. Throwers, hurdlers and steeplechasers also have modified specifications for their equipment. This is all done to enable older athletes to continue in their sport. Indeed the whole master's movement was established to maintain participation in the sport. Why should race walking be any different?

### b) Judging itself is subjective

While IAAF rules must apply (otherwise it is not the same sport), interpretation is the key! Already judges interpret the rule! As it is impossible to always see loss of contact at top level open competition, judges give competitors the benefit of the doubt, when in reality virtually all top class athletes would be off the ground. While it is quite obvious that a faster and faster strike rate will result in greater speed and potential loss of contact, a soft knee is rarely the result of a faster strike rate (usually the reverse) and advantage is rarely gained. Unfortunately many judges strictly apply the bent knee component of the rule because an older slower walker is much easier to see with bent knees than a very fast walker off the ground - but are they gaining advantage?

What is desirable is to see similar discretion that is applied to very fast “open” walkers, applied at the master's end of the spectrum. It is quite possible to judge older athletes who are straightening their legs as far as they will go, with the concept of “no advantage”.



Eric Kemsley M65 and Serena Coombes W50 in the 3000m walk at the North Island Championships

### c) The rule itself is ambiguous

The IAAF rule states “Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.”

The first sentence basically allows an unfair advantage until it is so obvious that judges are obliged to pick up on it. In the second sentence, the operative word is “straightened” not straight. Straight implies no motion whereas straightened does. Gary Westerfield has pointed out – “Straightened is an adverb and does not mean the same as the adjective straight. As an adverb, “straightened” means will be made or will become straight. In other words, the advancing leg will become straight during the time from the moment of first contact until the leg is in the vertical position. Straightening must begin at contact; however, it does not have to be completed at contact”.

Compounding the issue is the fact that knees can be very knobby or bowed and thighs can be very muscular i.e. legs can be straight without looking straight. The rule requires a straightened leg not a straight leg and because of the above, these terms can be significantly different.

### d) Bent knee treatment compared with lifting

We have all seen photographs or slow-motion videos showing walkers clearly off the ground. Track and treadmill studies have shown that time in the flight phase goes up linearly as speed increases. At top level, most athletes are off the ground during a race and many would be off the ground most of the time with flight phases that ought to be visible to the human eye i.e. above about 40 milliseconds.



Shirley Rolston 1st W65 in the 3000m walk at the North Island Championships

By default, judges accept loss of contact because it is difficult to see it until it is very obvious and they correctly give the athletes the benefit of the doubt until it does become so. However, a significant flight phase coincides with increased stride length and usually with a significant gain in speed. Bent knees on the other hand, result in poor thrust, flat footed landing and shortened stride and hence a net loss of speed – but they are easy targets to judge.

At top level, walking speeds of over 4 steps per second can be attained. At this speed the duration time of a “knee failure” could be around 0.1 seconds or more which is easily enough time for the infringement to be observed. However “loss of contact failure” lasts less than 0.04 seconds and is difficult to observe with the naked eye. Further, the eyes are being asked to observe this failure by simultaneously looking at two points about a metre apart (the heel of the advancing leg and the toe of the retreating leg). It is not hard to understand why walk judges find it easier to police bent knees.

## How can “no advantage” be defined?

IAAF walk judge Bob Cruise suggests the following definitions of “advantage” and “no advantage” in relation to knees:

- **Advantage:** Where the angle of the bend in the leg at the knee changes i.e. the drive leg straightens after the mid-point of the stride, that walker shall be deemed to have gained an advantage.
- **No Advantage:** Where the angle of the bend in the leg at the knee remains approximately the same for a complete single stride then that walker is to be deemed as not gaining an advantage.

There are also physiological changes in the legs that could help in determining advantage.

A runner relies on large contractions of the quadriceps and does not lock the knee on or after contact. The contraction of the quadriceps at contact through mid-stance is usually quite visible! A legal race walker however does not demonstrate this contraction. At the end of the forward swing the leg is extended at the knee upon contact. Straightening is accomplished without use of the quadriceps and they remain relaxed until heel lift and subsequent leg flexion. If the quads are shut off, a soft knee will gain no advantage. However if a walker has a soft knee on contact and then demonstrates a straight leg at push off to gain maximum thrust, this shows an advantage may have been gained.

### Conclusion

As race walkers age they do not currently benefit in the way that others in the sport do, as there are no modifications made to recognise advancing years. The “no advantage” concept is one way to do this and help maintain participation in this sport.



Peter Tearle M90 in the 3000m walk at the North Island Champs

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## WMA Best Athlete of the Year Awards

Two NZ masters athletes have been nominated for the WMA Best Athlete of the Year Awards for 2017 by the Oceania Masters Association. Ian Carter (M65) has been nominated in the middle distance category and Michael Wray (M50) in the long distance category. Both competed in the WMA Indoor Champs in Daegu, South Korea where Ian ran 2:27.48 in winning his 800m and Michael ran 28.30 in winning his cross country race. Both also happen to be NZMA Board members.

Starting for 2017, there are seven categories for the top female and male performers. The other five categories are: sprints/hurdles; throws; jumps; combined events/relays; and race walks. The OMA has nominated a female and a male in each category, with all the other nominees being from Australia. The awards will be presented during the WMA General Assembly in Malaga in September 2018. Congratulations Ian and Michael on your nominations and good luck.

# John Waite

by Bob Schickert

I first met John through us both competing in Victorian Marathon Club events about forty years ago. John was a fine marathon runner with a best time I think in the high 2.30's. We also ran on the track together in Vic Vets, now VMA, and I was more competitive with him in those shorter events.

About 30 years ago Lynne and I moved to Perth in Western Australia, but we still caught up with John and his wife Nyala at the AMA, OMA and WMA Championships. Lynne and Nyala both competed in horizontal jumps.

At the WMA Championships in San Sebastian in 2005 a photo was taken of four Australian athletes (Brian Foley, John, Ivan Brown and myself) and one New Zealand athlete (Bill Wells) who has just completed the M60 1500m. John was still competing for Australia then before his move back to NZ. Sadly, of the five, only two now remain alive.

We have many fond memories of the very enjoyable trip with John and Nyala, following the 2009 WMA Championships in Lahti in Finland. A group of about 40 Australian and NZ athletes did a Roy Skuse arranged cruise from St Petersburg to Moscow. We were allocated a table to eat at each meal and any change was frowned upon. Our table of six comprised John and Nyala, Geoff Major, Alan Eustace, and Lynne and I. What a great time we all had.

When we went to the OMA Championships in Christchurch in 2006 we knew John and Nyala had just moved back there from Melbourne but our first contact with them in Christchurch was surprising. We were out having a walk and randomly decided to go along a street. John and Nyala were in the front yard of the home in the street and invited us in a cup of tea. One of their children lived in the home.

Farewell to you John and thanks for the memories.

## Coaching Corner

by Mike Weddell



Over the summer there are lots of track meets in the South Island and we have had the SI Masters Championships. There are the SI Open Championships in Timaru and at the same venue the Lovelock Classic. The Oceania Masters Championships and NZ Masters Games are in Dunedin, followed by our regional championships and our NZMA nationals in Whangarei.

If you want to perform at your best you cannot expect to do that across so many events. That is not saying you should not compete in all of these events just that you should not expect your best. In fact competing regularly can help you reach a higher peak when you want it to count. A big advantage of competing regularly is psychological in that you

get used to competing especially in tactical events. Racing tactically is a skill that needs practicing.

Usually athletes want to compete at their best in the pinnacle event for the season which is usually in the latter part of the season. Earlier races can be used as part of training for this event. Physiologically you cannot taper for every event in which you compete. But if you treat lead up races as training and are prepared to accept lower performances in them as part of a greater scheme then the pay back will come in the pinnacle event. In non-wind affected events best performances should come in the events that are most important to you. If that does not happen your build up and taper need looking at.

# A Kiwi Goes To Rugao, China (Asia Masters Athletics Championships)

by Tuariki Delamere

Saturday, 23 September, and I arrive in Rugao, a beautiful city that is three hours north of Shanghai on the banks of the mighty Yangtze River in Jiangsu Province. Crossed over the Yangtze at Nantong where the river is 10kms wide; just a tad wider than the Waikato. I was one of the last competitors to arrive and complete registration; the only New Zealander among 2,000 entries from 20 countries.

Sunday, and the heavens opened as we were hit by the remnants of a hurricane. But the show had to go on, and so it was on to the opening ceremony. Like a drowned rat marching in the pouring rain, I marched into a stadium full of 25,000 spectators carrying the New Zealand flag. Felt like a bit of a hypocrite given it was not so long ago I was a passionate supporter to get rid of that flag.

My first event, the long jump, was scheduled for Monday afternoon. However, at 3:00pm all events were cancelled for the day because of the rain – about 15cms that day. The medical personal and ambulances had been kept busy all day transporting multiple injured oldies to Rugao Hospital. “Silly old buggers” I sniggered. The throws, jumps and hurdles are clearly not fun things to do in the rain.

And so on to Tuesday. The rain has gone, the sun is shining; 32°C and humid. Checked in for the shot put - 21 entries. And right on the dot in Stadium 2 at 10:35am I am up; the first thrower for the day. With my long jump starting at 11:20am I should be able to complete my 3 throws before rushing over to Stadium 1 for the long jump. As an invited guest competitor from outside the Asia Federation I was only allowed 3 throws; guest competitors are not allowed to displace an Asian from making the final 8. Complete my 3 throws and rush off to Stadium 1. When I left Stadium 2 my 10.60m was leading by 1cm. But because of what happened 10 minutes later, it was not for several days that I found out that the gold medal winner stayed 1cm behind my rather disappointing effort.

One event down – one event won. Now for the main objective of my trip. Now is the time for me to remove Ron Johnson’s 4.36m as the M65 New Zealand long jump record. 3 run throughs and my placement on the board is perfect. Do one practice jump. It is about 4.40m. Boom!! Get ready Ron, you are about to be consigned to the dustbin of history as I will surely pop out to over 4.50m – a distance I had reached just 2 weeks earlier at a cold New Lynn Olympic Park.

First jumper “Tuariki Delamere – Xin Xi Lan”. The eyes of my 19 fellow competitors all focus on the huge and overweight Maori behemoth (compared to all the smaller Asian athletes anyway) now on the runway. New Zealand’s A380 was now ready for take-off. My fellow competitors are all wondering if they are going to witness their first ever somersault long jump; word had gotten around that the “forever” somersault flip world record holder was competing. Forever, given the “flip” was banned in 1975, and therefore no one can ever beat it.

Well, they didn’t get to see the flip. A flop? Yes. But no flip. As the A380 rolled down the runway one of the tyres protested and burst. I didn’t even get close to reaching the take-off board when my left calf muscle went into complete meltdown mode, protesting at having to put up with an old 105kg Maori doing something so stupid as the long jump. Damn!! Out you come Ron, out of history’s dustbin; you remain in the record book.

So violent did my calf protest I got to enjoy (is that the right word??) some new experiences. My first ride in a Chinese ambulance, my first time being admitted to a Chinese hospital; my first X-ray in China and my first MRI in China. I am now a bona fide registered patient with my own ID card for the Chinese health system.

My first visit to China was in 1999 and the health system was very much third world in those days. Fast forward 20 years and more than 50 trips to China; Rugao Peoples Hospital is just another great example of the incredible and rapid modernisation the Chinese infrastructure. First-rate service and first-rate facilities. And it also did not go unnoticed by my inner sexist attitude that the hospital was full of beautiful young nurses. Sadly, and rather obviously, my visit to the hospital had been preceded by malicious anonymous rumours from Auckland Masters as my nurses and doctors were all male.

So, there we go. No high jump. No discus. My 9 days in Rugao were great fun – stuffed up calf excepted. Our Chinese hosts were wonderful, friendly and efficient. It was perhaps the most enjoyable athletics meet I have had the pleasure of competing in. The next Asia champs are in Sarawak, Malaysia (Borneo) in 2019. It’s on my bucket list. But next time it will be the hammer – not the long jump.



# Round Raro

by Claire Giles



In September each year the Cook Islands Athletic Association run a race around the island of Rarotonga. This is 31km of warmish conditions starting at 5.30am. For those wanting an easier option, there is a 10km starting at 7.30am. There is the choice of either running or walking both races. All proceeds from these races goes to sending Cook Island athletes to the NZ Secondary Schools Athletic Champs - in Hastings in 2017.

Malcolm and I heard about this race two years ago, after the competing at the Oceania Champs in 2015. We thoroughly enjoyed our time in Rarotonga for the champs but needed to go back to see some more of the island than just the athletic track. So to challenge ourselves and because we could, we decided to enter the race. Some serious training was planned but some plans never work out. As with all masters athletes, the one good thing to talk about are the ongoing injuries.

Malcolm was a little under done and as he doesn't cope well in hot conditions he didn't enjoy his attempt at the 31km. It was too much like his one and only marathon and that didn't end well, but that is another story.

I, on the other hand, do enjoy the warmth and the heat of the day and managed to complete the run in a little over 3 hours. Coming from a sprinting regime this was not too bad....then to reverse it for the summer track proved a challenge. Nothing like a bit of interference training to keep you motivated.

So in reviewing our 2016 year we both decided that Rarotonga was a good place to holiday after a NZ winter, and we would go back and do it all again giving a little to help the athletes of the Cook Islands once again.

The 2017 Round Rarotonga road race was the 40th running of the event so it was only right that we became part of it. It is always a festival of running starting with a dress up fun run on the Thursday beforehand. As with anything on the island it is

quite casual. In previous years this run was 5km give or take! And there is not a lot of traffic management planning.

The main event is always on Saturday starting in Avarua itself and for the next 2-3-4 hours or however long it takes you are celebrated all the way round the island some even out in their PJs. You are never short of a water stop either, they are placed every 3km. The faster you run the quicker you finish as the heat starts to build.

Although you may be running by yourself for part of the race, you catch the 10 km runners at some stage towards the end, as they start at the resort of Muri Beach. As the enthusiasm starts to wane, you are picked up by their freshness and are able to find that little bit of extra reserve.

You know that the end is in sight as the drums that were with you at the start are now giving you the finishing tune. All finishers are presented with a commemorative medal and a coconut (for rehydration) as you cross the line. There is also a photographer on hand to record the occasion.

On our second trip to Rarotonga this year I entered the 31km again and managed to be 2 mins quicker than the year before. Malcolm opted for the 10km which was more to his liking. Malcolm was placed 3rd in his age group while I was 2nd in my age group for the second year in a row

Sunday is a day of rest in the Cook Islands so this gives you ample opportunity to recover. With the beach at your doorstep a swim (or paddle) does wonders for recovery. There is the prize giving dinner on the Sunday night where all the major place getters are celebrated. There is also entertainment by a cultural group to watch and a meal of gigantic proportions. The event is well sponsored, so there are terrific prizes to be won by those are lucky enough to be in that position.

There are two other races held during the week. There is over the island, and a round the island relay. Over the island is a challenge in itself as it is 8.5km of rocks, water crossings, scrambling up and down vines and then a flat run through to the finish. The race record is 45 minutes. This year it was run in 48 minutes. While we carefully took our time we managed to see the evidence of the faster runners who left a little of themselves on the course.

The last race is the relay. So for those who have friends who come for the fun, it makes each leg smaller in distance the more friends you have, as there is no set rules for how far each leg has to be.

The Rarotongan Hash House Harriers also put on a fun run during this week. This is their birthday run so dressing up is encouraged. The group also provide food and drink at the end of the run to help celebrate in style.

## David Leech (A Personal Tribute)

by Barry Rait

The recent death of David Leech, in his 91st year, will cause many of us to reflect on the impact and meaning he has had on our lives both athletically and personally.

I first meet David in the middle 1950s in Wellington when he moved there on promotion within the Probation Service. At that time the Wellington circle of hammer throwers consisted of the late Max Carr, Don Leadbetter, myself and some untrained experimenters, under the keen, officiating eye of the 1920s New Zealand Hammer Champion, the redoubtable Jack McHolm.

Throwing conditions were primitive, with clay circles no cages, no arcs and throwing allowed alongside the running track at Hataitai Park. Believe me, there were some mighty close calls on several runners.

David immediately put some highly credible Canterbury style throwing into the local mix and eventually improved Max's NZ record. It was always great fun me as a junior to act as a marker and measurer on these occasions. Max Carr was undaunted as he found the competition to his liking and previously was selected for the 1954 Vancouver Commonwealth Games. We all had the feeling that we were contributing to these national class efforts when the official measurements were taken by Ces Blazey, of later rugby officialdom fame.

As the younger man to Max, Dave relished this close competition too and improved to be selected for the 1966 Perth Commonwealth Games. To ensure that he was in top form, several throwers of all capacities formed the Wellington Throwers Club with official approval. We managed to find suitable venues in the weekends all around the Hutt and Wellington. On one occasion we created a circle on spare ground before a new Zip Industries building was built over it.

While in Rarotonga this time we were able to watch humpback whales performing. What a sight to behold while having breakfast or sometimes late afternoon drinks to see these massive mammals and their calves, playing so close to shore. You were able to hear the thump of the tails and also their whole bodies splashing into the water. Just amazing!

Rarotonga is an island easily accessible from New Zealand. It is a laid back country where you can do the tourist things ...or not! A place to chill out, to reflect on what may have been a busy year and rest your body. To throw in a race or two for a worthy cause while visiting is only fitting if running is in your DNA.

So now it is back to getting those fast twitch fibres activated again for another track season.

He maintained top form and gained his expected place of 6th at the Games. Having successfully performed as expected he settled in at Perth for the rest of the Games with several beers and a TV set.

Weightlifting was a central feature of his training and he trained at the Wellington YMCA gym, run by Bryan Mahoney, in the basement in Willis Street with all the other athletes. We were all pretty naïve about weightlifting in those days but I am sure the workouts eventually had a positive payoff.

After retirement from the Probation Service Dave, Pat (his wife) and family returned to Christchurch and undaunted by the physical challenge of age set about making new records, following Max up the age pentads, making mighty marks in the Masters grades. He had a fortunate date of birth being born in March because he could occasionally coincide with Easters when the Australians had their Masters Championships and he would travel there to begin at the peak of his new age pentad. Of course he, as a hammer thrower, he was never at a loss to find a place to stay with several Australian based hammer throwing colleagues.

Far from being a single event athlete, Dave also threw the discus, put the shot, seemingly threw the javelin, which of course cumulated to a throws pentathlon. In his earlier years he was a keen cross-country and harrier runner in the Canterbury University Club.

Dave remained a staunch competitor right through the age pentads until he was advised not to throw again in his last years. The Canterbury Centre honoured him and Pat for their significant contribution to athletics as officials.

We all offer our condolences to his wife Pat and his family. You will be missed by many and may your legacy remain.

# NZ Half Marathon Championships

## 18 November 2017

by Michael Wray

The “Winterless North” went all “Game of Thrones” on the competitors in the NZ Half Marathon Champs this year. “Winter is coming.... Winter has come!” When Athletics NZ awarded the Kerikeri half marathon this year’s nationals, most of us were preparing for the prospect of running in hot conditions with liberal use of sunglasses, sun hat and sun cream. Instead the sun headed south, basking the Queenstown event that took place at the same time with glorious weather, forsaking those of us “beyond the wall”.

Kerikeri served up 14 degrees, which is quite pleasant for running when taken in isolation, but when accompanied by strong gusty winds and lots of rain it was far less enjoyable. Both the prizegiving and the post-race street party were cancelled for safety reasons.

Point-to-point courses can be fast on the right day. Kerikeri’s course is run predominantly in a north-easterly direction. A tail wind would have made for fast times, pushing the runners along. Unfortunately, the strong gusty wind was coming from the east – the wrong way!

Being a point-to-point course that finishes in Kerikeri itself, buses leave the town centre from 5:45am to take runners to the start. I imagine in a normal year, the start area is quite pleasant. As it was, the featureless field saw the runners huddling around the few trees trying to find shelter from the conditions for an hour. Had we been offered the opportunity to set-off early, it would have been taken gladly – any excuse to get moving and warm.

Kerikeri is known for being a fast course, wind notwithstanding, thanks to the last two thirds being mostly downhill. Everything I’d ever heard about Kerikeri focused on those downs. Having never run this course before, it was a real surprise to find you have to earn that downhill by working hard running up some mean hills in the first third of the race. I passed several “casualties” on the downhill sections who had blown their race in the first 7km of climbing. It’s certainly a course that rewards patience. When I saw my split time in the first third, I threw away any idea of hitting a decent target time but found I got a lot closer by the end than I thought likely at the 7km mark.

The quality of the field wasn’t quite as strong as one would expect for a National Championship. This was presumably a result of the race being held at the far end of the country when a major event (Queenstown) was taking place simultaneously at the other end.

The paucity was exacerbated in the five year age-bands. The winning margin of the W35, W40, W45, W50, W55, W60 and W65 each ranged from 12 to 30 minutes. In the M50, it was the same story while the M70, M75 and M80 groups all had one person only.

As a result, competition was more focused on what ANZ call the championship grades (MW, M35-49 and M50+) rather than the five year age bands. Here there was some racing to be had. For the Masters Women, Sally Gibbs (W50) commanded an early lead that Fiona Love (W35) chipped away at as the race continued. The final margin was a close one; Sally’s 1:21:04 saw her win the MW grade by just eight seconds (and almost 25 minutes ahead of the next W50). Northland runner Ady McKenzie won the W40 grade by an even bigger margin as she came in as third MW 37 seconds behind Fiona.

It’s worth noting that Penny Peskett (W40) would have been the first MW by four minutes but she opted to compete in the SW grade, in which she claimed third place through a well-judged race by waiting patiently to produce a fast finish.

Michael Wray (M50) led the M50+ grade from start to finish, spending the early stages of the race in the company of a pack of M35, M40 and M45s. As with the MW, the margin over individual age-grade rivals in the M50 group was substantial (16 minutes) but the M55 group featured Alastair Prangnell, Anthony Rogal, David Lear and Tony Warren to contend the overall M50+ category. Alastair proved to be the biggest threat, closing on Michael in the latter stages. Michael finished 50 seconds ahead of Alastair, whose attempt to close the gap yielded around a four minutes gap back to the next chaser. It was a comparatively narrow margin back to be the third overall M50+ between the other M55s. Anthony claimed the spot by 12 seconds ahead of David, who was only nine seconds in front of Tony.

One of the age groups to put on a show were the M65s. Kevin MacKenzie won the grade by 36 seconds and it took a photo-finish to give Fred Needham the M65 silver over Adrian Brouwers. John Kent was less than a minute behind in fourth.

The younger master’s men served up far greater depth with six runners all coming in at 1:17 or quicker. ACA runner Simon Yarrow took out both the M45 grade and the M35-49 Championship titles with an impressive sub-1:15 time, as his club-mate Rick Tombling claimed the M40 grade a minute behind and ACA had yet another come in next with Chris Robb as second M45.

All the clubs to produce runners for teams, of which we had 12 across the men and women, were from Auckland or Northland.

North Harbour Bays won the women’s team gold by 20 minutes, for whom Fiona Love (W35) was the second finisher between SW winner Annika Pfitzinger and SW Alannah Van Hout. Freina Sands added a silver teams medal to her W35 bronze by claiming the final ACA team place to join seniors Olivia Burne (2nd SW) and Katherine Reardon. The third team place went to Whangarei with all three team places going

to masters: Ady McKenzie (W40), Kirsty Hamlin (W45) and Christine Fraser-Kitchen (W55).

For the men, ACA secured the team gold. Simon Yarrow (M45) and Rick Tombling (M40) complemented seniors Harry Linford and Mick Keating. Second place went to Takapuna, where Brad Luiten (M35) was the sole master and third team member alongside Mark Boyce, Daniel Shaw and Stephen Lett. North Harbour Bays picked up the team bronze with a line-up of four senior men.



Alastair Prangnell 1st M55



Penny Peskett 1st W40



Dion O'Neale 4th M35



Michael Wray 1st M50

PHOTOS: Sharon Wray

# Into The Sunset

by George White

Getting older unfortunately is inevitable, but masters athletics is all about continuing to do what we love for as long as possible.

What has changed since we were younger? Not so much, really. Certainly our race times have grown (possibly considerably), but the feeling generated is pretty much the same. Sure younger, faster athletes who are a lap or more ahead provide a dose of reality but after the race, the feelings of satisfaction are the same. Faster times do not have first claim on great moods and emotions. Running and race walking, unlike most other sports, can be enjoyed into old age, especially if we are smart about it.

What are the roadblocks to athletic immortality? What can we do now to increase the likelihood of being able to participate for a lot longer? We know that the challenges associated with physiological and biomechanical deterioration pose a threat to the longevity of an athletic career, so how can we avoid becoming ex runners/walkers? As we age we generally reduce the amount of training, so it becomes unclear to what extent the slower race times are a result of aging and what is due to less training. Aging athletes are also more susceptible to injuries that can interrupt training.

No-matter what, we know we will get slower as we age. What can we do to minimize the slowing? The long decline generally begins around 35 years of age. Times increase gradually from 35 to 55, increase at a slightly faster rate from 55 to 65 and then after 65, the slowing juggernaut becomes significantly greater.

Athletes who remain fit and avoid serious injury can expect to see approximately a 0.5 to 1 percent decline in performance each year from age 35 to 65 and more beyond that. That means that if you are a 25 minute 5km athlete at age 40, by the time you are 60 it will be about 29 minutes. One of the greatest contributors to the slow-down is the loss of aerobic capacity, as we lose about 10 percent of our VO2 max each decade. Avoiding injury is also a luxury not many of us experience and usually we need more time to heal than in years past.

How much of this slowing occurs, depends on whether you are willing and able to maintain the training volume and intensity of your younger years. As we age, we face physiological changes, such as loss of muscle mass, a reduced range of motion and of course we all struggle with time and motivation. As we age, we lose the ability to raise our heart rate to its previous maximum level, even with the most intense exercise. This reduction in maximal heart rate is inevitable and is what leads to the decline in cardiac output and VO2 max. However, studies show that older athletes who continue to train at high intensity are able to perform at a higher percentage of their VO2 max and improvements in running economy coming from experience, often offset some of the declines in maximal oxygen uptake.

The bottom line is, while we cannot escape the aging process, there are things we can do to control how much it limits us.

While we cannot hold back the tide of aging, we can learn to surf it.

So, which exercise or training method is the best for older athletes? There is no panacea and the best answer is the "one that you will do". There is absolutely no point in developing extravagant training programs if you don't do them. A simple program that you do is far better than a perfect training regime that you don't. Possibly the one caveat on that is - quality over quantity.

Studies show that the most common factors relating to injuries are weekly totals and days per week training. So perhaps training could be 3 or 4 days per week with 1 or 2 cross-training days and 1 or 2 days off. This allows for variability of exercise and the opportunity for recovery. Through cross-training, you can contribute to your fitness while recovering between high-quality workouts. Cycling, swimming, rowing and elliptical trainers all provide good cardiovascular benefits without additional stress on the knees and of course weight training is of great all-round benefit.

We all know that as we age, we lose flexibility. However studies yield conflicting answers regarding the effects of stretching on performance and the value of stretching for injury prevention. While there is no definitive research in its favour there is very little that says stretching can be harmful. Two main types of stretching can be utilized that may reduce injuries and improve performance: static stretching and dynamic stretching. The best fitness routines include both types with dynamic stretching as a pre-performance warmup and static stretching afterwards. Do not do static stretching before a workout as studies have shown that this can reduce muscle strength by as much as 25%.

Be positive about getting older! When your mood is upbeat you are happy and energised and you will be healthier, recover from illness faster and have stronger immune systems. While studies show 25 to 30% of optimism is genetic - the rest comes from life itself, which means you can learn to be optimistic. We can be positive about getting older because we get a great boost when we enter a new age group. All of a sudden we have a chance of a better place, maybe even a medal at a national or international championship. Even without moving into a new age group we can use age grading tables to measure ourselves. While your actual time may be slower, your age-grading could show that your performance is maintained or even improved.

George Sheehan in his 1980 book *This Running Life* said "When we are enthusiastic, we develop a determination to equal the endurance of our muscles, a fortitude to match the courage of our hearts, and a passion to join with the animal strengths of our bodies. To succeed at anything, you need passion. You have to be a bit of a fanatic".

So be a fanatic, be positive, be smart and look into that sunset with athletic optimism.

# Northland

by Margaret Crooke



Lucy looking relaxed before 1500m, Beth giving moral support.

We had our first event at the beginning of November, being a run and throws event. Weather turned to custard towards the end during the last throws event and the 3000m. Turnout was not big, but those who turned up had a go at throws and received advice by the experts on what to do, and a few of us ran the 100m and 3000m.

What a contrast the last two weekends in November were. Saturday 17th was the Kerikeri Half Marathon, which was also the NZ Half Marathon Championships, and it was cold, wet and windy conditions. Having been in Kerikeri for the last 27 years, it was the worst conditions I've known for half marathon day. Congratulations on taking on the trying conditions to the Barach family, Judith Bradshaw, John Kent, Sien van der Veecken and our newest member Kirsten Mason. My apologies if I've missed people out.

The following weekend in brilliant weather, twelve Northlanders and their supporters made the long trek to Taranaki for the NI Masters Track and Field Championships being held in Inglewood. Over the weekend we were given many glimpses of the mountain with a covering of snow. What a marvellous track it was to run and compete on, and not much wind to upset any records.

Colin Macleod (M75) moved into a new age group and broke Northland records for 400m, 800m and 1500m. Now you have retired Colin you will have more time to try and capture some of those New Zealand records. Delwyn Smith competed in her first pole vault and it was good to see her back on the track. Our women throwers Val, Beth and Barbara had a good competition by all accounts and seemed pleased with what they had achieved.



Back: Kennedy, Nancy, Colin, Barbara, Lucy  
Front: Margaret, Beth, Val

Kennedy Garland was competing at his first championships in the throws and has probably gone home with many hints and advice on how to improve his throws. On Saturday afternoon Kennedy did not start the 1500m as he was doing it on the Sunday in the pentathlon. I thought he was being superman! He was also entered in the throws pentathlon on Sunday, and I was curious to see how he was going to take on both pentathlons. Come Sunday Kennedy must have had a rethink and decided he wasn't superman after all and only did the throws pentathlon.

The high jump officials were very supportive to the three of us competing in the W65+ high jump, and with their encouragement Judy Hammond set a good W80 record and I broke Judy's W70 North Island record, Nancy was trying to jump over Mt Taranaki to break her own North Island record, but due to carrying an injury she did not clear the mountain. Lucy Andrews (W50) took to the track in distances from 60m to 1500m. Since the World Masters Games in Auckland and these championships she certainly has got the bug and is keen for competition to push her. Thank you Taranaki Masters and all your officials and it was great to see the young ones assisting and being runners.

At the recent 2017 Conbrio Northland Sports Awards, it is with great pleasure that we can announce that Sien Van Der Veecken won the NorthCloud Masters Sportsperson of the Year award. Sien was up against people from other codes such as yachting, cycling, waka ama, archery and squash. Congratulations Sien, you are an inspiration to us all in Northland.

PHOTOS: Margaret Crooke

# Auckland

by Chris Thompson

## Gideon Tait Meeting Sunday 15 October - Mount Smart Stadium

Our season kicked off in fine weather, at last, with 39 entries for this, the Gideon Tait Meeting and a trophy in the same name up for grabs.

This trophy is competed for in four events, one run, one jump, one throw and the fourth event of the competitor's choice. From which the age group factors are worked out and the overall highest average will win. There was an increase in athletes this year, to 9, competing for this trophy with Anne Deleiros prevailing with 79.89%. She retained the Gideon Tait Trophy which she also won last year. It was good to see a Racewalker, Lyndon Hohaia competing in new events.

Two new NZMA records were set by Ron Johnson (M85) in the Shot Put with 8.52m and the Hammer with 24.99m. Ron also eclipsed a local Long Jump record held by the late Syd Taylor with 2.44m.

We welcomed new two AMA members in Dominic D'Silva and Cameron Russell and Rob Mulcahy from the Takapuna club.

## Auckland Masters Meet No 1 Sunday 12 November - Mount Smart Stadium

This, our second meeting of the season drew a few more entries than the GT meeting including a new group of ladies from the newly formed AMMI club at Papakura, all wearing their new green shirts.

This meeting was held in conjunction with Day Two of an Auckland Senior Meeting holding their decathlon and pentathlon events. A taste of what we could do more often in the future, with a sharing of some AAI officials particularly at the Pole Vault which is gained in popularity in both Masters and at Senior levels. Also having use of the electronic starting and wind gauge equipment was a nice change, and hearing the electronic starting gun was a first in my time in Masters.

Record breakers at NZMA level were David Anstiss (M70) in the Long Jump with 4.06m, a record he has been chasing for some time!! Evergreen Ron Johnson (M85) with a new mark of 1.50m in the Pole Vault and Anne Goulter (W50) with 1.70m in the same event.

## Auckland Masters 10000m /Throws Pentathlon/ Pentathlon Champs Sunday 10 December - Mount Smart Stadium

Over 50 entries were received, this, our last event for the 2017 calendar year and held in very hot weather.

The 10000m Champs only saw three competitors finish the distance. Christine Adamson (W60) took out the women's title with 44:06.46. Alistair Prangnell, the men's title with 36:52.41.

The women's Pentathlon saw four competitors compete with Karen Hulena (W50) setting a first time record in this age group with 1865 points. Jill Hayman (W55) with 2428 points took out the women's title. Andy Richardson (M50) the men's, with 3029 points. David Anstiss set a new NZMA record in his age group (M70) with 2676 points.

The Throws Pentathlon drew a total of 18 entries over both sexes. Anne Goulter (W55), now in her ne wage group with 3417 points won the women's title and in doing so set a new NZMA record for the points total. Anne also set new local records in the Hammer and Weight Throw. Ron Johnson (M85) won the men's section with 3632 points, another NZMA record along with individual NZMA records in the Shot Put, Hammer and Javelin. Some of these records he had broken in earlier meetings.



Angela Beale



Bays Cougars women's sprint team



Vavae Nuia



Tony Deleiros at the start of the 100m sprint



Men's 100m sprint start (Tony Deleiros fell at the start)



From L to R: Steve Hargreaves, Scott Dorset and Mark Lambert



Ron Johnson



# Hawke's Bay/Gisborne

by Merv Dudley (aka Papa Moose)

## HBG Masters Athletes Honoured

Harry Marett, Jim Tobin, Maurice Callaghan and Bruce Allen were recently awarded Life Memberships. All four have made stellar contributions to master's athletics.

Harry Marett ended his outstanding rugby career in 1961, but his contribution to sport has continued to the present day. A Magpie midfielder from 1952 to 1961, he was good enough to be an All Black reserve in the days before substitution.

Harry has been involved in track and field for over 40 years, having been a founding committee member and athlete of Hawke's Bay/Gisborne Masters Athletics Inc. Highlights of his involvement include organising the merchandising and event funding for the 9th Oceania Veteran Championships in Hastings in 1998, and winning North Island Championship 100m gold medals in 1986 and 1991.

After being transferred from Gisborne to Napier in the early '80s to continue his work as a surveyor, Jim Tobin continued his involvement with veteran/masters athletics. He served as president for 25 years, introducing a year round calendar featuring walk/run events in the winter which lifted the group's profile and membership.

Under his leadership the centre was awarded two major events, the 1991 NZ Veterans National Track and Field Championships, and the 9th Oceania Veteran Champs seven years later. Jim was also editor and official photographer for Vetline for many years.

He took his skills to the world stage, enjoying success both as a competitor and administrator. His contribution was recognised with the World Masters Athletics Gold Pin Award and NZ Masters Athletics Life Membership. On the local scene he has twice been honoured as Masters Athlete of the year.

Maurice Callaghan has also contributed to all facets of the sport, but is remembered for excelling in the gruelling 400m hurdles event. He never lost a race in an all-New Zealand field, and twice took silver medals at World Championships.

At Hawke's Bay and New Zealand level he also won titles at 100m, 200m, 400m and 110m hurdles, as well as long jump and triple jump.

As well as being a Hawke's Bay Masters Athlete of the Year, he has coached several athletes to national titles and been awarded Life Membership of Napier Athletic Club. Like Marett, he was a foundation member of HB/G masters.

Bruce Allen is another long serving member having been with the masters group for 39 years. A former President, Secretary and Committee Member he came to masters athletics from the Hastings Harrier Club, having earlier been, like Marett and Callaghan, a capable rugby player. He has excelled in events from 100m to 1500m, but has also stretched out to 10km and marathon events. His abilities resulted in his name next to many age-group records for 200m, 400m, 800m, 1500m, 10km road and marathon. An indication of his prowess is that he ran a sub 50 minute 10km road race when aged 65.

Most of us can only sit back and admire these feats, think to ourselves, when and how did they find the time and effort for these achievements.

## North Island T&F Champs

HBG had eight competitors at these champs in Inglewood 24-26 November 2017, who entered a variety of events. They came away with 16 gold, 6 silver and 5 bronze medals. A fantastic effort. Those competing were: Denis O'Leary, Willem van den Worm, Karen Stockill, Phil Beamish-White, Adrian Stockill, David Sexton, Angela Beamish-White, Luke Crombie (oldest to youngest).



L to R Bruce Allen, Maurice Callaghan, Harry Marett. Unfortunately Jim was absent for the photo

# Taranaki

by Vicky Jones

A new track and field season is well underway and things are warming up nicely. On the whole most clubs in Taranaki have had pretty clear, cool conditions on their club nights, but with some strong, cool winds. Our members have attacked the new season with gusto.

It's nice to have such veteran members as Kelvin Wackrow and Alex Fahey back in the fray of master's competition, with Alex having competed at the World Masters Games in Auckland earlier in the year where he claimed bronze medals in his throws events. He has also been a stalwart in the walk races at Egmont Athletics club nights (he used to beat me when I first started getting into race walking!), as well as the occasional cross country walk races. Meanwhile Kelvin has continued to be a major fixture competing locally, officiating and coaching with Inglewood Athletics. With North Island Masters being held locally it's nice to see his competitiveness ramp up a gear. Other members have had a quiet start to the season due to recovery from injury and other circumstances.

## NI Masters T&F Champs – 24-26 November 2017 - TET Stadium, Inglewood

Unfortunately numbers appear to be down at this year's North Island championships, although the number of outside officials pitching in and even competing was most gratifying. Our deepest thanks goes to the officials and also our thanks and congratulations to all who came to compete. But the biggest round of applause and profoundest thanks must go to Karen Gillum-Green, whose tireless work as meeting manager and all she does in every sphere of athletics can never be underappreciated. No amount of thanks is enough.

The weather played ball for the entire weekend. Friday afternoon was hot, particularly for the 3km walk, with high cloud

coming in later accompanied by a light breeze. Saturday was warm with high cloud and little wind. Sunday morning dawned overcast and still - perfect for the walkers who forewent their Sunday morning lie-in for the 10km road race pounding the 1km circuit 10 times. Taranaki members made up half of the field and it's good to see Anne Fraser getting back into the swing of things. Even though the course wasn't particularly smooth, with one particular sticky point over slightly stony ground bordered by curbs, there were some excellent performances that warranted record applications.

A number of records were set over the course of competition which is always wonderful to behold, and there is the potential for benchmarks to be set in the W60 grade in a number of throws events by Christine Polkinghorne. In terms of performances by other locals who competed, Des Phillips undertook his usual rigorous programme focusing on jumps, hurdles and steeplechase, and performed well. Joy Baker undertook her typically large programme. The question with Joy is: what didn't she compete in?

## Looking Ahead

With New Year looming, we now look ahead to the next big fixture coming up: Oceania Masters Championships in Dunedin in January. A sizable Taranaki contingent is anticipated, with at least five already entered, and potentially at least another five judging by the last Oceanias in Rarotonga. Good luck to those competing - a nice way to work off the Christmas cheer!

Following this, attention will then turn to the local round of championship events, using the same format as in previous years with some events being held on Egmont and Inglewood Athletics club nights, and the main meeting taking place in February. The Oceania champs will definitely get us race fit for these!



Joy Baker in the 1500m - smiling as always



Lynne Mackay in the Pentathlon 800m

PHOTOS: Sharon Wray

# Wellington

by Michael Wray

## Wellington Half Marathon Championships

These champs were held in conjunction with the Pelorus Trust Half Marathon in September on a course around Petone and Lower Hutt. Wellington Harrier Dan Clendon recorded a convincing win in the master's men with 1:13:52. The silver medal went to Peter Stevens in 1:21:54 and bronze to Nicholas Bagnall in 1:29:52, both from Scottish. For the master's women, Scottish provided the winner when Patricia Nickell ran 1:41:12. Hutt Valley's Megan Cavanagh (1:50:51) and Julie Robbers (2:05:36) completed the podium some way behind.

## Hutt 10km

The Hutt 10km race produced the worst weather we've ever experienced for this event. Torrential rain tested the resolve of all 31 entrants in the hour before the start and continued during the first half. The rainfall was so heavy that the drainage capability of the course was unable to keep up and one turnaround became flooded. Last minute adjustments to the course became necessary but weren't entirely successful and we inadvertently added an additional 250 metres or so to the distance. Within an hour of the finish, the weather changed completely and the heavy rain clouds were replaced by blue skies and bright sunshine. Perhaps we should have enjoyed a longer lie-in that morning and started the race later!

The merit prizes this year went to Darren Gordon (first male runner in 38:33), Renae Creser (first female runner in 43:10), Sean Lake (first male walker in 64:47) and Jackie Wilson (first female walker in 67:07). The age-grade prizes went to Jackie Wilson (highest walking age-grade percentage of 90.37%) and Brian Hayes (highest running age-grade percentage of 78.25%).

## Bernie Portenski Memorial Trophy

Wellington Scottish instigated this new event this season, a handicap race around Titahi Bay to which all Wellington clubs were invited. The winner on handicap was awarded the Bernie Portenski Memorial Trophy and the intention is to repeat this event every year. Although the race distance was 9.1km, the distance was handicapped as 10km to reflect the mixed terrain (road, beach, grass) and a mean hill in the second half. Scottish scheduled it after the end of the road and cross-country season and made it a handicap race at a "neutral" location with the intention of having a feel-good race where traditional club rivalries could be put on hold and the region could celebrate Bernie's legacy.

Over 100 people turned up, including some old friends of Bernie's who have long-since retired from athletics. The inaugural winner was Isobel Franklin (Hutt Valley Harriers), who finished in 56:01 to beat her handicapped time by 3 mins 29 seconds. Daniel Headifen (Kapiti Harriers) completed the

course in 43:57 to finish second, 3:03 ahead of handicapped time and Peter Sparks (Hutt Valley Harriers) finished third, 2:31 ahead of handicap in 47:29. Fastest woman overall was Deb Lynch (Wellington Tri Club) in 38:25. Stephen Day (Scottish) was the fastest male finishing in 32:31.

## Other News

Newtown Park is undergoing warranty repairs, necessitating a relaying of the track surface. The track was closed in late-November and won't be available again until mid-January. In the meantime, the athletics track in Masterton will bear the burden for the region.

Masterton hosted the Wellington round of the Regional League, in which a number of Wellington Masters competed. The most notable performance came from Nick Horspool who, in his first year as a M35, came within a couple of seconds of the Centre 5000m record when he ran 15:37.29 in windy conditions.

While many of our masters were away in Inglewood at the North Island Champs, some remained in Wellington and competed at the Grand Prix track meet - the event before resurfacing. There were two notable performances. In the 400m, Alessandro Pinna bettered his existing M50 NZ Record by 0.57s by running 52.95. Alessandro also bettered the Wellington 100m record, unfortunately a +2.6 tail wind makes it ineligible. Gordon Cameron ran his 100m when the wind had dropped and his 13.98 is a new M60 Wellington record by 0.04s.



Andrea Harris runs the 800m in bare feet

PHOTOS: Sharon Wray

# Waikato/Bay of Plenty

by Murray Clarkson



Work in progress on installing the new track at Tauranga Domain

Having missed the last Vetline, we have more information to report this time, all-be-it a little historic for some events. Tauranga Domain is in the process of being re-surfaced at a cost of approximately \$800k. As well as the track, the infield is being re-levelled and irrigation replaced. This additional work has caused a further delay with the completion time stretching it out to early March. This unfortunately prevents any events taking place before the NZMA champs in Whangarei. The final product will be of Polytan construction, the same as Porritt Stadium in Hamilton. We are hoping this will have a longer life expectancy than the Mondo it is replacing.

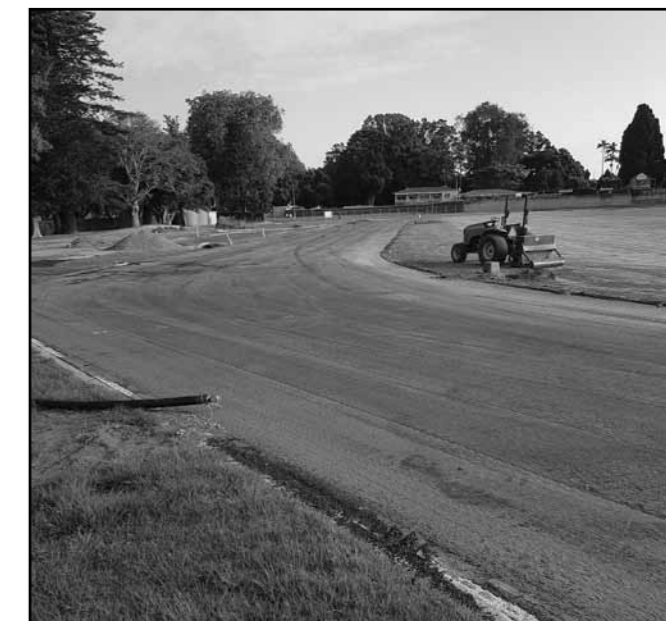
## Oceania Throws Pentathlon

For our region, this was again held at the Edgecumbe College with their academy providing support with officials and helpers. Overall results for our area were: M40 Dave Couper 2nd (2800); M45 Ian Clarke 2nd (2124); M50 Rene Otto 4th (2490); M50 Bruce Solomon 5th (2246); M75 Don Butler 2nd (1066); W40 Michelle Bitcheno 3rd (1949); W45 Brenda Davis 2nd (3068); W50 Tania Hodges 1st (3086);

W75 Marion Clarke 5th (2016); and W85 Marcia Petley 1st (1804). Unfortunately Jill Sherburn was accidentally omitted from the results. Top quality throwing was shown by all our athletes.

## Warm-up Meets

We had two warm-up / have a go meetings and this year we offered an incentive for new members, reducing the Centre fee if they joined on the day. This proved very successful and



PHOTOS: Bruce Solomon

several new members resulted. It cemented our resolve to continue to provide meetings for our members and to have a Centre sub to share expenses.

## North Island Masters Championships

Our Centre was well represented at this event, supplying not only 16 competitors but many of the key officials. As Field Referee, I was kept on the run from event to event, not only checking and signing off competition sheets but also checking and signing off the many changes to the records. It gave me an appreciation of the effort that others put in to making our meetings a success. We had the usual duel between Steve Te Whaiti and Bruce Solomon and great efforts from the rest of the team. It was great to see our more senior competitors still turning out and putting in 100%.

## Christmas Meeting

Due to the unavailability of the Tauranga facility, we combined with the WBOP Centre for their open meeting. This is the first time we have done this and were pleased to be welcomed by them. We followed their programme which did not include several events that we normally have but due to reduced numbers, we were able to get by. We may also join them for our provincial champs should the resurfacing not be completed in time.

We will be sending a strong team to Dunedin for the Oceania Masters Championships and look forward to providing top facilities for our members next season.

# Canterbury

by Andrew Stark

PHOTO: Andrew Stark



Rawhiti Domain

In Canterbury we have gone from one extreme to another. We have had the wettest winter since 1975, which has delayed work on the new track & facility at Nga Puna Wai by at least six weeks, to now having the driest months since the 1950's with 46 days in a row without rain. The Rawhiti Domain grass track has taken a 'hit'. Built on sand and with an inadequate watering system, it is know like a dessert. For the track events it's like running on baked biscotti, very hard on the legs with little or no bounce.

The number on master athletics competing at interclub varies between eight to sixteen athletes on any given Saturday. It's a far cry from the 'good old' days, but I suspect this drop in participation numbers is not unique to Canterbury. If it's any consolation, and it's not, there are fewer senior athletes than masters. It is disappointing as an administrator of the sport to commit numerous hours per week to making sure we run successful meetings in Canterbury, to have so few competitors competing. One can only hope that once we have a new facility at Nga Puna Wai, that many of track athletes who are not competing will return. We do have plans for changing the way we run events, such as having more twilight meetings rather than just Saturday afternoon, plus involving non-stadia events that start and finish on the track.

So far this season, mainly when our events have been held in Timaru, several CMA track records have been broken (SIMC = South Island Masters Championship record).

With events on all-weather tracks coming in Dunedin this month and Whangarei in March, then will two opportunities for our members to break records.

We are an aging population of passionate competitors and the future on masters athletics in Canterbury is uncertain. Sadly during the past few months, three of our members have passed away: Barbara Bird, Dave Leech and John Waite. I apologise if I have missed anyone.



Nga Puna Wai

Name / Venue List	Age / Date	Event	Performance	Record Category
<b>Helena Dinnissen</b>	<b>W30</b>			
Timaru	10/11/2017	400m	66.47	SIMC
Rawhiti Domain	18/11/2017	60m	8.54	CMA
Rawhiti Domain	18/11/2017	300m	46.23	CMA
<b>Jo Ramsay</b>	<b>W35</b>			
Rawhiti Domain	25/11/2017	800m	2:39.62	CMA
Rawhiti Domain	25/11/2017	300mH	55.76	CMA
<b>Louise Martin</b>	<b>W50</b>			
Timaru	11/11/2017	60m	8.75	SIMC & CMA
Timaru	11/11/2017	100m	14.00	SIMC
Timaru	11/11/2017	80mH	14.09	SIMC & CMA
Timaru	9/12/2017	200m	28.31	CMA
Timaru	9/12/2017	300mH	49.04	CMA
<b>Maggie Chorley</b>	<b>W50</b>			
Timaru	11/11/2017	1500m	5:11.0h	SIMC
Timaru	12/11/2017	800m	2:33.60	SIMC & CMA
Timaru	12/11/2017	5000m	19:06.38	SIMC & CMA
<b>Bernadette Jago</b>	<b>W60</b>			
Timaru	12/11/2017	5000m	21:14.19	SIMC
<b>Loris Reed</b>	<b>W70</b>			
Timaru	10/11/2017	400m	85.52	SIMC & CMA
Timaru	11/11/2017	200mS	09:43.2	SIMC & CMA
Timaru	11/11/2017	1500m	6:28.3h	SIMC & CMA
Timaru	12/11/2017	800m	3:09.70	SIMC & CMA
<b>Lois Anderson</b>	<b>W70</b>			
Timaru	12/11/2017	Pentathlon	2764 pts	SIMC & CMA
<b>Patricia Drayton</b>	<b>W80</b>			
Rawhiti Domain	28/10/2017	Hammer	11.57m	CMA
Timaru	11/11/2017	Weight	6.91m	SIMC & CMA
Timaru	12/11/2017	Shot Put	5.04m	SIMC
Timaru	12/11/2017	Throws Pent	2244 pts	SIMC & CMA
Rawhiti Domain	28/11/2017	Discus	9.90m	CMA
Rawhiti Domain	18/11/2017	Hammer	16.75m	CMA
<b>Damien Cook</b>	<b>M35</b>			
Timaru	12/11/2017	5000m	17:02.59	SIMC
<b>Nick Bolton</b>	<b>M45</b>			
Timaru	11/11/2017	60m	7.99	SIMC & CMA
<b>Jonny Baird</b>	<b>M45</b>			
Timaru	12/11/2017	Pentathlon	1923 pts	SIMC & CMA

# Tasman

by Derek Shaw

## South Island Masters Track & Field Championships

Joeline Jones (W35) smashed two SI championship records and achieved five PBs at these champs in Timaru 10-12 November 2017. Her early season form clearly showed the benefits of her work with local coach Dennis Kale. On the Friday evening she ran a PB of over half a second for the 400m with a time of 63.07, which broke the championship record held by former Tasman runner Claire Doris of 65.60 set on the Trafalgar Park grass track back in 2003. Twenty minutes later she was in action at the long jump pit, with her best effort of 4.42m being a 10cm PB.

On the Saturday afternoon she ran a strong 60m to record 8.51s, 2nd behind Southland's Tracey Excell (W35). She then had the frustration of an electronic timing fault not recording her 100m race. The officials kindly offered a re-run on the Sunday morning which Jones and most of the others accepted. She had another strong run to again finish second overall behind Excell in 13.51s which was another PB. It was a repeat story in her 200m - 2nd behind Excell and another PB with her time of 27.37s. On the Sunday she tackled her first pentathlon - 100m 13.54; SP 6.40; LJ 4.08; Jav 11.64, and 800m 2:41.20. Her total of 1811 points beat the previous SI championship record of 1341 points.

Kirsty Richmond (W40) also achieved two PBs in her full schedule of events. She began with a PB of 8.08m in the shot put which put her 2nd overall in the women's shot. She followed this with 4.02m in the long jump to claim 2nd place in her age group. Her Saturday events commenced with a strong performance of 21.00m in the javelin to win her age group and 2nd women overall. This was followed with 2nd in her age group in the 60m in 9.72, and then a good final throw of 22.5m in the discus to place her 3rd overall amongst the women and 1st in her age group.

Her second PB was achieved in the high jump when she cleared the bar at 1.44m on her second attempt, comfortably winning the women's high jump. She also won the women's triple jump with a distance of 9.72m. She also competed in the pentathlon - 100m 17.07; SP 7.62; LJ 3.66; Jav 21.63; and 800m 3:06.10 - for a points tally of 2101, 68 short of the championship record.

Dave Riddell (M60) competed in five events and although he had no competition on his age group he had good competition with the younger men. He had a strong run in the 60m to record 9.09s and in the rerun of the 100m he produced a very creditable 14.74. Further strong runs saw him record 30.44 for the 200m, 5:48.6 in the 1500m, and 2:46.40 for his 800m.

Jim Kerse (M65) won the master's men 3000m track walk just edging out Otago's Tom Cockerill (M70) by 0.22s in a very tight finish to record a time of 20:03.79 minutes. In the 5000m track walk he won by 35s in a time of 35:11.58.

Derek Shaw (M65) focused on seeing if he could break the M65 SI championship record for the 3000m of 11:59.9. Despite being under the target for over three-quarters of the race he faded in the final two laps to miss the record by 2s. He also ran in the men's 1500m to finish 4th overall in 5:51.6.

## Nelson Half Marathon and Festival of Running

This revamped Athletics Nelson event took place on 5 November 2017 and offered four different distances to cater for all runners and walkers - half marathon, 10k, 5k and 2.5k. It took place in good conditions and used the Saxton Field facilities and adjoining shared pathways, with all races finishing on the athletics track. Many masters took the opportunity to take part and featured prominently in the results.

Overall winner of the half was Phil Costley and also first in the M40-9 age group in 1:13:45. Brian Kemp (1:23:40 and 5th overall) and Simon Leaning (1:26:33 and 7th overall) were 2nd and 3rd respectively in M40-9s. Robbie Barnes was 4th overall and 1st M50-9 in 1:21:20, with Stu Cottam 2nd M50-9 (1:28:52). In a close contest for the M60-9 grade, Murray Hart and Barry Dewar ran together for most of the race with Murray edging ahead near the end to claim 1st in 1:36:08, 19s ahead of Barry. John Smart, formerly of Auckland and now resident in Golden Bay, took out the M70-9 grade in 1:52:20.

In the women's half Elina Ussher (W40-9) was first and 10th overall in 1:32:06, followed by Kerry Semmens - 1:33:40 and 12th overall. Collette Read was 3rd women and 2nd W40-9 in 1:39:02. The winners of men's and women's half walk were both credited with the same time of 2:32:04 and were both in the 50-9 age group - Dennis Leahy and Wellington Master Terri Grimmett.

In the 10km run, 2nd overall, 1st women and 1st in the W40-9 age group was the unstoppable Paula Canning in 39:47. Third place overall and 1st M50-9 was Tim Cross in 41:27, with Derek Shaw (44:00) 6th overall and 1st M60-9. The first W60-9 was Fran Kerse in 49:39. In the 10km walk, Barb Pauling (1:09:21) was 1st overall and 1st W60-9, followed closely by Bevan Cook in 1:09:49 and first M70-9. In the 5km event Tasman Masters Ian Morrison (21:45) was 6th overall and 1st M60-9, while Jim Kerse (34:59) was 2nd overall and 1st M60-9 in the walk.

# Southland

by Dwight Grieve

Wow track time already, only just feels like I was training for road and cross country. Some great things happening down here in the deep south and excitement for the season ahead.

## Life Membership

At the AGM a very long term member of Southland masters was made a life member. Evan MacIntosh has done it - he has been on the committee, President, event organiser, Vetline writer, competitor and chief wrangler for years and years. In fact Evan is the reason I joined masters. I was doing a mixture of events and he came up to me and gave me a copy of Vetline while telling me to have a read and get involved. A personal thanks Evan.

It was fitting that departing President Mark Flaus presented Evan with the honour and a plaque to go with it. Evan I have no doubt will still be out there competing and helping get others involved for many years yet as his enthusiasm for the sport is still clearly obvious.

The other part of Evan's recovery approach is also well worth using - his post race beer has become a great relaxing part of our racing. Evan's legacy will also carry on with his son Glenn also one of the main motivators for the sport in Southland, Evans attitude has really rubbed off.

## Southland Marathon

NZ's oldest marathon was a stunner this year - the racing was tight, very tight. Otago's Glenn Sutton lead the field out followed by Southland master Kelvin Meade and Jerome Lagumbay. There was never much between them and when I saw them at the 10km to go mark, the order was still the same but the gap between all three less than 2 minutes. The final 10km must have been painful as the three were so close and fought it out. In the end Glenn faded as the other two kicked on and it all came down to a sprint finish inside Stadium Southland. Kelvin tried to peg back the one second lead he had managed to make over 42km on Jerome, but Jerome held on to take the title with Kelvin first master and Southland registered athlete. Both home in 2.53.

Other masters out there included Scott Underhay in 6th place, Croydon Paton 8th and also noting the return of a Southland stalwart Garth Fairburn in 12th place.

The women's race was low on numbers and for the masters Dorothy Horrell won the Southland masters trophy. I saw Dorothy with 2km to go and at the finish and she was in real pain with a sore back but was still smiling the whole way, even smiling as the paramedics took her off to be checked over.

The half marathon had Southland masters involved as well. Craig Iverson set a great PB of 1.31 for 5th overall and first Southland master. Craig is new to the sport and smashing his times down, the PB's will just keep coming with his obvious commitment. Rueben Boniface also finished well crossing in 7th

place and Alistair Hatton making his appearance and finishing off a tough 21km. Nice to see Marie Small out racing. She is normally at events supporting her twin sons who are two of Southlands top under 20's.

The 10km race included the above twins Albie and Buddy, with fellow under 20 Jack McNaughton. The three are some of Southlands top up and coming talent and Dwight Grieve had the pleasure, along with fellow master Bevan Peirce, to try and keep them honest. Great conditions on the flat course and in the end experience took the win with Dwight home first and Bevan 5th behind the whippersnappers.

## South Island Masters Champs – Timaru

This event is always fun. Numbers were low again which is such a disappointment as it is simply fun! It is so well run and Andrew Stark does need to take a bow for putting it together so well. The Southland crew made sure we got some good numbers there and it was great to see some great results. It is very early in the track season but it looks good for the Oceania's and the rest of the season.

A personal highlight was the 60m sprints. There were four races and the three that featured Southlanders we won! I think we can claim to be the fastest "fast twitchers" in the South Island. It was politely pointed out to me by Tracy Excell the sprinters far outnumbered the distance crew ...

Scott Belesky (M35) equalled his own 60m championship record while Tracy Excell (W35) set a new NZ record! Wahoo and the season has only begun! Lee Grieve (W40) set a new women's weight pentathlon record while, husband Dwight (M40) took 30 seconds off his 3000m championship record.

We also had a new member in her first track event and Kyle Gough soaked in the new experience, great to have her on board and I have no doubt's she will be one to watch. Being so early in the season can be tough and I saw Bruce Thomson shattered at the end of his 400m, there was zero doubt 110% went into that race.

Lester Laughton had a huge battle in the weights pentathlon with Canterbury's Rick Davidson and it wasn't until the last weight was tossed that the winner could be found, each event see-sawing from one to the other, and for the record Rick took the win by a mere 24 points - 2820 to 2796.

Also stoked to see Southland legend Alistair MacKay in attendance and still racing. Alistair is in his 90s and I can only hope I look and act like him at 90+. Warren Green was also testing his early season form as he targets the multi events again this season, evidence men can multi task as he learns all new skills over many events.

Southlanders won a series of events and it was great to have the whole crew there.

## Looking Ahead

Things are about to get busy, by the time this goes to print the Kepler Challenge will be done and dusted. This is a big race down here and many of the masters are into it - Dwight Grieve, Kelly McSorily and Scott Underhay are all possible sub 6 hour runners in the 60km race so fingers crossed for top results.

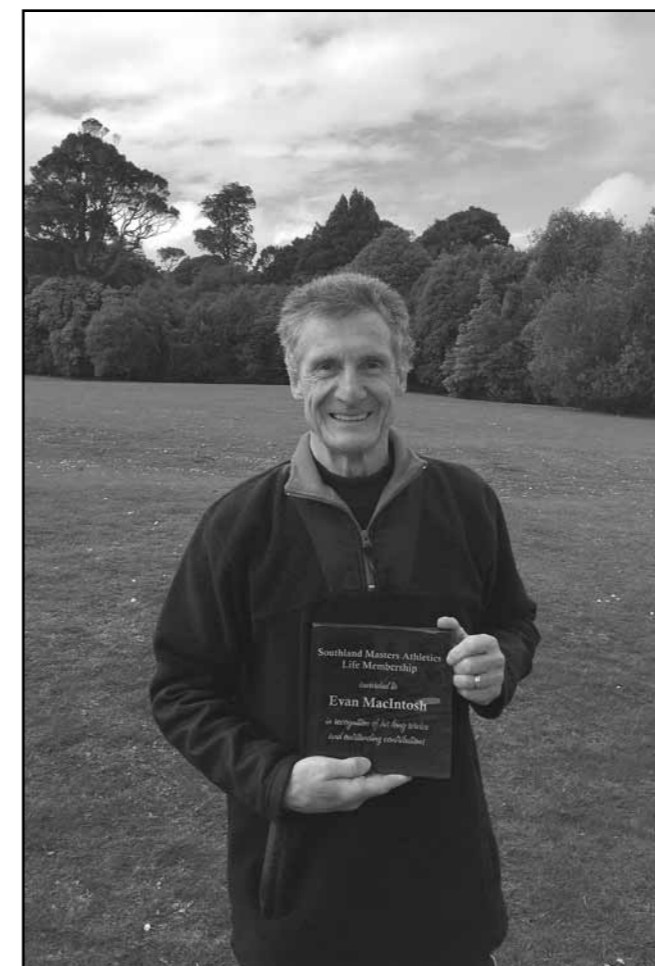
The track season is about to really crank up. The Oceania champs in Dunedin is a great chance for all NZ masters to take part in a big event and race those from overseas while making some new friends. I'm personally looking forward to catching up with those we met last time in Rarotonga.

Then the NZ Champs and NZ Masters Games are on while the local regional track and field champs are also a focus. On the regional front I hope this year some of Southland crew can get together and travel to Dunedin for the Otago champs the week after our own champs - a fun social weekend with the neighbours? Also a great opportunity to whip them! Come on Otago bring it on! Southland are coming!

Did a wee training run for the Kepler today and noticed one of the race signs up already, it is worth sharing: "Long smiles makes short miles". See you all out there.



Southland Masters marathoners (well...two of them)



Evan MacIntosh - Southland Masters Life Member



Southland sprint team - South Island Champs

PHOTOS: Dwight Grieve

# Otago

by John Stinson

## OMA Championships

Otago Masters athletes are preparing for what is to be their biggest event ever. The organising committee has the champs progress up to date but it is now the athletes who are starting to shine in performances that hopefully will continue into January.

The conditions at the Caledonian ground have been getting better each Saturday and on 25 November the sun was out, the track was hot with a nice gentle head wind and the records tumbled. Liz Wilson was in outstanding form breaking two NZ records in the 60m and 200m. The 200m was a long standing record set by Shirley Peterson in 1985. Liz also set an Otago record in the 100m earlier in the day.

Alison Newall has taken up the new discipline of the pole vault. After intense winter training she broke the Otago record at her first attempt. Then on this hot Saturday, she set a NZ record with a vault of 1.95m, breaking the previous record of 1.90m set in 2006. Alison also broke the Otago triple jump record earlier in the season with a leap of 7.62m. Claire Giles broke her 300m hurdles record and Peter Fitzgerald also broke the record for the 3000m. We will be keeping these conditions for the next 8 weeks so that the track will be sizzling along with the competitors.

## Bill Kenny Memorial Event

The Bill Kenny Memorial Steeples Relay was held recently with four very enthusiastic teams each running or walking 400m x 2 to complete the race. For good measure a small steeple was placed on the track to manoeuvre on, over or around. This was to honour Bill whose favoured event was the steeplechase. Colin Dick, Stu McCormack and Claire Giles were declared the winners securing the chocolates. Second, third and fourth places were awarded the shortbread.

## SI Masters Championships

These champs were held recently in Timaru, a little earlier than normal due to Canterbury Show day being a week later. Otago was represented by 4 men and 8 women, along with a contingent of officials to help boost the numbers. This was a combined meet with Canterbury Multis Champs. It has proved to be

successful in recent years due to small numbers of Masters athletes competing and the rising costs of hosting the event.

Ian Sim proved to be the best performing Otago athlete by equalling the NZ record in the M70 long jump (4.06m) and South Island championship records in the 60m (9.20) and triple jump (8.44m). Tom Cockerill (M70) set a South Island record in the 5000m track walk on the Sunday following his battles with former Otago master Jim Kerse in both the 3000m and 5000m walks.

## Other News

Geoff Anderson (M60) has been busy dabbling in half marathons as well as speed work on the track. Geoff ran a very creditable 1:26 in the Queenstown half recently and I wonder if he may enter the Oceania half at OMA champs?

Otago masters will be holding their annual beach run as their last scheduled run for the 2017 calendar year. This is a 5km handicap race starting at the St Clair Esplanade. The 1st male and female to finish are awarded the Geoff Capon trophies for their efforts. Geoff was a former president of our masters group who lost his battle with cancer a number of years ago. This is a challenging course as there is always a stiff wind and the run has to be determined by the tides. After all this hard work we will then regroup for a Christmas wind up, a few drinks, a meal and a lot of chatter to close the year.



The winning team of Colin Dick, Claire Giles and Stu McCormack with Alison Newall doing her best to provide some distraction in the background

PHOTO: Sophanna Parsons



From L to R: Tom Cockerill, Ian Sim, Warren Green and Max Wood in the 60m sprint at the recent South Island championships in Timaru

PHOTO: Derek Shaw



Otago Masters President Rob Homan (Centre) and other Otago Masters Competitors pictured at the completion of the Otago Masters Bill Kenny Memorial Steeplechase Relay held on November 15th at the Caledonian Ground

PHOTO: Sophanna Parsons



Mat Rogers leads Wim Luijpers in the 1500m at the North Island Championships

PHOTO: Sharon Wray



## COMING EVENTS

### 2018

20-27 JANUARY	OMA Stadia Championships	DUNEDIN
2-4 MARCH	NZMA T&F Championships	WHANGAREI
9-11 MARCH	ANZ T&F Championships	HAMILTON
18 MARCH	Taranaki T&F Championships	INGLEWOOD
29-29 APRIL	Australian T&F Championships	PERTH, AUSTRALIA

### 2018 (continued)

26 MAY	Oceania Trail Championships	NOUMEA, NEW CALEDONIA
4-16 SEPT	WMA Stadia Championships	MALAGA, SPAIN
<b>2019</b>		
JULY or AUG (tbc)	OMA Stadia Championships	QUEENSLAND, AUSTRALIA
24-30 MARCH	WMA Indoor Championships	TORUN, POLAND



NORTHLAN

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ATHLETICS  
TARANAKI  
MASTERS

NORTH ISLAND MASTERS  
TRACK & FIELD CHAMPIONSHIPS

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NORTH ISLAND MASTERS  
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