

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

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- > Notice: NZMA Special General Meeting





The M65 60m sprint at the Australian Masters Championships in Adelaide

PHOTO: Michael Slagter



The W50 60m sprint at the Australian Masters Championships in Adelaide

PHOTO: Michael Slagter

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



Cover Photo

Nick Bolton (NZL) edges out Brad Krawczyk (NSW) in the M40 110m hurdles at the AMA T&F Championships in Adelaide

Photo - Michael Slagter

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Dennis Wylie (NZL) in the M60 8km cross country at the AMA T&F Championships in Adelaide

Photo - Michael Slagter

Back Cover

Chris Waring (NZL) with Anne Lang (SA) and Brenda Painter (WA) in the W70 60m at the AMA T&F Championships in Adelaide

Photo - Michael Slagter



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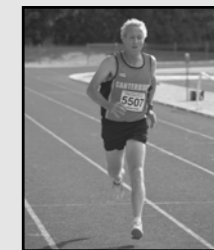
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President's Report

by ANDREW STARK - NZMA President



From L to R: Scott Dorset (NZ), George Papalexion (NSW) and Gary Parkinson (QLD) in the M45 200m sprint at the Australian Masters Championships

PHOTO: Michael Slagter

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With the colder weather upon us, the hardest part of training is often getting to the door. Having a goal in mind does help, so I trust those planning to go the Perth in late October are using that as motivation to 'just do it!', as Nike would say.

Since the April Vetline, I have had very little additional feedback about the proposed membership MoU between NZMA and Athletics NZ. However, I am quietly confident that all Centre representatives who attended the AGM in February with the expectation of voting for or against the MoU still have the same view as nothing has changed since then.

As decided at the AGM, we are holding a Special General Meeting (SGM) in Auckland on 6 August 2016. This is the same day as ANZ's Club Connect Conference and we have arranged to use the same venue, Novotel Ellerslie. Our meeting is planned for 5.00 p.m.

The reason for using this venue is that many Centre representatives may well be at the Conference. It will also allow non-NZMA masters at the conference to listen in on what is planned and give us an opportunity to prompt what we have to offer to this group.

Although we set our NZMA fees at the AGM in February, it will be necessary to change these fees if the MoU is accepted. Athletics NZ increased their fees in April, but fortunately our fees do not have to mirror their fees. However, I do expect our fees to go up, which is not unrealistic given we have not increased the fees for several years.

In May, I sent an information letter to all Centres about how I think the new system will work. This was also another opportunity for Centres to provide feedback and ask questions. Thank you to those Centres who responded.

If you are still unsure of what this all means to you, ask yourself this question ... "Have you or are you intending to join an ANZ affiliated club?"

If the answer is YES, then you will register through an ANZ Club as many of you already do. However, you will no longer pay a second fee to join NZMA. If you intend to compete at SI, NI, NZMA, OMA or WMA championship events, you will join ANZ as a 'Competitive Member'.

If the answer to the question above was NO, (I will not join a club) then you will join NZMA. This will be done exactly the same way as you have done for years - via your local Masters Centre. Previously there was only one fee for NZMA members. However, we are intending to introduce two options. A NZMA Competitive Member who intends to compete at SI, NI, NZMA, OMA or WMA events or a NZMA Social Members who only competes locally.

As mentioned previously, Vetline will become optional. Therefore, this will be an additional cost over and above whichever subscription you pay. One option is to offer a PDF version of Vetline free to all members and a user pays paper version. These options were discussed at the July Board meeting. We have at least until the end of the year to decide so if you have an opinion either way, we need to know.

Finally, a lot of work has gone on behind the scenes to create this Sharing of Membership MoU with ANZ. I am keen to make sure we do what is required so that we can vote on this issue at the SGM. If you are going to be in Auckland attending the ANZ Club Connect and / or Oceania / ANZ Cross Country Championship to be run on Sunday 7 August and can be your Centre's representative at the SGM, please let your Centre President know, so that your name can be passed onto the NZMA Secretary prior to the meeting.

Thank you for the supportive comments I have received regarding this issue.

I look forward to seeing many of you in August.

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2016 Australian Masters Championships

by Andrew Stark

This year, sixteen New Zealand athletes (including myself) travelled to Adelaide for this event on 16-19 April 2016 in which 670 athletes participated. As we in Canterbury compete on a grass track, you can imagine my envy when I saw the South Australia Athletics Stadium in Adelaide. It's a nine lane track which is not that usual these days. However, it has twelve full 100m lanes on the front and back straights, four jumping pits between the lanes, stands on both the front and back straights, plus three pole vault areas permanently set up at one end and high jump at the other. As well as the throwing cages on the in-field, there was also a hammer/discus/weight throw cage, a javelin throwing area and an all-weather sprint warm-up area out on the back fields. What more could you want?

The only drawback was that you are quite a long way from the action for races run on the pole line. That aside, it was a great venue and the weather was hot on all days ... maybe a bit much wind for the sprinters, but that did help to cool you down.



Dennis Wylie appears to float above the water

Below are the results of the New Zealand competitors:

Vanessa Story (W40)		
60m	8.54	4th
100m	13.57	3rd
200m	27.64	2nd
400m	60.11	1st
800m	2:28.34	1st
Louise Martin (W50)		
60m	9.10	5th
100m	14.90	4th
200m Heat	29.49	Q
200m Final	-	DNF
Chris Waring (W70)		
60m	10.42	1st
100m	17.07	2nd
200m	34.69	2nd
400m	87.19	3rd
Nick Bolton (M40)		
60m	7.80	5th
100m	12.27	6th
110m hurdles	15.89	1st
Chris Mardon (M45)		
5000m	16:03.75	1st
Bruce Solomon (M50)		
60m Heat	8.01	Q
60m Final	8.20	6th
100m Heat	12.99	Q
100m Final	13.01	5th
200m Heat	25.79	
Long Jump	4.78m	3rd
Shot Put	10.36m	3rd
Discus	32.68m	3rd
Javelin	36.49m	3rd
Outdoor Pentathlon	2960 pts	1st
Brendan Magill (M50)		
Javelin	30.17m	8th
Outdoor Pentathlon	1476 pts	6th
400m Hurdles	79.18	2nd
Triple Jump	8.71m	2nd
Peter Fitzgerald (M55)		
800m	2:17.16	2nd
1500m	4:34.87	1st
5000m	17:26.37	2nd

PHOTOS: Michael Slagter



Louise Martin (R) running strongly on the bend in the W50 200m final



Lester Laughton was 3rd in the M60 discus



Rick Davison in the M65 javelin



Jose Carvalho (NSW) leads Peter Fitzgerald (NZL) in the M55 1500m



Ron Johnson was 3rd in the M80 shot put



Brendan Magill is full of concentration going over the hurdle in the M50 400m hurdles

Andrew Stark (M55)		
800m	2:26.48	6th
Lester Laughton (M60)		
Shot Put	9.74m	7th
Hammer	32.06m	6th
Discus	38.86m	3rd
Weight	13.65m	4th
Throws Pentathlon	2567 pts	6th
Dennis Wylie (M60)		
1500m	5:10.31	2nd
2000m Steeplechase	8:11.01	4th
8km Cross Country	33:52.00	4th
Richard Davison (M65)		
Shot Put	9.28m	4th
Hammer	39.31m	1st
Discus	36.38m	1st
Javelin	ND	
Weight	14.87m	1st
Throws Pentathlon	3399 pts	1st
Trevor Guptill (M65)		
60m	8.52	1st
200m Heat	30.39	Q
200m Final	28.14	2nd
Brian Senior (M75)		
Shot Put	9.77m	1st
Hammer	35.39m	1st
Discus	30.60m	2nd
Javelin	27.02m	1st
Weight	14.25m	1st
Throws Pentathlon	3392 pts	1st
Ron Johnson (M80)		
60m	12.51	4th
1500m Walk	10:42.29	1st
Long Jump	2.47m	2nd
Shot Put	8.76m	3rd
Hammer	25.64m	3rd
Discus	24.26m	3rd
Javelin	26.06m	1st
Throws Pentathlon	3356 pts	2nd

What we miss at our NZMA Championships are full fields within an age group, which seems to be more of a problem on the track. At these championships, that was less of an issue so you knew you had to perform at your best just to take a place. One of the most exciting races of the weekend was the W40 800m (this comment was made by the Australian announcer, not me although I agree). Four athletes battled for position, running together all the way until Vanessa Story challenged for the lead with 80m to go.

She hung on to win, with only 0.42 seconds separating the first three and a further 0.7 second back to fourth.

Brian Senior (M75), having to compete for the first two days in non-sports gear as Air New Zealand off loaded his bag at Christchurch, dominated his age group. It was also great to see Bruce Solomon (M50) thundering down the track in so many races due to heats being required. A short sprint final with twelve athletes spread across the track, with often very little separating the place getters, makes for exciting racing. Well done Bruce for competing in 9 individual events, plus the outdoor pentathlon ... and surviving!

Ron Johnson (M80) certainly deserves a mention as he also competed in 7 individual events, plus the throws pentathlon winning medals in all but one of his events. You are an inspiration to us 'young ones' ... given I entered only one event and broke down at the 600m mark ... I don't know how you do it!

A full set of the Championship results can be found on the following website, <http://www.samastersathletics.org.au/nationals2016/>. A good selection of free photos from the event can be seen on <http://www.michaelsphotos.com.au/>. The photos associated with this article are from this website. Thank you for the time and effort your team has made to capture the 'moment'.

Organising a Championship event can be a nightmare as there is so much to do and the South Australia Masters group worked tirelessly throughout the four days of competition. It was interesting to note that despite the number of competitors, who presumably bring along supporters, there was a constant call for helpers, especially to assist with the field events. I guess that's a common problem these days. If you are reading this and have never helped out as an official, it's a great way to be involved and get to know the athletes, so why not give it a go.

I look forward to attending another AMA Championship in the future.



Vanessa Story (4062) won the W40 800m final

PHOTOS: Michael Slagter



Brian Senior (NZL) winding up in the hammer throw



Vanessa Story was 2nd in the W40 200m final



Travis Venema (QLD) and Nick Bolton (NZL) in the 60m



The men's M65 200m



Chris Mardon won the M45 5000m



Chris Waring (NZL) won the W70 60m sprint

PHOTO: Michael Slagter

2016 Half Marathon Championships

by Michael Wray

The Christchurch Marathon returned to a city-based course last year and in the process attracted a storm of criticism as teething issues affected both competitors and residents. To their credit, the organisers surveyed for feedback and took actions based on what they learned. The result was a much improved event this year.

It's not yet the well-oiled machine of pre-earthquake years but it is well on the way to becoming the event of old. Some factors are beyond their control; the eastern part of the course takes place on a surface that remains pockmarked and uneven. There was less of this than last year, but the heavy rain that Christchurch endured in the days before the race had turned every pothole into a small lake and the unsealed sections were very muddy.

On the plus side for competitors, the start line had been moved around Cathedral Square. Instead of a 270 degree sharp turn in the first fifty metres, the race now enjoyed a 400m straight and after a wide 90 degree turn, another uninterrupted straight of over a kilometre. The first 10 kilometres still has a few more sharp turns than is preferable but that is now merely a matter of wanting to maintain straight-line speed rather than concern for safety.

One thing that is still not quite right is the finishing approach, which suffered from confusion over lanes and the lack of room for the lead car. This was highlighted in particular by events at the head of the race, where the winner of the NZ senior men's title was almost decided by the lead car. Oska Inkster-Baynes was the senior men's winner and he ran down Manchester Street for the second and final time with a lead of some five seconds over Aaron Pulford. Three Manchester Street lanes were set-up in a confusing fashion for the half marathoners. The right hand lane was being used by those in the 10km, who had approached from Peterborough Street. The half marathon runners were in the left lane, having entered Manchester from a later point (Kilmore Street). There was a further lane in the middle, which I later discovered was being used by the buses that were still running and was therefore meant to be kept clear until the half marathoners could be safely marshalled to cross over to the right to join the 10km runners at the corner of Hereford Street. However, this requirement was not entirely clear and many half marathoners, aware of the need to go right for the finish found themselves uncertainly crossing right early and being ushered back later.

The finish line is on the pedestrian entrance to Cathedral Square, about 100 metres from the turn-off from Hereford Street. Barriers are erected to prevent runners from accidentally running past the finish to Worcester Street. As Inkster-Baynes turned the corner to find the finish line in sight, he was conscious of the chasing Pulford and naturally took a straight line towards the finish.

The driver of the lead vehicle wasn't thinking of the logical path that Inkster-Baynes would take and with the area too small to continue driving and 10km runners cutting across its path, the vehicle turned right towards the Worcester Street direction - directly into Inkster-Baynes path. The sprinting Inkster-Baynes did well not to run into the back of the car but in weaving around to avoid the collision found himself outside the barriers that line the finishing straight. A second's hesitation would have cost him the race, so he did what he had to do: he threw himself to the ground (at sprint speed!), pulled himself through under the barriers and only just got to his feet and over the line ahead of Pulford with less than a second to spare (both have the same finishing time). Baynes said later, "My knees are well bruised..."

New Brighton Olympic's M40 Mark Bailey had arguably the most impressive performance of the day in running 1:09:21, although Michael Bond running 1:39:42 at the age of 73 is also a worthy candidate.

The M40s saw one of the tightest medal-determining finishes when Jason Cameron took the M40 bronze by finishing just four seconds ahead of Paul Barwick. There was a good contest in the M45s too, as Lake City's Tony Broadhead and Scottish's Michael Wray ran together with M50 Anthony Duncraft until the final few kilometres, when Broadhead surged for gold and Wray had to be satisfied with silver.

Duncraft fell off the two M45s and a fast finishing Richard Seigne came within three seconds of catching him, forcing Duncraft to work hard at the finish to maintain his gold medal position. Alastair Prangnell and Tony Price outraced their rivals to claim the M55 and M60 honours.

First master's woman was Sally Gibbs. Despite contesting the W50 grade, the nearest master woman of any age was four minutes behind (W40 Paula Canning). The contests within the master's women age-grades were for the most part staggered and only the contest for W45 silver came close, where Corina Fellman finished 30 seconds ahead of Leesa Edge.

New Brighton Olympic have the men's team gold with a team consisting of three SM and one master (M40 Mark Bailey). Christchurch Avon claimed the team silver thanks to four SM, while Wellington Scottish used three masters (M35 Dave Parsons, M40 Paul Barwick, M45 Michael Wray) to pick up bronze.

The women's team gold features fewer masters. Hamilton Hawks (gold) and North Harbour Bays (silver) are all SW. Wellington Scottish have team bronze, with W40 Lindsay Barwick the sole master.

PHOTO: Sharon Wray



Dave Parsons - 2nd place in M35-59 grade at the Athletics New Zealand Half Marathon Championships

How Often Do You Disagree With The Course Distance?

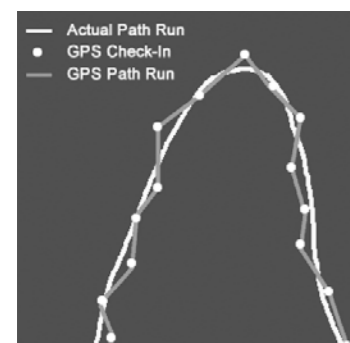
by George White

On many occasions I have heard people complain to a race director that the course was “short” or “long” - but can you trust your GPS watch? The short answer is - certainly not all the time. Positioning by good GPS watches is only accurate to about 3-5 metres - 95% of the time. This often causes them to report different distances on a measured course. Just because GPS is full of sophisticated hardware and software technology and uses billion dollar satellites, it does not make it more accurate than the method used to measure certified courses.

Certified courses are very accurate - to within 1/10th of 1%. Course measurement procedures result in the actual distance for a race being at least the advertised distance and to be doubly sure, they have a correction factor added (1 metre per kilometre). So all “accurate” courses are normally a fraction long! Using a calibrated bicycle, a course certifier rides the course multiple times and carefully takes each corner and rides each tangent to ensure they capture the shortest possible route a runner could take. A highly accurate mechanical counter called a Jones-Oerth device is required. This device has to be calibrated every time that it is used, before and after the course measurement to remove any chance of errors caused by changes in the atmosphere or tire pressure.

The length measured for each ride (at least 2) must compare to less than 0.08% to be a valid measurement. If they don't compare, additional rides must be done until a valid course length can be established.

So, back to GPS. The system is a satellite-based navigation system made up of a network of satellites placed into orbit by the U.S. Government and was made available for civilian use in the 1980s. By a process of triangulation the receiver calculates its geographic position. To determine this position, the GPS must receive a signal from at least three satellites, preferably four (it will be more accurate if it's using at least 5 or 6). It must be locked on to the signal of at least three satellites to calculate latitude and longitude and to four or more to determine altitude as well.



GPS satellites transmit radio signals which travel by line of sight, meaning they will pass through clouds, glass and plastic but will not go through most solid objects such as buildings and mountains. As stated in the introduction most

GPS watches will position you within 3-5 metres of actual position - 95% of the time. Importantly, for the other 5% of the time it may be off by more than 10 metres. Unconsciously we think that our watches follow our path much like a wheel with a continuous line being drawn along the path taken. In reality the watch records a position every few seconds (the better watches can do this every second!). These positions may actually be to the left or right of you, or front or back. The distance measured by your watch is determined by joining all these recorded positions. Sharp turns in particular cause issues if the recording interval is such that it doesn't catch the turns being made. For example, if a data point is only recorded every 5 seconds, and within that 5 seconds you complete a hair-pin turn - it may appear you've only gone 3 metres, when in reality you've gone 15 metres.

GPS accuracy is affected by a number of factors:

The more satellites a GPS receiver can “see” the better the accuracy. Buildings, terrain, or sometimes even dense foliage can block signal reception, causing position errors.

Your calculated location is likely to be more accurate if the satellites are located at wide angles relative to each other.

If the GPS signal is reflected off objects such as tall buildings or large rock surfaces before it reaches the receiver, this increases the travel time of the signal, thereby causing errors.

Noise can occur in the radio signal due to the ionosphere and atmospheric conditions. Atmospheric delay is largest during the heat of the day when ionosphere activity is greatest.

When running a path with several turns in a heavily wooded or urban area, the GPS may lose satellite information, and will assume that you travelled a straight line from where satellites were lost and regained.

As the radio signal travels between the earth and the satellites, bad weather like rain or storms could cause signal weakening.

A receiver's built-in clock is not as accurate as the atomic clocks on-board the GPS satellites. Therefore, it may have very slight timing errors.

Orbital errors may cause minor inaccuracies in the satellite's reported location.

The final sources of error are those of the user. Runners are just not able to run the exact shortest distance due to a number of factors including:

On courses with lots of turns, runners may try to run the tangent or the shortest possible line, but often other runners are in the way, stopping them from doing this safely.

Pauline Purser

by Murray Clarkson

Pauline was born in Hawera and spent time in both Wellington and New Plymouth before moving to Auckland in 1964. A colourful personality, she took up dancing after having met and been attracted to Ray at a public dance. Ray, an accomplished dancer, proved a worthy partner and the couple were subsequently successful at many competitions. From dancing competitions at Masters Games at which Ray also competed in athletics, Pauline decided to give running a go. Her experience at hurdling as a youngster led to her competing in the 200m event at the Australian Masters Games where she won a silver medal and became hooked.

From then on athletics was included in their activities. Pauline and Ray joined the Glen Eden Club and Auckland Masters Athletics in 1994 and remained with this club when they shifted to Tauranga in February 1996. They later joined Waikato/Bay of Plenty Masters Athletics in 2007. Pauline was a champion in her age group many times, with her preferred events being the hammer, javelin, weight throw and shot put. She still holds eight NZ Masters records, including W85 and W90 records for both shot put and javelin, W85 for discus, and W90 for hammer, weight throw and throws pentathlon. She also holds seven NZ championship and NI championship records and four Oceania records from Townsville & Tauranga. She also competed in Geelong.

Although not keen on flying she was certainly a high flyer as far as personality and character were concerned. There was never a dull moment with her cheeky smile and quick-witted responses. Being a determined athlete, she at times tested the officials but these were quickly resolved and did not detract from her sterling performances.

To reach the age of 93 and the performances she achieved were testament to the assistance unselfishly rendered by

friend and partner Ray Laurie. As she gallantly fought her battle with cancer, Ray was her rock. We know that Ray, with health problems of his own, intends to continue his association with Waikato/Bay of Plenty Masters where possible.

We fondly farewell Pauline having experienced the pleasures of her company and the influence and encouragement of her performances.



How Often Do You Disagree With The Course Distance? (continued)

Water stops and other excursions from the course will make your GPS report longer.

If you are running a course for the first time, you may not be aware of the best tangent or shortest line.

Runners may choose to run on the softer side of the road, or on the camber of the road that feels best.

Runners almost never run in a straight line, they make hundreds of small adjustments left and right.

Runners are more focused on finishing as they get tired whereas the certifiers ride smoothly along with little or no discomfort to distract them.

So, you just bought a \$200 GPS and I am saying it's not accurate! Your GPS is a great tool to give you an approximate position in a race and I use mine a lot in training as it makes it easy to go that little bit further and still know the distance and pace. So, make use of all the benefits of a GPS watch but please don't berate the race director when it doesn't agree with his distance!

2016 Australian Masters Athletics Awards

by Wilma Perkins

Sprints:

The Sprints Award winner was **Lyn Peake** (W65) from South Australia. 2015 was a huge year for this category with six of the nominees setting 26 Australian records between them, a remarkable achievement. Lyn was responsible for seven of these and her success included winning all her sprints at the AMA Championships last year as well as the Sprint Champion of Champions, gold in the 400m at the World Champs in Lyon and silver in the 100m and 200m.



Middle Distance:

The Middle Distance Award winner was **Scott Tamblin** (M35) from Western Australia. Scott established his credentials with Australian records in the 1500m, 1 mile and 3000m and state records in the 800m and 1000m. Scott managed to take 2.5 seconds off the 1500m record.



Distance:

The Distance Award winner was **Angela Carpini** (W50) from New South Wales. Angela won gold medals in the 10,000m and half marathon as well as silver in the 5000m and cross country at the WMA Championships in Lyon. Not surprisingly Angela won the 5000m and 10,000m at the AMA Championships twelve months ago.



Walks:

The Walks Award winner was **Heather Carr** (W65) from Victoria. Heather was a multiple gold medalist in Lyon in the 5000m, 10,000m and 20km. Heather's two Australian records in the 2000m and the 30km confirmed her as the 2015 winner.



Jumps:

The Jumps Award winner was **Melissa Foster** (W35) from Western Australia. Melissa has had a great year in both triple jump and long jump. She won both these events at the state and national championships. In Lyon, Melissa won the silver medal in long jump after leading until the second to last jump of the competition and a gold in the triple where it took an Australian record to secure the win.



Throws:

The Throws Award winner was **Mary Thomas** (W70) from New South Wales, an athlete who has had a lifetime in the sport. Mary was unbeatable in the throws pentathlon in 2015, whether it was State, National, Oceania or World. At the NSW Throws Pentathlon Championships, Mary came within 13 points of the world record and was 11 points off the record at Lyon.



Australian Masters Athletics (AMA) continued its tradition of presenting the AMA Awards to the outstanding achievers of the previous year at the dinner function held in conjunction with the AMA Championships in Adelaide during April. The awards were presented in eleven categories.

Multi Events:

The Multi Events Award winner was **Justin Hanrahan** (M45) from Victoria. Justin put together two outstanding decathlons in 2015 achieving an Australian record in one and five months later the gold medal at the WMA Championships in an event that had a massive field of 56 entrants.



Outstanding Individual Performance:

The Most Outstanding Individual Performance was by **Marie Kay** (W55) from Queensland. Marie's performance was in the heptathlon at Lyon where she not only won the gold medal, winning six of the seven events contested, but improved the world record by over 300 points. The record was held by a US athlete who had won IAAF Best Masters Athlete as a result of their performance.



Outstanding Male Athlete:

The Most Outstanding Male Athlete winner was **Don Mathewson** (M70) from New South Wales. Don set two Australian records during the year at the Athletics NSW Winter Series with his best result being in the 1500m with an age grade over 94% whilst maintaining above 90% in his other middle distance events. Don won the 800m and 1500m at both the NSW and Australian Championships. He completed a successful year at the world championships with a gold medal in the 1500m and silver in the 800m.



Outstanding Female Athlete:

The Most Outstanding Female Athlete was **Marge Allison** (W70) from Queensland. Marge had been in outstanding form breaking her own world record in the 200m hurdles by 1.5 seconds. She was a member of the Australian W70 relay team who smashed the 4x400m world record. Marge returned from the WMA Championships with gold medals in the hurdles and 400m, silver in the 100m and 200m and additional golds from both track relays.



Volunteer of the Year:

The Volunteer of the Year was actually a team effort, namely **Valmai and David Padget** from South Australia. They have been stalwarts of masters for many years. On competition days they are always there to get the equipment out and set up, often before others arrive. David then assists on the check in desk whilst Valmai invariably acts as chief lap scorer. At the winter runs they provide the refreshments. They always take responsibility for the Harrier clubrooms when the masters use them and clean up afterwards. When it comes to championships, they can be counted on to be available to help.



Entries Open for Perth 2016!

by Jade Just

The countdown to the Perth 2016 World Masters Athletics Championships is well underway with just over four months until the championship begins.

Entries opened in February and the local organising committee recently spent time in Singapore at the Asia Masters Athletics Championships, encouraging participants to come to Perth to not only promote the event but also to promote the fantastic experience to be had in Perth.

Sponsorship Manager Gemma Dale said that Perth has so much to offer the visiting athletes.

“From our stunning metropolitan beaches to the vineyards in Margaret River and paddocks full of kangaroos...Western Australia and Perth is a truly unique place to visit and spend time in. We’re very excited to welcome athletes to Perth and to show them everything there is to love about our city and it’s surrounds,” said Gemma.

Competition Director David Budge said that plans are on track to deliver the best World Masters Athletics Championship ever.

“We look forward to what will be a fantastic spectacle, beginning with the opening ceremony at Perth’s exciting Elizabeth Quay development,” said David.

“We’re expecting an impressive mix of former Olympians, record holders as well as a handful of participants who are over one hundred years old, and we call on all international masters’ athletes, especially those in the Oceania region, to register and join in the excitement as the event draws closer.”

The championship will run from 26th October to 6th November and will include the Athletes’ Party at the Perth Zoo.

The first-class West Australian Athletics Stadium in Mount Claremont will be the primary competition venue and athlete’s village.

The recently upgraded Ern Clark Athletics Stadium, Cannington, will be the second venue.

The deadline for online entries is Thursday 25th August 2016. All information can be found at www.perth2016.com

Note:

For New Zealand athletes wishing to enter the WMA championships, the best method is to enter online.

Please also note, that you will have to be a registered member of NZMA to be eligible to enter these championships.

The current NZMA uniform (see next page) is now the only recognised uniform and in accordance with WMA competition rules, no other competition clothing will be accepted.



Local Organising Committee Members Richard Blurton and Lynne Schickert



Relaxing in Kings Park & Botanic Garden, Perth

NZMA Uniform Order Form

Crop Top



Singlet



T-shirt



Prices:	Crop Tops	\$42 + \$5 p&p
	Singlets	\$42 + \$5 p&p
	T-shirts	\$52 + \$5 p&p
	Tracksuits	\$120 + \$7.50 p&p

- > When ordering, please indicate how many of each item you wish to purchase.
- > Larger sizes in all products are available upon request.
- > Orders will be delivered in 10 days subject to stock being on hand. Otherwise, please allow one month for delivery
- > Email orders to: Karen Gillum-Green at: karenandrodneyclear.net.nz or fax to 09 7581569 or post to 243 Coronation Avenue, New Plymouth 4310

Product	10	12	14	16	Small	Medium	Large	X-Large
Crop Tops								
Singlets								
T-shirts								
Tracksuits								

Payment: Either by cheque made out to New Zealand Masters Athletics Inc or pay via online banking/direct deposit into our account:
Westpac 03-1598-0062314-00 (please use your name as reference)

Name:

Address:

Email:



There's a Fine Line Between Pleasure and Pain!

by George White

Over time I have sung the praises of beer and coffee – but I am not done yet! I am also passionate about chillies!

Now I started enjoying chillies many years ago and enjoy the enhancement it brings to many dishes (chillies are better than salt for seasoning!), as well as sometimes making ordinary dishes more palatable (not having a go at Gill's cooking!). Now that chilli is well entrenched in my cuisine I find that it also has health and even possibly athletic benefits.

Firstly some background! Chillies are ranked according to the Scoville Scale. This measures the amount of capsaicin (the chemical that makes them spicy) in a given species of chilli. The Scoville Heat Units (or SHU) of a chilli represent the number of times it would have to be diluted before it would be undetectable. For example, you would have to dilute the average jalapeno 2500 times before it would seemingly have no spiciness at all, hence a SHU rating of 2500.

The Carolina Reaper is generally regarded as the spiciest chilli in the world. The average rating is 1.6 million SHU and the rating of the spiciest batch was believed to be 2.2 million SHU.

Some chillies and sauces you may have come across! I have tried all of these and currently have some Carolina Reapers in my fridge.

Habanero/Scotch Bonnet	100,000 - 350,000 SHU
Dave's Insanity Sauce	180,000 SHU
Birds Eye	150,000 SHU
Ring of Fire Hot Sauce	100,000 SHU
Cayenne pepper	30,000-50,000 SHU
Serrano	10,000-23,000 SHU
Tabasco Habanero Sauce	7,500 SHU
Jalapeno	2,500-5,000 SHU
Regular Tabasco Sauce	2,500 - 5,000 SHU
Paprika	100-900 SHU

From Pain to Pleasure

Capsaicin in chillies is the antioxidant that gives spicy chillies their kick i.e. that tear-jerking, sweat-inducing, fiery blast of heat? It's a compound that itself rates about 16,000,000 SHU and there are some crazy manufacturers that actually produce products for sale with SHU values up to 10,000,000. Chillies hit pain receptors on the tongue, which send a message to the brain telling you it

is hot. However with constant exposure, these receptors become desensitized and the taste actually becomes pleasant. However becoming used to chillies doesn't stop the sweating and Gill can attest to the number of times I have dripped, if not flowed, onto a dining table. Hot chillies also release endorphins so despite the sometimes prolific sweating - and this is what Gill cannot understand - I am still thoroughly enjoying myself.

So what can chillies do for you?

Continue reading below...

Capsaicin has captured the interest of many researchers and is beginning to unveil a few of its secrets. It is early days, and most research is still at the animal testing stage, but there are positive signs.

- 1. Capsaicin is Good for Your Heart.**
 The properties of capsaicin that stimulate your taste buds and cause a burning sensation may also stimulate your cardiovascular system in a positive way. Studies have shown that capsaicin may help lower blood pressure and cholesterol levels, reduce the formation of fatty deposits in arteries and possibly prevent blood clots.
- 2. Capsaicin Can Boost Weight Loss**
 Many dietary supplements contain capsaicin as it temporarily boosts metabolism by promote thermogenesis which is the process of heat production. Stimulating thermogenesis increases energy expenditure. It will also reduce appetite by releasing serotonin which is a hunger suppressing hormone.
- 3. Pain Management**
 It's more than a little ironic that the compound that gives chillies their burn - can actually relieve the burning from nerve pain. It is also effective in reducing the pain of back pain, post-surgical pain and psoriasis. Some apply capsaicin topical creams on the forehead for headaches.
- 4. Capsaicin Could One Day Provide a Cure for Diabetes**
 Many diabetics already use capsaicin for nerve pain, but medical research is uncovering other possible ways capsaicin could help treat diabetes. Canadian researchers who injected capsaicin into mice predisposed to develop Type 1 diabetes were able to prevent the onset of the disease.

5. Capsaicin is Being Tested as Cancer Treatment

Several studies in recent years suggest that capsaicin may help inhibit the growth of some cancer cells. One study summarised on the American Association for Cancer Research website, shows that capsaicin inhibits the growth of prostate cancer cells in mice. In this study, capsaicin caused the death of about 80% of the cells.

6. Motivation and Performance

Capsaicin enhances dopamine production. We know that decreased dopamine results in tiredness and lack of motivation. The corollary to this is increased dopamine should favour better performance via maintenance of motivation and arousal.

7. Prevention of Assaults

One of the proven benefits of chillies is the many lives saved by pepper spray each year. There are no official statistics on how many assaults - and deaths - pepper spray prevents each year, but it is likely to be substantial. Pepper spray normally rates up to about 2,000,000 SHU, but where everything is bigger - in the USA it is 2,500,000 to 5,300,000 SHU. Knowing the pain when mistakenly rubbing my eyes while cutting jalapenos at 2,500 SHU - I know I don't want to experience something a 1000 times stronger. It is also something recommended by park rangers when traveling in bear country.

While it is early days regarding any "miracle" properties of chillies - I for one will just continue to enjoy the burn!



P.O. Box 8002
Ulrich
Hamilton 3245

22 June 2016

To all Centres of NZMA (c/c to Board members)

Notice of Special General Meeting (SGM)

In accordance with Rule 12.10 of the New Zealand Masters Athletics (Incorporated) Constitution I hereby give notice that a special General meeting will be held as follows:

Venue Novotel Hotel Ellerslie Auckland

Date Saturday 6 August 2016

Start Time 5pm (1700 hrs)

The purpose of the meeting is:

(1) To approve the adoption of a Memorandum of Understanding (MOU) between New Zealand Masters Athletics (Incorporated) and Athletics New Zealand. The purpose of the MOU is the sharing of Membership information.

(2) Review the subscriptions for the year 2016/2017.

(The subscriptions for the 2016/17 year were fixed at the Annual General Meeting held in March 2016. That resolution will need to be rescinded and replaced should there be a change)

Voting: Centres are entitled to two votes each which shall be exercised by their nominated delegate or delegates.

S T Foster
Secretary

Northern Territory

by Ruth Garden

The NT team in Adelaide – 2016 AMA Championships

Twenty one athletes came home with an impressive collection of medals. Thirteen of these athletes were first timers, representing a broad range of age groups. In a great start to national masters competition, all of the first timers medalled. Most of our team competed in more than one event. Nicole Simmonds tackled 10 events, including both the outdoor pentathlon and the throws pentathlon, winning 6 medals for her efforts, while Mike Roberts (M65) faced up to 12 events.

Athletes from seven different clubs made up our team: Alice Springs; Darwin Athletics; Darwin Runners and Walkers; Katherine Athletics; Mature Athletes Darwin; Palmerston Athletics; and Rural Athletics. Because of the long distances to travel in the NT, it's not often that so many clubs compete together. We're looking forward to seeing these athletes again at our NT Championships in September. Some may be continuing on to the Alice Springs Masters Games (October 8-15) and then to Perth for the World champs in October/November.

While it's a wonderful experience to medal, all athletes are to be congratulated for their efforts and commitment. A selection of photos can be found at the Athletics NT Facebook page.



Promoting 2017 event at Darwin Seniors Expo

NT looking ahead to 2017 AMA Championships in Darwin

To be held from 9th to 12th June 2017 over the Queen's Birthday long weekend, locals are getting behind this prestigious event. Mature Athletes Darwin (MAD Frogs) had an information stand at the Seniors Expo on 3rd June to promote their Come and Try afternoon on Sunday 5th June. This small club is specifically for the mature athletes (30 years and up) and meets throughout the year to train, compete and socialise. So with the support of Athletics NT, this event provided an opportunity to promote masters athletics generally and the 2017 AMA Championships specifically.

Hosted by COTA NT the Expo celebrated an "age friendly" Territory and seniors' ongoing contribution to their Territory life. Set up on the lawns of the Museum and Art Gallery of the Northern Territory, numerous community groups, organisations, service providers, businesses, and government agencies came together to showcase and provide information about their age friendly activities.



Mike Roberts in the weight throw at the AMA champs in Adelaide



"MAD Frogs" Nola, Mike, Maggie, Beryl & Ruth at the Darwin Seniors Expo looking forward to next year

Northland

by Margaret Crooke

Track and field is well and truly finished and the harrier season is in full swing with no shortage of events for athletes to partake in. As I write this, it is a windy but warm 21 degrees, not bad for the end of May.

The new Parkrun which started in Whangarei has been well attended by members. Being over the same 5k course each Saturday, one has the opportunity to see if times have improved and the training is paying off. Ian Calder, Judith Bradshaw, Judith Stewart and Dennis Langford currently hold age category records. If you haven't taken part in a Parkrun, give it a go, they are increasing in number around the country.

Wild Kiwi is a new event held in April and by all accounts it is not easy, particularly the 21k and 15k. It is billed as an event that has been created with the objective to get you into and onto some of the most incredible terrain and landscapes in one of the most amazing and scenic places in this country of ours, namely Whangarei Heads.

Results: 21km	Ady McKenzie	2:51	(1st woman)
	Brian Barach	3:41	
15km	Oringa Barach	3:34	

Our newest and youngest member Polly Barach was probably wishing for webbed feet competing in the Orewa Half Marathon. Well done Polly in the very wet conditions finishing in a time of 2h 14, good training for the Auckland Marathon later in the year.

The Rotorua Marathon was held in good conditions at the end of April and was the Athletics NZ Marathon Championships. Northland masters had four podium finishers: Brian Barach 2nd M65-69 in 3:55:59; Oringa Barach 3rd W65-69 in 7:09:27; Neville Rae 3rd M75-79 in 5:57:21; and Sien Van Der Veeken 1st in W75 plus in 6:20:34. Sien is an amazing athlete and has just entered the 85 age group. During winter she does marathons, cross country and road running and come summer she is out on the track sprinting, throwing and jumping.

A couple of years ago Sien had a bad bike accident which put her out of action for a short time. I had the opportunity to see her at her first event after months of recovery and asked her what kept her going, and she just pointed to her head. She is an inspiration to us all.

Sport Northland has had to date three of their run/walk series. The series caters for anybody with a pair of shoes who wants to go for a run or walk, with "achievable stepping stone distances". There are still four more in the series and they are held in different places in the north. Good on you Sports Northland for these events. They are well supported by Northland master's members. Don't think you even need a pair of shoes, as I lined up next to a guy at the Paihia Mother's Day run in May and he ran the 8k with no shoes. Later in the year he will run the Kerikeri half marathon without shoes. Takes you back to your childhood when we ran around in barefoot, ah the freedom. Food for thought, do we need all these so called improvement in shoes to run well?

The Worlds Masters Champs in Perth later this year and World Master Games in Auckland next year, provide a challenge to athletes who enjoy competing in the Pentathlon at National and Oceania level. As there is no Pentathlon at international championships, to do the multi discipline event, women need to step up to the heptathlon and men the decathlon. One member who has embraced this challenge is Mark Lett. The last few months have seen Mark mastering hurdles, high jump and pole vault. This Queens Birthday long weekend Mark competed in his first decathlon at the NQSF Student Games and All Comers Championships (incorporating the Queensland Masters Championships) in Townsville. Congratulations Mark on completing your first Decathlon and mastering those new disciplines with a podium finish in Townsville.

Keep running and throwing from the North.

PHOTOS: supplied by Margaret Crooke



Neville Rae



Judith Bradshaw,



Sien van der Veeken



Mark Lett

PHOTO: John Campbell

Auckland

by Alan Dougall

AMA Champions 2015/ 2016 Awards

Auckland Master Athletics (AMA) held its final competitive event of the summer season on 20 March in conjunction with its Annual General Meeting and annual awards ceremony. Our hearty congratulations go to the following award winners:

10,000m Champions:

Female: Judith Stewart
Male: David Anstiss

Pentathlon Champions:

Female: Tui Ashe (2382pts)
Male: Trevor Wilson (2595pts)

Throws Pentathlon Champions:

Female: Tina Ryan (2939pts)
Male: Ron Johnson (3200pts)

Gideon Tait Trophy:

Anne Deleiros (81.71% average)

Fred Tapling Trophy:

Anne Deleiros (72.93% average)

Ernie Haskell Trophy:

Judith Stewart (86.44%)

Ron Johnson Trophy:

Seelan Ramiah

Top Team Cup:

North Harbour Bays

Highest Age Graded Performance:

Chris Waring (98.89%; 60m)

Judith Stewart Middle Distance Trophy:

Judith Stewart (85.94%)

Annual Waikato v Auckland Challenge Match:

Auckland

I would like to thank the outgoing AMA Committee and volunteers for their wonderful support, dedication to duty, and very generous contribution of personal time to our beloved sport.

Australian Masters Athletics Championships

These were held from 16 - 19 April 2016 in Adelaide. NZ was represented by 16 competing athletes collecting a total of 40 medals (19 gold, 11 silver, and 10 bronze).

Three AMA athletes, Chris Waring, Trevor Guptill and Ron Johnson performed with distinction in winning a total of 13 medals.

Chris and Trevor were outstanding performers into a strong head wind in winning their respective 60m sprints. Again Ron, you have performed another "marathon" of events with great success. Their full results are available on pages 6 & 8. Scott Dorsett (M46), who is based in Auckland but competed under the UK flag also performed well - being 5th in 60m 8.28, 7th in 100m 12.99, and 8th in 200m 27.04.

Asian Masters Athletics Championships

These were held from 4 - 8 May 2016 in Singapore and attended by Anne and Tony Deleiros. Anne was 1st in both her shot put and triple jump, and 2nd in both the 100 and 200m sprints. Tony was 5th in his 100m, 4th in the 200m and 6th in the discus. Well done Anne and Tony.

Tony reported that it was very humid and hot with temperatures up to 35C and although security was very tight, aspects of the organisation left a lot to be desired. The champs were held in the 55,000 seat Kallang Stadium, the largest in the world with a mobile roof that can be shut in 15 minutes. He enjoyed meeting athletes from many countries that don't turn out for World Masters championships.

NZMA Indoor Championships - 24 July 2016

Come along and be part of the fun at the first NZMA Indoor Championships at the AUT Millennium stadium in Auckland. NZ titles and records are up for "grabs". Further details and entry form on the AMA website at <http://www.ama.org.nz/> events.

Pre WMA Perth Championship Event - 2 October 2016

AMA is planning to hold a track and field meeting at Mt Smart (venue to be confirmed) for those wishing to gain some competition before heading to Perth.

All other Masters athletes also welcome to come and get early season competition in what should prove to be a very interesting and challenging season with the WMG2017 Championships to be held in Auckland from 21 - 30 April 2017.

Waikato/Bay of Plenty

by Murray Clarkson

Winter has arrived and along with it a sharp drop in temperature - out come the thermals. We have had a splendid autumn which has allowed us the advantage of competing at Nationals and Trophy Meetings in warm fine weather.

At the national champs in Dunedin, WBOP Masters competed with distinction managing to bring over 50 medals back north from 15 competing athletes.

Full results are online or in the April edition of Vetline. We also had several officials assist, some of whom also competed. It is important that all assist where they can to make these events a success. We congratulate Athletics Otago and their team for a very enjoyable experience.

WBOP Masters hold a Trophy Day for our members and invited masters from Auckland to participate. The format is based on 4 events per competitor which must include at least one track or field event. Results are calculated by age-graded percentage. Final results are always a surprise.

Trophy winners this year were:-

George De Bell Trophy (Overall points Men) - **Stephen Burden**

Cuthbertson Memorial Trophy (Overall points Women) - **Sheryl Gower**

Ted Hamilton Memorial Trophy (Visitors Points Men) - **Ron Johnson**

Allan Woodhead Trophy (Triple Jump) - **Stephen Burden**

Kathleen Woodhead Trophy (400m Women) - **Joan Mayall**

Waikato Womens Field Trophy (Weight Throw) - **Jill Sherburn**

Waikato Mens Field Trophy (Shot Put) - **Laini Inivale**

Gower Trophy (Mens 800m) - **Craig Sinclair**

Gower Trophy (Womens 800m) - **Joan Mayall**

WBOP Challenge Trophy - **Auckland**

Bruce Solomon and Brendan Magill attended the Australian Masters Athletics Champs where Bruce found the Australian sprinters to be in a different league.

He did, however, redeem himself by medalling in the field events.

Our winter events are now under way with a successful day in Whakatane, this being the first of 4 events this winter. We are looking forward to the World's in Perth and we have several new members who will be joining us for this event.

Ray Laurie, our regular contributor is unable to continue his reporting at this stage due to a health problem.

PHOTOS: John Campbell



Rob Kear making a splash in the 3000m steeplechase



Sheryl Gower (Cuthbertson Memorial Trophy winner)

Tasman

by Derek Shaw

Nelson Half Marathon – 1 May 2016

The 36th running of the Nelson Half Marathon took place in the usual sunny conditions on the double loop course that started adjacent to the athletics track at Saxton Field and finished on the track. Paula Canning (43) extended her winning run to eleven straight victories in the women's race in finishing 4th overall – her highest placing ever – in 1:24:24. Fellow master Simon Mardon (M40) was the overall winner for the third time since 2010 in 1:18:37 in the men's race – nearly 5 minutes ahead of the runner-up.

Local running stalwart Stu Cottam (M50) was 6th overall and first in the M50-9 grade in 1:26:08. Barry Dewar repeated his win last year in the M60-9 grade with a smart time of 1:29:58 to finish 11th overall, with recently turned 60 Andrew Barker (1:33:10) and Roger Horn (1:38:29) taking 2nd and 3rd in this grade. Bill Revell (1:32:36) was 3rd in the M50-9 grade and Collette Read (1:38:36) was 2nd in the W40-9 grade. New Tasman master David Riddell (1:49:13), who normally runs much shorter distances on the track, was 6th in the M60-9 grade.

In the accompanying quarter marathon run four of the first five places were taken by M40-9 runners with Josh Barber the overall winner in 41:03, Brendon Hughes (43:16) 3rd and Kazu Abe (43:30). Carol Cooper (45:43) was 7th overall and 1st W40-9, 4 seconds ahead of Phil Barnes the 1st in the M60-9 grade. Tasman master Joeline Jones (35) was 11th overall and 3rd in the W20-39 grade in 47:47.

Marlborough's Dave Leahy (M50-9) edged out Bevan Cook (M70+) by 16s to take line honours with a time of 2:23:54 in the half marathon walk, with John Llewellyn (2:37:14) 3rd and 1st M60-9. Gwen Connor (W40-49) was 4th overall and the 1st women in 2:38:23. Peter Hague (M60-9) comfortably won the quarter marathon walk in 1:05:53, ten minutes ahead of Clare Weyers (W50-9) with Jeff Lecky (M50-9) 3rd in 1:16:46.

NZ Marathon Champs – 30 April 2016

Tasman master Robbie Barnes (M50) demonstrated his running versatility by winning his age group title at the NZ Marathon Champs in Rotorua when he covered the famous round the lake course in 2:55:41 and finished in 17th place overall.

Half Marathon Champs – 5 June 2016

Robbie Barnes was amongst the medals again at the NZ Half Marathon Champs in Christchurch, winning the bronze medal in the M50 grade with a time of 1:20:29. Barry Dewar also had a good run to claim the gold medal in his M65 age grade with a time of 1:29:46. Paula Canning had another good run to also claim the gold in her W40 age group with a time of 1:24:06

and second masters women overall behind W50 Sally Gibbs (1:20:11). Graeme Sellars (1:32:05) claimed the bronze in the M55 grade.

NZ Mountain Running Champs – 14 May 2016

Tasman masters secured three gold medals at the NZ Mountain Running Champs in Wanaka. Paula Canning (47:10) had a top run to be the first master's women to complete the 7.6k course, which had to be modified just before the start from an uphill to an up and downhill course. Michael Morrissey (52:25) repeated his win in the M60 age group, while Barry Dewar (56:15) comfortably won the M65 age group. Richard and Elina Usher, now members of Athletics Nelson and better known for their multi-sport endurance successes, both won medals in their age groups. Richard (1:17:21) was second in the M35 age group on the longer 13.86k course, while Elina (48:46) was third in W40 grade.

NZ 100km Championships – 1 May 2016

National and local running legend Phil Costley added to his impressive tally of NZ senior titles in winning the 100km champs in Christchurch's Hagley Park in a time of 7:31:37. His 33 titles now moves him into second on the list of most NZ titles behind Valerie Young with 37. His title winning events range in distance from 3km to 100km. On the lookout for new running challenges, it was 46-year-old Costley first attempt at the 100km distance.

Next NZ Masters Track and Field Championships – Nelson 3-5 March 2016

Planning is underway for the 43rd NZMA T&F champs being hosted by Tasman Masters for the first time on the all-weather track at the Saxton Field sports complex. They will help provide good preparation for those of you intending to compete in the WMA Indoor champs in South Korea later in March and/or the athletics events at the World Masters Games in Auckland in April. The programme details and an entry form will be in the October issue of Vetline and also available on the NZMA website. It is planned to have an on-line entry facility on the NZMA website.

It is a good time to start planning your visit to Nelson and allowing time before and/or after the champs to also experience some of the many other attractions in the Nelson Tasman region, such as national parks, reserves, beaches, biking trails, art and craft galleries, cafes, boutique wineries, craft breweries...

In the meantime if you have any queries please contact the LOC chairperson:

Derek Shaw, PO Box 602 Nelson
Phone: 03 5487537 or 027 5487537

Manawatu/Wanganui

by Jen Fee

Our small committee is busy planning the North Island Track and Field Champs to be held in Palmerston North from the 25-27 November, for which things are slotting into place. We have a steady stream of events over the winter to keep us out of trouble.

While some of us are fairly quiet over the winter, there are the dedicated Harrier runners and it's always interesting to see the friendly rivalry among club members! Juanita Paterson has been busy with her Marathon season and now Cross Country, along with Rob Dabb whose light body frame seems ideally suited to the off road events.

We were very proud of our newest member Dale McMillan, who has given almost anything a go and also competed well at Nationals. However, our star of the summer had to be Laurie Malcolmson, who seems to keep getting faster! With a score of records, we only find out about if we check results or his wife spills the beans! Fantastic results Laurie.

We are planning a few events over winter, with a throws event every 2nd Sunday of the month beginning July 10th, (9.30 registration) and fitting in with the Winter Track series held between Masterton and Palmerston North. Interested parties please email me!

Email: mwmasters@gmail.com

- **10/7/16 Weight Pentathlon**
- **31/7/16 Winter Track Series 2 Palmerston North (1pm)**
- **14/8/16 Weight Pentathlon**
- **21/8/16 Winter Track Series 3 Masterton**
- **11/9/16 Weight throw and WTS4 Palmerston North**



Manawatu/Wanganui committee. (L to R) Mike Shepherd, Laurie Malcolmson, Juanita Paterson, Francie Bayler, Raewyn Grigg, Jen Fee, Matt Hillas, Dale McMillan, Jill Evans and Kevin Fee

Wellington

by Michael Wray

The 2015/16 season was farewelled in style at the Athletics Wellington Awards. Masters were well represented in the list of finalists amongst the senior categories. Masters won the walking and distance athlete categories: our winners were Jacqueline Wilson (Senior Walker), Katie Kemp (Senior Women Distance), Michael Wray (Senior Men Distance).

The popular television series Game of Thrones has a recurring tagline: winter is coming. Here in Wellington, it has already arrived. Temperatures are down, the wind is up and the rain is over compensating for an unusually dry summer. Break out the jackets, gloves and beanies if you're coming into the centre for a run.



Vosseler Shield - M50 winner Dave Kettles

Shaw Baton Relay

The Shaw Baton Relay race at Battle Hill Farm continues to be the season's opening race. At 2km per lap, it provides a good transition for those who have been running track distances. The course has undergone its most significant change in years now that the farm around which it is run has fenced off the middle section of the paddock. To maintain the 2km distance and connect the start with the second half of the course, runners now have to go up and down an additional hill.

Vickie Humphries produced the fastest masters woman time, giving WHAC the lead from the off, with Scottish's



Masters Classic Relay - Brian Garmonsway from the winning Trentham team (Open Men grade)

Anne Hare 41 seconds behind. Olympic's Meredith Ogilvie brought them into second and going into the fourth and final lap, WHAC had a lead of almost a minute while Olympic were narrowly ahead of Scottish. Lindsay Barwick came through strongly to catapult Scottish to the win.

In the master's men, Francis Evett had WHAC in the lead for a lap. Butch Borlase passed Seth Campbell on the second lap to put Olympic in pole position. Stephen Day then ran the fastest master's time of the day to give Scottish an unassailable lead that they added to in the final three laps. The masters 50 grade saw WHAC win again. It's the fourth season that the grade has existed and they have been the victors every year, although Peter Stevens of Scottish opening the race with the fastest lap may have created a brief glimmer of doubt.

Wellington Mountain Running Champs

Wainui hosted the Wellington Mountain Running Champs, putting on the usual challenging course. Stephen Day romped to victory in the masters men, nearly 13 minutes ahead of Brendan Quirke and 19 minutes ahead of defending champion Karl Woodhead. Peter Stevens was not quite as dominant but enjoyed a large winning margin in the M50s, ahead of Paul Forster and James Turner. The M60s didn't turn up in their usual strength, with several preferring to run in the NZ Marathon Champs which clashed with the event. Donald McGowan, from the host club, took advantage to win gold. It may have been by far the slowest winning M60 time but it means that Donald now has the full set of medals after bronze and silver in previous years. Jackie Mexted, who represented NZ in the World Mountain Champs last year, showed her class with an easy win in the MW, while Trish Coley and Judith Taylor were able to run to uncontested golds in the W50 and W60 grades.

Varsity Relays

In the Varsity Relays, a 4x4km cross country race round the sand and grass of QE2 Park in Paekakariki, Andrew Wharton got Scottish off to a strong start with a 70 second lead at the end of lap one, where the Scottish B team were second. Paul Barwick, Stephen Day and Jim Jones kept Scottish A ahead and second place Olympic were 3.5 minutes behind at the finish. Scottish B claimed third. The masters 50 grade was also claimed by Scottish. Dave Kettles outsprinted WHAC's Andrew Wheatley by a single second at the end of lap one. James Turner and Phil Sadgrove then set up Peter Stevens to finish with the fastest M50 time. WHAC finished with teams in second and third. In the MW, Vickie Humphries produced the fastest time to give WHAC almost a minute over Scottish and two minutes on Olympic. Lack of depth in the middle order hurt WHAC and Olympic came through with Katie Jenkins moving up to second on lap three and Michelle Van Looy finishing off the win in the final lap. WHAC took second and Scottish third.



Shaw Baton Relay - David Hatfield

Vosseler Shield

In the Vosseler Shield, the W40 grade saw some good racing. Renae Creser held off Michelle Van Looy, who was herself under pressure from Lindsay Barwick. Meanwhile, W50 Vickie Humphries was the fastest of all MW grades, finishing over a minute ahead of second W50 Lyn Clark. Michele Allison was similarly dominant in the new W60 grade. Paul Sharp celebrated his graduation in to the M60 ranks by winning with over three minutes in hand. The M40s had four newly turned M40s at the head of the field, reversing the trend of recent years where runners nearer the age of 50 have triumphed. Stephen Day took gold, maintaining a 30 second gap over Dan Nixon. Dave Kettles secured the M50 grade with the same sort of gap back to Andrew Wheatley.

Masters Classic Cross County Relay

The following day saw the Masters Classic XC Relay take place. Trentham prevented Scottish from making it six in a row in the master's men with a big win kick-started by Brian Garmonsway's fastest lap. Scottish defended the women's trophy, finishing 10 minutes ahead of Hutt Valley and Olympic. The aged team trophies were swapped between clubs, where Scottish surrendered the 250+ title to Hutt Valley but took the 300+ trophy instead. Hutt Valley won the mixed teams. Scottish claimed the walking title for the fourteenth consecutive year and reclaimed the 150+ title that they lost last year.

PHOTOS: Sharon Wray



Shaw Baton Masters Men winners - Scottish Club. Michael Wray, Andrew Wharton, Paul Barwick and Grant McLean (missing Stephen Day and Jim Jones)



Vosseler Shield - M60 winner Paul Sharp



Vosseler Shield - M40 winner Stephen Day followed by Dan Nixon (2nd M40)



Shaw Baton Relay - Peter Stevens handing over to James Turner



Shaw Baton Relay - Andrew Wheatley passes to Colin Price



Vosseler Shield - W40 winner Renae Cresser



University Relays Masters Women winners: Olympic Club - Katie Kenkins, Marie Pugh, Michelle van Looy, and Meredith Oglivie



University Relays Open Masters 50+ winners Scottish Club - Phil Sadgrove, Peter Stevens, Dave Kettles, and James Turner



Vosseler Shield - W40 3rd place Lindsay Barwick

Otago

by John Stinson



Stu McCormack with the Olsen Memorial Trophy for the Men's Winter Season Aggregate and the Otago Masters Marathon Trophy



Sophanna Parsons with her trophy and certificate for winning the Masters Women 5K Self Handicap Race

NZMA Championships

It has been a quieter time for Otago Masters athletes following one of the most hectic track and field seasons for many years, highlighted by Otago hosting the 2016 NZ Masters Track and Field Championships 26-28 February.

A debrief on the championships was carried out at the monthly committee meeting held on 16 March. The general post event feeling was extremely positive with many complimentary remarks received from competitors. Everyone loved the new bags and the quality of the food provided. A few complaints were received regarding the throwing schedule but for these events it becomes almost an impossibility to please everyone. Overall the OMA Committee were very pleased with the response to the championships and the quality of the organisation over the three days of competition.

OMA Annual Awards

Wednesday 6 April saw the presentation of the OMA Annual Awards held in conjunction with the Athletics Otago Athlete of the Year Night at the Sargood Centre, Logan Park Drive, Dunedin. It was a most enjoyable evening that provided the opportunity for athletes of all ages to meet and socialise together at a joint event.

The following Otago Masters Awards were presented by President Claire Giles:

- Olsen Memorial Trophy - Men's Aggregate Winter Trophy
Stu McCormack
- Otago Masters Trophy - Women's Aggregate Winter Trophy
Dalise Sanderson
- Otago Masters Marathon Trophy
Stu McCormack
- Civil Service Masters Women's Port Road Race Trophy
Julie Edmunds
- Bob Lindsay Port Road Race Trophy
Rob Homan
- Graeme Murphie Winter Athlete of the Year Trophy
Glen Ferguson
- Women's 5k Self Handicap Race
Sophanna Parsons
- Men's 5k Self Handicap Race
Gene Sanderson

- Geoff Capon Memorial Beach Race Trophy
Mike Wilson/Barbara Patrick
- Peggy Calder Memorial Interclub Meeting
Ariki Club
- Otago Masters Women's 6 Race Summer Trophy
Barbara Patrick
- Otago Masters Athletes Field Events Trophy
Noni Callander/Paula Cotter
- Joe Cowie Memorial 6 Race Men's Track Champs Trophy
Peter Fitzgerald
- Sanderson Trophy Masters Men's Sprints
Tony Tan
- Sanderson Trophy Masters Women's Sprints
Liz Wilson
- Otago Masters Athlete of the Year Trophy
Liz Wilson

Outstanding Overseas Performances

Congratulations to Otago athletes Peter Fitzgerald and Tony Tan on their recent overseas performances. Peter was 1st in the

M55 800 and 1500 m at the Asian Masters Championships and also 1st in the M55 1500 and 2nd in the 800m at the Australian Masters Championships. Tony was 3rd in the M50 400m, 4th in the 200m and 6th in the 100m at the Asian Masters Championships.

NZMA Matters

The letter sent out to all Centres by NZMA President Andrew Stark regarding the proposed ANZ/NZMA MoU & Special General Meeting was due for in depth discussion at the next OMA Committee meeting on 15 June, in order to respond to the questions raised before the next NZMA Board Meeting on 9 July.

Coming Up

Upcoming events for Otago Masters Members include: a July mid winter lunch and a 2018 Oceania Championships fundraising Quiz Night to be held at the Kensington Tavern on Monday 19 September. The AGM of Otago Masters Athletics will be held on Wednesday 31 August at the Athletics Otago rooms in Logan Park Drive.

Coaching Corner

by Mike Weddell



It can be hard to tell in the short term if we are making any progress in athletics as far as performance is concerned, as gains can be made at a very slow rate at the best of times. There is one way to tell that we are improving without measuring performance - by feel.

If training is comfortable gains will be minimal. If discomfort is felt, gains are being made up to a point. Beyond that point the training will be too hard and a deterioration in fitness will be the result. The feel applies prior to training too. If we feel tired or uncomfortable then we are not in a state to make gains from training. The feeling of discomfort applies to all aspects of life in which we are trying to improve, be it physical or mental activity.

It is natural that we tend to embrace comfort more readily than discomfort and there is nothing wrong with comfort and I can say that quite comfortably.

It is a pleasant experience going for a cruisy run on a nice day in pleasant surroundings but if that is all we do our standard of performance will remain the same and any hope of improvement will be in vain.

Discomfort in athletics can be mental as well as physical. Mentally pushing the body in a hard race or training session taxes the will as well as the body. To make gains in athletics means being able to bear the discomfort necessary to achieve your goals.

Always supposing that you want to get better or the equivalent for many of us which is not going downhill even faster, we need to experience a fair degree of discomfort a couple of times a week with enough recovery between these sessions to fully recover from them.

I hope you have a moderately uncomfortable winter.

Southland

by Dwight Grieve

Ahhhh Vetline time again, I have mentally prepared myself, poured myself a Pinot Noir (or two) and reflected on the good things in life. Running is right up there (and throwing – sorry but I am biased as I can't throw, no seriously I tried and it wasn't pretty) as I have followed some awesome people at the Aussie champs and gotten all excited over some great results for team Southland all over the place. Here we go, the Southland run down

NZ Mountain Running Champs

Where to start? Hmmmm I run the race myself and it hurt, yep good old fashioned go hard or go home as you smash your way up a dirty great hill (you may call it a mountain but us Fiordlanders know better). The weather didn't play the game and a good call was made by organisers to cut the top section out and turn it into an up and down race – can't say it made it any easier. I haven't really sold the event have I, but it was fun, although tough but come on it wouldn't be a mountain run or a championship otherwise - results are meant to be earned. Overall the event was well supported with a large increase in entrants but still light in some age categories while others had a tough fight for honours.

For Southland, Debbie Telfer was a standout taking her age group honours while Evan MacIntosh also come close as our province's elder statesman. Gail Kirkman proved she isn't a one trick pony by getting 2nd in her age group. Gail is known for track speed and proved she has guts in taking on the mountains.

PHOTO: Michael Slagter



The 3000m steeplechase at the 2016 AMA Championships in Adelaide

One that deserves a mention is Lance Smith, a long term master athlete but also a top coach. He didn't run on the day but a couple of athletes he trains did and WOW they performed, in particular under 20 Jack Beaumont (who incidentally is a great kid - I am getting old - I mean young man) who smashed his age group and is a contender for the world title. When it comes to that level it is a team effort and Lance deserves some kudos for guiding Jack to where he is.

I also want to give a thumbs up for the trial of having a professional outfit advertise and help run the event, Active QT did a top job of advertising it all, a few learning curves in there as it was a champs but over all a good experiment. The officials from Southland who spent the day up that damn cold hill also need a mention - you guys are awesome. It was not warm and the support for all runners was appreciated, I know when I was bugged your yells were a huge help.

Age group results:

Lyla Belesky – 2nd W35

Gail (*who needs a track to go fast*) **Kirkman** – 2nd W60

Jan Taylor – 3rd W50

Debbie Telfer – 1st W55

Angela Ryan – 2nd W55

Graham Neilson – 3rd M50

Evan MacIntosh – 2nd M70

Cory Mennel – 2nd M40

Sara Wallis – 8th SW (W35)

Dwight Grieve – 3rd M35

Southland Half Marathon Champs

Just a week after the Mountain running champs, Gore hosted the Southland Half Marathon Champs with some backing up from the mountain experience. Again Debbie Telfer lead the way in the master events with first place master women in 1.39, Val Muskett also making an appearance was first over 60 home. I have to mention Val, as to me she is an ultra distance running legend.

For the men, it was opened up a bit as Dwight Grieve decided to recover from the mountain champs and multiple winner Ricky Gutsell is carefully planning his return from an injury, so it was a battle between Glen McLeay and Kelly McSoriley for the Southland masters title. It must have been a great watch as they both finished in a dead heat for 2nd master male overall and 1st runners in. Marty Knowler come home 2nd over 50 overall but taking out the over 50 club title. Just a quick mention for Kelly, good on ya mate, I just saw a Facebook post from a local runner thanking Kelly for advice and motivation to help the guy into our sport, that is what we do but nice to see you going the extra effort and being thanked.

Southland Sports Awards

The nominees for this year's awards have just been announced and two of our lovely ladies have made the final list. Debbie Telfer has had a great year with titles at cross country and mountain running champs as well as national track events. A well-deserved recognition for her as Debbie is often a lone battler at track events against some of the provinces young ones and has earned her rewards.

The other nominee is close to my heart. Gail Kirkman has won this award before and deservedly so. She has won it as a world champion and record holder on the track and this year even added a 2nd at the mountain running champs. Gail is a member of my club and ever since I came to Fiordland she and her amazing husband Gary have been an inspiration to myself and many others. To be honest the nomination is earned not just for results on the track and trails but also for what the pair do off them as well.

Australian Champs

Lester Laughton is a thrower from down south and attended the Australian Masters Track and Field Champs,. To be honest I followed it a bit myself as some of my new friends from the Oceania's were there and it was nice to see them do well. For Southland Lester managed some good results against a competitive Australian line up with a minimum 12 in each event, Lester gaining two PB's and a third in the discus. Also worth a mention was Brian Senior who is a Canterbury master BUT is a born and raised Southlander and member of our Fiordland club as well, Brian is a top competitor and won five events and was second in his sixth event! Wow.

Looking ahead

Apart from a second bottle of Pinot I see the Southland and New Zealand Cross Country and Road Champs looming. Locally many top battles are possible. Ricky Gutsell is healing and training, Kelly McSoriley is a real threat, Scott Underhay possibly pulling finger and training to back up natural ability, while Corey Mennel is a perennial battler. I personally look forward to the fun ahead. The women also have an interesting time ahead. Can Gail Kirkman push Debbie Telfer on Debbie's strong events? Will Sarah Wallis and Lyla Belesky fight for younger honours? Or will they turn up in costumes and finish the day on whiskey? Will Lyla's husband Scott disown her after too many whiskeys? Will I finally gain some real speed and my wife no longer call me a "plodder"? So many questions to be answered in the next Vetline.

Below is a wee oath I found which really took my fancy – something to live by – go forth and be an idiot!!!

Make it Official -Take the Oath

I, (state your name), promise to do dumb things, have fun and laugh while running. I will always remember that I am an Idiot and never take myself or any event too seriously. I refuse to take the easy path ... ever. If I "DNF" it will be because I have NOTHING left to give or I'm dead. (Now spin around 3 times and spit on the ground) Congrats. You are now officially an Idiot. Make us proud.

Taranaki

by Vicky Jones

Following the last event on the summer calendar the annual Taranaki Masters Games, the winter programme kicked off basking in the glow of the last rays of a long, hot summer. With the focus switching to cross country the first key fixtures were the annual Peter Cattley Memorial and the combined Dr Davie/Brenda Ballinger Memorial race a couple of weeks later.

Taranaki Masters Games - 17-20 March 2016

The local membership always comes out in force for this annual multi-sport carnival in the running, walking and track and field sections. The running and walking focus is on road events over 5km, 10km and half marathon. The programme opens with the 10km on the Thursday in Stratford, while the 5km and half marathon occur on the Saturday, also in Stratford. With the TET Stadium track in Inglewood under repair, the track and field action transferred to the TSB Hub in Hawera. The weather over the weekend did give some sign that although still summery, the time for change was upon us.

Those competing in the 10km bore the brunt of this as they were doused in showers, typically stopping at the completion of proceedings. The half marathon and 5km took place under overcast conditions – not too hot, not too cold. Conditions on the Sunday for track and field were sunny and warm with occasional stiff breezes. Competition at these events are always fun (if you can call it that!) and unpressured, but nonetheless competitive (friendly, of course!). All participating members (about half of total memberships) achieved well with everyone coming away with at least one medal (most with multiple medals) and usually gold or silver.

We had a handful of people from outside the region take part over the weekend, and I'm sure organisers would appreciate an increasing number to join the locals next year. Remember – the more the merrier!

continued overleaf

**Peter Cattley Memorial – 16 April 2016
Frankley School, New Plymouth**

Peter Cattley must really appreciate the race being held in his memory, as for the third year in a row the sun was shining with balmy conditions. The format follows last year with a 1km walk circuit and 2km run circuit under estimated time conditions with those over 4% of their estimated time being disqualified.

The quality of competition was high in all races. Rodney Gillum got fastest time in the walk, while Des Phillips did well in both the run and the walk (where does he get the energy?). Alan Jones was not too far off Des in the run. They were the only two members in that race, while the walk yielded the biggest turnout of members.

4km walk

W35	Vicky Jones	30.12
W60	Vicky Adams	33.14
W70	Sue Park	35.34
M50	Rodney Gillum	25.13
M65	Des Phillips	27.15
M65	John Payne	27.27

4km run women

W55	Karen Gillum-Green	26.02
W60	Lynne Mackay	27.27

4km run men

M65	Des Phillips	22.04
M70	Alan Jones	22.56

**Dr Davie/Brenda Ballinger Combined Memorials –
7 May 2016 - Highlands Intermediate, New Plymouth**

After a wet week leading up to this event, conditions underfoot were surprisingly dry and conditions overhead were even better. By this stage, the weather in the region meant crisp, cool mornings and warm afternoons – summer still battling with autumn.

The 4km walk event involved the 2km circuit from last year of school fields and park tracks and yielded the biggest turnout of master’s members out of all the races – and competition was fierce. Mike Morresey took out the trophies for both memorials in a blistering time of 22.59. Half of the field were members, who took out half of the top ten placings – a brilliant result which, as we all know, shows that age is just a number.

Alan Jones was the sole member flying the flag for TMA in the men’s 4km race in a time of 22.09. Des Phillips decided to take it easy for a change by only competing in the walk, in which he placed fourth one place behind Rodney Gillum. In the women’s race Karen Gillum-Green rounded off the top finishers in a time of 19.46. Karen and Lynne Mackay were the only members to compete in their race. Vicky Adams opted to compete in the walk, having been brought down by injury and illness a number of months back and is slowly but surely making her way back to running.

4km walk

W35	Vicky Jones	31.40
W45	Katie Morresey-Tahere	29.59
W60	Vicky Adams	35.21
W70	Sue Park	37.20
M50	Rodney Gillum	26.27
M65	Des Phillips	26.52
M65	John Payne	27.45

4km run women

W55	Karen Gillum-Green	19.46
W60	Lynne Mackay	25.38

4km run men

M70	Alan Jones	22.09
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As the coldest part of the year draws near, competition is bound to get hotter if the first fixtures of the season are anything to go by, with some key events still to come regionally and nationally. And finally, happy birthday to Lynne Mackay who has just been the proud recipient of her supergold card!



Des Phillips competing in the 400m

PHOTO: John Campbell

Canterbury

by Andrew Stark

CMA Annual Dinner

On Sunday 10 April CMA held its annual dinner as our final event for the 2015-2016 season. It was an opportunity to get together and celebrate the success of our competitive members. During the season seventeen of our members competing in 44 field events and 16 track events broke a total of 83 records - 21 South Island Championship records, 44 CMA records and of these 16 were also NZMA records and 2 were OMA records. Well done to you all.

Our most successful member this season has been Glen Watts (W75) who made a ‘come back’ this season, having spent the previous season supporting her husband Pete, as he battled cancer.

Well done also to Wayne Doyle (M50) who broke five CMA records, three of which were also NZMA records. His performance of 7018 points in the decathlon ranked him 4th on the 2015 world ranking list. I know he is training hard and he is intending to go to Perth. Good luck for the season ahead.

Brian Senior moved up to the M75 age group this season and has broken eight CMA records. His throws pentathlon score of 3786 points was also a NZMA record. Brian was one of several Canterbury athletes who attended the AMA Championships in Adelaide where he dominated his age group.

A full list of the Canterbury record breakers can be found on our website. As expected, a majority of our records have been broken by our field event members, as we still wait for the start of a new all-weather track facility in the Christchurch.

Nga Puna Wai Sports Hub Update

Recently a consortium including AECOM and BECA, in partnership with Studio 106 Architect, plus a number of other critical specialists have been contracted to begin design work for the sports hub. We are fortunate that one of the Athletics Canterbury track & field committee members (Alan Tucker) has prepared what he believes would be a suitable design, having looked at various facilities around the country and using the IAAF specifications for track design and layout. It has been well received by those involved with the design phase and if used as a starting point, it will speed up the design process considerably.



Wayne Doyle - NZ M50 Decathlon record holder

PHOTO: Mytchel Brangrove

The second area being worked on is how the sport hub will be run and by whom, such as remaining CCC owned or run by a Trust. In June, but after writing this report, I will be attending a meeting on possible management structures being looked at and who will be involved. There is considerable work to be done before any decisions will be made, but hopefully by the next Vetline we might have some answers.

The suggested time line for the start of work has been indicated as July, with the hand over of Stage 1 to be September 2017. There still seems to be a lot more work to be done before any work can commence on site, so we will just have to wait and see if this eventuates.

Throws Pentathlon

Once again this winter, our throwers are planning to hold a throws pentathlon on the last Sunday of each month. Let’s hope for fine weather. So far so good for their first event held in May.

South Island Masters Track and Field Championships

Following the success of last year’s event and for the second year in a row, the SI Masters Track & Field Championships are being organised by Canterbury, but again will be held in Timaru. This is a combined meeting on 18-20 November with Athletics Canterbury and Canterbury Children’s Athletics, therefore it promises to be a busy weekend of athletics. I look forward to seeing many of you there.



The M50 200m sprint at the Australian Masters Championships in Adelaide

PHOTO: Michael Slagter



COMING EVENTS

2016

5-21 AUGUST	Olympic Games	RIO DE JANEIRO, BRAZIL
7 AUGUST	Oceania & ANZ/NZMA Cross Country Championships	AUCKLAND
27 AUGUST	World Masters Mountain Running Championships	SUSA, ITALY
3 SEPTEMBER	ANZ/NZMA Road Championships	MASTERTON
1 OCTOBER	ANZ Road Relays Championships	ROTORUA
26 OCT - 6 NOV	WMA Stadia Championships	PERTH, AUSTRALIA
18 - 20 NOV	South Island T&F Championships	TIMARU
25 - 27 NOV	North Island T&F Championships	PALMERSTON NORTH

2017

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

2018

20 - 27 JANUARY	OMA Stadia Championships	DUNEDIN
SEPT (TBC)	WMA Stadia Championships	MALAGA, SPAIN

