

# vetline

New Zealand Masters Athletics

OCTOBER 2011

VOL 29 No. 3



**NZ Road  
Championships**

**WELLINGTON**

**WMA  
Track & Field  
Championships**

**SACRAMENTO**

**NZ Cross Country  
Championships**

**CHRISTCHURCH**

ISSN 1173 - 1265



Michael Waterman (494) leads the bunch at the NZ Road Championships in Wellington Photo | NESPORT



Mike Parker scored bronze in the M55 10km walk at Sacramento Photo | JIM TOBIN

Official Magazine of New Zealand Masters Athletics  
FOUNDED IN 1970



*Cover Photo*

Ron Robertson (NZL M70) - four gold medals and three world records at Sacramento  
PHOTO - JIM TOBIN

*Inside Back Cover*

Murray Clarkson (WBP) 9th in the M60 grade at the NZ Road Championships  
PHOTO - NESPORT

*Back Cover*

Gabrielle O'Rourke (WLG) 1st W40 grade and 1st overall at the NZ Cross Country Championships  
PHOTO - NESPORT



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## Tauranga and Beyond

Sacramento is now behind us and in this issue of Vetline our team of contributors will bring pleasant memories for those who were there and an insight of our adventures by those who were not. The championships overall were very successful and this is well covered in the articles herein. The accommodation that we had was spot on, the warm (often hot) weather was a pleasant change from the winter that we had left behind, food was good and plentiful. Transport had its problems (the cynic would say as always). We had free access to the public transport system, bus and light rail, which was generally very good but it did not always go where and when we wanted to be so our travel was supplemented by the local taxi system – the yellow cabs that you have all seen in American TV.

As they say when one door closes another door opens. The Sacramento door may now be closed but we do not have to look far to see more opportunities. Right ahead of us we suddenly find that the 2012 Oceania championships in Tauranga are almost upon us. A bit of hyperbole perhaps but when you take the Xmas break out of the equation the event is not a long way off in planning and organisational terms. Entries are now open and it should be noted that entries close on 15 December and that late entries will not be accepted. The wise ones will have already secured their accommodation. There are several motels within easy walking distance from the track but obviously they will be the first to be taken up.

During the lead in time to the Oceania championships we have the North Island and South Island championships on 25/27 November (Wellington) and 2/4 December (Timaru) respectively. Either or both of these will provide great build up opportunities for those going to Tauranga.

Further out on the international scene we have the normal biennial series for both the WMA Stadia championships and the WMA Indoor championships. However because of WMA constitutional changes to avoid clashes with the World Masters Games an extra WMA championships has entered the equation with Stadia championships being held in both 2015 and 2016. Perth had originally made a bid to host the 2015 event but was narrowly defeated by Lyon, France. Perth then switched tracks and put in a bid for the 2016 event. This time Perth was successful. They have done their homework and have come up with a very attractive package. One of the prime features is that most of the competition areas are within walking distance of the main stadium so for a change transport may not be the problem that it has often been in the past.

Our congratulations are extended to Australia Masters Athletics and West Australia Masters in particular. It will be great having a world championships in our Oceania Region again. And to sign off in a positive mode we extend our congratulations to a couple of exceptional athletes. They are Ron Robertson (NZL) and Lyn Ventris (AUS) who have been nominated for the IAAF Masters of the Year Awards.

**Jim Tobin - Editor**

# Vetline

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### NEW ZEALAND VETLINE

Is published quarterly in January, April, July and October.  
The deadline for material is the first day of the preceding month.  
All material to be sent to the Editor.

### DISCLAIMER

Opinions and comments printed in Vetline are those of the author and not necessarily those of the publisher.

### NZMA is a member of

World Masters Athletics | WMA  
Oceania Association of Masters Athletics | OAMA  
Council of Athletics New Zealand | ANZ



# Notice Board

## TEAM MANAGERS AT TAURANGA

As readers will be aware the next Oceanic Championship will be held at Tauranga over the period 5 – 12 February 2012 and New Zealand as usual will be represented in large numbers. Included in the team will have two officials – a Manager and an Assistant Manager.

The duties are interesting but not onerous and unfortunately there is no payment. Expressions of interest are invited and should be sent to the NZMA Secretary (see page 4) no later than 1 November.

## TEAM UNIFORMS

It is a condition of entry at the Oceania championships that it is mandatory for competitors to wear the approved national uniform when competing. Failure to do so could lead to disqualification of the individual, relay teams or non stadia teams. New Zealand uniforms are held by Karen Gillum-Green. See the merchandise advert/order form on page 37.

## DRUG TESTING

Members are reminded that under WMA protocols drug testing can take place at any time. Details are available on the Oceania and WMA websites.

## NZMA SUBSCRIPTIONS

Subscriptions are due as at 1 September. Members are reminded that they are required to be financial before they can enter for national and international competition. Please approach your friendly Centre treasurer for details.

## THANKS GARY

Because of Sacramento commitments the Editor was unable to attend the national cross country championships in Christchurch or the national road championships in Wellington to get his normal photographic coverage for Vetline. However Gary Nesbit (Nesport) came to the rescue and as will be obvious we are able to cover the action in both events. Thanks Gary for your professional assistance – it is greatly appreciated. Gary's photos from both of these events are available for purchase – for details see the Nesport advert on page 39.

## VETLINE MATERIAL

Most members are aware that the Board has changed the publishing sequence of Vetline. The new format is that the magazine will be published in January, April, July and October. We are therefore now calling for material for the January issue. The deadline is 30 November. However as always we do need to get much of the articles and adverts as soon as possible. Your assistance in this respect would be greatly appreciated otherwise we may have to cancel Christmas!

# President's Report

With summer rapidly approaching we are into the track season again. Athletes of all levels of ability will have plenty of opportunity for competition over the coming months. As well as our regular local meets there are the North and South Island championships before Christmas and the Oceania championships in the New Year and the nationals in the autumn. Athletics is all about competition, sometimes against other athletes, but always against ourselves and if we wish to continue competing we need to support events. The North and South Island events sometimes struggle to attract entries so please do your bit to support them.

NZMA who that made the trip to Sacramento certainly kept the flag flying with lots of medals and some world records. Let us hope we can do the same in Tauranga for the Oceania event.

On the administrative side of the sport I attended the first ANZ AGM under the new constitution where clubs rather than centres carry votes. It seemed to work well and although NZMA no longer have a vote masters tend to be involved in club administration and looking around at the AGM most present were of master's age.

by | MIKE WEDDELL - NZMA President

# Letters to the Editor

## Vetline Delivery

I wish to express my thanks to the kind person who posted the March 2011 Vetline to me. Super to read on a cold winter's day. Arthur always filed each copy neatly and handy for reference and I have tried to do the same. I received the June copy recently and wondered why there was a gap "March"? So much has happened here over the past nine months. The aftershocks seem to get worse and I am not surprised that people want to leave the city.

As patron of the Canterbury Masters I like to keep up with the news. Our 2011 championships were the last event to be held in QE2 Track. It is sad to see all the destruction to buildings and grounds. I was surprised to see the photo of my husband and me and Clem Green. If you would like a copy of the history of New Zealand Veteran Athletics that we compiled I would be only too pleased to send a copy.

Many thanks for your surprise package

Sincerely,

Merle Greyburn

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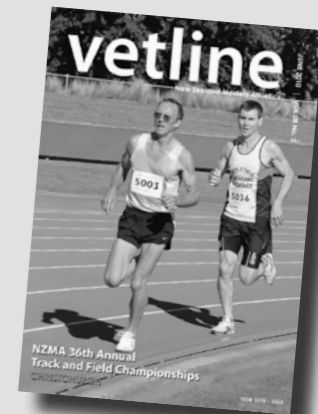
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**jim.tobin@xtra.co.nz**



# NZ Results from Sacramento

**Women**

**Sarah Armishaw-Stevens**

W40 Marathon RR

**Tui Ashe**

W60 200 Meter Dash  
W60 400 Meter Dash  
W60 800 Meter Run  
W60 Heptathlon

**Shirley Barber**

W65 5000 Meter Race Walk  
W65 10k Race Walk RR  
W65 20k Race Walk RR

**Dawn Cumming**

W75 1500 Meter Run  
W75 2000 Meter Steeplechase

**Anne Deleiros**

W60 100 Meter Dash

W60 Long Jump  
W60 Triple Jump  
W60 High Jump

**Jan Fleming**

5000 Meter Run  
10000 Meter Run  
8k Run CC

**Sally Gibbs**

W45 5000 Meter Run  
W45 10000 Meter Run  
W45 Marathon RR

**Claire Giles**

W50 100 Meter Dash

W50 200 Meter Dash  
W50 400 Meter Dash

**Sheryl Gower**

W60 100 Meter Dash

W60 200 Meter Dash  
W60 400 Meter Dash

**Winifred Harding**

W55 Shot Put  
W55 Hammer Throw  
W55 Weight Throw  
W55 Weight Pentathlon

**Sue Hoskin**

W60 5000 Meter Race Walk  
W60 10k Race Walk RR  
W60 20k Race Walk RR

**Althea Mackie**

W40 Hammer Throw  
W40 Weight Throw

**Christine McCahill**

W45 Shot Put  
W45 Discus Throw  
W45 Hammer Throw  
W45 Weight Throw  
W45 Weight Pentathlon

**Margaret McGuinness**

W50 10k Race Walk RR

**Ngawine Pepene**

W80 Shot Put  
W80 Discus Throw  
W80 Javelin Throw  
W80 Hammer Throw  
W80 Weight Throw  
W80 Weight Pentathlon

**Margaret Peters**

W75 100 Meter Dash  
W75 200 Meter Dash

**Prelims (placing)**

**Finals (placing)**

		3:47:30.50	(7)
		1:14.99	(6) *
		3:05.00	(11) *
		4529	(6) *
		33:55.03	(3)
		1:07:36.58	(5)
		2:26:53.31	(8)
		8:00.18	(3)
		13:06.40	(2)
<b>Semis :</b>	16.31	(13)	
	16.50	(11)	
		3.84m	(7) *
		8.12m	(7) *
		1.16m	(9)
		28:26.16	(9)
		57:04.82	(5) *
		49:20.12	(3)
		17:19.43	(1)
		36:03.59	(1)
		2:52:52.20	(1) *
<b>Semis :</b>	15.18	(21)	
	15.56	(23)	
	33.02	(24)	
	1:12.92	(17)	*
<b>Semis :</b>	15.19	(4)	
	15.24	(5)	
	31.68	(4)	
	1:14.16	(6)	
		32.11	(7) *
		1:13.35	(4) *
		9.82m	(7) *
		35.37m	(4) *
		12.24m	(3) *
		31:23.30	(3)
		1:02:13.73	(4)
		2:12:00.38	(3)
		36.70m	(5)
		11.34m	(5) *
	11.82m	(2)	
		11.68m	(5) *
		34.52m	(6)
		42.21m	(3) *
		15.48m	(1) *
		3968	(2) *
		1:13:14.13	(16)
		5.83m	(5)
		11.37m	(8)
		16.45m	(2) *
		18.13m	(4)
		6.38m	(5)
		3053	(4)
	17.29	(4)	
	37.66	(2)	
		16.98	(3)
		36.90	(3)

**Prelims (placing)**

**Finals (placing)**

<b>Karen Petley</b>	W50 1500 Meter Run	5:40.39	(17)				
	W50 5000 Meter Run					21:05.59	(11)
	W50 8k Run CC					37:32.44	(13)
<b>Marcia Petley</b>	W80 100 Meter Dash	21.73	(6)			22.06	(7) *
	W80 400 Meter Dash					2:03.78	(2)
	W80 800 Meter Run					5:17.32	(3)
	W80 Weight Throw					6.99m	(4)
<b>Dalise Sanderson</b>	W55 800 Meter Run	3:03.62	(10)			3:00.38	(11)
	W55 1500 Meter Run					5:53.44	(9)
	W55 8k Run CC					39:37.56	(15)
<b>Judith Stewart</b>	W60 1500 Meter Run	6:10.17	(3)			DNS	
	W60 5000 Meter Run					22:00.93	(5)
	W60 10000 Meter Run					44:16.17	(3) *
<b>Vanessa Story</b>	W35 100 Meter Dash	13.43	(7)			13.38	(6)
	W35 200 Meter Dash	27.45	(6)			27.09	(6) *
	W35 400 Meter Dash	1:00.17	(5)			1:00.53	(4) *
<b>Nyle Sunderland</b>	W40 5000 Meter Race Walk					27:33.11	(1) *
	W40 10k Race Walk RR					57:03.15	(1) *
	W40 20k Race Walk RR					1:56:54.18	(1) *
<b>Christine Waring</b>	W65 100 Meter Dash	15.57	(3)			15.63	(4)
<b>Semis :</b>	15.65	(4)				32.54	(5) *
	33.37	(3)				1:17.83	(4) *
	1:16.37	(4)					
<b>Relay</b>	W60 4x100 Meter Relay Finals: Sheryl Gower, Anne Deleiros, Tui Ashe, Christine Waring					1:01.23	(3)
	W60 4x400 Meter Relay Finals: Sheryl Gower, Tui Ashe, Christine Waring, Shirley Barber					5:25.81	(2)

**Men**

**Kevin Bradley**

M65 Hammer Throw  
M65 Weight Throw

**Stephen Burden**

M50 100 Meter Dash

M50 Long Jump  
M50 Triple Jump

**Anthony Catchpole**

M50 100 Short Hurdles 36"  
M50 200 Meter Dash

**Richard Davison**

M60 Discus Throw  
M60 Javelin Throw  
M60 Hammer Throw  
M60 Weight Throw  
M60 Weight Pentathlon

**Anthony Deleiros**

M60 100 Meter Dash

M60 200 Meter Dash

**Mark Flaus**

M50 Shot Put  
M50 Discus Throw  
M50 Hammer Throw  
M50 Weight Throw  
M50 Weight Pentathlon

**Brendan Gibbs**

M50 5000 Meter Run  
M50 3000 Meter Steeplechase  
M50 8k Run CC

**Peter Hanson**

M70 300 Long Hurdles  
M70 2000 Meter Steeplechase

**Prelims (placing)**

**Finals (placing)**

						39.92m	(8)
						16.39m	(4) *
		13.10	(30)			12.75	(23)
		FOUL				11.38m	(10) *
		11.61m	(8)				*
		17.64	(14)				
		27.68	(41)				
		36.94m	(16)			45.45m	(8) *
		32.41m	(24)			15.97m	(8)
		46.27m	(7)				
		15.20m	(11)				
						13.89	(16)
<b>Semis :</b>	13.54	(11)					
	27.73	(6)					
<b>Semis :</b>	27.58	(11)					
	11.72m	(15)					
	36.16m	(16)					
	35.99m	(16)				FOUL	
						23:40.80	(44) *
						13:47.41	(9)
						38:01.96	(34) *
	1:09.89	(11)				11:31.33	(12)

	Prelims (placing)	Finals (placing)
<b>Eric Kemsley</b>		26:40.85 (8)
M60 5000 Meter Race Walk		53:45.13 (8) *
M60 10k Race Walk RR		1:50:57.89 (7) *
M60 20k Race Walk RR		
<b>Ronald Munro</b>	16.63 (28)	
M70 100 Meter Dash		1.10m (1)
<b>Wallace Opperman</b>		24:09.00 (3)
M85 Pole Vault		50:58.63 (5)
<b>Mike Parker</b>		1:48:30.57 (5)
M55 5000 Meter Race Walk		4:52.95 (1) *
M55 10k Race Walk RR		18:15.53 (1) *
M55 20k Race Walk RR		7:10.03 (1) *
<b>Ron Robertson</b>		32:09.96 (1)
M70 1500 Meter Run		19:53.35 (20)
M70 5000 Meter Run		42:20.03 (14)
M70 2000 Meter Steeplechase		33:31.52 (20)
M70 8k Run CC		
<b>Gene Sanderson</b>		2409 (16) *
M55 5000 Meter Run		17:22.14 (5)
M55 10000 Meter Run		36:18.64 (4)
M55 8k Run CC		2:50:40.70 (3)
<b>Roy Skuse</b>		30:33.50 (16)
M70 Weight Pentathlon		1:06:15.60 (12)
<b>Gavin Stevens</b>		57:10.28 (13)
M55 5000 Meter Run		32:33.08 (26)
M55 10000 Meter Run		1:01:50.02 (23)
M55 Marathon RR		
<b>James Tobin</b>		11.43 (6)
M75 5000 Meter Run		
M75 10000 Meter Run		
M75 8k Run CC		
<b>John Waite</b>		
M70 5000 Meter Run		
M70 8k Run CC		
<b>Anthony Wall</b>		
M40 100 Meter Dash	11.46 (10)	
	11.45 (7)	
	23.71 (8)	
M40 200 Meter Dash	Semis : 23.69 (9)	



Gavin Stevens was third in the M55 marathon in 2:50:41



Peter Sandery (AUS) in M70 5000m

PHOTOS | JIM TOBIN

# New Zealand Records set at the World Championships in Sacramento

Tui Ashe	W60	Heptathlon Intl	2749	Wally Opperman	M85	Pole Vault	1.10m
Shirley Barber	W65	10k Race Walk RR	1:07:36.58	Ngawini Pepene	W80	Javelin	16.45m
		20k Race Walk RR	2:26:53.31	Ron Robertson	M70	1500m	4:52.95
Winifred Harding	W55	Weight Throw	12.24m			5000m	18:15.53
Sue Hoskin	W60	10k Race Walk RR	1:02:13.73			2000m Steeplechase	7:10.03
		20k Race Walk RR	2:12:00.38	4 x 100m Relay	W60		1:011.23
Christine McCahill	W45	Hammer Throw	42.38m	4 x 400m Relay	W60		5:25.81
		Shot Put	11.68m				
		Throws Pentathlon	3968 points				
		Weight Throw	15.48m	David Scratton	M90	Shot Put	5.29m

## Records Broken in New Zealand



Tui Ashe (far left) in the W60 400m



Jan Fleming W70 cross country



Wally Opperman won the M85 pole vault



Sally Gibbs collects another of her three medals



Ron Robertson won the M70 2000m steeples in 7:10:03



WMA Secretary Bob Schickert (AUS) in action in the steeplechase



Dawn Cumming - silver in the W75 1500m



Zola Pieterse (nee Budd) was 2nd in the W40 cross country



Shirley Barber 3rd in W65 5000m walk



Sarah Armishaw-Stevens in the W40 marathon



Peter Crombie (AUS) was in brilliant form in the M65 400m

PHOTOS | JIM TOBIN

PHOTOS | JIM TOBIN

# Sacramento On Track

by | MALCOLM CLARK

Sacramento was a watershed in terms of technology and streamlining the backroom operations of the championships. Entries were made directly on line, you didn't have to sign in the day before (an hour before your event was now adequate) and results were posted on the website before printed copies were available to view. If, like me you didn't have a laptop or cell phone you felt a bit like a dinosaur.

However these championships were a challenge in many respects for the team of 42 from New Zealand. In spite of the difficulties we returned home with 12 gold, 5 silver and 14 bronze medals with many others placing 4th. This was a very good result indeed.

I will focus on the track events that took place at the three venues – Sac State the main track and headquarters for the championships, Sac City where most of the distance events were run and ARC which was basically a training venue but some preliminary rounds were also held here. Unfortunately these venues were some distance apart and although a shuttle bus system was operating, at times it was inconsistent and most relied on public transport with its own limitations or more often than not taxis.

Initially with temperatures in the mid 30s those doing distance events had to pace themselves and times reflected this. Later on temperatures were more agreeable and some excellent performances were achieved. Our race walkers were among the first on the track in their 5000m event. Pleasing results were achieved with Nyle Sunderland getting gold and Shirley Barber, Sue Hoskin and Mike Parker each getting bronze. Unfortunately Dawn Cumming received the wrong lap count information and finished a lap short so a DNF for her.

Both Sally Gibbs and Ron Robertson dominated their 5000m events with Ron setting a new world record for gold. Gavin Stevens put in a strong run to finish fifth in his 5000m race. The 10,000m races were spread over several days which meant that Sally Gibbs ran hers just two days before the marathon. She again dominated this event leading from the start. Judy Stewart was pleased to get third in her race, Gavin Stevens improved to fourth in his and Jan Fleming ran well to finish fifth in her 10,000m event. The 1500m saw some strong fields and impressive racing. Dawn Cumming achieved bronze and Ron Robertson again dominated his race to finish with another gold and a world record.

In the shorter track events many of our women and one man made finals with the better performed being Marcia Petley second 400m, fourth 800m and Margaret Peters third in both 100m & 200m. Sheryl Gower, Tui Ashe and Chris Waring all made finals and were joined by Anne Deleiros in the 4x100 relay to get bronze and Shirley Barber to achieve silver in the 4x400 relay. Two others that made sprint finals were Vanessa Story and Anthony Wall with Vanessa's fourth in the 400m an impressive performance.

The marathon was held in ideal conditions early on the final day of competition. Gavin Stevens finally got a medal by finishing third and Sally Gibbs was first female overall to win her third gold medal. This was a great result considering that she is relatively new to the sport.

One of the final track events was the steeplechase. Dawn Cumming went one better here gaining silver. However in what was probably the performance of the championships for me Ron Robertson won his event reducing the world record by over 40 seconds and achieved an age graded standard of 111% - a truly remarkable achievement.

Finally we were all thrilled when Wally Opperman achieved a height in the M85 pole vault and got his gold medal – well done Wally.

As Team Manager I must thank all members of the group for their conduct and cooperation throughout the championships. It has been a pleasure to share this experience with you all. I look forward to catching up with many of you at Tauranga in February.

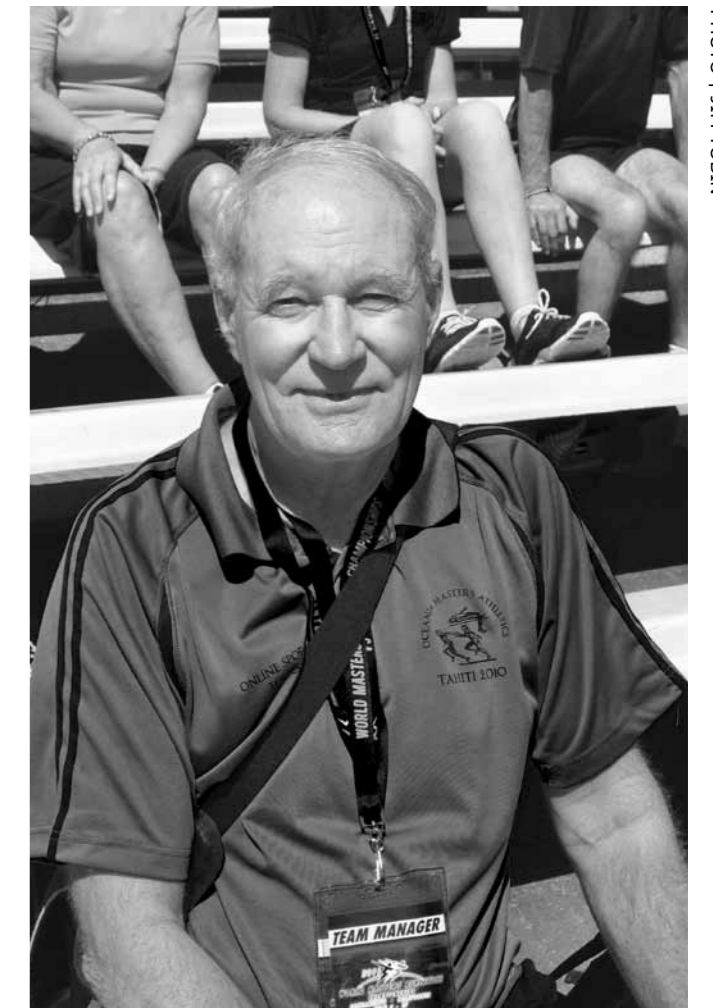


Dalise Sanderson in the leading bunch in women's cross country



Vanessa Story in the W35 400m at the WMA Championships in Sacramento

PHOTO | JIM TOBIN



Malcolm Clark - NZL Team Manager

PHOTO | JIM TOBIN



# All Joy On The Waterfront

by | RON STEVENS

The Wellington Waterfront venue and a reputation for local ill-tempered breezes probably aroused touches of trepidation in entrants before the New Zealand road championships for 2011. The weather forecast would not have helped with a strong sou'west wind and sleety rain predicted. Athletes who arrived in Wellington on the Friday had their worst fears confirmed by the early arrival of cold temperatures, a wintry blast and horizontal rain. On the Saturday (20 August) though, the prayers of the race organisers were answered and, although a breath of the southerly persisted making conditions brisk, the cloudless day was perfect for all of the races.

The waterfront course was well planned with a surprising amount of the course consisting of straights and the curvy bits made wide enough to allow passing. There was only one U turn which came after about a third of the course after a couple of hundred metres into the southerly which was nullified by the immediate backwind and reminded runners just how sheltered the rest of the course was. Being able to see much of the race as you were competing added interest and no doubt affected tactics in the close-run events. The course and the volunteers who guided us through were first class.

Seventy-five entrants faced the starter in the master's women's grades and in the first event spectators were treated to a demonstration of power running by Sally Gibbs (W45) of Waikato-Bay of Plenty who raced away from the start to finish 47 seconds ahead of Rachel Penney (W35) of Auckland. Sally's pace was almost the same as that achieved by Lisa Robinson (Auckland) in winning the senior championship which was, admittedly, twice the distance.

The combined total of 169 masters (94 masters men and 75 masters women) who competed, outnumbered by almost 30 percent the 132 runners of all other grades (46 women and 86 men) illustrating the supportive, stabilising influence of masters running beyond the youthful cutting edge of the sport.

Daniel Nixon (M35) of Wellington led home the men's masters' field a comfortable 43 seconds ahead of Canterbury's Martin Lukes (40) while Graham Macky (M55) Auckland ran faster than the winner of the M50 age-group. Michelle Allyson (W55) could almost claim a moral victory, too, in finishing a mere one second behind Julie Wilson (W50) Otago. Perhaps youth tells in the sprint.

Although Mac's Bar was unknown by our Wellington taxi driver it turned out to be an ideal venue for issuing race-packs, changing, and leaving gear and as a venue for the presentation which took place mid-afternoon. Presenting so many individual and team medals for all the grades usually tests audience stamina but Roger Robinson's brisk and good-humoured performance as MC kept things moving and he speeded up proceedings by 'ringing in' an extra presenter when the pace threatened to drop. In ballroom dancing, where there are even more multiple sections and grades, place-getters' names are all called together by the MC and awards are received at different stations, one for each placing, at the head of the hall with separate celebrities at each station to make the presentations. Perhaps a thought for the future?

Last, but far from least, was the manner in which the many officials and volunteers conducted the events. So much of the atmosphere of a championships depends on the unseen planning and setting-up work which has gone before to make the events run smoothly but it is the good-humoured interface with sometimes edgy athletes which ensures success. The starter for the master's men's race, who received a disappointing show of hands for his suggested support of Telecom's famous 'abstinence' support for the All Blacks in the Rugby World Cup, set a great tone.

Well done Wellington for giving us a most enjoyable, efficient and friendly 2011 New Zealand road championships. Thank you all.



Julian Cook (473) 1st M35 and Martin Lukes (486) 1st M40 grade



Tim Masters (551) 12th M60 and Alan Jones (559) 3rd M65 grade

PHOTOS | NESPORT

## Results >

### Masters Women - 5km

W35			
Rachel Penney	AKL	18:09.51	
Stephanie MacKenzie	WGN	18:14.73	
Jackie Mexted	WGN	18:32.81	
Paula Canning	TAS	19:18.92	
Mandy Simpson	WGN	19:38.15	
Rebecca Speirs	WGN	20:27.04	
Paula Conder	MAN	21:05.70	
Nicola Wells	TAR	21:39.06	
W40			
Wendy Cottrell-Teahan	MAN	18:30.96	
Sally Anderson	WGN	18:32.22	
Helen Anderson	WGN	19:24.48	
Deb Finn	WGN	19:36.81	
Andrea Williams	HBG	20:03.71	
Michelle Van Looy	WGN	20:27.66	
Natalie Seay	AKL	20:47.62	
Melissa Thorne	MAN	21:19.87	
Kiri Price	AKL	21:44.26	
W45			
Sally Gibbs	WBP	17:22.00	
Victoria Humphries	WGN	18:52.21	
Patricia Sloan	WGN	19:18.62	
Meghann Stewart	AKL	20:22.46	
Katherine Stannard	MAN	20:26.87	
Angela Ward	AKL	20:32.13	
Helen Willis	WGN	20:58.06	
Karen Ward	WGN	23:11.16	
W50			
Julie Wilson	OTG	19:36.04	
Maria Sleeman	OTG	20:10.96	
Maree Rawles	TAR	20:56.16	
Karen Espin	AKL	22:22.19	
W55			
Michele Allison	WGN	19:36.85	
Jenny Mason	WLG	22:57.83	
Brenda Fortune	-	23:23.56	
Liz Hardley	AKL	24:14.04	
W60			
Pam Graham	WGN	21:09.72	
Judith Bradshaw	NTH	22:39.41	
Kathleen Howard	WBP	23:16.26	
Lynne Mackay	TAR	25:52.83	
W65			
Fay Riley	WBP	31:56.40	

### Masters Men - 10km

M35			
Daniel Nixon	WGN	32:34.38	
Julian Cook	WGN	33:27.15	
Deano Gaskin	WLG	34:24.52	
Sasha Daniels	AKL	34:29.36	
Vaile Mexted	WGN	35:08.69	
Simon Keller	WLG	36:25.43	
Darren Gordon	WGN	37:20.38	
Brendon Keenan	WGN	38:01.90	
Darren Redit	MAN	38:03.20	
Kevin Pugh	WGN	38:44.88	
David Holloway	TAS	39:18.11	
M40			
Martin Lukes	CAN	33:17.90	
Michael Waterman	WGN	34:35.57	
John Kennedy	TAS	34:40.83	
Andrew Reese-Jones	CAN	34:43.02	
Todd Stevens	WGN	34:44.82	
Ian Thomas	TAS	34:47.73	
Guy Robson	AKL	35:12.88	
Peter Versey	WGN	35:24.25	
Hamish Maxwell	TAR	35:46.37	
Michael Wray	WGN	36:07.22	
William Twiss	WLG	36:13.53	
Phil McKay	HBG	37:01.68	
Craig McLean	WLG	37:24.73	
M45			
Darren Hoolahan	CAN	34:15.90	
Greg Mitchell	WGN	34:33.85	
Richard Seigne	CAN	34:45.89	
David Carrigan	WGN	35:38.56	
Paul Hewitson	WGN	35:39.21	
Warren Maguren	WGN	35:49.50	
James Turner	WLG	37:04.27	
Liam Healey	WGN	37:11.52	
Ian Sussex	AKL	38:09.18	
Colin Price	WGN	38:29.37	
Mark Robinson	AKL	38:57.18	
Andrew Graham	AKL	39:12.85	
Glen Wallis	WGN	40:55.32	
Donald Coley	WGN	41:53.71	
Neil Price	WGN	42:49.79	
M50			
Ian Calder	NTH	34:42.84	
Vaughan New	WGN	35:43.06	
Ray Knox	OTG	35:54.14	
Paul Forster	WGN	36:01.34	
David Lear	AKL	36:13.26	



Paul Hewitson (WLG) 5th M45 grade



Kelvin Read (WLG) 9th M50 grade



Leam Healey (WLG) 8th M45 grade



James Turner (WLG) 7th M45 grade



Gavin Smith (WBP) 5th M55 grade



David Hood (WBP) 13th M50 grade



Peter Versey (494) 8th M40, Greg Mitchell (502) 2nd M45 and Darren Hoolahan 1st M45 grade



Angela Ward (454) 6th W45 and Paula Condov (432) 1st W45 grade



Sally Gibbs (WBP) 1st W45 grade and 1st overall



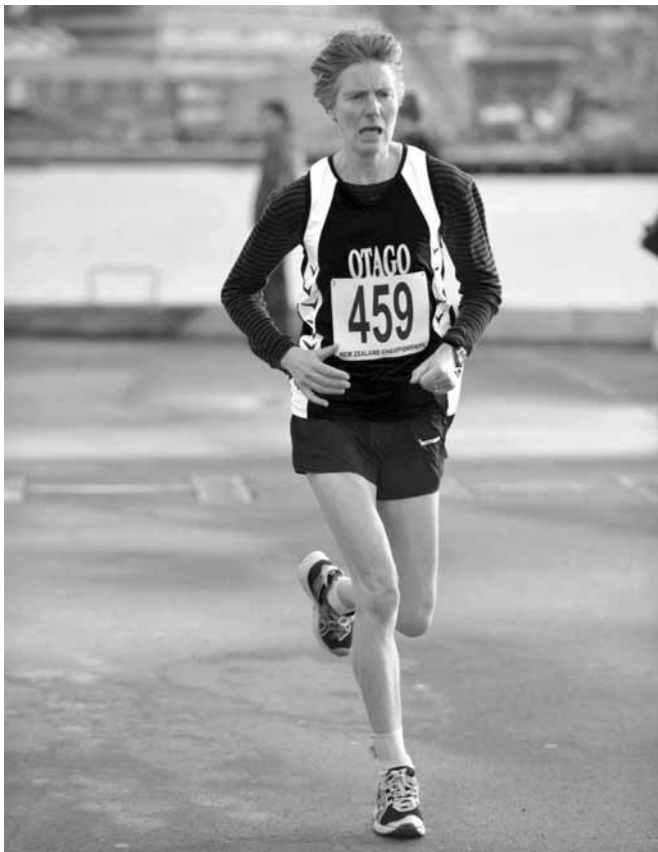
Jenny Mason (WLG) 2nd W55 grade



Sally Anderson (WLG) 2nd W40 grade



Victoria Humphries (WLG) 2nd W45 grade



Maria Sleeman (OTG) 2nd W50 grade



Julie Wilson (OTG) 1st W50 grade



Michael Bond (CAN) 2nd M65 grade



Wendy Cottrell-Teahan (MWA) 1st W40 grade

# 38th NZMA TRACK & FIELD CHAMPIONSHIPS

Mt Smart Stadium, Auckland | 2-5 March 2012



<b>Surname</b>	<b>First Name</b>	
<input type="text"/>	<input type="text"/>	
<b>Postal Address</b>	<b>Telephone No.</b>	<b>Male/Female</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>
	<b>Date of Birth</b>	<b>Age Grade</b>
	<input type="text"/>	<input type="text"/>
	<b>Centre</b>	<b>NZMA No. 2011/12</b>
	<input type="text"/>	<input type="text"/>
<b>Email</b>	<b>Signed</b>	<b>Date</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>

I declare that I am a financial member of NZMA for the 2011/12 year. Neither the organisers, the sponsors, nor other parties associated with the events shall have any responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

## Tick events entered - Please enter your best times for seeding purposes

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

## OFFICIALS REGISTRATION

Name
Address
Phone No
Email
Officials Grade
Preferred Event(s)
2nd Choice
3rd Choice

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

## ENTRIES CLOSE - 5<sup>th</sup> February 2012

## LATE ENTRIES CLOSE - 17<sup>th</sup> February 2012

**CHEQUES PAYABLE TO**  
Auckland Masters Athletics

**ENTRIES AND ENQUIRIES TO**  
Tui Ashe  
4A Seaforth Avenue  
Mangere Bridge, Auckland 2022  
Ph: 09 634 5325  
Email: tui.ashe@ihug.co.nz

## AGE GROUPS -

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

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

## ENTRY FEES

NZMA and first event fee	\$ 30.00
Each additional event @ \$5.00	\$
Multi Events @ \$6.00 each	\$
Late entry fee @ \$30.00	\$
Lunch Saturday @ \$ 10.00 each	\$
Lunch Saturday @ \$ 10.00 each	\$
Awards/Social Dinner @ \$40.00 (limited to 80)	\$
Polo Shirts @ \$40.00 S M L XL (circle)	
T-Shirts @ \$32.00 S M L XL (circle)	

**Total Enclosed** \$

## OFFICE USE ONLY

Entry Acknowledged	
Race No.	

## COMPETITION PROGRAMME

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

### Friday 2 March

TRACK			FIELD		
Time	Event	Grade	Time	Event	Grade
4.00pm	60m heats (if required)	M/W	4.00pm	Long Jump	W60+
4.05pm	100m heats (if required)	M/W	4.00pm	Hammer	M65+
4.10pm	200m heats (if required)	M/W	4.00pm	Discus	W50-59
4.15pm	400m heats (if required)	M/W	4.00pm	Shot Put	W30-49
4.30pm	3000m walk	M/W	4.00pm	Pole Vault	M/W
5.00pm	5000m	W30+	4.45pm	Shot Put	M30-54
5.30pm	5000m	M55+	5.00pm	Discus	M55-64
6.00pm	5000m	M30-54	5.15pm	Hammer	W60+
			6.00pm	Weight Throw	W30-59
			6.00pm	Long Jump	M60+

### Saturday 3 March

8.30am	2000m Steeplechase	W30+	8.30am	Hammer	M55-64
8.45am	2000m Steeplechase	M60+	9.00am	Discus	W30-49
9.00am	3000m Steeplechase	M30-59	9.00am	High Jump	W50+
9.30am	80m Hurdles	W40+	9.00am	Shot Put	W60+
9.35am	80m Hurdles	M70+	9.00am	Triple Jump	M70+
9.45am	100m Hurdles	W30-39	9.30am	Hammer	W50-59
9.50am	100m Hurdles	M50-69	9.45am	Triple Jump	M60-69
10.00am	110m Hurdles	M30-49	10.00am	Discus	M65+
10.10am	1500m	W30-44	10.00am	High Jump	M30-49
10.20am	1500m	W45+	10.30am	Hammer	M30-54
10.30am	1500m	M30-44	10.45am	Triple Jump	M50-59
10.40am	1500m	M45-49	11.00am	Shot Put	M55-64
10.50am	1500m	M50-54	11.30am	Hammer	W30-49
11.00am	1500m	M55-64	11.30am	Discus	W60+
11.10am	1500m	M65+	11.30am	Triple Jump	M30-49
11.30am	100m finals	W30+			

### 12.00pm LUNCH BREAK and Opening Ceremony

1.00pm	100m finals	M30+	1.00pm	Shot Put	M65+
2.00pm	400m finals	W30+	1.00pm	High Jump	M50-59
2.30pm	400m finals	M30+	1.00pm	Javelin	M30-49
3.10pm	4 x 100m Relay*	W30+	1.15pm	Triple Jump	W30-59
3.20pm	4 x 100m Relay*	M30+	2.00pm	Javelin	W30-54
			2.15pm	Discus	M30-54
			2.15pm	Shot Put	W50-59
			3.00pm	Weight Throw	W60+
			3.00pm	Triple Jump	W60+
			3.00pm	Long Jump	M50-59

## Athletes Information

### RACE PACKS:

Can be collected from the Official's Lounge at Mt Smart Stadium, from 3pm on Friday 2nd March and thereafter during competition hours.

### PROPOSED PROGRAMME:

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

### NZMA AGM:

This will be held in the Official's Lounge - Mt Smart Stadium **Friday 2 March at 12 noon.**

### EQUIPMENT:

Competitors may use their own equipment. All items of personal equipment must be presented for checking on **Friday 2 March** between 3 pm and 4pm.

**Enter online at: [www.nzmastersathletics.org.nz](http://www.nzmastersathletics.org.nz)**

Sunday 4 March

8.30am	10km Road Walk	M/W	8.30am	Javelin	W55-64
8.35am	100m - Pentathlon	Women	9.00am	High Jump	M60+
8.45am	10000m	W30+	9.00am	Weight Throw	M60+
9.35am	10000m	M50+	9.30am	Shot Put (Pentathlon)	Women
10.45am	10000m	M30-49	10.00am	Weight Throw	M50-59
			10.15am	Long Jump (Pentathlon)	Women
			10.15am	Long Jump	W30-49
			10.45am	Long Jump (Pentathlon)	Men
			10.45am	Long Jump	M30-49
			11.00am	Weight Throw	M30-49
			11.00am	Javelin (Pentathlon)	Women
			11.00am	Javelin	W65+

11.30am LUNCH BREAK

11.45am	60m	M/W	12.00pm	Javelin (Pentathlon)	Men
12.30pm	800m (including Pentathlon)	Women	12.00pm	Javelin	M70+
1.00pm	800m	Men	12.30pm	High Jump	W30-49
1.30pm	200m	Women (all)	1.00pm	Javelin	M50-69
2.00pm	200m (including Pentathlon)	Men (all)	2.30pm	Discus (Pentathlon)	Men

2.30pm	200m Hurdles	W70+/M80+	<b>Women's Pentathlon</b>		<b>Men's Pentathlon</b>	
2.35pm	300m Hurdles	W60-69/M70-79				
2.40pm	300m Hurdles	W50-59				
2.45pm	300m Hurdles	M60-69	8.35am	100m	10.45am	Long Jump
2.50pm	400m Hurdles	W30-49	9.30am	Shot Put	12.00pm	Javelin
2.55pm	400m Hurdles	M50-59	10.15am	Long Jump	2.00pm	200m
3.00pm	400m Hurdles	M40-49	11.00am	Javelin	2.30pm	Discus
3.30pm	1500m (Pentathlon)	Men	12.30pm	800m	3.30pm	1500m

PLEASE NOTE: Pentathlon events will be combined with open events where possible

Monday 5 March

8.30am	Throws Pentathlon	W30-59	3 attempts per discipline Order of events: Hammer   Shot Put   Discus   Javelin   Weight Throw
9.15am	Throws Pentathlon	W60+	
10.00am	Throws Pentathlon	M30-59	
11.15am	Throws Pentathlon	M60+	

Accommodation/Function Information

Social Function/Awards Presentation Dinner

This will be held at the Kingsgate Hotel Parnell in the conference room beside the pool area on Saturday March 3rd 2012.

Mix and mingle (bar area) from 6 - 7pm  
Buffet meal at 7pm  
Awards presentation following dinner

Cost \$40 per person - Tickets limited to 80 people



Accommodation

We have arranged a bulk discount at the following hotels.

Please contact Tui Ashe to make a booking at the discounted rates.

Email: tui.ashe@ihug.co.nz  
Phone 09 634 5325  
Mobile 021 1636405

**Kingsgate Hotel Parnell - \$85 incl GST per room per night** (twin/single share)

**Copthorne Hotel Auckland City - \$110 incl GST per room per night** (twin/single share)

**Copthorne Hotel Harbour City - \$120 incl GST per room per night** (twin/single share)

# Coaching Corner



by | MIKE WEDDELL

I think that most of us will agree that coaches are a very important part of sport in general and athletics in particular. It is hard to imagine someone in the technical events, sprinting, jumping and throwing getting very far without a coach. However there are many middle and long distance runners who do not have a coach. I almost used the term self-coached but not having a coach and being self-coached are not the same. Being a coach means, or should mean, helping athletes achieve their potential in sport, or even more broadly, in life in general.

There is more to coaching than just writing out a training schedule for yourself or anyone else. If an athlete is going to achieve his or her potential in sport there must be a balance with all the other things going on in life. It is pointless writing out a schedule that would take up ten hours a week to complete if the person has only six hours available in which to do it.

What coaches must understand is that we coach people not automatons. Athletes are pulled in different directions both

physically and mentally and unless we allow for these pressures we are doomed to failure. Coaches need to talk to their athletes about life not just sport and if something is important to an athlete it has to be important to the coach if the relationship is to work.

Not only should a coach take into account all the pressures of an athlete's lifestyle he/she must amass as much information as possible to help formulate an effective programme for the athlete. The areas of knowledge needed are in the type of training that is suitable for the events in which the athlete competes, nutrition, mental skills, management and probably most importantly how to motivate and communicate with the athlete.

Every athlete is an individual so every training programme needs to be worked out individually if there is to be any chance of an athlete getting anywhere near his or her potential.

As for self-coaching that is another story for another day.

## Auckland Super City Beckons

**Jump into the 'Fast Lane' and come to the NZMA National Championships at Mt Smart Stadium, Auckland.**

As the name suggests, Auckland is a **Super City** not only **Super** in size but also **Super** in scenery, with beautiful harbours, beaches, parks and mountains and for anyone with time to spare there are many activities to take in, from a pleasant visit to the Auckland Domain and Museum to the thrill of a SkyJump off the Sky Tower or the exhilaration of the Bridge climb or a daredevil bungy off the Harbour Bridge.

Auckland Masters Athletics LOC guarantees every effort will be made to make these NZMA Championships a **Super** success by organising a well-run event, with raffles and spot prizes and **Super** hospitality it is sure to be **Super** enjoyable as well.

Accommodation is sorted! check out the special offer from Millennium Hotels specifically for those attending the championships **Friday 2<sup>nd</sup> March 2012 to Sunday 5<sup>th</sup> March 2012.**

The Millennium Group invite you to stay at one of their centrally located Hotels, where you will find yourself just a 'hop, step and jump' away from the energy and vibe of Downtown Auckland and the Viaduct Harbour with its popular restaurants and bars, or for a more relaxing atmosphere, the Kingsgate Hotel which is located in trendy Parnell opposite the famous Rose Gardens.

Book early, contact Tui Ashe tui.ashe@ihug.co.nz phone 09 634 5325 mobile 021 1636405

**Kingsgate Hotel Parnell**  
92 - 101 Gladstone Road  
Parnell  
(Opposite Rose Gardens)

**\$85 incl GST per room per night**  
(twin/single share)

15 mins drive to Mt Smart Stadium via Newmarket & Great South Rd.

**Copthorne Hotel Auckland City**  
150 Anzac Ave  
Auckland City  
(City view)

**\$110 incl GST per room per night**  
(twin/single share)

15 mins drive to Mt Smart Stadium via Symonds St & Southern Mwy take Ellerslie/Penrose off-ramp 10 mins walk to Britomart Train Station take train to Penrose 8 mins walk to Mt Smart Stadium

**Copthorne Hotel Harbour City**  
196 - 200 Quay Street  
Downtown Auckland  
(Viaduct Basin/Harbour view)

**\$120 incl GST per room per night**  
(twin/single share)

2 mins walk to Britomart Train Station take train to Penrose 8 mins walk to Mt Smart Stadium 17 mins drive to Mt Smart Stadium via Hobson St & Southern Mwy take Ellerslie/Penrose off ramp  
\* Charge for parking at this location

# Advanced Fitness Training

by | BARRY RAIT

Recently I was attracted to a title published as *Advanced Fitness Training For Elite Sports Performance (2010)*. The editor was the well-known Andrew Hamilton, editor of the popular magazine *Peak Performance*, and the publisher was Jonathon Pye. This very inexpensive publication appeared to be a digest of the recent information on fitness training to 2010 and could keep me up-to-date on the latest tested research and improvements. After finishing a Bachelor of Sport and Recreation in late 2006 I know how quickly it is to get out of date and unwittingly practice proven inadequate or sub-optimal fitness regimes.

During the last year or so I have been deluged with emails with snappy and intriguing titles from this editor. Additionally, his two magazines *Peak Performance* and its cousin *Sports Injury Bulletin* have impressed me with their scope of articles and excellent assessment of any research over the years. So I ordered the 100 page booklet for my reference library.

It was pleasing to find a number of gems of information every few pages. There were a wide range of contributors. As an old decathlete I was quite taken with the specific mention of the decathlon in the discussion of how to successfully marry the contradictory training demands of endurance training and power (not strength) training for the best results.

I also wondered why there was so much research now available in sports and came to the obvious conclusion that the attraction of money through professional sports had a great deal to do with it. So let's hope there will be a suitable introduction of financed master's sports.

The research has pin-pointed two muscle enzymes AMPK and mTORC1 for short. The first enzyme applies to developing endurance while the second one is involved in strength production. The higher the concentration of AMPK the better it is for increasing endurance through high intensity exercise. The second enzyme is produced by strength/power type exercise to produce hypertrophy. It controls muscle size and strength/power by dealing with protein synthesis.

For the decathlete s/he should deal with strength initially and allow the strength to follow thus allowing time for the muscle to reload with glycogen thus allowing AMPK to lessen and mTORC1 to operate later on. There are five training rules for those athletes seeking to increase endurance along with strength/power. However much performances improve there is the final limiter of one's own genetic inheritance. The decathlete's training will be dogged by the inherent compromise between the two basic factors. There is a brief discussion on how effective or ineffective concurrent training is given the present level of scientific knowledge.

This concurrent training conception does have a reality spin-off in sports. This achievement is done by a highly planned 'fiendishly' composed training regime that includes both aerobic and strength/power work even in the same session. While there is much debate over what ingredients to put in this training it is agreed that both factors can be beneficially included. Needless to say, the technical aspects must also be given full attention too.

Concurrent training can readily lead to over-training /over-reaching and the disastrous consequences of that. This where another aspect of the art of coaching applies, to anticipate the melt-down that would arise if concurrent training becomes too demanding i.e. too intense.

Apparently Goldilocks was wrong in her thinking that there was a 'middle way' i.e. not too hot and not too cold. For the athletes desiring optimal rather than just-so performances it is vital that there is a carefully varied intensity to ones training to achieve the desired outcome. There is an optimal amount of very high intensity training for top end performers but this has to be judiciously managed. From this comes the train low and train high balancing act. The use of heart rate monitors is recommended but only as it applies to that particular athlete. The various charts and their training zones can be a misleading indication of what to achieve. The more advanced the athlete the more individualised is the training programme and hence the use of the monitor.

Maximising strength (meaning power) based on recent research means that the old programme and shibboleths should be discarded. Now that the biochemical actions of mTORC1 are known to be the key to increasing strength then the training that maximises this enzymic response must be employed. The greater the load on a muscle the greater is the production of mTOR1. So maximising mTORC1 activation is the name of the game but not to overtraining levels. At all levels of higher intensity training considerable care must be taken with the recovery stages so that the body is optimally replenished and continues in an anabolic not catabolic manner.

At last on page 81 the authors deal with the strength-power duopoly, something close to my Olympic weightlifting heart! It is the ability to move fast with reference to the shorter time (acceleration) to accomplish a movement, that is power. Strength does not, by definition, involve the factor of time in the same way. Strength is what can be done with little regard to time. In the gym this decided difference is crucial and is reflected in the nature of the successful training programmes. The effect on type 11B muscle fibres the so called fast twitch fibres, are being attended to. An increase in cross-section of a muscle showing more fast twitch fibres would indicate a greater ability to produce greater power output. These fibres are particularly important for the shorter sprints and the field events.

The old argument of what is better, free-form or fixed path weight training arises again. The former requires the athlete to manage the weight in all dimensions while the latter is substantially controlled by the structure of the 'machine' guiding the weight. Go for the free-form unless you are injured or are a novice.

This digest could easy become a compendium but that is why this company is publishing so many titles on a huge range of sporting activities. You should buy the lot. Although this publication is a digest, it is packed with research references and in its own way it is an intensive read in itself. To read and understand this booklet is to become a good or better coach and athlete because it can direct you to more vital information that will be of use to you. Where will all this research end - when the human enquiry ceases?

# Come In Lesley

by | MURRAY PEEBLES

The Wellington Harrier Athletic Club (WHAC) is seeking to contact Lesley Campbell, one of the pioneers of women's harrier running in Wellington half a century ago. Lesley became the first woman to compete in an interclub cross country race in Wellington when she participated in the 1961 Dorne Cup cross country race. She also subsequently won the inaugural Wellington Centre women's' cross country championship in 1962.

With the 50th anniversary of the latter milestone approaching next year (the 2011 Dorne Cup was recently held) WHAC would like to ask Lesley if she would be available for interview in a human interest story around the events. Lesley is believed to have been living in Christchurch around 2006. Campbell is understood to be her maiden name. Photographs indicate that she was probably in her early 20s at the time of the events mentioned.



Lesley Campbell circa 1962

# STOP PRESS...

## EXCITING NEWS AS WE GO TO PRESS

I am pleased to announce that the athletes nominated by OMA, Ron Robertson of New Zealand and Lyn Ventris of Australia have been announced by WMA as the winners of these prestigious awards for 2011. Congratulations to them both they are very worthy winners. The IAAF Gala Dinner will be held in Monaco in November and Ron and Lyn will be invited to attend and receive their awards.

**Bob Schickert**  
Secretary OMA





## OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS TAURANGA, NEW ZEALAND 2012

### UPDATE INFORMATION

Entries will open for the Championships on 18th September 2011, and close on the 15th December 2011. NO LATE ENTRIES WILL BE ACCEPTED. You will be able to enter online at [nzmastersathletics.org.nz](http://nzmastersathletics.org.nz) and click on the Oceania 2012 link.

### Half Marathon

The Half Marathon will start and finish at Fergusson Park. This is a short drive from the main stadium. This is a great area, and we have been fortunate to acquire the use of the new soccer clubrooms which have great facilities for us to use.

### Accommodation in Tauranga

Tauranga is a very busy place at this time of the year, so if you are planning on attending the Championships please book your accommodation early. Hotels and Motels close to the track are filling up very quickly.

### Programme

The final programme is shown here, but please note that timing of events may vary once entries are finalised.

### Championship Shirts

You may order the official championship shirt when you enter the event. These shirts are very easy to wash, are quick drying and we have had very positive feedback on them already.



### Contact Information

For more information regarding the 2012 Oceania Masters Athletics Championships in Tauranga contact:

Christine McCahill

Telephone: +64 7 572 2606

Email: [oceaniamasters2012@xtra.co.nz](mailto:oceaniamasters2012@xtra.co.nz)

Website: [nzmastersathletics.org.nz](http://nzmastersathletics.org.nz) and click on the Oceania 2012 link

### ATHLETE REGISTRATION

*Tauranga Domain Track*  
Friday 3rd and Saturday 4th February  
10am—3pm

### OFFICIALS BRIEFING

Saturday 4th February 3—5pm  
*Tauranga Domain Track*

### Sunday 5th February

Decathlon  
Heptathlon  
Registration  
Opening Ceremony  
Men Discus  
Women Hammer  
5000m Run

### Monday 6th February

10km Walk  
Decathlon  
Heptathlon  
800m  
Women Shot Put  
Men Hammer

### Tuesday 7th February

8km Cross Country  
60m Heats and Finals  
100m heats and finals  
Men Shot Put  
Men Heavy Weight  
Women Heavy Weight  
Women Javelin  
Women Long Jump  
Men High Jump

### Wednesday 8th February

REST DAY

### Thursday 9th February

5000m Race Walk  
200m Men and Women heats and finals  
400m Men and Women heats if needed  
Women Triple Jump  
Men Long Jump  
Men Javelin  
Women Discus  
Men Long Jump

### CHAMPIONSHIP DINNER TAURANGA YACHT CLUB - SULPHUR POINT

### Friday 10th February

Women High Jump  
Women Throws Pentathlon  
Men Javelin  
Men Triple Jump  
Pentathlon Men  
400m Men and Women Finals  
Women Short Hurdles  
Men Short Hurdles  
2000m Steeples  
3000m Steeples

### Saturday 11th February

Women long hurdles  
Men long hurdles  
Pentathlon Women  
Throws Pentathlon Men  
Women/Men Pole Vault  
Men Triple Jump  
3000m Race Walk  
1500m Finals  
4 x 100m Relay  
Distance Medley Relay  
Closing Ceremony

### Sunday 12th February

Half Marathon

# NORTH ISLAND MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS

Newtown Park, Wellington | 25 -27 November 2011



<b>Surname</b>	<b>First Name</b>		
<input type="text"/>	<input type="text"/>		
<b>Postal Address</b>	<b>Telephone No.</b>	<b>Male/Female</b>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
	<b>Date of Birth</b>	<b>Age Grade</b>	
	<input type="text"/>	<input type="text"/>	
	<b>Centre</b>	<b>NZMA No. 2011/12</b>	
	<input type="text"/>	<input type="text"/>	
<b>Email</b>	<b>Signed</b>	<b>Date</b>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	

I declare that I am a financial member of NZMA for the 2011/12 year. Neither the organisers, the sponsors, nor other parties associated with the events shall have any responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

Tick events entered		(Check the programme for correct events for your age group)
<input type="checkbox"/>	60m	Long Jump
<input type="checkbox"/>	100m	Triple Jump
<input type="checkbox"/>	200m	High Jump
<input type="checkbox"/>	400m	Pole Vault
<input type="checkbox"/>	800m	Shot Put
<input type="checkbox"/>	1500m	Discus
<input type="checkbox"/>	5000m	Javelin
<input type="checkbox"/>	60m Hurdles (trial)	Hammer
<input type="checkbox"/>	80m Hurdles	Weight Throw
<input type="checkbox"/>	100m Hurdles	Pentathlon
<input type="checkbox"/>	110m Hurdles	Throws Pentathlon
<input type="checkbox"/>	200m Hurdles	2000m Steeplechase
<input type="checkbox"/>	300m Hurdles	3000m Steeplechase
<input type="checkbox"/>	400m Hurdles	3000m Track Walk
<input type="checkbox"/>	10km Road Run	10km Road Walk

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

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

## ENTRIES CLOSE - 2<sup>nd</sup> November 2011

### NO LATE ENTRIES

**CHEQUES PAYABLE TO**  
Wellington Masters Athletics

**ENTRIES AND ENQUIRIES TO**  
Mark Macfarlane  
3 Shackle Lane  
Whitby, Porirua 5024  
Telephone: 04 234 8874  
Email: mark.macfarlane@xtra.co.nz

### AGE GROUPS -

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

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

### ENTRY FEES

NZMA Fee	\$	10.00
First Event @ \$6.00	\$	6.00
Each additional event @ \$5.00	\$	
Multi Events @ \$5.00 each	\$	
Lunches @ \$ 10.00 each	\$	
<b>Total Enclosed</b>	<b>\$</b>	

## COMPETITION PROGRAMME

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

Friday 25 November					
TRACK			FIELD		
Time	Event	Grade	Time	Event	Grade
			5.00pm	Hammer	Men
				Shot Put	Women
				Long Jump	M30-54
6.00pm	400m	M/W	5.45pm	Long Jump	M55+
6.30pm	3000m Track Walk	M/W	6.45pm	Shot Put	Men
7.00pm	5000m	Women		Hammer	Women
7.35pm	5000m	Men		Long Jump	Women
Saturday 26 November					
9.00am	60m	M/W	9.00am	Discus	M55-65
9.30am	3000m Steeplechase	M30-59		Discus	M70+
10.10am	2000m Steeplechase	W / M60+		Javelin	W30-54
				Triple Jump	M30-54
				High Jump	Women
			10.00am	Discus	M30-49
				Discus	M50
10.30am	80m Hurdles	W40+ / M70+		Javelin	W55+
	100m Hurdles	W30-39 / M50-69		Triple Jump	M55+
	110m Hurdles	M30-49	11.00am	Weight Throw	Men
				Weight Throw	Women
				Pole Vault	M/W
12.00pm	<b>LUNCH BREAK</b>				
12.30pm	100m	M/W	1.15pm	Javelin	M30-54
1.00pm	1500m	M/W		Discus	W30-54
				High Jump	M55+
2.00pm	60m Hurdles	M/W		Triple Jump	W55+
			2.15pm	Javelin	M55+
				Discus	W55+
3.00pm	4 x 100m Relay	M / W *Mixed		High Jump	M30-54
	* 2 Men & 2 Women Provincial Teams			Triple Jump	W30-54
Sunday 27 November					
			8.30am	Throws Pentathlon	W30-59
9.00am	100m - Pentathlon	Women	8.45am	Long Jump - Pentathlon	Men
9.30am	10km Road Walk	M/W	9.00am	Throws Pentathlon	W60+
9.40am	400m Hurdles	W30-49	9.30am	Throws Pentathlon	Men
	400m Hurdles	M35-59		Javelin - Pentathlon	Men
	300m Hurdles	W50+ / M60+			
	200m Hurdles	W70			
10.10am	200m (includes Pentathlon)	M/W	10.00am	Shot Put - Pentathlon	Women
11.00am	800m	M/W	11.00am	Long Jump - Pentathlon	Women
11.30am	10km Road Run	M/W	11.30am	Discus - Pentathlon	Men
12.30pm	1500m Pentathlon	Men	12.00pm	Javelin - Pentathlon	Women
1.00pm	800m - Pentathlon	Women			

### Athletes Information

#### SPIKES ON MONDO TRACK:

The maximum length of spikes to be used on the track for sprinters and distance runners is 6mm. Recommended are Pyramid, Conical or Tree spikes.

Extra long grass spikes MUST NOT be used. Needle spikes are not suitable. 9mm spikes may be used on the Javelin and Jumps runways.

#### PLEASE NOTE:

**Changes have been made to the start times and venue for the 10km road walk and 10km road race. Entrants in these two events need to be at Newtown Park at 8.00am for transportation to the race venue.**

3000m & 5000m track runners & walkers - please arrange your own lap scorers.

# Back To The Quarry

by | ANDREW STARK

On 23 July the annual New Zealand Cross Country Championships were held at the Halswell Quarry, Christchurch. Halswell Quarry is situated at the southern end of the Port Hills and as the name implies it was once a quarry.

The event was organised by the Cross Country & Road Sub-Committee of Athletics Canterbury. As many of you will remember, the 2010 National road championships that were to be held in Christchurch on 4 September 2010 were cancelled due to the earthquake. Earlier in the year, there was some debate as to whether or not Christchurch should hold this event ... was Christchurch 'safe'. However, life must go on and moving the event to another centre was never considered by the organising committee, it fact they were adamant it be held here.

All races were run over a 2km circuit, designed with provide plenty of opportunity for spectators to view the competitors, either viewed from the flat areas beside the course or from one of the hills overlooking the course. While positioned on a 'relatively' flat section of the quarry, it provided a deceptively challenging course with extended sections of slight uphill, followed by downhill and with several drainage dips which had the potential to turn into rivers in wet weather. Fortunately, the recent dry weather meant that the course was firm underfoot and fast.

Race day was over-cast with a cool wind blowing, making it more suitable for running than for watching. More importantly, there were no earthquakes of note during the weekend and the event went off without any problems. As a 'part-time' official helping out with the electronic timing, I get to see the organisation behind the scenes prior to the event. I would like to take this opportunity to mention the tremendous job the team of volunteers do to ensure the successfully running of these events.

Able lead by John Gamblin, supported by many local NZMA members among others, the setting up on all aspects of the course runs with military procession. An extensive group of officials who have done the job 'for years', ensured the smooth running of the races. With the introduction of electronic timing and photo finish cameras, the results were immediately available after the last competitor from each race finished. To ensure that everyone was happy in their work, a constant supply of refreshments were available. What more could one ask for? Well done to all the team.

Since ANZ assumed control of the running NZMA cross country & road championship events, all masters aged athletics who are club athletes can compete, without being members of NZMA. Of the 86 athletes who lined up in the men's race, 34 were NZMA members and only eight of the 32 women were NZMA members. While I understand why ANZ run the event, personally I am disappointed that so many of the competitors have not joined NZMA. I guess that is one of the challenges that we face, attracting more of these runners to join our ranks. With the Oceania championships being held in Tauranga in February next year this would be a good opportunity to tout for members by promoting this event via the clubs.

The results listed are for all masters athletes with the NZMA members highlighted. As is the case for many of the longer races, once the races settled down, it became a procession with very few close finishes within each age group, but some titanic battles between athletes of different age groups. My overall impression of the event ... a good day out.

As a footnote, 24 hours after the last race, Christchurch was inundated by bad weather and the course was covered in 20 centimetres of snow which would have made racing impossible... weren't we lucky!

## Results > (NZMA Members highlighted in bold)

### Masters Male - 8km Cross Country

<b>M35</b>			
Rees Buck	WGN	27:07:00	
Stephen Day	WGN	27:15:00	
Allan Staite	CAN	29:14:00	
Stewart Paul	OTG	29:15:00	
Matt Bixley	OTG	29:38:00	
Juno WiParata	OTG	30:31:00	
Jon Linyard	TAS	31:33:00	

<b>M40</b>			
Phil Costley	TAS	26:33:00	
Carsten Joergensen	CAN	27:31:00	
<b>Grant McLean</b>	<b>WGN</b>	<b>27:43:00</b>	
Axel Reiser	CAN	27:57:00	
Jason Baillie	CAN	28:02:00	
<b>Darren Hoolahan</b>	<b>CAN</b>	<b>28:05:00</b>	
Gavin Hawke	CAN	28:16:00	
Guy Robson	AKL	28:28:00	
Michael Waterman	WGN	28:35:00	
Andrew Reese-Jones	CAN	28:44:00	
Ian Thomas	TAS	28:45:00	
Alan Funnell	OTG	28:52:00	
Ian Purvis	CAN	29:26:00	
Christopher Robb	AKL	30:05:00	
<b>Michael Wray</b>	<b>WGN</b>	<b>30:15:00</b>	
Paul Johnston	CAN	30:45:00	
Craig Walker	WGN	33:10:00	
Peter Bayliss	CAN	36:26:00	

<b>M45</b>			
Greg Mitchell	WGN	28:14:00	
Richard Seigne	CAN	28:36:00	
<b>Ricky Gutsell</b>	<b>STH</b>	<b>28:41:00</b>	
Chris Jordan	CAN	29:17:00	
Brent Halley	OTG	29:27:00	
Tony Warren	AKL	30:28:00	
<b>Malcolm Cornelius</b>	<b>CAN</b>	<b>30:33:00</b>	
Chris Goodwill	STH	30:49:00	
<b>David Dixon</b>	<b>TAS</b>	<b>31:22:00</b>	
Peter Bromley	OTG	32:18:00	
Robert Homan	OTG	33:03:00	
David Cross	OTG	34:03:00	

<b>M50</b>			
Don Greig	CAN	29:05:00	
Vaughan New	WGN	29:48:00	
Ray Knox	OTG	30:10:00	
Tony King	AKL	30:26:00	
Stephen Bloomfield	OTG	30:37:00	
<b>John Gamblin</b>	<b>CAN</b>	<b>30:58:00</b>	
Tom Jarman	CAN	31:18:00	
Greg Banks	AKL	31:45:00	
Rod Hibberd	CAN	32:02:00	

<b>Michael Wilson</b>	<b>OTG</b>	<b>32:03:00</b>	
<b>Mark Handley</b>	<b>WGN</b>	<b>32:07:00</b>	
<b>Tim Cross</b>	<b>TAS</b>	<b>32:36:00</b>	
Martin White	AKL	32:42:00	
<b>Bruce Thomson</b>	<b>STH</b>	<b>34:24:00</b>	
<b>Tom Reihana</b>	<b>CAN</b>	<b>41:19:00</b>	

<b>M55</b>			
Tony Price	WGN	30:08:00	
Alan Nicholls	OTG	30:56:00	
Peter Clark	OTG	31:24:00	
<b>Daniel Reese</b>	<b>CAN</b>	<b>32:31:00</b>	
Steve Fairley	AKL	33:20:00	
Grant Jeffreys	CAN	33:37:00	
Rodger Ward	CAN	34:09:00	
Denis Christmas	CAN	34:14:00	
<b>Gene Sanderson</b>	<b>OTG</b>	<b>35:57:00</b>	

<b>M60</b>			
<b>Tony McManus</b>	<b>CAN</b>	<b>30:56:00</b>	
<b>Peter Larkin</b>	<b>CAN</b>	<b>31:57:00</b>	
<b>Greg Harney</b>	<b>WGN</b>	<b>33:26:00</b>	
<b>Ken Fahey</b>	<b>OTG</b>	<b>33:27:00</b>	
<b>Murray Clarkson</b>	<b>WBP</b>	<b>33:58:00</b>	
<b>Ian Morrison</b>	<b>TAS</b>	<b>34:34:00</b>	
Jonathon Harper	WGN	35:02:00	
<b>Iain Chinnery</b>	<b>CAN</b>	<b>35:13:00</b>	
<b>Rupert Watson</b>	<b>-</b>	<b>38:06:00</b>	
Timothy Masters	WBP	41:23:00	
<b>John Mulvaney</b>	<b>CAN</b>	<b>42:48:00</b>	
<b>Brian Chubbin</b>	<b>CAN</b>	<b>44:12:00</b>	

<b>M65</b>			
<b>Michael Bond</b>	<b>CAN</b>	<b>36:04:00</b>	
<b>John Shivas</b>	<b>CAN</b>	<b>36:44:00</b>	
<b>David Trow</b>	<b>WGN</b>	<b>37:04:00</b>	
<b>Alan Jones</b>	<b>TAR</b>	<b>37:41:00</b>	
Evan MacIntosh	STH	39:30:00	
Bernie Calder	CAN	40:55:00	
<b>John Souter</b>	<b>CAN</b>	<b>42:06:00</b>	

<b>M70</b>			
<b>Walter Hume</b>	<b>CAN</b>	<b>39:01:00</b>	

<b>M75</b>			
<b>Sid Pavett</b>	<b>WBP</b>	<b>41:46:00</b>	
Mike Mee	CAN	44:21:00	
<b>Ron Stevens</b>	<b>WGN</b>	<b>46:32:00</b>	

<b>M80</b>			
<b>Brian Keown</b>	<b>CAN</b>	<b>52:22:00</b>	
<b>Stan Gawler</b>	<b>CAN</b>	<b>53:50:00</b>	

### Masters Female - 6km Cross Country

<b>W35</b>			
Stephanie MacKenzie	WGN	22:54:00	
<b>Tracy Crossley</b>	<b>CAN</b>	<b>23:15:00</b>	
Louisa Andrew	OTG	23:29:00	
Janet Pitman	WGN	25:07:00	
Mandy Simpson	WGN	25:24:00	
Nicola Wells	TAR	27:01:00	
Emma Beardsell	AKL	27:11:00	

<b>W40</b>			
Gabrielle O'Rourke	WGN	22:34:00	
Karen Muller	CAN	24:33:00	
<b>Fiona Gilroy</b>	<b>CAN</b>	<b>24:54:00</b>	
Seonaigh Conchie	CAN	26:14:00	
Lee McCulloch	CAN	27:40:00	
Akeira Worthington	CAN	1:21:26	

<b>W45</b>			
Katharine Atkin	CAN	25:21:00	
Robyn Perkins	CAN	26:47:00	
Robyn Daly	CAN	27:00:00	
Angela Ward	AKL	27:23:00	
Sue Haines	CAN	27:59:00	
Juliet van Kuijk	CAN	36:37:00	

<b>W50</b>			
Carolyn Smith	AKL	25:31:00	
<b>Maria Sleeman</b>	<b>OTG</b>	<b>25:36:00</b>	
Debbie Telfer	STH	25:58:00	
Meg Christie	CAN	26:20:00	
Karen Espin	AKL	27:16:00	
Annette Campbell	CAN	28:44:00	

<b>W55</b>			
<b>Dalise Sanderson</b>	<b>OTG</b>	<b>29:01:00</b>	
Linda Te Au	STH	32:34:00	

<b>W60</b>			
<b>Loris Reed</b>	<b>CAN</b>	<b>27:52:00</b>	
<b>Shirley Rolston</b>	<b>CAN</b>	<b>37:49:00</b>	

<b>W65</b>			
<b>Fay Riley</b>	<b>-</b>	<b>52:50:00</b>	

<b>W70</b>			
<b>Carol Thompson</b>	<b>CAN</b>	<b>35:48:00</b>	
Pat Boland	CAN	37:10:00	



Axel Reiser narrowly leads Ricky Gutsell and Rees Buck



Chris Jordan (CAN) leads the bunch



Richard Seigne (198) and Allan Staite

PHOTOS | NESPORT





Stan Gawler (CAN) 2nd in M80 grade



Brian Keown (CAN) won the M80 grade



Rees Buck (WLG) won the M35 grade



Ricky Gutsell (STH) leads the bunch



Murray Clarkson leads the bunch



Carolyn Smith (AKL) and Maria Sleeman (OTG)



Ian Morrison (TAS) 6th in M60 grade



Michael Bond (CAN) won the M65 grade



Walter Hume (CAN) won the M70 grade



Debbie Telfor (STH) 3rd W50 grade



Loris Reed (CAN) won the W60 grade



Stephanie MacKenzie (WLG) won the W35 grade



Sid Pavett (WBP) won the M75 grade



Ron Stevens (CAN) 3rd M75 grade



Phil Costley (TAS) won the M40 grade and first overall



Tania Crossley (CAN) 2nd W35 grade



Katharine Atkin (CAN) won the W45 grade



Dalise Sanderson won the W55 grade

# Sacramento Impressions

by | JOHN WAITE

What is the capital of California? San Francisco? No. Los Angeles? No. San Diego? No. This question was the decider during one of many quiz shows of the 1960s. One young couple from Wellington, newly married, was confronted with this question which they successfully answered - to win the grand prize of a dishwasher, quite a luxury at the time. Sacramento, of course, is the correct answer as we all know(!). This once young couple, ironically, now live within a stone's throw of this fine capital city of California...

Another World Masters track & field championships has taken place in July 2011 in the beautiful capital city, Sacramento. This city is located some 90 miles north-east of San Francisco. Fairly typical of American cities, this city of approximately half-a-million residents has a smallish high-rise central business district and a surrounding suburbia which sprawls over many miles, with wide, tree-lined streets and avenues. Dissecting the suburbs are the multi-laned freeways which offer alternative access for the impatient who have a dislike of stop signs and traffic lights!

The majority of the New Zealand athletics contingent, plus many Australians, lived for about 12 days at The Residence Inn by Marriott, located in Howe Avenue (pronounced "Hal-al Avenue" by our outer-space friend, the GPS lady who, to be fair, mostly used a dialect which was quite clearly understood by those from Down Under!). The accommodation was organized by Roy and Colleen Skuse of Gisborne.

Their choice was a winner! Each modern, spacious apartment offered all desired facilities, right down to a full kitchen and roomy bathroom and was serviced daily. The complex was virtually a 'resort', with pool, spas and landscaped gardens plus a central dining/gathering area where ample breakfasts and occasional evening meals were provided, adding to the home-away-from-home atmosphere. The on-site laundry facilities were more than adequate, and the tiny shop was a useful addition for last-minute purchases, both necessary and unnecessary! Most useful was the opportunity to associate with other New Zealanders (and fellow Australians). With so many Kiwis located in the one spot, Manager Malcolm Clark had a central communication point for team members.

A major problem revealed for competitors was the transport difficulties which arose when attempting to travel between venues. Renting a car with a GPS proved to be ideal. Some, however, relied upon unreliable bus services, trains or taxis. One Australian track runner hired a taxi to a distant track for an early morning 10,000m final, then hired another taxi back across the city to qualify in the 1500m heat. His across-city dash was in vain when it was discovered that there were insufficient entrants signing on to warrant a heat, and the final would take place two days later. This turned out to be a wasted \$US30.00! This ruling of not requiring the 'intention to run' signature until just prior to a heat proved to be more of a hindrance than a help, as illustrated in this instance.

My opinion is that it would be helpful in future championships, wherever feasible, to attempt to locate the various disciplines close to each other. The location of the Sacramento venues made it difficult, if not almost impossible, for athletes of any discipline, as well as spectators, to watch athletes in any other competition. (It was also most difficult for team photographers to get a full coverage of team members - Ed). Fortunately the field events, in the main, were centralized within the precincts of the main Sac State Stadium (although, according to one thrower, both participants and spectators were in danger of being hit by thrown objects on occasions, their various areas being located within such a confined space.) These field competitors, however, were unable to easily watch any athletes other than their own opposition.

These Sacramento championships, considering the size and complexity of organizing so many events, would not have been so successful had it not been for the large number of officials and volunteers who at all times were courteous and helpful. There were some moments when their planning became unstuck. For instance, registrations closed down at Sac State Stadium at the early hour of 4pm on the day before the opening race day. Early closure caused a dilemma for cross-country runners who were required to be registered and ready to run at a distant course at 8:00am the first day! In many instances, it was a case of rising very early, making the long trek to Sac Stadium to register, and then travelling some distance to Granite Park for the 8:00am start of the 8km cross-country race.

Incidentally, at that quite challenging cross-country course, a dusty outback track with extremely hot conditions for runners (and spectators!), there was some excitement in seeing the famous bare-footed South African Zola Pieterse (Budd) streak around the field for the first mile in first place before disappearing into the undulating, hidden bush tracks. She reappeared near the finish, but by this stage had been relegated to second place by a European runner.

Each represented nation will extol its heroes and heroines and will claim its athlete of the Meet. Without doubt, in my opinion, the athletes of the Meet should be New Zealanders: Ron Robertson (M70), Sally Gibbs (W45) and Nyle Sunderland (W40). All three athletes won four or three individual titles, each. What fantastic performances! Many other New Zealanders performed with distinction too.

For the record, these are the Sacramento achievements of the above three:

Ron Robertson: 1500m (4:52.95); 5000m (18:15.53); 2000m steeplechase (7:10.03); 8km cross-country (32:10)

Sally Gibbs: 5000m (17:19.43); 10,000m (36:03.59); marathon (2:52:52)

Nyle Sunderland: 5000m walk (27:33.11); 10km walk (57:04); 20km walk (1:56:55)

Several New Zealand athletes who made the journey and attended as unexpected spectators illustrated how vulnerable dedicated athletes can be. Influenza, serious medical conditions and other ailments thwarted their starting intentions, indicating the ageing factors that can affect us all. Their support off the field was always appreciated.

Importantly, it is well to remember that paramount in the outlook of many masters' athletes is the enjoyment of

participation, with success in competition being a very welcome bonus. For the few, the rewards of success are well-deserved and must be recognized as such.

On a personal note, these Sacramento Games were eagerly anticipated, but without any expectation of personal bests or even placings. I was not disappointed, enjoying the renewing of old friendships and the making of new ones, and revelling in the participation of an activity I enjoy.

PHOTO | JIM TOBIN



Accommodation was a winner



John Waite in M70 5000m



Jim Tobin in M75 5000m

PHOTO | JIM TOBIN

PHOTO | JOHN WAITE

# 31st SOUTH ISLAND MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS

Alpine Energy All Weather Track, Aorangi Park,  
Morgans Road, Timaru | 2 - 4 December 2011



<b>Surname</b>	<b>First Name</b>	
<input type="text"/>	<input type="text"/>	
<b>Postal Address</b>	<b>Telephone No.</b>	<b>M/F</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>
	<b>Date of Birth</b>	<b>Age Grade</b>
	<input type="text"/>	<input type="text"/>
	<b>Centre</b>	<b>NZMA No. 2011/12</b>
	<input type="text"/>	<input type="text"/>
<b>Email</b>	<b>Signed</b>	<b>Date</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>

I declare that I am a financial member of NZMA for the 2011/12 year. Neither the organisers, the sponsors, nor other parties associated with the events shall have any responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

Tick events entered		(Check the programme for correct events for your age group)
<input type="checkbox"/>	60m	3000m Track Walk
<input type="checkbox"/>	100m	5000m Track Walk
<input type="checkbox"/>	200m	Long Jump
<input type="checkbox"/>	400m	Triple Jump
<input type="checkbox"/>	800m	High Jump
<input type="checkbox"/>	1500m	Pole Vault
<input type="checkbox"/>	3000m	Shot Put
<input type="checkbox"/>	5000m	Discus
<input type="checkbox"/>	80m Hurdles	Javelin
<input type="checkbox"/>	100m Hurdles	Hammer
<input type="checkbox"/>	110m Hurdles	Weight Throw
<input type="checkbox"/>	2000m Steeplechase	Pentathlon
<input type="checkbox"/>	3000m Steeplechase	Throws Pentathlon

**Subject to entry numbers, events may be combined.**

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

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

## ENTRIES CLOSE - Monday 14th November 2011

**CHEQUES PAYABLE TO**  
Mid-South Canterbury Sub Centre

**PAYMENTS ONLINE**  
Westpac Timaru  
A/C 03 0887 0243651 00  
Reference: SI Masters (remember to give your name)

**ENTRIES AND ENQUIRIES TO**  
Mid-South Canterbury Sub Centre  
C/- Helen Mackle  
212 Mackle Road RD 26  
Temuka 7986  
Email: m.h.mackle@xtra.co.nz

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

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

ENTRY FEES	
NZMA Fee	\$ 10.00
First Event @ \$10.00	\$ 10.00
Each additional event @ \$4.00	\$
Multi Events @ \$6.00	\$
Saturday Dinner @ \$35.00	\$
<b>Total Enclosed</b>	<b>\$</b>

## COMPETITION PROGRAMME

Friday 2 December					
TRACK			FIELD		
Time	Event	Grade	Time	Event	Grade
6.00pm	Hurdles	M/W	6.00pm	Weight Throw	W
				Triple Jump	M/W
6.30pm	3000m	M/W	6.45pm	Weight Throw	M
7.00pm	60m	M/W	7.00pm	Pole Vault	M/W
Saturday 3 December					
9.00am	1500m	M	9.00am	Shot Put	W30-59
				Long Jump	M30-49
				Discus	W60-69
				Javelin	W70+
9.30am	1500m	W	9.30am	High Jump	M50+
10.00am	100m	M/W	10.00am	Long Jump	W60+
				Shot Put	M70+
				Javelin	W60-69
				Discus	W30-59
10.30am	3000m Track Walk	M/W	10.30am	High Jump	W30-59
11.00am	400m	M/W	11.00am	Shot Put	M60-69
				Hammer	W30+
				Discus	M30-59
				Javelin	M70+
				Long Jump	M50-59
12.15pm <b>LUNCH BREAK - Welcome &amp; Announcements - Delegates Meeting - South Island Masters AGM</b>					
1.00pm	800m	M/W	1.00pm	Shot Put	W60+
				Hammer	M30-59
				Discus	M60-69
				Javelin	W30-59
				High Jump	M30-49
			1.30pm	Long Jump	W30-59
2.00pm	200m	M/W	2.00pm	Hammer	M60+
				Discus	W70+
				Javelin	M30-59
				High Jump	W60+
			2.30pm	Long Jump	M60+
2.45pm	800m Pentathlon	W	2.45pm	Javelin	M60-69
	1500m Pentathlon	M		Shot Put	M30-59
				Discus	M70+
3.15pm	4 x 100m Relay	M/W			
3.30pm	3000m Steeplechase	M			
4.00pm	2000m Steeplechase	M/W			
Sunday 4 December					
10.00am	5000m	M	8.30am	Throws Pentathlon	W30-59
10.45am	5000m	W	9.00am	Throws Pentathlon	W60+
11.15am	5000m Track Walk	M/W	9.30am	Throws Pentathlon	M

## Athletes Information

### RACE PACKS

Pick up race packs from the Alpine Energy All Weather Track  
**Friday track open 5pm onwards and Saturday 8-10am.**  
Track gates will be open from 4pm onwards, on Friday.

### SATURDAY DINNER

This will be held at Poplars Reception Centre, 891 Pleasant Point Highway, Timaru, starting at **6:30pm Saturday 3rd December 2011.**

### ACCOMMODATION ENQUIRIES:

**Timaru I-site**  
Tel: 03-687 9997  
www.southisland.org.nz  
email: timaruinfo@southisland.org.nz

### ANNUAL GENERAL MEETING

will be held from **12.20pm to 1.00pm** in the Aorangi Pavillion, Saturday 3rd December 2011.

# WMA News from Sacramento

by | LYNNE SCHICKERT  
Perth Oceania Delegate to WMA Council

The WMA championships in Sacramento 6-17 July saw a total of 93 countries represented by 4803 athletes. Thirty eight new world records were established during the championships including 12 by Australian and New Zealand athletes.

The Oceania region was well represented by 219 athletes in total: 164 AUS, 49 NZL, 5 French Polynesia, and 1 Fiji. The introduction of the WMA on-line entry system enabled the Sacramento LOC to process entries much more efficiently.

The WMA Council met for three days prior to commencement of competition and held a further meeting at the conclusion of the championships. Regional issues were discussed and planning and organizational details for future stadia and indoors events were reviewed. Information on 2012 Indoors and 2013 Stadia championships can be found on:  
www.wma2012.jyvaskyla.fi  
www.wma2013.com

Bidders for future events also made presentations to the Council prior to the General Assembly. WMA is in the process of setting up a dedicated Office in Monaco which will ensure a strong working relationship with the IAAF.

Following visits by the WMA President to the regions, a number of affiliation issues have been resolved and has resulted in increased participation in the Sacramento championships by athletes from these countries.

The Regional Council meetings held on 11 July were well attended and the innovation of a joint WMA Council and Regional Councils meeting enabled greater interaction between the regional administrators.

## WMA General Assembly

The following WMA Council motions were agreed by Delegates at the WMA General Assembly, Sacramento 14 July 2011. All five motions put by Affiliates were lost.

## WMA Council Proposals

### CONSTITUTION

- 1) 3.1.2 **Affiliation** A National Governing Body affiliated to the IAAF (hereinafter referred to as NGB) in a country where there is no existing WMA Affiliate, shall be approved by the Council as the WMA affiliate. **Carried**

### Impact for OMA

Affiliation with WMA allows the country to have more influence on master's athletics in the region and provide a greater level of participation for their master's athletes.

*This will increase to 20 the number of countries now recognized as OMA affiliates. This includes PNG, Marshall Islands, Solomon Islands, Tuvalu, Vanuatu and Micronesia.*

### 2) 3.5.1 Eligibility of Delegates

Only masters/veterans who are who are in good standing and who are members of an Affiliate shall be eligible for appointment for membership of the WMA Council or any WMA Committee. **Carried**

### New rule: 3.5.2:

Any office bearer or masters/veterans who are members of an Affiliate shall be eligible for appointment as delegates to the General Assembly. **Carried**

## Wma By-Laws: Championships

- 3) 2.3.1.1 **Bidding Guidelines:** Effective from 2016, WMA shall sanction WMA World Championships Stadia, normally to be held in each even-numbered year, WMA World Championships Indoors normally in each odd-numbered year.

## Impact for OMA

*The purpose of this amendment is to change the year of the Stadia Championships to avoid a clash with World Masters Games every four (4) years. The IAAF have been consulted and were in agreement with this course of action. The Indoors Championships and Regional Championships will then be held each odd numbered year. The Indoors Championships are generally held in the first three months of the calendar year so generally would not clash with a regional championship. The OMA Council is therefore negotiating with Cook Islands for their proposed bid to be scheduled October 2015 instead of 2016.*

## Wma Rules of Competition

- 4) WMA Non Stadia Committee: Recommend the following additions to the rules of competition.
  - Rule 3.1.1.1 Marathon. Add: and either a half marathon as part of the marathon or a 10km road Race.
  - Rule 3.1.2.3 The following championships shall be offered concurrently with the indoor championships
  - Rule 3.1.2.4 Add: 10km Road Race. **Carried**

## Other Items of Note from the General Assembly

### Future WMA Championships

The 2014 Indoor championships were awarded to Budapest, Hungary.

Following changes to the World Masters Athletics constitution two stadia championships were awarded:

- 2015 Lyon, France
- 2016 Perth, Western Australia

The changes mean that following the 2015 event the stadia championships will be held every even numbered year, starting with 2016, instead of the current odd-year schedule. This will mean the Indoor championships will now be held on odd-years from 2017.

### Revision of WMA Constitution

The revision of the WMA constitution was also discussed at the General Assembly. Affiliates had been provided with a draft copy prior to the Assembly and are now asked to provide feedback by 31 January 2012 to the WMA Law and Legislation committee. Following review of any recommended changes, the final document will then be forwarded to the Affiliates by 31 January 2013 and presented for adoption at the WMA General Assembly in Porto Alegre in 2013. The major change is to reduce the composition and size of the WMA Council with Regional Delegates being represented by one appointee to the WMA Council.

### Conclusion

With the relationship between IAAF and World Masters Athletics at an all-time high, the WMA Council looks to a successful and productive future, engaging with LOCs to provide quality events and championships for master's athletes in all regions.



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*please use your surname and initial as a reference.*



Singlet



T-shirt

# Sacramento Throwers

by | CHRISTINE McCAHILL

This was my first world championships in eight years and I would have to admit that I was pretty nervous about competing. The standard of competitors was extremely high in my age group and eight years was a long time to be out of top level competition. I knew that I had prepared well and done everything possible to be in good shape. However the mental side of competing at that level is not something that you can really practice for and this would be a major working point for me. I was looking forward to a really well run competition. Everyone I had spoken to who had attended previous world championships in America had raved about them.

Our accommodation was just perfect. Roy Skuse could not have picked a better place. It was great to be in an environment with the majority of the Australian and New Zealand athletes. We may have one of the greatest rivalries with the Aussies, but at the end of the day we are also very supportive of each other. I am very fortunate to have a great friendship with Aussie thrower Jayne Hardy and to have her to train with and talk with prior to the meet was an asset.

Prior to the championships we had had lots of correspondence about what we could and couldn't do, or take into the check in areas, so we were all well prepared for this. However I would have to say that it was the most "relaxed" check in area that through. There were no bag checks, no gear checks and we could check in for our event and then leave the area, returning just before the group moved down to warm up for the event. While in the check in tent, any one of our supporters could be there chatting with you, helping to keep the nerves at bay.

On the first day of competition I ventured out to the throwing area to get a good look at the circles and watch Kevin Bradley compete in the weight throw. I was utterly amazed to find that the spectators were mingling in with the athletes. There was no separation from the crowd watching at all and many of them were enjoying the shade of the sun tents, set up for the athletes. The noise from the chatter of the crowd could have been a major distraction and there was definitely no designated area for coaches to stand out of.

Many of the throwing areas were very poor for spectating. The hammer circle was tucked away at the back end of the field, behind huge fences which the spectators were not allowed anywhere near. Spectating was non existent. The weight throw area was also very poor for spectating. Many of those watching chose to sit on the footpath outside the fields as this was the best viewing position.

All of the throwing events normally held in the main arena were held on the "back field". This is the second competition I have been to this year where track and field are totally separate from each other. I would have to admit to hating it. You have no idea how your fellow athletes are competing and it is very hard to support track athletes when you are stuck out on the back field.



Winifred Harding in W55 shot



Rick Davison in M60 shot

PHOTOS | CHRISTINE McCAHILL

The shade inside the main track arena was almost none existent, so athletes were very reluctant to sit out in the full heat of the sun supporting. Our sport is track and field and I certainly hope that this is not a recurring trend to have them in totally separate areas.

Medal ceremonies were held at the far end of the main track and they did a great job with these. A very nice touch was that national anthems were played. This doesn't happen very often and brought a few tears to the eyes. There was however a two hour stand down time from when the competition ended until the medals was presented. That was of course as long as your event was finish by the time the presentation area closed down at 6:00pm. Then you had to be back at the track at 8:00am to get your medals. I was fortunate enough to be out for a medal ceremony one morning, followed by Sally Gibbs and while we were getting our medals we were able to lean over the track barrier to support Marcia Petley to her bronze medal in the 400m. Perfect timing!

Many of the age groups in the throws were huge! Rick Davison was competing in the M60 age group and every one of his throws had qualifying rounds. Not for just one group of throwers or two groups of throwers, but sometimes three groups of throwers. It is no mean feat to have to go through a huge qualifying round with up to 20 athletes in your group. This can literally take hours to get through. You then have to sit and wait for the other two groups to do the same. Then waiting to see if you have made the final.

Rick had to do this many times and I have to admire the way he mentally and physically got through it all. It is a huge amount of throwing and preparation and I take my hat off to the professional manner in which he coped with it all. Eight New Zealand athletes competed in throwing events, picking up five medals; one gold, two silver and two bronze medals. Six New Zealand records were set by these athletes. You can't ask for much more from an athlete than setting a national record at a world championships.

As I said previously our accommodation was great. It helped create a little team atmosphere and we managed to get some athletes to attend the team photo. Not an easy task when you have athletes competing all over the place. The breakfast area was the main catch up point, and the team notice board was well used for keeping everyone up to date with how the team's progress was going. Many thanks to Malcolm Clark and Jim Tobin for their management.

It is not an easy task being at many different and wide spread venues trying to please everyone and keeping on top of results. Not a job that I would want to do, but they did a superb job of it. The next world championships will be held in Brazil in 2013 and the 2015 event will be held in France. The worlds will then change to even years, with the 2016 championships being held in Perth, Australia. I am sure that this will be well supported by a New Zealand contingent.



Christine McCahill warms up at the W45 shot put at Sacramento



Marcia Petley and Winnie Pepene at the conclusion of the weight throw at Sacramento

PHOTOS | JIM TOBIN

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# Auckland

by | JOHN CAMPBELL & TUI ASHE

## National Championships

As you are all aware, Auckland centre will be hosting our next national track and field championships. This will be held at Mt Smart stadium in Penrose, Auckland from the 2nd - 5th March 2012.

Planning is well underway and we hope that we can turn on some lovely Auckland weather for you all. After all we are known as the 'super' city, so I guess we need to try and live up to that moniker.

We are hoping that this event will be well supported, especially given that the Oceania championships will be held only three weeks earlier and perhaps some overseas visitors might extend their holidays to include a stopover in the 'city of sails'.

## Sacramento

Of course there were a number of Aucklanders that made the journey to Sacramento and did us proud.

A total of 15 athletes took part and between them 13 medals were won and some great performances achieved. Our medal winners were:

Wally Opperman	M85	Pole Vault	Gold
Judith Stewart	W60	10,000m	Bronze
Margaret Peters	W75	100m & 200m	Bronze
Shirley Barber	W65	5000m Race Walk	Bronze
	W60	4 x 400m Relay	Silver
Mike Parker	M55	5000m Race Walk	Bronze
Gavin Stevens	M55	Marathon	Bronze
Chris Waring	W60	4 x 400m Relay	Silver
		4 x 100m Relay	Bronze
Anne Deleiros	W60	4 x 100m Relay	Bronze
Tui Ashe	W60	4 x 400m Relay	Silver
		4 x 100m Relay	Bronze

Other AMA members who also competed and matched it with their peers were Althea Mackie, Tony Catchpole, Tony Deleiros, Anthony Wall, Sarah Armishaw-Stevens, Alan Eustace.

This event was a great experience and the perfect arena to excel oneself, achieve personal goals and come away with determination to keep competing.

## Auckland Cross Country Championships

These were held in July and several AMA members participated.

Christine Munro won the W55+ division and Andrew Graham took 3rd place in the M45 division. Other notable performances came from Kiri Price and Meghann Stewart, who both narrowly missed out on a top three placing.



Kiri Price battling the mud at the Auckland cross country champs



Meghann Stewart competing at the Auckland cross country champs



Michael Craig on the home stretch of the Auckland cross country



Malcolm Chamberlin in the Auckland cross country champs

PHOTOS | JOHN CAMPBELL

# Northland

by | COLLEEN BRUNKER

## NORTHLAND ALL-WEATHER TRACK

Three cheers for the grandstand and the builders! Completion work (buildings) for the complex started in September 2011 and hopefully will be finished by May 2012. We will keep you informed. To wind up I will say that I have dreamt of this new track in Whangarei for 51 years – phew! It's here, and it's wonderful.

## AGM

The Northland AGM was held recently. Val Babe (President) and I (Secretary/Treasurer) have at long last been replaced after 33-30 years holding the reins. We have full confidence in our two replacements and wish them happy days. It was proposed that I be elected as a life member but ratification will be at the 2012 AGM.

Election of officers: Patron Dave Scratton

President: Jenny Hastie

Secretary/Treasurer: Diane Barrett

Committee Members: Audrey Williams, Val Babe, Beth Macleod, Lynne Fraser, Colleen Brunker, M Crooke.

Dear Jim,

This is the last time that you will receive a handwritten Northland news. Next time our new secretary Diane Barrett (who is a wizard with computer jargon) will attend to the Northland News for Vetline. Please be patient and thanks a million over the years that you have put up with me. See you in Tauranga I hope.

Regards

Colleen

Hi Colleen,

Congratulations on the marvellous job that you and Val have done for athletics during the past 30+ years. It has been a pleasure working with you. I have always enjoyed your little hand written reports even if I did sometimes have wee bit of trouble reading them – your hand writing is nearly as bad as mine! Congratulations in particular on your achievement in finally getting an all-weather track. This will be fine memorial to your perseverance. It is great that you and Val will hang in there as committee members. Yes - see you in Tauranga.

Editor



# Waikato Bay of Plenty

by | CHRISTINE MCCAHILL

## World Championships

Waikato Bay of Plenty was well represented at this years' World championships with 11 athletes from our area competing. Their results are included in the full NZL coverage elsewhere in this issue.

Our AGM was held in Cambridge at the end of August. While most of the committee was re elected we welcomed some new members to it. Judy Chandler stood down as Treasurer, but was willing to stay on as a committee member. Jill Sherburn stood down after many years of service. We thank Jill for her work on the committee and her support of master's athletics.

Our committee is:

- President Christine McCahill
- Vice President Sheryl Gower
- Secretary Marcia Petley
- Treasurer Anne Harris
- Committee Judy Chandler, Shane Harris, Marion and Bruce Clarke, Ray Laurie, Fay Riley, Murray Clarkson

Our dates for the summer season have now been set and we welcome any athletes to our area to compete.

16 October	Hamilton	Porritt Stadium
13 November	Hamilton	Porritt Stadium
18 December	Tauranga	Tauranga Domain
21/22 January	Whakatane	
18 February	Hamilton	Porritt Stadium

Peter Ranginui was named the Waikato Bay of Plenty Masters Athlete for 2010/2011.

Peter is very deserving of this award. He has competed very consistently throughout the season in many events. He is a well liked and respected athlete and we look forward to being able to present this trophy to him, as he was unable to attend the AGM to receive it.

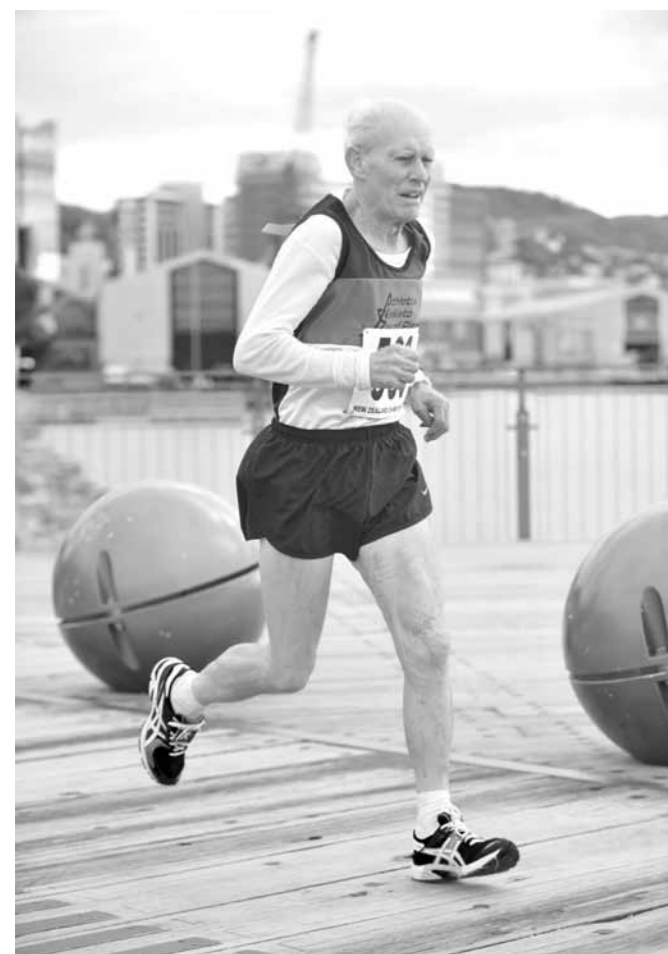


PHOTO | NESPORT

Sid Pavett (WBP) won the M75 grade in 48:13 at the NZ Road Champs



PHOTO | CHRISTINE MCCAHILL

Peter Ranginui was awarded WBP Masters Athlete of the Year



PHOTO | JIM TOBIN

Sally Gibbs won the W45 marathon in 2:52:53 at Sacramento



Sally Gibbs and Chris McCahill collect their well earned medals at Sacramento

# Canterbury

by | ANDREW STARK

Since my last report, the ground under Canterbury continues to move with over 8000 aftershocks now being recorded. Many are small and they go almost unnoticed depending on where you live. However on 13 June we were hit by two major aftershocks on the same day. These shocks created more havoc, damage and stress. They will end, but it is taking a toll on many of our members, so it will be interesting to see just who turns out this season. We have also had to deal with two major snow storms which created more distress.

The national cross country championships were held in Christchurch on Saturday 25 June. Many of the organising committee were CMA members and it was well organised but that's what we would have expected. A report and photos appears elsewhere in this issue.

The Athletics Canterbury Track & Field Committee, including several CMA members have been working hard behind the scenes negotiating with the Christchurch City Council about where athletics can hold meetings this season. We can now say with certainty that we have a new temporary home for athletics at Rawhiti Domain, the home of the New Brighton / Olympic Athletic Club. Already owned by the Council and with an existing track, it is expected that this venue would be used for several years until a decision about replacing QEII is made. There is considerable work to be undertaken to get it up to a suitable standard but at least progress is being made.

At our recent CMA AGM, all but two of the existing committee stood again for re-election. I have remained as President. Diane Carter is moving back to Gisborne and Tony McManus has taken over the roll of treasurer. I would like to thank Diane for her involvement with CMA, a task that she has done well especially given her personal circumstances with the sad loss of Bob (President CMA, vice President NZMA) almost two years ago. On behalf of CMA I wish her well for the future. Bernadette Jago is the new secretary, with Bev Church, Allan Gardiner, Kevin Jago and Andrew Reese making up the committee. A well balanced group, with years of athletics involvement and experience.

At the AGM Glen Watts as made a life member of CMA. Glen started competing in 1984 and has been a member of CMA since then. She has competed in most, if not all CMA championships and has only missed three or four NZMA championships during the past 27 years, making her a loyal supporter of our sport. For this entire time she has 'offered' her home as the base for Sunday runs, open to all. She was involved with running our local CMA meetings for over 15 years and served on the CMA committee for 10 years with responsibilities for Cant-A-Long and the equipment.

Like many athletes in Canterbury, we will be lost without an all weather track, so expect to see some of us turn up at various meetings around the country. I for one will be doing that and I am already looking forward to competing at the North Island championships in Wellington. The last time I raced there would be back in the early 80's.



Shirley Barber (2286) and Sue Hoskin ham it up at the start line of the 10km road walk in Sacramento

PHOTO | JIM TOBIN

# Taranaki

by | KAREN GILLUM-GREEN & BRIAN O'SHEA

This edition from the Naki is a combined effort by Brian O'Shea and me. For me, it will be my last and for Brian, a first of many! At our AGM, Brian was voted on as "scribe" for Vetline and I have every confidence that he will do a brilliant job.

## Hughes Memorial, Hawera 04/06/11

This was a seriously windy day! Blustery winds blew the daylight out of most of us but the copious spread at afternoon tea made it well worthwhile!

<b>4km</b>	<b>8km</b>
W50 Karen Gillum-Green 19:26	M45 Rodney Gillum 41:08
W55 Vicky Adams 19:40	M50 Robin Grant 30:26
<b>4km Walk</b>	M55 Murray Laird 34:23
W40 Katie Tahere 30:18	Keith Dye 35:37
	M65 Alan Jones 39:58
	M75 Pat Mills 50:51

## Tom Verney Memorial, Stratford 25/06/11

Another windy day greeted athletes at the Stratford Racecourse for this annual inter-club. On the bright side, there was no rain and it was very sunny.

<b>6km</b>	<b>9km</b>
W50 Karen Gillum-Green 30:10	M50 Robin Grant 35:14
W55 Vicky Adams 31:18	M55 Keith Dye 40:35
Lynne Mackay 38:23	M65 Alan Jones 45:33
<b>4km Walk</b>	M75 Pat Mills 55:39
W40 Katie Tahere 45:46	
M45 Rodney Gillum 38:48	
M60 Des Phillips 42:17	

## North Island Cross-country champs, Taupo 05/07/11

Spa Park is one of the most picturesque cross-country venues in the country. Not that you appreciate it while you're competing as it is also one of the most deceiving cross-country courses on offer. We had some good results though with Karen and Vicky coming second in their respective grades and Alan took out the bronze.

<b>5km</b>	<b>6km</b>
W50 Karen Gillum-Green 23:12	M65 Alan Jones 28:44
W55 Vicky Adams 24:34	

## TET Athletics Taranaki Cross-country champs, Hawera 09/07/11

After weeks of rain, it was only natural to expect muddy conditions for our centre champs. And that's exactly what we got with a liberal lashing of chill! Really hardy cross-country stuff!

<b>6km</b>	<b>8km</b>
W50 Karen Gillum-Green 29:32	M45 Rodney Gilum 42:56
W55 Vicky Adams 30:54	M55 Murray Laird 37:11
W60 Lynne Mackay 38:24	Keith Dye 37:59
Joy Baker 40:30	M60 Des Phillips 45:51
<b>4km Walk</b>	M65 Alan Jones 42:40
W40 Katie Tahere 30:47	M75 Pat Mills 52:32

## TET Athletics Taranaki Road champs, Inglewood 06/08/11

Surprise, surprise – the weather still wasn't on our side! Cold, overcast, and showery conditions were the order of the day.

<b>5km</b>	<b>10km</b>
W55 Vicky Adams 23:28	M40 Mike Morresey 43:53
W60 Joy Baker 24:02	M45 Richard Brewer 38:43
Lynne Mackay 26:20	M55 Keith Dye 42:13
	M60 Des Phillips 53:53
	M65 Alan Jones 50:59
	M75 Pat Mills 53:48

## 10km Walk – A grade

W40 Sandra Moratti 1:03:09
Katie Tahere 1:09:34
W45 Serena Coombes 1:05:37

## 10km Walk – B grade

W50 Helen Baverstock 1:12:17
W55 Anne Fraser 1:09:32
W60 Marlene White 1:02:29
W65 Sue Park 1:18:55

M40 Mike Morresey 1:02:29
M55 Tony Burrell 1:04:20
M60 Dave Barrett 1:12:15
M65 Jeff Wells 1:01:34

## 10km Walk – B grade

M60 Des Phillips 1:04:17
<b>5km Walk – B grade</b>
M85 Ivor Ellis 47:29

## Race Walking New Zealand 1 hr Track Walk, Palmerston North 28/08/11

W55 Helen Baverstock 8.135km
W60 Marlene White 9.579km
M60 Eric Kemsley 10.729km

## Athletics New Zealand Road Champs, Wellington 20/08/11

Wellington was icy cold for the national championships but that did not deter some impressive performances from being achieved by our members. Full results appear elsewhere in this issue.





# Otago

by | JOHN STINSON

Congratulations from all Otago OMA members to Winifred Harding on winning a bronze medal in the W55 weight with a throw of 12.24m at the World Masters Track and Field championships held in July at Sacramento. Winifred's medal winning throw was a distance of 12.24m and an Otago record for her age group. Full details of the Otago contingent performances appear elsewhere in this issue.

On 31 July the inaugural Kennys Canter Relay was held through the bush tracks surrounding the Ross Creek reservoir. Teams of two consisting of one runner and one

walker provided some interesting competition. Being the first time that this event has been tried some teething troubles were experienced. However the general opinion expressed afterwards was favourable and this event will be persevered with next year. Following the relay a mid winter lunch was held at the nearby Cableways Tavern.

Unfortunately Bill Kenny who suggested the Ross Creek Relay as an annual mid winter event was unable to attend the initial running. Bill has been spending the New Zealand winter in his native Scotland and America competing in various masters meetings in both countries. We will look forward to hearing from Bill on his travel experiences on his return sometime in September.



Nyle Sunderland won the W55 10km walk at Sacramento

# We Did It!

by | LYNNE SCHICKERT

## Western Australia to host 2016 World Masters Athletics Championships

Perth was named the host city for the 2016 championships following a vote by the World Masters Athletics General Assembly in Sacramento, USA.

The 2016 championships will be a major event for Perth and is expected to attract thousands of athletes and spectators. This is a very exciting achievement and one which will bring many benefits to the community in Western Australia. Perth had initially bid for the 2015 championships. However, following changes to the World Masters Athletics constitution, two championships were up for grabs with Western Australia winning the 2016 event. Lyon, France will host the 2015 event. The changes mean that following the 2015 event the championships will be held every even numbered year, starting with 2016, instead of the current odd-year schedule.

The result is a testament to the hard work of the bid committee, which submitted a top-class presentation to the Assembly. Perth's concept of having most event venues located in close proximity is very appealing to the athletes and officials. Together with the ease of transport to the precinct, this was a major factor in our bid being successful. Perth was also seen as a great tourist destination for spending time after the championships.

In the week prior to the announcement of the winning bids the contenders for the 2015 championships, France, Poland and Australia all put in a lot of effort and time pushing their respective bids. While the delegates and council members were lobbied by the three contenders, athletes were able to spend time examining what each bidder had to offer at each country's promotional booth. Kenny the Kangaroo and his friends were star attractions at the Perth bid booth and thanks go to the many Aussie athletes who assisted with providing information to interested overseas athletes.

The bid process has been a collaborative effort between Eventscorp, Australian Masters Athletics, Masters Athletics Western Australia, Athletics Western Australia, Athletics Australia, the Department of Sport and Recreation and VenuesWest. So, our committee now has five years to organize an "Extraordinary Experience". We look forward to working together to ensure that the championships will be a truly memorable event underpinned by the hospitality and amazing experiences for which Perth is renowned.

**Lynne Schickert is a Perth 2016 committee member.**  
This article is adapted from a media release by WA Tourism.



Happy chappies at the Perth Bid tent. L/R Bob Schickert, Glen Hamilton, Gary Hastie and front Michael Barton



WMA President Stan Perkins in the chair at the General Assembly in Sacramento

**Sunday 6 November 2011**

**RUN WALK HAWKE'S BAY**

**Napier City**

**PAK'nSAVE**

**Half Marathon**

**TREMAINS**

**10km/5km run/walk**

7:30am - Half marathon walkers  
8:30am - Half marathon runners  
8:50am - 10km walkers and runners  
9:00am - 5km walkers and runners  
11:00am - Kids 'K'

**Closing Date**  
**All entries must be postmarked before 22 October 2011**  
**(Late entry fee will be applied for forms received after this date)**

For further information visit our website or email  
napierhalf@runwalkhb.org.nz

[www.runwalkhb.org.nz](http://www.runwalkhb.org.nz)

Napier City Pak'nSave Half Marathon is organised by  
Run Walk Hawke's Bay  
ANZ Sanctioned Event # HBG2011/03



A bunch of happy campers poolside at the Marriott Hotel, Sacramento

Photo | JIM TOBIN



## COMING EVENTS by Nostradamus

### OCTOBER 2011

15-23 South Island Masters Games NELSON

### NOVEMBER 2011

25-27 NZMA North Island Stadia Championships WELLINGTON

### DECEMBER 2011

2-4 NZMA South Island Stadia Championships TIMARU

11 Total eclipse of the moon at 3.20am

22 Summer Solstice at 6.31pm

### 2012

5-12 FEB Oceania Stadia Championships TAURANGA

2-5 MAR NZMA Stadia Championships AUCKLAND

20 MAR Autumn Equinox at 6.15pm

3-8 APR WMA Indoor Championships JYVASKYLA . FINLAND

6-9 APR AMA Stadia Championships MELBOURNE

### 2012 (continued)

21 JUN Winter Solstice - 11.28pm

21 JUN Partial eclipse of the moon - 11.38pm

### 2013

24 JUL - 4 AUG WMA Stadia Championships PORTO ALEGRE - BRAZIL

### 2014

5-11 JAN Oceania Championships BENDIGO, AUSTRALIA

### 2015

WMA Stadia Championships LYON, FRANCE

### 2016

WMA Stadia Championships PERTH, AUSTRALIA

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



WELLINGTON

2011 West Zealand Cross Country Championships  
331

Isabella O'Rourke, Wellington, New Zealand  
West Zealand Cross Country Championships