

# vetline

New Zealand Masters Athletics

OCTOBER 2012

VOL 30 No.4



**NZ Half Marathon  
Championships**  
**PALMERSTON NORTH**

**NZ Cross Country  
Championships**  
**HAMILTON**

**NZ Road Championships**  
**WELLINGTON**

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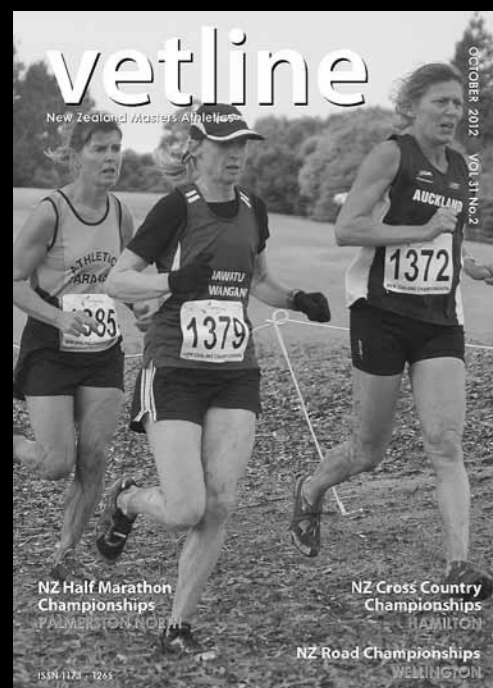


Andrew Davenport (508) and Michael Wray (545) shoulder to shoulder during the National Half Marathon champs Photo | SHARON WRAY



Grinding it out at the National Cross Country champs in Hamilton Photo | SHARON WRAY

Official Magazine of New Zealand Masters Athletics  
FOUNDED IN 1970



*Cover Photo*

Action at the national cross country champs at Hamilton (L to R): Janice McCallum third W45, Lisa Kurnut third W40 and Carolyn Smith first W50  
PHOTO - SHARON WRAY

*Inside Back Cover*

QEII Stadium, Christchurch...before and after...  
PHOTOS - ANDREW STARK

*Back Cover*

Len Wilson M75 (1344) and Richard Thomson M55 (1325) at the national cross country champs at Hamilton  
PHOTO - SHARON WRAY



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# President's Report

Over the next few years master's athletes from Australia and New Zealand will have more opportunities to compete at international events in our own back yard than ever before. Here is a list.

Oceania Track and Field Championships - Bendigo Australia January 2014

Oceania Track and Field Championships - Cook Islands late 2015

WMA Track and Field Championships - Perth Australia OCT (tbc) 2016

World Masters Games Stadia Championships - Auckland 2017

Oceania Track and Field Championships - Dunedin Nov (tbc) 2017

Add to this list national championships and State/Island championships and there will have to be some serious thought put in to which events to attend. As with most things in athletics planning is important and the further ahead the plans are made the better. Whatever the choices hard training will be needed so you might as well start now.

by | MIKE WEDDELL - NZMA President



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### DISCLAIMER

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

### NZMA is a member of

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Council of Athletics New Zealand | ANZ



## Letters to the Editor

### Can you help Roy?

In January 1981 I competed in the World Veterans' Athletics Championships at Queen Elizabeth II Stadium in Christchurch. There I won the M45 pentathlon in the with a world record score of 4038 points. I am now trying to find out my performances in each of the five pentathlon events - 200 metres, long jump, discus, javelin and 1500 metres.

If anyone could help me with this request, it would be greatly appreciated. I have the book "A History of New Zealand Veteran Athletics 1962-1999" and from the book I see that the 1981 World Championships organising committee comprised: John Macdonald (chairman) C.Kernahan (executive secretary), Vice Chairmen Don Chadderton, Arthur Grayburn, Sir Ron Scott, and Peter Wells (Treasurer (P.Hame. Co-opted members J (Jim) Daly, R.Woolman, L.Tointon, J.Miles, R.Ferguson, E.Hunter and Mrs D.Mathieson. President NZAVA: G (Gidgeon Tait). Secretary NZAVA Clem) Green.

Perhaps there are detailed records still available from those championships that may have the results that I am seeking. My home address is 9 Lydia Ave; Northcote, Auckland. My phone number is (09) 480 7993 and e-mail address: rands.mcwilliams@xtra.co.nz

Many thanks in anticipation.

### Roy Williams

**Hi Roy - It so happens that I came across some old results on the internet a while back from previous World Masters champs and the entire results from the world champs in Christchurch are on my computer, as well as other result booklets from world champs in 1983 & 1987. I have emailed these to you and I could perhaps upload these on to our NZMA website, as I'm sure they would be of interest to some of our members.**

Cheers - John Campbell

## Minimalist Running

I recently ran in the national road championships in Wellington and I won the M60 age. I run in modified beach crocs. I have a web site [www.eazirun.com](http://www.eazirun.com) which explains it in more detail. I also won my age group at the Wellington half marathon and also my age group title at the 5000 metres New Zealand championships at Mount Smart.

It has been just over a year since I started wearing Crocs and I have been wearing Crocs continuously and my injuries have completely gone. I therefore thought that it might make for an interesting few words in Vetline. I was wearing race number 1773 in Wellington.

John Kent

## Notice Board

### NZMA Subscriptions

Subscriptions were due as at 1 September. Members are reminded that they are required to be financial before they can enter for national and international competition. The national levy is \$45.00 and should be paid to your Centre Treasurer. You must also be financial to continue receiving your Vetline.

### Vetline Material

We are now calling for material for the January issue of Vetline. The deadline is 30 November. However as always we do need to receive as many of the articles and advertisements as soon as possible. For obvious reasons and with Christmas almost upon us, it is a busy time for everybody and your assistance will be appreciated.



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# On the Waterfront

by | MICHAEL WRAY



Wellington served up a pretty decent spring day for the 2012 National Road Championships held on the Capital's waterfront and the masters responded with some exciting race performances. The dreaded wind got stronger as they day wore on but the masters women were helped along by little more than a gentle zephyr and a pleasant sun. It was a little stronger for the master's men, particularly at the back part of the course, but overall the Wellington weather behaved itself.

The masters women started proceedings with the W16 and W19 grades for company over 5km. Wellington runner Stephanie MacKenzie, competing in her last national road championships before moving overseas late this year, opened up a ten seconds lead on Wendy Cottrell-Teahan (Manawatu-Wanganui) and Gabrielle O'Rourke (Wellington) after the first kilometre.

At about the half way stage, MacKenzie had five W16/19s for company and had increased her lead by a few more seconds. Cottrell-Teahan and O'Rourke continued to duel for second and third, with Jackie Mexted (Wellington) and Melissa Norris (Auckland) chasing from another few seconds back.

At the bell, MacKenzie took the lead from her young companions and never gave it back. Over the final lap, she beat the nearest W16/19 by seven seconds and expanded an 18 second lead over the nearest master to a 39 seconds margin of victory.

The fight for second continued to be the more exciting race to watch as O'Rourke and Cottrell-Teahan stayed dead even until late. Over the final few hundred metres, O'Rourke pulled away to claim second and Mexted overtook Cottrell-Teahan to clinch third. An exciting finish, with just three seconds separating second, third and fourth.

In the teams events Wellington's top three placegetters were joined by Sally Anderson in sixth for a decisive victory. Cottrell-Teahan led Manawatu Wanganui to silver, with Auckland rounding off the team medals for bronze.

The masters men 10km race had the biggest field of the day. Nearly 100 runners lined up across all the grades. After the first kilometre, Tasman runner Simon Mardon had a narrow lead from fellow Tasman runner Graeme Taylor. Canterbury's Richard Bennett, less than one second behind, led a chasing pack of eleven. By the end of the first lap Bennett, Johan Vanhoovels and Robbie Johnston (both Auckland) had reeled in the Tasman runners.

The pack was still together at the end of the second lap, rebuffing Daniel Clendon's attempt to join them. Over the second half of the third lap, Bennett fell back some five or six seconds. Bennett's fourth lap saw his pace drop, affording the leaders some 30 seconds of free space and allowing Vanhoovels

a sniff of the fourth spot. Meanwhile, Robbie Johnston fell off the back of the leading pace, setting up the two early leaders of Mardon and Taylor for an all-Tasman struggle for the win.

This struggle lasted throughout the entire fifth lap and was only settled on the finishing straight, where Mardon out sprinted Taylor to claim the win. Twenty seconds later Johnston took third, while Bennett held off Vanhoovels for fourth and fifth. Another exciting race.

Despite finishing first and second as individuals, Tasman had to be content with bronze in the M35 teams. Auckland having Johnston and Vanhoovels in the top five was enough to win them silver. Led by Todd Stevens, hosts Wellington made up for not picking up any top five spots, as four of the spots from sixth to tenth earned them gold.

Tasman did prevent a clean sweep of the team medals in the M50 grade. Cliff Bowman won the individual M50 gold and lead Tasman to team victory, with three runners in the top ten. Wellington took silver and Auckland the bronze.



From L to R: Simon Mardon, Graeme Taylor and Richard Bennett heading the bunch



Jane Pairman (1555) and Bernie Portenski (1884)



Judith Bradshaw (1772) and Jenny Mason (1883)



Julie Wilson (OTG) 1st in W50 grade



Robbie Johnston - 1st M45 grade

PHOTOS | SHARON WRAY

**Results**

<b>W35</b>		<b>W60</b>		<b>M45</b>		<b>M55</b>	
Stephanie MacKenzie	18:00	Bernie Portenski	20:42	Robbie Johnston	32:53	Don Greig	35:15
Jackie Mexted	18:40	Judith Bradshaw	23:02	Richard Bennett	33:33	Gavin Stevens	35:28
Mandy Simpson	19:49	Jenny Mason	23:33	David Carrigan	34:13	Tony Price	36:44
Juanita Paterson	20:19	Joy Baker	24:36	Jim Jones	34:45	Murray Hart	37:30
Jo Badham	20:25	Shirley Rolston	28:23	Anthony Duncraft	34:48	Bill Revell	39:48
Paula Conder	20:54			Andrew Reese-Jones	34:51	Graeme Burr	40:16
Nicola Wells	21:18	<b>M35</b>		Richard Seigne	34:59	Steve Fairley	40:36
Wilma Montgomery	23:24	Simon Mardon	32:31	Chris Corney	35:01	Derek Shaw	42:03
		Johan Vanhoovels	33:38	Tony Broadhead	35:04	Graham Macky	43:27
<b>W40</b>		Dave Parsons	33:55	Michael Wray	35:13		
Wendy Cottrell-Teahan	18:42	Rohan Biggs	34:04	Peter Stevens	35:19	<b>M60</b>	
Melissa Norris	18:54	Daniel Clendon	34:07	Kevin Thompson	36:30	John Kent	40:21
Sally Anderson	19:06	Vaile Mexted	35:04	James Turner	36:35	Dave Mason	41:51
Deb Finn	19:34	Andrew Wharton	35:04	Ronnie Thomas	37:14	Jonathon Harper	44:04
Lisa Kuhnert	19:35	Jon Healey	35:13	Warren Maguren	37:18	Timothy Masters	46:53
Helen Anderson	19:36	Brian Kemp	35:32	Simon England	37:36		
Judith May	19:42	Ian Graham	37:25	Paul Hewitson	38:09	<b>M65</b>	
Janet Pitman	19:54	Darren Gordon	39:06	Russell Mancer	38:13	Brian Hayes	40:54
Michelle Van Looy	20:23	Jimmy Hildreth	40:19	Colin Price	39:21	Murray Clarkson	41:51
				John Plimmer	39:56	Bob Stephens	44:54
<b>W45</b>		<b>M40</b>		Glen Wallis	42:16	Richard Sweetman	45:39
Gabrielle O'Rourke	18:39	Graeme Taylor	32:32	Neil Price	43:04	Roger Childs	49:52
Patricia Sloan	19:20	Todd Stevens	33:54			Alan Jones	51:30
Sue Parcell	19:44	Sasha Daniels	34:04	<b>M50</b>			
Meghann Stewart	20:25	Jason Baillie	34:19	Cliff Bowman	33:58	<b>M70</b>	
Teresa Cox	21:22	Glenn Sexton	34:27	Ricky Gutsell	35:31	Peter Ellis	50:44
Jenny Williams	22:14	Grant McLean	34:37	Bruce Edwards	35:35	Jeremy Griffith	59:17
		John Kennedy	34:46	Ian Courtenay	36:27		
<b>W50</b>		Francis Evett	34:57	Ian Calder	36:52	<b>M75</b>	
Julie Wilson	19:32	Michael Waterman	35:00	Neil Mayo	37:28	Sid Pavett	50:54
Jane Pairman	20:20	Stephen Blair	36:41	Tom Jarman	37:33	Len Wilson	52:55
Debbie Telfer	20:27	David McGuinness	36:47	Mark Handley	38:49	Peter Hanson	59:07
Helen Willis	20:31	Phil McKay	37:02	Liam Healey	38:55		
Sarah Fairley	30:04	Rob Conder	37:42	Martin Riley	39:12		
		Paul Norris	38:02	David Hood	39:18		
<b>W55</b>		Richard Longman	38:05	Stephen Mair	40:11		
Michele Allison	19:45	Murray Peebles	38:48	Phil Harrison	40:53		
Karen Gillum-Green	21:46	Barrie Joslin	41:07	Tony McKone	42:57		
Liz Hardley	23:18			Donald Coley	43:53		
				Peter Wood	44:31		
				Terry Bedlington	45:15		



Gavin Stevens – 2nd M55 grade



Jeremy Griffith – 2nd M70 grade



Tonay Broadhead (1790) Bruce Edwards (1792) and Michael Wray (1901)



Johan Vanhoovels – 2nd M35 grade



Len Wilson – 2nd M75 grade

PHOTOS | SHARON WRAY

# 39th NZMA TRACK & FIELD CHAMPIONSHIPS

Newtown Park, Wellington | 1-4 March 2013



<b>Surname</b>	<input type="text"/>		<b>First Name</b>	<input type="text"/>	
<b>Postal Address</b>	<input type="text"/>				
<b>Email</b>	<input type="text"/>				
<b>Telephone No.</b>	<input type="text"/>	<b>Male/Female</b>	<input type="text"/>	<b>Date of Birth</b>	<input type="text"/>
<b>Centre</b>	<input type="text"/>	<b>NZMA No. 2012/13</b>	<input type="text"/>	<b>Age Grade</b>	<input type="text"/>
<b>Signed</b>	<input type="text"/>	<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

<b>Name</b>	<input type="text"/>
<b>Address</b>	<input type="text"/>
<b>Phone No</b>	<input type="text"/>
<b>Email</b>	<input type="text"/>
<b>Officials Grade</b>	<input type="text"/>
<b>Preferred Event(s)</b>	<input type="text"/>
<b>2nd Choice</b>	<input type="text"/>
<b>3rd Choice</b>	<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 - 7<sup>th</sup> February 2013

## LATE ENTRIES CLOSE - 15<sup>th</sup> February 2013

### CHEQUES PAYABLE TO

Wellington Masters Athletics or Direct Credit to Wellington Masters Athletics Inc., National Bank, The Terrace: 06 0565 0064415 00 (please include your NZMA number).

### ENTRIES AND ENQUIRIES TO

Graham Gould  
PO Box 5887 Lambton Quay, Wellington 6145  
Ph: 04 973 6741  
Email: gvgould@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 and first event fee	\$ 40.00
Each additional event @ \$8.00	\$
Multi Events @ \$10.00 each	\$
Late entry fee @ \$30.00	\$
Lunch Saturday @ \$ 10.00 each	\$
Lunch Saturday @ \$ 10.00 each	\$
Awards/Social Dinner @ \$50.00 (limited to 100)	\$
Polo Shirts @ \$50.00 S M L XL (circle)	\$

**Total Enclosed** \$

### OFFICE USE ONLY

Entry Acknowledged	<input type="text"/>
Race No.	<input type="text"/>

## COMPETITION PROGRAMME

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

### Friday 1 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 2 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	Shot Put	M65+
12.00pm	100m finals	M30+	12.00pm	High Jump	M50-59
			12.00pm	Javelin	M30-49
			12.15pm	Triple Jump	W30-59

### 1.00pm LUNCH BREAK

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

\* If insufficient numbers - relays will revert to:  
2 Men & 2 Women Provincial Teams

## Athletes Information

### RACE PACKS:

Can be collected from the Function Room at Newtown Park Stadium from 3pm on Friday 1st 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 Function Room, Newtown Park Stadium on **Friday 1 March at 12 noon.**

### EQUIPMENT:

Competitors may use their own equipment. All items of personal equipment MUST be presented for checking on **FRIDAY 1 March** between 3pm and 4pm.







Rob Conder (1081), Tony Price (1238) and Trevor Ogilvie (1185)



Liz Hardley - 3rd W55 grade



Robyn Grant (1125), Ray Knox (1105), Peter Clark (1100) and Alastair Pragnell (1036)



Sue Crowley - 2nd W40 grade



Eric Phimister (M60) leads the bunch



Stan Gawler - 2nd M70 grade



Barry Prosser (1239) steals a quick glance at Ian Calder (1254) and Andrew Higson (1319)



Anne Bradley - 3rd W50 grade



L to R: Melanie Cossar, Michelle Hopkins & Wendy Cottrell-Teahan



L to R: Tony Broadhead, Colin Earwaker, Alistair Prangnell & Bruce Edwards



From L to R: John Caie, John Healey and John Crane



Iris Hansen - 2nd W70+ division

# Stretching Through the Ages

by | BARRY RAIT



Grant McLean (1228) leads off John Caie (1164) and Dave Parsons (1234)



Michelle Hopkins – 3rd W35 grade



Francis Evett (1213), Tony Brownrigg (1121) and John Crane (1168)



Maria Sleeman – 2nd W50 grade



Rachel Penny (1371) leads Stephanie McKenzie (1396) and Gabrielle O'Rouke (1397) up the hill



From L to R: Michael Pugh, Peter Vyver and Stephen Day

Having begun my formal association with track and field athletics in the mid 1950s and in Olympic weightlifting a few years later, I rapidly became drawn in to the extensive stretching regimes then deemed essential in a warm-up. The rationale for these regimes was usually based on what the top athletes did and a fervent hope that stretching was in itself, instinctively beneficial. Suppleness or flexibility was thought to be essential for later top performances, particularly in hurdles.

If one did the stretching in a group of athletes then it was more captivating because of the shared experiences. What is now known is that the 'static stretching' that we were doing was of little use except in keeping one doing something that was 'a la mode'. The idea was embedded in the consciousness of athletes that you should, as part of your warm-up routine, include a fair amount of static stretching so that when you got to full power/speed you would not be demanding more than your body or mind could produce. The risk of later injuries was thought to be reduced through stretching. We knew nothing of the accumulation of micro-trauma/tears then.

During the last two decades a new 'event' has arisen in the sport and recreation research literature, that of the pros and cons of stretching and the benefits for performance. This 'event' has reached religious zealotry levels in some quarters. In a challenging article by Senior Research Associate Dr Gary O'Donovan at the University of East Anglia (Peak Performance, issue 309; London; 2012) there is a 21 year comprehensive meta-study of the accepted research into stretching.

The bogey-man in all this seems to be 'static stretching' defined as 'the passive elongation of a muscle or group of muscles'. The majority of stretching studies quoted, indicated that this form of stretching detrimentally affected later exercise performances. However O'Donovan was not convinced of the definition of the term 'trivial increase' when it applied to performances under 5%. Also he was not accepting of the 'dose-response' aspect of the stretching' i.e. the amount of stretching done and the resulting performance. For well trained athletes a 1% improvement is a significant step up especially for weightlifters, weight throwers and sprinters and the like. Much more research is required on this aspect.

The great hope attached to 'dynamic stretching' may be over-claimed. Dynamic stretching' involves the controlled movement through the active range of movement of a joint'; Exercises such as "ankle flicks, buttock flicks, knee lifts, the 'Russian walk', the walking lunge and the Walking hamstring". The current thinking is that it encourages better later performances.

Donovan cites the related Behm and Chaouachi 2011 study conclusion "A warm-up to minimise impairments and enhance performance should be composed of a submaximal intensity aerobic activity followed by large amplitude dynamic stretching and then completed with sport-specific dynamic activities". There is a warning about the different 'ballistic' exercising which is of some concern for later performance, if over done.

Some studies did not find injuries were reduced by stretching although there were some concerns about the field trial designs. The jury is still out regarding the benefits of after or before exercise stretching as far as the effect on delayed-onset of muscle soreness (DOMS).

Donovan concluded that "the available evidence is poor and more research is necessary to determine the dose-response relationship between stretching and performance". The best advice is that a "low volume or low intensity of static stretching before exercise may bring about small reductions in performance that may be acceptable to recreational exercisers". The converse of this is likely to be lowered performances for more highly trained athletes. On the other hand Donovan is highly cautious that dynamic stretching is in itself of particular benefit due to the difficulty of teasing out this factor involved from that of warm-up.

To add confusion to this topic I found another advertisement in parallel publication entitled "Stretching for Sporting Success" by John Shepherd; published by P2P; London, 2011. Shepherd seems to be more concerned with muscle flexibility, posture and increased range of motion (ROM). There is a cache of 'Don'ts' to warn one off wrong positions or movements.

For masters athletes who have reached that magical pension age and have qualified for the New Zealand Superannuation, the practice of stretching one's budget what ever the mode, will be second nature. In the performance arena we masters should have reached the level of 'knowing' from experimentation, what is of apparent benefit and simply repeat that routine evermore. On the other hand, there is the promise of something a little better even if only 1% is gained from dynamic stretching and this little improvement can really count in the weight and other pentathlons.



# Prepare for Competition

by | JOHN WAITE

## Wendy Fox-Turnbull

Masters Athletics New Zealand is blessed with a wide range of specially-talented men and women. We are often quite oblivious to the circumstances of people's backgrounds and perhaps sometimes wonder about the incentive or motivation for their contributions.

One such person who could best be described as a hidden gem is Wendy Fox-Turnbull who lives in Christchurch and who made a huge impression at the Tauranga Oceania Track & Field Championships. No, it wasn't for her athletic performances. No, it was not for her good looks (and she certainly has all the attractive features). The talking point about her participation was the fact that she was a starter at the track, cross country and road walks.

In an age where equal opportunity is normal, why is the appearance of Wendy such a talking point? As Official Starter, Wendy had such a firm control of proceedings once the race was passed on to her. Clearly, all competitors knew they were in a capable starter's hands. Wendy is a professional educator, being an academic lecturer at the Canterbury College of Education. So not surprisingly, instructions from her were loud and clearly enunciated. To assist athletes settle she would calmly advise, "Athletes, Prepare for Competition". Immediately, competitors were focused, ready for action. Wendy has a presence and demeanour befitting a starter.

How did Wendy's involvement happen? She came into the role by attending athletic meetings for her two primary school-age children and offering to assist as a starter. Her husband, Michael, coaches and runs with the North Canterbury Club, and Wendy linked up with The Port Hills Club. Wendy loves her running, particularly on the road and cross country but prefers a starting role to running track. Once hooked into a role as an Official Starter she has progressed rapidly with local and national athletic bodies. Ted Gilver has mentored her, and with his endorsement she won a Prime Minister's Award to join two Australian starters in attending an Oceania Starters' Conference in Jakarta, Indonesia. Wendy says that she learn a lot and, as well, returned home with an international accreditation as a starter.

Wendy enjoys and thrives on challenges. She is very sociable in her busy life and opens her home for club events. An illustration of Wendy's goodwill is her willingness and pleasure in assisting a vision-impaired (2% sight only) fellow university lecturer, Clive,



PHOTO | JIM TOBIN

Wendy Fox - Turnbull relaxes at the conclusion of the Tauranga OMA Championships

on the Club's Sunday morning run with the help of a flexible lead between their wrists. Another example of her ease in establishing friendships is demonstrated in her relationship with a 70+ runner, Bob Fyfe, whom she has unofficially "adopted" as her "Dad". She is taking him and his wife out to lunch to celebrate Father's Day!

Wendy Fox-Turnbull is a special lady and a wonderful contributor to New Zealand Athletics.

# London Olympics

by | MALCOLM CLARK

My attendance at the 2008 Beijing Olympics was such a memorable experience and it was only natural that I wanted to replicate the experience in London. An added incentive was that my eldest son lives on the outskirts of London and other friends and family are within an hour of the city.

The real challenge was in obtaining tickets to my preferred events for which I was about 80% successful but a few more finals to athletics would have been nice. However compared to many British I spoke to, I had done extremely well as evidently their ticket allocation system was akin to a lottery.

Arriving in London a few days before the opening ceremony allowed me to familiarise myself with the public transport system. Brochures picked up with my event tickets made getting to the Wimbledon, Eton Dorney (rowing and kayaking) and Hadleigh Farm (mountain biking) straight forward.

Kiwi House was a venue that I attended regularly to keep up with the New Zealand team performance via the live NZ TV. A surprise was meeting up with Neil and Jan Fleming twice as

they had decided to tack the Olympics onto their Tour de France experience. Four days before the Games ended Kiwi House had its own 'Tongariro' event with the outdoor barbecue area catching alight and exploding. Fortunately they were open for business again within 24 hours.

The highlights for me were attending the rowing when New Zealand won gold medals (seeing Mahe was extra special) and being at the athletics seated with Jamaicans on the night of the 100m semi finals and final. It doesn't get more special than that! My pick of the track performances were the world records set by the men in the 800m and the 4x100m relay. Overall I enjoyed the track and field competition as there were a few surprise Olympic champions.

Naturally the British press was all about the English team performances, which was very good I must admit, but two other athletes also had excellent coverage. Usain Bolt and Michael Phelps were deemed to be super humans by the English. With the helpful and cheerful army of volunteers, the London Olympics were a wonderful Games - roll on Rio 2016!

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# National Half Marathon Championships

by | MICHAEL WRAY

The Manawatu Striders celebrated the 30th anniversary of their half marathon by hosting the 2012 National Half Marathon Championships in conjunction with their main event. Perhaps the timing of the event, being one week after National Cross Country and the iconic Wellington Bay Relay event being placed the day before for some reason, put some off. For a national event, the size of the field was much smaller than in previous years.

For those who made the effort, the weather didn't cooperate. It started with light drizzle and gradually developed into full rain, with a stiff breeze to make any Wellingtonians feel at home.

First master was M45 runner, David Carrigan from Wellington Harriers. David led the masters from early on and never surrendered his lead. Russell Lake from Tauranga did enough to keep David in sight, but was never able to close down the gap, which grew to just over a minute by the finish.

The battle for third master was far more competitive. Hadley Craig (Hamilton Hawks), Andrew Wharton (Wellington Scottish), Andrew Davenport (Palmerston North A&HC) and Michael Wray (Wellington Scottish) dropped the others around them and ran as a tight bunch from 5km to 15km. With a M35, M40 and two M45s, the grades were being well represented. The lead changed several times as each runner took turns to unsuccessfully pull

away from the others. Then from 15km, the group began to splinter. Hadley Craig surged away from the rest of the group, holding his advantage through to the finish.

The masters women saw Wendy Teahan (Feilding Moa Harriers) win by a very comfortable margin of over seven minutes. Wendy's club mate Juanita Paterson and Michelle Van Looy (Olympic) came in a minute apart as the second and third master's women.

Since 2011, the teams event is open competition where the senior and masters are combined. The masters were still well represented for the men, picking up nine of the 12 team medals. Palmerston North A&HC was the first men's team, with seniors Chris Sanson and David Lovelock backed up by Andrew Davenport (M45) and Lance Gray (M40) for gold. Wellington Scottish claimed silver without any seniors: Andrew Wharton (M35), Michael Wray (M45), Warren Maguren (M45) and Matt McCrudden (M35). Hamilton Hawks claimed bronze with senior Cory Whiting relying on Hadley Craig (M40), Kevin Knowles (M50) and Garry Wilson (M50).

Only Feilding Moa Harriers fielded a women's team, with Wendy Teahan (W40), Gemma Cartright (SW) and Juanita Paterson (W35) taking the team spots.

## > Results

### W35

Juanita Paterson 1:32:58  
Rachelle Mannig 1:46:08

### W40

Wendy Teahan 1:25:21  
Michelle Van Looy 1:33:48  
Lisa Kuhnert 1:34:46  
Nelda Hazelhurst 1:37:36  
Angela McQuarrie 2:14:31

### W50

Debbie Robinson 1:36:58  
Maree Rawles 1:38:40  
Patricia Stichbury 1:44:01  
Kate Jenkins 1:44:26

### M45

Andrew Wharton 1:19:06  
Michael Beaumont 1:21:08  
Matt McCrudden 1:22:34

### M40

Russell Lake 1:17:48  
Hadley Craig 1:18:56  
John Nolly 1:26:19  
Lance Gray 1:29:14  
Ashley Gurney 1:30:57  
Mike Peat 1:39:26

### M45

David Carrigan 1:16:30  
Andrew Davenport 1:19:35  
Michael Wray 1:19:56  
Warren Maguren 1:21:31  
Vernon Preston 1:21:59  
Russell Mancer 1:24:57

### M50

Ian Calder 1:21:12  
Kevin Knowles 1:26:15  
Robert Dabb 1:26:42  
Garry Wilson 1:28:53  
Kevin Lowe 1:29:45  
Gordon Clarke 1:34:04  
Murray Green 1:35:23  
Roger Morrison 1:37:30

### M55

Gavin Smith 1:24:55  
Malcolm Chamberlin 1:32:44  
Norm Chu 1:40:50  
David Green 1:46:44

### M70

David Hamilton 2:07:30  
Dave Eastmond 2:08:24



Ian Calder finished 1st in the M50 grade



Michelle Van Looy - 2nd W40



L to R: Bruce Rhind and Gordon Clarke



Brent O'Neil (846) and Malcolm Chamberlin (505)



Russell Lake - 1st M40 grade



Norm Chu - 3rd M55 grade



Davis Carrigan - 1st M45 grade



Andrew Davenport leads Michael Wray in the M45 grade



Lisa Kuhnert- 3rd W40 grade

PHOTOS | SHARON WRAY



# World Masters Track & Field Champs

Porto Alegre, Brazil 15-27 October 2013

*Porto Alegre, a great location for the championships.*

1.5 million Portuguese speaking people, although most speak some English.

A city with many large parks. The marathon, road race walk & cross country are all in the massive Brazil Park running alongside the waterfront. We have arranged a variety of accommodation. (Costs and options to be confirmed)

## Airfare and 14 night hotel packages (from Auckland)

Hotel options all with b/f included. Breakfast & dinner option (half board) in 3★ hotel is available.

**3★ comfortable hotels the older part of town: \$3715 double/twin, \$3950 single**

**4★ in the better areas of town with kitchens: NZ\$4450 to \$5080 double/twin, \$4700 to \$5430 single**

Package costs do not include airport transfers or the option of a 3 night stopover in Santiago & Valparaiso on the way over, approx \$430. All hotels are within walking distance of the shuttle bus route.

**Room options:** single, twin/double, and triple. The third bed is a fold down couch in 4★'s.

Departures from **Auckland 10<sup>th</sup> October** to Santiago, 3 nights there with a day trip to Valparaiso then flight over the Andes to Porto Alegre 2-3 days before the start of the champs Plenty of time to acclimatize before the athletics start.

One of the **day trips** will be **Gramado** and Canela in the Hydrangeas Region, the town is famous for its **chocolate factories**, car museum and many other points of interest.

## After Champs Tour

28 October. Depart Porto Alegre, flying to **Iguazu Falls** for two nights, then fly to **Rio de Janeiro** 3-4 nights and then to Lima, the colonial Spanish city of the kings for 2-3 nights. On to the **Inca Royal City of Cuzco**, for 4 nights in Peru.

A full day at **Machu Picchu** will be one of the highlights.

**We will probably make this tour available in modules.**

## Deposit of \$400 per person, for flights & hotel, due now.

\$200 for Santiago/Valparaiso and \$400 for the after champs tour when details are confirmed If anyone wants to do something different, **depart earlier or later**, no problem, and we can arrange **other tours or cruises** at your request. More details will be available in regular newsletters.

*Email Roy to confirm your place.*

# Vale: Super Syd

by | PETER TAYLOR

## Lewis Alfred Sydney Taylor - Aka Super Syd

was born on 12 December 1915 in Awanui, Northland a son to Henry and Ethel. He was the second eldest of seven children. Syd lived in Awanui for the earlier years of his life. However, at about the age of ten the Taylor family moved to Australia where Syd attended school in Parramatta on the outskirts of Sydney. The family lived here for approximately four years. Syd returned to New Zealand as a teenager where his first job was working in a store in Hobson Street, Auckland blocking hats.

Prior to his marriage, Syd also loved speed skating. He started his speed skating on an old pair of ball bearing skates that his Mother had given him. She was also a champion speed skater. These skates were basic clip on skates that you wore over your shoes and had ball bearings in the wheels to help you go faster. They obviously did him proud, as Syd did well with his speed skating and achieved third place in a New Zealand Men's Speed Skating competition. As many of you know, Syd was also a dedicated athlete and he first joined the Auckland Athletics Club.

The acronym of Syd's name spells LAST; his family however feel that the name Fred would have been a more appropriate name for him as this would have meant that the acronym would have spelt FAST which to them is what he was. Syd did everything FAST! If he was not on his bike he was on his skates.

Syd's first love was his music, the son of a very talented Henry. Syd played the baritone bass for the Takapuna Brass band, the Royal NZ Army band and the Newmarket Brass Band and was a life member of the Takapuna Band. It was through his band playing at the age of 22 that Syd met the love of his life and his soul mate Edith Perry and they married on 3 July 1938.

They took up residence in a little cottage that Syd had fixed up at Hall's Corner in Takapuna, on the North Shore of Auckland. They had only the barest of necessities and ten shillings to their name but they were extremely happy. It was whilst living here that they welcomed the arrival of the first two of what was to become their six children.

Syd had a quiet and unassuming personality and a great sense of humour. He saw humour in everything and although he may have appeared reserved at first, once he got to know you and felt comfortable in your presence, his humour came out and although he was only 5ft 6 inches in stature he also knew how to say his piece. He was always positive and had the ability to look forward and he treated his children as equals.

After working in the city Syd hankered for an outdoors type of job and started up his own paper hanging and painting business. He used to cycle off to work balancing his pail of paint and his stepladder on his bike. Unfortunately, with the onset of the Second World War he had to close down his business.

Due to his daughter Barbara's illness, his entry into the war service was delayed and he was placed on the Reserve list. He was however, a member of the Home Guard Military service based at Cornwall Park in Auckland. I remember some of the escapades Dad said he was involved in whilst he was in the Home Guard. At this time, the Americans had come to New Zealand to help in the war effort. Dad told me how the Americans had decorated their barracks with the slogan - Second only to None - so in reply Syd and his cronies painted the word - None - on their barracks! Syd's group were however, disciplined the next day for 'defacing property' and subsequently had to remove their sign.

After the war Syd gave up contracting and took his Dad's place working for the Government out at Kingseat Hospital. He and his brother Harold worked a six days on and one day off shift, by combining days to make a weekend. To get back to the city they took turns with one running and one cycling. The one on the bike would ride so far drop the bike and start running, the one running would then pick up the bike and take his turn at cycling until they changed over again. This way they managed to comfortably cover the distance back home.

Later on Syd took up employment as a builder with Frank Herring and Son, Building Contractors, until his retirement. Retirement to Syd however did not mean stopping work as the family found out. His idea of retirement was to work on all of the family's homes not only for his children but for his grandchildren as well. It seemed Syd could 'almost smell' when any member of the family needed help with something and would always turn up to lend a hand.

Family was important to Syd. He was a loving and respected father to his six children Dot, Bob, Stuart, Peter, Chris and the late Barbara. He was Granddad to 12, Great Granddad to 17 and 'a half' and had just welcomed his first Great Great Grandchild into the family. To Syd family was everything. He was also an artist and won a place at the Elim School of Art but was unable to take it because of the war. That never stopped him later taking up this hobby. He passed his creativity on to many members of the family.

His running became his greatest love. He spoke of the time when he was courting Mum who lived on the Glenfield side of Takapuna and he lived at Eden Crescent on the Auckland side of the harbour. He knew when the last bus left Milford so would say goodnight to Mum and run to connect with the bus at Takapuna. Many times he dallied, missing the bus and having to run all the way to Devonport. There were also many occasions when he missed that last ferry as well so had to wait for the mail ferry. Once across the harbour he then ran home, often having had a few hours sleep before going to work the next day. This was the beginning of a long love affair with the road.

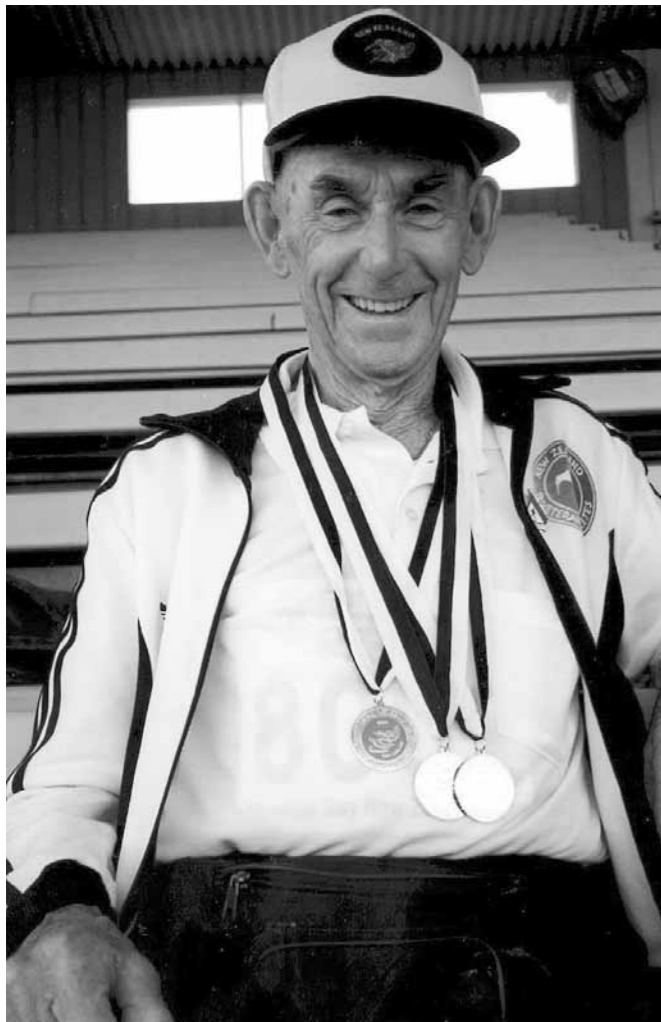
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Tour escorted by  
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PHOTO | AMANDA HENSON



Syd with a few of his gold medals

When we moved to Titirangi in 1950 he became involved in the Glen Eden Athletic Club and introduced us to track and field. That became a lifetime family affair. Dad took part in a 100-mile endurance race. He was racing with the likes of Bill Baillie and Barry Magee. It was held at Owairaka around the 400m track. Dad started out doing eight-minute miles and at the end was doing seven minute miles. He was the last on the track and decided to pull out so that the referees would not have to wait any longer. He had covered 80 miles and could have kept going but his consideration for others was stronger. He was placed third regardless and had a write-up in the paper.

When Dad moved into Masters competitions he went to Australia to compete in their 2001 Oceania championships. He came back with a huge grin on his face and three gold medals around his neck. He was a little put out though because they wouldn't let him have the records.

At this point Dad still holds 26 club records. His M70 long jump in 1986 of 4.2m still stands. He holds 12 Auckland masters records, six national records and two Oceania records. The latter being the 100m and 200m for the M90. Every time he set a record, he would say there's another one to beat. Syd ran every distance from 100m to ultra marathons.



Syd running the 100m sprint at Mt Smart - December 2006

A dream of his was to do a family team event. Neil at the Club organised a for generation 100m race at the end of one of the Championship meetings about 1995 that blew a few people away. However, his greatest joy was a four-generation Half Marathon at Kerikeri in November 2005 where he and his family team created a one-off Guinness world record. He was so proud that day. He completed his last half marathon the following year at Kerikeri just before his 91st birthday.

It is thanks to Dad's incredible memory that the Rotorua marathon was continued. He competed in the inaugural one and the next year waited for the entry form. When it hadn't turned up he and Mum took off for Rotorua. He knew the man at Fletchers who organised the marathon so thought, "why not go straight to the top". The secretary had other ideas without an appointment. Dad firmly told her "Tell him Syd Taylor is here". Needless to say, Dad was personally welcomed and thanked profusely. The marathon took place and has continued ever since. Dad has completed nearly every one and took pride in wearing his survivors T Shirts.

I was introduced to running very early and was only four when I started following dad to the club. Over his lifetime we pounded many miles on the road together.

PHOTO | JOHN CAMPBELL

We often ran the Rotorua Marathon together - I say together lightly. We would always start together and run side by side for the first 10 or 15 kilometres then he would look at me and say "see you at the finish" and take off. I could only watch as he disappeared into the distance. It was in the half marathons that I finally beat him but he was only 90 years young and I was coming up 60. I had the privilege to run with him on his last Kerikeri Marathon and although we walked a fair bit he would not give in and insisted on finishing it which he did in 3:32 leaving a host of younger runners behind. Dad had tremendous stamina.

When Sky tower opened I was lucky enough to participate because my daughter Karen worked in the events department and organised the inaugural stair climb. Because it was so successful the following year they opened the race to the public. YES you guessed it Dad was on the starting line with me along with my Daughter Natalie. We made up the first three generation team to compete. And yes he beat me up! We ran it every year that they held it. He was the oldest person to complete the climb and they used him to promote the race and rewarded him with the privilege of climbing the inner climb up to the crow's nest on the top This is a series of vertical ladders. I went with him. As we started the climb the young man who escorted us up stopped at the first resting platform and said "we will rest here for a short time to get your breath back" looking at dad. His response was "you wait here, we will go on". The young man was taken aback and did his best to keep up with dad with me laughing behind.

Dad loved driving and I have many fond memories of our early morning trips to Rotorua, our second home and still our favourite. It was never complete without a visit to the old Blue Baths. He would drive anywhere any time for any reason, like a quick trip to Thames or Whangarei to get an ice cream. He always looked after his vehicles and in his last car, the Nissan, he travelled over 300 kms still on the original motor. That was a lot of ice creams. He was one of the driving forces behind the masters athletic movement and in the early days represented our Club. He was fiercely competitive and even in his later years as many of us can testify that he would always give 100%.

With the passing of Syd Taylor, a fascinating page of history has closed. The lives of all those who loved, liked and respected him at any level, must be diminished. We can however take one small consolation from Syd's death - 96 years is an incredible innings.

My Sister Dot went to Scotland to trace our family tree and discovered the Scottish description of the Taylor family is that they are short, bald and bandy, had tremendous strength, were extremely loyal and very fierce fighters. I think that sums up Dad pretty well.

Dad enjoyed participating with the masters and counted himself lucky to have made so many friendships. Dad has crossed his last finishing line and has stopped running. We will miss him terribly but his legacy will continue forever.



Deb Finn (1784), Mandy Simpson (1703), Michele Allison (1881) and Sue Parcell (1508) battling it out at the National Road champs in Wellington

PHOTO | SHARON WRAY

# The Day the Lions Roared

by | PETER O'HALLORAN

## (A dramatised account of actual events)

### Wellington Evening Post Sports news: Easter Monday 1934.

"On an unusually calm and warm Easter Saturday afternoon a large crowd of spectators sat quietly on the grass embankment at Newtown Park to watch the extremely attractive and famous Australian Olympian, Eileen Wearne strut her stuff against a rag tag bunch of local female athletes, including a totally unknown sprinter, little four foot- 10 inch Dot McDonald, from the Wills tobacco factory in Petone.

Although Wearne, had won every previous race of her New Zealand tour she was not known for her fast starts. Never the less it was planned to be just another exhibition race for the classy Australian sprinter, who had recorded a time of 12.5 seconds in her 100 yards heat at the 1932 Los Angeles Olympics.

However Little Dot McDonald in her new white tennis shoes had a different plan.

As the starter raised his pistol, the buzz of conversation died and the air almost crackled with anticipation. "*Take your marks, Get set, Bang!*" Wearne was taken by surprise when she looked up after 30 yards, to see one of the local runners had exploded from the blocks like a startled rabbit and was already out in front by at least 2 yards, with the previously quiet crowd, now cheering loudly.

At the 60-yard mark, the Kiwi was still in front, but with every yard the Australian's longer legs were gaining a few precious inches and the partisan crowd were screaming themselves hoarse. After 90 yards, the local girl was still just in the lead, the roar of the crowd was now deafening, even the lions at Newtown Zoo joining in. At 95 yards both runners were neck and neck and it looked like it would be a dead heat.

When, unbelievably for the first and only time of her New Zealand tour, Eileen crossed the finish line in second place, she was not happy, protesting to the stewards that the Kiwi sprinter must have done a false start. When the officials declined her complaint, she reluctantly congratulated the unlikely winner; Little four foot 10 inch Dot McDonald from the Wills tobacco factory in Petone, who was given three rousing cheers by the deliriously enthusiastic and biased spectators."

Eileen Wearne was only the second woman to represent Australia at athletics in the Olympics and later won a gold medal for Australia in the 440 yards relay plus a bronze medal in the 220 yards sprint at the Sydney 1938 Empire games. When she died unmarried in NSW in 2007 aged 95, she was Australia's oldest Olympian.)

Dot McDonald (AKA my mother) married in 1935, expecting my elder brother, so never competed seriously again, except for the annual Rugby Referee's association picnics, where I remember

her, with bare feet and hitched up skirt, often handicapped by 5-10 yards, yet never being defeated, even by very much younger women. Aged in her 70's she was still able to defeat her teenage South Island sprint champion grand daughter, who also complained, "*Nana must have done a false start*".

While unfortunately I may not have inherited the sheer speed of my mother, she did pass on her fast reflexes and while I was only a little better than average sprinter, fast starts were my competitive advantage. Aged 40 I learnt that the World Masters Athletics championships were to be held at QE2 Park Christchurch and thought that could be fun. To test myself I entered the 100 metres at the Canterbury masters championship, surprisingly recording a time of 11.8 seconds for first place, but strained a calf muscle, so was unable to compete in the world championships.

The next year we moved to Melbourne to live and I joined the Sandringham Athletics club where I was able to train with some of Australia's best athletic coaches and a few Olympians, including hurdlers Debbie Flintoff-King and Kyle Van der Kuyp. While in Melbourne I managed to win a number of Victorian state masters titles and amazingly won the high jump silver medal in the Australian Masters Athletics championships, but unlike my mother, never managed to win a 100m title.

Upon returning to New Zealand in 1991 I determined to one-day win the national masters 100m title. Still fresh from my Australian experiences, the New Zealand Masters athletics championships in 1992 in Christchurch, looked to be my best chance. As I waited behind the starting blocks in my brand new Adidas spiked shoes, looking down at the synthetic Mondo running surface, I thought of my mother's wonderful race on a grass track, wearing only white tennis shoes and hoped today I might at least approach her efforts.

The other seven finalists were all fast sprinters, none of whom could be taken lightly, including former New Zealand sprint champions, Stuart Foster from Hamilton, Don Davidson from Timaru, the "Flying Fireman" From Auckland (whose name temporarily escapes me) and the current New Zealand record holder, Malcolm Fraser from Christchurch.

My plan was simple. I divided the race into three 30 metre blocks and placed a marker on the trackside at these intervals:

- For the first 30 metres I intended to explode from the blocks, and accelerate as hard as possible. From 30 to 60 metres, I was going to concentrate on relaxing and maintaining good running form.
- From 60 to 90 metres, I planned to accelerate, giving it everything I had, hoping I had enough left in my fuel tank to finish the final ten metres in front of the other seven finalists.

- "*Take your marks, Get set, Bang!*" As planned, I exploded out of the blocks and drove as hard as I could.
- At 30 metres I was well out in front and couldn't see or hear anyone else, the small crowd in the grandstand (including my own family) was starting to cheer; I concentrated on relaxing and good running form.
- At the 60-metre mark I was still out on my own. There was no one in my peripheral vision and the crowd in the stand was becoming noisier as I accelerated.
- At the 90 metre mark, I was still in front, but in my peripheral vision I could detect Malcolm Fraser with his much longer legs, slowly gaining, the crowd was going ballistic.

- At 95 metres. Yes I'm still in the lead but tiring, struggling to hold my form, with Malcolm loudly breathing in my ears as my family in the stands shouted "*Pete -Pete- Pete*" Yes, yes, yes, surely this time I had it?

I crossed the finish line, timed at 12.5 seconds, Malcolm Fraser crossed in 12.4. He walked over to me and shook my hand, saying, "*Great running Peter, you very nearly had it.*"

Wanganui Chronicle, Sports news: Easter Monday 2007

"Despite atrocious weather conditions, the New Zealand Masters athletics championships were held at Cooks gardens on Easter Saturday & Sunday.

Results: M65 100 Metres, First - P O'Halloran, Canterbury 14.80 seconds."

***Yes at last, I really had it.***

# Standing Starts for Sprinters

by | EVAN MACINTOSH

For a few years now I have adopted the standing start as opposed to getting down to ground level in the starting blocks. At age 67 I have found a preference for this type of start and have found that my sprint times have not been adversely affected, in fact I did detect a very slight improvement if anything.

My personal reason for adopting the standing start was that I was getting some slight tenderness in the knees, especially when in the crouch position and when attempting to power out of the blocks. I am probably not alone when it comes to being an athlete with an aging body and adapting my styles to remain competitive. So as an experiment I tried the standing start once or twice and found that my times were certainly no worse than my block starts.

Some older sprinters are reluctant to do standing starts for various reasons, some being that (1) they have always done block starts since they were young, (2) their pride deters them from standing starts, (3) not wanting to appear to be too dodderly to do a block start, (4) being the odd one out at the start line, etc. I say forget what you look like to other people and do what is best for you when it comes to sprint starts. Certainly do not give up sprinting just because you have difficulty with block starts.

For me personally I have found some benefits from standing starts. (1) with a standing start I do not get that 'topple forward feeling' of being off balance that I used to get when doing a block start, particularly when a starting marshal holds sprinters in the 'set' position for several seconds, (2) I have never 'broke' when doing a standing start and therefore never been

disqualified. (3) I find that I can lean out a little over the start line without getting the topple forward feeling, and be about half a metre ahead of a person using blocks when in the 'set' position. (4) For an older person doing a blocks start it takes a lot of energy to get up from ground level to the upright position in the first 10 metres of a sprint. What energy I save in the first 10 metres by not having to use up energy getting from ground level to the upright position, I can then use that saved energy in the second 10 metres.

I should make it quite clear that I am not advocating that young open grade sprinters use a standing start. Far from it. They have the benefit of youth, full levels of testosterone, etc, and have the strength to power out of the blocks no problem. Of course, similar to block starts, techniques for standing starts must be perfected. My personal preference is to use one block only, on my hind-most foot, and push off from that, with just a very slight lean-forward stance over the start line. Other sprinters may prefer a different technique of their own. Experiment to find the starting stance that suits you in particular.

Could I ask some of you older sprinters out there to try the standing start a few times, if you haven't already done so, and give me some feedback on your findings. Are your times the same, better, or worse? Is there less strain on your back, knees, or ankles? Do you feel more comfortable than a blocks start? Email any feedback to me at [evan.macintosh@xtra.co.nz](mailto:evan.macintosh@xtra.co.nz) I am not sure what sprint coaches think of older runners doing standing starts and would be interested in their comments and helpful tips if any.



# Mountain Running Championships

by | DEREK SHAW

<b>Surname</b>	<input type="text"/>	
<b>Postal Address</b>	<input type="text"/>	
<b>First Name</b>	<input type="text"/>	
<b>Telephone No.</b>	<input type="text"/>	<b>Male/Female</b> <input type="text"/>
<b>Date of Birth</b>	<input type="text"/>	<b>Age Grade</b> <input type="text"/>
<b>Centre</b>	<input type="text"/>	<b>NZMA No. 2012/13</b> <input type="text"/>
<b>Email</b>	<input type="text"/>	<b>Signed</b> <input type="text"/>
		<b>Date</b> <input type="text"/>

I declare that I am a financial member of NZMA for the 2012/13 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)		
<b>FRIDAY 5pm START</b>		
<b>TRACK</b>		<b>FIELD</b>
400m M/W		Hammer M/W
3000m Track Walk M/W		Shot Put M/W
3000m M/W		Long Jump M/W
<b>SATURDAY</b>		
60m M/W		Discus M/W
3000m Steeples M30-59		Javelin M/W
2000m Steeples W/M 60+		Triple Jump M/W
80m Hurdles W40-60+/M70-80+		High Jump M/W
100m Hurdles W35-39/M50-69		Weight Throw M/W
110m Hurdles M35-49		
100m M/W		
200m Hurdles W70+/M80+		
300m Hurdles W50-69/M60-79		
400m Hurdles W35-49/M35-59		
1500m M/W		
4 x 100m Relay 2W x 2M (Provincial)		
<b>SUNDAY</b>		
5000m M/W		Throws Pentathlon M/W
5000m Track Walk M/W		Pentathlon Field events M/W
Pentathlon Track events M/W		
200m M/W		
800m M/W		

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>	

**ENTRIES CLOSE - 15<sup>th</sup> November 2012**

**NO LATE ENTRIES**

**CHEQUES PAYABLE TO**  
Tasman Masters Athletics

**ENTRIES AND ENQUIRIES TO**  
Derek Shaw  
P O Box 602  
Nelson 7040

Phone 03 548 7537  
Email: nikau@ts.co.nz

Proving that age is no barrier to winning New Zealand open titles, Phil Costley blew away his younger opposition to win the senior men's race at the New Zealand Mountain Running Championships near Motueka on Saturday 14 April 2012.

In sunny conditions on the 14.2km ascent of Mt Campbell on the Arthur Range, Costley began somewhat cautiously on the initial easier gradient but by half way and the start of the steep sections of the road had established a one minute lead over his closest rivals. He continued to power away from defending champion Dougan Butler (Hawera) and 2009 champion Glen Hughes (Wellington Scottish) to claim victory in

1:10:31, 2:30 ahead of Butler with Hughes a further 70 seconds back. For the 42-year-old Costley, now resident in Nelson and a member of Athletics Nelson, it was his fourth New Zealand mountain running title.

Costley was congratulated at the top by Jonathon Wyatt, six time world mountain running champion, who was recuperating from knee surgery. Wyatt congratulated his Italian partner Antonella Confortola who was the first finisher in the 7.2km women's race in 45:30. Unfortunately, Confortola was not eligible for the New Zealand open Women's title which went to Canterbury's Hannah Newbold in a time of 48:47.

Third women to reach the summit and winner of the W45 title was world masters champion Sally Gibbs who had the standout performance among the master women and continued her outstanding form to finish only 64seconds behind Newbold. Gibbs' Athletics Tauranga clubmate Judith May won the W35 title in 51:37, with Collette Read (Athletics Nelson) winning the silver medal. Paula Canning comfortably won the W35 title in 52:03 from fellow Athletics Nelson member Robin Deane. Heather Verstappen (Athletics Nelson) won the W55 title.

In the master's men grades, the stand out performance came from Rotorua's Graeme Pearson who was fastest in 1:18:43 to claim the M50 title in the most contested master's grade. Paul Forster (Wellington Harriers) and local hill running specialist Patrick Meffan continued their long standing running rivalry finishing second and third respectively. Chris Morrisey of Athletics Tauranga took out the gold medal in the M35 age group in 1:22:55. In the M40 age group, Andrew Wyatt of Papakura was first in 1:25:58, followed by David Walters (Fielding) and local Kimble Rawson. Stu Cottam's (Athletics Nelson) training regime on the Nelson city hills paid off with a good run to take out the M45 age group in 1:23:02. Fellow Athletics Nelson runner Phil Barnes also had a good run to win his first national title in the M55 division in 1:33:03 with clubmate Hans Andersen taking second place and Malcolm Chamberlin (Auckland City) third.

In the 7.2km event for M60 plus grades, Jonathan Harper of Wellington Scottish won the M60 grade and Blenheim's Ray Waters won the M75 division. It was interesting to see the next generation of a couple of local master hill climbers coming through with strong performances. Patrick Meffan's son Alistair was second in the junior men race over 7.2km, while his eldest son Peter was sixth in the senior men's event and Hans Andersen's son Thomas was third in the junior men. The junior men's race was won by Ryan McAlister of Wellington Harriers, while Ariana Harper (Wellington Scottish) won the 5.2 junior women's race ahead of Brittany Stewart (Athletics Nelson).

**Masters results:**

**14.2km**

M35	Chris Morrisey	1:22:55
M40	Andrew Wyatt	1:25:50
	David Walters	1:42:37
	Kimble Rawson	1:51:56
M45	Stu Cottam	1:23:02
M50	Graeme Pearson	1:18:43
	Paul Forster	1:20:18
	Patrick Meffan	1:24:01
	Robert Dabb	1:31:28
	Anthony Rogal	1:42:05
M55	Phil Barnes	1:33:03
	Hans Andersen	1:42:29
	Malcolm Chamberlin	1:45:29
	Andrew Barker	1:45:52

**7.2km**

M60	Jonathan Harper	1:01:24
M75	Ray Waters	1:23:04
W35	Paula Canning	0:52:03
	Robin Deane	0:59:39
W40	Judith May	0:51:37
	Collette Read	0:56:22
W45	Sally Gibbs	0:49:51
W55	Heather Verstappen	1:08:19



# A Very Pedestrian Subject

by | GEORGE WHITE

## How to race

The basics of competing in a race walk are little different from a running race. Always remember that the course is measured as the shortest distance the competitor can take, so always cut the corners (in most cases you must stay on the bitumen – the 2km loop at Peacock Road is an exception) and take the tangents.

Most people agree that an even pace is the right way to finish with your best time, however if you can do negative splits (the second half of the race faster than the first) then this could be a competitive advantage.

One area where you can gain a competitive advantage is on turn a rounds. If you are leading a competitor, who may be closing, when you pass him/her coming the other way make sure that you look fresh and confident and as soon as you cross – put in a burst of speed that cannot be seen. You will pull ahead without their knowledge and hopefully demoralise the competitor. If you are behind at a turn, as your opposition approaches, try to look exhausted and ragged (without actually losing form!) so that you are not considered a threat. Then once passed pick-up the pace and gain ground while you can't be seen.

Obviously you want to go as fast as possible! This is where we may differ from the runners. Until you are quite fit and used to race walking, it is possible to go too fast. Be patient! Walking too fast too soon may cause you to develop a bad technique – which may significantly limit your speed later. It may also lead to possible disqualification. It is important to get technique right first – speed will come naturally later.

- Be particularly careful in the following situations:
- Accelerating at the start
- The finishing sprint
- Passing another competitor
- On hills
- At turns
- At drink stops

Two areas where you need to change how you walk are going up and going down hills. Going uphill don't try to maintain your stride length. Basically it should automatically shorten and remember not to lean forward or bent knees could occur. Going downhill is a different problem in that the stride automatically lengthens, potentially leading to loss of contact. In this situation lowering the arms may help as this lowers the body's centre of gravity, helping to keep you on the ground.

## What about your friends – the judges?

A very important part of race-walking is to not draw attention to yourself – the more reasons that you give the judges to look at you the more scrutiny you will come under – with the greater risk of a DQ. Some of the things to avoid are:

- The head bobbing up and down
- A forward lean
- The feet slapping the ground
- Wild arm swings
- Loud clothing

What if you are shown the yellow paddle? Your first reaction may be to slow down and/or relax. While this may be the right thing to do if you are really over extending yourself – sometimes it can have the effect of making things worse, with a greater likelihood of lifting or bent knees. This happened to me in the world championships in Italy. I had received two red cards for bent knees so I deliberately backed off the pace – only to receive a third red – for lifting. It is far better to not change your pace and to concentrate specifically on technique – checking out how your body is working from head to toe.

Don't worry about cautions. Use them to your advantage and revisit your style to walk better. Also remember top walkers are always at the edge of legality. They want to go as fast as possible while still being legal. This sometimes means they will go just over the limit and receive cautions or red cards. Indeed some top coaches believe that the best race is where their charge has received two red cards – indicating that they have pushed the limit.

Use the judges to your advantage! If you are walking with other competitors and you can hold form – speed up going past a judge. It may make your competition drop back or try to go with you and lose sound technique. Make sure that the competition is between you and the judge. You are not trying to hide, just making sure that the judge concentrates on your competition.

Finally remember that the judges are just doing their job – in most cases they are helping you – so never abuse a judge. As a walker it is impossible to be 100% sure of your own technique – that is what they are there for!



# Are They High Performers?

by | JOHN MUSKETT

In the April Vetline line Barry Rait asked the question, "Can masters athletes be high performers? I believe that they certainly can be. However, to be recognised as high performers depends on their selected event.

There are a number of "master's age" athletes who are still representing their country in full world and Commonwealth championships. These athletes compete at the highest level possible against the best in the world and have won silver medals in world championships, bronze team medals in Commonwealth championships and constantly finish in the top 16.

Their event is not in the Olympics therefore they receive no funding from their federation and as to a "swag of sponsorship" as referred to by Barry, I can assure you that for the last 13 years to my knowledge there has been minimum sponsorship for a few lucky athletes and for one athlete this sponsorship has been removed this year so the fund holders can give monies to "aspiring athletes." (young ones).

Barry quite rightly talks about the "age grade performances being well worth it." Again this depends on your chosen event. The age grade calculator used on "lolly legs" is, in some areas badly flawed and even though this has been pointed out to the web site and the World Masters Association who supply the grades, nothing has changed. So it appears that some masters "do not count" even amongst other masters.

You will all be aware of who I am talking about – the New Zealand ultra runners. The outcasts, the ones who regularly achieve the stringent selection criteria to represent New Zealand in international competition. The ones who wear the 'Silver Singlet' when representing New Zealand, the Black singlet is now only available for SPARC funded events. The ones who don't appear to fit into the general view of what an "athlete" is.

Presently the New Zealand Ultra teams are preparing to compete in the world championships in Poland. These teams contain Alex McKenzie (52) Bryan McCorkindale (60) and Val Muskett (58) alongside younger men and women.

In the 2009 Commonwealths championships Val was highest placed New Zealander in fifth and the women's team finished fourth. At last years second Commonwealth Championships Bryan was the top placed New Zealander in fourth position and lead the men to a bronze medal in the team events. Both he and Val set new world age group records, while continuing to be the oldest athletes to represent New Zealand Athletics in an international competition. Will they be considered for masters distance runners of the year – I doubt it.

So Barry, it is my view that master's athletes can certainly perform well enough to be classed as achieving the status of "high performance" but I very much doubt if they will ever be seen as high performers. But maybe, one day maybe...



The men's bronze medalist team and Val Muskett - fifth place

PHOTO | JOHN MUSKETT

# Lyn Ventris

by | WILMA PERKINS

Lyn Ventris has had an outstanding 12 months, setting an incredible eleven world records and winning two gold medals, both in world record times in the W55 at the WMA Indoor Championships. Four of these records were in the 10km (50:32, 49:59, 49:34, 49:15), two in the 5 km (24:16.77, 23:57.90), two in the outdoor 3km (14:26, 14:17), one in the indoor 3000m (14:51.24) and two in the 20km (1:43:11, 1:40:42). Lyn has attended a number of WMA stadia championships but this was her first effort on an Indoor track and her first time in icy outdoor conditions. Lyn was also a team member of the W40 4 x 200m, which won a bronze medal.

It is worthwhile to note that Lyn Ventris, at 55 years, was the fastest walker from all the age groups at the World Indoors, by 75 seconds in the 3km and 2:43 sec in the 10km. She has also taken over 13 minutes off the 1996 20km world record.

Lyn has supported and competed in many WMA Championships and WMA Oceania Championships and has set many records over the years. She is a well respected member of the Australian team and is a most positive ambassador for masters' athletics. Lyn is also well known and respected in Open competitions as well as being a role model and supporter of athletics at the local level. Lyn is also an ambassador for the WMA Championships to be held in Perth in 2016.

**Our congratulations go to Lynne who was awarded the female section of IAAF Masters Athlete of the Year for the second consecutive year.**



Lynne in winter in Finland

PHOTO | supplied by BOB SCHICKERT

# The Alps and the Pyrenees of the Tour De France

by | NEIL FLEMING

Sometimes the opportunity comes to travel apart from Masters Athletics. This time the chance to see the Olympics in London was a chance not to be missed. However this is not about the Olympics which is covered by our Oly expert Malcolm. However this is about the bike.

Jan and I joined the group lead by Judy and Ray Hewlet (of Rotorua) in Paris for the long bus journey to Annecy at the foot of the Alps. This is a beautiful town with its own feature lake which we rode around for a warm up ride. Here you were close to Geneva and the ski areas of Grenoble and Chamonix. We were based here for four days as we were bussed or rode out to the nearby stages. The legs were really tested on the climb up the Col du Grand Colombier which was used for the first time on the tour.

This is a Hors Category climb which regular members of our group say was as hard as any they have done. Also we rode up the Col du Granier and the La Toussuire where there is a magnificent alpine ski village.

Moving on we bussed to the cities Avignon (one night) and Toulouse (two nights) where we joined in with the Bastille celebrations.

In between a highlight was an ascent of the famous Mt Ventoux in the middle of Provence. This is a 21km continuous climb up into the mist and is the scene of the demise of Tommy Simpson who died on the ascent. The professionals gave this one a spell this year.

From our base in Lourdes we witnessed the thousands who visit here each day for relief from their ailments. Unfortunately it did not work for our overworked leg muscles. It was from here that we climbed the regular mighty climbs of the Col du Tourmalet and the Perasaude. Travelling back to Paris we watched the TT finish at Chartres and the finish on the Champ Elysees.



Neil Fleming on tour



Kathleen Howard – 3rd W60 at the National Cross Country champs in Hamilton

PHOTO | SHARON WRAY



Gabrielle O'Rourke (1700) and Wendy Cottrell-Teahan (1597) at the National Road champs in Wellington

PHOTO | SHARON WRAY

While it was great to actually see the tour riders up close in their lycra, riding with other keen amateurs, being amongst the millions of spectators and travelling around such great scenery was the making of the tour. Not everyone has to ride as Jan and her friends enjoyed the trip just as much being in the bus or trekking part way up some climbs.

After meeting up with our Canadian Family in Paris for a few days it was time to pack up and board the Euro star for the trip to London for the Olympics but that is another story.



Melissa Norris – 2nd W40 at the National Road champs in Wellington

PHOTO | SHARON WRAY

# NORTH ISLAND MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS

Porritt Stadium, Hamilton | 23 -25 November 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. 2012/13</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 2012/13 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 the correct events for your age group

<input type="checkbox"/>	60m	<input type="checkbox"/>	
<input type="checkbox"/>	100m	<input type="checkbox"/>	Long Jump
<input type="checkbox"/>	200m	<input type="checkbox"/>	Triple Jump
<input type="checkbox"/>	400m	<input type="checkbox"/>	High Jump
<input type="checkbox"/>	800m	<input type="checkbox"/>	Shot Put
<input type="checkbox"/>	1500m	<input type="checkbox"/>	Discus
<input type="checkbox"/>	3000m	<input type="checkbox"/>	Javelin
<input type="checkbox"/>	5000m	<input type="checkbox"/>	Hammer
<input type="checkbox"/>	10km Road Run	<input type="checkbox"/>	Weight Throw
<input type="checkbox"/>	80m Hurdles	<input type="checkbox"/>	Pentathlon
<input type="checkbox"/>	100m Hurdles	<input type="checkbox"/>	Throws Pentathlon
<input type="checkbox"/>	110m Hurdles	<input type="checkbox"/>	2000m Steeplechase
<input type="checkbox"/>	200m Hurdles	<input type="checkbox"/>	3000m Steeplechase
<input type="checkbox"/>	300m Hurdles	<input type="checkbox"/>	3000m Track Walk
<input type="checkbox"/>	400m Hurdles	<input type="checkbox"/>	10km Road Walk

## ENTRIES CLOSE - 2<sup>nd</sup> November 2012

### NO LATE ENTRIES

#### CHEQUES PAYABLE TO

Waikato - Bay of Plenty Masters Athletics

#### ENTRIES AND ENQUIRIES TO

Judy Chandler  
P O Box 24072  
Abels, Hamilton 3253

Phone 07 856 7674  
Mobile 027 2640433  
Email: judy.ken@slingshot.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>	

#### OFFICE USE ONLY

Entry Acknowledged	
Race No.	

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.

## COMPETITION PROGRAMME

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

### Friday 23rd November

TRACK			FIELD		
Time	Event	Grade	Time	Event	Grade
5:00pm	3000m Walk	M/W	5:00pm	Hammer	Men
				Shot Put	Women
				Long Jump	M30-54
5:45pm	400m	M/W	5:45pm	Long Jump	M55+
6:30pm	5000m	M/W			
			6:45pm	Shot Put	Men
				Hammer	Women
				Long Jump	Women

### Saturday 24th November

Time	Event	Grade	Time	Event	Grade
9:00am	3000m S/C	M30-59	9:00am	Discus	M55-65
					M70+
				Javelin	W30-54
				Triple Jump	M30-54
				High Jump	Women
9:30am	60m	M/W			
			10:00am	Discus	M30-49
				Javelin	W55+
				Triple Jump	M55+
10:10am	2000m S/C	W/M60+			
10:30am	80m Hurdles	W40+/M70+			
11:00am	100m Hurdles	W30-39/M50-69	11:00am	Discus	Women
	110m Hurdles	M30-39		Weight Throw	Men
12:00pm	<b>LUNCH BREAK</b>				
12:30pm	100m	M/W			
			1:00pm	Javelin	M30-59
				High Jump	Men
				Triple Jump	Women
1:15pm	1500m	M/W			
2:00pm	400m Hurdles	W35-49/M35-59	2:00pm	Javelin	M60+
	300m Hurdles	W50-69/M60-79		Weight Throw	Women
	200m	W70+/M80+			
3:00pm	4x100m Relay	2W & 2M Interprovincial			

### Sunday 25th November

Time	Event	Grade	Time	Event	Grade
8:30am (NS)	10km Walk	M/W	8:30am	Pentathlon	M/W
	(NS) 10km Run	Open		Throws Pentathlon	M/W
9:00am	100m Pentathlon	Women			
10:00am	200m	M/W			
11:00am	800m	M/W			
1:30pm	3000m	M/W			

#### Athletes Information

##### SPIKES ON PORRITT STADIUM:

5mm or 6mm ordinary spikes only.  
No element or 7mm needles to be worn.

##### ACCOMMODATION:

Boundary Court Motor Inn (closest to Porritt Stadium)  
36 Boundary Road  
Free phone 0800 106 906  
Email info@boundarycourt.co.nz

##### PLEASE NOTE:

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

##### ACCOMMODATION:

Camelot Motor Inn  
231 Ulster Street  
Phone 07 834 2122  
www.camelotmotorinn.co.nz  
Email stay@camelotmotorinn.co.nz

# Oceania Athletics Championships

by | LYNNE SCHICKERT - Council Member,  
Oceania Masters Athletics Inc

The Oceania Track and Field Championships were held in Cairns 27 – 29 June and congratulations are due to Yvonne Mullins and her team for conducting a very well-run Open and U20 event, ably supported by a close-knit group of officials. The track and surrounding facilities were excellent and the three days were very well attended by supporters.

These championships were significant for the region in that, following agreement with Oceania Masters Athletics, Oceania Athletics introduced six masters' events to encourage greater participation by master's athletes in the Member Federations. In addition to competition for the 410 athletes from 22 Member Federations, a number of exhibition events were also included in the program so that spectators saw competitors from Japan and Athletics North Queensland and an age range of 5 to 81 on the track in support of the IAAF concept of "One Family". It was a very rewarding experience to see the diversity of ages and quality of performances and OAA is to be congratulated for introducing this initiative.

Several other features which made these championships a memorable event was the attendance of Sergey Bubka, an IAAF Vice President, to conduct a coaching clinic; a centenary dinner held to celebrate 100 years of the IAAF; a team managers workshop and the inclusion of a women's forum.

## Women's Forum

As a participant at the women's forum, this report will focus on this activity which was a very important initiative for women in the region. A group of 25-30 athletes, coaches and administrators from many of the Member federations joined together to discuss a number of issues which impact on women's participation in sport and membership retention. Cherry Harvey, Manager Development, Oceania RDC, Gold Coast lead the forum, and guest speakers included Margaret Mahony (School and Youth Commission) (Aus), Annette Purvis (IAAF - Women's Committee) (NZL), Ina Marsters (President, Cook Islands Athletics), Yvonne Mullins (OAA Executive Director) (AUS), Simon Hermann, OAA Regional Development Centre, and myself.

Discussions started with the various representatives outlining the current status of women's roles and participation in their Federation. It was reported that in a number of Island Federations, there is only a low level of female coaches and in some regions, no female coaches at all. Some Island Federations have a good level of female administrators and officials (ie Cook Islands, French Polynesia) but besides PYF,

Australia and New Zealand, very few have females competing as mature age (masters) athletes.

With limited resources in some Island Federations the facilities for athletics are minimal, often just an oval or at best a grass track. Promising athletes (of either gender) often have to move to a bigger centre for specialist training and this causes problems of homesickness and cultural differences. As a result many do not reach their full potential and leave the training programs. Team sports are mostly where young females participate, and they often do not continue on from school sport as early marriage is customary in many Federations. Several ideas were put forward to help retain membership and involve the whole family as a way of increasing assistance with officiating and administration – and of course as potential masters athletes.

It was interesting to learn of some of the initiatives that Federations undertake to encourage participation at all levels. In Cook Islands, for example, they have a strong female board which promotes corporate walk events; Women of the Month; radio quizzes on items such as Olympic Values; Life Skills sessions for teenagers in the outer island region in partnership with the Health Department and Zumba classes.

Geoff Gardiner, President of Oceania Athletics and member of the IAAF Development Commission also spoke at the Forum and advised that the IAAF is currently targeting female participation, in particular what coaching courses can be offered through OAA. He mentioned that previous coach mentoring courses were not very successful due to the tyranny of distance, but with technological advances, accessibility is now better and they look to reintroduce this system again.

## Quotas

Simon Hermann of the OAA Regional Development Centre posed the question of whether quotas on Boards and Sporting Commissions should be legislated, as is the case in some European countries. Factors such as percentage of population and percentage with higher education and cultural issues were seen as barriers to this concept. After much discussion, the general opinion was that targets rather than quotas would work better in the region and that it was important to involve keen people as grassroots level to assist with development.

## Grass Roots Athletics To Elite Participation

This was a very interesting session in which the difficulties faced by female athletes in the Federations were discussed, particularly if they wanted to continue participation after school sports. Barriers for the athletes in the region were identified as financial, educational, technical and/or technological, cultural and distance.

Many Federations have tight family structures and the cultural issues associated with dress requirements often impact on the ability for females to be involved. Sports attire in particular is a major problem and it was agreed that a gradual adaptation process was needed to assist inclusion. The use of media to promote involvement was also seen as a useful tool but it was recognised these strategies would take time to implement.

Financial aspects play a very large part for the sport as a whole, both for individuals with the cost of moving away from their homes to train and compete, and for the education of coaches and officials. Commercially, athletics does not attract much sponsorship or support, so athletes are lost to other more financially rewarding sports.

However, it was seen that the younger athletes are now using social media sites such as Facebook to promote competition participation and as access to this type of technology increases, it will assist in promoting interest in continuing in the sport.

## Identifying and Developing Female Role Models

### ***"Whether you realise it or not – you are a role model for someone"***

Margaret Mahony, Ina Marsters and I spoke on a number of ways to identify and develop female role models. The use of female role models to encourage female participation was strongly supported and in a number of Federations this is being undertaken with some degree of success. It was seen that factors which support the development of women role models/leaders were that they were effective in networking and had good negotiation and public speaking skills.

Margaret's presentation outlined some very well-known highly successful female role models and it was shown that there are two types of role models: those who help us think about the kind of people we want to be through examples of admirable characteristics such as kindness, courage, integrity; and those who help us to aspire to roles that perhaps we've not thought of before or encountered personally.

A workshop session then looked at four key questions, and the answers provided by the groups were very informative.

- What is a role model?
- How do you identify a role model?
- How would you develop a role model?
- How would you use the role model within your organisation to promote athletics in the community?

## Personal Goal Setting

Annette Purvis demonstrated how personal goal setting is an excellent way to build confidence in what you can achieve and her strategies and workshop session provided a good foundation for the participants to engage in their own personal goal setting. We were encouraged to consider how we could achieve our goals; who can help us; what we need to do it – ie resources, time etc; when we would do it; where and why. A very interesting exercise and good to have as motivation to keep going, not to give up.

## Women's Health and Sport

This was the final session for the day and we looked at what activities can be undertaken to keep ourselves fit and healthy. Discussions centred around the social benefits that come about by being involved in sport as a coach, an administrator, a team manager, a volunteer or an athlete of any age. It was recognised that being fit and healthy gives us confidence in who we are and what we can do and it makes more energetic and keeps our minds stimulated so that we can tackle new tasks and learn new skills more easily.

To demonstrate the social benefits of being involved in sport, I used my experiences as a mature age athlete, an official and an administrator to show how my life has been enriched by the opportunities provided through my involvement in athletics. As I told the group, "it has never ceased to amaze me as to how a simple decision to take up running for enjoyment has shaped my life".

It was also recognised that having fit and healthy members in the community would reduce the current health issues of obesity, heart problems and diabetes and this would assist in reducing the cost to personal and public sector finances would.

## In Summary

The forum was a very worthwhile session for exploring issues facing women as they become involved in sport and it is to be hoped that some of the strategies discussed will be adopted to assist their local communities.

# Britain

by | BRIDGIT CUSHEN

## The 18th European Veterans Track & Field Championships were held over 16-25 August and what transpired could only happen in Europe

A European Track & Field Championships in three different cities in three different countries, yet it was not a mammoth satellite affair, the same Judges and Officials just appeared on different tracks and shuttle buses crossed token borders hassle free all because the joint bid team from the tri-border cities of Zittau in Germany, Bogatynia in Poland and Hrádek nad Nisou in the CZE co-operated and worked together in this.

The European Year of Active Ageing and Solidarity between the Generations, with the able assistance of the outgoing EVAA President, Dieter Massin and his Council. A flood in 2010 devastated that whole mountainous area causing over €100m of damage; the Zittau track had to be rebuilt and as Bogatynia, where the 5000m/10000m races were scheduled, had not recovered these events had to be transferred to another Polish city, Zgorzelec, a 35-minute bus ride away on the Eastern side of the Neisse river.

Trains and buses ran on time finishing early; athletes competing late had to rely on a shuttle bus to take them back to the centre of Zittau and taxis were kept busy. With Europe's economy still in the doldrums and accommodation another limiting factor, total entries from 38 countries fell just short of 4,000. The host country traditionally has one of the largest entries at both regional and world championships, here that entry was hugely increased by both home and neighbouring countries. With predominantly good weather fluctuating from 32°C heat and humidity on a few days, to torrential rain causing competition to be postponed and swirling wind on other days. Many sprinters found that they could not replicate their heat/semi times in the final and results have to be viewed in that context.

Hardly a day went by without bumping into an ex-Olympian; there either as a competitor or as a spectator were illuminists such as Kristina Albertus, the 6.58m Munich Olympic long jumper, entered the W65 100m and long jump. Almut Brömmel, a 1956/60 Olympian tackled the W75 field events including the hammer, weight and throwing pentathlon, all new events to her. Dagmar Fuhrmann, Karin Illgen, the Russian 1980 discus champion Viktor Rashchupkin, walkers Alfons Black and Gerhard Weidner and the 2000 Sydney Olympic hammer bronze medalist, Kirsten Münchow, to name but a few. In short a who's who of Olympians.

Also there were Germany's superb Veterans, Guido Muller, with his characteristic high knee lift, striding out to mop up all the M70 sprints and relay titles; the superlative Rolf Geese winning the M65 100mH in 16.48 and second in the PV, the talented Wolfgang Knabe in the horizontal jumps and the crowd pulling Wolfgang Ritte in the M55 pole vault. London Olympic javelin champion, Barbara Spotakova, turned up to wish her mother, Ludmila, good luck in her shot and weight

pentathlon competitions before rushing off to the IAAF meeting in Lausanne.

WMA Vice President Stadia, Serge Beckers, won the M45 110mH. Mattias Sunneborn took the M40 100m in a class final from Mark Dunwell in 11.07. The Swede, who placed eighth in the 1996 Atlanta Olympics long jump and has a PB of 8.21m, said afterwards that he was surprised to win but delighted with the time. In the absence of Enrico Saraceni, Italy's other top sprinter, Scarponi, mopped up the M45 sprints. Britain's Pat Logan sailed through the M50 100/200m heats and semis to a decisive victory.

After setting a WR in the 60m at the WMA Indoor in Finland, Vladimir Rybostock of Slovakia set a M65 WR in the 100m (12.37) and won the 200m in 26.25. Tilly Jacobs of the Netherlands got a good run for her money in the W55 100m from Caroline Powell with the 1976 Olympian Dagmar Fuhrmann taking the bronze medal. Both the M35/40 400m titles went in sub 50 seconds. The majority of the 800m races were straight finals with up to 14/15 in the younger categories.

Unfortunately the 10,000m happened to be scheduled for the warmest days with high humidity. The Zgorzelec track is on the 15th Meridian as the beautiful city of Gorlitz across the river is exact Central European Time. New faces from Polish and the Ukraine added interest to the well organised races, the only DNFs were in the older categories. Kathrin Dörre-Heinig, whose long and distinguished career took her to third, fourth and fifth in three successive Olympic marathons, third and sixth in IAAF World Championships plus two victories in the London, had to concede victory here in the W50 race to her team colleague Silke Schmidt – 37:11.58 to 38:31.45. Henrik Joergensen of Denmark, the 1988 London marathon winner, took the M50 race. The British cross-country champion, David Moorland, took his first M40 EVAA title back to Belfast with a comfortable win in the 5,000m a few days later in slightly cooler conditions.

Zittau offered first class throwing facilities outside the main track and as expected attracted Europe's best throwers. There were some great competitions, with a large knowledgeable and appreciative crowd following every move. Nine different countries shared the men's weight pentathlon titles. 18 started in the M35 decathlon. Former British international, Simon Brown, took the M35 hammer (60.75m) and weight. New world records were set in the M60 high jump when the Russian Kuntsevich raised the bar to an amazing 1.81m, hardy perennial Carl-Erik Sarndal cleared 1.47m for the M75 title.

The marathon was unique. It is the first time that I have ever witnessed a race that crossed three borders on each of the 4 x 10km circuits as this European Veterans Championships race did.

What a chapter in any runner's scrap book! The Organisers got the shuttle buses to pick up the competitors from their scattered hotels from 04:30 for the start across the border in Hrádek nad Nisou in CZE. Some athletes choose a few extra hours in bed, aiming instead for the one two-carriage train operating early enough to take them on the 20-minute journey from Zittau's main station.

They were in for a shock! They found the station closed and a large security presence. A Dresden-bound passenger left an unmarked holdall on the main platform! Get a taxi if you could grab one or miss the race. However, 270 made it to the start. The first three to finish were from the host country and all in the M45 group, led by Mike Poch in 2:32:33, a respectable time on a course with on steepish hill and on a hot and humid day.

The full results can be found on [www.evacs2013.com](http://www.evacs2013.com)

The athlete's passes were remarkably generous covering free travel up to a 100km radius. A filling lunch or breakfast in the tents provided by the Organising Committee would set you back just €2-4, litres of free water and refreshing ice tea were handed out daily, friendly volunteers and able officials keep the meeting to time, athletes returned home with fond memories of this beautiful area of Europe.

By close of play, 33 countries shared the medals, 28 European and 34 World Age Group records were set, mostly in the older age categories, slightly fewer than in Hungary two years ago. It was also the end of an era as the EVAA President, Dieter Massin, stepped down at the General Assembly. This demanding job now goes to the very capable former Secretary, Kurt Kaschke, and Dutchman René Hondelink takes over as Secretary. Dieter raised the EVAA profile, initiated some good ideas and thinking and for that we all most grateful to him.

# Coaching Corner



by | MIKE WEDDELL

As a coach I think that it is important when writing out training programmes that I should be able to justify any of the sessions that I set. I do not like prescribing filler sessions. Sessions that are just something to do rather than being part of the whole scheme of things to help athletes be as good as they can be at their chosen event. This should also take into consideration the time of the season that they wish to perform at their best. We have several aspects of fitness aspects of fitness from which to choose.

Endurance (which distance runners invariably and erroneously usually refer to as strength), flexibility, strength, speed and skill. All athletic events need these in various combinations to help athletes perform well. For instance a thrower needs a lot of skill and strength but speed is equally important as the implement has to be moved as fast as possible to make it go a long way.

And as Isaac Newton said we need to apply a force over as great a range as possible to attain maximal speed and this requires flexibility.

And endurance is important so that enough training can be done in a session to assure improvement. Practice of skills at speed needs to be done regularly as it is no good getting strong and skilful and suddenly trying to get fast at the start of the season or immediately prior to the most important competition of the year.

The coach's expertise is to blend all these facets together to produce the optimum effect. It is impossible to totally right in this enterprise and exceedingly difficult to be totally wrong. It takes a lot of thought and study to get as near the right end as possible and justification of a programme or an individual session should rarely begin with "what I used to do..."

# Weight Throw Rules

by | MIKE WEDDELL (Technical Committee)

There has been recent discussion about the rules of the weight throw. To clear up any misapprehensions the rules are written below. The rules also cover the hammer throw.

**Rule 187.13** In the case of trials made from a circle, an athlete shall commence his/her trial from a stationary position inside the circle.

**Rule 191.1** It is required that two hands are used at all times when throwing the hammer.

**Rule 221.3** It is required that two hands are used at all times while throwing the weight.

This means that once the stationary position has been assumed to commence the throw both hands should be used until the final release.

# Auckland

by | CHRIS THOMPSON

We now have some certainty over the future of Mount Smart Stadium. Auckland Council will re-lay a new track from mid November and make some other improvements in the arena. This will take about two months so we should be back at our home venue sometime in January 2013.

This will mean that meets in November and December will be relocated to Sovereign Stadium, Mairangi Bay and Pakuranga. Our programme for 2012/13 has now been finalised and will see a total of seven meetings over the season.

Congratulations to all Auckland members who have had their New Zealand records recently ratified by NZMA. They are - J Campbell, T Guptill, H Mein, W Opperman, D Anstis, M Cumming, C Waring, M Peters P Sharpe and P Spiers.

## Harry Kerr Centennial Relay 10km (Race walking)

This was the fifth staging of this event, was on held on 15 July at Mount Smart. The Race walking Auckland A team including Mike Parker won in record time of 4:23:41. Mike's individual time was 49:51 Shirley Barber was part of Race walking Auckland B which finished in fourth spot with 5:34:04. Her individual time was 1:10:21. Murray Free with Race walking Auckland D finished in fifth with 5:55:13. His individual time was 1:08:47.

# Otago

by | JOHN STINSON

At a well attended OMA Annual General Meeting held on 29 August Gene Sanderson was elected President of the Association for another term. Gene has done a great job as President since taking over from Denys Yeo bringing the same passion and enthusiasm to the role that he has always displayed on the track.

In presenting his Annual Report the President commented that the 2011-2012 season was another successful one for Otago Masters Athletics. Although Membership figures were slightly down on previous years we are still performing satisfactorily in terms of numbers and results. Wednesday night training nights were well attended at the start of the season however after Christmas several nights were marred by unpleasant cold weather. Good numbers of Otago Masters competitors were seen regularly at the Otago Centre Meeting on Saturdays. The Association is grateful to have the full support and backing of the Otago Centre for these meetings.

In July the second edition of Kennys Canter was held around the Ross Creek reservoir circuit. Three combined teams of runners and walkers sprinted or fast walked around a 1.2km lap with each competitor receiving plenty of enthusiastic support. The event was followed by a mid winter lunch at Cableways Tavern.

## Auckland Cross Country Championships

These were held at Barry Curtis Park, East Tamaki on 21 July. In the M50 (8km) - Alistair Pragnell was second in 31:12. In the M59 Gavin Stevens was first in 31:59 and in the M65 plus Norris Wyatt was second in 43:00 with Len Wilson third in 46:03. In the W45 (6km) Sue Parcell finished second in 27:21. In the W50 Carolyn Smith finished first in 26:34. In the W55 plus Judy Stewart finished third in 29:08.

## Auckland Road Championships

These were held at Unitec, Mount Albert on 18 August. In the M50 (10km) Gavin Stevens was first in 38:18 and in the M65 Len Wilson was third in 54:57. In the W45 (5km) Sue Parcell was first in 21:04s, Meghann Stewart second in 21:47. In the W55 Judy Stewart was first in 23:01.

Auckland Clubs having club celebrations coming up this year include Papakura & Waitakere (60th).

The President concluded his report by thanking the Otago Masters Committee for their work over the last year. Special thanks were recorded to Fiona Harvey for her diligence in recording all the track records set during the year and to Claire Giles for her regular emails keeping all members informed of upcoming events.

The following office bearers were elected: President Gene Sanderson, Secretary, Diane Sommerville, Treasurer Fiona Harvey, Vice President Ken Fahey, Publicity Officers John Stinson/Claire Giles Track Convener David Jackson, Record Steward Fiona Harvey, Trophy Steward Dalise Sanderson, Delegate to Otago Centre Diane Sommerville, Club Delegates Ariki Gene Sanderson, Caversham David Jackson, Civil Service Diane Sommerville, Leith Sandra Dingwall, Taieri Mike Weddell, Committee Bill Kenny, Jo Hurring Alison Newall.

At the AGM incumbent Treasurer David Jackson stepped down after 17 consecutive years. A minutes silence was recorded for our Immediate Past President Denys Yeo who died earlier this year following a prolonged illness.

# Northland

by | COLLEEN BRUNKER & DIANE BARRETT

All NZ Masters who run with harrier groups are right in the middle of their wet boggy runs. I can assure you that is just as wet up in the North as well as elsewhere. I know you all enjoy these conditions. The Northland Harrier Clubs turn out every Saturday. Membership in this part of the season is pretty good. Our Masters belong to a club. Our new Secretary & President are really pushing for extra members. A new event has been put in our programme which is open to all athletes 30+. "The Puffing Billy Rail Trail Romp" Okaihau - Kaikohe held on 9 September. You will read the results of this in the next Vetline.

In the north we are small in numbers but big on travel. Judith Bradshaw and John Kent competed in the Wellington Half Marathon. They each won their age groups and Judith set a new age record. Ian Calder won his age group in the national Half Marathon at Palmerston North. Full results are elsewhere in this issue. Ian Calder, Judith Bradshaw and John Kent competed with distinction. Full results are elsewhere.

Nancy Bowmar gave us an colourful report of the Tough Gal & Guy at Rotorua. She was one of a van full who went down. Everyone including Nancy thoroughly enjoyed this "Mud Run" of 6k or 12km

The Onerahi Estimated Time 4km or 8km was held on 2 September. Overcast, grey day with a cool breeze didn't damper the spirits of 20 starters who took off their watches to test their skills of judging their pace. Colin MacLeod showed why a warm up is essential when trying to determine your pace in the day's weather conditions. Coming back and changing his time to take the head wind into account gave him a finish time two seconds over his estimated time. A visitor for the day, Maurice, was seven seconds under his estimated time.

The Northland Stadium & Grandstand facility is now close to completion. The \$5.6 million facility will provide a 500 seat grandstand. The stadium is due to be finished in November. View [www.whangareileader.co.nz](http://www.whangareileader.co.nz) to see a video of the new facility.



The new Northland Stadium Nears completion

PHOTO | WHANGAREI LEADER

# Southland

by | EVAN MACINTOSH

## Southland Cross Country Champs

Our Gore-based runners set up a new course for this year's cross country championships at Waimumu which has been also used as the rural field days venue in recent years. And it reverted back to the 'good old days' of very hard courses. It included a long steep climb soon after the start which had to be ascended four times for those doing the full four laps. As well there were two knee-deep creek crossings and four fences per lap.

### Women 6km

Jo Thomas	W35	39:52
Linda Te Au	W50	40:38
Jan Taylor	W35	59:59

### Men 9km

Glen Mcleay	M40	41:53
Glen MacIntosh	M40	42:12
Richard Slee	M40	46:22
Graham Neilson	M50	48:18
Bruce Thomson	M50	50:53
Peter Baker	M35	51:32
Rudi Verplancke	M35	53:27
Gary Kirkman	M60+	56:05
Evan MacIntosh	M60+	57:22
Ian Baird	M60+	57:49
Graham Hall	M50+	58:04
Alistair Hatton	M40+	62:48
Jim Marshall	M60+	68:47

### Masters Men in the Open Grade 12km

Ricky Gutsell	M50	53:24
Scott Underhay	M35	56:54
Tyrone Lake	M40	57:21
Dwight Grieve	M35	58:18
Grant Adamson	M40	59:25
Nigel Marsh	M35	59:45
Steve Gemmell	M35	1:00:42
Richard Dimmock	M35	1:03:37
Grant Baker	M40	1:04:38
Michael Casey	M35	1:20:25



Terru Grimmett and Ian Bailey at the National Road Walk champs in Wellington

PHOTO | SHARON WRAY

## The Great Naseby Water Race

This is a multi-lap 10km course set in Naseby in the Maniototo district of Otago, and competitors have the options of 50km, 80km, 100km or a two-person 60km event. The course follows some of the old water races used by early miners. There are a number of energy-sapping rises each lap. This year over 90 competitors took up the challenge in the various events.

The photo below, is of Glenn MacIntosh who finished third in the 80km race, trying to match strides with another un-named runner. Look closely at that other runner. Yes, he ran 100km in bare feet in an event that started at 6:00 a.m!! Pretty tough people down this way.

A number of Southland Masters runners took up the various challenges. Dwight Grieve 2nd in the 50km event in 4:18, Grant Baker and Martin Knowler both finished in under 5 hours. Glenn MacIntosh finished third in the 80km event in 8:29. Southlanders Richard Slee and Peter Baker had a good battle with Gary Kirkman and Nigel Gilkison, with Richard and Peter coming out on top.



Michael Stuart (sans shoes) and Glenn MacIntosh crest one of the many hills

PHOTO | supplied by EVAN MACINTOSH



David Cushing (1621) at the National Road Walk champs in Wellington

PHOTO | SHARON WRAY

# Tasman

by | DEREK SHAW

## Tasman Cross Country Championships

The 2012 champs were held at Saxton Field on 21 July on a 2km course that incorporated various embankments and sports ground perimeters in warm, sunny and firm conditions under foot. In the 4 lap race, Graeme Taylor (M40) continued his good form to contest line honours with Mike Lowe (M19) but had to concede to the younger legs in the sprint finish to be the first master's man in 26:50, two seconds behind Lowe.

Cliff Bowman in his final hit out before the national championships also continued his good form being second senior man in 28:27. He was followed by two 39 year olds Brian Kemp (29:11) and Simon Leaning (29:35). The fifth SM and first M50 was bigger improver Ian Courtney in 30:17. Second M50 was Tim Cross (31:45) while Bill Revell took third place in 32:14. David Holloway had a good run to finish in 31:52. In a strong comeback from injury, Ian Morrison (33:49) was the first M60 runner. Supervet Phil Costley competed in the five lap SM race to win in a time of 32:53, just over six minutes ahead of runner up Stuart Grange.

Eileen Beattie was first in the 6km master's women race in a time of 29:56. She was followed by Yvonne West (30:32) and Barb Pauling (30:44). In the three lap walker's race, Wendy Healey was first in 35:37, while Peter Hague (37:24) and Roger Denton (39:57) were second and third respectively.

## Tasman Road Championships

A new out and back course based at the Hope Community Church in Ranzau Road, south of Richmond was the venue for the 2012 road championships on 18 August. Pleasant sunny conditions greeted the good turnout of runners and walkers of all ages. Phil Costley (M40) continued his winning form with an impressive solo effort in the 10km event to take line honours in 31:50. Simon Mardon (M35) was second in 34:19, while Brian Kemp (M35) managed to hold out his work colleague Cliff Bowman (M50) for third place overall in a time of 35:03. Bowman was a further nine seconds back and was the first M50. Two weeks earlier he had won the M50 age group at the national cross country championships in Hamilton - having turned 50 two days prior. Simon Leaning (35:52) was fifth overall and third M35.

He was closely followed by John Kennedy (35:58) who was second in the M40s. Triathlete Jon Linyard (37:47) and Neil Whitaker (37:49) were the next two in the M40 age group. They were followed by fellow M40s Daryl Cotton (39:09), Philippe Kreutz (39:26), David Holloway (39:30) and Stu Cottam (39:55) who all got under 40 minutes. Ian Courtney (36:42) and Murray Hart (38:15) were second and third respectively in the M50 grade, with Bill Revell (41:01) and Rob Stevenson 41:19.

In the 8km M60 race, Barry Dewar (32:14) managed to hold out the strong finishing Ian Morrison (32:14) with Martin Meads (33:59) taking third place. He was followed by John Gary (36:38), Hugh Neill (37:13), Steve Markham (37:58) and Mike Lea (38:46).

Pogo McAuley (20:55) was first in the 5km followed by Mandy Stephens (21:47), Toni Mockler (22:05), Eileen Beattie (23:07) and Fran Kerse (24:07). In the 5km race walk, Wendy Healey was first in 29:04. Following her were Ross Mitchell (29:30), Caryll Versy (31:25) and Garry Holz (31:57).

## South Island Track & Field Championships

Preparations are well underway and entries are rolling in for these championships at the Saxton Oval in Nelson on 30 November - 2 December. Tasman Masters are looking forward to hosting masters from both islands at this new facility. See entry form/programme elsewhere in this magazine for further details. Please note that entries close on 15 November. We are in need of officials to help run the events. If you can assist please send your name, contact details, grading/experience, preferred event and second and third choices to Derek Shaw, Tasman Masters, PO Box 602, Nelson, nikau@ts.co.nz, phone (03) 548 7537 fax (03) 5487535. Any enquiries also to these contacts.



Derek Shaw (TAS) competing in the NZ Road Champs at Wellington

PHOTO | SHARON WRAY

# Canterbury

by | ANDREW STARK

The winter season is almost over and by the time you read this the 2012-2013 track & field season will be upon us. Unlike last season, we do have a track to race on, albeit grass, and all new up-graded throwing circles, so it's all go.

In August we held our AGM and there were a few changes to the personnel but most of last year's committee members have remained. I look forward to working with the new committee during the up-coming season. Until we have a new track in Christchurch, it will be difficult to hold major events here, which is disappointing. However it is possible that we may hold the South Island championships at Rawhiti Domain in future years. By the time that you read this, we will have held our first event of the season, the Oceania Postal Throws challenge. Our opening day is to be held at Rawhiti Domain on Wednesday 17 October and members from other centres are always welcome to attend.

Little progress appears to have been made about where the new all-weather replacement track will be built. However work continues behind the scenes as we await the Christchurch City Council's decisions about the redevelopment of sporting facilities around the city. With a shortage of usable green spaces because of earthquake damage, it must be an extremely difficult task to decide where the various sports will go.

In my last report I indicated that Burnside Park may well be an option. However, the Athletics Canterbury Redevelopment

sub-committee have meet with the Christchurch City Council planners who have indicated they have another site in mind, but as yet will not disclose where it is. What we do know is that it will still be in the western area of the city and it will be a sports hub involving one or more other sports. I believe the new home of athletics may well be built on a 'green' space, rather than an existing park as the resource consent process would be less difficult.

We are fortunate that in Canterbury we have several very experienced ex-competitors and administrators who were involved in the design and development of QEII for the 1974 Commonwealth Games. It has been indicated from the council planners that they will call upon the advice of Athletics Canterbury members in the design of the new facilities and their expertise will ensure that the new complex meets the needs of our sport.

As the new season approaches, I am hopeful that more CMA members to will attend our regular meetings as they 'recover' from the effects of the earthquakes, although life is still anything but normal for many of them as they wait for decisions to be made and repairs completed. As per last season, there are several Athletics Canterbury meetings scheduled to be held in Timaru at Aorangi Stadium, so the club registered CMA members will have the opportunity to race on an all-weather track before heading off to either the North Island, South Island or NZMA Championship events.



A trio of Canterbury runners, including Anthony Duncraft (1559) and Don Greig (1560) chasing Cliff Bowman from Tasman (1669) at the NZ Road Champs at Wellington

PHOTO | SHARON WRAY

# Wellington

by | MICHAEL WRAY

A busy quarter of racing in Wellington started with the Half Marathon championships. Wellington Harrier Paul Bird won the masters men gold medal, while Hutt Valley's Kevin Nicholson and Scottish's Michael Wray chased him in for silver and bronze, respectively. Jackie Mexted won the masters women's gold with almost three minutes to spare over Scottish club-mate Angela Leck and Charlotte Evett rounded out the podium for bronze.

As usual, Waikanae hosted the Wellington cross country championships, but without last year's hail and tornadoes. Grant McLean won his fifth consecutive M40 title, beating Olympic's Michael Waterman and Kevin Pugh into second and third. Tony Price won the M50s, with Liam Healey and Mark Handley following. Gabrielle O'Rourke, who had earlier finished second in the senior women, ran back-to-back races to win the W35 grade by more than a minute over Sally Anderson and Tricia Sloan from Scottish. Michele Alison and Helen Willis made it a Scottish one/two in the W50s, with local runner Kate Jenkins (Kapiti) claiming third.

The field for the Masters 28th annual Johnsonville 8km road race included two prestigious runners as Roger Robinson and Kathrine Switzer added an international flavour. Michael Wray (Scottish) came in first for the runners with Michelle Van Looy (Olympic) the first woman. Terri Grimmett (Scottish) led the way for the walkers and Jon Roskvist finished not far behind to take the first walking spot for the men. The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was won by Michael Wray.

The annual Bays Relay, organised by Wellington Harriers, saw a handful of records broken this year. With little wind, the 22km five-leg course provided a "can't beat Wellington on a good day" for racing all the way from Island Bay to Kilbirnie. Scottish led the masters women from start to finish, with Stephanie MacKenzie setting a new first leg record of 17:01, eclipsing the previous record of 17:48. Tricia Sloan, Angela Leck, Mandy Simpson and Anne Hare each added to the lead as the team recorded a six minute victory over Olympic. The finishing time of 1:25:07 is a new MW course record by almost two and a half minutes. The previous record also belonged to Scottish and dated from 1996.

In the M40 grade, the Scottish men followed the example of the women. Grant McLean provided a lead of over a minute, which Todd Stevens extended further. Olympic's Michael Waterman reeled in Scottish's Jim Jones a little to reduce the deficit, but Michael Wray and Peter Stevens brought Scottish in for a win by four and a half minutes. In doing so Scottish broke the MM course record, set by Olympic in 1996.

The M50 grade was a much tighter affair. Eventual winners Wellington Harriers were behind in fifth place after both legs one and two. Liam Healey gained a place to fourth in leg three and that was the position from which Paul Forster started the final leg. Paul rose to the challenge, overhauling Hutt Valley's

lead to win first place for the team and a new M50 leg record for himself.

The M40 grade of the Wellington road championships produced a familiar result, with Grant McLean recording victory over 10km in 33:41. Todd Stevens kept it close, finishing just three seconds behind, while Wellington Harrier David Carrigan claimed third. Masterton's Tony Price won the M50+ grade, with Liam Healey (Wellington Harriers) and Richard Brent (Scottish) contesting a close battle for second and third, respectively. The W35-49 grade also raced over 10km, producing an all-Scottish podium of Stephanie MacKenzie, Jackie Mexted and Angela Leck. The W50+ grade saw Michele Allison (Scottish) win an exciting 5km race that came down to a finishing straight sprint-off with Olympic's Tineke Hoof. Betty Harp of Scottish claimed bronze.



Todd Stevens (1718) and Bob Stephens (1895) at the NZ Road Champs

PHOTO | SHARON WRAY



# Taranaki

by | BRIAN O'SHEA

## Taranaki Mountain Champs

### Pukeiti Gardens 5 May

Taranaki Mountain Running Champs is a testing running event which starts in the world famous rhododendron gardens Pukeiti and after an undulating start along the tracks; it goes up around 460m to the lookout. Men do approx 7km and the women approx 5km. Des Phillips won the M60 grade in 39:27.

### Brenda Ballinger/Dr Davie Cross Country

#### New Plymouth 24 May

The runners in Taranaki have a number of trophies which are keenly contested each year and one is the Dr Davie. Dr Davie was a local GP with a practice in New Plymouth and although not a runner himself he was passionate supporter of athletics. He was a member of the New Plymouth Athletic Club now known as Egmont Athletics, being their first President, 1929-31. In 1939 he became the Patron of the club until the club went into recess for the duration of the war. He became Patron again in 1946 when the club re-started, until his death in 1949.

Whilst President, he presented a trophy which was called the President's Cup for a club handicapped race. Originally raced for by New Plymouth Athletics' members it was opened up to all Taranaki clubs in 1954. It became the Dr Davie Cup after his death. Brenda Ballinger Memorial Cup is the newest trophy competed for. Brenda was a top runner local runner & New Zealand representative who tragically died at the peak of her career. These races have always been run separately but this year for various reasons they were combined.

#### Men 4km

M50	Robin Grant	14:19
M65	Alan Jones	18:32

#### Men B Grade Walk 4km

M40	Mike Morresey	21:45
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#### Women B Grade Walk 4km

W55	Vicky Adams	30:54
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#### Hughes Memorial

##### Hawera Show Grounds 2 June

#### Women 4km

W50	Karen Gillum-Green	18:39
W60	Lynne Mackay	24:17

#### Men 8km

M40	Mike Morresey	32:58
M45	Richard Brewer	32:01
M50	Rodney Gillum	39:40
M65	Alan Jones	39:53

## TRWC Open Walks

### New Plymouth 9 June

The Open Walks are the highlight of the season for the Taranaki Race Walking Club. For seniors & masters the distances raced are 15km & 10km. The 15km race for the Hawera Cup is the oldest walking race in New Zealand and was the brainchild of the late Norman Read. It has been competed for yearly, since 1973 and is a closed handicap race. Over the years other trophies have been donated to cover the young and old and are also handicapped. Therefore, anyone of any age can win these trophies which are open to men, women and children. For the past two years the Hawera Cup was won by masters



Alan Jones won the M65 grade at the North Island Cross country champs at Taupo on 30 June

PHOTO | KAREN GILLUM-GREEN

women and this year was no exception with Sue Hoskins of Palmerston North, winning the trophy, plus breaking the NZ W60 10km record and then she carried on to break the RWNZ 15km W60 record. We also had the pleasure of having Quentin Rew walking his last race in New Zealand before going overseas to prepare for the Olympics.

#### Women's 15km

W55	Theresa Large	1:39:39
W55	Anne Fraser	1:48:34
W60	Marlene White	1:41:56

#### Men's 15km

M40	Mike Morresey	1:31:24
M60	Eric Kemsley	1:25:55

#### Campbell Cup Women's 10km

W45	Serena Coombes	1:05:59
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#### Tom Verney Memorial

##### Stratford Show Grounds 23 June

Tom Verney was a very talented local runner who started running as a junior after WWII and was a member of the New Plymouth harrier club now known as Energy City Harriers. He moved to Stratford to farm in Ngaire and became a founder member of the Stratford harrier club and later a life member. He was also instrumental in setting up the fun run/walks called the Telecom Series and when they pulled out of sponsoring these events. Olex Cables came on board and has been the sponsor for the last 22 years. He was in Palmerston North on business when he was killed in a car crash whilst only in his 40s. His wife presented the club with the trophy.

#### Women 4km

Karen Gillum-Green	29:33
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#### Men 8km

M50	Rodney Gillum	46:02
M60	Des Phillips	45:50
M65	Alan Jones	46:46



Anne Fraser (1661) and Helen Baverstock (1659) at the National Road Walk champs in Wellington

#### B Grade Walk 5km

M40	Mike Morresey	35:37
W55	Vicky Adams	48:08

#### Women 6km

W50	Karen Gillum-Green	30:20
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#### Men 8km

M60	Des Phillips	41:12
M65	Alan Jones	41:39

#### Taranaki Road Champs

##### Hawera 18 August

#### Men's 10km Run

M45	Richard Brewer	39:52
M65	Alan Jones	56:50

#### Women's 5km Run

W50	Karen Gillum-Green	22:24
W55	Vicky Adams	25:47
W60	Lynn Mackay	27:32

#### Women's 10km Walk

W45	Vanessa Lowl	58:42
W45	Serena Coombes	1:02:47
W55	Theresa Large	1:00:27
W55	Anne Fraser	1:10:21
W60	Marlene White	1:04:23

#### Men's 10km Walk

M50	Rodney Gillum	58:20
M55	Peter Fox	54:34
M60	Eric Kemsley	53:40
M60	Dave Barrett	1:12:21

#### RWNZ 1hr Track Walk

##### Massey University 26 Aug

M55	Peter Fox	10.732km
M60	Eric Kemsley	10.628km
W45	Serena Coombes	9.084km
W55	Anne Fraser	8.213km
W60	Marlene White	9.108km



Karen Gillum-Green at the NZ Road champs in Wellington

PHOTOS | SHARON WRAY



Wellington runners to the fore at the National Road Champs along the Wellington waterfront

Photo | SHARON WRAY



Above: 2010

# QEII Stadium, Christchurch

Below: 2012



PHOTOS | ANDREW STARK

## COMING EVENTS by Nostradamus

### 2012

28 OCT	NZ Marathon Champs	AUCKLAND
28 OCT	Napier Half Marathon	NAPIER
23-25 NOV	North Island Champs	HAMILTON
30 NOV - 2 DEC	South Island Champs	NELSON
22 DEC	Summer Solstice - 12:13am	

### 2013

1-10 FEB	NZ Masters Games	WANGANUI
1 MAR	NZMA AGM	WELLINGTON
1-4 MAR	NZMA Stadia Championships	WELLINGTON
29 MAR - 1 APRIL	AUS Masters Stadia Championships	CANBERRA, AUSTRALIA
15 - 27 OCT	WMA Stadia Championships	PORTO ALEGRE . BRAZIL

### 2014

5-11 JAN	Oceania Championships	BENDIGO, AUSTRALIA
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### 2015

	WMA Stadia Championships	LYON, FRANCE
OCT	OMA Stadia Championships	RAROTONGA

### 2016

	WMA Stadia Championships	PERTH, AUSTRALIA
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### 2017

NOV	OMA Stadia Championships	DUNEDIN
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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.

