

# Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 34 No. 4  
**OCTOBER 2016**

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- > NZ Cross Country Champs
- > NZ Road Champs
- > Nth Island Cross Country Champs







The leading pack of master's men at the National Cross Country Champs in Auckland

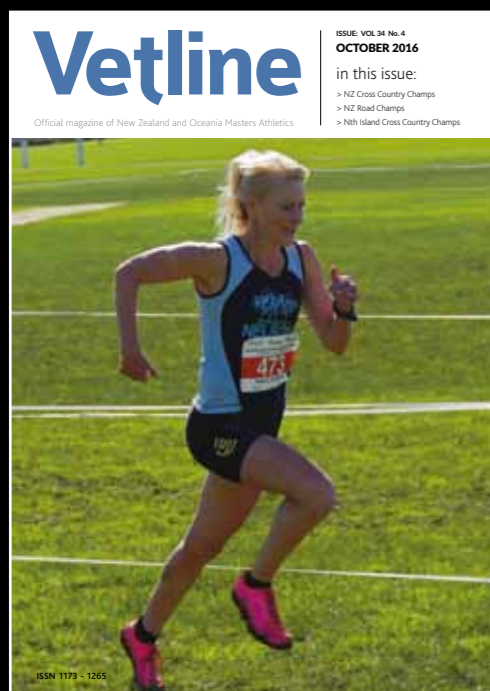
PHOTO: Sharon Wray



Steve Rees-Jones 1st M40, Dan Nixon 3rd M40, Dan Clendon 2nd M40 at the ANZ Road Champs

PHOTO: Sharon Wray

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



**Cover Photo**

Paula Canning (TAS) - 2nd W40 at the National Cross Country Championships in Auckland

Photo - Sharon Wray

**Inside Back Cover**

Mel Aitken (OTG) - 1st W35 at the National Cross Country Championships in Auckland

Photo - Sharon Wray

**Back Cover**

Michael Wray - 6th M40 at the Wellington Cross Country Championships

Photo - Sharon Wray



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Tony Price (556) 2nd M60, Colin Earwaker (503) 3rd M60, Craig Sinclair (597), David Lear (166) 2nd M55 at the National Cross Country Championships in Auckland

PHOTO: Sharon Wray

# President's Report

by ANDREW STARK - NZMA President



As you will be aware, at the NZMA Special General Meeting held in August, the MOU between Athletics NZ and NZMA was accepted. The impact of this has been fully documented in previous issues of *Vetline* and on our website. Please read the information available so that you can make an informed decision as to which membership option suits you best. For this change to be of benefit to NZMA, we need the club athletes amongst us to encourage other club athletes to come to our events.

Since my last report, there has been a lot of work going on behind the scenes as our organisation moves into a new era. The first change you will have seen is a new website. This is an on-going project, so we are interested in your feedback as to how we can make further improvements.

Some of the new features of the website include the following:

**NZMA e-News page** - The intention of this page is to post all email correspondence here, so that it is available to all to see any time now or in the future.

**NZMA Board Meeting Minutes** have been added to keep you informed about what is going on at that level.

**NZMA Email Database** - A list of members with email addresses has been uploaded into Mailchimp. This will allow us to send out bulk emails to all members with email addresses. If you are not sure if your centre has your email address, please provide it to them.

**On-line Championship Entry Form** - A generic form has been created that can be modified as required by each centre hosting a championship. With it becoming increasingly more difficult for the smaller centres to host our events, having these forms will allow us to offer more assistance to the LOC's.

**Generic Programme and Booklet Information** - Over the past few seasons we have created a generic programme of events that centres can use without too many modifications. We are also going to add a copy of the generic pages required for the Championship programme booklets that will be available to all Centres.

There are two areas in which I need your help:

**NZMA Uniform** - The new uniform has been around for several years now. At February Board meeting, it was decided that as from and including the WMA Championships in Perth, the latest NZMA uniform is the only official uniform that we can wear. Please ensure you comply by wearing the correct uniform or you risk not being able to compete.

**Vetline** - The future of *Vetline* is very much in your hands. To be successful it requires members to contribute articles, purchase some advertising space or to help us find advertisers and if you are a club athlete, purchase a subscription as from January 2017. I have previously asked for anyone with expertise in this area to come forward and help, but as yet I have not received any responses to this request. There is a limit to what we can do as a board, so if you can help please contact me directly.

Finally, it is hard to believe that the 2016 - 2017 track and field season is almost upon us. For those going to the WMA Championships in Perth, the challenge is to peak for this event so early in our season. I wish you all well for the season ahead.

## Vetline

### EDITOR & ADVERTISING

John Campbell  
admin@nzmastersathletics.org.nz

### ASSISTANT EDITOR

Derek Shaw  
PO Box 602  
Nelson 7040  
03 548 7537  
03 548 7535 fax  
nikau@ts.co.nz

### GRAPHIC DESIGN

Gemini Design Ltd  
john39296@gmail.com

### REGULAR CONTRIBUTORS

John Stinson  
Ron Stevens  
Bryan Thomas  
George White  
Andrew Stark  
Michael Wray  
Vicky Jones  
Ray Laurie  
Mike Weddell  
Lynne Schickert  
John Waite  
Karen Gillum-Green  
Derek Shaw  
Dwight Grieve  
Wilma Perkins  
Stan Perkins

### REGULAR PHOTOGRAPHERS

John Campbell  
Sharon Wray

### MAILING LIST

Please advise immediately, changes of address to -  
Andrew Stark  
Tel: 03 338 0516  
aws.resources@xtra.co.nz

### PUBLISHER

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### PRINTERS



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World Masters Athletics (WMA)  
Oceania Association of Masters Athletics (OMA)  
Council of Athletics New Zealand (ANZ)

## NZMA e-mail Database

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

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

[aws.resources@xtra.co.nz](mailto:aws.resources@xtra.co.nz)

## Centre Committees

**Northland**  
Ian Calder *President*  
53 Abbey Caves Rd  
RD5 Whangarei  
ihcalder@xtra.co.nz

Margaret Crooke *Secretary/Treasurer*  
1236 State Highway 10  
RD3 Kerikeri 0293  
09 4077551  
bob.marg@xtra.co.nz

**Auckland**  
Alan Dougall *President*  
2H/24 James Cook Cres  
Remuera  
Auckland 1050  
021688777  
alan@dougall.co.nz

Tony Deleiros *Vice President*  
anne\_tony@xtra.co.nz

Chris Thompson *Secretary/Treasurer*  
10 Toledo Ave, Henderson  
Auckland 0612  
09 837 8053  
021 210 7067  
chris.thompson@ama.org.nz

**Waikato/Bay of Plenty**  
Murray Clarkson *President*  
37 Pillans Road  
Otumoetai  
Tauranga 3110  
07 576 9575  
wbopmasters@xtra.co.nz

Fay Riley *Treasurer*  
37 Pillans Road  
Otumoetai  
Tauranga 3110  
07 576 9575  
wbopmasters@xtra.co.nz

Bruce Solomon *Secretary*  
25 Ventura Key  
Papamoa 3118

**Hawkes Bay/Gisborne**  
Dennis O'Leary *President*  
8 Tollemache Road East, Hastings  
06 876 1134  
027 497 7081  
djjaoleary@gmail.com

Murray Andersen *Treasurer*  
64 Endsleigh Drive  
Havelock North  
06 877 7460 ph/fax  
021 773 480  
murray@timeit.net.nz

Mike O'Leary *Secretary*  
miker.oleary@xtra.co.nz

**Taranaki**  
Vicky Adams *President*  
20A Waiwera Place  
New Plymouth 4312  
06 758 9326

Lynne Mackay *Secretary*  
6A Mallinder Place  
Oakura 4314  
06 763 8658 bus  
06 752 7782 hm  
lynemackay@xtra.co.nz

**Manawatu/Wanganui**  
Rob Dabb *President*  
PO Box 5369  
Terrace End  
Palmerston North 4441  
dabbrm@xtra.co.nz

Mike Shepherd *Treasurer*

Jen Fee *Secretary*  
PO Box 5369  
Terrace End  
Palmerston North 4441  
irishkiwis@xtra.co.nz

## Centre Committees

**Wellington**  
Michael Wray *President*  
24 Fitzroy Street, Wadestown  
04 471 2775  
michaelwray@xtra.co.nz

Albert Van Veen *Secretary*  
95 Kamahi Street  
Stokes Valley  
Lower Hutt 5019  
04 563 8450  
albertvv@gmail.com

Graham Gould *Treasurer*  
PO Box 5887 Lambton Quay  
Wellington 6145  
Telephone 04 973 6741  
gvgould@xtra.co.nz

**Tasman**  
Derek Shaw *President*  
PO Box 602  
Nelson 7040  
03 548 7537  
03 548 7535 fax  
nikau@ts.co.nz

Ian Carter *Secretary*  
PO Box 602  
Nelson 7040  
03 574 1184  
hicarter.nz@gmail.com

**Canterbury**  
Andrew Stark *President*  
12 Highcrest Heights  
Westmorland  
Christchurch 8025  
Tel: 03 338 0516  
aws.resources@xtra.co.nz

Tony McManus *Secretary*  
102 Bownevale Avenue  
Cashmere  
Christchurch 8022  
03 332 3921  
amcmanus@kiwirail.co.nz

Kevin Prendergast *Treasurer*  
25 Dunrobin Place  
Avonhead  
Christchurch 8042  
03 358 7760  
kprendergast@xtra.co.nz

**Otago**  
Robert Homan *President*

Winifred Harding *Secretary*  
4 Pollock Street  
Maori Hill  
Dunedin  
ph 03 4675385  
mob 027 6501650  
winifred@southnet.co.nz

Fiona Harvey *Treasurer*  
03 455 3028  
nona.harvey@xtra.co.nz

**Southland**  
Mark Flaus *President*  
192 Lorn St  
Invercargill 9810  
03 2177 367  
flaus.family@xtra.co.nz

Debbie Telfer *Treasurer*  
136 Kelvin Street  
Invercargill 9810  
03 218 6449  
lance.debbie@xtra.co.nz

## District Contacts

**Northland**  
Len Field  
5 Johnson Road  
Kawakawa 0210  
09 404 0989

Margaret Crooke  
1236 State Highway 10  
RD3 Kerikeri 0293  
09 4077551

**Waikato/Bay of Plenty**  
Trevor Ogilvie  
10A Otonga Road  
Rotorua 3015  
07 347 8181

Heather O'Hagan  
PO Box 106  
Paeroa 3640  
07 862 7163 ph/fax  
ohagan@visisque.co.nz

Rene Otto  
5 Eleanor Place  
Whakatane 3120  
07 308 0674

**Hawkes Bay/Gisborne**  
Verlie Shepherd  
70 Awapuni Road  
Gisborne 4010  
06 868 8940  
bes.signs@xtra.co.nz

**Taranaki**  
Alan Jones  
26 Kowhai Street  
PO Box 107 Inglewood 4347  
06 756 7051  
alan\_j666@hotmail.com

Eric Kemsley  
5 Kenmore Street  
New Plymouth 4310  
06 753 4674  
ekemsley@xtra.co.nz

**Manawatu/Wanganui**  
Jen Fee  
216 Kahuterawa Rd  
RD2  
Palmerston North 4472  
06 3537739  
0274 787 235

Francie Bayler  
141 Mt View Road  
Bastia Hill  
Wanganui  
06 343 1124  
francieb@slingshot.co.nz

**Tasman**  
Derek Shaw  
PO Box 602  
Nelson 7040  
03 548 7537  
03 548 7535 fax  
nikau@ts.co.nz

Ian Carter  
257 Moetapu Bay Rd  
RD 2 Picton 7282  
ph 03 574 1184  
hicarter.nz@gmail.com

**Canterbury**  
Lorraine Menzies  
54 Joyce Crescent  
Greymouth 7805  
03 768 4871

Brian Senior  
PO Box 15  
Methven 7745  
03 302 9629

## NZMA Board

**Andrew Stark** *President*  
12 Highcrest Heights  
Westmorland  
Christchurch 8025  
03 338 0516  
aws.resources@xtra.co.nz

**Chris Thompson** *Vice President*  
10 Toledo Avenue  
Henderson  
Auckland 0612  
09 8378053  
gay.chris@xtra.co.nz

**Stewart Foster** MBE *Secretary/Treasurer*  
PO Box 8002 Ulrich  
Hamilton 3245  
07 843 6121  
nzmathletics@xtra.co.nz

**Directors**  
John Campbell  
PO Box 116  
Pukekohe 2340  
john39296@gmail.com

Murray Clarkson  
37 Pillans Road  
Otumoetai  
Tauranga 3110  
07 576 9575  
wbopmasters@xtra.co.nz

Karen Gillum-Green  
243 Coronation Avenue  
New Plymouth 4310  
Ph 06 7581569  
karenandrodneyclear.net.nz

Derek Shaw  
PO Box 602  
Nelson 7040  
03 548 7537  
03 548 7535 fax  
nikau@ts.co.nz

Michael Wray  
24 Fitzroy Street, Wadestown  
04 471 2775  
michaelwray@xtra.co.nz

## New Zealand Masters (NZMA)

Jim Blair MNZM *Patron and Life Member*  
4/39 Kiln Street  
Silverstream  
Upper Hutt 5019  
04 528 2992

Rob McGregor *Life Member / Auditor*  
5 Panorama Grove  
Lower Hutt 5010  
04 569 6316  
shirley1947@ihug.co.nz

Jim Tobin *Life Member*  
Apartment 310  
79 Merlot Drive  
Greenmeadows  
Napier 4112  
Ph/fax 06 844 5072  
Mobile 027 240 8880  
jim.tobin@xtra.co.nz

Alan Galbraith *Legal Adviser QC*  
PO Box 4338  
Auckland 1030  
09 309 1769  
agalbraith@xtra.co.nz

## Oceania Masters Athletics (OMA)

**Jim Blair** MNZM *Patron*  
4/39 Kiln Street  
Silverstream  
Upper Hutt 5019  
+64 4 528 2992

**Lynne Schickert** *President and OMA Representative to WMA Council*  
11A Dandenong Road  
Attadale WA 6156  
Australia  
+61 (0) 8 9330 3803 H  
+61 (0) 438 38 6563 M  
lynne.4@bigpond.com

**David Lobb** *Vice President*  
c/- PO Box 814  
Rarotonga  
Cook Islands  
+682 26335  
lobby@oyster.net.ck

**Bob Schickert** *Secretary*  
11A Dandenong Road  
Attadale WA 6156  
Australia  
+61 (0) 8 9330 3803 H  
+61 (0) 438 38 6563 M  
rschicke@bigpond.net.au

**Stewart Foster** MBE *Treasurer*  
PO Box 8002  
Ulrich  
Hamilton 3245  
07 843 6121  
nzmathletics@xtra.co.nz

## Council

Andrew Stark  
12 Highcrest Heights  
Westmorland  
Christchurch 8025  
03 338 0516  
aws.resources@xtra.co.nz

Mike Weddell  
1 Haggart Street  
RD2 Mosgiel 9092  
03 474 6413 bus  
03 489 4887 hm  
03 474 6352 fax  
mweddell@sportotago.co.nz  
mweddell@xtra.co.nz

Wilma Perkins  
4 Lawnton St  
Daisy Hill QLD 4127  
Australia  
+61 (0) 7 3209 1131  
wilmaperkins@me.com

George White *Statistician*  
12A Gulfview Road  
Blackwood 5051  
Australia  
+61 8 8178 0639  
gwhite@adam.com.au

Alan Galbraith *QC Legal Advisor*  
New Zealand

OAA Representative  
Yvonne Mullins  
139 Varsity Parade  
Varsity Lakes  
Queensland 4227  
Oceania@attglobal.net

## WMA Committees

**Stadia**  
Wilma Perkins Australia

**Womens**  
Wilma Perkins Australia

**Records**  
George White Australia

**Organisational Advisory**  
Judy Cooper Australia

**Law and Legislation**  
Bob Schickert Australia

**Anti Doping and Medical**  
Roger Parrish Australia

**Constitutional Transition Group**  
Bob Banens Australia

## World Masters Athletics (WMA)

**Stan Perkins** *President*  
4 Lawnton St  
Daisy Hill QLD 4127  
Australia  
+61 7 3209 1131  
stanperkins@me.com

**Margit Jungmann** *Executive Vice President*  
Germany  
margit-jungmann@kreis-saar-louis.de

**Winston Thomas** *Secretary*  
Great Britain  
wmasec07@gmail.com

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Contact: admin@nzmastersathletics.org.nz





# 2016 NZ Road Championships

by Michael Wray

The first NZ Road Champs were held in Masterton in 1963. Is this the first time they've returned to the original venue since then? I don't know and would need someone whose involvement in NZ athletics predates mine to advise on this.

In the lead-up to the event, various commenters on social media had raised their concerns on the course design. After two years of irregular and varying lap lengths in Tauranga, Masterton were offering even laps but only of 1km. This is common in road walking but less familiar for runners. Regardless, the number of entries was at its highest since 2012 although there were a few DNS.

As it happened, I did not find the ten repeated laps to be an issue. I did wonder whether it was a different experience for the older runners who found themselves more prone to being lapped, particularly given the lap counter board is managed to show the status of the lead runners. There was a large contingent of lap scorers and with no apparent issues with counting laps it seems to have been managed smoothly.

There is some question over the length of the lap, with the course measurement from just about every GPS watch across all races suggesting each lap was actually around 1.03km. Usually when it's questionable GPS readings, which we know is common, you don't get the uniform agreement between devices that we experienced. One offered explanation is that the length was correct but four 90 degree turns (more or less) per lap, combined with avoiding steeper camber points and negotiating lapped runners, it was impossible to run the measured line – even for those at the front.

One thing that we do know is that times were slow. Putting aside any aspect of distance, the brisk head wind into the first 400m of each lap would not have helped.

The walkers had first use of the course. Here the number of entrants was not high. Every participant who avoided disqualification came away with a medal. Only two silver medals were required and not a single bronze. The M60s had the opportunity to disturb the bronze medal custodian but David Cushing's disqualification meant only two finishers, with Peter Fox finishing third overall in the masters winning the age grade. The front of the master's race belonged to the M65s, where Eric Kemsley and Peter Baillie finishing in that order, were the first two across the line and were the only two to break the one hour mark. Katie Morrese-Tahere suffered her third consecutive year of leaving the NZ Road Champs with a disqualification. The women's race came down to local W70 Jacqueline Wilson and Manawatu's W65 Sue Hoskin, with the latter finishing first overall by less than a minute.

The master's women runners completed their 5km in the same race as the junior and youth women.

With just two youngsters ahead to chase, W50 Sally Gibbs went to the front of the MW field and stayed there, passing one of the YW before the finish, producing a winning margin over the next MW in excess of 90 seconds. Similarly isolated as far as the MW were concerned and running with just YW for company was Wellington's Victoria Humphries, also a W50.

While those first two places remained constant throughout, the chasing runners moved around a little. W35 Katrin Gottschalk started her first lap fairly aggressively, maintaining pace with W40 Lindsay Barwick. A little further back, Michelle Van Looy (W45), Shannon-Leigh Litt (W35), Renae Creser (W40), Carolyn Smith (W55) and Juanita Paterson (W40) formed a large pack with Paula Conder (W40) and Julie Wilson (W55) trailing.

For the older groups, Judith Taylor (W60) headed up a pack of W50s and W55s, easing to the gold medal. W65 rivals Pam Graham and Joy Baker ran together.

The large early group whittled itself down to four MW from three age groups. Gottschalk had fallen from Barwick to join the group as the lead W35 and Van Looy for the W45s. Paterson and Creser were in a medal race for the W40 silver. Litt had fallen back to a loose pack, where Conder was looking at fourth W40 and the W55 battle was being contested by Wilson and Smith. Meanwhile, Pam Graham had surged ahead of Joy Baker in the W65s to create an unassailable lead.

By around half way, W40 Barwick had worked her way clear into third spot overall and maintained that gap over any W40s all the way through the remainder to win W40 gold, although W45 Van Looy did put some pressure on with two laps to go to keep the younger woman honest.

Juanita Paterson had surged past Renae Creser, who still had a good lead over Paula Conder. Similarly, Carolyn Smith opened up a gap on Julie Wilson in the W55s and it seemed that the medal places were all set across the MW grades.

The drama was not yet complete, however. Julie Wilson rallied and put some good pressure on Carolyn Smith. Smith still managed to win but the margin came back to just three seconds. The bigger surprise was the sudden withdrawal of W40 Renae Creser with just a few hundred metres to go. Despite being clear in the bronze medal position and in the team points for the Wellington Centre, the W40 pulled up and withdrew with no apparent injury. Given the gap at the time, Paula Conder was most likely unaware when she finished that she had therefore moved up to third.

Fortunately for Renae's team mates, Wellington's other runners were well placed and Andrea Harris came through to join Humphries, Barwick and Van Looy for the team gold. Auckland claimed team silver from Manawatu by just one point.



David Lear (AKL) 1st M55, Rees Buck (WGN) M40

For the master's men, M40 Steve Rees-Jones returned to the master's grades after contesting the seniors at NZ Cross Country Champs. Steve ran from the front all the way but was never able to relax thanks to fellow M40s Dan Nixon and Daniel Clendon. The three M40s dominated the race while M45 Chris Mardon did his best to stay in touch.

Carl Read (M35), Todd Stevens (M45) and Andrew Wharton (M40) were in the lead pack for a couple of laps, chased by a group that included M50 Peter Stevens. Further back in the field, Paul Sharp held the M60 lead over Tony Price; M55s David Lear and Anthony Rogal ran close together. Eric Phimister and Michael Bond were clearly a class above in the M65s and M70s, while M75 John Wood picked off many younger runners on his way to an uncontested age group win.

At the midpoint, the three M40s continued to run together at the front. Todd Stevens had taken on the role of lead chaser, almost 10 seconds back. A few seconds behind fellow M45 Chris Mardon looked to keep up while Jason Cameron sat in the M45 bronze a similar gap behind, comfortably ahead of fourth placed M45 Tony Broadhead by 50 seconds. Tony would fade, surrendering the medal chase to Michael Wray but the front three M45s never came under any threat of losing their podium places – although Jason did take a worried look over his shoulder at the bell; the only question to answer would be the final finishing order between the front three.

Carl Read held the M35 lead, three seconds ahead of both Dwight Grieve and Mat Rogers. The next M35s were Valentino Luna Hernandez and Ben Winder but being 15 seconds back, they appeared little threat to the podium unless someone blew.

Peter Stevens held the M50 front position, running without any company from any age group. Paul Hewitson and Mark Bright were running with M60 leader Paul Sharp with M50 Dave Kettles about 10 seconds behind.



Anthony Rogal (CAN) 3rd M55

With 4km to go, Rees-Jones surged to drop the two Dans. That left the two namesake club-mates fighting each other for second. Nixon has tended to win these head-to-heads but in this case, with the two only a second apart at the bell, Clendon put on a strong finish to win silver by seven seconds.

The M45 race was finally resolved with about three kilometres to run. Todd Stevens fell back, allowing Chris Mardon to come through. For a while the question was whether Jason Cameron had enough time to take silver away from Todd. The gap got down to five seconds at one point but Todd held on.

The three M35s had coalesced by 6km or so, with Grieve and Rogers closing on Read. The latter fell back as the race continued but had given himself enough of a margin to keep bronze. Grieve opened up in the penultimate lap to create a gap over Rogers that he never surrendered.

Peter Stevens retained his big lead to win the M50s. Paul Hewitson surged ahead at 8km in a bid for silver, seemingly leaving Dave Kettles and Mark Bright to squabble for bronze. Instead, Kettles ran a fast last lap to overhaul Hewitson for the second placed medal.

Similarly, David Lear was comfortable at the head of the M55s. Rogal had dropped back considerably and John Gamblin was doing his best to close the gap to Lear. Before the finish, John would take time out of David's lead but nowhere near enough for David to feel threatened.

In the M35-49 teams race, only two centres had enough runners finish to count. Wellington put four runners in the first seven to produce a one-sided victory over Waikato.

For the M50+ teams, Wellington scored perfectly by having the first four runners. Auckland and Canterbury were relatively close for the runner-up spot; for their second to fourth placed runners, the two centres supplied consecutive finishers. Auckland's Mark Bright finished three places ahead of Canterbury's Malcolm Cornelius to ensure Auckland claimed the silver.



Paul Hewitson 3rd M50, Paul Sharp 1st M60, Mark Bright 4th M50



Ben Winder 5th M35, Valentino Luno Hernandez 4th M35



Dwight Grieve (STH) 1st M35, Mathew Rogers (WGN)



Chris Mardon (CAN) 1st M45, Todd Stevens (WGN), Andrew Wharton (WGN) 4th M40



Peter Willmott (AKL) 3rd M65 and John Wood (WGN) 1st M75



Carl Read (AKL) 3rd M35 followed by Rick Tombling 5th M40, Jason Cameron 3rd M45 and Steve Morrow 6th M40 enter the finishing chute

# NORTH ISLAND MASTERS TRACK & FIELD CHAMPIONSHIPS

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	Emergency Contact Telephone or Mobile Number and Name	
	<input type="text"/>	

I declare that I am a financial member of NZMA for the 2016/17 year. In the event of any 'Act of God' conditions causing a cancellation of the event, my total entry fee is not refundable. Neither the organisers, the sponsors, nor other parties associated with the events shall have 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 - Times and age groups are noted for Friday's events. For all other events, please check the programme for the event time for your age group (available on the NZMA website).	
<b>Friday 25th November 4.00pm START</b>	
<b>TRACK</b>	<b>FIELD</b>
400m M/W (4.00pm heats if required/5.30pm finals)	Hammer M (4.00pm M60/5.00pm M30-59)
3000m Track Walk M/W (4.30pm)	Weight W60+ (4.00pm)
3000m M/W (6.00pm)	High Jump M/W (4.00pm M30-59/5.30pm M60+/6.00pm W)
	Javelin W (5.00pm W60+/6.00pm W30-59)
	Discus W30-59 (5.00pm)
<b>SATURDAY 26th November 9.00am START</b>	
60m M/W	Shot Put M/W
2000m Steeplechase M60+/W	Javelin M
3000m Steeplechase M30-59	Hammer W
Short Hurdles M/W	Triple Jump M/W
100m M/W	Long Jump M/W
1500m M/W	Weight M/W30-59
Long Hurdles M/W	Discus M/W60+
<b>SUNDAY 27th November 9.00am START</b>	
200m M/W	Weight Pentathlon M/W
Pentathlon M/W	
800m M/W	
5000m M/W	<b>Please Note</b> - 3000m/5000m runners and walkers -
5000m Track Walk M/W	please arrange your own Lap Scorers.

## ENTRIES CLOSE 11 November 2016

Cheques payable to : Manawatu/Wanganui Masters Athletics

Direct Credit to: 03-1522-0002841-08

Ref: Surname Code: Your NZMA No

Postal Entries and Enquiries to:

Jen Fee, P O Box 5369, Terrace End Palmerston North 4441

P: 06 353 7739 E: mwmasters@gmail.com

On-Line entries: A link is available on [www.nzmastersathletics.org.nz](http://www.nzmastersathletics.org.nz)

### ENTRY FEES

NZMA Fee plus first event fee	\$ 30.00
Each additional event @ \$7.00	\$ _____
Each Multi Events @ \$10.00	\$ _____

**TOTAL ENCLOSED \$**

### OFFICIALS REGISTRATION

We need your help. We are a very small club with loyal helpers but we are not enough. If you have an official's grading, awesome! If not and you are willing to help, brilliant!

Name	<input type="text"/>
Address	<input type="text"/>
Phone No.	Officials Grade
<input type="text"/>	<input type="text"/>
Email	<input type="text"/>
Preferred Event	<input type="text"/>
2nd Choice	<input type="text"/>



# 91 Countries To Compete In Perth

by Jade Just



Elizabeth Quay - Opening Ceremony Location

Over 4,000 athletes and 91 countries have registered to compete in the XXII 2016 World Masters Athletics Championships in Perth, Western Australia from 26 October to 6 November.

The Oceania Region has put together a strong representation with 1,533 athletes and almost 100 officials registered for the event. Australia and New Zealand make up the bulk for Oceania entries but significantly there are also athletes coming from the Cook Islands and Fiji.

“It’s incredibly rewarding to have so many athletes signed up to compete in Perth and we can’t wait to show off our beautiful city to the participants and their supporters,” said Event Director David Budge.

“Our aim from day one was to set the benchmark for all future masters’ championships and we feel we’re well on the way to achieving that goal,” said David.

Now that entries have closed the event management staff are hard at work making sure everything is in order for the opening of the championships.

“The execution of Perth 2016 is undoubtedly a huge task but one that we’re excited to deliver to the highest of event standards,” said Event Operations Manager, Paul Groeneveld.

“The Opening Ceremony on 25 October is set to be very special. It will be held in one of Perth’s newest developments, Elizabeth Quay, which has the city as its backdrop as well as river views.”

“Participants can also look forward to the Athletes’ Party at the Perth Zoo and of course the competition itself at our world-class venues,” said Paul.

Participant entries have now closed but there are opportunities to be involved as a volunteer.

Perth 2016 are building a fantastic team of volunteers across various roles, registrations and role descriptions can be found at [www.perth2016.com](http://www.perth2016.com)

## ASK THE COACH - RACEWALKING

It is easy to overlook the popularity of Racewalking and as I write this article I am reliably informed that all the major TV networks are demanding that the International Olympic Committee bow to public pressure and include 6 more walking events in the 2028 Games.

In spite of it’s popularity, racewalking is not for the faint hearted, particularly for Masters Athletes. It is a technical event and you need to maintain your form and not infringe the rules even when you get tired.

### RULES

There are only two rules in racewalking:

You must at all times appear to be in contact with the ground, and

Your leg must be locked from the time your heel touches the ground until it passes the vertical.



Correct Technique



Incorrect Technique. Knee bent on contact.

### CAUTIONS

This is an area where there is much confusion. If a judge shows you one of 3 yellow paddles it is just a warning and does not count toward disqualification. A judge can also red card you, you won’t know about this. If 3 judges give you reds you will be shown the red paddle and you will be asked to leave the course and maybe, the State.

### KEEPING YOUR FORM

As you can see the Japanese walker (below) is starting to tire and yet he manages to retain perfect form with lovely straight knees and excellent contact with the ground. It could only be the years of hard work that has allowed him to perform so well near the end of the race



Contact Knees Your fly is undone Disqualified



### THE COACH

### THE VERY BEST

Australia has produced some great racewalkers, but none better than these two stylists



This page is kindly reproduced from the Victorian Masters Athletics “Footprints” e-magazine June 2016

# NZ Cross Country Championships

## 7<sup>th</sup> August 2016

by Michael Wray

All the talk from Auckland in the build-up to the NZ Cross Country Championships was of deep mud, sloppy surfaces and heavy going. Coming fresh from the Wellington Centre Champs being held on the muddiest course I've ever encountered, I was sceptical of Auckland's claims. On the day itself, the strong winds before the event managed to dry out the course somewhat. The home straight was the only part of the course to offer boggy conditions, while the rest of the course was quite dry. The finishing area, particularly the exit point behind the chute, was the muddiest part and if that was representative of the expected conditions it would have made for a very different experience. Despite the drying out of the course, the long grass still made it feel quite heavy.

It has to be said the course mapped out around the Auckland Domain was pretty dull - no jumps and little elevation change. We ran around the central hill and trees within the Domain, ignoring the obvious option of heading up and down the slope at any point.

The master's men ran out first. With two of the faster masters, Steve Day and Steve Rees-Jones, competing in the senior grade instead, we were denied the opportunity of seeing local runner Greg Darbyshire being fully tested.

From the outset, M35 Darbyshire cut a distinctive figure out the front with his back-to-front white baseball cap. He was shadowed closely in the initial stages by team mate M35 Liam Scopes and Wellington M40 runners Dan Clendon and Dan Nixon. M50 Richard Bennett and M35 Mat Rogers did their best to hang on to the leading pack but found themselves a little off the pace.

By half way, Darbyshire had surged a few seconds ahead and held his advantage without serious challenge all the way to the finish. Liam Scopes secured silver in the M35s, albeit that he fell behind Clendon overall. Aucklander Brad Luiten gave the hosts a clean sweep of the M35 medals, holding off Southlander Dwight Grieve.

The M40 field was strong and competitive. As noted, Clendon came in first and early running companion Nixon finished second. The chase for bronze was a dogfight between a number of runners and finished with local runner Sasha Daniels seeing off team mate Nick Moore, Waikato's Jason Cameron, Wellington's Andrew Wharton and Canterbury's David Fitch.

Chris Mardon led the M45 grade throughout but had to endure a late challenge from Chris Robb. Richard Conyngham held on to bronze after early pressure from Michael Wray gave way to later pressure from Gavin Butler.

Richard Bennett stayed fairly close to the lead runners to blitz the M50 grade by a margin nearer two minutes than one. Peter Stevens ran the whole race in second place but had to be alert to a fast finishing Mark Bright.

In the M55s, Alastair Prangnell ran a well-judged race to build on a conservative start and claim victory over fellow Aucklander David Lear. Ian Calder was never really able to challenge David for the silver and instead had to focus on keeping ahead of Anthony Rogal.

The M60 race was a duel between Wellington's Paul Sharp and Tony Price, decided in favour of the former. Colin Earwaker wasn't far behind, just 19 seconds, and a long way ahead of Gavin Smith.

The older age groups were only asked to run three laps for 6km and the winners of each grade - Tony McManus M65, Michael Bond M70, Ron Robertson M75 and Jim Feist M80 - all came through with comfortable margins.

The W35 and W40 races put on some reasonably close gold medal contests. Mel Aitken and Johanna Buick stayed fairly tight but Aitken gradually eased her way to the win.

Paula Canning had the early running in the W40s, seemingly intent on keeping tabs with Sally Gibbs. After half way, Canning began to fall back and Anna McRae took full advantage to move into the lead for the final lap.

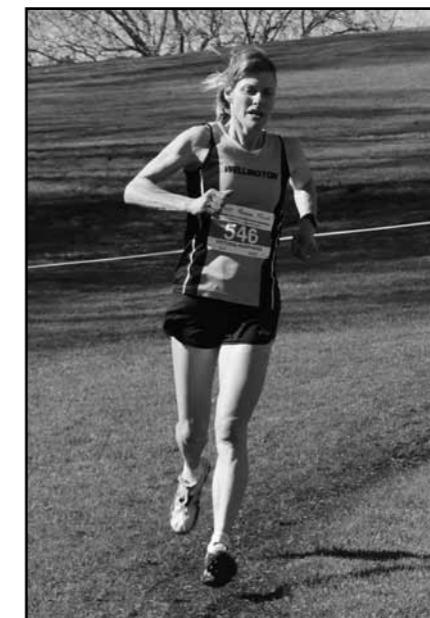
The remaining age groups were not particularly close with all the medallists spaced out from their rivals. Maggie Chorley was comfortable in the W45s and, as expected, Sally Gibbs romped through to first overall in the master's women race. She had a two minute advantage over the next W50 and over a minute ahead of any age-group runner. Joy Baker enjoyed the biggest winning margin of all, crossing the line with an advantage of five and a half minutes in the W65s.

In the teams, Auckland swept both men's grades but missed out in the women. Placing five runners in the top seven produced a convincing win over Wellington and Waikato secured third M35 team by virtue of being the only remaining centre with four runners. It was closer in the M50s, where Waikato had three runners in the top eight. However, they had to settle for silver, just two points ahead of Wellington, as Auckland's first four were all in the top ten.

Waikato won the master's women, with their fourth placed runner finishing ahead of anyone else's third. Canterbury were fairly comfortable in second, while Wellington eked out a narrow bronze medal finish two points in front of Auckland.



Anna McRae 1st W40



Victoria Humphries 2nd W50



Jim Feist 1st M80+



From L-R: Christopher Robb 2nd M45, Nick Moore 4th M40, Sasha Daniels 3rd M40, Ben Winder 3th M35



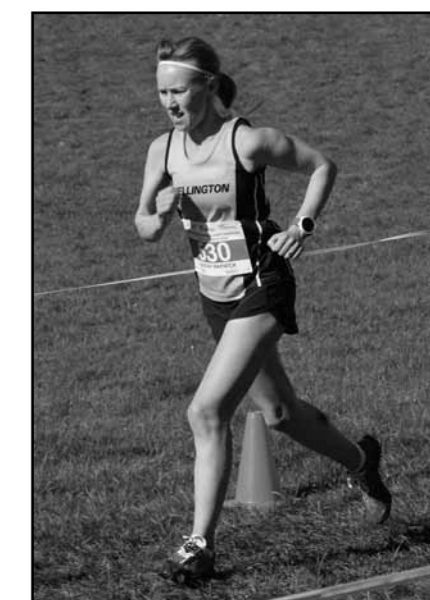
Paula Canning leads Joanna Buick and Mel Aitken in the chasing group



Barry Dewar 2nd M65



Paul Sharp 1st M60



Lindsay Barwick 5th W40

PHOTOS: Sharon Wray



# Nth Island Cross Country Championships

by Michael Wray

A cold start to the North Island Cross Country Champs had some atmospheric visual effects. The white, frozen ground gave a winter wonderland look to the venue. As the sun rose and the temperature moved into the positive side of the scale, the frost evaporated into steam to cast a ghostly feel to the course. Running a warm-up lap, the foggy cloud forced one to stay alert to stay on course. One or two of the master's men ran barefoot, which I considered somewhat brave (foolhardy?) given the frozen, hard ground.

As last year, the start/finish times of each wave overlap. This is unfortunate with regards to being able to watch or take photos for other races, so no photos or detailed race reports again this year from Sharon or myself as one starts running before the other has finished.

The start, at least for the M35-49 race, was somewhat abrupt. The words "take your marks" and "go" being delivered in a stream-of-consciousness command "takeyourmarksgo" as if one word. There was a bit of a delay before the assembled field realised what had just happened and the clock had actually started.

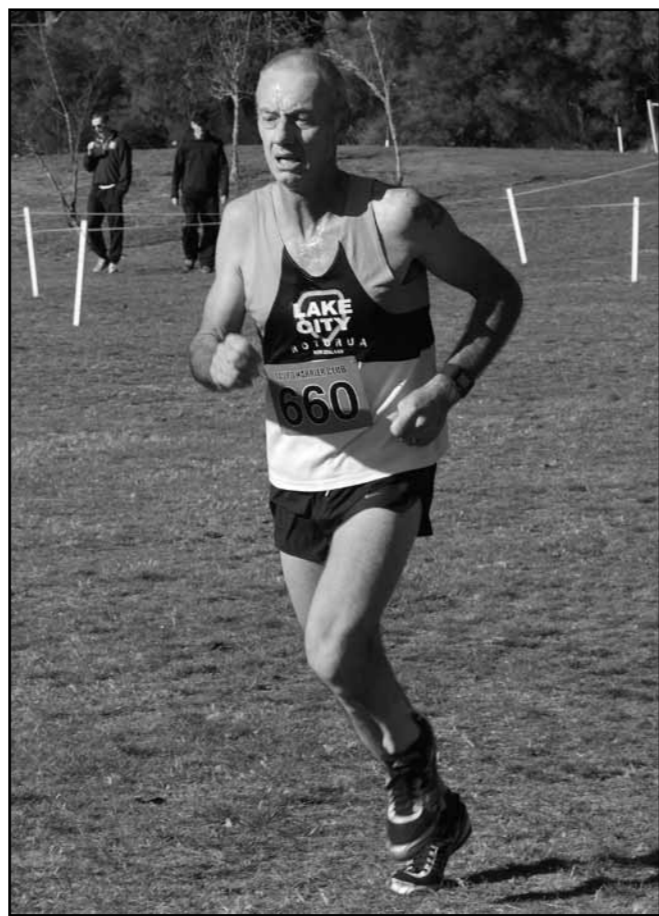
The front of the M35s put on a good race between two local rivals. Wellington reps Mat Rogers and Ben Winder have traded places throughout the season. This time it was Mat who triumphed, by five seconds. A little further behind, Waikato's Matthew Parsonage finished third without coming under pressure from fourth.

Stephen Day took charge of the younger master's race, winning the race outright and in the process setting a new M40 record. Jason Cameron demonstrated his continuing return to former fitness to take silver, just a few months before entering the M45s too. Paul Barwick finished strongly for bronze to ensure Dean Chiplin didn't threaten.

Michael Wray and Tony Broadhead swapped places throughout the race, until Michael surged a kilometre out to win the M45s. Richard Conyngham, who had been a mere witness up to that point, came within a second of taking advantage of Tony easing up. Both finished with the same time as Tony held onto silver by the slenderest of margins.

The W35s suffered a little this year, with the winner running a slower time than any grade younger than 60. Andrena Clarke still managed an age-group win by almost two minutes ahead of Jeltse Keizer and Kirstin Foley.

It was a tighter contest in the W40s. Renae Creser finished five seconds ahead of Lindsay Barwick with Juanita Paterson only nine seconds further back. However, the W45s were widely spaced between Bridget Deverall, Andrea Harris and Nicola Carver.



Bruce Edwards 3rd M55

Sally Gibbs ran to a comfortable win at the head of the masters women overall. Bridget Ray finished second a long way back but even further ahead of Sue Parcell.

Records fell in all the older women grades - Judith Taylor in the W60s, Joy Baker in the W65s and Fay Hartley in the W70s.

Dallas McCallum ran aggressively at the head of the older master's men before easing off as his win came unthreatened. John Crane came under pressure from Dave Kettles and Peter Stevens but still took silver, leaving Dave to outshine fellow Wellingtonian and club mate Peter.

Alastair Prangnell and Colin Earwaker put on a good race, fighting for the M55 gold all the way to the finish. Alistair won by just a single second; Bruce Edwards, only 30 seconds behind, was poised to take advantage if there had been any faltering.

It was less competitive in the older groups. For the M60s Tony Price, Gavin Smith and Kevin Raven spaced themselves out on the way to the podium. Dennis Madden, Alan Jones and Ray Wallis all came in comfortably ahead of any chasers in the M65, M70 and M75s.



Tony Price 1st M60



Alistair Prangnell (AKL) 1st M55



Ray Wallis 1st M75



Dave Kettles - 3rd M50



Don McGowan 2nd M65 followed by John Skinnon 3rd M65

# Wing Commander Max Carr O.B.E.

14 June 1922 – 5 July 2016

by Murray Clarkson

Humble in manner and personality, Max was both an inspiration and friend to many. A gentleman and quiet achiever in all that he was involved in, he was also a great mentor to all who were fortunate to take advantage of his wealth of knowledge and technical precision for which Max was acknowledged as a master.

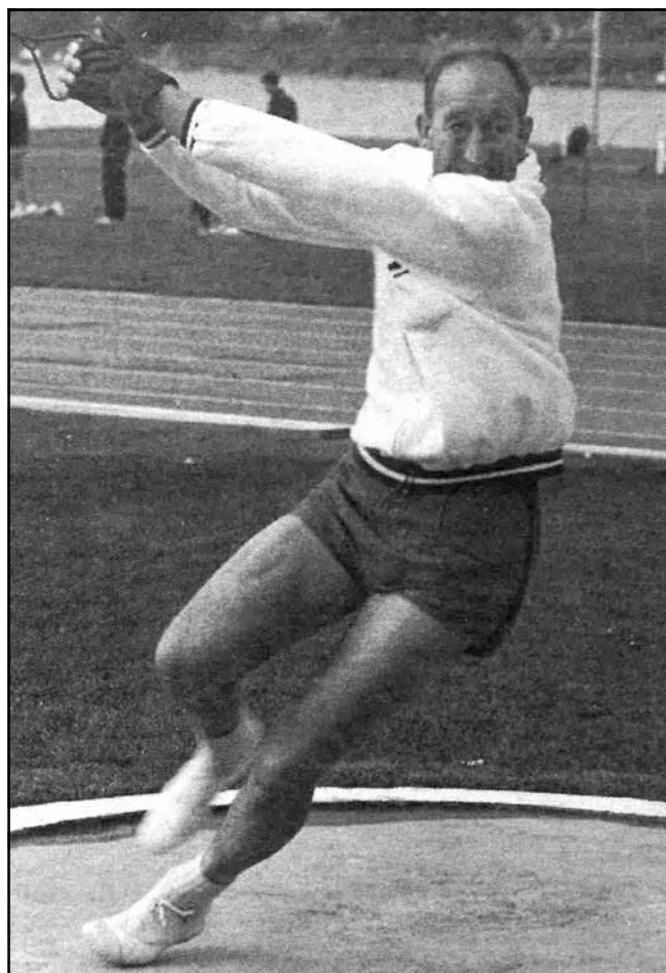
Born in Christchurch from humble beginnings, he was academically astute and just missed being dux of his school by a narrow margin. He was top engineering student at Christchurch Technical College where he started to shine as an athlete. After being an army cadet at school, he later pursued a career with the Air Force.

His focus after completing his schooling was as an engineering draughtsman cadet with the Public Works Department. He then joined the war effort but was not able to do active service due to a hammer toe. He was involved as an officer in the artillery home forces and then later as the need arose became a pilot serving in the Pacific. There are many stories of his adventures and experiences during this time. He was fortunate to survive many dramatic incidents and was discharged from the forces on 6 December 1945, aged 23.

After the war he went to university part time to complete an engineering degree while he was re-employed with the Public Works with assignments at Lake Pukaki and in Auckland. The public service salary, however, was not good and at this stage Max was looking to establish a life-time partner. The Air Force were establishing peacetime facilities for returned airmen and women and required offices and buildings to accommodate the extra staff required to oversee this operation. He became Wing Commander and Head of the Property Division for the combined forces. Max was the ideal person for getting the job done and being realistic in the financial outlays.

Max and Joy were married in 1949 and formed an inseparable partnership having many experiences together. Joy was an accomplished netball and tennis player, retiring from the courts at aged 80. They spent 67 years together. In 1966 as Wing Commander, Max was awarded the OBE for services to the military.

Compulsory retirement from the Armed Forces came when Max was only 50 (1972). Looking for something interesting to do, Max's enquiries led to a posting in India with Foreign Affairs for 3 years. Returning home, he spent two years working with Foreign Affairs in Wellington followed by a 3 year posting to Kuala Lumpur in Malaysia. After returning home again, he was appointed Head of



**MEDAL SPIN:** Max Carr winds up for another throw.

Property at Foreign Affairs and was tasked to oversee the design, build and shift into a new building. Two years later residential retirement was reached.

Max was asked to organise the opening of a new Embassy in Mexico City, which was a 4 month operation. Next was the establishment of manuals to pass on to future staff followed by a new office in Saudi Arabia. Being a willing worker it did not take long before he was off to Zimbabwe to set up a post in Harare. His final "retirement" trip was to Niue to organise the Public Works operation. This had its difficulties and the process was handed on after Max had set up the structure.

His involvement in athletics started when he was at school. He showed ability as a sprinter as well as for field events at which he later excelled. He was school champion in 7 events and 2nd in the 100 yards, with

three of these being school records. He held the NZ Junior long jump record at 21 feet 11 inches. The war curtailed his competition efforts although he continued to keep fit and teach and train others in the art of field events. On his postings, he was involved in training athletic groups within the countries he was stationed. In 1950, Max was selected to represent NZ at the Empire Games in the hammer throw. He was also Flag Bearer and Captain of the 1954 Empire Games team in Vancouver and Team Manager at the Tokyo Olympics in 1964. He competed for 25 years as a master, mainly in the hammer throw, amassing 30 national titles. He competed in World Masters Athletics Championships in Christchurch, Japan and South Africa, with podium appearances at each. He still holds the M75 weight throw and hammer throw records.

Max had an eventful life and his many memories and stories of his experiences had a lasting impression on all those with whom he conversed. We extend our condolences to Joy, Carolyn and family on their loss at the passing of a true champion of our sport.



## Coaching Corner

by Mike Weddell



Do you coach or have a coach? If the answer is yes to either of those questions the next question that needs to be asked – is your athlete coach relationship two-way? It should be even if you coach yourself. A coach cannot do a good job without feedback from the athlete. Of course athletes often give feedback but coaches may not listen to it just as athletes do not always listen to their coaches.

In athletics many coaches write out a programme covering several weeks or even months with details of training sessions, however the coach should be getting feedback regularly from the athlete to make sure that they are adapting to the training. The programme may become too easy or, much worse, it may overload the athlete increasing the chance of sickness or injury.

Training programmes should not be written in stone but should be flexible and adapted to the current state of the athlete and the total load of stress that they are under. Family circumstances, work load and sickness as well as training all contribute to total stress. Once the total stress reaches a critical level something has to give and the result is either sickness or injury. Since training is the only optional contributor to stress it has to be the one that is reduced. This may seem counterproductive from the athletic performance point of

view but if it means avoiding a prolonged cessation of training through sickness or injury it is by far the lesser of two evils.

To avoid such enforced breaks in training the communication between coach and athlete is very important. The athlete lets the coach know how they are feeling and any problems that arise and the coach needs to listen and make appropriate adjustment to the programme.

The coach should also be looking to see how athletes are coping with the training when attending sessions. I often adjust training on the day or get them to skip it all together if they are not coping.

Athletes that do other sports as well or compete at school need to be watched for overtraining as school aged athletes often find it hard to say no when they are picked for teams.

When coaching master's athletes it is not uncommon for them to add in extra sessions when approaching major competitions which increase the chances of injury.

If the plan is (and it should be) for an athlete to arrive at the most important competitions in the best condition athlete and coach should listen to each other.



# Horrors – I’ve Been Shown A Yellow Paddle

by George White

Even experienced walkers may seem surprised when shown the yellow paddle, been given a red card or the ultimate – been disqualified. What should you do? Firstly don’t get annoyed with the judges. You may well feel that you are walking correctly, but if you are on the edge – it is just not possible to be sure yourself. Anyone can pick an obvious loss of contact or bent knee but judges are used for the less obvious situations.

Like judges in diving or gymnastics their determinations are subjective and many factors may come into play including an actual breach of the rule. There can be other factors such as particularly knobby knees or very muscly legs or a very peculiar style and that is why we normally have at least 6 judges and require at least 3 of them to agree that there is a breach. Also remember top walkers are always at the edge of legality. You want to go as fast as possible while still being legal. This sometimes means you will go just over the limit and receive cautions or red cards. Indeed some top coaches believe the best race is where their athlete has received 2 red cards – indicating that they have pushed the limit.

If the worst happens, firstly look at how you are racing. What would be really good would be a Harry Potter invisibility cloak – but without one of those it is important not to draw attention to yourself as the more reasons 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 your head bobbing up and down, a forward lean, your feet slapping the ground, wild arm swings and very bright clothing.

Also re-think your race strategy. Are you walking near others with a better style or who may naturally hyper-extend their knee? This happened to me in the 5 km track walk at the World Championships in Italy. I was walking at a pace I could sustain for the race but was walking alongside an athlete who had particularly straight knees. I received 2 red cards for bent knees and then went on to make another bad decision by deliberately backing off the pace. This may seem a logical reaction and this may be the right thing to do if you are really over extending yourself – but it can have the effect of making things worse. I ended up getting a third red for lifting! It may be far better to not change your pace and to concentrate specifically on strategy and technique. In the 10 km and 20km races I deliberately walked alone and did not receive even a yellow paddle. Of course the best way to avoid scrutiny is to look very smooth and legal. Appearances are a bigger issue than many judges care to admit!

Accept the yellow paddle or red card as a form of help. Use them to your advantage and revisit your style to walk better. Are you going too fast for your level of fitness?

Are you doing everything you know you should be doing in relation to your technique? Where you can, evaluate your form for the rest of the race or if that is not practical, make a point of this evaluation before you race again. You will not be a good race walker unless you conquer technique first. Inefficient technique costs energy – far more so than in running. The smoother your style, the faster, more efficient and less injury prone you are likely to be. You are also more likely to be legal and rightly or wrongly it will look more legal.

Before we do look at technique please do not use age as an excuse for poor form. Obviously as we age, the ability to correctly straighten our legs becomes more difficult but we should adopt the mindset that we are never too old to maintain legal technique. This is achieved by maintaining flexibility and strength especially in the hamstrings, quads, calves and lower back and by not trying to walk at a faster speed than technique allows.

There are a multitude of technique issues to address when wanting to walk both fast and legal but here I shall just address those that specifically impact on legality. Obviously the whole body is important when legal action is required, but there is no doubt what goes on from the waist down is most important. As far as the upper body goes it is important to maintain an upright stature. A forward lean results in the hips moving backwards and reduces the ability to use them for stride length. It will also make it more difficult to straighten the knee. When race walking our shoulders often tighten and rise, resulting in the centre of gravity also rising and this makes it harder to lower the front foot before the back foot leaves the ground. Concentrate on keeping elbows low to relax the shoulders.

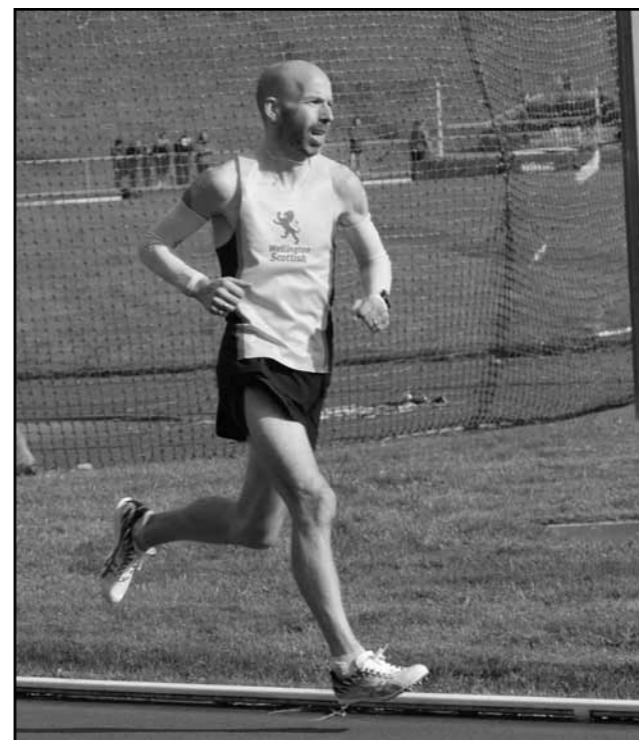
Below the waist, the hips simultaneously perform a wide variety of complex functions including tilt, rotation and drop. It is good when the hips drive the length of the stride, but if you just try to push the front foot too far in front of the body, it will tend to float above the ground and you may lose the double support.

A close to flat foot landing is almost certainly going to result in bent knees. Ideally you should make contact with the toes high off the ground and keep them up while you roll the foot. You should roll up onto your toes to push forward rather than just lifting the foot off the ground. Pushing off too early propels your body upwards instead of forward.

Drive your leg forward with the knee as low to the ground as possible and let your foot skim the ground as it swings through. This action requires some bending of the knee on the leg but if the leg is bent too much and the foot comes through high it is harder to get the foot down to the ground before the

back foot leaves the ground. This can lead to lifting and bent knees. Driving your knee high as your leg swings forward not only wastes energy, but also looks more like running.

With these and all other issues race walkers need to keep in mind, it is essential to get help. There is no way you can think of everything all of the time so you need prompts to focus your attention. Use a track marking or any other static marker to draw your attention to form and go through head to toe how you are currently walking. However do not use judges as a prompt as immediate form changes may draw unwanted attention to you.



Michael Wray at the Palmerston North track meet



Andrea Harris at the Palmerston North track meet



The leading pack winds its way down the slope at the National Cross Country Championships in Auckland

PHOTOS: Sharon Wray

# US Masters National Championships

by John Campbell

The city of Grand Rapids in Michigan, was the venue for the 2016 USATF National Masters Champs. As it so happens, it is approximately one hour's drive from our new home in the city of Lansing, which is the state capital (yes, I moved to the US).

I had all the intentions of competing against the mighty American athletes and taking on the best in the country. Alas, that was not to be, as I am still struggling with my tendon injury.

Even though I wasn't competing, I decided to drive out to watch the second day of the champs - soak up the atmosphere and get some photos.

The track was superb in the familiar 'mondo blue' and the facilities were excellent. One thing that the officials do very well, is have the results populate on the large scoreboards within seconds of each race being finished. There is a link via the photo finish that displays the official times, which is great for the spectators.

What I did notice, is that the centre field of the track is unused. They seem to hold the field events in a separate area, away from the track. This gave appearance that the stadium was half full. With a total of 1018 athletes competing over the weekend, this was not the case at all - rather that they were spread out over the complex.

That also meant some pluses and minuses...I couldn't be in two places at once, so I concentrated on the track, but it also meant that there was more room for the track athletes and supporters.

Of course nobody knew me, yet the people were quite friendly and I struck up some conversations with athletes of varying backgrounds. Actually, I did meet someone I raced against at the WMA champs in Brazil. Martin Prime (from Trinidad and Tobago) was there to compete in the sprints and we chatted for a while, like we were long lost friends. It made me feel great that both perfect strangers and a brief acquaintance I had met over two years ago, could be so friendly and bond over their enjoyment of athletics.

Not long after I arrived, they started the track programme for the day, which was the 100m sprints. I was eager to see (in person) how good these athletes really were. In comparison to our championships, they are actually very similar, however they do tend to be more formal. What I mean by that, is that they have a call room and only usher out the athletes on to the track, just prior to their respective events. This keeps things quite orderly and prevents chaos from occurring.

Being an American event - you guessed it...there was the national anthem, which amazingly enough was sung by one of the track athletes. Consider me impressed. He did an amazing job and even sang it acapella! Then there are the numerous American flags dotted around. This is a very patriotic country for sure.

Back to the competition. The standard overall was very good, with many world champions and record holders taking part. The list of names was like a 'who's who' of track and field... Bill Collins, Kathy Bergen, Oscar Peyton and others.

One event that was memorable, was the W80 -104 100m sprint. I was looking at the scoreboard and thought that all of the women had crossed the line. Nearly two minutes later I noticed that in fact, there was one solitary woman dressed in white slacks, slowly walking down the track with a woman following closely behind. She was 99 year old Jeanette Baas and while she wasn't 'sprinting' per se, she was shuffling down the track as fast as she could. A couple of times, there were moments when it looked like she may fall, but she managed to keep her composure right to the line. She received a standing ovation for her effort (quite rightly) and finished in a time of 4:02.55.

Overall it was a great experience and well worth the drive. Next year the US nationals will be held in Baton Rouge, Louisiana. Being an optimist, I'm hopeful of making a comeback and if not by the WMG in Auckland, then someday soon...

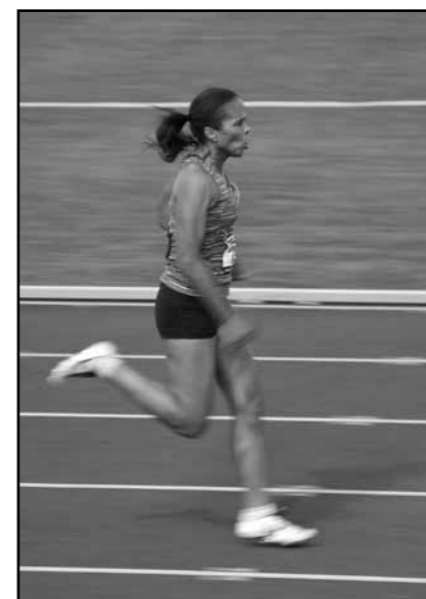
Until then - as the **other** John Campbell would say..."ka kite ano and have a very good evening indeed!"



Jeanette Baas (age 99) being 'supervised' as she completes the 100m



Once over the finish line - it's back to the 'walker'



W50 100m winner Renee Shepherd



The electronic scoreboards that display the placings/times - almost in real time



Panorama of the track at Grand Rapids, MI - venue for the USATF Masters National Championships



South Island Masters Track & Field Championships Entry Form 18 <sup>th</sup> – 20 <sup>th</sup> November 2016 Aorangi Stadium, Timaru	
First name:	
Surname :	
Postal address:	
ANZ or NZMA member (Circle)	NZMA Reg No.
ANZ Club:	
Date of birth:	Age group: M or W
Centre:	
Telephone:	
E-mail:	
Emergency contact details (name & telephone):	
<b>Entries close 1<sup>st</sup> November 2016</b> (Late entries close 8 <sup>th</sup> November 2016)	
<b>South Island Championship entry fees</b>	
Registration (NZMA & Admin fee)	<b>\$20.00</b>
Additional event fee/s: @ \$8.00	
Throws Pentathlon \$12.00	
Track Pentathlon \$12.00	
Are you interested in attending a BYO BBQ on Saturday @ 5:30 p.m.? (FREE) (More details to follow if enough interest)	Yes / No (Circle)
Certificate @ \$7.50 each (Sent out post meeting)	
<b>Late entry fee \$20.00 extra</b>	
<b>Total to PAY:</b>	<b>\$</b>
<b>Enter on-line via NZMA website</b> CMA Bank Account for direct debit: <b>ANZ Bank: 11 7800 0053698 11</b> (Please use your name as a reference)	
<b>Cheques payable to:</b> Canterbury Masters Athletics Inc <b>Send Postal Entries / Cheques to:</b> 12 Highcrest Heights Westmorland Christchurch 8025	
<b>Enquires to</b> Andrew Stark: <a href="mailto:aws@xtra.co.nz">aws@xtra.co.nz</a> (03 338 0516)	
<b>Declaration:</b> I declare that I am a financial ANZ or NZMA Competitive member for the 2016 / 2017 season. In the event of an 'Act of God' conditions causing cancellation of the event, my total entry fee is not refundable. Neither the organisers, the sponsors, nor other parties associated with the events shall be have 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.	
Signed:	

Draft Programme & Event Timetable			
Friday 18th November 2016			
Time	Events		Tick
4:30 p.m.	Hammer	M	
4:45 p.m.	Shot Put	W	
5:00 p.m.	400m	M/W	
5:30 p.m.	3000m Track Walk	M/W	
5:45 p.m.	Long Jump	M/W	
6:00 p.m.	Hammer	W	
6:00 p.m.	Shot Put	M	
6:15 p.m.	3000m	M/W	
Saturday 19th November 2016			
Time	Events		Tick
12:40 p.m.	Short Hurdles	M/W	
1:30 p.m.	Discus	W	
1:45 p.m.	Javelin	M	
2:30 p.m.	60m	M/W	
2:50 p.m.	Discus	M	
2:50 p.m.	Javelin	W	
3:00 p.m.	2000m Steeplechase	M60+/W	
3:00 p.m.	High Jump	M/W	
3:15 p.m.	3000m Steeplechase	M30-60	
3:30 p.m.	Long Hurdles	M/W	
3:55 p.m.	100m	M/W	
4:15 p.m.	1500m	M/W	
4:15 p.m.	Weight	M/W	
4:20 p.m.	Triple Jump	M/W	
5:30 p.m.	Trackside BBQ	Yes / No	
Sunday 20th November 2016			
Time	Events		Tick
9:20 a.m.	Pentathlon	M/W	
9:35 a.m.	Throws Pentathlon	M/W	
10:00 a.m.	5000m	M/W	
10:40 a.m.	200m	M/W	
10:50 a.m.	5000m Track Walk (Note: This event may be combined with 5000m race)	M/W	
11:25 a.m.	800m	M/W	
12:30 p.m.	Pole Vault	M/W	

*This meeting is part of an Athletics Canterbury Combined Events and Interclub meeting. CMA acknowledges the help we will receive from Athletics Canterbury and local Timaru sub-centre officials.*

*It is possible there may be slight changes to the start times of some events once entries are finalised. All athletes will be notified prior to the event should this occur.*

Officials Registration:	
Name:	
Telephone:	
E-mail:	
Grading (not required, but helpful)	
Preferred Event:	
1 <sup>st</sup> Choice:	
2 <sup>nd</sup> Choice:	

# Northland

by Margaret Crooke and Oringa Barach

Cross country and road events are drawing to an end for another year. The 2 July saw the Northland Masters cross country champs included in Athletics Northland event. Barge Park was the venue and the weather was beautiful. This year we had a 2km loop meaning the hills were run three times for masters women and four for the men. Ian Calder 10k 41.36 and Ady McKenzie 8k 35.44 opted for the senior grades and both were winners. The following day 3 July, Judith Bradshaw who had ventured across the ditch to run the Gold Coast half marathon, was second in W65-69 age group with a time of 1hr 49.31. Great run Judith.

The NZ Cross Country Champs were held on 7 August at the Auckland Domain. Northland had three entrants, with Ian Calder 33.02, 3rd M55, Armin Kashammer M55 36.09 and Margaret Crooke 42.23 3rd W65. We were lucky and had a fine but cool day, not like the conditions that Brian and Oringa had the previous day in Taupo.

After superb weather and a great Taupo marathon event last year, Brian and I decided we would head down and tackle this event again on 6 August. Brian in the marathon and myself in the half - I had changed from the marathon to the half two weeks earlier which in hindsight was a good decision! The weather forecast wasn't promising but off we went anyway. Having slept in our van on the waterfront at Taupo listening to the rain beating down all night, the morning dawned with rain still falling, so we set off with more than some trepidation.

Brian headed off in the bus to the marathon start with polyprop, singlet and light raincoat, gloves and a beanie - I expressed my concern that this was far from adequate clothing and I was told to stop fussing and he would be fine! The temperature at this stage was about 2 degrees. I headed off for the half marathon start with beanie/cap, gloves and 3 layers of Icebreaker tops plus club singlet and a water proof raincoat. We arrived at the start, to be advised it was snowing at 5 Mile Bay!

As the runs progressed this proved to be true, sleet changing to snow at 5 Mile Bay about the 10km mark for the half and 30km for the full. Brian caught me up at about 13km in the half and said he couldn't feel his hands from the wrist down or his feet, but assured me he was warm underneath but I didn't believe him! I was frozen at this stage and to run was impossible as my water proof coat had given up the ghost. Feet were sodden and frozen. To get to the finish line not suffering from hypothermia was now the aim. Never have either of us been so cold in any event.

At the finish line, which was ankle deep in water and mud, the organizers were incredible. They had heaters in the events centre and herded everyone in there (no time for a finish line chats) to very welcome hot soup and rolls. It was nigh on impossible to hold the cup so slurping it was the only option. The marshals were superb and they would have been frozen too.

The following day when we could see - the snow was down to the Acacia Bay hills and on the bottom slopes of Mt Tauharoa. Thank God our van heats up in no time and was very warm.

It took both of us some considerable time to thaw out. The sauna at the AC baths was heaven!

All together a very memorable event and a credit to the organizers under very trying conditions. Brian's marathon time was 4:14 and he was 2nd M65 and Oringa's half time was 3:19.

Whilst everybody was engrossed in the pole vault in Rio, we were running in the Northland road champs. It was a mixed day regarding the weather, with master's women being the luckiest with the rain staying away. The largest field was W65 with six entrants - it seems to be a case of the older you get the bigger the field.

The Worlds in Perth are getting close. Six of our members are training hard - it will certainly be a big step up from local competition. We would like to wish the New Zealand contingent all the best and remember "Train, don't Strain".



Ian Calder at the National Cross Country Champs

PHOTO: Sharon Wray

# Auckland

by Alan Dougall and Murray Free

## NZ Masters Indoor Championships

Following on from last winter's success, we were delighted to again host this event at the AUT Millennium Stadium on Sunday 24 July. This event has been sanctioned by NZMA and became the First NZMA Indoor Championships. It was a great opportunity for those athletes preparing for the 2016 WMA Champs in Perth to test their progress in keen competition. Forty-seven competitors took part with members travelling from Northland, Waikato, Hawkes Bay, Wellington, and as far away as Otago.

Two new indoor events were introduced this year, the shot put and 50m hurdles. The shot put was tremendously popular using Valerie Adam's re-commissioned indoor training circle and hard shell shot puts specially imported from the USA for the event. (Hard shell shot puts are specifically made for indoors, have a slightly larger diameter and a different exterior non-abrasive surface for landing on floor pads).

With national titles and best performances up for grabs, together with loud "grunts" coming from the shot put area and the reverberation of the starter's gun inside the building, there was lots of "tension in the air". Competition was very sharp across all events. As many as 50 best performances/records were achieved and have been submitted for consideration.

It was unfortunate that intermittent "gremlins" in the photo timing equipment resulted in several races being rerun, or had non qualifying manual times. Otherwise, the number of best performances would certainly have been higher. Our apologies for this situation but unfortunately it was beyond our control.



Start of the 600m at the AMA Indoor Champs

The event was very well received by all and the day finished off with a very sociable and enjoyable afternoon tea in the upstairs lounge.

Our special thanks for financial support from the 4th World Games Trust and to the hard work put in by the Local Organising Committee.

We look forward to growing the event further next year.

## NZ Cross Country Championships

The New Zealand and Oceania Cross Country Champs were held at the Auckland Domain on 7 August. Beautiful sunny skies, no wind and slightly wet underfoot were the conditions that met our athletes at the Auckland Domain for the National XC Champs.

A new course layout was used as a dress rehearsal for the World Masters Games in April 2017. Most of the course could be seen from the iconic Domain Grandstand so made for great spectator viewing. There were good fields in the master's races and a good turnout from our AMA members.

A number of our members competed for Auckland with others making the most of the being in the host city competing proudly in their club singlets.

Those to podium were: M45 Chris Robb (2nd); Richard Conyngham (3rd); M50 Mark Bright (3rd); M55 Alistair Prangnell (1st); and W60 Liz Hardley (3rd).

WMG Staff were on site and very impressed with the event giving positive feedback to organisers. Race commentary by Kerry Rodger added to a professional and enjoyable event.



Mixed Indoor 50m hurdles at the AMA Indoor Champs

PHOTOS: Murray Free



From L to R: Alistair Prangnell, Mark Bright and Andrew Sexton (front and centre)



Michael Craig (129) and Jamie Halla (149)



AMA President - Alan Dougall in the 600m



# Waikato/Bay of Plenty

by Ray Laurie

At this time of the year activity in the competition area gives way to assessment of the performance over the past year and the appointment of the administrators for the current new year. The 2015/2016 has been a successful year and the Committee executive was re-elected as follows:

**President:** Murray Clarkson; **Treasurer:** Fay Riley;

**Secretary:** Bruce Solomon. David Cooper was a newly elected member.

Trophies were awarded as follows:

**Masters Athlete of the Year** – Bruce Solomon

**Committee Trophy** - Murray Gower

The Committee Trophy is an award decided by the committee to the most worthy non-committee helper, who has assisted with the success of WBOP Masters events. Murray has always put his hand up and has organised and started at our events for many years.

Membership decreased from 97 in 2014/15 to 82 this year being in part due to members joining to compete in the NZMA championships when hosted in Tauranga. A small surplus was accrued with prudent management and our subscription will remain the same. We look forward to a challenging membership drive for the year ahead.

The drop-off of competitors in our Christmas event was a concern with more promotion needed for future events. Our winter social get-togethers, where there are the options of running or walking the scenic courses, are for enjoyment rather than competition. As a widespread centre, we find value in getting away from our dual bases of Tauranga and Hamilton giving these areas the opportunity to join WBOP Masters by our fitting in with local events in Rotorua and Whakatane.

## The Annual Cross-Country Event

The annual cross country run, walk and team event was held again at Waipuna Park on Sunday 19 June. Numbers were down a little as the date clashed with the funeral of Pauline Purser and the NZ Secondary Schools X/C Relay in Rotorua. As an age-graded event, results are always interesting. The results were:

### Women's 3k Run

Fiona Sinclair	18.38	Net 17.55	3
Karen Smith	19.27	14.50	1
Linda Reynolds	19.29	17.00	2

### Combined 3k Walk

Brendan Magill	22.42	Net 19.29	2
Barbara Allen	26.27	19.16	1
Bernie Allen	30.35	22.19	3
Barry Watson	30.36	24.14	4

### Men's 6k Run

Daniel Smith	24.18	Net 24.02	6
Craig Sinclair	24.58	22.46	5
Gavin Smith	25.41	22.25	1
Stu Smith	26.26	21.14	2
Dennis Madden	28.33	22.15	4
Craig Wilson	28.57	25.13	7
Murray Clarkson	29.26	21.55	3
Bruce Solomon	31.55	28.04	9
Ian Clarke	34.26	31.42	11
Alan Silvester	37.22	26.08	8
Ron Price	39.39	28.05	10

Teams Cross country Trophy - no qualifying team

## NZ Road Championships

These were held over a 1k circuit which was triangular in shape. It created a different approach and was interesting to compare lap times. Although a fine day, a strong head wind on one of the 300m straights was a challenge. We had four members taking part: Sally Gibbs won the W50 age group and was first overall in masters women 5km event and later in the day fifth in the senior women's 10km; Murray Clarkson was second in the M65 age group; Jason Cameron was third in the M45 age group; and Craig Sinclair also competed in the M45 age group. We had three ANZ age grade members taking part who we are inviting to join the Centre.



Colin Earwaker - 3rd M60 at the National Cross Country Champs

PHOTO: Sharon Wray

# Tasman

by Derek Shaw

## Tasman Cross Country Champs – 23 July 2016

Light drizzle and slippery muddy conditions under foot made the course around Branford Park rather challenging to stay upright on, particularly for those without spikes. These conditions resulted in smaller fields than usual, however several hardy Tasman masters did venture out. Paula Canning (W40) comfortably won the SW 8km race in 32:36. Joeline Jones (W30) was first in the 6km MW race in 28:21. In the MM 8km race, Tim Cross was 3rd M50-9 in a time of 34:18 and Derek Shaw was 2nd M60 in 37:44, while Ian Carter was unchallenged in the 6km M65+ event with 25:57.

## Tasman Road Champs – 20 August 2016

Pleasant conditions greeted those who fronted for the local road champs on the Hope road course. Paula Canning was the best performed Tasman Master finishing 5th overall in the 10km event and comfortably the first women to finish in 39:08. Tim Cross was 2nd M50-9 and 7th overall in 40:47, one place and 15s ahead of Barry Dewar 1st M60+, with Derek Shaw 2nd M60+ in 43:22.

## NZ Cross Country Champs – 7 August 2016

Four Tasman masters lined up on the start line on the Auckland Domain for the MM and MW races. Paula Canning started strongly in the 6km MW race in an effort to keep in touch with race leader Sally Gibbs. However as the early pace took its toll she slipped from 2nd place overall to finish 4th overall and 2nd in her W40 grade in a time of 25:25.

Barry Dewar was hoping to repeat his win last year in the M65 grade over the shorter 6km distance and faced challenges from not only fellow Tasman Master Ian Carter but also a rejuvenated Tony McManus. It quickly became apparent that Tony was in fine form as he steadily distanced himself from the Tasman runners to win in 23:50. Barry established an early gap over Ian and maintained this despite a determined bid from Ian and took the silver medal in 25:57, with Ian a further 9 seconds back. In the four lap race, Derek Shaw faced younger and much fitter competition in the M60 grade and finished 8th in 37:39.

## NZMA Track and Field Championships – Nelson 3-5 March 2016

The LOC is looking forward to hosting you in Nelson in March for these champs. The entry form and programme will be in the January issue of Vetline and also on the new NZMA website. These champs provide a good opportunity for some competition for those intending to take part in the World Masters Games in Auckland in April. They also provide a good opportunity for everybody to encourage some new masters along to give track and field events a go now that we have the MoU with ANZ on membership. They also provide some great 'rest and recreation' opportunities to see and experience some of the many attractions in the top of the South Island, including national parks and reserves, cycle trails, cafes, galleries, craft breweries and wineries. If you have any queries please contact LOC chairperson Derek Shaw, nikau@ts.co.nz, 03-5487537, 027-5487537.

# Vetline Subscriptions

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

Subscriptions will be made available to purchase through the NZMA website in the near future. Should you wish to purchase a subscription or require further info, please contact Andrew Stark at aws@xtra.co.nz or 03-338 0516.

# Taranaki

by Vicky Jones

The last 3 months have been busy, with most of the key regional fixtures taking place. On top of these, a sizable group took part in the North Island Cross Country Champs, and went onto NZ Champs. With the cross country fixtures wrapping up, attention has since turned to the road. To cap everything off, the centre held the annual awards evening celebrating the success of our members over the past year.

## Hughes Memorial 04/06/2016 - Hawera Showgrounds

This year's running of the Hughes Memorial drew a solid field of competitors of all ages. It marked Lynne Mackay's first outing in the W65 grade, which she celebrated by winning her new age group. It's a pity that most of those eligible for master's 5-year age group honours who competed are not TMA members, as they provided a large proportion of the fields.

Conditions underfoot weren't too slippery, considering the amount of rain the previous weekend, and it managed to hold off on the day - though it looked doubtful with a light shower just before the gun for the first race. The cloud cleared to blue sky and sunshine for the walkers and master's women, who all did 4km. Karen Gillum-Green comfortably won the W55 grade, while Vicky Adams continued her progress to fitness by running her first race in some time (with only a little walking, she's happy to say!), still coming in third in the W60 grade.

Meanwhile the master's men had to cover twice the distance with Des Phillips successfully completing the race after last year's accident. Alan Jones continued his rivalry with Feilding's Roger Woodruff in the M70, with the lead chopping and changing and Alan finally emerging the victor by 24 seconds.

In the walk, the winner was determined through estimated time - no watches allowed! This makes for a rather fair contest as the last over the line has the potential to be victorious. This year Vicky Jones claimed first prize being only 3 seconds outside her estimate (and under to boot!), with second equal only an extra 3 seconds further out.

### 4km Run

W55	Karen Gillum-Green	19.35 (1)
W60	Vicky Adams	26.09 (3)
W65	Lynne Mackay	25.47 (1)

### 8km Run

M65	Des Phillips	42.19 (1)
M70	Alan Jones	42.52 (1)

### 4km Walk

W35	Vicky Jones	31.07 (1)
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## Taranaki Open Walks 04/06/2016, Taranaki Cycle Park, Bell Block

While the Hughes Memorial was in progress in Hawera, the Taranaki Race Walking Club held the annual Taranaki Open Walks. Conditions of course were similar to those in Hawera - blue sky and sunshine with cool temperatures. This year Eric Kemsley had a crack at the RWNZ 15km Championships coming in third in a time of 1.26.21, while Alan Clarke came in second in the Hawera Cup raced over 15km, and Serena Coombes came in second in the Campbell Cup over 10km based on handicap. Very well done to those who competed, which included a handful of masters members from other centres who all achieved excellent results and lasted the distance.

## Tom Verney Memorial 11/06/2016, Stratford Racecourse

Conditions were ideal for this year's running of another stalwart of the regional cross country calendar. As always, Tom Verney Jnr's widow, Hinemoa was in attendance, with one of their sons acting as the family's spokesperson. This year saw a change in the course by reducing the 3km circuit to 2km in the opposite direction. This allowed for a reduction in distance for the M65 plus from 9km to a more racing friendly 6km - much to the relief of those affected. This brings things more in line with most national fixtures.

### 4km

W55	Karen Gillum-Green	20.38 (1)
W60	Vicky Adams	26.41 (1)
W65	Lynne Mackay	26.45 (1)

### 4km Walk

W35	Vicky Jones	33.37
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## North Island Cross Country Championships 02/07/2016, Taupo

Taranaki always sends a strong contingent to this event and always with great success. Alan Jones bettered his time from last year coming in under the old record

bettered last by Jim Kettlewell in the M70 grade. Alan now holds the second and third fastest times in this group. In the masters women sections Karen Gillum-Green, Vicky Adams and Lynne Mackay all took out their respective grades. Conditions I understand were clear, cold and frosty with a cold mist hovering just above the ground. Beautiful.

### 6km

M65	Des Phillips	30.41 (7)
M70	Alan Jones	40.51 (1)

### 5km

W55	Karen Gillum-Green	24.10 (3)
W60	Vicky Adams	30.23 (5)
W65	Lynne Mackay	30.12 (3)

## TET Taranaki Awards 20/06/2016, Plymouth Hotel

This year's centre equivalent of the Halberg awards saw the strongest ever field of nominees for the Masters Female and Master Male athlete categories, all with impressive CVs for the previous 12 months. Alan Jones and Lynne Mackay emerged the worthy winners of their respective categories. Members also featured strongly in other categories - that of coach and volunteer of the year. Karen Gillum-Green was a worthy nominee for coach with an amazing group of young people she takes great pride in working with. Alan Jones received much due recognition of his work to claim the volunteer of the year. The evening was greatly enhanced by an entertaining and inspiring speech by triathlete Sam Warriner peppered with many pearls of wisdom for those of all ages.

## TET Athletics Taranaki Cross Country Championships 23/07/2016, Waitara

On a gloomy, wet winter's day, our regional cross country championships took place. Thankfully the showers were

intermittent, as was the wind. Conditions underfoot however were sloppy in places and the course passed through a ford-like stream. Ideal underfoot conditions for barefoot cross country racing. The event was well supported in all races and all members came away successful. Rodney Gillum claimed overall line honours in the walk, while all the other members won their grades.

## TET Athletics Taranaki Road Championships 20/08/2016, Stratford

The weathers gods came to the party once more for the annual running of the regional road championships, hosted this year by Stratford Runners and Walkers using a 2km there and back circuit spanning a 1km stretch of street. Given the variances of distances involved, the start/finish line was positioned in the middle of the course's span. Conditions were ideal - not too hot, calm and clear blue sky. A handful of members tackled the 10km walk with heartening performances going into nationals. Vicky Jones was pleased to post her second best time over the distance without a paddle in sight! The master's women were able to make their races competitive over 5km, while the master's men who competed in the 10km had a hard plod, particularly for those in the more senior grades! The message here - while you still can, do it! Even if it does feel like hard work at times... Alas times for both road and cross country champs have slipped through my fingers.

As the NZ road champs in Masterton round off the winter programme, attention will soon turn to track and field - and doesn't that come around fast! The endurance ground work has been laid, and soon it will be time to get sharp. We here in the 'Naki are eagerly anticipating the completion of track renovations at TET Stadium in Inglewood and chomping at the bit to get racing on it.

# Manawatu/Wanganui

by Jen Fee

Our monthly weight pentathlons have been quiet and steady, but giving some of us much needed practice before the North Islands! The weather has even been kind to us the last two outings, long may that continue. Jim Blair (Wellington) is relishing the new age group and records are threatened each time we have him visit. He is a wealth of knowledge and we thank him for all his input.

Our Harrier members Rob Dabb and Juanita Paterson have been popping up in a variety of events, and we see many a photo appearing on Facebook.

We are looking forward to seeing many of you here in November when we host the North Island Track and Field Champs. If you have any queries please contact me - mwmasters@gmail.com.



# Wellington

by Michael Wray

Cross country season has been completed in Wellington with the conditions making it interesting for spectators. What interest's spectators is a challenge for competitors. The water level for the stream crossing at the **Dorne Cup** was at its highest for many years. The water depth halted forward momentum but only at leg level and many of those who hit the water at speed found their upper half continued moving forward. Dunkings galore!

Stephen Day galloped home with a 90 second advantage over next M40 Andrew Wharton. Last year's winner Josh Campbell had to settle for third despite running the exact same time as in 2015. Dallas McCallum was similarly dominant in the M50s with Peter Stevens and Dave Kettles following on around a minute later. The M60s was a bit more entertaining until Paul Sharp produced a good finish to beat Tony Price. Marshall Clark came in third but was over three minutes behind.

Scottish's Emily Solsberg farewelled Wellington, returning to her native Canada, with a win in the W35s. Renae Creser and Lindsay Barwick had a close fight, just four seconds giving Renae the silver. In the W50s, Vickie Humphries was first MW overall. Sian Cass and Betty Harp completed the minor medals with just three seconds between them.

Scottish almost swept the teams, missing out on just the M60s that went to Wellington Harriers.

The other entertaining race was the **Wellington Cross Country Champs**, being held at Grenada Park for the first time. The mud was deep and almost everywhere, making conditions very hard going and causing several runners to lose their footing during the race. As well as a new venue, long and short course options were offered so runners could choose their preferred distance. It's an interesting experiment designed to boost numbers for both the cross country and road champs, although some grades clearly showed a preference for one length over the other e.g. W50s/M60s/W60s focused on the short course, M40s focused on the long.

The M40 grade saw Wellington Harriers deliver the winners of both distances - Dan Clendon in the long course and Dan Nixon for the short. WHAC also had the short course M50 and M60 winners in Dallas McCallum and Paul Sharp. Peter Stevens and Tony Price claimed the long course equivalents. Lindsay Barwick secured victory in the W40 long course, while Renae Creser won the short, then finished third in the long course. Masterton's Frances Spite won the W50 long course race that saw only two entrants, while Vickie Humphries ran at the head of a much larger W50 field in the short course. There were no W60s in the long course; all took the short course option and Michele Allison won.



Paul Hewitson

On the roads, the **Half Marathon Champs** took place in wind and rain - Wellington in June! Scottish swept the masters men through Stephen Day, Andrew Wharton and Paul Barwick. The women's podium had three different clubs: Victoria Humphries (WHAC), Lindsay Barwick (Scottish), Renae Creser (Kapiti).

The weather got worse for the **Bays Relays**, with heavy rain inflicting a partly flooded course on a bitterly cold day. Scottish (Lindsay Barwick, Betty Harp, Katie Kemp, Jo Badham, Lyn Clark) led the masters women from start to finish, with all but one of their runners recording the fastest times on their legs. The Scottish M40s (Andrew Wharton, Paul Barwick, Stephen Day, Joseph Bulbulia, Michael Wray) made it seven years in a row. Wellington Harriers missed out on their seventh consecutive M50 win; Scottish won for the first time since 2009. Record lap times from Peter Stevens and Dave Kettles were ably backed up by good performances by James Turner, John Plimmer and Dave Hatfield. In the second year since the M60 grade was introduced, Wellington Harriers won again. John Barrance was the only runner from the 2015 team, this year sharing the glory with Tony Dawbin, Richard Brent, Paul Sharp and Percy Perival.

PHOTOS: Sharon Wray

Amidst the shocking weather, the **Johnsonville Road Race** and the **Wellington Road Champs** served up good conditions.

The weather for Johnsonville was actually quite glorious. Fastest walkers over the hilly four-lap course were Peter Baillie (Scottish) and Jackie Wilson (Trentham). Fastest runners over the five-lap course were Mathew Rogers (HVH) and Michelle Van Looy (Olympic). Michelle took the Jim Lockhart and Mariette Hewitson Baton for setting a new age-group record. Fastest runner on age-grade percentage was Pam Graham (Scottish), narrowly pipping Roger Robinson (Vic). The club team for the runners was won by Scottish who also won the club team for the walkers.

It's been some time since the Wainui Road Champs course saw sunny conditions and one week after the torrential rain and freezing Bays Relays, it was more than welcome.

Stephen Day held off Dan Clendon to win the M40 grade. Andrew Wharton followed on about a minute later for third. Peter Stevens finished first in the M50s, leading in Paul Hewitson and Dave Kettles. The short course equivalents were not popular, Jim Jones winning the M40 as the sole participant and Rob McCrudden won the M50s. The genuine talents in the M60s divided their efforts; Tony Price winning the long course and Paul Sharp the short.

For the W40s, Lindsay Barwick won the 10km and Michelle Van Looy the 5km. For the W50s, Carline Thomas picked up long course gold, while most of the talented W50 runners went to the short course where Vickie Humphries maintained her winning streak.

The long course only attracted two W60s, but it was the fastest W60s in Wellington: Michele Allison and Pam Graham. For the short course, Jenny Mason took full advantage to claim the win.

Athletics Wellington concluded the interclub winter season by awarding the series medals, based on average finishing position in all four individual interclub races. Todd Stevens, Paul Barwick and Michael Wray were the medallists in the M40s. The M50s finished with Dave Kettles, Graeme Butcher and James Turner, while the M60s saw Paul Sharp, Marshall Clark and Lloyd Millar. For the women, Renae Creser finished ahead of Lindsay Barwick and Michelle Van Looy. The W50 gold medal went to Vickie Humphries and dead heat had Lyn Clark and Betty Harp both with silver. Michele Allison won the W60s, ahead of Judith Taylor and Jenny Mason



Graeme Butcher 3rd M50 followed by Dave Kettles 2nd M50 at the Wellington Cross Country Champs

# Canterbury

by Andrew Stark

Most of the local cross-country and road races have been and gone for another season, with just the Crater Rim Trail Run (Oct 16), Boulder Bay Classic (Oct 30) and the Canterbury Half Marathon Championships (Nov 8) events to come. A few of our members will be part of Canterbury teams heading off to the NZ Road Relay Championships (Oct 01), this year being held in Rotorua.

For the third year in a row, a small group of members have taken part in a series of throws pentathlon events during the winter months. Recently Malcolm Clarke (M40), a New Zealander returning home from Australia, joined this group. On Sunday 18th September we held the Oceania Throws Pentathlon Challenge and during this event Malcolm and Anna McNab (W30) both broke CMA & NZMA Throws Pentathlon records (subject to approval).

These are the full results:

Name	Hammer	Shot	Discus	Javelin	Weight	Total
Anna McNab W30	40.34	9.15	34.22	21.33	11.55	2638
Dena Miller W40	12.96	6.91	18.75	17.45	6.07	1465
Bev Church W65	23.45	6.17	17.35	12.94	7.57	2587
Justine Whitaker W75	17.68	6.13	14.30	10.48	8.54	2620
Glen Watts W75	23.97	7.38	17.24	10.35	8.80	3179
Iris Bishop W80	13.06	4.33	8.64	7.46	4.77	1854
Malcolm Clarke M40	28.91	11.53	35.31	38.99	10.35	2689
Rick Davison M65	34.34	8.81	34.93	26.78	13.08	3145
Alan Hunter M75	17.78	4.23	13.46	12.91	7.02	1439



Proposed Christchurch Sports Hub (Nga Puna Wai)

The new track season opens with a standalone CMA meeting on Wednesday 12th October, followed by the Athletics Canterbury Interclub Opening Day on Saturday 15th October. While we still hold three standalone master's meetings throughout the season, the majority of our meetings will be held within an Athletics Canterbury interclub meeting. This allows us to utilise the experienced Canterbury officials there to run the interclub events and provides us with opposition ... even if most of them are young enough to be our grandchildren. We also have the option to travel south to a Timaru for interclub meetings held there, but in reality not many masters do that.

For the second year in a row we are hosting the South Island Masters Track & Field Championships in Timaru. Such was the success of last year's event, the format of combining our meeting with the Athletics Canterbury's combined event championships and Canterbury Children's Athletics meeting, I see no reason why we would ever run this as a standalone SI Championship meeting again in the future.

Planning for this event is well underway with an on-line and postal entries options available via the NZMA website. We are planning to hold a free BYO track side BBQ following Saturday's events, but only if there is a demand from those attending. This will be the first opportunity for ANZ Competitive members to attend and we will be promoting this event via the ANZ website.

Since my last report, a huge effort has been put in by the CCC project team responsible for Nga Puna Wai Sport Hub. As the Athletics Canterbury representative, I attend meetings with CCC staff, the design team and others involved in the project. I now have a better understanding of way it has taken so long, as it is a complex project and there are processes that need to be followed to ensure everything is done 'by the book', otherwise you risk being challenged which could derail / delay the whole project. The current timeline is that the Stage 1 of the track & field facility will be completed by mid to late December 2017. Like many in Canterbury, I look forward to that day.

# Otago

by John Stinson

The Annual General Meeting of Otago Masters Athletics was held on Wednesday 31 August at the Athletics Otago Rooms Logan Park Drive Dunedin. At the meeting President Claire Giles stepped down after three years of exemplary service. During her time as President, Claire has done much to lift the profile of Masters Athletics in the Otago community and her hard work ethic was evident in so many areas, notably in the organisation of the 2016 NZMA Championships. The success of the championships was a source of great pleasure to Claire and a fitting reward for the months of preparation put in by the OMA organising committee. In her President's Report, Claire stated that "Otago run a well oiled management team". Claire also paid tribute to the ongoing help and encouragement the OMA has received from Athletics Otago. On behalf of Otago Masters Athletics thank you for a job well done Claire. Robert Homan has been confirmed as the incoming President of OMA for the 2016-17 year. Rob is a passionate supporter of Otago Athletics both as a competitor and administrator and we wish him well in his latest role.

The result of the NZ Masters Athletics (NZMA) Special General Meeting held in Auckland on Saturday 6 August to approve a Memorandum of Understanding between NZMA and Athletics New Zealand was pleasing for OMA members who have given their wholehearted support to the proposed MoU since its inception. Hopefully the passing of the MoU will prove to be of mutual benefit to both parties and provide a much needed boost towards increasing numbers in New Zealand athletics.

With the Oceania Championships to be held in Dunedin in January 2018, the OMA has already been actively promoting fund raising activities to assist with their organisation of this major undertaking. A successful quiz night held in August will be followed up with a second edition to be held on 19 September at the Kensington Tavern. Jo Hurring has done sterling work as the principal organiser for these quiz nights so hopefully her efforts will be well supported by all Otago athletes.

With the 2016-17 track and field season due to start in early October the OMA Committee will be looking at ways to fine tune their weekly Wednesday night meetings held over the summer months. Last year these meets were not well supported in spite of largely favourable weather so it may be a case of altering the programme to avoid clashes with other commitments. This year because of the tight scheduling of championships in Dunedin all championships, including children's, were held together over two days which attracted positive feedback from parents of competing children. As Claire Giles stated in her President's Report a continuation of this arrangement could prove beneficial to masters's athletics as those parents who have been competitive athletes in the past could well be attracted towards a future involvement having seen the opportunities available for them. It can only prove good for the sport.



Maureen Leonard (WBP) 1st W55 at the National Cross Country Champs

It has been quite concerning to see the low numbers competing in the Otago Centre cross country and road season events this year. Entries have been well down in all grades and we can only hope that this trend is reversed over the summer months. The Otago Road Championships held on Saturday 20 August encompassed a new course around South Dunedin, starting and finishing at Forbury Park Raceway which the small number of competitors all seemed to enjoy.

New OMA member Danny Baillie recently competed in the World Mountain Running Championships at Susa, Italy which attracted 715 athletes from 26 countries including four from New Zealand. Official results were not known at time of writing however we understand Danny fared very well in his age group. Congratulations also to Julie Wilson who finished 2nd in the W55 grade at the New Zealand Road Championships.

Finally congratulations to Liz Wilson who won the Otago Athlete of the Year Award at the Awards Night held back in April. In the July Vetline Liz was mentioned as Otago Masters Athlete of the Year only. It is a rare occurrence for a Masters Athlete to receive the overall award and in Liz's case this was fully deserved. Congratulations Liz from everyone at Otago Masters Athletics.

PHOTO: Sharon Wray



# Southland

by Dwight Grieve

Summer beckons, I can tell, I look outside and need to mow my damn lawns!!! It also means the track season is about to fire up, in fact some of us are into a few 400m loops already. But first we need to celebrate the efforts of those that have taken on the cross country and road runs.

With the new season about to start and masters now buddied up with Athletics NZ, I have a challenge for all members in Southland and beyond. Find one master runner (minimum) affiliated to ANZ that runs during harriers and talk/convince/grab/physically beat into coming to a masters event. It is a bit like class A drugs - once you start you can not stop, so get out there and help get some numbers to our sport. There are plenty of them out there that just need a hand to get started.

## Southland Cross Country Champs

The yearly trip to Gore for the Southland champs is always fun. Gore host a good event and the 2016 edition had a wee surprise. Graham Hall, who sets the course, did not include "The Hill". Normally he talks about "The Hill" with a nasty glint in his eye but opted this year to change it up. He still found plenty of mud and smaller rises to challenge us though. Stand out performances included Angela Ryan in the womens race beating consistent performer Debbie Telfer, while M60 runner Gary Kirkman was in stunning form and running like a teenager, and Dwight Grieve was pulling finger and 2nd overall.

### Women (6km)

- 1st Angela Ryan - 27.50
- 2nd Debbie Telfer - 29.51
- 3rd Lyla Belesky - 38.38

### Men (9km)

- 1st Dwight Grieve - 34.52
- 2nd Corey Mennell - 38.15
- 3rd Tim De Ridder - 39.06

### Men 50+ (9km)

- 1st Mervyn Potter - 41.50
- 2nd Graham Neilson - 47.14
- 3rd Graham Hall - 49.03

### Men 60+ (6km)

- 1st Gary Kirkman - 28.45
- 2nd Evan MacIntosh - 35.23
- 3rd Barrie Sheehy - 39.08



Evan MacIntosh and Lyla Belesky

## Southland Road Champs

This year Fiordland hosted the champs with a view to possibly hosting the national champs in the future. I am biased but the course is flat, fast and would have to be one of the most scenic in the country. The weather held and some good running was on show. Again Angela Ryan was a stand out running as a senior and taking the senior women title leaving the masters race for Debbie Telfer to dominate, while Dwight Grieve again finished 2nd overall and top master male. A great race for the men over 50 with Gary Kirkman fighting his way home just in front of Graham Neilson.

### Women

#### 10km (masters running as seniors)

- 1st Angela Ryan - 44.43
- 4th Lyla Belesky - 56.04
- 5th Fiona Hishon - 59.24

#### 5km

- 1st Debbie Telfer - 20.51
- 2nd Alison Neilson - 31.33
- 3rd Linda Te Au - 34.14

#### Men - 10km

- 1st Dwight Grieve - 34.06
- 2nd Kelly McSoriley - 37.56
- 3rd Glen McLeay - 38.34

#### Men 50+

- 1st Gary Kirkman - 45.25
- 2nd Graham Neilson - 45.46
- 3rd Evan MacIntosh - 51.15

## NZ Cross Country Champs - Auckland

Due to travel distance only Dwight Grieve attended these champs and he finished 4th M35-39 and 11th overall. A vast improvement from the year before but not the goal he set himself. Still setting PB's and not happy until the maroon Southland singlet is on the podium.

## NZ Road Champs - Masterton

Debbie Telfer and Dwight Grieve made the journey to Masterton with support crew of Lance Smith and Team Southland managed a great result of two medals. Debbie had a tough field in her age group but looked strong throughout for a well deserved bronze. While Dwight finally achieved his goal with a win in the mens 35-39 age group after a great tussle with a Wellingtonian and an Aucklander. Masterton hosted a great event and the hospitality was much appreciated. The long trip was well worth the effort.

Now the challenge is getting a team or two together to really shake up the northerners!!! Yes you other oldies, expect some leaning on as we try to organise some group trips next year - some great competition and social fun to match.

## Clyde to Alexander

A few Southland crew attended the Clyde to Alex 10km race which is a fast course and starts on a dam so has an added fun factor. It also has a strong field with the Otago runners normally out in force. Southland did well and many placings seized from the Otago crew.

- M35 - 2nd Dwight Grieve 33.19
- M50 - 4th Paul Weiland 41.54
- 6th Bruce Thomson 46.15
- W35 - 11th Kylie Davidson 47.36
- W50 - 2nd Debbie Telfer 42.16
- 7th Monika Wieland 59.42
- W60 - 2nd Dororthy Horrell 59.33
- 10km Walk Men** - 1st Barrie Sheehy 1:07.45

## The Great Naseby Water Race

An ultra event with amazing atmosphere and people. Lyla Belesky did amazingly well finishing the 80km

distance with her full family helping do laps to get her home. Jan Taylor is one of the battlers of the Southland running scene and while not the fastest, she is one of the loveliest and always gets the job done - sometimes just taking a bit longer than others. She attempted the 80km but the cut off time was just too much, falling 5km short of the last lap cut off. However in true Jan style she hopped out of the car on the way home and finished her 80km in the dark with a friend - respect. Talking of respect, Croydon Paton was at Naseby as well and completed his 6th 100 mile race, yep he is stupid enough to do 6 of the things (so far). As runners/throwers/athletes I recommend attending one of these events and watching one day, it is simply inspiring watching people achieve what appears to be unachievable.

## Ahead

The track and field season beckons and many of us are lining up events to target - South Island champs, National champs and even the World Masters Games. Plenty to get motivated for without even looking at the marathons out there. I personally am looking forward to trainings as I know of 4 Southland masters looking at having a go at the pole vault, when they decide to bring their new found skills to an event I will let you all know and sell tickets, it promises to be entertaining.

More importantly take up the challenge and see how many new people you can get to an event. Think outside the square and make it fun, book a van, a house and go visit another club? Make a weekend of it and just plain enjoy it. And always remember "any idiot can run but it takes a special kind of idiot to run a marathon".



This would have to be one of the most stunning backdrops for a training run. Dwight Grieve at Lake Te Anau, Fiordland.



Dwight Grieve at the NZ Road Champs



Gary Kirkman and Angela Ryan



Barrie sheehy in the "Clyde to Alex" run





Greg Darbyshire leads the front pack up the hill at the National Cross Country Champs in Auckland

PHOTO: Sharon Wray



## COMING EVENTS

### 2016

1 OCTOBER	ANZ Road Relays Championships	ROTORUA
26 OCT - 6 NOV	WMA Stadia Championships	PERTH, AUSTRALIA
18 - 20 NOV	South Island T&F Championships	TIMARU
25 - 27 NOV	North Island T&F Championships	PALMERSTON NORTH

### 2017

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

### 2018

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



