

Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 35 No. 4

OCTOBER 2017

in this issue:

- > NZ Road Championships
- > NZMA Indoor Championships
- > NZ Road Relay Championships
- > Australian Masters Championships





The start/finish line for the masters men's road race at the ANZ Road Champs in Christchurch

PHOTO: Andrew Stark



A scramble through the mud during the Wellington Cross Country

PHOTO: Sharon Wray

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



Cover Photo

Michael Wray (WGN) was 4th in the M50 grade at the NZ Road Championships in Christchurch
Photo - Sharon Wray

Inside Back Cover

W60 Bernadette Jago (CAN) at the NZ Road Championships in Christchurch
Photo - Andrew Stark

Back Cover

W50 Bridget Deverell (WBP) at the NZ Road Championships in Christchurch
Photo - Andrew Stark



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John Skinnon 1st M70, Lloyd Miller 5th M60 and Rebecca Speirs 3rd W40 short course at the Wellington Road championships

PHOTO: Sharon Wray

President's Report

by ANDREW STARK - NZMA President

The final non-stadia event of the winter has just occurred on Saturday 30 September - the NZ Road Relay Championships in Rotorua. There were six teams of master's women and twenty master's men teams, a total of 182 athletes. Is that a good turn out or not?

The comment around Canterbury, and I suspect it's true in many Centres, is that the number of competitive athletes of all ages is dropping. More people are opting not to belong to clubs (or NZMA), but are happy to take part in the many social runs now available, even though the event fees are more expensive than we charge. Athletics NZ has paid employees whose job it is to 'run' the sport and attract members and they don't have the answer as to how they can increase their participation numbers! Given we are all volunteers; it is an even bigger challenge for us.

I am currently in the middle of organizing the Oceania Throws Pentathlon Challenge. Thank you to those Centres who have taken part. The results should be available by late October.

The new 2017 - 2018 summer season is almost upon us. We have our 'big three' regular events occurring (SI, NI & NZMA Championships), plus the Oceania Masters Track & Field Championships in Dunedin. I know the work involved to organise a track and field meeting. It is time consuming and energy sapping, yet when you see the pleasure it brings to so many people, it is worthwhile.

I would like to take this opportunity to thank all those who have and will again contribute to make our meetings successful. Over the past five years, I have gotten to know many of you throughout the country and I appreciate the support many have given me personally. There will be enter forms for all these events in this issue, plus you can enter online via our website.

November NZMA Board meeting: For our next meeting we have the following agenda items

as our major focus. If there is something you would like discussed, please let me know.

- **Strategic / Succession Planning:** I have been involved with NZMA since 2009 and during this time we have made some significant changes as to how we operate, but limited work has been done on a strategic plan or succession planning. It is important that we identify the key roles / tasks required to run NZMA smoothly. This information could well be lost from the Board when people move on, unless it is done. It will also make it easier for new Board members to pick up where someone else left off.
- **The future of Vetline.** In my last report, I suggested we would only have three issues per year. I have only had one response to that suggestion and it was in favour of the change, so I assume the rest of you agree or don't care either way!

I have just moved up an age group, so I feel like it might be time to take training a bit more seriously. How many of you have thought that? On my good days I'm keen, so I am forever hopeful that I will get to have a few races this summer. Maybe Mike Weddell in his 'Coaching Corner' will have some words of inspiration?

Good luck to you all this season, as you battle your inner thoughts, "Will I compete or not?"



Vetline

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NZMA is a member of
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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

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NZ Cross Country Championships

by Michael Wray

The 2017 NZ Cross Country Championships returned to Auckland on 30 July on the same course as 2016 and also the World Masters Games. Whereas those two events set the course more or less identically, this race saw a change in the configuration on the back part of the loop. It was a subtle change, reversing the direction of the track that dealt with one of the few slopes and adding a wide loop to compensate for having cut back in sooner. Overall such a small change made the course seem much improved. As a bonus, one or two patches aside, the course was significantly firmer than in 2016.

The start lists made for interesting reading. The strongest master's men runners, including the previous two overall winners, had opted to run in the seniors - M40 Steve Rees-Jones, M35 Greg Darbyshire and M35 Jonathan McKee (although the latter did not start).

Master's Women

As Mel Aitken and Johanna Buick had turned 40, it meant the W35 grade was easier than before. With these two joining the W40 grade to compete with perennial contender Paula Canning and one of 2017's new talents Deborah Platts-Fowler it promised a fierce contest. Not all grades were strongly stacked; the W45 grade offered the weakest line-up for some time and the four runners were of such different levels to render the finishing order a foregone conclusion.

W50 Sally Gibbs started off in her usual style, grabbing the lead. Within three minutes, Sally had worked herself a 10s gap ahead of W35 Fiona Love and W40 Johanna Buick. A large chasing pack, featuring W35 Kerry Semmens sat a further five seconds behind.

Almost 1.5km into the race, Sally was over a minute ahead of anyone else. Fiona had developed a gap on Johanna. With all three being in different age grades, they were all leading their sub-races. Paula Canning was now clear ahead of the main pack, sitting in fourth overall but nine seconds behind the first W40 Johanna. That pack featured third placed W40 Deborah and second placed W35 Kerry at its head, with Taranaki's W35 Kirstin Foley, W40 Renae Creser, W45 Tracy Croft and W40 Lindsay Barwick all in close attendance. Sally aside, W55 Bridget Ray led the older age groups, 5s ahead of W55 Angela Ryan from Southland and being kept in sight by fellow W55 Carolyn Smith and W60 Margie Peat.

From the midway point, Sally's lead had started to reduce slightly. This is normal with Sally and the question is always whether or not the pursuit has enough time to close. Fiona may well have taken around 20s out of Sally's buffer - perhaps less in the idea of chasing the overall lead and more in an effort to get clear in overall second and make certain of first W35.

Whichever it was, the affect was the same - a clear gap behind. Meanwhile, Johanna now had Paula on her shoulder and with both being in the W40 grade, there was a lot at stake. Before the end of the next kilometre, Paula swept past Johanna. The other W40s were a little behind so the chase for W40 bronze had become an intra-centre race between Wellingtonians Deborah and Renae. Bridget Ray was looking comfortable as she extended the W55 lead.

From this point very little changed other than the size of the gaps. Sally's winning margin at the head of the field expanded slightly as Fiona's charge lost a little pace, with 41s between the two. Fiona came under no pressure to defend her overall second or 1st W35 spot. Paula secured 1st W40 by 21s ahead of Johanna.

An all-Wellington three-way-chase emerged for the overall sixth, seventh and eighth spots. The gaps were too big for any change of positions, each being 6s, but with an identical gap back to anyone else the contribution of points to the teams race was telling and Wellington secured the teams race with 31 points. Auckland's 35 points secured second with Waikato in third.

Master's Men

The master's men race had three sub-elements, although all three were held at the same time. The two championship divisions (35-49 & 50-64) were to run four laps while the 65+ section ran three. (I wonder if it would be more appropriate to run the M65+ with the MW given they cover the same distance?)

M40 Stephen Day emerged as the early leader in the 35-49 race with M45 Sasha Daniels, M40s Dan Clendon, Dan Nixon, David Fitch and M35 Nick Pannett on his shoulder. Stephen maintained a fast pace and the leading group were soon strung out in single file. Only Dan Clendon was able to stay close. Sasha and Dan Nixon were several seconds down, although Sasha was looking distinctly uncomfortable and soon started moving backwards. Meanwhile David Fitch had been dropped and the last of the initial pack, Nick Pannett, was now much further back with a completely different bunch, no longer leading the M35s; that position was taken by Graeme Buscke and Nick was trying to hold on to M35 Ben Winder instead.

By half way the front three places were set and it was an all-Wellington and an all-M40 affair. Stephen Day stayed at the front and as the race wore on, Dan Clendon began to drift. In third spot, Dan Nixon ran the second half completely solo. Chris Mardon overhauled Sasha for the M45s late in the second lap. Rather than chase Chris, Sasha had to work to come from behind to beat Michael Causer in the final straight. The M35s



Debbie Platts-Fowler 1st W40 short course at the Wellington Cross Country championships



Andrew Wheatley 2nd M50 short course at the Wellington Cross Country championships

provided some excitement. Ben Winder led the whole of the second half but was in such a bad state at the finish that he found himself under observation in a hospital bed for several hours! Graeme Buscke was relatively comfortable in second but the race for the M35 bronze was the one to watch. Alasdair Saunders took prime position after half way and got himself 9s ahead of Nick Pannett. This contest eventually produced a finishing straight sprint-off that Nick won.

In the M50-64 race, Peter Stevens took the lead from the start with fellow M50 Michael Wray staying close and Malcolm Cornelius keeping both in sight. M60 Tony Price and M55 Alastair Prangnell were together at the front of their age grades. Peter gradually stretched out his advantage over Michael, who was doing the same over Malcolm. It seemed the M50 race was settling early. The same could be said of the M55 age group, as Alastair was under no pressure from Tony Warren. Robin Grant had moved to the front of the M60 group, pulling away from Tony Price. By the end, the only change was M50 Ken Walker being rewarded for his patience in sitting deep before coming through to finish strong and take third place away from Malcolm.

In the 6km race the oldest competitor, M80 Gareth Barfoot, was unfortunately a DNS. M65 John Kent had the early lead with a bare-foot Graeme Adams (M65) directly behind. M70 Michael Bond sat at the front of a loose chasing pack. It didn't take Graeme long to discover spike-less bare feet trump spike-less shoes in cross country as few, if any, of the M65+ field seemed to be wearing cross-country spikes. Graeme finished first by 19 s while Michael was even further clear at the front of the M70s by a minute.

The dominance of the three Wellington M40s (Stephen Day, Dan Nixon, Dan Clendon) combined with Ben Winder winning the M35s, made the M35-49 teams a convincing victory for Wellington with a 23 point margin. Auckland pipped Canterbury for second 36 to 39.



Pam Graham 2nd W60 short course at the Wellington Cross Country championships

Until the final few metres of the race, Auckland were ahead in the M50 teams despite Peter Stevens and Michael Wray taking the top two spots. Three host runners (Ken Walker, Alastair Prangnell, Tony Warren) came through in the next four spots and Auckland's fourth runner (Blair Cossey) was only one behind Wellington's Paul Hewitson. The decisive move came from Wellington's James Turner passing Canterbury's Anthony Rogal. Until that pass, Auckland and Wellington were level on points and Auckland were in first place on countback. James' move meant Wellington won with 23 points by a margin of one point. Auckland's 24 points is the best points score for a second placed team for at least ten years (I don't have the points scores for earlier results to know if it is even more significant). Canterbury scored 40 points for the team bronze.



North Island Masters TRACK & FIELD CHAMPIONSHIPS

TET Stadium, Inglewood, TARANAKI | 24 - 26 November 2017

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5000m	Hammer
80m Hurdles	Weight Throw
100m Hurdles	Pentathlon
110m Hurdles	Throws Pentathlon
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PROGRAMME

Friday 24th November

TRACK			FIELD		
4:00pm	400m heats (if required)	M / W	4:00pm	Hammer	M30-M64
				Shot Put	M65+
4:30pm	60m heats (if required)	M / W	4:30pm	Weight Throw	W30-W64
4:45pm	3km Walk	M / W		Pole Vault	All grades
5:30pm	400m finals	M / W	5:30pm	Javelin	W30+
				Shot Put	W30-W49
				Hammer	M65+
6:00pm	3000m *	M / W	6:00pm	Weight Throw	W65+
	* separated if numbers warrant			Shot Put	WM50-W64
				Triple Jump	W30+

Saturday 25th November

9:30am	100m hearts	M / W	9:30am	High Jump	M30-M64
				Long Jump	W30+
				Discus	M50-M64
				Javelin	M65+
9:45am	2km Steeplechase	M60+/W30+			
			10:45am	Shot Put	M30-M64
10:30am	3km Steeplechase	M30-M59		Weight Throw	M65+
			11:00am	Discus	M30-M49
11:15am	Sprint hurdles	M / W		Javelin	M50-M64
				High Jump	W65+
			11:30am	Triple Jump	M65+
12noon	60m finals	M / W	12noon	Discus	W65+
	LUNCH			Hammer	W30-W64
2:00pm	100m finals	M / W	2:00pm	High Jump	M65+
				Shot Put	W65+
				Discus	W30-W64
2:45pm	1500m	M / W	2:45pm	Weight Throw	M30-M64
			3:00pm	Long Jump	M65+
				Discus	W65+
3:15pm	Long Hurdles	M / W	3:15pm	Hammer	W65+
				High Jump	W30-64
				Javelin	M30-M49
				Triple Jump	M30-M64
4:00pm	4x100m Relay	2 men/2 women			

Sunday 26th November

08:00:00	10km Road Walk	M / W	8:30am	Throws Pentathlon	Men
9:00am	200m (if required)	M / W	9:00am	Long Jump	Men Pent
				Long Jump	M30-M65
9:15am	100m	Women Pent			
9:30am	5000m *	Mixed	9:30am	Throws Pentathlon	Women
	* separated if numbers warrant		9:45am	Shot Put	Wm Pent
			10:00am	Javelin	Men Pent
			10:30am	Long Jump	Wm Pent
11:30am	200m finals	M / W Pent	12 noon	Discus	Men Pent
12:45pm	800m	M/W & Wn Pent		Javelin	Wm Pent
1:10pm	1500m	Men Pent			

Accommodation nearest the stadium

White Eagle Motel, 87B Rata Street, Inglewood

One Burgess Hill, 1A Burgess Hill, New Plymouth

Aaron Court Motel, 1/119 Junction Road, New Plymouth

Coronation Court Motel, 226 Coronation Avenue, New Plymouth

Asure Saddle & Sulky Motor Lodge, 188 Coronation Avenue, New Plymouth

Ph (06) 756 8252

Ph (06) 757 2056

Ph (06) 758 8712

Ph (06) 757 9125

Ph (06) 757 7563

2017 NZMA Indoor Championships

by Chris Thompson



From L to R: Chantal Brunner, Stephen Te Whaiti and Trevor Walker



Jim Blair

PHOTOS: Willie Bowmar

The third NZMA Indoor Champs were held in the Sports Hall at the AUT Millennium in Mairangi Bay, Auckland on Sunday 20 August. 43 entries were received from around the North Island, including athletes from Wellington, Hastings, Tauranga and Northland. These numbers were slightly down on last year's meet as many people were unavailable.

For the first time, we offered a pole vault event which was held the preceding day. Five competitors vaulted and I must thank officials from the Auckland Centre who managed this event on our behalf. New best performances/records were achieved by Anne Goulter (W50) with 2.30m, Anne Deleiros (W65) 1.65m and Mark Lett (M55) 3.00m.

The only throwing event, the shot put was first away on the Sunday morning with 23 competing, with women out numbering men 14 to 9. This resulted in 8 new best performances/records being set. Greatest distances were achieved by Tania Hodges (W50) with 11.03m and Laini Inivale (M50) throwing 14.24m.

This event is growing in popularity and with some 12 local male throwers not competing that weekend, numbers could be potentially huge in the coming years. To accommodate such numbers it may be best suited for a 3pm start the preceding day?

The first of the jumps, the high jump, was held after the shot put and also saw large numbers competing. A total of 10 new best performances/records were set by six females and six males. Phillipa Green (W45) with 1.30m recorded the highest leap of the women and Trevor Walker (M55) with 1.45m was the best of the men.

The 50m heats commenced with 3 heats for the 14 women, ranging from the W40 division through to Judy Hammond celebrating her new W80 age group. The men matched the women in numbers from the M40 to the M70 age groups. Another 8 new marks were set. Chantal Brunner (W45) was the quickest women zipping through in 7.15s with James Nightingale (M40) through in 6.39s for the men.

The three heats were staggered throughout the day and in between them both the long and triple jumps were completed. The long jump saw 5 female and 8 male competitors jump with 6 new best performances/records being set. Once again Chantal Brunner was to the fore with 5.01m and Andy Richardson (M50) 5.23m was the best of the men.

The triple jump drew only two women but six men jumped with another 5 best performances/records. Mark Lett cracked 10 metres with a 10.18m performance.

The final event was the 50m hurdles which saw just three males compete, with all three setting new bests.

In summary the meeting went well. The photo finish equipment worked well after some problems during the first two years. Just a few hiccups with the cap pistols misfiring but all track events were completed electronically timed. Our thanks to Paul Lunny and Rob Taylor from the Waitakere Club who manged the photo finish and starting respectively. Many thanks to all the other officials and volunteers who helped make the day and of course the local club, North Harbour Bays, for allowing us use of their Sports Hall. Barfoot and Thompson were keen sponsors of the meeting and hopefully that will continue in the future.

In going forward, the later date in August to hold the meeting seemed to be the right decision for those who were present. Next year the Sports Hall will have been refurbished with the pole vault situated at the other end of the venue and a longer run up perhaps. That will mean less set time required for the meeting. There will be a new track laid. There will be consideration of a couple of track events outside to draw in some more track athletes. Publicity in the form of an official entry form in Vetline to stir further interest was another idea mentioned at the debrief and afternoon tea which followed the meeting.

50m

Vavae Nuia	AKL	W40	10.03
Michelle Bitcheno	WBP	W40	12.24
Chantal Brunner	AKL	W45	7.15
Phillipa Green	AKL	W45	7.72
Joy Warbrick	AKL	W50	7.95
Anne Goulter	AKL	W50	8.66
Tina Ryan	AKL	W50	10.32
Jill Hayman	AKL	W55	7.76
Aggie Boxall	AKL	W55	8.94
Anne Deleiros	AKL	W65	8.96
Nancy Bowmar	NTH	W65	9.68
Chris Waring	AKL	W70	8.95
Margaret Crooke	NTH	W70	9.28
Judy Hammond	WGN	W80	10.19
James Nightingale	AKL	M40	6.39
Mark Lambert	AKL	M40	6.71
Jack Donaghy	AKL	M40	7.47
Craig Seymour	AKL	M45	7.40
Bruce Solomon	WBP	M50	6.95
Stephen Te Whaiti	WBP	M50	7.04
Andy Richardson	AKL	M50	7.31
Wayne Bradley		M50	7.72
Trevor Walker	AKL	M55	7.19
Duane Duggan	AKL	M55	7.23
Mark Lett	NTH	M55	7.52
Dennis O'Leary	HBG	M60	7.20
Tony Deleiros	AKL	M70	7.61
David Anstiss	AKL	M70	8.12

50m Hurdles

Andy Richardson	AKL	M50	9.41
Mark Lett	NTH	M55	9.31
David Anstiss	AKL	M70	10.08

Long Jump

Chantal Brunner	AKL	W45	5.01
Joy Warbrick	AKL	W50	3.35
Nancy Bowmar	NTH	W65	3.04
Margaret Crooke	NTH	W70	2.81
Judy Hammond	WGN	W80	2.58
Dave Nicholson	AKL	M35	3.42
Jack Donaghy	AKL	M40	4.33
Andy Richardson	AKL	M50	5.23
Stephen Te Whaiti	WBP	M50	5.14
Bruce Solomon	WBP	M50	4.43
Trevor Walker	AKL	M55	4.83
Mark Lett	NTH	M55	4.63
Dennis O'Leary	HBG	M60	4.20
David Anstiss	AKL	M70	3.72

Triple Jump

Aggie Boxall	AKL	W55	7.36
Nancy Bowmar	NTH	W65	7.01
Jack Donaghy	AKL	M40	9.78
Stephen Te Whaiti	WBP	M50	9.82
Mark Lett	NTH	M55	10.18
Tuariki Delamere	AKL	M65	8.09
David Anstiss	AKL	M70	8.99
Ronald Johnson	AKL	M85	5.56

High Jump

Phillipa Green	AKL	W45	1.30
Anne Goulter	AKL	W50	1.20
Jill Hayman	AKL	W55	1.10
Nancy Bowmar	AKL	W65	1.15
Margaret Crooke	NTH	W70	1.05
Judy Hammond	WGN	W80	0.93
Andy Richardson	AKL	M50	1.50
Stephen Te Whaiti	WBP	M50	1.45
Trevor Walker	AKL	M55	1.45
Mark Lett	NTH	M55	1.40
Tuariki Delamere	AKL	M65	1.35
David Anstiss	AKL	M70	1.30
Jim Blair	WGN	M85	1.08
Ronald Johnson	AKL	M85	0.96

Pole Vault

Anne Goulter	AKL	W50	2.30
Anne Deleiros	AKL	W65	1.65
Mark Lett	NTH	M55	3.00
Trevor Walker	AKL	M55	2.70
David Anstiss	AKL	M70	NH

Shot Put

Emily Scanlan		W35	7.70
Elisapeta Leitu	AKL	W40	9.14
Vavae Nuia	AKL	W40	9.09
Michelle Bitcheno	WBP	W40	7.04
Michelle Scriven	WGN	W45	8.60
Tania Hodges	WBP	W50	11.03
Tina Ryan	AKL	W50	10.12
Anne Goulter	AKL	W50	8.87
Rasela Uili	AKL	W50	8.55
Aggie Boxall	AKL	W55	8.50
Jill Hayman	AKL	W55	7.23
Anne Deleiros	AKL	W65	7.26
Chris Waring	AKL	W70	4.82
Judy Hammond	WGN	W80	5.81
Dave Couper	WBP	M40	10.12
Laini Inivale	AKL	M50	14.24
Stephen Te Whaiti	WBP	M50	10.63
Tuariki Delamere	AKL	M65	10.75
Mark Powell	AKL	M65	6.59
Tony Deleiros	AKL	M70	8.50
David Anstiss	AKL	M70	7.46
Ronald Johnson	AKL	M85	8.73
Jim Blair	WGN	M85	7.29

NZ Road Championships

by Michael Wray

The NZ Road Champs returned to Christchurch for the first time since 2010, and 2010 didn't happen. Thanks to an earthquake rendering the course unusable, the event was cancelled on race morning (eventually being held in a cut-down make-shift version in Auckland two months later).

As per last year, the course consisted of 1km laps. This style of course tends to draw criticism as it's not the type of course that runners generally enjoy, although it is a format to which walkers have become accustomed. In reality, the anticipation of 1km laps is worse than the actual experience. The only criticism I would level at the course was how sharp the 90 degree corners were, especially the two that bordered the home straight. I understand the chief referee wanted to see those corners rounded but the course as set-up already had its measurement finalised so could not be adjusted. The reality of 40 right-angled turns is that everyone runs long; no-one can run the measured line, which by regulation must follow the shortest possible course. This is particularly the case on the wet surface we used – if you don't run wide, you risked losing your footing and sliding over in racing flats.

Still, it's a race more than a time trial but if a national championship wants to attract as big a field as possible, rather than be limited to only those in medal contention, it needs to try as much as possible to offer an attractive course. Especially when there are city events on offer for participation. Having a national championship with low numbers does not help the sport, either financially or as a spectacle. It is difficult. The attractive, fast courses that can be made available tend to require expensive traffic management plans and the cooperation of local councils in permitting road closures. The Christchurch course managed to avoid the need for traffic management by using a closed loop, half of which was a sealed path rather than an actual road.

Was it the course or were there other factors? Either way, it was a surprise to see most of the age groups offering such poor fields. Whenever Athletics NZ hold the road or cross country champs outside one of the main centres, they are criticised. Yet here we were in one of the big three centres and so many top runners were absent. The M40 and M50 age groups were the only grades to contain real depth, while the master's women were thinly spread with the W50s expected to dominate.

Race day served up a cold, wintry day that included showers and a brisk southwest wind. Now and then the sun made an appearance, kicking up a glare from the wet surface. By the time the seniors took the course in the afternoon, the combination of wind and sun had completely dried the road surface. The walkers and the master's runners, however, had to take care not to slip when cornering on the greasy surface.

Walks

The masters walk had only six competitors, one of whom was a guest from Australia, and all were in different age groups. Consequently, their race was less about position and more about the challenge of recording a good time and avoiding red cards. One competitor who would have been especially keen to avoid disqualification was Wellington's Terri Grimmett, having suffered this fate in both 2015 and 2016.

With no competitors within their age groups, Daphne Jones and Jacqueline Wilson were no doubt competing with an eye on their own national records. The lack of cooperation from the weather made these targets unlikely and Daphne suffered a disqualification, the only walker to do so. Jackie finished first of all the masters women, placing as third woman overall, but was unable to threaten the record. Terri successfully finished, two minutes behind Jackie and five minutes ahead of club mate Arlene Wong-Tung. Both master's men negotiated their way to the finish without being disqualified. Taranaki racewalker Rodney Gillum led Australian David Smyth by two minutes. Auckland's Lyndon Hohaia elected to celebrate his 50th birthday the day before the champs and competed in the SM race and was rewarded with well deserved silver in 55:50 for the 10k walk.

Women

The master's women lined up for their 5km alongside the W18 and W20 grades. Given the absence of some of the usual MW contenders, W50 Sally Gibbs knew she would need to look to these junior grades for any possible competition. Within the master's ranks, the main competition for Sally was expected to come from another W50, local runner Maggie Chorley. And so it proved. By the end of the first lap, Sally had five junior/youth women lined up behind her in single file. Maggie was the second placed master, alongside W40 Johanna Buick, already 15s behind. Another 7s back W40 Lindsay Barwick was placed fourth overall, second in age, with fellow W40 Anna McRae in close attendance.

W45 Tracy Croft was not far behind. However, being the sole W45 meant Tracy knew she simply had to finish. For competitive focus, Tracy needed to concentrate on contributing points to the Centre team – even if the teams result was considered a foregone conclusion for Canterbury over Auckland.

A kilometre later, Sally had doubled her lead and the chasing pack of younger runners become more widely spaced as they each failed to keep up. By the time Sally finished, only one of the youngsters was able to remain within 10s. Sally was the only MW to break 19 minutes for the 5km with her 18:12. Further back, there were some sub-races of interest. Johanna and



Master's men's 10km road race finish

Maggie were shoulder-to-shoulder all the way through, with Maggie eventually outkicking Johanna by 3s.

At the conclusion of lap two, Lindsay was still second W40 and had pulled 8s clear of third W40 Anna McRae. Renae Creser – who was running with a more measured tactical approach than usual – was now up with Anna as fourth W40. One lap later and Renae was on the move. She'd dropped Anna and was now within 3s of Lindsay, reducing the gap to just 1-2s at the bell. It set up an exciting sprint finish between the two team mates, one that required a photo finish. Lindsay secured the W40 silver ahead of Renae by just 0.03s.

The W35 age group was delicately poised from lap one. Four competitors (Natasha Mitchell, Katrin Gottschalk, Krissy Tanner and Kerry Semmens) were all running as a single pack. Late in the third lap, Kerry and Katrin started to turn up the pace, setting up a head-to-head race for age-group gold at the start of the final lap. Nearly 10s behind an identical head-to-head for the bronze was taking place between Krissy and Natasha. A fast finish from Kerry gave her the W35 gold by 11s over Katrin, while Krissy opened up a 5s gap on Natasha.

For the W55s, Southland's Debbie Telfer immediately pushed ahead of her sole rival, Carolyn Forsey, and stayed there throughout. Similarly, for the W60s Bernadette Jago led Michele Allison from start to finish, with Sue Meltzer comfortably clear of Liz Hardley for third. It was decided just as early in the W65s, for whom Margaret Flanagan out-ran Judith Bradshaw. As the only W70 runner, Loris Reed amused herself by beating all the W65s and half the W60s!

Only Auckland and Canterbury produced MW teams. Canterbury's win was never in doubt, placing 2nd and 3rd overall and 3 of the first 10. The 6th Canterbury runner finished before Auckland's 3rd, so with the first four counting there was never any suspense.



The men battling into the wind

Men

The distribution of the strength in the master's men's race was very uneven. The M40s and the M50s were strong and that was it. The M35, M45, M55 and M60 grades were particularly lacking, with one clear favourite in each meaning that barring DNFs, the recipient for the golds was known already.

Accordingly, Alasdair Saunders would win the M35s, Chris Mardon would win the M45s and Tony Price the M60s. For competitive interest outside of the M40 and M50 grades, the real question was whether the second finishing M35 would be able to beat any M40s (as it turned, the answer was yes – but only one) and whether second M45 would beat the first three M50s (answer: no).

The M65 race had three listed starters and with Barry Dewar, John Kent and Tony McManus it was expected to be a close race. Unfortunately, neither Barry or Tony started and we were denied an interesting race.

The initial lead, as expected, came from the M40s. Four ran as a tight bunch: Steve Rees-Jones, Stephen Day, Dwight Grieves and Dan Nixon. Rick Tombling, Andrew Wharton and Simon Mace, along with M45 Chris Mardon, were in hot pursuit but as the race wore on these chasers gradually lost ground.

During the 4th lap, the lead four became a lead three. Dwight Grieve found himself unable to hold the pace and was soon spat out the back. The front remained together only sorting into a clear order when a corner was reached, due to the tightness of the turn. Initially it was Stephen Day setting the pace, with Dan Nixon taking up second and the three were all less than a second apart at the bell. That final lap was fierce. From the penultimate corner, Day and Rees-Jones staged a sprint finish. Dan was out of the chase for gold, though safely in third, running the final lap in 3:10. It was Steve Rees-Jones who



From L to R: Tracy Croft (CAN) and Renae Creser (WGN)

emerged as the winner, despite Stephen Day running around 66 seconds for the final 400m. Not bad considering Stephen had run the Noumea Marathon (finishing 3rd overall and 1st master) the previous weekend, but Steve Rees-Jones is a very fast 800m runner and would be favourite in a sprint finish in any case.

Wellington were clear winners in the M35-49 teams race, producing 4 of the first 6 (actually 6 of the first 11). The real contest, as far as the first teams position was concerned, was for the final team medal between team mates Alasdair Saunders, Paul Barwick and Stewart Milne. Stewart fell out of contention for the team medal, leaving Alasdair to outspurt Paul.

The race for team silver was an all-South Island affair. Host centre Canterbury were up against Southland and took silver by 7 points. It's the first time in a long time that Southland have had a team and much credit is due to Dwight Grieve's efforts for the achievement. While I have a four year gap (2004 to 2007) in my database of teams results, I think it's probably safe to say this is Southland's first team medal in the M35-49 race this century (though the MW did win team bronze in 2009).

For the M50s, Richard Bennett took to the front early on. Wellington's Peter Stevens kept him in close view and even made a bid to get ahead of Richard at around 4 km. Richard tucked in behind Peter for two laps and then stretched out to produce a 12s lead. Peter ate into that lead during the final lap but Richard hung on to the lead without having to put in a sprint. For the M50 minor medals, Tony Broadhead and Robbie



Debbie Telfer (STH)

Johnston maintained a gap on Michael Wray. Michael began to close the gap in the second half but with two laps to go, Tony turned up his pace to drop Robbie. While Michael was able to overtake Robbie, Tony's early move and good first half work produced a safe buffer of 15s for bronze.

The M55s produced a close race for gold. It didn't initially appear to be heading that way. Anthony Rogal was the clear favourite and was, as expected, the early leader - over 20s ahead of Tom Jarman after the first lap. Tom had Richard Merrett just behind and John Gamblin followed a further 7-8s back with Peter Richards. Anthony then withdrew, presumably injured, leaving Tom and Richard at the front of their age grade with eight laps to run. Did they know they were now racing for gold? By this point, John was only a few seconds behind but Peter had fallen well behind. Somewhere around 3km, John surged and swept into the first M55 position. Tom gave chase but the lead just expanded, reaching around 20s at the bell. John appeared to cruise to the finish, as not only did Tom reduce that to 5s but 3rd placed Richard also took a huge chunk out of his deficit too.

Only Wellington and Canterbury had M50+ teams. In testimony to the depth of the M50 grade, every team medallist came from that single age group. Though that would not have been the case had Anthony Rogal not been a DNF, Anthony's fate did not make any difference to the team order. Wellington were clear and dominant winners. Although the hosts produced the 1st placed runner, Wellington had the 2nd, 4th, 7th and 8th finishers.

PHOTOS: Andrew Stark



Sue Meltzer (604) 3rd W60 and Margaret Flanagan (652) 1st W65



Richard Bennett (514) 1st M50 Peter Stevens (520) 2nd M50 and Stewart Milne (409) M40

PHOTOS: Sharon Wray



Paul Barwick M40



Michele Allison 2nd W60



Lindsay Barwick (404) 2nd W40 leads out Renae Creser (403) 3rd W40



Alasdair Saunders (357) 1st M35, Simon Mace (405) 6th M40 and Chris Mardon (454) 1st M45



Grant Mclean (459) 4th M45 & Dave Kettles (518) 8th M50

Ever Read A Book About Anti-Gravity?

– I'll Bet You Just Couldn't Put It Down?

by George White

Last Vetline when I talked about cryotherapy I stressed there is no (legal) substitute for hard work but that top athletes will try anything for that edge. Well there is another area of growing popularity – Anti-Gravity Treadmills (AGTs). Of course they are not really anti-gravity machines but a real name would not sound as trendy. Closer to a real name would be a Differential Air-Pressure treadmill but that really isn't as cool. A true anti-gravity machine unfortunately, for now at least, will only work in science fiction.

The AGT was originally invented for the space program by Dr. Robert Whalen, a biomechanics researcher at NASA, in the 1990s. He developed the concept of using advanced differential air pressure technology for weight support while he was studying the biomechanics of exercise in space as part of an effort to design effective exercise regimens for NASA's astronauts. Unfortunately his ideas didn't get accepted by NASA but were taken on board by US Company AlterG in 2005.

Running exerts a force on the body equal to two to three times body weight - and while generally it can deal with these forces, if they are applied too much or too frequently, injury can happen. Everything we do comes at a cost. When you train at high volume, particularly with running, the impact on joints and strain on muscles and tendons accumulates. AGTs allow runners to expand or maintain their mileage with far less physical stress.

Remember what it was like to weigh a fraction of your current weight? That's unlikely, but slip into a pair of skintight synthetic shorts, zip yourself into a pressure-controlled chamber, and prepare to feel as light as a feather.

Like cryotherapy, this technology claims to allow you to train longer, recover quicker, avoid injuries and perform better.

While there are less high-tech ways of taking the weight off your feet (such as running in water), the AGT uses air pressure as the lifting force, so that you can maintain normal running or walking biomechanics without the associated forces. Using differential air-pressure technology to "unweight" athletes, AGTs can achieve up to an 80% reduction of full body weight impact, adjustable in as little as 1% increments. At the maximum level this is the equivalent of walking on the moon

AGTs use a difference in air pressure between the lower body and the upper body to generate a resultant vertical upward force. The upward force acts directly opposite to the force of gravity and therefore subtracts from body weight to provide support.

To use the AGT, you step onto the treadmill so that from the waist down you're encased in an airtight plastic bag. The terms "anti-gravity" and "unweighting technology" are enthusiastic descriptions for what the machine actually does, which is basically to inflate the plastic bag around your lower body to lift you off the surface of the treadmill.

There are several key points that clearly distinguish AGTs from other forms of weight supported exercise:

- The elevated air pressure, and therefore the support, is uniformly distributed against the lower body which makes it almost unnoticeable. This is quite different from harness systems that have focused points of contact pressure.
- The support force acts close to the centre of mass and this enables normal biomechanics even at the low body weight. This is different from harnesses and also pool systems in which the magnitude and focus of the support force changes with water level.
- Water based systems have very large drag components that considerably alter muscle activation patterns.
- While AGTs started out life for injury rehabilitation, they have transitioned into tools for elite athletes. With AGTs athletes can boost performance by pushing themselves harder, for longer and with less risk of injury by:
 - Increasing mileage and pace without compromising recovery.
 - Reducing impact during explosive exercises.
 - Maintaining very high speeds - promoting better long term leg speed (training at high speeds can positively affect running performance by enhancing cardiovascular and neuromuscular function).
 - Reducing gravity's impact by selecting any weight between 20% and 100% of your body weight by 1% increments.
 - Training without pain stress to joints and muscles.
 - Recovering effectively and with less pain after training or competition.
- Giving you the confidence, comfort and ability to run or walk for longer workouts and recover faster with less pain



First and foremost however they are rehabilitation devices, allowing athletes to exercise without exacerbating an injury. They enable athletes to start physical therapy sooner following injury, undertake more challenging rehab programs, and maintain, and even gain, fitness while they rehab.

AGTs are big in the USA where professional and college sports teams feature them in their training facilities. Injured soldiers walk and run with them at military hospitals and rehabilitation centres. All AFL teams use them as well as most NRL teams. After suffering a stress fracture Paula Radcliffe purchased a machine to continue training for the Beijing Olympics and describes it as the best investment she'd ever made. New Zealand Olympic middle distance star Nick Willis trained on an AGT prior to the Rio Olympics as part of his recovery from various injuries and surgeries.

In New Zealand at least the Warriors and the Chiefs have their own AGTs and Healthfit Collective in Wellington has the first publicly available AGT in New Zealand with 60 minute sessions costing \$80.



Terri Grimm W55 at the NZ Road championships in Christchurch

PHOTO: Sharon Wray

Oceania Masters Athletics Report

by Lynne Schickert - President, Oceania Masters Athletics

REPORT ON OAA CONGRESS, ADMINISTRATION SEMINAR AND AREA CHAMPIONSHIPS
SUVA FIJI – 23 June – 1 July 2017

From a Masters perspective, the OAA Congress and Administration Seminar and subsequent officiating at the OAA Area Championships provided an excellent opportunity to network and renew contact with delegates from the Island Affiliates and other associated organisations such as Athletics Australia.

OAA President Geoff Gardner welcomed some 70 delegates, observers and Lord Sebastian Coe IAAF President, who was an honoured guest at the Congress and Seminar. Lord Coe's address was very informative and highlighted the challenges the IAAF has faced over the past two years including dealing with the Russian doping matters and reorganisation of the structure of the IAAF to better meet current requirements for governance, accountability, communication, ethics and values. A number of new commissions have been implemented to provide better service to members.

The seminar program provided an oversight of current requirements/trends for strategic planning, member services, communication, competitions and events including Pacific Games, funding opportunities and the opportunities provided to our up and coming athletes through the OAA High Performance Training Centre on the Gold Coast. Another highlight of the seminar for the delegates and a group of athletes was the session on the relationships of coach and athlete by Dame Valerie Adams.

The purpose of my attendance at the OAA Congress, and Seminar was threefold:

- to provide a presentation on Masters Athletics which included an overview of the WMA and OMA structures and history, masters rules and the challenges of officiating at a masters event.
- to network with potential nominees for the OMA Council as per the proposal to broaden representation on the OMA Council from the current and past AUS/ NZL heavy representation, which was agreed at the OMA Council meeting in Perth 2016. An email was issued by OAA to the Member Federations on 9 March 2017 outlining the OMA proposal.

That Affiliates (MF's) be asked to put forward applications for people to attend the next OMA AGM, which is to be held in Dunedin January 2018, and be nominated for a position on the OMA Council. Expenses for up to three approved Pacific Island Member Federation Delegates, to be financially supported by OMA from the OMA Development Fund.

Promoting the benefits of wider Island representation on the OMA Council was done by both Yvonne Mullins of OAA and myself at various times, and follow-up on our discussions with potential Pacific Island nominees will be done.

- to seek bids from the Island Affiliates for hosting the 2021 OMA championships.

Tourism is now seen as a major benefit to a local economy and there was strong interest from six Affiliates. Bids will be called for and presented for voting upon at the OMA Annual General Meeting in Dunedin. Sports funding for athletics is becoming more readily available and most tracks and facilities are now generally of a standard suitable for OMA championships.

The Affiliates who have indicated their interest in conducting the 2021 OMA championships will be invited to provide bids by 1 December 2017 for review by the OMA Council prior to suitable bids being put forward for voting by delegates at the AGM in Dunedin.

Having a masters presence at the OAA Congresses is starting to bring benefits for OMA with a number of Affiliates indicating they are now holding masters events in their national and regional meets. Even Kiribiti with its 400m crushed coral track and very limited jump facilities is holding a masters championship in September 2017. Several other Affiliates indicated they are keen to hold specific masters cross country and half marathon events as a way to engage the local community. A number of delegates expressed an interest in either competing or bringing a team to the OMA championships in Dunedin, next year.

OAA Area Championships

Officiating at the OAA Area Championships which followed the Congress and Seminar provided me with an opportunity to meet and discuss progress with Joan Merrilees, Head of the LOC in Dunedin. We both heavily promoted the OMA event to the OAA officials in Suva and a number have already applied for positions in Dunedin.

The Oceania Masters Athletics Council thanks Yvonne Mullins and her team for their support of master's activities to the Island Affiliates. The next OAA Congress and Seminar will be held in Townsville in 2019 where attendance by a representative from OMA will continue the networking and promotion of Masters Athletics in the region.



19th Oceania Masters Athletics Championships 20-27 January 2018, Caledonian Ground, Dunedin

Draft Programme

Saturday 20.1.18

Opening Ceremony, Heptathlon, Decathlon, 5000m, Discus (M), Hammer (W)

Monday 22.1.18

8 km Cross Country, 60m, 100m, HJ (M), LJ (W), SP (M), Javelin (W), Weight Throw – M/W

Wednesday 24.1.18

Oceania AGM

Friday 26.1.18

1500m, Long Hurdles, 3000m Race Walk, Pentathlon (M), Pole Vault – M/W, Throws Pentathlon (M), 4 x 100 Relay, Medley Relay

Closing Ceremony

Sunday 21.1.18

Heptathlon, Decathlon, 10k Road Walk, 800m, Hammer (M), Shot Put (W)

Tuesday 23.1.18

200m, 400m (semis if required), 5000m Race Walk, LJ (M), Discus (W), Javelin (M), TJ (W) Championship Dinner

Thursday 25.1.18

400m, Short Hurdles, Steeples, Pentathlon (W), Javelin (M), HJ (W), TJ – Men, Throws Pentathlon (W)

Saturday 27.1.18

Half Marathon

Entries:

Entries for the Championships are open now via our online entry system. **Entries will close 8th December** and **NO LATE ENTRIES WILL BE ACCEPTED.** Visit the website: www.mastersathleticsoceania.com

Para Events:

There will be some para events available. Please refer to our website for details.

Officials: There is an Expression of Interest form for officials on the website. Please let us know if you are able to help at any time during the championships.

Accommodation: January is a busy time in Dunedin so please book your accommodation early.

Contact Information:

Email Enquiries: oceaniamastersathletics2018@gmail.com



A Race For The Ages

by Jim Kerse

I had completed sixteen 100 mile races (and several more DNF) dating back to 1979. Unfortunately of late a combination of knees, age, and non typical runners build combined to leave me unable to beat cutoff times any more. Time to hang up the trail shoes?!

But then on Ultra Signup I read that ultra marathoners would descend on Manchester in Tennessee to circle the Deadman Mile and how the race is set up to favour gnarled, wizened footwarriors. Everyone aged 48 or under gets 48hrs to amass miles and for every year older than that you get the number of hours equal to your age.

With my age of 68 there were already 38 even older guys and gals on the course when I started at 4pm on the Friday. The clock which was in descending mode would reach 00:00:00 at midday Monday to end everyone's journey.

The event, only in its 3rd year, had become an instant classic more because of the stories shared by participants than the need for serious competition. These stories go back to long before the internet. Besides the obvious friendly nature of this event I was attracted by the promise of food, (see above comment re build). Every 6 hours a major meal was served and it was down home cooking from The Cracker Barrell Restaurant - a breakfast and 3 dinners per day. In addition, lighter snacks were always available.



I took my shoes off after 100 miles and enjoyed barefoot strolling

The circuit in Fred Deadman Park goes beside a river for 400 metres, then winds between tennis courts, baseball diamonds and a skateboard park before the mile is up at the dining/ sleeping and race H.Q. hall. About half of the mile is on an out and back section so you get lots of chances to trade insults and compliments to one another.

How did I go? I went to the race to enjoy myself and this was massively achieved. My minimum goal was a 100 mile buckle. I ended up with 112, which wasn't as lazy as it sounds. Coming off a Southern Hemisphere winter the heat and humidity were way more than I bargained on. The experienced runners rested in the middle of the day then "made hay" at night. I certainly learnt heaps in case another one of these is in future plans!

A 78-year-old, Doyle Carpenter, lead the race for nearly 3 days and totalled 192 miles. He was eventually passed by three runners in their 50s who exceeded 200 miles - an extra big buckle for this achievement. There were two race records set - the men's at 212 miles and the women's of 188 miles.

While overcoming jetlag I spent a week enjoying the sounds of Nashville - well named the world capital of country music. The rural parts of Tennessee that I saw were green and heavily forested. I would very much recommend this race/celebration to other masters. You may not go fast anymore but you can challenge yourself as to how far you can go. In fact I told Laz that New Zealand was planning to send a REAL kiwi masters runner to come over and shake up the leader board!



About to tug the beard of Lazurus Lake after he made a kiwi joke

World Athletics Championships

by Ben Anderson



The London Olympic Stadium

The 2017 World Athletics Championships kicked off on 4 August, at London's Olympic Stadium. A crew of ex-pat New Zealanders assembled for the first evening: Tony Payne and his girlfriend Julia, Callan Moody, Lyndon Brown, Mum (Barbara), Dad (Geoff) and myself.

The highly anticipated event that night was the 10,000m final - featuring the home favourite, Mo Farah. It is hard to describe how much the Brits adore Farah. For almost the entire race, 55,000 fans were on their feet and the noise levels steadily increased. When he crossed the finish-line to retain his title, the crowd erupted. The noise generated is similar to when the All Blacks score a try in a test match, except this goes on for 30mins!

The next evening featured the 100m semi-finals and finals. Although not in electric form, Bolt still seemed to be the favourite - particularly after what he did in Beijing and Rio. To witness the race that night and to be a part of Bolt's last 100m final was incredible, but it also left a somewhat bitter feeling due to Justin Gatlin taking the victory. The reaction from the crowd was extraordinary - after crossing the finish line, Gatlin was pelted with boos from the London crowd. I think the reaction was possibly a mixed response to what Gatlin represented, as well as the disappointment that Bolt did not win in his last hurrah. It was an incredible contrast to the euphoria of Bolt winning the 100m in Beijing two years prior, which we were very lucky to see as well.

The following day, 6 August, had Tom Walsh in the shot put, as well as the women's 100m final. Walsh's competition was brilliant to watch and had us on the edge of our seats, as the top five competitors all looked capable of winning if everything went well for them. To be in the stadium and to see a New Zealander win, in such a deep, diverse sporting discipline was incredible.



Geoff, Barbara, Margie and Ben Anderson at the World Champs

The night was also lit up by one of the upsets of the champs, when Tori Bowie won the women's 100m and the hot favourite, Elaine Thompson of Jamaica, finished a distant 5th - compounding Jamaica's sprint misery from the night before.

The 7 August was another night for the home crowd - with Laura Muir in the 1500m. Once again, words really can't describe how brilliant the British crowds were for their home athletes. Muir eventually finished 4th in one of the best races of the champs. She gave it absolutely everything and 4th seemed a cruel placing for such a gutsy run.

The fifth day had an incredibly tense and surprising men's 800m result - where Pierre Ambroise-Bosse managed to hold off the firm African favourites. The men's 400m was a surprisingly tame affair on the track, despite being a mess off it with Isaac Makwala being barred from competing due to a virus.

Our final evening of live athletics and the last evening of the champs included the brilliant head to head between Almaz Ayana of Ethiopia and Helen Obiri of Kenya in the 5000m - both of whom ripped the field to pieces, before Obiri left Ayana for dead. Semenya cantered to victory in the women's 800m and Nick Willis didn't quite have enough to challenge in the men's 1500m.

It truly is hard to summarise how brilliant this experience was, and I wholeheartedly recommend attending the World Championships to any sport lover. It is not something just for the die-hard track and field fan, but for fans of sport and athleticism in general. The British crowds were exceptional, both in their numbers and in their knowledge, and the London stadium was the perfect setting. By default due to the programme, you are exposed to events and disciplines you may not necessarily watch and this increases the appreciation of these events and their participants. See you in Doha in 2019.

French Holiday (with some races thrown in)

by Barry Dewar

Maureen and I recently took a six week holiday in the Dordogne area of France. Before leaving I had checked on the internet about races in France - 5,600 races for the year. Maureen's sister Jubba, with whom we were staying, had picked up a leaflet for a 21 km race in a small village only 10 km away in Meyronne. To enter you had to be a French Athletic Assn member or have a doctor's certificate. Thank goodness for emails - my GP provided the appropriate paperwork overnight.

So on day two of our holiday (yippee Maureen said ... not) it was all on. The race info stated it was to be held on asphalt, so I assumed this meant roads, so off I went with a support team of three who were going to follow and cheer me on. About 200 plus runners lined up and off we went. The support team could not find any roads or officials, so after an hour of driving through narrow lanes and dead-end roads they came back to the start/finish line. For me it was up and down hills, on farm tracks and slippery scree slopes. I fell over twice - one of the French runners turned round and came back to check I was okay. Then through forest and it was only in the last kilometre that we went on the road.

The race had many drink stations and two food stations at 7 and 13 km where you could collect dried prunes, orange quarters and cake. It was an amazing experience to finish the race, as it seemed like the whole village was there cheering everyone on. I was second in the 60 to 70 age group about six minutes behind the winner. The event was well organised with a beer tent and more prunes, cake and oranges at the finish.

Next event was a 10km race in a very tiny village called Branceilles, about 30 km from our base. While driving there we only saw one other car on the narrow rural roads, and I commented to my support team that there will be only four in our race and I might get a prize!! Little did I know! When we arrived at the carpark in the paddock it was nearly full and there were over 300 runners (with 16 in the vet 3 age group), a huge beer tent, four barbeques and music. The three lap course around hilly roads was lined with people cheering the runners on. Some were playing guitars, and as it was 28 degrees one family had their children hosing the runners as we passed their house, it was a welcome relief. Each lap went through the village so the supporters, between beers, could cheer the runners; it was a great atmosphere. Again, I got second in the 60 to 70 age group, 30sec behind the winner.

However, this event was super organised with a dais on a stage and trophies and wine for the top five to seven runners in all sections. The prize ceremony went on for quite a while, with interviews by the MC who asked me if could I speak French. On being given a negative answer he interviewed me in English and mentioned that he ran in a Rod Dixon Athletic meeting in Wellington in 2005. My prize of six bottles of red wine from the local winery was the icing on the cake.

(My wife then started searching for other races for me to compete in, having previously been a bit reluctant to traipse along.)

My next race was in a far more remote place called Dampriat, only about 40 minutes away but in the middle of nowhere. Thankfully we had a GPS system in the car. We arrived early, however the village was empty - no people, no posters, no banners and we thought we had mistaken the date. However, on leaving the village we passed a rugby field and clubrooms, and the locals were setting up the race. This race had around 60 runners (eight were vet 3 runners) and the course was up and down hills and through the village about four times. This time I won my section, but was only 30 seconds ahead of the second oldie and a further 30s back to the third runner. Again, there was a fruit and cake table at the end of the race, plus a beer tent and barbeques and the ubiquitous 'frites' for sale. As we were travelling home to New Zealand early the next day we left before the prize giving.

Overall, I enjoyed the races but missed the interaction with other runners due to the language barrier although one French runner asked me my age, I replied 67 years. He took his hat off and said "I take my hat off to you".

I was impressed with the participation of the vets in all sections; there were many greyhairs in all the races, and many were very competitive. It was difficult not knowing who was over 60 and who was under 60. The courses were always tough but scenic and the locals heartily cheered everyone.

Vive la France!



Final Straight Sprint - Branceilles



Trophy Presentation (Barry wearing beret)

Coaching Corner

by Mike Weddell



There would be very few athletes that have not had time off training through sickness, injury or work or family commitments. Most athletes do not handle time off training well - usually feeling all the hard work put into training in the past has been wasted. Luckily it takes longer to lose gained fitness than it takes to build it up.

Unfortunately on returning to training many athletes try to make up for lost time through increasing the amount and intensity of training to get back where they were before the break. This is counterproductive as it increases the chance of injury, sickness or burnout.

If this is not the case then the pre-break training must have been at a very low level. If your training load is optimal you progress at a rate that your body can cope with. Once your training load is at a level you can't cope with you are on the

down-hill slide. You may be able to struggle through training even though overloaded but you cannot compete to your best if over training.

The old adage it is better to start a race underdone than overdone is still true. If you are underdone you will feel good and achieve near your current potential, but if overdone performance will be poor.

Current training must depend on current fitness. If training feels a struggle and a chore back off for a couple of days and build back up again. You cannot rush adaptation to training. There is a maximum rate that you can improve and an important part of coaching either by someone else or yourself is finding the optimum level for you. This will get you to races in the best possible condition.

WMA Council Meeting

Frankfurt 8-10 September 2017 - Report To OMA Council

by Lynne Schickert - President, Oceania Masters Athletics

WMA Council Meeting

This meeting was a very productive one for the WMA Council. The agenda for this meeting contained a considerable number of items for discussion with the main focus being on requirements for the forthcoming WMA Championships in Malaga Spain in September 2018. Following the Council meeting, a small delegation from WMA visited Malaga to inspect venues and be updated on organisation of the event. It is expected that up to 8,000 athletes will compete, similar to the championships in Lyon in 2015.

The new President of North & Central Americas and Caribbean Guillermo Gutzman was in attendance with outgoing President Sandy Pashkin, and was welcomed to the meeting.

The Asia region was not represented at this Council meeting as their regional championships were due to be held shortly after the WMA meeting and AMA Secretary Siva Sivapragasam was required to assist with the organisation of that event.

Reports on activities were provided by the Executive and the Regions and it is pleasing to see that WMA is now in a strong financial position, a big change from when Stan Perkins took on the role of President. An up-to-date list of World records was provided (see attachment) and is now on the WMA website.

Agenda items

The main items discussed which are of interest for OMA are:

- The IAAF will make a decision in November regarding the ban on Russian athletes. If this is lifted, then Russian Masters athletes will be eligible to compete in Malaga, next year.
- The WMA Competition Committee will produce a handbook covering Competition Rules, Exemptions and Technical Specifications which is intended to be ready for use at Malaga and all future WMA championships. This will be available on-line and in print.
- A sub-committee is to be set up to review the 2010 WMA Age Factor Tables, ready for implementation in 2020. As part of this review, consideration will be given to reintroducing the one (1) year age graded tables to enable those countries which use them for specific events to have reliable data.

NB: If this sub-committee is not in operation by the time submissions are called for the WMA General Assembly in Malaga, it is recommended that OMA puts the following motions:

Motion 1: that one (1) year age grades be reinstated as this will assist those regions who hold events requiring such percentages to have accurate performance results.

Motion 2: that a sub-committee of up to 7 persons be appointed to undertake the revision of the Age Graded Tables ready for publishing in 2020.

- Nominations for the 2017 WMA Best Male and Female Master of the Year Awards are due by 15 January 2018 and presentations will be made in Malaga. In addition to the main awards, seven event categories for both male and female best performances for the year have now been included: Sprints, Middle Distance, Long Distance (including Marathon, Ultra and Mountain Running), Combined Events, Throws, Jumps, Walks. Certificates will be issued for the event categories and provided to the relevant region for presentation at an appropriate event.

Wilma Perkins has agreed to continue to research the performances for these nominations. *It is suggested that, for the future, Wilma be appointed to the role as "Awards Research Officer".*

- At the General Assembly in Malaga
 - WMA Council elections will be held for
 - President
 - Treasurer
 - Women's Committee Representative
 - Updates to the WMA Constitution and By-laws will be listed for voting

(Under consideration is whether the position of Women's Representative is still required as WMA and its members have a high level of equal representation, unlike the IAAF who are introducing quotas)

 - Bids for 2021 WMA Indoor and 2022 WMA Stadia Championships will be presented

- Nominations for the WMA Committees for 2017-2020 were confirmed. OMA currently has representatives on
 - Law & Legislation Committee – Bob Schickert
 - Competition Committee – Lynne and Bob Schickert, Wilma Perkins
 - Women's Committee – Wilma Perkins, replacing Marie Kay until new appointment made
 - Organisational Advisory Committee – Lynne Schickert
- A motion was agreed that there will be no recognition of performance records set at future regional IMGA events. However with national Masters Games competition such as is conducted in New Zealand and Australia by Masters officials and administrators, athletics performances may still be recognised.
- The issue of TUEs for Testosterone was highlighted and Council was advised that its use is now being accepted by the US Drug Agency. This decision could have major implications for WMA and its members and is being referred to the IAAF.
- Due to IAAF financial issues, the development grant currently received by WMA and distributed to the regions may not continue in the future.

- If timing becomes critical due to high entry numbers, throwing events in a WMA championship may be limited to 4 for the final 8 competitors to save time. This was to be discussed with the LOC in Malaga.

Proposed changes to OMA Competition Rules. The paper outlining OMA's proposed competition rule changes was discussed separately at some length with Brian Keaveney, WMA Competition Director and Sandy Pashkin, WMA Records Officer. Whilst both officers could see the reasoning behind the proposals, their opinion is that another set or level of rule changes would make it very difficult/unworkable for officials and athletes in the region and would be too confusing. Their rationale is that WMA records are being set by two very reliable and reputable Members and these small anomalies are not significant. However, these points have been noted and will be taken into consideration when the WMA handbook covering Competition Rules, Exemptions and Technical Specifications is compiled.

Next meeting

The next WMA Council meeting before the Malaga championships will be held in May 2018.



Clive Kitchingham (558), leads Derek Shaw (608) 2nd M60 at the NZ Road championships in Christchurch

PHOTO: Sharon Wray

NZ Road Relay Championships

by Michael Wray

The traditional end of the harrier season event is the NZ Road Relays. First held in 1977, master's grades were added from 1983. An open 50 grade was added in 1993 and since 2012 there has also been an open 60 grade.

Last year the race returned to Waikato for the first time since 1999, with Rotorua being used for the very first time (previous courses were in Kaimeia and Cambridge). Given the success and varied course offered by "taking on the lake" in the Rotorua Marathon, it seems like an obvious choice. Of course, the marathon distance is a bit short for Road Relays, which means the organisers would have to choose between such options of going round the lake twice or throwing in some detours. The latter approach was settled on with a 62.6km course that would meander its way towards joining up with the second half of the iconic marathon route. The short course option skipped the early stages, starting near the Agrodome for 45.3km.

Laps in the long course varied from 8.2km to 10.3km. The short course split one of the long course laps into separate legs to produce a short lap of 4.1km but retained the upper limit of 10.3km. With only the longest 10.3km leg being flat, every leg offered hills. Most legs were varied and best described as undulating. One exception was the long course leg four (leg two in the short course), which was almost all uphill for its 8.2km. The other notable exception was long course leg five, which started with 4km of descent; this was the leg split for the short course, where a handover took place at the bottom of the hill - no such respite for the long course runners, who were then faced with 6km of continued undulations after smashing their quads.

Masters Women

For the masters women, Wellington Scottish were lining up with the intention of setting a new record for consecutive wins, having last year equalled Sumner's six-in-a-row streak from 1986-1991. Unfortunately for their hopes, their line-up was not looking as strong as in prior years, while Wellington Harriers, Olympic and Hamilton Hawks were all looking menacing. The streak has ended; Scottish spent the majority of the race in sixth place, only moving up one place a couple of times in the race.

The first lap featured Wellington Harriers' Vickie Humphries and Johanna Ottoson from host club Lake City, with Vickie setting fastest lap to reach the first baton change with an 8s advantage. Hamilton Hawk runner Kirsten Milne, who has medalled in this event in 8 of the last 9 seasons, followed in some way behind but was almost a kilometre clear of 4th place (Olympic's Liz Eade).

The front positions stayed the same through lap 2 and 3, as Wellington Harriers Carline Thomas and Jane Boyd continued

their club's fastest lap claims. On the hill climb of leg 4, Hamilton's Marion Millward ran 2 minutes faster than anyone else and smashed the Lake City performance to bring the Hawks up to 2nd. While Hamilton found themselves over 4 minutes clear of Lake City in 3rd, Wellington Harrier remained in the lead by two.

Three of the clubs produced strong downhill runs. Olympic's Michelle Van Looy was the pick of the group, pipping Katy Dawson's time by a few seconds. The other clubs struggled, in relative terms, with what was the toughest lap in the course and Lake City's Sian Twiddy was 5 minutes slower than Michelle, allowing Olympic to move 3 minutes clear in 3rd place. Wellington Harriers' lead was now less than 2 minutes but remained comfortable.

Leg 6 is considered the easiest lap, featuring only one main hill. Despite this, or perhaps because this is where clubs were tending to put their weakest runners, this leg caused a few problems during the day. In the master's women grade, it was Wellington Harriers' Jane Leverington who had issues. I don't know exactly what the problem was but I do know that Jane was reduced to walking despite no apparent injury, leaving her club to calculate whether it was quicker for their end time to let her reach the changeover or substitute in their final runner early and take the 7 minute penalty. Hamilton's Maureen Leonard was busy recording the fastest lap time, which would have added to the urgency of the calculations - how safe was the lead? The decision was made and Wellington's Tamara Winkler came in and took the baton from Jane. Meanwhile, the contest for 3rd was swinging Olympic's way when Nicola Hankinson outran Lake City's Kerryn Baker by 68s.

Despite the early start, Tamara ran a great performance and Wellington Harriers recorded an aggregate lap 6 and 7 time within a minute of the combined Hamilton time. Wellington Harriers crossed the line in 1st place by 53s. However, with the 7 minute penalty, Bridget Ray knew she merely had to avoid disaster to give the Hawks the win and duly delivered. The bigger concern for Tamara was whether Olympic and Lake City could reduce the gap on the course to within 7 minutes and therefore cause them to miss the podium altogether.

Lake City's Sue Crowley gave it a good go, securing the fastest lap time, while Deborah Platts-Fowler from Olympic must have been torn between wondering whether she needed to worry more about taking the penalty-assisted silver from Tamara or defending the bronze medal position against Sue. Deborah conceded 3 minutes to Sue but reached the finish with 40s to spare. The elapsed time since Tamara's finish exceeded



PHOTO: Sharon Wray

Peter Stevens 1st M50 - over the long course at the Wellington Road championships

7 minutes, so Wellington Harriers only found themselves downgraded to silver and Olympic secured bronze. It's Olympic's first MW Road Relay podium since 2012. Wellington Harriers last won a MW Road Relay medal in 2004, through a team in which it is notable that one of this year's members, Vickie Humphries, also ran.

Masters Men

After taking last year's drama to an extreme level, this year's M40 race was a straightforward race. There was still excitement, with lots of positional movement; it merely lacked the incredible series of injuries that gave 2016 so many plot twists. The 11 teams all seemed to approach lap one with different strategies. Some spent their stronger runners early, while others waited. None of the eventual medallists reached the first changeover in a podium position. Lake City used Sjors Corporaal and he used his not inconsiderable speed to finish over 45s ahead of anyone else. Chris Robb (ACA), Julian Ng (Owairaka) and Allan Staite (New Brighton Olympic) all came across together. Dave Parsons (Scottish) finished without company, leaving Olympic's Trent Corbett to outkick John Beale (Wellington Harriers).

The race order started to take on a more enduring look through leg 2. Paul Barwick from Wellington Scottish exorcised any

demons from last year's injury substitution to race through many runners ahead and shift his team into 2nd, narrowly ahead of Adrian Lysaght (Lake City). Simon Yarrow (ACA) produced the fastest time to claim the lead. New Brighton Olympic remained in touch in 4th thanks to Jason Baillie, leaving clear daylight (and a couple of minutes) back to anyone else.

On leg 3, Scottish runner Simon Keller ran fastest lap by a comfortable margin to cause yet another change at the front. This time the lead would stick and Scottish would keep it for the remainder of the day. The contest for 2nd remained tight. New Brighton's Paul Angland passed his baton on just 14s ahead of race director Chris Corney. ACA had fallen back and instead of trying to stay in the medal spots, Jamie Halla was really working hard to stay ahead of a fast-closing Francis Evett (Wellington Harriers).

In 2016, Stewart Milne from Wellington Harriers had charged up the hill on leg 4. He hadn't lost his love of hills since then. Stewart climbed faster than anyone else and was 3rd to the top. Grant McLean was 1st to the top and while the immediate chasers were all quicker on the ascent, Grant was strong enough to keep the advantage to about 2 minutes. Lake City were continuing to slip and were now under pressure from ACA to keep the 4th spot.

Despite Dan Clendon (Wellington Harriers) dominating the downhill portion of leg 5, taking the descent some 20-odd seconds quicker, it was Stephen Day who ran the fastest leg – a 3 minute lead for Scottish was the result. New Brighton remained in 2nd but Wellington Harriers closed them to a 10s gap. It seemed like the podium places were set, given the large gap back to 4th but I imagine everyone was remembering the same impression in 2016 before injury intervened.

With lap 6 being where teams placed their weakest runners, the analogy about only being as strong as your weakest link was proven when the top 3 teams all recorded the top 3 times. The last pass took place here, when Alex Jones brought Wellington Harriers into 2nd place and claimed fastest lap. With the final positions set, Andrew Wharton gave Scottish yet another fastest lap on the anchor leg. New Brighton's Nick Burrow was unable to pressure Wellington Harriers' final runner, Dan Nixon, but he came in well ahead – almost 8 minutes – of 4th.

Where the M40s lacked drama but provided plenty of lead changes, the M50s threw in both. John Crane for Hamilton Hawks kicked clear of Scottish's James Turner and ACA's Brent Foster to be 1st in by 8s.

On leg 2, Jim Jones swept Scottish into the lead and was pushing out the lead further until a second half injury intervened. He still finished but had to slow down to nurse a troublesome calf to the finish. Fastest lap went to either Paul Bird (Wellington Harriers) or Malcom Cornelius (Papanui) – they were within a second of each other and Paul was given it at prizegiving yet Malcolm seems to have it in the published results. Scottish had the lead by 9s from Wellington Harriers, with Hamilton Hawks narrowly ahead of ACA.

Dallas McCallum ran a huge fastest time on leg 3, sweeping past Phil Sadgrove, to make it Wellington Harriers ahead of Scottish by 2 minutes. ACA's Paul Emery was 3rd fastest, taking his team ahead of Papanui with Hawks slipping behind.

Scottish used the hill specialist Dave Kettles on leg 4 and he chased down Jono Hales from Wellington Harriers, reducing the gap to 10s. ACA stayed constant as 3rd fastest ahead of Hawks. Papanui were starting to fall back.

It was a cross-town rivalry to kick off leg 5. Paul Hewitson (Wellington Harriers) lost his 10s to Michael Wray (Scottish), who gradually moved away from the bottom of the hill and claimed fastest lap. Scottish now had a 17s advantage. ACA remained a couple of minutes clear of Hawks in 3rd.

Lap 6 changed the course of the masters women title. It didn't change the ultimate winner for the M50s, as Wellington Harriers had the stronger finisher duo between the two leaders. Moving ahead through Andrew Wheatley was not a surprise. However, Scottish runner John Plimmer suffered a combination of dehydration and over-exertion. He collapsed 300m from the end of the leg in severe distress and was unable to continue, resulting in an ambulance response and enforced overnight stay in Rotorua Hospital. Scottish were forced to start the final

runner early and while 300m is only 300m, the rules are the rules and they were penalised 7 minutes for it. By the time their final runner got going, Wellington Harriers were over 5 minutes ahead and ACA were less than 6 minutes behind. With Hawks almost 7 minutes behind, however, there was still a reason to believe a medal would result.

Unfortunately for such belief, Peter Stevens had a poor run by his standards, only recording the 5th fastest leg time. Hence, rather than adding the necessary few seconds, he surrendered 2.5 minutes to Hamilton's Tony Olsen. Scottish crossed the line in 2nd position, less than 4 minutes ahead of 3rd (ACA) and 5 minutes ahead of 4th (Hawks), taking them off the podium altogether. Richard Bennet ran fastest time, so Papanui finished within 7 minutes of Scottish - whose penalty reduced them to 5th.

Wellington Harriers are now the three-time repeat M50 champions. This equals the record of Pakuranga (1996-1998), Tauranga Ramblers (1999-2001), Tasman Tigers (2002-2004) and Auckland Uni (2010-2012).

Fortunately, John Plimmer has recovered from his exploits but thanks are due to Sean Lake and Brian Hayes. Brian came to John's initial aid, while Sean is a medical professional whose leadership proved invaluable in assisting and directing the paramedics.

The M60s ran the short course. When this grade was added, Nelson won the first four titles, only having their streak ended by Wellington Harriers last year when they couldn't muster a team. The two kicked off the race for this year's title by going one and two in the first leg. Nelson's Ian Carter recorded an advantage of two minutes, a lead that was never pressured. Nelson would produce the fastest lap times for the first five legs to allow their final runner the luxury of 'only' running the third fastest time as they took a huge win.

Auckland University's Bryan Bates was only 6s ahead of Scottish's John Skinnon for 3rd at the end of leg 1. Scottish failed to continue to challenge into lap 2. The front three were away and clear. Auckland's Stephen Duxfield closed to within a second of Wellington Harrier's Brian Hayes on the uphill.

On the other side of the hill, due to late replacements the 2nd and 3rd placed teams recorded the slowest times of the leg. Nevertheless, Auckland pulled away from Wellington to put some comfort in their 2nd place. This pull away continued on legs 3 and 4, despite Scottish eating away at the gap between them and the podium places.

Scottish temporarily raised their hopes when Marshall Clark on leg 5 produced the 2nd fastest time to bring them up to 3rd place ahead of Wellington Harriers. However, Wellington were keeping Paul Sharp back and he ran the last leg almost 3 minutes ahead of anyone else to move his team back into 3rd. He never had enough time to overhaul the gap to Auckland. Nelson's winning margin was just over 15 minutes; they had time to make two substitutions and still win!

South Island Masters Track & Field Championships Entry Form 10 th – 12 th November 2017 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):	
Entries close 1 st November 2017 (Late entries on the day)	
South Island Championship entry fees	
Registration (NZMA & Admin fee)	\$25.00
Event fee per event/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)	
Late entry fee \$20.00 extra (on the day)	
Total to PAY:	\$
<p>Enter on-line via NZMA website CMA Bank Account for direct debit: ANZ Bank: 11 7800 0053698 11 (Please use your name as a reference)</p>	
<p>Cheques payable to: Canterbury Masters Athletics Inc Send Postal Entries / Cheques to: 12 Highcrest Heights Westmorland Christchurch 8025</p>	
<p>Enquires to Andrew Stark: aws@xtra.co.nz (03 338 0516)</p>	
<p>Declaration: I declare that I am a financial NZMA or ANZ Competitive member for the 2017 / 2018 season. In the event of an 'Act of God' conditions causing cancellation of the event, my total entry fee is not refundable.</p>	
<p>I undertake to exercise my duty of care, as is reasonably practicable, to prevent harm, by my actions, to myself, fellow competitors, officials, and members of the general public.</p>	
<p>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.</p>	
Signed:	

Draft Programme & Event Timetable Friday 10th November 2017			
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 11th November 2017			
			Tick
11:00 a.m.	Short Hurdles	M/W	
11:40 p.m.	Weight (Circle 2)	W	
3:00 p.m.	2000m Steeplechase	M60+/W	
12:15 p.m.	Javelin	M	
1:00 p.m.	3000m Steeplechase	M30-60	
1:20 p.m.	60m	M/W	
1:30 p.m.	Javelin	W	
1:45 p.m.	Discus (Circle 2)	M	
2:30 p.m.	Long Hurdles	M/W	
2:45 p.m.	High Jump	M/W	
2:50 p.m.	Discus (Circle 2)	W	
3:10 p.m.	Weight (Circle 2)	M	
3:25 p.m.	100m	M/W	
3:50 p.m.	1500m	M/W	
4:05 p.m.	Triple Jump	M/W	
5:15 p.m.	Trackside Gathering	Yes / No	
Sunday 12th November 2017			
			Tick
9:00 a.m.	Pentathlon	M/W	
9:10 a.m.	Throws Pentathlon	M/W	
10:00 a.m.	5000m or Walk (Circle only one)	M/W	
10:40 a.m.	200m	M/W	
11:25 a.m.	800m	M/W	
12:35 p.m.	Pole Vault	M/W	
<p><i>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.</i></p> <p><i>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.</i></p>			
Officials Registration:			
Name:			
Telephone:			
E-mail:			
Grading (not required, but helpful)			
Preferred Event:			
1 st Choice:			
2 nd Choice:			

Australian Masters Athletics Champs

by Margaret Crooke

On the June long weekend my husband and I flew out of a wet Whangarei on our way to Darwin for my first Australian Masters Championships. We stopped over in Sydney for a few days to catch up with family, school friends and take in Vivid Sydney. Vivid Sydney is a unique annual event of light, music and ideas featuring an outdoor 'gallery' of extraordinary lighting sculptures. What a sight it was!

From our accommodation at McMahons Point we looked out onto the Harbour Bridge with Opera House behind and Luna Park out the other side. It was such a magnificent sight all lit up, but then I could be biased as Sydney was my home city as a youngster and I haven't found a better harbour in all my travels. To keep the body ticking over before heading to Darwin I did my training on the harbours edge with the Bridge and Opera House as backdrop, the weather was mid-20s.

Got the best of weather as it turned to rain the day we left Sydney. Ran into Judy Hammond and Jim Blair, who were also heading to Darwin. On the plane we were outnumbered by all the Aussies on the way to their champs. Upon arrival in Darwin the heat immediately hit us, in the low 30°C which the locals find a pleasant heat. Picked up car and headed to our Airbnb which wasn't far from the track.

On the day before competition began made my way to Murrumbidgee Sporting Complex for registration which was a simple process; then proceeded to Arafura Stadium to have a look at the track and facilities. Met some athletes from Queensland on the way and I was explaining that I was from New Zealand and that after the event was going to drive from Darwin down to Adelaide. One of them suggested we go by train as the big road trains were numerous and you had to be wary of them. I then explained that I was hoping to run into Helen Searle (nee Frith) who used to belong to the Northern Suburbs club in Sydney and she was an athlete that I looked up to when I was a member of the club from 1965 to 1969. You could have blown me over with a feather when the athlete who had been advising us to catch the train, turned around and held out her hand, it was Helen. Her mother Ruth Frith had been president of the club and was at the Sydney Sports Field every Saturday ordering us all to our events and into relays. These champs were Helen's last as the body is giving out after all the years of competition.

There were a record number of entries for the champs of over 650. I've been unable to work out how many New Zealanders competed as overseas entrants were in the programme as UNA.

Friday was my first day of competition on Australian soil since 1969 when I competed as a senior in Sydney before heading off on overseas travels. It was with intrepidation that I lined up for the start of W70 60m sprint, as it is not often you get to run against a full field in NZ competitions. It wasn't too hot but the wind got up, but compared to what we faced at our champs in Nelson it was nothing. We also had to contend with the noise from the air force planes overhead as there was a big

training exercise going on that week - the noise at times was unbelievable. It was good to get the first event out of the way and to come away with a silver. Note to self; need to get lots of starting practice.

It was interesting at the finish; since I was an overseas competitor some of the others thought I had taken their championship place, but once explained that an overseas competitor could not displace them, then all was good. Judy Hammond lined up in the W75 60m, another age group with a full field, and finished 4th. Peter Hanson ran in the M80 60m in a field of 6 and also came away with a silver medal.

Judy and I then headed off to the long jump. Some of the field in my age group had pulled out but I still had to work to win the gold. Judy had a much bigger field and she came home with a bronze. It was then time to go home and have a rest as my next event was the 100m and it was being held at 9 o'clock in the evening. Conditions at this hour were ideal - not too hot and the wind had dropped, but we all found it hard to run at that time as none of us had trained our body to run that late. I'm usually getting ready to go to bed then. The Kiwis did well in the 100m; I collected silver, Judy bronze and Peter silver. It was a long first day for the officials - starting early and not finishing until 10 o'clock with a debriefing to follow.

I had worked my schedule so the next two days were free from competition. We spent the first day visiting a national park. On the second I made the mistake of taking a bike from where we were staying and went for a ride to the local market and beach. Although it is flat in Darwin and there are great cycle paths when warming up the next day I realised that I had not been cycle fit and my legs were very tired. I had the pentathlon and was keen to try for the W70 NZ record. My performance was not up to the standard I was hoping to achieve, but I did come away with a bronze and bettered the New Zealand record.

However, I have since learnt that it will not be accepted as I was unable to get all the events signed off, which is disappointing as it was the Australian Masters Championships. I had noted on the first day that at the long jump they did not have a wind gauge, so arrived well before the pentathlon began to see if I could obtain one for the long jump. The official was very obliging and since there were no track events that needed the gauge he moved it over to the long jump pit and when it was my turn to jump he took a wind reading for me. There must have been somebody else going for a record at the other pit because he was going between both of us with the gauge. My thanks to Ian Colquhoun who was the meet track referee for the wind readings.

Judy also competed in the pentathlon and won a bronze. As they had run out of silver and bronze medals by the time they came to the medal presentations for the pentathlon, we had to hand back the medals presented to us once photos were taken, as they belonged to somebody else. Our medals were sent at

a later date. Other New Zealanders competing included Jim Blair, Brian Senior, Per Jacobsson, Dennis Wylie, Nick Bolton and Lester Laughton. In the results they have New Zealanders winning 14 golds, 7 silvers and 9 bronzes.

All in all it was a good event. There were grumblings on the final day, to do with programme changes for the throws and competitors not being notified. This was the first time the champs had been held in Northern Territory and the sheer number of entrants stretched their officials. I would like to say to Northern Territory Athletics, the LOC and to the officials and volunteers, thank you for your tireless work and a job well done - without you we could not hold these events.



W70 100m final



Pentathlon 800m



Peter Hanson

I can recommend the Australian champs if you are looking for some good competition and I will certainly be making more trips across the ditch, especially if they are on the eastern side.

With competition finished it was time to collect the campervan and head from Darwin to Adelaide taking in the sights along the way. Couldn't get over the number of "grey nomads" heading in the opposite direction seeking the warmer climate. Rather mind boggling the miles that some travel. After 5 weeks it was time to head home to the Far North and the wet. I do look enviously at the temperatures they have in Darwin each day. So much easier to get out and train when the weather is warm, so roll on the warmer weather.



Pentathlon long jump



M60 medal winners



Peter Hanson in the 200m

Northland

by Nancy Bowmar, Val Babe & Judith Bradshaw

Indoor Champs

Three Northland competitors ventured south to the NZ Indoor Track & Field Championships held at AUT Millennium Stadium 19 and 20 August 2017. What a great event. Mark did a PB in his pole vault on Saturday and Margaret, Nancy and Mark competed on Sunday in jumps, sprints and hurdles.

A series of three 50m races were run, the first with us all in our age groups and the second two time related which made fast exciting races with times getting better for each race. This was the first indoor meet I have competed in and I thoroughly enjoyed it. Athletes came from as far away as Wellington and Hawkes Bay.

Thank you Auckland Masters and North Shore Bays athletes for putting all the equipment out and away again after the meet. Thanks also to the great officials and to our team of supporters. The meet was followed with a yummy afternoon tea and a chat discussing what everybody thought of the format of the meet, timing of the event etc. We will be back to support you again.

Ian Babe

After our AGM on Sunday 27 August, we had a short update from Ian Babe who at the Athletics NZ AGM was nominated as Vice President for the next year, and then will take over as President in 2018. Ian was one of our top master's athletes in the 60s and 70s and a leading coach who has coached many top athletes over the years. Ian has kept fit and well after having a five bypass in the 60s and would still be running if he could.

To be given this recognition is a wonderful reward for him for all the work he has done over the years for Northland Masters Athletics and Whangarei Athletics Club with helping many athletes to accomplish their dreams.

NZMA Champs 2-4 March 2018 in Whangarei

Time is flying by and the NZMA Track and Field Championships in Whangarei will be on us before we know. As we are a small centre and do not have the expertise of some of the larger athletic centres with photo finish systems, if there is anybody who is coming up to compete and has a partner or family member that has knowledge or an interest in this area can you please contact us. We are working on coming to grips with the system and all help and hints will be greatly appreciated.

NZ Road Champs Christchurch

The forecast three days out was for fine weather. But usual story - Saturday arrived with blustery freezing winds and showers. Clappy Clapcott, Judith Bradshaw and John Kent made the journey south from Northland. Attempts to find the course, which was a twenty minute walk away from the motel the day before turned into an hour long trek due to imprecise map reading. A longer trek was avoided by Judith convincing JK that we were on the wrong road.

Anyway, race day five x 1k laps for the ladies and ten x 1k laps for the men, four x 250m stretches each time, it turned out not to be too bad mentally. Physically, the strong cold headwind and crosswind was dynamite. Final Results: Judith ... silver W65 ... Clappy ...gold M70 ... John ... gold M65. Watching the other races with younger athletes running 3 min ks was very inspiring. Also special mention goes to the marshals on the course huddled in the freezing conditions - well done and much appreciated. You are a tough breed.



Malcolm Macdonald (M50) at the Wellington Road championships

PHOTO: Sharon Wray

Otago

by John Stinson



Rodney Gillum (TAR) at the NZ Road championships in Christchurch

After a particularly wet winter Otago masters are looking forward to the upcoming 2017-18 track and field season with higher than usual anticipation.

At the committee meeting on 16 August discussions were held on the format for the Wednesday track and field training nights due to start on 4 October. It was decided to change the existing format of having a set programme for each week to one of deciding on the night what events will be held based on input received. It is hoped this will help to increase participant numbers and overall interest particularly with the 2018 Oceania Masters Championships in mind.

Organisation of the 2018 Oceania Masters Championships to be held in Dunedin from 20 - 27 January continues to progress well. The response for event sponsorships has been particularly pleasing and the LOC is grateful to Jo Hurring for the work she has carried out in this area. The Otago Masters



Lyndon Hohaia (AKL) at the NZ Road championships in Christchurch

have agreed to sponsor two events and both Otago Polytechnic and Mediaworks are providing in-kind sponsorship. A video has been organised to promote the Oceania champs and also to showcase Dunedin to guarantee the generous assistance provided by the Dunedin City Council. A reminder that entries for the Oceania champs close on 8 December 2017 and no late entries will be accepted. The championship dinner will be held on Tuesday 23 January at the highly regarded Dunedin tourist attraction, Toitu Otago Settlers Museum. Visit the Oceania website for further information - www.mastersathleticsoceania.com

The Australasian throws pentathlon will be held at the Caledonian Ground on Sunday 17 September. This will be followed by a lunch at Emersons Brewery in Anzac Avenue. The Otago Masters AGM will be held in the Athletics Otago Rooms, Logan Park Drive on 13 September at 7pm.

PHOTOS: Derek Shaw

Hawke's Bay/Gisborne

by Merv Dudley

Winter on the East Coast has been pretty much the same as the rest of NZ, wet and cold. Local athletes have been restricted to post summer rehab, indoor gym work, TV remote curls, and lounge chair crunches.

Enjoy our stories. Papa Moose

Fit and Able

Our local Secretary, Mike O'Leahy, is showing no signs of slowing down. Our local Police Inspector was named 2017 NZ Police Sports Administrator of the Year in recognition of his long standing involvement both on and off the field.

Mike's role as secretary involves administering our club and maintaining the strong link between the members and the national body. We are always on the lookout for new blood, and Mike encourages anyone considering to get involve to contact him.

In the late 80s, Mike was a physical training and recruit instructor at the Police College and helped set up the PCT (Police Physical Competency Test). He makes no apology for this, knowing that 'something had to change when fitness for life was a low priority'. For those that knock the PCT, Mike says, "Fitness will prepare you for a hiccup in life, better prepare you for adversity and generally improve the quality of life".

At the young age of 58, he still comfortably meets the required PCT time for a 20 year old (2 minutes 8 seconds).

Off the track he's also a policing hero. In 2009, he received a Bravery Award from the National Police Association. While travelling off duty with his family, they came across the aftermath of a head-on crash near Taupo. Risking his own life he rushed to rescue two children from a burning van.

Back on the track at last year's Australasian Police and Emergency Services Games in Brisbane, Mike cleaned up and collected 11 golds.

AND while Mike's doing his stuff, older brother Dennis set two records in the M60 Indoor champs in Auckland last month in the 50 metres and long jump.

I wonder if mother O'Leahy recommended weetbix...

Exciting News for Local Masters Athletes

The Hawke's Bay Community Fitness Centre Trust has been established to build, own and operate a \$10 million facility which will run on the mantra "be the best you can be".

The facility will include an indoor synthetic surface with a six-lane sprint track and pole vault dome, a high-performance strength and conditioning gym for sports and wellness development, and an indoor sports hall.

Patrons will be able to use the gym and sports medicine centre, before enjoying a coffee at the on-site cafe.

It will leverage off the success of the Auckland-based AUT Millennium, which will collaborate with Eastern Institute of Technology to deliver sports science and health and wellness programmes.

The facility will be the "headquarters" from which different research-led programmes would be delivered to those at preschool age through to the elderly within the region. Master athletes!!!!

Not only will people benefit from the facility, but sports would benefit as athletes 'rub shoulders' with each other.

Very exciting times in the Bay.

Oceania Masters Champs

Below are details of Roy Skuse's tour to encompass the OMA Track and Field Champs in Dunedin 20-27 January 2018.

These champs will attract a big number not only for the champs themselves but also because it is close to many of the best scenic spots in country.

Some rooms have been booked at the University, 18-28th January, about 1.2km away from the track. Drive, walk or taxi.

Most rooms have single beds with shared facilities. The beds are large singles. Couples who are prepared to have these rooms would be able to be room alongside each other.

They have shared bathroom and toilet facilities which are on all 3 floors. There are kitchenettes on each floor with fridge, microwave, toaster and utensils. Tea and coffee supplied. Laundry facilities are available but you need your own washing powder.

Cost \$89.00 a night single room bed & breakfast. Queen double bed with breakfast \$105.00 for two people

We need numbers to confirm room bookings with the University.

We can arrange the airfares which would be the best available. Instant purchase.

Hotel rooms also available, but not as close to the track.

After the Champs, a tour is arranged through Otago & Queenstown.

The Tour:

Sunday 28th January. Bus to Dunedin Railway Station. Scenic train to Middlemarch up the Taieri Gorge. Those who are keen, cycle on the Otago Rail Trail from Middlemarch to Hyde 28 km (electric bikes available).

I need to know if you are cycling or going in the bus. Bus will go ahead with non cyclists and luggage and meet cyclists at Hyde. Continue to Naseby for curling on the ice, 3:00-4:30pm. On to Ranfurly where we stay at the Hawkdun Lodge. Only two cycling so far, the rest in the bus.

Monday 29th January. Coach from Ranfurly through Clyde to Explorer Apartments, 6 Cleddau St, Te Anau.

Tuesday 30th January. Day trip to Doubtful Sound. Depart 9:45am. Cross the lake on launch and then bus over Wilmot Pass and then take the ferry to the coast. See seals, penguins, porposes and a variety of sea and bird life. Return to the Explorer Apartments 6:00pm.

Wednesday 31st January. Coach departs 8:30am sharp to Milford Sound. Traditional ship 10:30am-12:45pm on cruise. 2:30pm depart from Milford to Explorer apartments Te Anau

Thursday 1st February. Coach to Cophthorne Apartments Queenstown Free afternoon.

Friday 2nd February. Shotover Jet boat ride. 9:15am

Saturday 3rd February. Visit Arrowtown. 9:30am departure. Return 12:30pm.

Eat at one of the lunch spots, not included. Visit the original Chinese village and pan for gold.

Sunday 4th Feb. Free day in Queenstown, option of cruise on the Earnslaw with farm visit?

Monday 5th February. Return home. Flights from Queenstown.

**After Champs Tour: NZ\$2375.00 A\$2270
Single Supplement \$750**

Online Sports Tours, PO Box 57, Gisborne 4040 NZ.
Ph 06 8687700 Email. roy@netfares.co.nz
www.onlinesportstours.co.nz

TET Taranaki Masters Track & Field



PROGRAMME

9:30am	3,000m Walk High Jump Weight Throw Javelin	All grades Women Men Women
10:00am	400m High Jump Hammer	All grades Men All grades
10:30am	1500m	All grades
11:00am	100m Discus Shot Put	All grades Women Men
11:30am	3,000m Long Jump Weight Throw Javelin	All grades Men Women Men
12noon	800m Discus Long Jump Shot Put	All grades Men Women Women
12:30pm	200m	All grades

INFORMATION & CONDITIONS

- Age policy:** 30+ as at 18/03/18
- Age groups:** 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+
- Sports fee:** \$5.00 for first event, \$3.00 each additional event
- Late entries:** Accepted on the day. Entries received after 14th March must include payment of the late fee
- Venue:** TET Stadium, Inglewood
- Date/Time:** 18th March at 9:30am
- Contact:** Judy Barr - Mobile: 027 457 8069
Email: barr.family@xtra.co.nz

Competition Rules

1. Three jumps/throw per athlete, except High Jump.
2. Athletes must compete in their age group only.
3. In the 3000m Walk, if athletes are deemed to be walking (even if their legs are not straight), they **will not** be disqualified. Only if an athlete in blantly running, will a disqualification occur.

Wellington

by Michael Wray

Dorne Cup

The Dorne Cup ran on a modified course this year. We ran through the bush paths, which gave us some firm footing, and only through the stream once per lap. The second stream crossing had to be sacrificed after the council blocked the approach with some fresh plantings and we didn't think the powers that be would take it well if we trashed their new greenery. Tamara Winkler from WHAC was a clear winner for the W35-49 grade; Deborah Platts-Fowler and Lindsay Barwick completed the podium. For the W50s, Victoria Humphries scored a huge win, beating third W35. Tricia Sloan and Jane Boyd were second and third. In the new W60 grade, Michele Allison won by more than three minutes ahead of Scottish club-mate Pam Graham. Third went to Jean Skilton.

For the masters men, Stephen Day took out the M40s by 43 seconds ahead of Dan Clendon. WHACs Phil Starr out-dragged Stewart Milne to the bronze. Peter Stevens won the M50s, holding off Michael Wray. Jim Jones came in at the front of a head of chasers to collect bronze. The M60s saw a decisive win by Tony Price, with Marshall Clark and Max O'Kane completing the podium. Another new grade this year was the M70s. Brian Hayes and John Skinnon were clear first and second. Third came down to the wire, with John Wood outsprinting Bob Stephens by two seconds for the bronze.

Wellington Marathon Champs

The Wellington Marathon Champs had its fastest masters winner for a very long time, if not ever. Scottish's Chris Hartshorn took out the MM title in 2:33. Perennial former winner Grant McLean was second in 2:49 and John Beale's 2:52 was good enough for third. We had a full masters women's podium. Annie Jerling won for the third consecutive year, with Lyn Clark second and Claudia Baechle third - though the times of 3:48, 4:06 and 5:10 weren't as impressive as the men.

Wellington Cross Country Champs

The Grenada Village course was far less swamp-like than last year for the Wellington Cross Country Champs. There was only one short section with mud but it was deep; more than one person went over and more than one person lost a shoe. As per last year, the experiment of offering both a championship short course and long course options was repeated. For the W40s, the short course was won by Deborah Platts-Fowler, with Renae Creser 2nd and Michelle Van Looy 3rd, while the long course had only three contestants - Jo Badham, Helen Bradford, and Megan Simpson. The W50 short course was won by Victoria Humphries (who was first MW overall), followed by Carlene Thomas and Belinda Walker. Again the long course field was smaller, with a front three of Tricia Sloan, Jan Sheppard and

Robyn Green. Only three W60s entered and all opted for the short course, generating a repeat of the Dorne result - Michele Allison, Pam Graham, Jean Skilton.

The M40 short course was contested by just six but with Dan Nixon at the front, the winning time was quick, two minutes ahead of Michael Waterman and Kevin Pugh. Stephen Day was too strong for anyone on the long course, seeing off Dan Clendon and Andrew Wharton. In the M50 short course, WHAC filled the podium through Paul Hewitson, Andrew Wheatley and Todd Krieble. Scottish took the M50 long course in a race that saw the first two take tumbles, coincidentally at the same point of the course albeit a lap apart. First was Peter Stevens and second Michael Wray, with Dave Kettles coming in third. Tony Price was a comfortable winner in the M60s and Marshall Clark was even further ahead of Jonathon Harper. Five M60s took the long course option and all were separated from each other by over two minutes (Max O'Kane, Lloyd Millar, Peter Sparks). John Skinnon won the M70 short course by two and a half minutes. Second Bob Stephens was three minutes ahead of third John Barrance. The four M70s that went long were all very spaced out with the podium placers (Brian Hayes, John Wood, David Farlow) over four minutes apart from each other.

Johnsonville Road Race

The Johnsonville Road Race had the most entrants this century, probably longer. Fastest male runner over the five-lap course was Michael Wray (Scottish) and the fastest women was Renae Creser (Kapiti). Fastest walkers were Bob Gardner and Jackie Wilson. Pam Graham had the highest age-grade run while Jackie Wilson was the highest scoring walker. The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was again won by Michelle Van Looy. The club team for the runners was won by Olympic and Scottish won the club team for the walkers.

50th Bays Relay

Unlike last year, when it was cold, windy, wet and we had to run through flooded sections, Wellington recognized the significance of the Bays Relay turning 50 and marked the occasion with some good weather, even if it was still windy. WHAC ended the Scottish 12 year winning streak in the masters women, making it only the third time this century Scottish have failed to win the MW race. Tamara Winkler got WHAC off to a good start and they then held the lead to the finish. Scottish sat in second until lap three, when Nic Hankinson moved Olympic into the final spot of second and pushing Scottish into third (the first time they've been out of the top two since 2001).



Michelle van Looy 3rd W40 short course



Michael Waterman 3rd M40 Short course being chased by Paul Hewitson winner M50



Michele Allison 1st W60 short course



Marshall Clark 2nd M60 short course



When the mud is thick enough to lose your shoe in it...



Stephen Day 1st M40 long course, clearing the hurdle



Tricia Sloan 1st W50 long course

PHOTOS: Sharon Wray



Jackie Wilson on the podium for her gold medal at the NZ Road championships in Christchurch



M50 team from Wellington Scottish Athletics: Peter Stevens 1st, Michael Wray 2nd and Dave Kettles 3rd

PHOTOS: Sharon Wray



Nicholas Bagnall has time to wave to the fans during the Wellington Cross country



Dave Hatfield 2nd M60 (short course) at the Wellington Road championships



Vickie Humphries (1st W50) leads Michelle van Looy (1st W40) over the short course



Olympic Club turn out at the Masters Johnsonville Road Race



Rupert Watson ahead of Michael Binkhorst at the Wellington Road championships



Wellington athletes at the NZ Road championships. L to R: Stewart Milne, Tony Price, Michael Wray, Alasdair Saunders, Peter Stevens, Stephen Day, Dan Nixon, James Turner, Paul Barwick, Grant Mclean – Front Paul Hewitson and Dave Kettles

PHOTOS: Sharon Wray

Scottish didn't just win the M40 grade for the eighth consecutive time; they broke the course record. After Andrew Wharton started them off with the lead he handed over to Stephen Day, who set a new lap two record. The eight teams (second WHAC, third Olympic) finished in the same order they finished lap one. In the M50s, Michael Wray gave Scottish a large lead at the end of lap one. WHACs Paul Hewitson and Dave Creamer set new course records but to no avail. The finishing order was Scottish, WHAC, Olympic. The only men's grade to get away from Scottish was the M60s, where WHAC defended their title to preserve their perfect record in this grade since it was introduced. Scottish were second, as they have been very year, with Olympic third. M60 lap records went to Paul Sharp (WHAC, lap one) and Steve Bligh (Olympic, lap five).

Wellington Road Champs

The Wellington Road Champs used the same short course/long course format as the cross country champs. Marginally more W40 chose the long course, where Lindsay Barwick won ahead of Deborah Platts-Fowler and Renae Creser. The short course podium was populated by Michelle Van Looy, Marie Pugh and Rebecca Speirs. Victoria Humphries won the W50 short course (again first MW overall), several minutes ahead of Jane Boyd and Helen Willis. A much smaller field ran long (Jan Sheppard, Belinda Walker, Tineke Hooft). Only three W60s entered and all opted for the short course, generating a repeat of the Dorne and XC results - Michele Allison, Pam Graham, Jean Skilton.

The M40 short course had just four entrants, where Stewart Milne was the clear winner. A field several times the size of that lined up in the long course, in which Stephen Day was pushed hard by Dan Nixon to a five second win. Dan Clendon held off Andrew Wharton for bronze. The M50 Short course was also sparsely attended, Andrew Wheatley holding off Phil Sadgrove for the win, as the vast majority lined up in the long course where Peter Stevens won comfortably ahead of Michael Wray and Dave Kettles outsprinted Paul Hewitson for bronze. Tony Price was dominant again in the M60s, winning the short course over Dave Hatfield and Marshall Clark by 90 seconds. Max O'Kane headed the few long course M60 entrants. John Skinnon thrashed the opposition in the M70s, where the spectator interest was the sprint off that saw Richard Sweetman pip Bob Stephens to the silver. Only two M70s ran the long course and it was Richard Sweetman, in his second race of the day, who won by eight seconds.

The Athletics Wellington Road & XC Season series came to a close. Points were awarded for finishing positions in the Vosseler Shield, Dorne Cup, Wellington Cross Country Champs and Wellington Road Champs. Stephen Day won the M40s, Michael Wray the M50s, Max O'Kane the M60s, Bob Stephens the M70s, Deborah Platts-Fowler the W40s, Vickie Humphries the W50s and Michele Allison the W60s. Vickie and Michele did something no-one else managed - they scored perfect points in their grades as they went through the season undefeated.

Taranaki

by Vicky Jones

Cross-country has continued full tilt with another two races taking place in quick succession: the Hughes Memorial (which as I mentioned in the last issue clashed with the Taranaki Open Walks), and the Tom Verney Memorial. Both were well-run and with reasonable attendances.

Hughes Memorial 5 June 2017, A&P Showgrounds, Hawera

The annual event was undertaken under cold, calm conditions overhead and amazingly firm underfoot for excellent traction. The MW and walkers got things underway - the large group of walkers having to divulge themselves of their watches due to the hooded rooster nature of the competition. Two walkers came closest to their times by 4 seconds - Judith Duffey and Briar Sutherland. Congratulations to you both! As for the women, several grades were hotly contested. The MM grades were also hotly contested with Alan Jones dominant this year over rival Roger Woodruff of Feilding in the M70 grade, winning by 2min and 4 secs. The event was capped off as always by an excellent spread for afternoon tea (the soup was a true Godsend!) and plenty of spot prizes.

This year the contest for the grand trophy was opened up to all participating clubs rather than the traditional New Plymouth Harriers and Hawera Harriers rivalry. It went to Energy City Harriers. Also this year marked the introduction of a new trophy for women - with the inaugural winners being Wanganui Harriers. Well done to both clubs.

4km Run			8km run		
W35	Kirsten Foley	17.23 (1)	M35	Ollie Vincent	30.47 (1)
W40	Nicola Carver	19.09 (1)		Ben Gillum	33.05 (2)
	Suzie Prize	23.34 (3)		Mike O'Sullivan	35.05 (3)
W55	Stella Bond	21.39 (1)		Steve Brace	39.39 (4)
W60	Bev Landers	21.50 (1)	M45	John Nolly	34.42 (2)
	Dianne Kowolewski	21.53 (2)		Pete Carver	38.43 (5)
	Vicky Adams	23.46 (3)	M50	Richard Brewer	33.15 (1)
W65	Lynne Mackay	25.04 (1)		Greg Chapman	44.57 (4)
			M55	Trevor Hepburn	43.24 (3)
			M60	Allan Thomas	39.12 (1)
				Albie Jane	40.33 (2)
			M65	Des Phillips	45.35 (1)
			M70	Alan Jones	45.54 (1)

4km Walk (by placing of estimate)

1=	Judith Duffey	40.44 (40.48)
1=	Briar Sutherland	33.16 (33.20)
4	Vicky Jones	31.46 (32.00)
8	Gaylene Anderson	28.38 (27.56)
9	Des Hussey	27.38 (28.35)
11	Dennis Jordan	35.00 (36.06)
14	Des Phillips	26.25 (28.28)
15	Kate Payne	40.31 (38.15)
17	Dennis Kowolewski	35.01 (29.59)

Taranaki Open Walks, 3 June 2017, Bell Block Cycle Park, New Plymouth

While many walkers joined the runners in Hawera for the Hughes Memorial, a select group of walkers opted for the Taranaki Open Walks. Conditions were much the same - cool and calm. A good number of people attended from around the country, many of whom were members of other Masters Centre's.

RWNZ Championships 15km	
Eric Kemsley (3rd overall, 1st male)	1.31.42

Campbell Cup 10km Handicap	
Anne Fraser	1.18.02
Gaylene Phillips	1.16.01
Serena Coombes	1.06.50

Trevor Suthon Cup 10km Handicap	
Peter Fox	58.04 (1st)
Ross Allen	1.06.43
Tony Burrell	1.05.13 (2nd)
Michael Lane	1.14.04
5km	
Sue Park	43.56 (1st)

Tom Verney Memorial 10 June 2017, Racecourse, Stratford

Thankfully, this year's circuit for this event remained a 2km loop, but alas this does not make for a fast course. One of the quirks for this is that although it is a relatively flat course, times are slower for almost everybody for this event (though I was one of the lucky few to achieve a PB). In the beginning it appeared conditions would remain cold but clear with an icy wind, but as the walkers and MW got underway the weather closed in threatening sleet, which was thankfully fleeting. However, despite the icy wind, one competitor suffered from overheating: Des Phillips! During the four laps he and his fellow competitors had to endure, Des seemed to feel the need to take layers off! On his first lap, Des first took off his shoes, after the second, it was his polypro, and at the end of his third, Kirsten Foley jokingly asked what he was taking off next - and he took off his watch! Alas for the likes of Des, Alan Jones and the others of the M65+ grades, the 8km was more of a steady endurance run rather than a race.

Along with the Hughes Memorial, the race served to select the regional team to compete at the North Island Cross-Country Champs in Taupo. The other thing about the Tom Verney is that it is a team/club competition combining placings with participation using some complex formula. This year the grand trophy went to Energy City Harriers, claiming the double with the Hughes Memorial. Well done!

4km Walk			4km Run		
W35	Vicky Jones	32.48	W35	Kirsten Foley	17.54
W50	Judith Duffey	40.29	W50	Ra Rubick	22.37
	Sandra Heal	44.39	W55	Karen Gillum-Green	20.21
W60	Gaylene Anderson	29.16		Stella Bond	22.38
	Kate Payne	42.55	W60	Dianne Kowolewski	21.54
M55	Des Hussey	25.58	W65	Joy Baker	22.57
M60	Albie Jane	25.10		Vicky Adams	24.21
	Dennis Jordan	34.28		Lynne Mackay	25.35
	Dennis Kowolewski	39.05			
8km Run					
M35	Mike O'Sullivan	35.29			
	Damon Dravitski	36.52			
M45	Rodney Baldock	24.27			
	Jason Reid	39.54			
M50	Richard Brewer	34.43			
M55	Trevor Hepburn	46.06			
M60	Allan Thomas	39.57			
M65	Des Phillips	44.02			
M70	Alan Jones	48.50			

North Island Cross Country Champs 1 July 2017, Taupo

Taranaki put together a strong team to attend the annual North Island champs - an event which features highly amongst members.

6km Run			5km Run		
M50	Richard Brewer	24.34.00 (9)	W35	Kirsten Foley	21.18.00 (2)
M65	Des Phillips	31.08.00 (4)	W40	Nicola Carver	24.01.00 (3)
M70	Alan Jones	34.02.00 (3)	W55	Karen Gillum-Green	24.58.00 (2)
				Stella Bond	27.37.00 (5)
			W60	Diane Kowolewski	26.45.00 (2)
			W65	Joy Baker	28.28.00 (1)
				Lynne Mackay	31.13.00 (2)

TET Athletics Taranaki Cross-Country Champs, A&P Showgrounds, Hawera

Hawera Harriers were this year's host-organiser of the regional x/c champs, using their well-established circuits to provide challenging conditions and excellent competition. The weather played ball with cool, calm conditions and the ground was pleasingly dry underfoot after a storm produced gales and torrential rain a couple of days before which resulted in flooding across the region. This year, the MW only had to cover 4km, while the M65+ grades could compete over 6km and M35-M60 had an 8km course. The course was divided into 2km, 3km and 4km loops to cater for the various racing distances. All walkers competed over 4km, but instead of the big 4km loop, they were granted 2 laps of the 2km circuit which should have made for quicker and easier times - but not so! Competition was fierce with the good turn outs in all races producing some excellent results plus the odd competitor who could be termed suckers for punishment! I speak of Albie Jane who, on completion of his 8km run lined up just in time to do a 4km walk - just for good measure!

4km Walk			6km Run		
SW	Tracey O'Sullivan	35.53 (1)	W35	Kirsten Foley	25.41 (1)
W35	Vicky Jones	33.12 (1)	W40	Nicola Carver	29.46 (1)
W40	Katherine Sextus	35.52 (1)	W50	Cheryl Leuthart	28.59 (1)
	Briar Sutherland	36.00 (2)		Ra Rubick	33.48 (2)
W55	Judith Duffey	40.31 (1)	W55	Karen Gillum-Green	29.46 (1)
W60	Gaylene Anderson	29.32 (1)		Stella Bond	33.06 (2)
	Kate Payne	43.40 (2)	W60	Dianne Kowolewski	31.49 (1)
M55	Rodney Gillum	27.15 (1)		Bev Landers	33.15 (2)
	Des Hussey	30.00 (2)	W65	Joy Baker	32.53 (1)
M60	Albie Jane	26.18 (1)		Lynne Mackay	39.40 (2)
	Dennis Jordan	33.11 (2)			
6km Run			8km Run		
M65	Murray Laird	27.13	M35	Oliver Vincent	40.25 (1)
	Des Phillips	30.45	M45	Pete Carver	39.56 (1)
M70	Alan Jones	32.31	M50	Richard Brewer	33.52
				Murray Hodson	35.32 (2)
			M55	Trevor Hepburn	44.22 (1)
			M60	Robin Grant	32.41 (1)
				Allan Thomas	38.55 (2)
				Albie Jane	45.02 (3)
10km Run					
M35	Mike O'Sullivan	37.33 (1)			

NZ Cross-Country Champs, Auckland Domain, Auckland

To cap off the business end of the cross-country season, the Taranaki team that fronted up at the NZ Champs was a strong one.

6km Run			8km		
W35	Kirsten Foley	26.12 (3)	M50	Robin Grant	31.41 (1)
W55	Karen Gillum-Green	29.51 (5)	6km M65+		
	Stella Bond	36.06 (10)	M65	Des Phillips	32.02 (5)
W65	Joy Baker	33.39 (3)	M70	Alan Jones	33.49 (4)

Taranaki Road Champs, 12 August 2017, Inglewood

Inglewood Runners and Walkers had the honour of arranging the running of this year's regional road champs, which was used to select the regional team to attend the NZ Road Champs.

It was a wet windy and basically miserable day, particularly for the 10km walkers who got absolutely dumped on with a lap to go, while the 5km walkers came away dry (just), as did Eric Kemsley. Unfortunately it came to light during the walk that a cone was in the wrong place which meant that the 10km was just shy of the distance, making for deceptively fast times. But this did not undermine the effort and results. Adjustment was made for subsequent races to make the distance correct. Albie Jane continued his heavy workload by competing in the 5km B Grade walk and the 10km run.

A Grade Walk (9.35km approx)			5km Run		
W35	Vicky Jones	1.11.57 (1)	W35	Kirsten Foley	20.38 (1)
W50	Serena Coombes	1.01.36 (1)	W55	Karen Gillum-Green	24.35 (1)
W60	Anne Fraser	1.09.04 (1)		Karen Eliason	27.47 (2)
M55	Rodney Gillum	56.52 (1)	W60	Diane Kowolewski	25.17 (1)
M60	Ross Allen	58.44 (1)	W65	Joy Baker	25.58 (1)
	Tony Burrell	58.50 (2)		Lynne Mackay	28.54 (2)
M65	Eric Kemsley	54.28 (1)	10km Run		
	David Barrett	1.09.04 (2)	M35	Andrew Sangster	47.46 (1)
			M50	Richard Brewer	42.05 (1)
				Jason Reid	43.26 (2)
B Grade Walk (4.75km approx)			M60	Allan Thomas	47.17 (1)
W40	Briar Sutherland	35.38 (1)		Albie Jane	51.35 (2)
W55	Carol Allen	34.33 (1)	5km Run (M65+)		
	Judith Duffy	45.46 (2)	M65	Murray Laird	21.46 (1)
W70	Sue Park	39.29 (1)		Des Phillips	25.26 (2)
M60	Albie Jane	29.05 (1)	M70	Alan Jones	27.30 (1)
	Dennis Jordan	35.32 (2)			

Following the road champs we had our Centre AGM. Plans are well in hand for our organisation of the North Island Track and Field Championships at the end of November. We look forward to welcoming as many of you as possible to race on our recently refurbished track at Inglewood, which promises to provide fast and furious competition.

NZ Road Champs 2 September 2017, Canterbury Agricultural Park, Christchurch

Only a handful of members made the journey to Christchurch to fly the flag for Taranaki. Rodney Gillum, won the M55 grade in the 10km Road Walk in a time of 1.02.44. New "graduate" to masters ranks, Jason Cressingham (M35) was 10th overall in his 10km race and 6th in his age group in 38.58. Interestingly, all 6 of his age group made up 6 of the top 10 placings. So even though the group was small, the outcome was very successful - a great way to cap off the winter season.

Manawatu/Wanganui

by Jen Fee

Having had only the World Indoor results sent to me by local members and relying on checking results, I have to say we have had a quiet winter here, ducking from the continual wet.

Congratulations to Francie Bayler who came home with 3 golds and a bronze from South Korea's World Indoor Champs. We are very proud of you! Her jumping is going from strength to strength and she is an inspiration to us all. Congratulations also to our centre patron Jim Blair (Wellington) who came away

with 9 medals, evenly collecting 3 of each! Aging truly is just a number!

Other members have been taking part in the Harrier season, but no results at this stage.

We are looking forward to a busy season and a refurbished track, and hoping to take our small group out to the region this summer to try to get some more awareness of what we do and how cool a group of people we have!

Tasman

by Derek Shaw

NZ Cross Country Champs

Paula Canning ventured back up to Auckland Domain course for this year's champs to see if she could step up a place in her W40 grade from last year's visit on the rather soft course when she claimed the silver medal and was 4th overall. This year she didn't try to keep up with the legendary Sally Gibbs and ran a more tactical race to finish strongly - passing Johanna Buick who had lead the W40 runners for most of the race to claim the gold and third place overall in a time of 24:15 for the 6km.

Newcomer Kerry Semmens (W35) had a strong race and finished fourth in her age group in 26:26, 14s behind the bronze medal winner Kirstin Foley who was only 4s behind Katrin Gottschalk. The W35 winner was Fiona Love (24:15) who was second overall behind Sally Gibbs (M50, 23:34).

NZ Road Champs

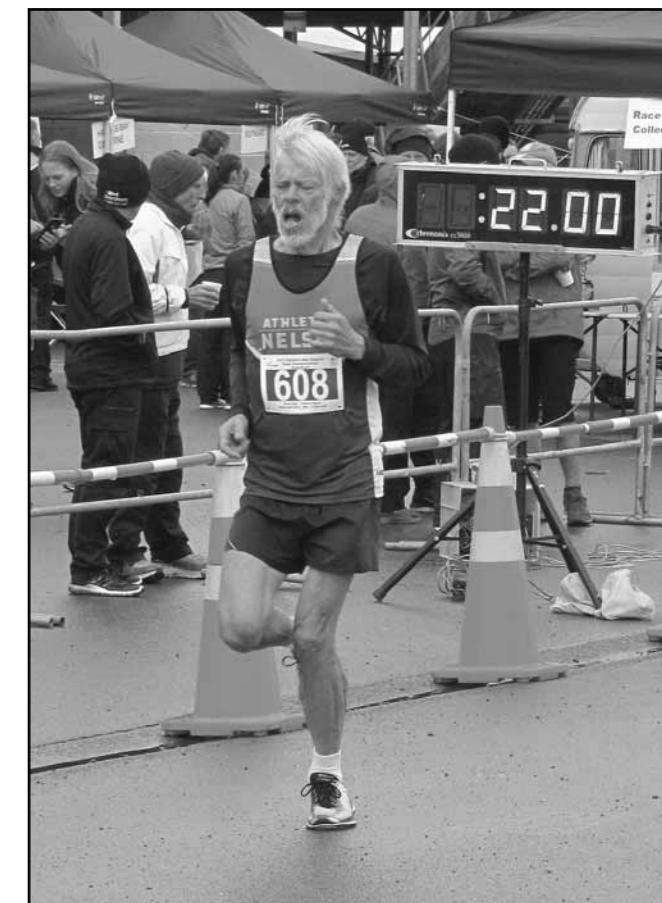
Two local masters ventured south and competed in the 2017 champs in Christchurch. In her debut Kerry Semmens (W35), former Scottish runner seemed to have no problems in the cold windy conditions. In a tightly contested age group during which the lead changed several times over the 5k, she judged her finish well to claim the title in 20:08 with a margin of 11s over Katrin Gottschalk and Krissy Tanner, with Natasha Mitchell a further 5s back.

In his last champs in the M60 grade, Derek Shaw knew he was never going to threaten the favourite and eventual winner Tony Price. Despite struggling in the cold air and wind he managed to hang on to second place and claim the silver medal in the master's men 10k event.

NZ Road Relay Champs

Having failed to get a team to the start line in the O60 grade at last year's NZ Road Relay Champs, the Athletics Nelson 60+ runners were more determined than ever to contest this year's champs and see if they could add to their 4 previous wins in the grade. This year two O60 teams descended on Rotorua to take up the challenge and the A team still looked pretty strong despite a couple of late replacements due to reoccurring calf muscle injuries.

On the 8.3km leg 1 Ian Carter very quickly took the lead and despite the tough climb at the end handed over a 2 minute lead to Barry Dewar who doubled the lead to 4 minutes after the tough hilly 8.2km 2nd leg. Derek Shaw again doubled the lead to 8 and 9 minutes on the short 4.1km downhill leg over old rivals Auckland University and Wellington Harriers. Clive Holyoake in his first appearance in the O60 team continued to build the lead on the undulating and hilly 6km leg 4.



Derek Shaw

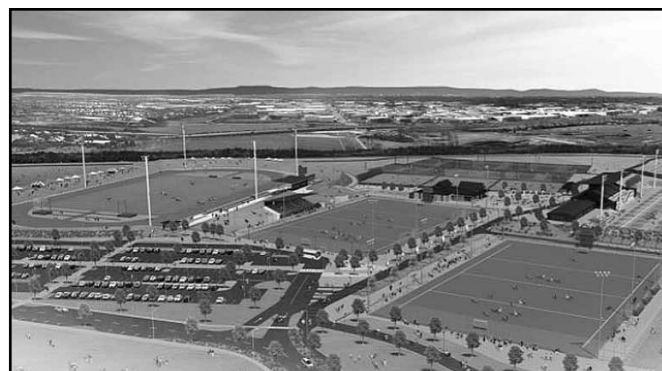
After several years of not running Murray Hart's timely return to form resulted in the accumulated lead being 16 minutes by the time he finished the 8.3km 5th leg and handed off to last leg runner Graeme Sellars, another making his debut in the O60 grade. Graeme was able to enjoy his rather lonely but no-pressure 10.3km run to the finish line in the Government Gardens to finish 15 minutes ahead of Auckland's Graham Macky with a further 2 minutes back to Wellington's Paul Sharp. This capped off a fine team effort with the first 5 Athletic Nelson runners taking out fastest laps for the day and Ian, Derek, Clive and Murray also setting new O60 lap records.

The B team ended up a runner short as a result of providing the last minute replacement for the A team. The team of Geoff Eban, Ian Morrison, Hans Andersen, Neil Froude and David Riddell all ran well to finish 5th out of the 6 teams in the grade. Ian Morrison ran two consecutive laps (2 and 3) and had the distinction of 2nd fastest time for leg 3. However, as a result of Ian needing to run 2 laps the team was unfortunately, but not unexpectedly, DQd.

PHOTO: Andrew Stark

Canterbury

by Andrew Stark



Artist's impression of the Nga Puna Wai Sport Hub

The new summer season is almost upon us, so we are looking forward to some warmer and drier weather. It has been an unseasonably wet winter, with higher than average rainfall. This has delayed work at the new Nga Puna Wai Sport Hub site, causing the projected completion date for our new facility back from early January 2018, to mid/late March 2018. The Athletics Canterbury team involved with this project continue to put in many volunteer hours with numerous on-going meetings to ensure we get a facility 'fit for purpose'. It has been a lengthy process and coming up seven years since the earthquake destroyed QEII Park.

For the fourth year in a row, a small group of members have taken part in a series of Throws Pentathlon events during the winter months. Malcolm Clarke (M45), one of our better performers moved to Perth in April and our youngest member Anna McNab (W30) is taking time out to start a family. We are now down to the 'loyal few' who are still able to compete, eight of whom recently competed in the Oceania Throws Pentathlon Challenge, held at Rawhiti Domain.

(see below for the Throws Pentathlon results table)

Name		Hammer	Shot	Discus	Javelin	Weight	Total
Beverley Church	W70	22.72	6.46	17.08	13.82	6.60	2939
Lois Anderson	W70	16.78	6.62	15.02	14.09	7.53	2722
Loris Reed	W70	17.29	5.81	17.90	12.97	7.43	2705
Glen Watts	W75	25.76	7.40	18.93	11.79	10.19	3507
Justine Whitaker	W75	25.97	7.10	15.54	13.44	9.18	3323
Patricia Drayton	W80	13.61	4.74	9.60	5.74	6.06	2013
Iris Bishop	W80	12.21	4.63	8.60	6.20	5.11	1821
Alan Hunter	M80	19.61	5.79	16.24	9.77	8.50	1946



At our AGM, we decided that attendance at our three Wednesday evening standalone CMA meetings was such that these meetings will no longer happen. These meetings had turned into a social gathering, so as an alternative, members have been invited to join in with the Port Hills Club group that meet weekly on Wednesday and Friday mornings at their clubrooms.

The Athletics Canterbury Interclub Opening Day is on Saturday 14th October and once again CMA members are able to attend, whether they are club athletes or not. 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 third year in a row we are hosting the South Island Masters Track & Field Championships in Timaru, but a week earlier than usual. The format of combining our meeting with the Athletics Canterbury's Combined Event Championships and an interclub meeting works well. Therefore, in the future I see no reason why we would ever run this as a standalone SI Championship meeting again. This year, Canterbury Children's clubs are not coming down, so we can start earlier on the Saturday and spread the event further apart. If you have not done so, please enter ASAP.

Southland

by Dwight Grieve

Let the championships roll, this round up covers the Southland and NZ cross country and road champs, lets also throw in the Australian Masters track and field for good luck. Support for the sport in Southland appears to be growing and we even got a team along to the NZ road champs!

2017 Australian Masters Track and Field Champs

Lester Laughton stretched out the season to attend this event in Darwin. These champs were late in the season to allow for the nasty heat of Northern Australia - you know, Southland temps vs Northern Australia seems close?? Ummm yea na. Lester took up the challenge and come home with 3 bronzes from his throwing events. Well done Lester on the bling.

Southland Cross Country Champs

The harrier season this year has seen many masters stepping up and getting a real team spirit going - it has shown with numbers up and race times down. Much of this has resulted from some great thinking on adding a larger social aspect to the sport - the Thursday night pub runs in Invercargill. A big thanks and well done to those getting into it.

The Southland champs for many years have been at Waimumu near Gore and the race organiser always gets a wee nasty glint in his eye when he sets the course, here in Southland we add a bit of "guts" to our champs. So we had the standard mud, hills, mud, creeks and mud.

The race started fast as NZ senior rep Jack Beaumont disappeared into the distance at the front but Dwight Grieve ground down the remaining younger runners for second overall and first master. Second master Kelvin Meade made a strong showing almost picking up the whippersnappers in 3rd and 4th overall, third masters male Glenn McIntosh also showed some speed after coming back from an extended injury break. For the women Angela Ryan was dominant, despite officially being in the 50+ age group she was first master home in front of new runner Sally McMilliam-Armstrong who snuck in over the line just in front of Kylie Davidson. The first four women having a great battle, the three above and Debbie Telfer not having much between them.

MM

- 1 Dwight Grieve Fiordland 34:47
- 2 Kelvin Meade Invercargill 36:04
- 3 Glenn Macintosh Invercargill 38:38

MW

- 1 Sally MacMillan-Armstrong 30:18
- 2 Kylie Davidson Gore 30:41
- 3 Lee Grieve Fiordland 50:04

MM50+

- 1 Merv Potter Gore 42:34
- 2 Quentin Miller Gore 45:21
- 3 Graham Neilson St Pauls 49:37

MW50+

- 1 Angela Ryan St Pauls 28:49
- 2 Debbie Telfer Invercargill 31:30
- 3 Gail Kirkman Fiordland 36:15

MM60+

- 1 Gary Kirkman Fiordland 31:30
- 2 Evan Macintosh Invercargill 40:18
- 3 Barry Sheehy St Pauls 46:43

South Island Cross Country Champs

Not too many Southlanders have made the trip up to Christchurch for the SI champs in the past and Dwight and Lee Grieve decided to make a surprise raid. The racing was a blast with Lee using it as training for an upcoming longer run and for her throwing season, meanwhile Dwight had a fantastic fight for the master's title. The course was a tough loop with lots of wee ups and downs that really put the body over the redline, Dwight battled David Fitch the whole way as they went toe to toe, the lead changing at least a dozen times over the 9km distance, neither giving an inch. With about 400m to go Fitch made a nice wee break but Dwight managed to drag him in over the final sprint for the gold to Southland. Getting the medal was great but having such an enjoyable battle was even better. There is no doubt Fitch and the other Canterbury speedster Chris Mardon will be looking forward to a rematch next year.

NZ Cross Country Champs

Angela Ryan (W50) took her stunning local form up to Auckland and represented Southland. She had medal prospects after some great build up work. In the end she won silver in her age group, only 30 odd seconds off the winner and 16th MW overall. Huge effort and a medal to be cherished - these national champs medals are really earned.

Southland Road Champs

Te Anau hosted the road champs for the second time and it again went off well, with the stunning scenic 2km loop leading to some great racing. A real highlight was the battles within the race - the masters and upcoming young runners really went toe to toe. The race was won comfortably by Dwight Grieve who ran as a senior, and his wife Lee Grieve decided to run the full 10km, also as a senior, and also come home with the title!! A rare couple double!!

The battle for the next few places was intense. Kelvin Meade dropped the hammer with 1km to go to get within a whisker of second overall but was first master male home. Kelly McSoriley (50+) also nearly caused an upset as he sprinted a whippersnapper home to just get beaten for 4th overall but still 3rd master and 1st in his age group. It didn't stop there as Glenn McIntosh ran a smart race to be next in for master's silver and Scott Underhay the bronze. For the M50+ the minor medals went to Graham Neilson and Barry Sheehy.

Graham's efforts not to be understated as all waited at the finish line doing the maths for the very tight team's race - Graham coming in to get his St Pauls club home for the team trophy by just 2 points. The M60+ went to Gary Kirkman over Evan McIntosh and Les Scown.

The women's race also had some great fights, Kylie Davidson home for gold but only just holding off the next two 50+ runners Debbie Telfer and track specialist Gail Kirkman. Dorothy Horrell and Amy Iverson took out the 2nd and 3rd master's women and third 50+ Linda Te Au - great to see Linda back also after an extended injury break.

NZ Road Champs

Seven Southland masters made the trip to Christchurch to represent Southland - the largest number of Southland runners for many years. The weather was not conducive to fast times with cold strong winds buffeting the 1km loop course, which made it very difficult to run to full potential. Some age groups were low on numbers while others had very strong fields.

Debbie Telfer (W55) represented the women in the 5km race and ran a great race in a time of 21.55 taking out her age group title and yet again an official NZ Champion, a title she has held before in amongst many national medals. Debbie has been a consistent performer in the masters running scene for many years and the gold medal was another reward for her hard training.

The resurgence in running and having some fun resulted in the attendance of the masters men's team. The team of Dwight Grieve, Glenn McIntosh, Tim de Ridder, Kelly McSoriley, Scott Underhay and Kelvin Meade made sure the rest of the country knew Southland was there as they proudly wore the Southland singlet.

From the gun Dwight Grieve lead out the field of 54 runners in the 10km race as a group of 4 created a gap on the main pack. He was unable to hang onto the North Island trio from Wellington and Waikato at the front and as the race progressed he drifted off the pace but managed a creditable 4th in the 40-44 age group and 4th overall in a personal best 33.51. A good achievement in less than favourable conditions which left him hungry for further improvements.

In behind, the rest of the Southland team fought well with Kelvin Meade making his first national champs one to remember being second Southlander home with a bronze in the M35 age group in 36.05.

Glenn McIntosh and Scott Underhay managed to come home in 5th and 4th respectively in their age groups to be the 3rd and 4th Southlanders home, the top 4 from each province making up the points for the team event. This being the first time Southland has put a team together for many years and a great effort to gain third place. The team claiming the bronze on the race track but claiming gold in the fun stakes as the small but noisy team made sure they supported each other. It is safe to say all at the event knew Team Southland had made the journey.

Tim De Ridder just missed out on a top ten age group finish while Kelly McSoriley was 9th in the very strong M50 age group in a very creditable 36.18. His time would have had him just missing out on a medal in the M45 age group.

A successful day with Southland claiming a NZ champion in Debbie Telfer and the hard work done by Athletics Southland members helping Southland get a team along to fly the flag against the bigger centres.

The Great Naseby Water Race

This has become an annual pilgrimage for many in the Southland running fraternity and 2017 was no different. For those not familiar with this event it is an ultra marathon with an amazing supportive "running family" feel. Events range from a 60km team, 50km, 80km, 100km, 160km (100 mile) and this year 200km over an undulating, off-road, 10km figure-eight course. The whole event is just so supportive and the efforts of those that have a go need to be highlighted.

This year's event belongs to one of Southland's running nice guys, Marty Knowler who is a very genuine person that always supports everyone. It was great this year as he turned up well prepared and completed the amazing feat of 160km that most of us just can't even imagine doing. He did it with ease which was a testament to his preparation. Well done Marty and wear that finishers buckle with pride. Many others took part in the event with team partners Lyla Belesky and Lee Grieve busting out matching skirts and laughs for the whole 60km. Having fun was more of the focus for most than breaking records. A couple of Dunedin based guys with Southland links are worthy of a mention - Croydon Paton knocked off his 9th 100 mile race while Caversham's Andrew Glennie also completed another 100 mile belt buckle, this pair becoming old hats at the long game.

Looking ahead

The Southland Festival of Running is not far off and includes the longest running marathon in NZ from Riverton to Invercargill, finishing now inside the International velodrome which adds a nice touch. There have been a few people hinting at having a crack at the Southland title and it will make great watching. Masters appear to be the front runners with Shannon Gutsell, Scott Underhay, Kelvin Meade and Kelly McSoriley all very much contenders.

The Kepler Challenge is also another feature on the Southland calendar and local master's runners are eyeing up the master placings. Sub 6 hour runs are possible by at least 3 men, while the women's event also has an interesting one or two to watch.

Dunedin has the Oceania Masters Champs in January 2018 and many Southlanders have booked in at the Dunedin Holiday Park in St Kilda. Any other visitors that want to join in the fun we plan on having feel free to check out the link: www.dunedinholidaypark.co.nz/ Team Fiordland are already planning many "humorous" ideas for the event.

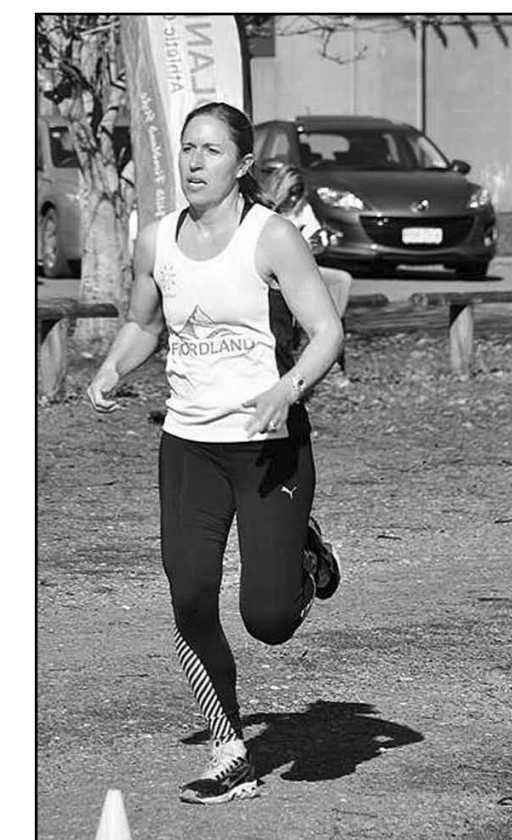
Otherwise until next time get out there doing it and enjoy it - climb a mountain (small hill for you throwers) take in the view, enjoy life and ponder the things that make you happy.



L to R - Dwight Grieve, Tim de Ridder, Kelly McSoriley (front), Scott Underhay, Glenn McIntosh, Kelvin Meade



L to R - Geoff Barnes, Alistair Green, Craig Iverson



Tracy Excell



The masters men's 10km race at the ANZ Road Champs in Christchurch

PHOTO: Andrew Stark



COMING EVENTS

2017

10-12 NOVEMBER	South Island Championships	TIMARU
24-26 NOVEMBER	North Island Championships	INGLEWOOD

2018

20-27 JANUARY	OMA Stadia Championships	DUNEDIN
2-4 MARCH	NZMA T&F Championships	WHANGAREI
9-11 MARCH	ANZ T&F Championships	HAMILTON

2018 (continued)

18 MARCH	Taranaki T&F Championships	INGLEWOOD
29-29 APRIL	Australian T&F Championships	PERTH, AUSTRALIA
26 MAY	Oceania Trail Championships	NOUMEA, NEW CALEDONIA
4-16 SEPT	WMA Stadia Championships	MALAGA, SPAIN

2019

20-27 JANUARY	OMA Stadia Championships	DUNEDIN
24-30 MARCH	WMA Indoor Championships	TORUN, POLAND



2017 Athletics Bay of Plenty
Road Championships
503

35

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