Wellington Association of Veteran Athletes

Newsletter

March/April 2001



"I REALLY HATE IT WHEN THE RACE WALKERS BEAT MY PR."

WELLINGTON CENTRE OF THE NEW ZEALAND ASSOCIATION OF VETERAN ATHLETES INC. COMMITTEE MEMBERS 2000/2001

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	200		
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COMMITTEE MEETINGS USUALLY 1ST MONDAY OF THE MONTH AT NEWTOWN PARK at 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

It does not seem that long ago that I was preparing the issue of the Christmas newsletter (my first as new editor) and getting ready for the holiday break. One must now wonder where the first part of the year 2001 has gone. The Wellington Veteran's Track and Field Championships at Newtown Park have been and gone, the rugby season has commenced and the Super 12 is already well into the scheduled rounds with the semi-finals just a couple of weeks away. Already the harrier season has started with most clubs having had a number of pack runs and the first Interclub event has taken place.

The next event that members will no doubt be targeting are the Veteran's Classic Relay to be held on Sunday 13 May at Trentham Memorial Park and then on Sunday 19 August the Veteran's 8km Road Race at Johnsonville. For those who wish to travel a little further afield to compete, there is the WAVA Track and Field Championships at Brisbane, Australia where I know a number from Wellington are heading. By now those attending Brisbane should have had their entry form with a birth certificate or passport checked and validated by Collegna Blair, though at the time of setting this editorial, believe that the closing date for entries has been extended. Good luck to all those attending Brisbane.

Finally, congratulations to Judy Hammond on being awarded the Wellington Veterans Athlete of the Year award, presented at the lunch held after the completion of the field events on the Sunday's programme at the Wellington Veterans Track and Field Championships. The award was presented for Judy's success in the women's 60 heptathlon event during the year that won a NZ title and was also a NZ record. Thank you to Jim and Colleena Blair for kindly donating the trophy that was presented.

John Palmer, Editor.

SENSHU INTERNATIONAL MARATHON

Japan, 18 February 2001

I returned from Japan after 11 days subject to the best hospitality the Japanese are famous for. Each year one Wellingtonian is selected to run in this event as part of our sister city relationship with Sakai, one of the organising cities.

The first 3 nights were at an international hotel near the finish line in Osaka. On Sunday we ran the race, after this we spent the night in another plush hotel this time in Sakai. This was followed by 3 nights with a Japanese family (very nice husband and wife with reasonable English who appreciated my attempts at speaking their language). After that I travelled on the bullet train to Hiroshima for a couple of days where once again my accommodation was a Homestay (wife and husband). Whilst in Hiroshima, I visited a very famous Shinto shrine and a Buddhist temple on a very beautiful nearby island - Miyajima, and also the Peace Park situated at the hypocentre of the atomic bomb also visited recently by Helen Clark.

Sakai City's other two invited athletes from their sister cities (in China and USA) and I were well looked after and were shown around some of the local cultural facilities in Sakai and Osaka during the several days we spent with them, including a day trip to Kyoto. I loved the fascinating mix of traditional and modern in all aspects of Japanese life.

The marathon field consisted of 2956 entrants including 266 women (very male dominated) of which a total of 2412 finished. The 1984 Fletcher Marathon field of 2824 finishers, for me the largest field I'd run in would be similar. I know not how many starters they had there but there wasn't any time restriction in finishing there. The highway we ran along was only booked for a certain time. The DNF's were loaded onto the retired runner's buses at designated places along the route. To avoid the free ride to the finish and to collect the Tshirt, runners needed to be ahead of the 4 hour 30 minute deadline and the deadlines at all retired runner areas along the route. I ran a confident 3:44.14 but the American runner invited by Sakai, finished in 4:27.04, was a little concerned.

I've never had to put my hand up to go to the toilet since school days but that changed here. The rule was if you felt the urge during the race you had to raise your right hand when passing a marshall. Not a bush in sight!

For those who voluntarily wished not to complete the run, they were to cross their hands

to the marshalls.

All runners were requested to fully demonstrate their refined marathon runner spirits. I'm not sure what that involved but I was on my best behaviour. Bey Hodge.

CHANGE OF ADDRESS

If any member changes their address, it would be appreciated if they could notify the subscription secretary of their new address. This enables the Association to keep records accurate and up to date and ensures that you continue to receive your newsletter.

14th WORLD VETERAN'S ATHLETIC CHAMPIONSHIPS

The following are the Wellington Veteran's Assn members who will be attending the Championships in Brisbane. We extend our very best wishes to them and hope that they have a successful games.

Don Brodie Michael Browne Ian Blyth Ellis Goodyear Paul Forster John Eccles Dick Harris John & Judy Hammond Peter Hanson Richard Owen Bill Nicholson John Hines Colleena Blair Robyn Stansfield Brent Miles Mike Winsborough Gary Weston-Webb John Weatherley

COMING EVENTS

The next scheduled event on the vet's calendar is the Classic Relay to be held on Sunday May 13 at Trentham Memorial Park, Upper Hutt commencing at 11am. Club contacts were contacted by phone regarding the relay and entry forms have been sent to all clubs. The Veteran's 8km Road Race is scheduled for Sunday 19 August at Olympic Harrier Clubrooms, Johnsonville commencing at 11am. As well as the run, walkers will also be catered for. So mark it on your calendar and let's see if we can get a good turn out for this event. The final Veteran's event scheduled for this year is the 10km Road Race at Lower Hutt. No date has been finalised yet, but a tentative date is set down for Sunday 4 November.

MEMBERSHIP

As at the Committee meeting on 2 April 2001, membership stood at 146. A very warm welcome is extended to new members Graham Gould, Paul Forster and Hiko Davies and to returning members Rupert Watson, Sara and Chris Uruski, Hank Leech, Gary Clareburt and Bob Stephens.

ARTICLES FOR NEWSLETTER

If any member wishes to have an article included in the newsletter, please forward it to the Editor, 122 Onslow Road, Khandallah, or email it to palmer.palace@xtra.co.nz.

RESULTS

NORTH ISLAND CHAMPIONSHIPS - Inglewood 1-3 Dec 2000

Wom	en:				
100m Sprint			200m S	200m Sprint	
W50	Veronica Gould	15.34	W50	Veronica Gould	32.78
W60	Judy Hammond	16,65	W60	Judy Hammond	34.03
80m F	ligh Hurdles		High Ju	•	5 1.04
W60	Judy Hammond	19.61	W60	Judy Hammond	1.10
Long			Discus	vao, mantanona	1.10
W50	Veronica Gould	3.90	W40	Melanie Watson	20.44
W60	Judy Hammond	3.45	W70	Colleena Blair	16.69
W70	Colleena Blair	3.19	Hamme		10.05
Shot I			W40	Melanie Watson	19.83
W40	Melanie Watson	6.59	W60	Judy Hammond	6.01
W70	Colleena Blair	5.65	Weight		0.01
Javeli			W40	Melanie Watson	7.94
W40	Melanie Watson	15.78	W70	Collegna Blair	8.91
W60	Judy Hammond	14.06	11.70	Concent Dian	0.71
W70	Colleena Blair	15.77	Pentath	lon	
	nt Pentathlon	19.77	W60	Judy Hammond	2870pts
W40	Melanie Watson	1632pts	3000m		2670pts
W70	Colleena Blair	2801pts	M40	Melanie Watson	22:16.98
Men:	Concont Man	2001 pts	14140	Meiaine Watson	22.10.96
	Sprint		200m S	neint	
M40	Kevin Watson	14.40	M75	Norm Rodley	45,33
M75	Bill Nicholson	17.47	800m	Norm Rouley	43,33
400m		17.47	M50	Ian Blyth	2:24.76
M50	Ian Blyth	1:09,25	1500m	ian Diyut	2.24.70
M75	Bill Nicholson	1:31.43	M50	lan Blyth	4:59.63
5000n		1.51.75	Pole Va		4.33.03
M55	Richard Hood	19:28.95	M75	Bill Nicholson	1.00
High.		17.20.75	Long Ju		1.00
M40	Kevin Watson	1.35	M40	Kevin Watson	4.53
M45	Geoff Guenole	1.46	M45	Geoff Guenole	3.87
M50	Ian Blyth	1.30	M75	Norm Rodley	1.96
M65	Jim Blair	1.25	Triple J		1.90
M75	Bill Nichelson	0.95	M40	Kevin Watson	9.20
	Norm Rodley	0.90	Discus	Revill watson	8.29
Shot I		0.70	M45	Geoff Guenole	26.76
M45	Geoff Guenole	10.50	M60	Fred Goodali	32.50
M60	Fred Goodall	8.51	M65	Jim Blair	27.44
Hamn		0.51	Weight		47, 44
M45	Geoff Guenole	26.26	M45	Geoff Guenole	8.78
Javeli		20,20	Pentath		0.10
M45	Geoff Guenole	34.76	M40	Kevin Watson	1373
M60	Fred Goodall	38.30	M75	Bill Nicholson	1372pts
14100	I Tod Ovodali	50.50		-	1236pts
			10,000n M55		40.04.00
			19133	Richard Hood	42:26.00

VETERAN'S TRACK & FIELD MEETING NEWTOWN PARK, SUNDAY 17 DECEMBER 2000

1500m Walk		100m W	omen	
W40 Brenda Burke	9:48.3	W45	Maryanne Palmer	17.8
Melanie Watson	10:45.6	W50	Veronica Gould	14.5
W45 Maryanne Palmer	9:28.4	W60	Judy Hammond	15.4
M50 Graham Gould	12:51.2	W70	Colleena Blair	18.5
M60 Robert Bennett	9:07.3	100m M		20.1
John Hammond	12:52.2	M35	Mark Macfarlane	12.3
200m Women		M40	Kevin Watson	13.7
W50 Veronica Gould	31.5	M50	Paul Rodway	14.2
W60 Judy Hammond	32.7		Michael Clark	15.8
200m Men		M60	John Hammond	21.3
M35 Mark Macfarlane	24.9	M75	Bill Nicholson	17.4
M40 Kevin Watson	28.0	400m		
M60 Peter Hanson	36.5	M50	Paul Rodway	72.7
M50 Michael Clark	32.5	M 60	Peter Hanson	92.1
Paul Rodway	33.0	M70	Michael Browne	85.4
M55 Don Brodie	30.1	800m M	lixed	
M70 Michael Browne	43.8	W30	Jeanette Chung	3:06.7
M75 Bill Nicholson	38.4	M45	Steve Plowman	2:22.0
1500m Mixed		M50	John Palmer	2:55.7
W40 Brenda Burke	6:29.8		Michael Clark	3:09.2
M45 Steve Plowman	5:24.1	M55	Don Brodie	2:41.6
M50 Paul Rodway	5:26.3	M 60	Robert Bennett	3:43.6
John Palmer	5:56.8	M 70	Michael Browne	3:13.6
Long Jump Women		Discus \	Nomen	
W40 Melanie Watson	2.45	W30	Jeanette Chung	25.30
W50 Veronica Gould	3.66	W40	Melanie Watson	18.43
W60 Judy Hammond	3.02	W50	Veronica Gould	17.13
W70 Colleena Blair	2.78	W70	Colleena Blair	17.17
Long Jump Men		Discus I	Men	
M40 Kevin Watson	4.21	M35	Mark Macfarlane	22.62
M45 Steve Plowman	4.28	M50	Michael Clark	20.00
M50 Michael Clark	3.81		Graham Gould	19.08
M75 Bill Nicholson	2.95	M55	Keith Bade	32,01
Javelin Women		M65	Jim Blair	28.48
W30 Jeanette Chung	25.20	M75	Bill Nicholson	20.86
W40 Melanie Watson	15.67	Javelin	Men	
W50 Veronica Gould	11.78	M50	Michael Clark	19.66
W60 Judy Hammond	13.91		Graham Gould	14.98
W70 Colleena Blair	17.15	M55	Keith Bade	24.83
		M70	Michael Browne	17.77
		M75	Bill Nicholson	19.60

20th WELLINGTON VETERAN'S T & F CHAMPIONSHIPS

17 8	18 FEBRUAL	RY <u>2001</u>			
* Visit		ets Record	NZ New Ze	aland Record	
100m			_		
W50	V Gould	14.90	W60		15.87
1426	M Bray	18.96	W7 0		18.89
M35 M40	M Macfarlane	12:13		H Davies	12,35
M75	K Watson	13.98	M50	R McBeth*	13.73
200m	B Nicholson	17.08			
200m W50	V Gould	22.64			
M35	M Macfarlane	32.64			
M40	K Watson	24.74		H Davies	25.89
M50	L Malcolmson	29.54		Birbi	
14130	M Clark	24.34*	1 175	R McBeth	28,65*
400m		32.68	M75	W Nicholson	37.26
M40	J Kerr	60.77		0.01	
M50	R McBeth	58.77	2.656	G Clareburt	64.91
800m		68.12*	M55	D Brodie	68.80
W30	J Chung	2.50.74			
M50	I Carter*	2:58:74		IDL 4	
14150	D Stewart	2:09.93 2:44.83		I Blyth	2:26.32
M55	D Brodie	2:44.83	1.000		
1500n		2.42.43	M70	M Browne	3:14.05 <i>R</i>
W30	J Chung	6:22.00	11/26	D G	5 10 40
M50	I Carter*	4:20.68	W35	R Stansfield	5:19.62
21220	H Leech	5:08.50		I Blyth	4:58.30
	D Stewart	5:28.61		R Marten	5:13,45
M55	R Stephens	5:09.46	3465	M Clark	5:56,40
M70	M Browne	6:23.28	M65	I Jacobson	7:46:44
5000m		0.23.20			
W35	R Stansfield	19:23.22	W45	M Allison	10.20.47
M40	P Wrigley	17:33.01	W43		18:38.46
M45	D Colquhoun	18:22.29		D Young	17:58.72
M50	H Leech	18:39.65		D 3.4	10.50.10
	I Blyth	19:29.89		R Marten	18:58.12
	M Clark	22:11.52	M55	D. Carolina	10 21 66
M60	J Weatherley	20:14.08	10133	R Stephens B Watson	18:31:66
M70	M Browne	24:12.60		D watson	21:33,41
	urdies	27.12.00			
W60	J Hammond	19.06			
+	Hurdles	12.00			
M50	F Campkin	22.80			
	Hurdles	22.00			
W60	J Hammond	70.36	M75	B Nicholson	70.30
	Hurdles	10.50	1V(1)	D MICHOISON	78.32
M50	L Malcolmson	66.21*		F Campkin	76.26
	Steeples	VV,21		r campain	76.3 6
W65	D Cumming*	11:17.98	M70	11)oumas *	0.11 (1
	T Cumming*	12:22.31	141 (()	J Downey*	8:32.63
	minimile	12.22.31			

WELLINGTON VETERAN'S TRACK & FIELD RESULTS - ctd

	Steeples				
M50	F Campkin	12:15.05			
1500m	Race Walk				
W50	M Bray	12:15.14		V Campkin	12:22.64
M55	M Burkinshaw	8:57.16	M65	B Read	10:06,28
	Race Walk				
W50	M Bray	42:41,37	W65	P McKenzie*	38:37.17
M45	M Lane	33:54.15	M 60	R Bennett	35:52.81
M65	B Read	35:13,07			
High J					
	J Hammond	1.05		****	
M35	T Newport	1.75	3.450	M Macfarlane	1.58
M40	K Watson	1.25	M50	I Blyth	1.35
M65	J Blair	1.25	M75	B Nicholson	0.90
Long .		• • •		MD	0.10
W50	V Gould	3.60	11190	M Bray	2.10
W60	J Hammond	3.36	W70	C Blair	2.82
	M Macfarlane	5.12	M40	K Watson	3.90
	M Clark	4.09	M75	W Nicholson	2.74
	Jump	6.02 B	1.626) () (- C-1	11.14
	C Blair	6.03 R	M35	M Macfarlane R McBeth*	11.14 9.25
M40	K Watson	8.21	M50	K McBem	9.23
M70	B MacIntyre	7.68			
Pole V					
	B Nicholson	1.18			
Shot E W30		9.04 <i>R</i>	W50	V Gould	7.04
W70	J Chung C Blair	6.24	WOO	v Gould	7.04
M35	M Macfarlane	8.71		H Davies	8.31
	P Jack	6.08		II Davies	0.51
M55	B Cox*	10.65		K Bade	8.96
	F Goodall	8.38		I Ditte	0,20
M65	D Harris	11.20		L Devlin*	10.24
MOD	J Blair	7.82	M75	B Nicholson	6.78
Discu		7.02	141,5	D Menerson	0.70
W30	J Chung	31.32 R	W65	P McKenzie	10.45
W70	C Blair	15.82	7102	1 1/10/14/12/4	101.10
M50	M Clark	21.09		P Jack	15.71
M55	B Cox*	31.56		K Bade	31.36
M60	F Goodall	32.96			
M65	L Devlin	36.06		D Harris	32.77
,1102	J Blair	29.21			
M75	B Nicholson	19.49			
Hami	-	- 380-2			
W30	J Chung	21.42	M40	L Voight	25.06
M50	P Jack	14.80		Ų.	
M55	B Cox*	35.14		K Bade	22.41
M65	L Devlin*	41.73			

WELLINGTON VETERAN'S TRACK & FIELD RESULTS - continued

Javeli	n				
W30	J Chung	23.67	W70	C Blair	15.96
M35	H Davies	34.52			
M50	M Clark	20.33		P Jack	18.46
M55	B Cox*	23.59			
	K Bade	22.76	M60	F Goodall	35.73
M65	L Devlin	24.23			
Weigh	it Throw				
W30	J Chung	9.19 R	W50	V Gould	7.46 R
W70	C Blair	9.21			.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
M40	L Voight	12.34 <i>RNZ</i>			
M55	B Cox*	13.42		K Bade	8,89 R
M65	L Devlin*	17.06 <i>NZ</i>		J Blair	8.77
Penta	thlon				
W30	J Chung	1812 R	W50	V Gould	2244
W60	J Hammond	2927			
M40	K Watson	1406	M50	M Clark	1797
M75	B Nicholson	2216			
Weigh	t Pentathlon				
W30	J Chung	2061 R	W7 0	C Blair	2858
M40	L Voight	2196 R	M65	J Blair	2440

Performance of the Meet went to **John Downey** for his 93.14% effort in the M70 2000m Steeplechase.

THREE LITTLE PIGS The mind of a six year old is wonderful (a true story)

One day the first grade teacher was reading the story of the Three Little Pigs to her class. She came to the part of the story where the first pig was trying to accumulate the building materials for his home.

She read, "... and so the pig went up to the man with the wheelbarrow full of straw and said, "Pardon me sir, but may I have some of the straw to build my house?"

The teacher paused and then asked the class, "And what do you think the man said?"

One little boy raised his hand and said, "I think he said "Holy Shit! A Talking Pig!"

The teacher was unable to teach for the next ten minutes.

VETERANS TRACK & FIELD MEETING NEWTOWN PARK, SUNDAY 28 JANUARY 2001

1000m	WALK				
W40	Melanie Watson	7:36	M50	Paul Rodway	6:58
W50	Margaret Bray	7:36	M60	John Hammond	7:32
100m					
W50	Veronica Gould	14.3	W70	Colleena Blair	18.5
W50	Margaret Bray	18.8			
M35	Mark Macfarlane	11.9	M 40	Kevin Watson	13.6
M50	Paul Rodway	14.6	M50	Michael Clark	15.3
M55	Don Brodie	15.0	M75	Bill Nicholson	17.2
200m					
W50	Veronica Gould	31.4	W50	Margaret Bray	43.9
M35	Mark Macfarlane	24.6	M40	Kevin Watson	29.2
M50	Ian Blyth	30.6	M50	Paul Rodway	32.2
M55	Don Brodie	30.3	M75	Bill Nicholson	38.4
800m					
W60	Judy Hammond	3:12	M45	Steve Plowman	2:18
M50	Ian Blyth	2:36	M 50	Paul Rodway	2:48
M50	John Palmer	2:51	M50	Michael Clark	3:01
M55	Don Brodie	2:43	M70	Michael Browne	3:09
1500m					
W30	Jeanette Chung	6:51	M50	Ian Blyth	5:19
M50	John Palmer	5:53	M50	Michael Clark	6:27
M70	Michael Browne	6:37			
HIGH					
M35	Mark Macfarlane	1.62	M 40	Kevin Watson	1.30
M50	Ian Blyth	1.35	M70	Bill MacIntyre	1.25
M75	Bill Nicholson	0.95	W60	Judy Hammond	1.05
LONG	ЈИМР				
W40	Melanie Watson	2.05	W70	Colleena Blair	2.93
W50	Veronica Gould	3.87	W50	Margaret Bray	2.10
M35	Mark Macfarlanc	4.90	M40	Kevin Watson	3.96
M70	Bill MacIntyre	3.41			
JAVE					
W30	Jeanette Chung	23.30	W4 0	Melanie Watson	13.41
W60	Judy Hammond	12.29	W70	Colleena Blair	17.81
M35	Mark Macfarlane	31.63	M45	Geoff Guenole	36,72
M50	Michael Clark	20.66	M55	Keith Bade	25.59
M60	Fred Goodall	37.60	M70	Michael Browne	15.52
M75	Bill Nicholson	19.85			
	HT THROW				
W30	Jeanette Chung	10.60	W40	Melanie Watson	7.73
W50	Veronica Gould	7.04	W70	Colleena Blair	9.48
M40	Laurence Voight	11.89	M45	Geoff Guenole	9.83
M55	Keith Bade	8.53			

COMING EVENTS

2000			
April			
28	Bartercard Rotorua Marathon	Rotorua	10.00am
May			
5	Nelson Half Marathon	Nelson	
13	Veteran's Classic Relay	Trentham	11.00am
June			
3	Christchurch Full & Half Marathon	Christehurch	
9	Dorne Cup (Interclub)	Trentham Mer	norial Park
17	Harbour Capital Half Marathon	Wellington	
July			
4-14	14th WAVA Track & Field Championships	Brisbane, Aus	tralia
21	Wellington Cross Country Championships	Waikanae	
August			
5	Manawatu Half Marathon	Palmerston Nt	h
19	Veteran's 8km Road Race	Johnsonville	11.00am
25	Wellington Road Championships	CIT, Trenthan	1
Oct			
7	Masterton Full & Half Marathon	Masterton	
14	Levin 10km & Half Marathon	Levin	
Nov			
4?	Veteran's 10km Road Race	Lower Hutt	
11	Napier Half Marathon (includes half mara champs)	Napier	
2002			
Jan			
12-19	11th Oceania Veterans Championships	Geelong, Aust	ralia

UNIFORMS

WELLINGTON VETERANS SHORTS AND POLY/COTTON MESH SINGLETS CAN BE ORDERED THROUGH BRUCE PERRY TELEPHONE 478 3641

NEWTOWN PARK KEY

The key to Newtown Park was changed on April 1, 2000 and new keys are available for \$15 from the Wellington City Council Parks & Reserves Department.

Old keys must be returned.

HISTORY OF VETERAN ATHLETICS

Have you bought your copy of "A History of New Zealand Veteran Athletics 1962-1999"? It's an excellent book. Every veteran athlete should have a copy. Cost \$20.

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