

# UP-FRONT

## Editorial

By: Bryan Mayall

Welcome to our first winter edition for the 2014 season. I hope you are coping with another rainy Autumn , however better days ahead hopefully. An early winter with a few wake up frosts will keep runners feeling pretty sharp. But as hardened athletes we just keep on keeping on.

We have some with some interesting articles courtesy of our contributors. The stories range from an elite 32 year old sprinter to a hardened 82 year old ultra distance runner. Our feature article is on our illustrious Sally Gibbs who at 51 years is still blowing away all opposition regardless of age.

We have serious Track and Field and other sports to look forward to on the box next month with the Commonwealth Games in Glasgow. We look forward to haul of medals and so much to get excited about.

Finally in conclusion all the best to our Masters who are competing in the winter season programme. Also to those who are getting in some valuable off track training. Runners beware of the slippery underfoot conditions.

## COMING EVENTS - 2014 - 2015

- June 22 Athletics NZ Half Marathon Champs Wellington
- July 5 N.I Cross Country Open Taupo
- July 13 WBOP fun run/walk Hamilton Lake 4km (run out gates) 3km (Lake Walk)  
Meet at noon for run/walk at 12.30- no charge
- August Weight Pentathlon Whakatane ( Date to be confirmed)
- August 3 WBOP Redwoods Rotorua walk/run (to be confirmed)
- August 9 Athletics NZ C C Champs Christchurch
- August 31 WBOP A.G.M. Cambridge Athletic Clubrooms 1pm**
- September 6 Athletics NZ Road Champs Tauranga
- October 5 Oceania Throws ( Details to be confirmed)
- October 19 WBOP Warm Up Meeting 1 – Porritt Stadium
- November NZMA North Island Track & Field Champs Hastings ( T.B.A.)
- November 11 WBOP Warm Up Meeting 2 – Tauranga
- December 5-7 South Island Track & Field Champs Dunedin
- December 14 WBOP Christmas Meeting Tauranga
- 2015**
- January 17-18 WBOP Masters Champs Tauranga
- February 22 Trophy Day Porritt Stadium
- February 27, 28 ,1 March NZMA National Track & Field Champs Tauranga

### OFFICE BEARERS

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## Officials Course

## Heather O'Hagan

Anyone interested in doing an Outside Events Officials course Heather O'Hagan has two planned. Cambridge Sunday 29<sup>th</sup> June, and Waipuna Park Tauranga Sunday 13<sup>th</sup> July.

Anyone interested please contact at [ohagan@visique.co.nz](mailto:ohagan@visique.co.nz) or 0274713220

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**Presidents Report Murray Clarkson**

Winter is now here and for those who need to do early morning training- be tough – the temptation to put off a run is very real at this time but winter training is so important to create that base fitness for summer. Remember it is only a few weeks away from the shortest day. Please accept my apologies for missing the last Upfront. A communication blip meant I missed the deadline.

On reflection of what I thought was going to be a quiet summer with no major event locally, it has turned out to be a really active calendar outside this region. A few of our committee have been actively involved in assisting other centres with their administration of events. It is to be hoped that NZMA will establish a base guide for all events thus avoiding having to re-invent the wheel so to speak.

The AGM of NZMA had one board member change. Jim Tobin retired and Derek Shaw appointed as a new director. Jim has given a Stella performance with both Vetline and Board affairs and will be missed. No doubt his experience and wise council will be called upon from time to time. Having known Jim from his earlier days of running in Christchurch, I can assure you he has also been a very competitive runner.

Locally, we have instigated our Winter Monthly Meets with runs at McLaren Falls & Whakatane. These have proved very successful but we would like to see more attend. Our next event is the annual Cross Country age graded competition at Waipuna Park. Spot prizes and excellent afternoon tea. Be there at 12.30pm , cost \$10.00

Tauranga is hosting the NZMA National Champs in Feb/March 2015. The Organising committee is busy with quotes in prep for funding applications. Sponsorship in the form of event sponsors (\$100 per event) are encouraged and this is where our members can help. We need commitments at this stage and can sort out events once the programme is finalized.

NZMA are promoting a generic programme for all National and Island events involving 2.5 days. If you are interested in seeing this, please contact me.

**Athlete of the year nominations are now due. Please get these in a.s.a.p. I can assist if needed.**

The Annual General meeting is coming up. Refer to this in the magazine or on website.  
Keep enjoying your sport and I look forward to reporting again on a great winter series..

**News Flash - For our WBOP Records****Judy Chandler**

Our Waikato –Bay of Plenty 'Best Times' and Official Records, started way back, are being given a new look. Bruce Solomon has kindly agreed to be their keeper and bring them into the 21<sup>st</sup> century.

Our Records will be available to read/download on the New Zealand Masters Athletics website ( John Campbell) Waikato Bay of Plenty website (Steve Rees-Jones)

Record applications will be updated to these websites – after North Island Track and Field Champs, after National Track and Field Champs and at end of season about end of April.

You will need to let Bruce know by email or mail if you have achieved a new WBOP time/distance record at these events.

**Changes to take note of - (as above)**

If you achieve a new record at North Island Champs, Nationals, Oceania, Worlds etc you will not need to fill out a record application form – however you MUST advise Bruce by email, snail mail or phone that you have achieved this new time/distance record.

If your new record time/distance has been made at a weekly meeting or local meeting, then Bruce will need you to fill in out a record application form and have everything verified by officials/meeting manager etc. and then send on to him.

Hand-timed records/bests are going to be replaced with electronic times where these are available.  
Record application forms available from Judy if you need any, or you can use the official NZMA form on the NZMA website which is suitable to use for a Centre Record, just highlight - Centre Record.

Bruce's contact details are

25 Ventura Key	Phone 07 542 2064
Papamoa Beach	Mobile 021 998979
Papamoa	E mail - brucesolomon@xtra.co.nz

Any suggestions about what else you would like to see on the record sheets, please let Bruce know – eg The next updated record sheets will include who the longest standing Male and Female Record holders are and we will also start including some NZ Masters Record holder's photographs.

Best of luck to everyone and thanks

**Australian Masters Athletic Championships****Bev Savage**

Murray and I travelled to Tasmania in March for a holiday also so that I could compete in the Australian Masters Athletic Champs. There were three throwers and one track athlete from New Zealand entered. Renee Otto (WBOP), Brian Senior (Canterbury) and myself were the throwers.

The first day of competition was in Launceston where the weight pentathlon and multi events were held on the Friday. We then travelled to Hobart after the competition to start the track and field competition which covered the next three days.

In Launceston the weight pentathlon was a very drawn out all day competition as we had to share the throwing sectors with the multi event athletes. There was a disappointing number of entries in my age group which I won and I was also awarded the Royce Foley Shield and Trophy for the overall points. The first New Zealander to win this trophy.



In Hobart we had great weather, temperatures reaching up to 32 degrees. I won the shot, discus, weight throw and was second in the hammer throw with a very disappointing distance.

In the little spare time we had we did a great river cruise around the river and port area of Launceston and in Hobart we had a three day pass to ride the Red Decker tourist bus around the amazing historical landmarks. The history in Tasmania was so interesting and we would certainly like to return and see more of the country.

Overall a well run meeting with top officials and it was great to catch up with athletes that I have known and competed against for many years.

### Results

Bev Savage	Shot	Discus	Hammer	Weight
	8.52m	21.40m	28.94m	12.17m
	Weight Pentathlon 3632 pts			

Rene Otto.	Shot	Discus	Hammer	Weight
36.37m	11.00m			

10.58m 34.42m

Weight Pentathlon 2519pts

**Athlete Driven on by Senior**

**Nicola Stewart**

The following article appeared in the local Matamata Chronical in April

Watching an 85-year-old tear around the track is all the motivation Matamata's Kimberly Wells needs to excel at athletics.

Wells 32, took out four events at the New Zealand Masters Track and Field Championships in February. As well as taking home medals in the 60,100,200 and 400m sprints, she also broke all of her personal bests.

A manager at McDonalds, Wells joined the Lodge Frankton Athletics Club two years ago while recovering from and illness that affected her strength and energy levels.

I was very weak so I just started working out at home ,” she said. “After a while I wanted to get back into sport but I didn't want to do anything where I would sort of be letting the whole team down.”

“I saw athletics and thought I can do this on my own and can just slowly improve myself.”

“I turned up for a meeting and I haven't looked back ”

The club, which was started 50 years ago, is based at Porritt Stadium and Wells heads over every Tuesday evening for club night. Members of all ages including an 85-year-old sprinter, support and encourage each other, she said.

Outside the stadium, she spends about five days a week at Evolve Fitness and credits personal trainer Tara Jones with helping her stay on track.

Her fitness journey has even inspired some of her co-workers and she now takes them for boot camp a few times a week.

After such a successful season, Wells had decided to focus on making it to nationals in the highly competitive open age group next summer.

Note from Editor: No guesses as to who the 85 year old tearing around the track was.

## Nifty at Fifty Profile Sally Gibbs

A reprint of an article by Steve Landells in Athletics NZ Newsletter 15 May 2014 [www.athletics.org.nz](http://www.athletics.org.nz)



Sally Gibbs proved that age is just a number by claiming a dazzling success in the Rotorua Marathon. Steve Landells profiles the veteran distance runner who shows no sign of slowing down any time soon.

There was something gloriously fitting that 50-year-old Sally Gibbs triumphed in the women's elite race at the 50th anniversary running of the Rotorua Marathon earlier this month.

For Sally – a relatively recent convert to running – her victory represented a timely celebration of age and something to cherish. To do so on a day when the venerable marathon was toasting its very special birthday was simply perfect.

Sally Gibbs won the Rotorua Marathon in an impressive time of 2:45.59 - the quickest winning time by a woman in this event for six years. Yet the bald facts almost do the enormity of her achievement a disservice.

Her victory in Sulphur City was a triumph for all of us who can dare to dream. It is some story.

Raised in Wanganui, Sally showed precious few signs of running ability at school.

"Growing up, I thought I was really bad at all sports," she admits "I didn't come from a sporting background and I used to throw a sickie to dodge competing in school cross country races."

It was only through supporting three of her four children – they are now aged between 18 and 29 – in competitive swimming was Sally inspired to give sport a bash.

The journalist took up masters swimming attaining a level she describes as "competent rather than competitive" but in 2009 the direction of her sporting career would take a whole new path.

Participating regularly as a swimmer at NZ Masters Games also presented an appetising opportunity to try other sports. She opted to give the sprint triathlon a go and thrived - to her surprise - in the running element.

Around the same time the newspaper she then worked for sponsored a 10km race on Waihi Beach. She decided to take up the challenge to write about her experiences from a participant's view and became more interested in running.

Later that year she ran her first marathon in Rotorua in a time of 3:31. That was the point she decided to seriously commit to the sport.

"I've got a competitive streak and I thought I could probably do better, so I looked for a club and joined Tauranga Ramblers."

Later that year her progression continued apace as she snared four medals at the World Masters Games in Sydney – winning silver medals in the 5000m and half-marathon and bronze in the 800m and 1500m – although she admits her knowledge of athletics at this stage was at best rudimentary.

"I even had to ask the club president how to run an 800m because I'd never run one before," she adds.

In an effort to gain a greater understanding of the sport she sought out a coach and hooked up with Barry Ellis, the man who still guides Sally today. It was a steep learning curve.

"I didn't know about different kinds of training like long runs and tempo runs and it was Barry who put together a balanced programme," adds Sally who typically runs around 140km a week. "I remember he put stride outs in my first programme. I had to google what he meant, but I found so many different answers I had to ask him anyway."

Under Barry's guidance Sally has thrived. In 2012 she landed the senior NZ 10,000m title on her home track in Tauranga and also set a marathon personal best of 2:41:15 for sixth in the Gold Coast Marathon where she also secured the Oceania women's title. She also competed as a member of the NZ team that competed at the World Mountain Running Championships in Italy.

Last year the success continued as she secured W50 gold medals in the 5000m, 10,000m and marathon at the 2013 World Masters Games in Brazil.

This year Rotorua (Marathon) was always a big target.

"I've said for many years I'd run in the 50th anniversary race because I turned 50 last year," adds the woman who lives in the small town of Katikati near Tauranga "Instead of a party I wanted to run the Rotorua Marathon with as many of my friends and clubmates as possible. That was my celebration."

On the day, at one stage Sally opened up a gap of around four minutes on the field before eventually securing the Rotorua Marathon and NZ titless by a winning margin of more than two-and-a-half minutes from her clubmate Jessica Ruthe.

"I never expected to win and I thought the pace would have been quicker," explains Sally, who has been married to husband Brendan for 32 years. "I've raced Jess (Ruthe) and Lisa (Robertson) before and I really respect them. Also because of the way I run my races I do got out fast. I can't run an even split race, so I know the runner's behind might catch me.



On this occasion Sally held on comfortably to claim, arguably, the marquee win of her career and add further sheen to her growing reputation.

Yet she does not regard victory in Rotorua as a full-stop to her career. She has earmarked next month's New Zealand Half-Marathon Championships in Wellington as her next target and would love a shot at the World Mountain Running Championships in Italy in September.

Further down the line Sally – who celebrates her 51st birthday on June 5 – wants to compete at next year's

World Masters Athletics Championships in Lyon with a longer term goal the 2017 World Masters Games to be staged in Auckland.

"I'm definitely not going to run out of things to do," she adds.

Yet how does the modest mother of four view her accomplishments? Does she see herself as an inspiration?

"In a way I hope so because I'm a very ordinary person with no background in running at all," she adds. "I think because I didn't start running until five years ago, I'm not running on legs that have taken a battering over a lifetime. Also because I'm relatively new to the sport I've still been improving, which is a nice feeling. If I had run all my life that realistically wouldn't be happening."

Yet given all her recent success does she harbour any regrets that maybe he didn't take up the sport earlier in her life?

"It is really hard to say," she admits. "In some ways, yes, of course I do, but you can't focus on, "what if." It is all about making the most of the opportunities I have now."

### **Tarawera Ultra Marathon 2014**

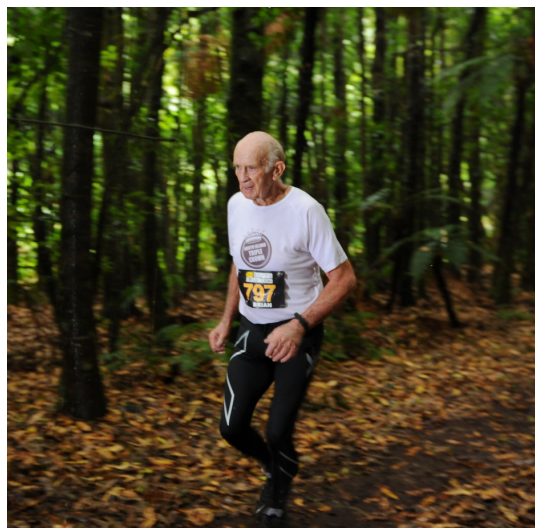
**Brian Smith**

Having done three previous 60 Km Trail runs I entered for another with an early bird discount ( I do better training with a Target race in mind )Five months build up should give me a reasonable run. Best laid plans did not allow for a cancerous growth appearing next to my Achilles tendon that Had to be cut out and stitched. No running for five weeks Then had to get back into it.

Next setback was a Pitbull cross mongrel jumping a fence and started snacking on my leg. Luckily no stitches this time but another break in the build up. Luckily there was no more mishaps.

The run has cut off times approximately 20 kms apart that are reasonable generous but strictly enforced to deter the dreamers. Up at 4:30 am to get breakfast and get in the mind set for a 6:30 start at the Rotorua Redwoods. Check the weather outside as Cyclone Lusi is around, seems to be ok. The forecasters had been predicting all sorts of mayhem.

After parking outside the park gates and walking 1 km the start and getting ready I find the pine forest had been closed to everybody late the day before and the race director had to make last minute changes of the course mainly into an out and back, marking out changes finishing at midnight making a 60 km and a 70 km race.



As it is now an International with over 800 runners the formalities went on. After the countdown zeroed we were off looked at my watch five minutes down already. As there are two check points shortly up the track I started up slowly talking to the tail end Mountain Bikers.

Waited another five minutes then three minutes before the track was clear nearly 15 mins down in the first 5km. Good running for the next 20 km. Left Okareka with 40 minutes in hand.

The 70km runners were coming from behind now and once we got into the bush and the track narrowed and became very rough it became a lot of stopping and getting clear for them.

Nearer Okataina the top runners were returning. The rain was making the slippery for those without proper shoes. Bonus for me was seeing our Hawks relay teams in action and the top runners in the world in full flight.

Got to Okataina with five mins in hand and left to do a 2km out and back to make the distance up. When I returned the base manager was stopping all the 60 km runners with a misinterpretation of the cut off times rules. Some very upset runners.

The rain was getting heavier by then so I settled for 40kms but no finishers medal. I find the event is very well run and they did very well working around the last minute changes

Last year Forest was closed due to Drought this year Cyclone Lusi next year ?

## The Edgecumbe College Throwing Journey

**Rene Otto**



At Edgecumbe College I started a throwing group in 2013. I started a new job at the beginning of 2013 and looked at the raw talent of this small country college. I identified 10 students and I called a meeting with them in September 2013. In the meeting I told them that I wanted to start a hammer throwing group.

I gave the students some time to think about this because I needed 100% commitment and loyalty if they decided to join the group. Seven students came and said they wanted to be in the group. I then added two more primary school students to make the group nine.

I bought some hammers and Christine McCahill donated some to the school and this helped us tremendously.

In September we started with hammer throwing sessions. Our short term goal was to go to the New Zealand Secondary Schools Athletics Championships held in Hamilton, to make the top 10 and to get a top 10 ranking in New Zealand. The students were very dedicated and worked hard at their new sport. Six of my students made the top ten in New Zealand. Some have a ranking as low as sixth.

Our next step was to take these students to the Waikato Bay of Plenty Championships held in Tauranga. These nine students won 30 medals at the championships: 18 hammer throw, five in shot put, four in discus and three in javelin..

I increased the size of the throwing group to 15 throwers and three steeplechasers for the Waikato Bay of Plenty Secondary Schools Championships. My goal was to get eight students in the Waikato Bay of Plenty Athletics team for the North Islands Secondary Schools Athletics Championships. I was pleasantly surprised to get 11 students into the team. At the North Islands we had everybody in the top six in the North Islands. Our best result was in the Junior Boys where we had a second place in the North Islands.

Since the North Islands many things have been happening at Edgecumbe College. The throwing group has increased to 24 members. The school has purchased 15 pairs of throwing shoes and the big news is that we have a throwing circle for hammer throw and discus. We also have a cage to complete stage one of our project. This will be part of our Edgecumbe College Throwing Academy.

Stage One second part was a second hammer throwing circle that can be used for shot put. This circle has a cage on one side and later we hope to extend the cage around the second circle later. Stage three is to put in a third circle for shot put.

As you can see exciting things are happening at Edgecumbe College. My plan is to make Edgecumbe College a throwing/ athletics school in the future and to give these students the opportunity to compete in athletics and to increase the number of athletes competing in Waikato Bay of Plenty. Watch this space!

### **Member Profile - Judy Chandler (more know to many as our reliable tea lady)**

**This was an article on Judy that Helen Hall King wrote for the Hamilton Hawks in a recent newsletter**

Judy, at 76, is a long time member of our club having joined in 1975.



The first official event she took part in was Trophy Day running for the Cameron Cup. Not being known to the other members of the club she set off on go and led from start to finish. At the time there were only about five women in the club including Pauline Hewitt and Robyn Winter. The day was run from Fairfield College and was run on the grass but the distance of the run is proving to be elusive (maybe only 2km).

The next challenge for Judy was track. She joined the Hamilton Athletic Club in 1976 and this proved to be her forte with her favourite event being the 400m. Judy enjoyed the track so much that she went to compete in her first World Masters Athletics Champs in Germany in 1979 and won gold in the 800m (the first time the 800m was held at the Worlds) in a PB of 2.20.3 and bronze in the 400m – another PB in 62.75 - and 1500m - 4.58.1 in yet another PB!

The World Masters Games were held every two years and Judy went on to compete as follows:-

1981 – Christchurch – Silver in the 4 x 400m relay  
1983 – Puerto Rico

1985 – Rome – Bronze in the Oceania 4 x 100m relay

1987 – Melbourne

1989 – Eugene, Oregon

1991 – Finland did not attend as her daughter, Mary, was about to give birth to her first child

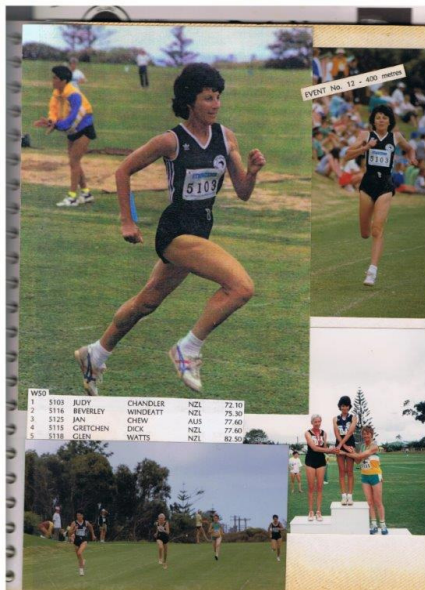
1993 – Japan – gold in 800m, silver in 400m and 1500m

1995 – Buffalo, USA

1997 – South Africa – Bronze in team cross country

1999 – Didn't go

2001 – Brisbane – Bronze in team cross country



Judy did not enjoy the longer races but did complete the Cambridge to Hamilton one year because her coach at the time said she had to. Judy found that too much distance resulted in injuries but she was known for being a regular on Lap 5 (the shortest) of the Kaimai Relay.

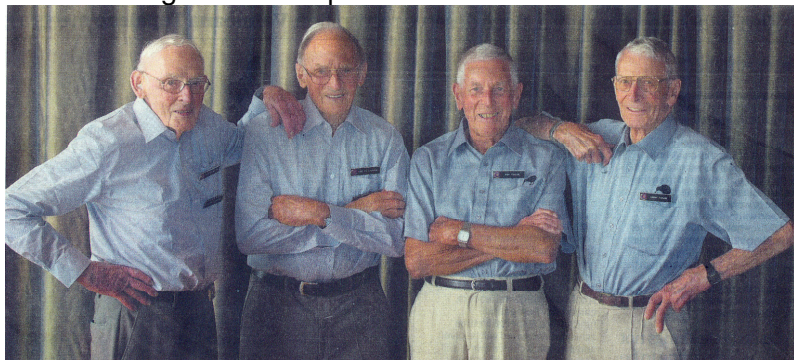
These days Judy can be found either at Porritt in the summer helping out in the shop or where ever she is needed or at our club days in the winter helping with the afternoon tea.

Judy has a very supportive family with four children, with Mary and her husband Alan still active members of the Club, and 7 grandchildren and some of these have also joined the Harrier club so once upon a time there were three generations running with the club together.

### Brothers in Arms return to Casino

**Bryan Mayall**

The following is an excerpt from an article in the NZ Herald on Tuesday May 13



Eric de Lautour wouldn't be here today had his brother Brian not "claimed" him off the front lines in North Africa during World War two.

The army's policy that siblings choose to serve together saw Eric move out of the Infantry and join older brother Brian in the signals unit.

**Veterans (from left) Brian and Eric de Lautour, Ron and Harry Taylor**

The pair were posted to Italy, where they avoided the worst of the mayhem that raged among the strategic monastery town of Casino between January and May 1944.

The brothers are among a group of 39 Kiwi veterans from the Italian campaign who today return to Italy to attend services marking the 70<sup>th</sup> anniversary of a series of battles that claimed hundreds of New Zealand lives.

Eric de Lautour is one of our well known Masters from Tauranga and will be 94 years old next month. Great story Eric, you are truly a legend.

### Annual General Meeting

**The Annual General Meeting of the WBOP Masters Athletics will be held on Sunday 31 August at the Cambridge Athletic Clubrooms at 1.00 p.m.**

**At the conclusion of the AGM the Wyn Abel Trophy for the Waikato Masters Athlete of the Year will be presented. Afternoon tea will follow.**

**Teams Cross Country Trophy Sunday June 8**
**Ray Laurie**


After opening an attachment from Waikato Masters I responded to an invitation to attend another Fun Day get-together this time at Waipuna Park. Having attended the two previous events at the McLaren Falls Park and Whakatane those opting to do the walk were treated to a very pleasant social chat as well as stunning views at both venues. After the walk or run on both days, there was the usual welcoming afternoon tea, organised yet again by Fay Riley.

Unfortunately it appears that the attachment was a mistake and the text of the email which said "Our next event, Cross Country Day – and teams event ,plus 3km walk. Hope to see you there" was not for a future event but the intended message to members.

All conditions made for a most successful day; the weather was cloudy but fine, the event well organised as was the after-run social function which even included cups of hot soup..

There was however, one important aspect missing. This was the usual good number of competitors for this popular event. This resulted in the teams trophy not even being contested. This must have been a big disappointment for the organisers. However for those lucky enough to be there, it was an afternoon well spent.

**The results for the day were:**
**Women 3km Run.**

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>	<u>Net Time</u>	<u>Net Place</u>
1	Linda Reynolds	17.06	48	15.13	5
2	Karen Smith	18.57	61	14.48	3
3	Robyn Winter	19.26	64	14.39	2
4	Christine Reed	20.06	64	15.09	4
5	Marcia Petley	25.51	85	13.37	1

**Combined 3 km Walk**

1	Glenn Reynolds	24.05	52	20.40	3
2	Barbara Allen	26.40	65	19.54	1
3	Marina Parata	28.50	47	25.34	4
4	Ray Laurie	31.28	79	20.19	2

**Men 6km Run**

1	John Kaie	21.56	48	19.54	1
2	Barry Watson	26.36	59	21.59	5
3	Steve Dent	26.54	52	23.38	8
4	Murray Clarkson	27.26	67	20.55	2
5	Stu Smith	27.34	60	22.35	
6	David James	27.47	51	24.37	
7	Dennis Madden	27.57	63	22.14	
8	Robin Reed	28.08	69	21.02	
9	Robert McPherson	30.20	72	21.47	
10	Bruce Solomon	30.51	51	27.20	
11	Brendan Magill	DNF			



There were no eligible teams for the Cross Country Trophy.

**Photos courtesy Bruce Solomon**



