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Cant-A-Long

April 2014

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A note from the editor ... Andrew Stark

As per the decision of your committee, the number of Cant-A-Long issues has been reduced to two per year December and April. However, due to lack of copy, only the April issue has been produced.

What I have tried to do is keep those members who do not have a computer, up-to-date with what members are up to throughout the season.

As time goes by, I believe most members will have access to a computer and the need for a paper version may not be so necessary.

However, for historical reasons a condensed paper version does help to keep an easily assessable record of what has be going on ... so I believe it still has its place , but who will be editor?

I was asked to take over Cant-A-Long by the late Bob Carter. I guess being a desk-top publisher has meant I am well suited to the role, however the time has come for someone else to oversee this job.

This will be my last issue as editor. I quite simply cannot justify the time required to create this publication, as it takes me away from my own business.

So is there anyone out there who wants the job as editor or is Cant-A-Long as we know it ... gone for good?

Andrew Stark (Cant-A-Long Editor)



Advertising in Cant-A-Long

If you have a business and would like to advertise in Cant-A-Long, contact Andrew Stark.

Not only is Cant-A-Long mailed out to CMA members, but is it also posted on both the Athletics Canterbury and New Zealand Masters Athletics websites.

Rates:

¼ page \$20.00 per issue or \$70.00 per year
½ page \$30.00 per issue or \$100.00 per year

Canterbury Masters Athletics Inc Life Members:

Iris Bishop
Ian Brownie
Merle Grayburn
Gwyn Heseltine
William Hobbs
Bryan Kerr
David Leech
Patricia Leech
Glen Watts
Peter Watts



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International Athletics Coach
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e-mail: bruce.milne@xtra.co.nz

Hi all,

Once again as the current season is fresh in my mind, I have completed my President's report for 2013 - 2014 season, which is included in this issue of Cant-A-Long.

It's been another interesting year at the 'helm'.

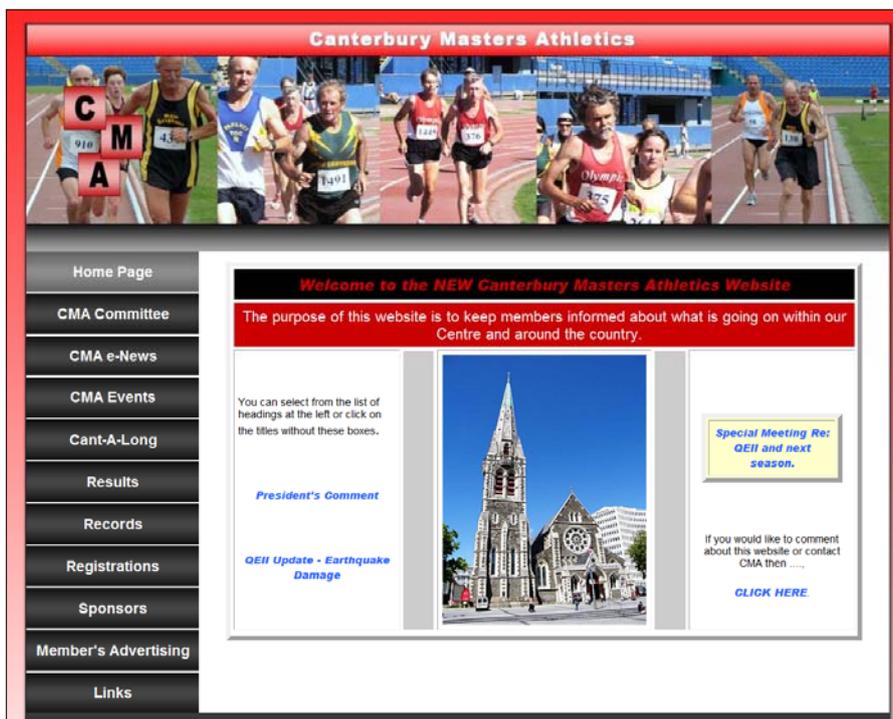
The national trend of falling membership continues, expect for centres hosting NI, SI or NZMA Championship events. I know that not having an all-weather track has meant that many of our usual track

athletes are by-passing the track in preference for the 5km road races through the summer ... and that trend continues. My hope is that they will return one day!

In my report this year I have discussed concerns I have about the future running of CMA. The success of CMA totally rests with you, the members.

I look forward to some helpful discussions as we move forward.

Website address: www.canterburymastersathletics.org.nz



The elected Committee of the CMA Inc for the 2013 / 2014 season

President:

Andrew Stark Tel: 03 338 0516

Vice-President:

Secretary:

Tony McManus Tel: 03 332 3921

Treasurer:

Kevin Prendergast Tel: 03 358 7760

Committee:

Bev Church Tel: 03 388 5736

Allan Gardiner Tel: 03 388 1248

Kevin Jago Tel: 03 960 2457

Andrew Reese Tel: 03 332 3884

Carol Thompson Tel: 03 384 4700

Track & Field Athletics Canterbury Centre Representative:

Andrew Stark

Uniform Officer:

Bev Church

Cant-A-Long / Website Editor:

Andrew Stark

Notice of CMA AGM - Wednesday 20 August 2014 @ 7:30 p.m.

Notice is hereby given that the Annual General Meeting of Canterbury Masters Athletics Incorporated is to be held at the Port Hills Athletic Clubrooms, Hansen Park, Hawford Road

Any Remits or Notices of Motion are to be in the hands of

The Secretary
Canterbury Masters Athletics Inc
c/- 102 Bowenvale Avenue
Cashmere
Christchurch 8022

by Wednesday 6 August 2014.

Nominations for the following positions are also called for:

Elected Positions:

President
Vice President
Secretary
Treasurer
Committee members (6)

Other Elected Positions:

Patron
Honorary Auditor
Honorary Solicitor

Selected from the within-coming Committee members are the delegates for ...

Athletics Canterbury Track and Field Committee

Tony McManus
(Secretary)

Agenda of CMA AGM

**Canterbury Masters Athletics Inc
2014 ANNUAL GENERAL MEETING
PORT HILLS ATHLETIC CLUBROOMS
Wednesday 20 August 2014 @ 7.30 p.m.**

- Quorum Check (15 Financial Members)
- Apologies
- Approval of Minutes of Annual General Meeting held 21 August 2013
- Consideration and Approval of Annual Report
- Consideration and Approval of Annual Financial Statements
- Consideration and Approval of Annual Subscription for 2014 / 2015 season
- Election of Officers for 2014 / 2015
 - President
 - Vice President
 - Secretary
 - Treasurer
 - Committee (not to exceed six)
- Election of other Elected Positions
 - Patron
 - Honorary Auditor
 - Honorary Solicitor
- Nomination(s) for Life Membership
- Remits
- General Business

Introduction:

Another year has passed and we seem no closer to knowing when work will start on a new all-weather track facility in Christchurch. At the time of writing this report, I know that a concept plan of a sports hub to be developed on the AMP Show Ground site is to be presented to the full CCC on 24 April 2014. The outcome of that presentation may well have huge implications as to what happens next. Having been on the Athletics Canterbury Track & Field Committee, I am confident that all has been done to 'assist' in ensuring we do get a replacement track that meets our needs. The reality is that we have very little say in what will happen so we continue to voice our requests and hope that 'someone' is listening.

Once again, with no all-weather track in Christchurch, several inter-club meetings throughout the season were held in Timaru. A small number of our members have made the trip south to compete at these meetings. Overall the numbers of Christchurch athletes and the 'aging' officials making these trips is declining, which is hardly surprising as it makes for a very long day.

WMA Track & Field Championships:

Two of our members made the trip to Porto Alegre. Loris Reed won the W65 cross country & 5000m events and was leading the 1500m when injury forced her to withdraw. She was accompanied by Tom Reihana, but I not sure if he competed?

Oceania Track & Field Championships:

This event was held in Bendigo, Australia during early January. Four of our members made the trip across the Tasman (Lois Anderson, Patricia Drayton, Gwyn Heseltine & Justine Whitaker).

North Island Track & Field Championships:

This season four CMA members (Malcolm & Margaret Fraser, Brian Senior & Louise Martin) made the trip north to the North Island Championships held in Whangarei. Their results can be found on the NZMA website.

South Island Track & Field Championships:

We hosted this event in Timaru during the last weekend in November with 72 athletes attending. Generally the weather was acceptable, although rather windy at times, the rain stayed away.

We invited the local South Canterbury Track & Field Club to join us and they held a selection of events during the Saturday afternoon session. I believe that worked well as we benefited by having their help to run our events. We held a trackside BBQ on the Saturday evening which was attended by 50 people.

It is important that we as a centre continue to host

such events, either in Timaru or at Rawhiti Domain, so we can build on or at least maintain the expertise we already have within our centre so we are able to host the NZMA Championships in future years.

Thank you to those who helped make this a successful meeting. A full copy of the results for this meetings can be found on the NZMA & CMA websites.

Next year the South Island Championships will be held in Dunedin during the weekend of December 5th to 7th.

NZMA Track & Field Championships:

This year it was held in Invercargill. Canterbury was represented by 13 throwers & 13 runners. To say the weather was unpleasant would be an understatement. As an official out there all day, conditions were difficult, but at least I could stay wrapped up. Well done to those who competed, especially Iris Bishop who has been to ALL 40 NZMA Championship events.

Next year the event will be hosted by the Waikato Bay of Plenty Centre and held in Tauranga. The plan is to trial a new shortened programme, i.e. no events on the Monday morning.

NZMA Board:

I was re-elected onto the NZMA Board as vice-President, with responsibilities for the National database / Membership, Oceania Throws Pentathlon, NZMA Performance Awards, Championships Programmes and creation of Record / Award certificates.

Athletics Canterbury Track & Field Committee:

I have been the CMA representative on this committee responsible for the Saturday Interclub programme and editing / printing the Summer programme booklets.

CMA 2013 / 2014 Membership Details:

This year the membership numbers have fallen from 160 (2010), 131 (2011), 110 (2012), 97 (2013) to 82 members in 2013 / 2014 season.

We are an aging population and we are losing competitive members at that end. Some of the drop-off in membership has also come from the middle aged group of middle distance club athletes who have 'turned their back' on track races, as they are not interested in racing on grass at Rawhiti Domain.

However, these same runners are not attending the Timaru meetings either. While they are still happy to join clubs and race on the road over summer, there is no reason for them to join NZMA or CMA, unless going to the South Island, North Island or NZMA Track & Field Championships. If we were holding NZMA Championships in Christchurch, some would join for that season only, as happens in other centres.

Whether the current group of distance runners return to the track is debatable. With few senior athletes around, it is impossible to say where the masters athletes of the future will come from. That question will only be answered when we have a new all-weather track.

Of the 82 current members, only about 32 competed in the various CMA meetings, including Championship events throughout the season. We appreciate the support from all non-competing members and hope that you enjoy reading CMA news via Cant-A-Long, our website and Vetline.

Thank you to Kevin Prendergast for maintaining the CMA database.

Winter Throws Pentathlon & Oceania Throws Pentathlon Challenge:

During the winter months, a group of throwers met on the first Sunday of each month to compete in a Winter Throws Pentathlon. CMA members also took part in the annual Oceania Throws Pentathlon Challenge which involved over 100 athletes.

Thank you to Bev Church for organising these events and also Pat Leech, Matt Leech and Anne Davison for their assistance in running the events.

CMA Track & Field Meetings:

As mentioned in my last report, Athletics Canterbury has allowed our non-club registered CMA members to compete during Saturday Interclub competitions. This inclusion of CMA had been brought about by the drop in attendance at our CMA organised Wednesday / Sunday meetings. Having been at Saturday meetings as an official and supporter of CMA, I believe the merger with Athletics Canterbury has been well received by all concerned, athletes and officials alike.

We did hold three Wednesday CMA meetings throughout the season.

At the Opening Day meeting we had 7 runners and only 3 throwers, plus a handful of supporters.

At the Christmas Break-up meeting we had 10 runners and 9 throwers, plus the regular supporters.

At 'Ian's' (Max's) night we had 8 runners and 8 throwers and once again a group of supporters.

Thank you to those who helped in anyway to make these meetings happen.

Attendance at these three meetings was down on previous years, with only the regular attendees there. I accept this is the way it is re: membership. At the next AGM, we will discuss what the purpose / format of these meetings should be, i.e. for competition or as a social event only.

CMA 2013 - 2014 Championship Review:

During three separate Saturday interclub programmes throughout the season, we held the 3000m, 5000m &

10000m CMA Championship events.

Initially our CMA Championships were to be held on Sunday 2nd February 2014, organised and officiated by us. However, having seen the decline in competing CMA members in the early part of the season and low attendance at CMA meetings, it was decided to combine our major CMA championships events within an Athletics Canterbury Interclub programme. This occurred on Saturday 1st February.

By doing this, we could take advantage of electronic timing. Adding CMA only races made very little difference to the programme. Within our field events, we combined with the interclub hammer event, but then ran our own throwing / jumping events. I would like to thank the Athletics Canterbury officials who helped out. I believe this is the way forward and it would be my recommendation that we do this again next season.

I would like to personally thank the non-competing CMA members / spouses who gave of their time to help run our Championships. Without your support, it would not be possible.

The meeting concluded with a track side BBQ, well organised by Bev & Glen Church's son Andrew and their daughter-in-law Leanne.

The CMA Throws Pentathlon was scheduled to be held on Sunday 16th March, but due to bad weather it was postponed until Sunday 23rd. Seven members attended. Thank you to Bev Church, plus helpers for organising this event.

Link Relays - Halswell Quarry:

On Saturday 29th March, 15 teams of four runners and 2 teams of three walkers attended this event, which was couple for teams down from last year. Thank you to Pete Watts, Kevin Jago & Kevin Prendergast for co-ordinating the marking out of the course, plus to others who assisted on the day.

CMA Records:

It has been a quiet season with very few records broken. Certainly not easy to break track records on a grass track, so well done to those who have. A full list of record breakers for the 2013 / 2014 season is in this issue. Bryan Kerr retired as 'record keeper' and this year Penny Reid has helped me collate / check for records. Thank you to you both.

Finances:

At the time of writing this report, the annual accounts have not been completed.

At the last AGM, we decided to hold the CMA subscription at \$10.00 and for athletes to pay competition fees when competing at Rawhiti Domain as part of the Saturday interclub programme. Athletics Canterbury has allowed our 65+ members to pay a reduced fee of \$3.00, the normal fee being \$5.00.

Once again we did not have to hire the venue for our CMA Championships, so money was saved there. The only on-going expenses throughout the year have been the website hosting fees, printing of several mini newsletters, one Cant-A-Long and donations we made to the New Brighton Olympic & Port Hills Clubs for the use of their facilities for committee meetings and CMA track & field meetings. We also subsidised the CMA presentation night dinner by about 25% for CMA members.

Our only sources of income are from investments, CMA Championship fees, Link Relays entry fees and donations. Full details will be available at the AGM.

Cant-A-Long:

Due to a lack of 'copy', only one Cant-A-Long was produced this year in April 2014. As to whether we continue with this form of publication, it will very much depend on the in-coming committee.

Website Development:

Throughout the season, I have used the website as the preferred method of getting information out to our members. On the website you will find entry forms, results and links to other websites of interest. I am open to suggestions as to how this can be improved.

You can also register on-line, but you still have to pay via internet banking or send in a cheque.

This is the website address ...

www.canterburymastersathletics.org.nz

To maintain this website, there are on-going costs of about \$300.00 per year. We are looking for sponsors or donations to offset this cost. If you can help, please make it known. Thank you to those who donated this year.

Annual NZMA Awards Dinner:

The Awards dinner was held on the Saturday night during the NZMA Championships in Invercargill. One of our members was recognised for her achievements. Loris Reed: She who won two events at the WMA Championships was awarded the NZMA Colours.

Where to from here / CMA Committee's Role:

Until we get a new all-weather track in Christchurch, I believe it will be hard to attract, let alone retain many of our 'runners' ... so we can expect CMA membership to continue to drop.

It is worth noting that the retention of members is a problem that all centres face. All we can do is to continue to offer our members opportunities to compete in well organised events within our region.

At a recent CMA committee meeting, a discussion was had about the events we offer our members, who is responsible for organising them and the role of being on the committee. A comment was made that 'jobs / tasks' needed to be shared more evenly amongst the

committee. Over the past few seasons, I have put systems in place to ensure the activities we offer run smoothly and 'things get done'. However, I thought I would take this opportunity to comment about what is currently being done behind the scenes to run CMA, so all members have a clearer idea of what is involved.

I have listed the jobs in order of (my) priority. To run CMA in a 'professional' way as per OMA & NZMA guidelines, there are some tasks that I believe need to be continued. There may well be some things currently being done that might be considered unnecessary or can be done in a different way.

What I would like you all to do is consider this list. Between now and our AGM, please give members of the current committee some feedback about what we do and how we do it, so that we can make decisions as to the way forward for CMA.

The job for the in-coming committee will be to go through this list, confirm / decide what needs to be done, then share the responsibility amongst the committee to ensure 'things happen'. Each committee member can select an area of interest before the remaining jobs / tasks would be allocated to ensure the workload is shared more evenly than in the past.

To ensure CMA runs smoothly and indeed the future of our sport in general, I believe it is important that we work with Athletics Canterbury. During the winter season they work as a team, i.e. under age, senior & masters athletes compete as one. Therefore, what we introduced this season is the way forward, i.e. combined track & field meetings.

The following tasks are what I consider most important ...

- To represent CMA on the Athletics Canterbury Track & Field Committee.

Before the season starts, the following tasks need to happen ...

- Create the CMA season's programme in consultation with the Athletics Canterbury Track & Field Committee Programme convenor as we now compete within the Saturday interclub programme.
- This includes organising the dates for the 3000m, 5000m, 10000m & steeplechase CMA Championship track events, to be held during an Athletics Canterbury interclub.

The following event should continue, as per this season albeit part of an interclub programme ...

- Our major CMA Championships: To do this, it involves organising the meeting including modifying the current or creating a programme. Setting up Sportscore, i.e. entering competitors details & events entered, entering results, organising the BBQ and producing the final results for posting on our website.

Out of respect for past record holders, this role is most important ...

- To maintain & update CMA records. This involves checking the results of CMA member's performances at Saturday Interclub, plus at events held outside of Christchurch and ensuring that all the correct paper work is completed, especially if a NZMA record is broken. Updating the record sheets that are posted on our website.

The three CMA Wednesday night meetings, the Jack King Memorial & CMA Throws Pentathlon events have not been well attended in terms of competitors. Is it time to also hold these events as part of a Saturday interclub meeting? Regardless of when they are held, the following needs to happen so they run successfully.

- Organise the CMA only meetings, involving time-tabling of events, organising any social activities for the night, plus sending a copy of the programme to The Press.
- Organise the Jack King Memorial and CMA Throws Pentathlon Championship events. This includes making sure the necessary equipment is present to run the event, producing result cards, collating the results & calculating the points scored.

Additional events to consider / organise

- A CMA winter Throws Pentathlon to be held on the first Sunday of each month (April to August).
- The Oceania Throws Pentathlon Challenge, to be held during the month of September.

As our only fundraising event of the season, the continued running of this event will be determined by entries we receive.

- Organise the Link Relays, including up-dating the race call flyers sent to clubs & posted on various websites, preparing the team cards & team numbers, working out the team handicapping, setting up the course, organising helpers and tabulating the results for the website.

Following the season, someone needs to ...

- Workout the CMA Trophy winners based on Championship performances throughout the season.
- Organise the CMA Presentation Night, selecting the venue, plus the collection / engraving of trophies.

Also each season, someone needs to ...

- Check CMA member's performances from the past calendar year re: NZMA Performance & NZMA Colours Awards.
- Investigate if CMA members should be nominated for NZMA Service Awards.
- Write / present the CMA centre report at the NZMA AGM (March).
- Investigate if CMA members should be nominated

for Life Membership of CMA.

Vetline is printed four times a year. While it is not mandatory to write an article, it is important that the Canterbury centre is represented in this magazine, therefore for this to happen someone needs ...

- To write the quarterly CMA report for Vetline.

As my preferred method of contact with members is via e-mail / website, someone needs to ...

- Maintain of the CMA website to keep members informed as to what's on & when.

However, the following is optional ...

- To create a Cant-A-Long issue to keep CMA members without computers informed. This could be replaced with mini-news letters.

The following tasks have also been occurring...

- CMA member's welfare, i.e. sending get well cards etc.
- Looking after / selling the CMA uniforms.
- Maintaining & housing the CMA equipment until we have a new facility.
- Island & NZMA Championships: As is expected of each centre, we are required to host the South Island and NZMA Track & Field Championships from time to time. In those years an LOC for the events is formed, including the current CMA committee.

As you can see, the list of what has to be done to keep CMA running up to the standards of the past is quite extensive. All of these tasks have been happening over the past few years and there are systems in place.

What will be required of the current or new committee members is to take over the role of organising some of the tasks. You will be given help and advice to do so.

For the past four seasons I have been involved on the Athletics Canterbury Track & Field Committee, responsible for creating / modifying the season's programme. There are changes occurring within this committee and it is my intention to remain involved on that committee, either as your CMA representative or as an elected member.

To do this effectively I will be relinquishing many of the roles I currently have been doing for CMA. For the continued success of CMA, it is important that current / new members step up to fill the roles and therefore share the load.

Having not competed for over two years myself, I am looking forward to having a better season and seeing many of you back for another year.

Finally, the winter season is upon us now and several of our CMA members race regularly. I wish you well. Full results will be available on the Athletics Canterbury website throughout the season.

Andrew Stark (CMA President)

At the last CMA AGM on Monday 19th August 2013, Merle Grayburn was asked to read the citation for Patricia Leech who had been nominated for Life Membership of CMA. Below is what she said, after which she was duly elected a Life Member.

*Life Member Nomination: **Patricia Leech***

Reasons:

- *Began officiating in cross-country events in the late 60's whilst living in Wellington.*
- *Became involved with track officiating when living in Hamilton from 1972 to 1975.*
- *Having returned to Christchurch in 1975, she returned to officiating at Master's events in about 1980, when husband Dave returned to competition.*
- *During this time, she was involved continuously, officiating at track & field, cross-country and road events for inter-club and masters alike, including at the South Island, National and Oceania Masters Track & Field Championships.*
- *From 1990 to 1999 she not only officiated, but also competed in throwing events, with the highlight being winning a bronze medal at the World Veteran Championships held in Durban South Africa.*
- *While her officiating 'duties' have been greatly scaled down these days, she does make herself available to help out at the major CMA events during the season, i.e.*
 - *Oceania Throws Pentathlon Challenge (September),*
 - *Jack King Memorial Throws Pentathlon (December),*
 - *CMA Championships (February),*
 - *CMA Throws Pentathlon Championships (March),*
 - *and more recently the monthly CMA Throws Pentathlon occurring during the winter months, this event being introduced by Bev Church.*

Being a recording official is an under-estimated skill and it is not as simple as it looks. Trying to keep the event 'moving along' by calling out who is next to throw assuming people are listening is not always easy, plus making sure you record accurately who throws what. It always involves long days in the field, compared to recording track event results.

As you are all aware, walking for Pat is not that easy and I suspect it has involved putting up with some discomfort, but I have never heard Pat complain.

Since then, Pat has had successful knee surgery and has continued to officiate at CMA events and at the recent NZMA Championships in Invercargill ... which was not that pleasant. Thank you Pat for your continued support of CMA.

Who is Pat? For those who do not know, Pat was asked a series of questions and below are her response as compiled by Kevin Prendergast.

Tell us a little about yourself

I was born in Tapanui in West Otago. I attended primary school in Beaumont, a small village near Lawrence, Otago. We shifted to Dunedin mid year when I was about 11, where I then attended McAndrew Intermediate. Secondary education was at Otago Girl's High School.

I played netball and was a keen trumper with the Otago Tramping Club. I graduated from Dunedin Public Hospital as a radiographer, then a staff nurse. I played low grade netball for a hospital team, enjoyed tramping and also singing.

And about your family

Life changed when I met David at a flat party. He had been attending the New Zealand Track and Field championships in Dunedin, representing Wellington. We were married in 1955, lived initially in Christchurch where I worked for a short time at the National Radiation Laboratory. We moved to Auckland in 1958, and then Wellington (Hutt Valley) in 1962, where I joined the Orpheus Choir.

We have three sons.

Matthew who represented Waikato and Canterbury as a junior and senior athlete (field) at various National Championships. He still helps out athletes involved in weight lifting.

Simon who works overseas and is involved with Hash Harriers.

Jeffrey who lives in the Catlins area, where we often go for a holiday.

Tell us a little about your athletics involvement

While living in Wellington Dave and I started our long involvement officiating for cross country events.

I started officiating track and field while living in Hamilton (1972 - 1975), and again having moved back to Christchurch after Dave returned to competition in about 1980. It has been ongoing ever since including the just concluded 2014 NZ Masters Athletics



Championships in Invercargill

At aged 60, I started Masters Athletics throwing the hammer and weight mainly. Dave & I both competed at the World Veteran Championships held in Durban where I won a bronze in the hammer throw.

There are two more memorable incidents that stand out. One being at QEII when an overseas hammer thrower's threw the hammer against the cage,. The cage completely collapsing on one side, with one person left stuck underneath the collapsed cage, but uninjured. Also at QE11, one evening part way during an International Disabled meeting, the entire lighting system failed, which caused an awkward situation for quite a while.

What are some of the highlights and proud moments

My competitive highlight was 3rd in the Hammer in my age group in 1997 at the Durban World Veteran Track & Field Games. I retired in 2000 from competition, with back problems.

Officiating highlights was being involved in the 4th World Veteran Games held in Christchurch in 1981 and the 1990 Commonwealth Games in Auckland.

I have also always enjoyed helping out at various Oceania Masters events and International Disabled Games, plus many others, always field events.

What is something most people would not know about you.

Another strong interest is Adult Education.

I have been involved since returning to Christchurch with the Canterbury Worker's Educational Assn. in various roles and am an Honorary Life Member and still a volunteer worker.

Is there something you would still like to comment on

I have enjoyed officiating especially working with young athletes developing and participating as a competitor and official. We have met a lot of great people both New Zealand and overseas.

When I started not many women were involved in the official side of athletics and I am pleased that many more now take part at all levels.

Thank you Pat for sharing these thoughts and comments with us: KevinPrendergast.

Andrew Nevitt Reese

4th October 1956 - 4th July 2013



Andrew Reese - what an amazing man
With him on the scene, there's always a plan
He was informed, organised and very forthright
There was no 'grey' with Andrew, just black or white.

He was so knowledgeable, figures, facts and history
How he remembered so much, well that's a mystery
If Andrew made a statement, you knew he'd be right
You'd be wasting your energy if you put up a fight

Andrew didn't waste time or words - instead
He would say exactly what was in his head
He was straight and direct, laid it all out
He made himself clear - there'd be no shred of doubt

No pussy-footing around trying to be polite
Andrew only spoke out when he knew he was right
And what a better place the world would be
If we all had more of his honesty

He was also generous and gentle and fun
He'd do what he could to help anyone
He could laugh at himself and I tell you what
He always gave back as good as he got

He was such a charming mixture was Drew
Stern, authoritative but child-like too
Life was something he just took in his stride
He was organised up until the day that he died

The world is very much a sadder place
Nobody could ever take Andrew's place
He's resting now - in perfect peace
Thanks for being in our lives Andrew Reese.

10 *Written by Beryl Williamson, a friend of Andrews and a member of the Anglican Harrier Club*

NZMA Colours Award



At the NZMA Awards Dinner held in Invercargill on the Saturday night during our NZMA Championships, Loris Reed was the only Canterbury athlete to receive an award.

She was awarded the NZMA colours for winning two events at the WMA Championships.

Since then has been sidelined due to injury. Here she is competing in the shot put at the South Island Championships in Timaru.

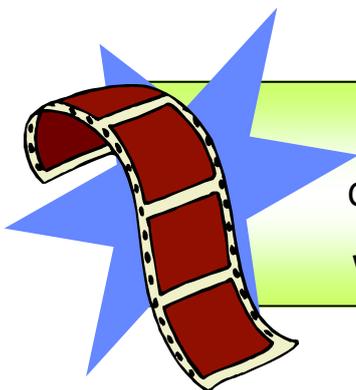
However, she has just returned to competition, having run in the Link Relay last weekend.

Saturday Inter-club or Stand Alone CMA Meeting?

This was the scene during our CMA Championships held at Rawhiti Domain on Saturday 1st February 2014.

There was a lot going on, plenty to see and keep you interested.

Come to the AGM and have your say about the format of future CMA events.



Looking for some light entertainment?
Check out this short film about Arthur Lydiard.
www.nzonscreen.com/title/on-the-run-1979



Canterbury Masters Athletics Annual Awards 2013 - 2014 Season



McIntosh Trophy

Women's Sprint Award
Best 3 sprint performances
at the CMA Championships
based on Age Percentage
Performances

Lois Anderson

Performances:
60m (10.42) 90.73%
100m (16.92) 85.71%
200m (36.78) 82.72%

Maurice Cook & Max Wood Trophy

Men's Sprint Award
Best 3 sprint performances
at the CMA Championships
based on Age Percentage
Performances

Jeff Barnfield

Performances:
60m (8.84) 87.30%
100m (14.18) 82.34%
200m (29.38) 81.50%



Malcolm Fraser - Bruce McPhail Trophy

M40 400m

No award this season



Philip Ross May Memorial Trophy

M45 800m

Malcolm Cornelius

Kernahan Trophy

M55 800m

Andrew Stark



Kernahan Trophy

M55 1500m

Clive Kitchingman

A.H.C. Jubilee Trophy

Women's 1500m

Margaret Flanagan



Canterbury Veteran's Trophy

Women's Track Pentathlon

Lyn Osmers



Arthur & Merle Grayburn Trophy

Men's Pentathlon

No award this season



Clarrie Gordon Trophy

M70+ 10000m
(CMA Championships)

Brian Keown



Walker of the Year Award

Ann Henderson



Norman & Mary Hawke Trophy

M65+ Hammer
Best Performance using Age Percentages

David Leech

Women's Throws Pentathlon Trophy

Glen Watts



Grayburn Trophy

Men's Throws Pentathlon

Richard Davison

Congratulations
to all the
2013 - 2014
season winners

CMA Member's 2013 - 2014 Results

CMA Opening Night @ Hansen Park: Wednesday 16/10/2013

A smaller than expected group gathered for the Opening night. The question was asked where have all the CMA members gone?

Discus Throw		Result
W50	Janice Bishop	20.62
W70	Barbara Bird	13.10
W75	Iris Bishop	11.77
W75	Gwyn Heseltine	10.04
<hr/>		
Shot Put		
W50	Janice Bishop	7.74
W70	Barbara Bird	5.61
W75	Iris Bishop	5.47
W75	Gwyn Heseltine	5.42
<hr/>		
60m		
M65	John Dumergue	10.6
M80	Max Wood	11.0
M85	Maurice Cook	19.3
<hr/>		
100m		
M65	John Dumergue	17.5
M80	Max Wood	17.9
<hr/>		
200m		
M65	John Dumergue	38.8
M80	Max Wood	40.4
<hr/>		
800m		
W70	Carol Thompson	4:39.2
M55	Andrew Stark	3:30.1
M65	Alan Gardiner	4:31.6
M80	Brian Keown	5:08.8
<hr/>		
2000m		
W70	Carol Thompson	12:52.9
M65	Alan Gardiner	12:07.3
M80	Brian Keown	12:54.8

Interclub @ Rawhiti Doamin: Saturday 19/10/2013

On a bright spring day and with Rawhiti Domain looking better than last season, our non-club registered CMA members joined in the Saturday Athletics Canterbury interclub. Despite some reservations about how our members would be accepted by the younger athletes and officials, those that did take part enjoyed their outing and yes, some of our throwers did throw further than their young competitors. From a spectator point of view, it was a far more enjoyable experience than our quiet CMA run meetings.

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Shot Put

W50	Lyn Osmers	10.36m
W65	Bev Church	6.46m
W70	Barbara Bird	5.70m
W75	Gwyn Heseltine	5.57m
M60	Rick Davison	9.71m

Hammer Throw

W65	Bev Church	23.44m
W75	Gwyn Heseltine	20.07m
M60	Rick Davison	41.52m

Javelin Throw

W50	Lyn Osmers	26.95m
W65	Bev Church	14.52m
W70	Barbara Bird	17.51m
W75	Gwyn Heseltine	8.76m

Discus Throw

M60	Rick Davison	39.13m
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60m

W45	Louise Martin	9.60
W50	Lyn Osmers	9.98
W50	Penny Reid	10.05
M80	Max Wood	10.80

100m

W45	Louise Martin	15.67
W50	Penny Reid	16.05
M80	Max Wood	17.40

200m

M60	Greg Harney	30.73
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300m

M45	Malcolm Cornelius	45.92
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600m

M45	Malcolm Cornelius	1:41.00
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1200m

M45	Malcolm Cornelius	3:56.50
M60	Greg Harney	4:27.98

Interclub @ Rawhiti Domain: Saturday 26/10/2013

High Jump

W50	Lyn Osmers	1.35m
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Shot Put

W50	Lyn Osmers	10.39m
W65	Bev Church	6.72m
M60	Rick Davison	9.60m

	Discus Throw	
W65	Bev Church	17.65m
M60	Rick Davison	37.36m
	Hammer Throw	
W65	Bev Church	22.75m
M60	Rick Davison	41.97m
	Javelin Throw	
W65	Bev Church	13.59m
	Weight Throw	
W65	Bev Church	8.87m
M60	Rick Davison	15.42m
M85	Dave Leech	8.65m
	60m (Wind -3.3)	
W45	Louise Martin	9.85
W50	Lyn Osmer	10.05
M40	Jonny Baird	8.67
M80	Max Wood	10.94
	100m (Wind -2.4)	
W45	Louise Martin	15.99
M80	Max Wood	17.94
	200m (Wind -3.7)	
W45	Louise Martin	33.07
M60	Greg Harney	30.52
M80	Max Wood	38.46
	800m	
M45	Malcolm Cornelius	2:23.16
	1500m	
W60	Margaret Flanagan	6:18.51
	3000m	
M45	Malcolm Cornelius	11:00.44

**Interclub @ Aorangi Stadium, Timaru:
Saturday 2/11/2013**

	High Jump	
W50	Lyn Osmer	1.30m
	Shot Put	
W50	Lyn Osmer	10.00m
M45	Wayne Doyle	10.58m
M50	Mark O'Brien	10.88m
M60	Rick Davison	10.15m
	Javelin Throw	
W50	Lyn Osmer	26.42m
	Discus Throw	
M45	Wayne Doyle	29.66m
M50	Mark O'Brien	29.10m
M60	Rick Davison	37.78m

	Hammer Throw	
M45	Wayne Doyle	30.81m
M60	Rick Davison	40.55m
	Pole Vault	
M45	Wayne Doyle	2.90m
	60m (Wind -0.8)	
W45	Louise Martin	9.35
W50	Lyn Osmer	9.96
M70	Malcolm Fraser	9.48
M80	Max Wood	10.68
	100m (Wind 0.2)	
W45	Louise Martin	15.06
M70	Malcolm Fraser	15.1
M80	Max Wood	17.42
	200m (Wind 0.9)	
W45	Louise Martin	31.42
W50	Penny Reid	37.04
W60	Margaret Flanagan	49.89
M65	John Mulvaney	37.21
M70	Malcolm Fraser	32.10
M80	Max Wood	37.88
	400m	
W50	Penny Reid	68.16
W65	Margaret Fraser	1:22.01
M70	Malcolm Fraser	77.02
	800m	
M65	John Mulvaney	3:05.29
	3000m	
M55	Clive Kitchingman	11:03.04
	110m Hurdles	
M40	Nick Bolton	16.64

**Interclub @ Rawhiti Domain:
Saturday 9/11/2013**

	Triple Jump (Wind -0.9)	
W50	Lyn Osmer	8.65m
	Shot Put	
W50	Lyn Osmer	9.40m
W65	Lois Anderson	7.07m
W65	Bev Church	6.48m
W70	Barbara Bird	5.36m
W75	Gwyn Heseltine	5.53m
M60	Rick Davison	9.62m
	Discus Throw	
W65	Bev Church	16.78m
W70	Barbara Bird	11.46m
W75	Gwyn Heseltine	11.40m
M60	Rick Davison	38.83m

Hammer Throw		
W65	Bev Church	22.73m
W75	Gwyn Heseltine	20.08m
M60	Rick Davison	40.61m
Javelin Throw		
W65	Bev Church	14.40m
W70	Barbara Bird	16.26m
W75	Gwyn Heseltine	7.81m
M60	Rick Davison	31.65m
60m (Wind -0.9)		
W50	Lyn Osmer	9.85
W65	Lois Anderson	10.73
M80	Colin O'Brien	12.55
M80	Bob Heseltine	16.24
100m		
W65	Lois Anderson	17.60
M65	John Mulvaney	17.25
M80	Max Wood	17.33
M80	Colin O'Brien	21.09
200m		
W50	Lyn Osmer	36.13
300m		
M65	John Mulvaney	61.52
M80	Max Wood	66.63
800m		
M45	Ian Purvis	2:21.07
3000m		
W60	Margaret Flanagan	12:58.56
M65	John Mulvaney	14:33.37

**Interclub @ Rawhiti Domain:
Saturday 16/11/2013**

In very hot conditions, the combined Athletics Canterbury & CMA 10000m Championships were run joining this meeting in fact, if it was not for CMA, there would have been no entries. Well done to those who finished.

High Jump		
W50	Lyn Osmer	1.27m
Long Jump (Wind 0.8)		
W50	Lyn Osmer	3.86m
Triple Jump (Wind -0.6)		
M80	Colin O'Brien	5.14m
Shot Put		
W65	Lois Anderson	7.15m
W65	Bev Church	6.63m
W70	Barbara Bird	5.29m
W75	Gwyn Heseltine	5.59m
M60	Rick Davison	

Discus Throw		
W65	Bev Church	17.58m
W70	Barbara Bird	12.05m
W75	Gwyn Heseltine	11.76m
M60	Rick Davison	
Hammer Throw		
W65	Bev Church	20.11m
60m (Wind -1.9)		
W45	Louise Martin	9.4h
W50	Penny Reid	10.5h
W65	Lois Anderson	10.7h
M65	John Mulvaney	10.6h
M80	Max Wood	10.6h
100m (Wind -2.0)		
W45	Louise Martin	15.43
W50	Lyn Osmer	16.56
W50	Penny Reid	17.44
W65	Lois Anderson	17.89
M80	Colin O'Brien	21.32
200m (Wind -1.9)		
M55	Jeff Barnfield	29.50
W45	Louise Martin	31.66
M80	Max Wood	37.68
400m		
M45	Ian Purvis	65.11
1500m		
M65	John Mulvaney	6:35.89
W65	Margaret Fraser	6:13.74
3000m		
M45	Malcolm Cornelius	10:36.24

**Interclub @ Rawhiti Domain:
Saturday 23/11/2013**

A small but keen group of CMA members attended this meeting, held on the same day as the North Island Track & Field Championships (Whangarei). Four of our members, Margaret & Malcolm Fraser, Louise Martin & Brian Senior competed at the NI Championships. A full list of results can be found on the NZMA website.

Shot Put		
M60	Rick Davison	9.82m
Discus Throw		
M60	Rick Davison	36.99m
Hammer Throw		
M60	Rick Davison	39.02m
100m		
M40	Nick Bolton	12.38

	200m	
M45	Ian Purvis	28.35
M65	John Mulvaney	37.30
	110m Hurdles	
M40	Nick Bolton	16.5h
	800m	
M45	Ian Purvis	2:14.56
M65	John Mulvaney	3:05.01
	3000m	
M55	Clive Kitchingman	11:23.2h

**South Island Track & Field Championships
Aorangi Stadium, Timaru:
Friday 29/11/2013 - Sunday 01/12/2013**

This event was hosted by CMA, but held in Timaru.

A full list of results can be found on the CMA & NZMA websites. Thank you to all those who attended and helped in any way to make this a successful meeting.

**Interclub @ Rawhiti Domain:
Saturday 30/11/2013**

	High Jump	
W50	Lyn Osmers	1.29m
	Long Jump (Wind 1.2)	
W50	Lyn Osmers	4.15m
	100m (Wind -2.6)	
W50	Lyn Osmers	16.62
	200m (Wind -4.6)	
M65	John Mulvaney	38.69

**CMA Christmas Meeting @ Rawhiti Domain:
Wednesday 11/12/2013**

	Shot Put	
W50	Lyn Osmers	10.33m
W65	Bev Church	7.94m
W65	Lois Anderson	7.19m
W65	Loris Reed	5.94m
W70	Justine Whitaker	6.25m
W70	Barbara Bird	8.52m
W75	Gwyn Heseltine	5.24m
M65	Rick Davison	9.70m
M65	Glen Church	6.55m
	Javelin	
W50	Lyn Osmers	27.67m
W65	Bev Church	15.26m
W65	Lois Anderson	16.18m
W65	Loris Reed	15.20m
W65	Diane Underwood	9.92m
W70	Barbara Bird	20.26m

W70	Justine Whitaker	11.66m
M65	Rick Davison	31.17m
M65	Glen Church	15.57m
	60m	
W50	Lyn Osmers	9.7
W65	Lois Anderson	11.3
M55	Jeff Barnfield	8.8
M80	Max Wood	10.5
	100m	
W65	Lois Anderson	17.8
M55	Jeff Barnfield	13.9
M55	Mark Cargill	14.3
M80	Max Wood	17.4
	300m	
W70	Carol Thompson	1:31.5
M65	Allan Gardiner	1:19.4
M80	Max Wood	1:11.7
	400m	
W60	Margaret Flanagan	1:30.9
M55	Tom Reihana	1:25.4
	800m	
W60	Margaret Flanagan	3:17.7
W70	Carol Thompson	4:36.7
M55	Mark Cargill	2:25.4
M55	Tom Reihana	3:16.6
M65	Allan Gardiner	4:14.7

**Interclub @ Rawhiti Domain:
Saturday 14/12/2013**

	Triple Jump (Wind 0.5)	
W50	Lyn Osmers	8.57m
	Shot Put	
W50	Lyn Osmers	10.75m
W65	Bev Church	6.61m
W75	Gwyn Heseltine	5.74m
W75	Iris Bishop	5.04m
	Discus Throw	
W65	Bev Church	18.31m
W75	Iris Bishop	11.42m
W75	Gwyn Heseltine	11.30m
	Hammer Throw	
W65	Bev Church	24.13m
W75	Gwyn Heseltine	22.05m
W75	Iris Bishop	15.54m
	Javelin Throw	
W65	Bev Church	14.97m

**Interclub @ Rawhiti Domain:
Saturday 21/12/2013**

Shot Put		
M60	Rick Davison	10.10m
Discus Throw		
M60	Rick Davison	36.32m
Hammer Throw		
M60	Rick Davison	40.60m
60m (Wind 0.5)		
M55	Jeff Barnfield	8.71
M80	Max Wood	10.89
100m (Wind 1.1)		
M80	Max Wood	17.23
200m (Wind -1.3)		
M45	Ian Purvis	28.56
300m		
M55	Clive Kitchingman	60.43
M65	John Mulvaney	62.42
800m		
W60	Margaret Flanagan	3:11.49
1500m		
M45	Malcolm Cornelius	4:42.57
M55	Clive Kitchingman	5:17.36
M65	John Mulvaney	6:34.71
2000m Track Walk		
W70	Ann Henderson	15:34.86



Shirley Rolston leads Carol Thompson in the 5000m at the South Island Track & Field Championships, Timaru.



**Interclub @ Rawhiti Domain:
Saturday 11/01/2014**

Triple Jump (Wind 1.4)		
W50	Lyn Osmers	8.76m
Shot Put		
W50	Lyn Osmers	10.52m
W65	Bev Church	6.67m
M75	Alan Hunter	5.06m
Discus Throw		
W65	Bev Church	18.72m
M75	Alan Hunter	17.64m
Hammer Throw		
W65	Bev Church	24.39m
Javelin Throw		
W65	Bev Church	14.16m
60m (Wind 1.4)		
W50	Penny Reid	9.69
W50	Lyn Osmers	9.95
M40	Jonny Baird	9.32
M55	Jeff Barnfield	8.99
M80	Max Wood	10.51
100m (Wind 0.2)		
W50	Penny Reid	15.79
M40	Jonny Baird	13.34
M55	Jeff Barnfield	14.49
M80	Max Wood	17.32
200m (Wind -0.3)		
W50	Penny Reid	34.52
W50	Lyn Osmers	36.83
M55	Jeff Barnfield	30.39
800m		
W60	Margaret Flanagan	3:17.07
M45	Malcolm Cornelius	2:20.16
M65	Peter Coughlan	3:54.34
1500m		
M55	Clive Kitchingman	5:20.92
3000m		
M45	Malcolm Cornelius	10:50.39

**Interclub @ Rawhiti Domain:
Saturday 18/01/2014**

Long Jump (Wind +0.1)		
W50	Lyn Osmers	4.06m
Shot Put		
W50	Lyn Osmers	10.41m
M60	Rick Davison	10.07m
Discus Throw		
M60	Rick Davison	39.62m
Hammer Throw		
M60	Rick Davison	41.21m
Javelin Throw		
M60	Rick Davison	31.63m
60m		
W50	Lyn Osmers	9.90
M40	Jonny Baird	8.41
M70	Malcolm Fraser	9.74
M80	Max Wood	10.74
100m (Wind -0.3)		
W70	Margaret Fraser	23.94
M40	Jonny Baird	13.44
M70	Malcolm Fraser	15.90
M80	Max Wood	18.02
200m (Wind -0.2)		
W50	Lyn Osmers	36.57
M80	Max Wood	38.47
800m		
W45	Lessa Edge	2:56.69
1500m		
M55	Clive Kitchingman	5:22.83
M65	John Mulvaney	6:41.60

**Interclub @ Rawhiti Domain:
Saturday 25/01/2014**

Shot Put		
W50	Lyn Osmers	9.96m
W65	Bev Church	6.92m
W70	Justine Whitaker	6.42m
W70	Barbara Bird	5.63m
W75	Gwyn Heseltine	5.59m
W75	Iris Bishop	5.15m
M65	Rick Davison	10.13m
M75	Alan Hunter	6.11m
Discus Throw		
W65	Bev Church	17.53m
W70	Justine Whitaker	15.31m
W70	Barbara Bird	13.02m
W75	Gwyn Heseltine	11.44m

W75	Iris Bishop	11.02m
M65	Rick Davison	39.30m
M75	Alan Hunter	17.84m
Hammer Throw		
W65	Bev Church	22.72m
W70	Justine Whitaker	17.23m
W75	Gwyn Heseltine	19.95m
W75	Iris Bishop	15.67m
M65	Rick Davison	39.90m
M75	Alan Hunter	17.19m
Javelin Throw		
W65	Lois Anderson	15.09m
W65	Bev Church	14.53m
W70	Barbara Bird	15.96m
W70	Justine Whitaker	12.38m
W75	Iris Bishop	8.58m
M65	Rick Davison	30.17m
60m (Wind 1.7)		
W45	Louise Martin	9.54
W50	Penny Reid	10.54
M40	Nick Bolton	7.97
M40	Jonny Baird	8.24
M55	Jeff Barnfield	8.83
M80	Max Wood	10.65
100m (Wind 2.4)		
W45	Louise Martin	15.39
W50	Penny Reid	17.23
M40	Nick Bolton	12.36
M40	Jonny Baird	13.00
M80	Max Wood	17.32
200m (Wind 0.5)		
W45	Louise Martin	32.38
W50	Penny Reid	36.97
M45	Ian Purvis	29.44
M55	Jeff Barnfield	29.23
M65	John Mulvaney	38.08
M80	Max Wood	37.88
400m		
W45	Lessa Edge	75.98
800m		
M45	Ian Purvis	2:21.05
M65	John Mulvaney	3:10.35
1500m		
W45	Lessa Edge	5:20.46
M55	Clive Kitchingman	5:56.45
3000m		
M40	Chris Mardon	9:55.21

**CMA Championships @ Rawhiti Domain:
Saturday 01/02/2014**

As a result of the continuing decline of regular CMA competitors, it was decided to combine our CMA Championships with an Athletics Canterbury interclub.

With just an afternoon available, it was a bit of a struggle to fit in all the throwing events in the time available ... however overall it was more 'exciting' meeting to attend due the all the interclub athletes about.

The meeting was followed by a BBQ / social attended by the 'regulars'.

60m

W45	Louise Martin	9.58
W50	Lyn Osmers	10.02
W65	Lois Anderson	10.42
W75	Iris Bishop	17.52
M40	Nick Bolton	8.03
M40	Jonny Baird	8.23
M55	Jeff Barnfield	8.84
M60	Greg Harney	9.27
M75	Alan J Hunter	17.52
M80	Max Wood	10.63
M80	Robert Heseltine	15.13

100m

W45	Louise Martin	15.54
W65	Lois Anderson	16.92
M40	Nick Bolton	12.75
M40	Jonny Baird	13.32
M55	Jeff Barnfield	14.18
M60	Greg Harney	14.95
M65	John Mulvaney	17.81
M75	Alan J Hunter	28.43
M80	Max Wood	17.38
M80	Ian Brownie	20.52
M80	Robert Heseltine	26.09

200m

W45	Louise Martin	32.40
W65	Lois Anderson	36.78
M55	Jeff Barnfield	29.38
M60	Greg Harney	31.50
M80	Max Wood	38.31
M80	Ian Brownie	48.81
M80	Robert Heseltine	52.82

300m

W45	Louise Martin	54.99
M60	Greg Harney	49.05
M80	Robert Heseltine	1:40.55

400m

W45	Leesa Edge	1:16.64
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800m

W45	Leesa Edge	2:51.16
M45	Malcolm Cornelius	2:18.39
M45	Ian Purvis	2:19.74
M55	Andrew Stark	2:35.31
M55	Clive Kitchingman	2:43.90
M60	Greg Harney	2:47.86
M65	John Mulvaney	3:10.23
M65	Allan Gardiner	3:45.52
M65	Peter Coughlan	3:49.25
M70	Michael Bond	3:05.81

1500m

W60	Margaret Flanagan	6:15.06
M45	Malcolm Cornelius	4:56.97
M45	Ian Purvis	4:57.26
M55	Clive Kitchingman	5:27.42
M65	John Mulvaney	6:51.11
M65	Peter Coughlan	7:37.98
M65	Allan Gardiner	7:47.14

3000m (Run on 15th February 2014)

W45	Leesa Edge	12:08.88
W70	Carol Thompson	18:04.69
M45	Malcolm Cornelius	10:14.16
M55	Clive Kitchingman	11:09.02
M65	John Mulvaney	14:49.55
M65	Allan Gardiner	16:13.28
M65	Peter Coughlan	17:24.63

5000m (Run on 14th December 2013)

M40	Chris Mardon	16:43.02
M45	Malcolm Cornelius	18:24.59
M55	Clive Kitchingman	19:49.13
M65	Jos Galavazi	26:21.57
M65	Peter Coughlan	28:20.41
M65	John Mulvaney	29:59.85
M65	Allan Gardiner	31:27.97
M70	Michael Bond	22:37.97
M75	Eric Saxby	25:38.82
M80	Brian Keown	32:50.72

10000m (Run on 16th November 2013)

W60	Margaret Flanagan	48:01.63
M55	Clive Kitchingman	42:37.59
M65	Peter Coughlan	1:02:59.85
M65	Allan Gardiner	1:07:35.17
M80	Brian Keown	1:14:30.61

3000m Track Walk

W70	Ann Henderson	24:12.16
3000m Steeplechase (Run on 1st Mar 2014)		
W55	Kevin Prendergast	19:59.77
Long Jump		
W65	Lois Anderson	2.61
M75	Alan J Hunter	1.52
Triple Jump		
W65	Lois Anderson	6.57
Shot Put		
W50	Lyn Osmer	9.49
W65	Lois Anderson	7.70
W65	Beverley Church	6.72
W65	Diane Underwood	5.09
W70	Glen Watts	6.92
W70	Justine Whitaker	6.08
W70	Barbara Bird	5.97
W75	Gwyn Heseltine	5.74
W75	Iris Bishop	5.03
M60	Richard Davison	10.06
M75	Alan J Hunter	5.34
Discus		
W65	Beverley Church	17.94
W65	Diane Underwood	11.98
W70	Glen Watts	16.00
W70	Justine Whitaker	15.05
W70	Barbara Bird	12.50
W75	Gwyn Heseltine	10.83
W75	Iris Bishop	10.37
M60	Richard Davison	39.76
M70	Brian Senior	32.20
M75	Alan J Hunter	18.15
M80	Ian Brownie	14.46
Javelin		
W50	Lyn Osmer	25.70
W65	Lois Anderson	15.55
W65	Beverley Church	14.88
W65	Diane Underwood	12.13
W70	Barbara Bird	15.01
W70	Glen Watts	13.10
W70	Justine Whitaker	11.99
W75	Iris Bishop	8.15
W75	Gwyn Heseltine	6.87
M60	Richard Davison	31.43
M75	Alan J Hunter	13.50

Hammer

W65	Beverley Church	24.87
W65	Diane Underwood	12.79
W70	Glen Watts	22.19
W70	Justine Whitaker	16.33
W75	Gwyn Heseltine	20.79
W75	Iris Bishop	15.81
M60	Richard Davison	41.27
M75	Alan J Hunter	15.62
M85	David Leech	19.18
Weight Throw		
W65	Beverley Church	9.10
W65	Diane Underwood	5.92
W70	Glen Watts	7.74
W70	Justine Whitaker	7.19
W75	Gwyn Heseltine	6.97
W75	Iris Bishop	4.92
M60	Richard Davison	15.30
M70	Brian Senior	14.96
M75	Alan J Hunter	6.86
M85	David Leech	8.21

Interclub @ Aorangi Stadium, Timaru: Saturday 08/02/2014

Shot Put

M50	Wayne Doyle	13.23m
M60	Rick Davison	9.97m

Discus Throw

M50	Wayne Doyle	40.71m
M60	Rick Davison	36.93m

Hammer Throw

M60	Rick Davison	39.02m
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Javelin Throw

M60	Rick Davison	43.28m
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Pole Vault

M50	Wayne Doyle	3.00m
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60m

W35	Megan Chave	9.01
M40	Jonny Baird	7.99
M60	Greg Harney	9.97

100m

W35	Megan Chave	14.51
M40	Jonny Baird	12.70
M60	Greg Harney	15.06
M65	John Mulvaney	17.54
M75	Ron Munro	17.65

200m (Wind 3.9)

M40	Jonny Baird	26.76
M65	John Mulvaney	36.55

400m

W45	Lessa Edge	75.11
M45	Ian Purvis	61.58

800m

M65	John Mulvaney	3:09.01
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1500m

W45	Lessa Edge	5:41.94
M55	Clive Kitchingman	5:13.10


**Interclub @ Rawhiti Domain:
Saturday 15/02/2014**
Shot Put

W50	Lyn Osmer	10.43m
W70	Justine Whitaker	6.37m
W75	Gwyn Heseltine	5.66m
M65	Rick Davison	9.79m

Discus Throw

W65	Bev Church	
W70	Justine Whitaker	14.01m
W75	Gwyn Heseltine	11.10m
M65	Rick Davison	39.53m
M75	Alan Hunter	

Hammer Throw

W70	Justine Whitaker	17.55m
W75	Gwyn Heseltine	20.81m
M65	Rick Davison	31.63m

Javelin Throw

M65	Rick Davison	31.63m
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60m

M80	Max Wood	10.81
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200m (+0.4)

M45	Ian Purvis	28.92
M65	John Mulvaney	37.61
M80	Max Wood	38.07

800m

M45	Ian Purvis	2:17.42
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**NZMA Championships @ Invercargill:
Friday 28/2/2014 - Monday 3/3/2014**
Shot Put

W35	Megan Chave	5.65m	1st
W50	Janice Maxwell	7.68m	2nd
W65	Bev Church	6.93m	2nd
W70	Glen Watts	6.73m	1st
W70	Justine Whitaker	6.23m	2nd
W70	Barbara Bird	5.74m	3rd
W75	Gwyn Heseltine	5.71m	1st
W75	Iris Bishop	5.29m	2nd
M45	Wayne Doyle	13.43m	1st
M45	Mark O'Brien	12.54m	2nd
M60	Rick Davison	9.74m	4th
M70	Brian Senior	9.93m	1st

Discus Throw

W50	Janice Maxwell	18.85m	2nd
W65	Bev Church	18.01m	2nd
W70	Glen Watts	16.19m	1st
W70	Justine Whitaker	13.60m	2nd
W70	Barbara Bird	12.74m	3rd
W75	Gwyn Heseltine	11.19m	1st
W75	Iris Bishop	9.45m	2nd
M45	Wayne Doyle	38.74m	1st
M45	Mark O'Brien	35.86m	3rd
M60	Rick Davison	40.25m	1st
M70	Brian Senior	30.69m	1st

Javelin Throw

W50	Lyn Osmer	30.58m	1st
W50	Janice Maxwell	16.62m	4th
W65	Bev Church	14.58m	2nd
W70	Barbara Bird	15.06m	1st
W70	Glen Watts	14.93m	2nd
W70	Justine Whitaker	13.77m	3rd
W75	Iris Bishop	8.50m	1st
W75	Gwyn Heseltine	6.88m	2nd
M45	Wayne Doyle	47.20m	1st
M45	Mark O'Brien		
M60	Rick Davison	29.45m	1st
M70	Brian Senior	21.04m	1st

Hammer Throw

W50	Janice Maxwell	23.73m	3rd
W65	Bev Church	24.24m	1st
W70	Glen Watts	22.75m	1st
W70	Justine Whitaker	16.70m	2nd
W75	Gwyn Heseltine	20.33m	1st
W75	Iris Bishop	14.28m	2nd

M45	Wayne Doyle	36.53m	2nd
M45	Mark O'Brien	32.77m	4th
M60	Rick Davison	42.39m	1st
M70	Brian Senior	35.29m	1st
M85	Dave Leech	18.74m	1st

Weight Throw

W50	Janice Maxwell	7.99m	3rd
W65	Bev Church	8.28m	1st
W70	Glen Watts	8.11m	1st
W70	Justine Whitaker	7.77m	2nd
W75	Iris Bishop	6.20m	1st
W75	Gwyn Heseltine	6.14m	2nd
M60	Rick Davison	15.00m	1st
M70	Brian Senior	13.47m	1st
M85	Dave Leech	7.77m	1st

Long Jump

W35	Megan Chave	4.00m	1st
W45	Louise Martin	4.15m	1st
W50	Lyn Osmer	3.98m	
W65	Bev Church	1.80m	2nd
M50	Wayne Doyle	4.06m	1st
M60	Greg Harney	3.68m	2nd

Triple Jump

W65	Bev Church	3.71m	1st
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High Jump

W50	Lyn Osmer	1.35m	1st
M45	Wayne Doyle	1.50m	1st
M70	Brian Senior	1.05m	2nd

Pole Vault

M45	Wayne Doyle	3.00m	1st
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80m Hurdles

W45	Louise Martin	16.71	1st
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110m Hurdles

M40	Nick Bolton	16.04	1st
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60m

W35	Megan Chave	8.92	1st
W45	Louise Martin	9.17	1st
W75	Iris Bishop	20.06	1st
M40	Jonny Baird	8.06	1st
M55	Jeff Barnfield	8.43	3rd
M60	Greg Harney	10.60	3rd
M70	Malcolm Fraser	9.20	2nd
M80	Max Wood	10.56	1st
M80	Bob Heseltine	14.26	4th

100m

W35	Megan Chave	14.49	1st
W45	Louise Martin	15.11	1st
M40	Nick Bolton	11.77	1st
M40	Jonny Baird	12.50	2nd
M45	Wayne Doyle	12.89	3rd
M55	Jeff Barnfield	13.54	3rd
M60	Greg Harney	15.07	2nd
M70	Malcolm Fraser	15.31	2nd
M80	Max Wood	17.08	1st
M80	Bob Heseltine	23.57	2nd

200m

W45	Louise Martin	30.82	1st
W70	Margaret Fraser	47.36	2nd
M40	Jonny Baird	26.36	1st
M55	Jeff Barnfield	31.08	3rd
M60	Greg Harney	32.80	2nd
M70	Malcolm Fraser	32.40	2nd
M80	Max Wood	38.34	1st
M80	Bob Heseltine	50.05	2nd

400m

W45	Lessa Edge	73.92	2nd
W70	Margaret Fraser	1:54.28	1st
M70	Malcolm Fraser	76.65	2nd
M80	Max Wood	1:40.20	1st
M80	Bob Heseltine	2:12.50	2nd

800m

W45	Lessa Edge	2:45.61	2nd
W60	Margaret Flanagan	3:12.70	1st
W70	Margaret Fraser	4:22.02	1st
M45	Ian Purvis	2:17.30	1st
M45	Malcolm Cornelius	2:18.19	2nd
M75	Walter Hume	3:25.34	1st

1500m

W45	Lessa Edge	5:32.70	2nd
W60	Margaret Flanagan	6:16.50	1st
M40	Chris Mardon	4:30.59	1st
M45	Malcolm Cornelius	4:33.80	2nd
M45	Ian Purvis	4:34.13	3rd
M70	Walter Hume	6:42.75	1st

2000m Steeplechase

M70	Walter Hume	10:21.45	1st
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5000m

M40	Chris Mardon	16:36.7	1st
M70	Walter Hume	24:30.4	1st

	Track Pentathlon	Points
W50	Lyn Osmer	2876
	Throws Pentathlon	Points
W50	Janice Maxwell	2129
W65	Bev Church	2508
W70	Glen Watts	3157
W70	Justine Whitaker	2593
W75	Gwyn Heseltin	2370
W75	Iris Bishop	1795
M60	Rick Davison	3242

**Interclub @ Rawhiti Domain:
Saturday 08/03/2014**

	Shot Put	
W50	Lyn Osmer	10.02m
W70	Justine Whitaker	5.87m
M60	Rick Davison	
	Discus Throw	
W70	Justine Whitaker	15.54m
M60	Rick Davison	38.38m
M75	Alan Hunter	16.92m
	Hammer Throw	
W70	Justine Whitaker	17.77m
M60	Rick Davison	37.70m
M75	Alan Hunter	16.85m
	Javelin Throw	
W70	Justine Whitaker	12.91m
M60	Rick Davison	28.21m
M75	Alan Hunter	9.04m
	Weight Throw	
W70	Justine Whitaker	7.39m
M60	Rick Davison	13.81m
	Triple Jump (wind 0.6)	
W50	Lyn Osmer	8.85m
	Pole Vault	
M50	Steve McKee	2.95m
	60m (wind -0.2)	
W50	Lyn Osmer	9.46
W50	Penny Reid	9.83
	800m	
M65	John Mulvaney	3:09.45
	1500m	
M45	Ian Purvis	4:46.01
M55	Clive Kitchingman	5:15.49
M65	John Mulvaney	7:00.98

**Ian's Night @ Rawhiti Domain:
Wednesday 12/03/2014**

In cool conditions, more officials than competitors gathered for the final CMA meeting. On this night it was Ian Brownie's day, as he turned 85 years old. To celebrate, he run three events ... 60m, 100m & 200m. With the help of Max Wood, Ian broke three CMA records. His 60m time was faster than the NZMA record for M85, but without electronic timing, it could not be allowed. The challenge for Ian was to come back on Saturday 15th March and have another go ... this time for electronic timing in place. Was he able to do it?

Thank you to those who helped with the social / BBQ after the meeting. Lyn Osmer, John Mulvaney & Rick Davison were mentioned for their support of inter-club meetings throughout the season.

Shot Put

W50	Lyn Osmer	10.50m
W65	Lois Anderson	6.84m
W65	Bev Church	6.44m
W65	Loris Reed	6.20m
W65	Alison Wright	5.15m
W65	Diane Underwood	5.12m
W70	Justine Whitaker	6.47m
W75	Gwyn Heseltine	5.39m
M65	Glen Church	6.78m

Weight Throw

W65	Bev Church	8.37m
W65	Lois Anderson	7.97m
W65	Alison Wright	7.86m
W65	Diane Underwood	6.24m
W70	Justine Whitaker	7.08m
W75	Gwyn Heseltine	6.40m

60m

M80	Max Wood	11.3
M85	Ian Brownie	11.9

100m

M80	Max Wood	19.1
M85	Ian Brownie	20.3

200m

M70	Michael Bond	54.6
M80	Max Wood	51.6
M85	Ian Brownie	52.6

800m

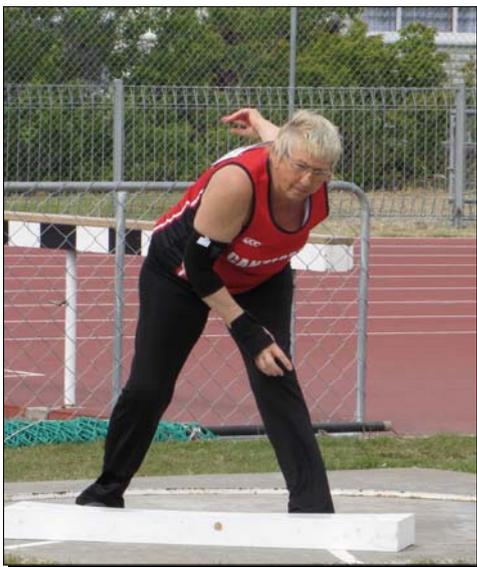
W65	Loris Reed	4:08.5
M55	Tom Reihana	3:48.7
M55	Kevin Prendergast	4:08.6
M65	John Mulvaney	3:15.6
M65	Allan Gardiner	3:52.6
M70	Michael Bond	3:07.5



Ian Brownie is a bit tired after three races. Bryan Kerr made a guest appearance and was chief timer.



Rick Davison throw the weight at the South Island Championships, Timaru.



Justine Whitaker almost over balances as she puts the shot at the South Island Championships, Timaru.

**Interclub @ Rawhiti Domain:
Saturday 15/03/2014**

Shot Put		
W50	Lyn Osmers	10.66m
W70	Justine Whitaker	
M75	Alan Hunter	5.60m
Discus Throw		
W65	Bev Church	17.52m
W70	Justine Whitaker	14.36m
M75	Alan Hunter	16.54m
Hammer Throw		
W65	Bev Church	23.51m
W70	Justine Whitaker	18.09m
M75	Alan Hunter	17.11m
High Jump		
W50	Lyn Osmers	1.30m
Pole Vault		
M50	Steve McKee	3.10m
M50	Steve McKee	
60m (wind 1.0)		
W50	Lyn Osmers	9.61
M80	Max Wood	10.81
M85	Ian Brownie	11.96
100m (wind -0.2)		
M80	Max Wood	17.80
M85	Ian Brownie	20.63
800m		
M45	Ian Purvis	2:17.34
M65	John Mulvaney	3:07.98
M70	Michael Bond	2:59.62
3000m		
W45	Leesa Edge	12:06.63

**CMA Throws Pentathlon @ Rawhiti Domain:
Sunday 23/03/2014**

Throws Pentathlon		Points
W65	Bev Church	2752
W65	Alison Wright	2058
W65	Diane Underwood	1512
W70	Glen Watts	3038
W70	Justine Whitaker	2611
M60	Rick Davison	3307
M75	Alan Hunter	1788

CMA 2013 - 2014 Record Breakers

Please check these records and if you think you have been missed, contact Penny Reid or Andrew Stark

Gwyn Hesiltine		W75			
Timaru	01/12/2013	Hammer Throw	20.89	61.76%	SIMC record
Barbara Bird		W70			
Rawhiti Domain	18/01/2014	Javelin	15.96	54.56%	New CMA BP
Glen Watts		W70			
Invercargill	03/03/2014	Throws Pentathlon	3157		NZMA & CMA New BP
Shirley Rolston		W65			
Timaru	02/02/2012	5000m Track Walk	37:15.5h	69.63%	SIMC record
Lois Anderson		W65			
Timaru	29/11/2013	60m	10.24	91.89%	SIMC & CMA record
Timaru	30/11/2013	100m	16.55	87.22%	SIMC record
Timaru	01/12/2013	Track Pentathlon	2813 pts		SIMC record
Bendigo	11/01/2014	60m	10.22	92.07%	CMA record
Bev Church		W65			
Rawhiti Domain	02/02/2014	Javelin Throw	14.88m	39.87%	New CMA BP
Invercargill	03/03/2014	Throws Pentathlon	2508		New CMA BP
Penny Reid		W50			
Rawhiti Domain	11/01/2013	60m	9.69	82.61%	CMA record
Lyn Osmer		W50			
Rawhiti Domain	14/12/2013	Triple Jump	8.57m	74.59%	CMA record
Rawhiti Domain	08/03/2014	60m	9.46	87.20%	CMA record
Rawhiti Domain	14/12/2013	Triple Jump	8.85m	77.02%	CMA record
Invercargill	02/03/2014	Pentathlon	2876		CMA record



Those were the days

Throughout the late 70's & early 80's, each season a series of International track & field meetings were held around the country and televised live.

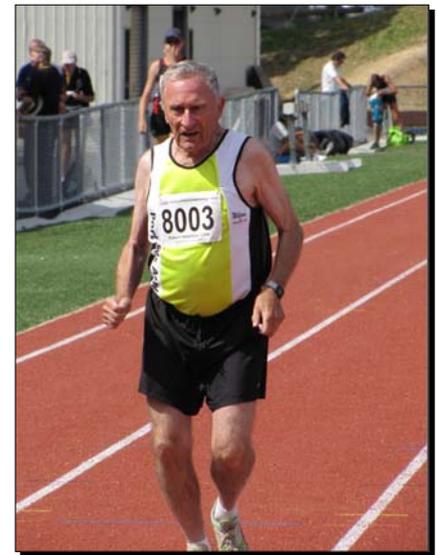
This photo was taken at the end of the first lap in the 800m event, held at QEII in 1978.

The 'young' Canterbury University runner in second (being followed by Bruce Hunter), took the lead at the start of the back straight ... the crowd roared with excitement ... in those days, thousands turned up to watch.

It was only once entering the home straight that he was overtaken ... but hung on for 3rd in a personal best time of 1:48.9 ... the first time he had broken 1:50.

Were you there?

Do you remember those days with fondness?



Missing in 'action' these boys above have not been seen around that often this season. I hope you are all okay ...

... however, Bob Heseltine just keeps going!!

Ian Brownie		M85				
Rawhiti Domain	12/03/2014	60m	11.9h	80.68%	CMA record	
Rawhiti Domain	12/03/2014	100m	20.3h	76.36%	CMA record	
Rawhiti Domain	12/03/2014	200m	52.6h	64.64%	CMA record	
Rawhiti Domain	15/03/2014	60m	11.96	80.27%	NZMA & CMA Record	
Rawhiti Domain	15/03/2014	100m	20.63	75.13%	CMA record	
Dave Leech		M85				
Timaru	09/12/2012	Hammer Throw	21.16m	71.46%	CMA record	
Timaru	30/11/2013	Weight Throw	8.47m	63.43%	SIMC record	
Max Wood		M80				
Timaru	02/11/2013	60m	10.68	84.27%	NZMA & CMA Record	
Rawhiti Domain	16/11/2013	200m	37.68	80.68	CMA record	
Timaru	29/11/2013	60m	10.60	84.91%	NZMA, CMA & SIMC record	
Timaru	29/11/2013	400m	1:37.29	72.97%	SIMC record	
Rawhiti Domain	11/01/2014	60m	10.51	85.63%	NZMA & CMA Record	
Michael Bond		M70				
Timaru	30/11/2013	2000m steeplechase	9:18.05	84.54%	SIMC record	
Rick Davison		M60				
Timaru	30/11/2013	Weight Throw	15.72m	75.07%	SIMC record	
Wayne Doyle		M50				
Timaru	08/02/2014	Discus Throw	40.71m	54.95%	CMA record	
Timaru	08/02/2014	Shot Put	13.23m	65.62%	CMA record	
Auckland	15/02/2014	Decathlon	6246		CMA record	
Invercargill	01/03/2014	Shot Put	13.43m	66.62%	CMA record	
Invercargill	02/03/2014	Javelin Throw	47.20m	61.30%	CMA record	
Clayton Murray		M40				
Timaru	29/11/2013	60m	8.49	79.67%	SIMC record	
Nick Bolton		M40				
Timaru	30/11/2013	110m Hurdles	15.89	85.68%	SIMC record	
Timaru	30/11/2013	100m	27 11.86	87.07%	SIMC record	

Important dates coming up

CMA AGM: Wednesday 20th August 2014 @ 7:30 p.m.

Port Hills Club Room see you there.

CMA 2014 Opening Day: TBA after AGM

Venue: Rawhiti Domain

2013 Oceania Postal Throws Pentathlon: Sunday 28th September 2014 @ 10:00 a.m.

If you are interested in competing in this event please contact **Bev Church** (388 5736) closer to the time. Venue: Rawhiti Domain

North Island Track & Field Championships:

November 28th - 30th 2014. Venue: Hastings

South Island Track & Field Championships:

December 5th - 7th 2014. Venue: Dunedin

NZMA Track & Field Championships:

February 27th - March 1st 2015. Venue: Tauranga

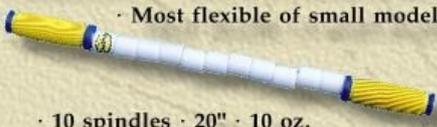
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If you want to know more about these products, contact Andrew Stark on 338 0516