

Cant-A-Long

April 2016

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A note from the editor ... Andrew Stark

The annual issue of Cant-A-Long has been created as a historic record of what has happened during the track & field season.

As two copies of this publication are sent to the Legal Deposit Office Serials, we have a permanent record of what our members have done during the past season, so for that reason it is still worth continuing with this publication.

For those members going to the World Masters Track & Field Championships in Lyon and the Oceania Masters Track & Field Championships in Rarotanga, please take some photos and write about your experiences so we do have some articles in the next issue.



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.

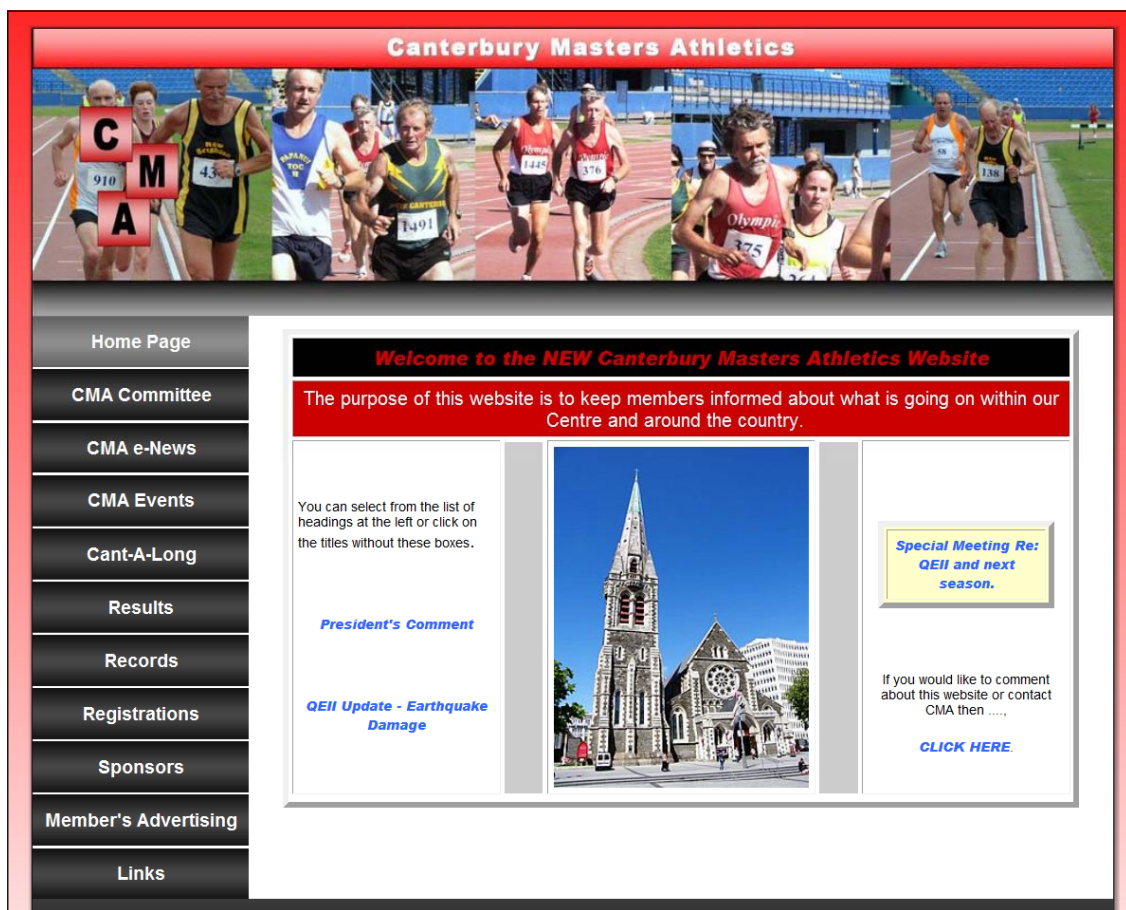
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¼ page \$20.00 per issue or \$70.00 per year
½ page \$30.00 per issue or \$100.00 per year



Canterbury Masters Athletics Inc Life Members:

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



Website address: www.canterburymastersathletics.org.nz

The elected Committee of the CMA Inc for the 2014 / 2015 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 5448

Allan Gardiner Tel: 03 388 1248

Track & Field Athletics Canterbury Centre Representative:

Andrew Stark

Uniform Officer:

Bev Church Tel: 03 383 5448

Cant-A-Long / Website Editor:

Andrew Stark

Notice of CMA AGM - Wednesday 17 August 2016 @ 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 5 August 2015.

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
2016 ANNUAL GENERAL MEETING
PORT HILLS ATHLETIC CLUBROOMS
Wednesday 17 August 2016 @ 7.30 p.m.**

- Quorum Check (15 Financial Members)
- Apologies
- Approval of Minutes of Annual General Meeting held 19 August 2015
- Consideration and Approval of Annual Report
- Consideration and Approval of Annual Financial Statements
- Consideration and Approval of Annual Subscription for 2015 / 2016 season
- Election of Officers for 2016 / 2017
 - 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:

Last year I began my report with the comment ... *'Another year has passed and we are finally making progress towards getting a new track facility in Christchurch'*. When creating a new facility that involves four sports, there is a great deal of planning involved. We ARE closer to a start to construction as now the CCC staff have decided who potentially will be involved in the construction. Currently interest is being sought from those interested in being involved in the design phase (March 2016) of the project.

The proposed timeline as indicated is that construction will start sometime mid 2016. When we gather for our AGM in August, we will be able to see if that was the case! Don't hold your breath, as like many, I will believe it when I see it.

Overall, it has been a relatively quiet year, with small numbers attending both the CMA organised and the Athletics Canterbury Saturday interclub meetings.

South Island Track & Field Championships:

This season CMA hosted this event, incorporated within a busy Athletics Canterbury weekend involving their Combined Event Championships. It was a successfully organised meeting, made possible with the help of Canterbury, local and master's officials from other South Island regions.

Nine CMA members broke nineteen South Island Championships records. The full list is on the back two pages of this issue of Cant-A-Long.

At the South Island AGM, I explained the proposed 'sharing of membership' MoU that on behalf of NZMA I have been working on with ANZ since July. It was a worthwhile discussion and I was pleased by the overall support that the concept has.

As this was a successful event and Timaru is central, we will again be hosting the South Island Championships in Timaru during the weekend of November 18th to 20th 2016. At last years event we held a track-side BBQ on the Saturday evening following the last event for competitors and officials. I was not overly impressed by the standard / cost of the food, so we will be looking at what we can offer ... at less cost and doing it ourselves for this year's event.

NZMA Track & Field Championships:

This year it was held in Dunedin in perfect weather conditions ... some might even say too hot! The generic NZMA programme was used, but some field events were re-schedule by a local 'non-masters' official who was unaware of the implication, making the time between too short. As part of my role with NZMA, I will be reviewing how the programme can be modified / improved to ensure it suits our current needs of those attending.

Canterbury was well represented by thirty-eight athletes who competed on average in 4 events each. Well done to two of our athletes that broke NZMA National / Championship records; Lyn Osmers (W55 Javelin, 29.80m & Brian Senior (M75 Throws Pentathlon 3617 pts). Well done also to Iris Bishop who continued her unbroken run of competing at all 42 NZMA Championship events.

Next season the event will be hosted by Tasman and held in Nelson. Being our close neighbours and a small Centre, I am sure they will need our help.

NZMA Board Up-date:

I was elected back onto the NZMA Board as President for a second year. The previous President Mike Weddell who had remained on the committee last year, did not seek re-election. Michael Wray from Wellington was elected for the first time, with the remainder of the Board remaining the same.

At the NZMA AGM, the main issue being discussed was the MoU between NZMA & ANZ, whereby we 'share' membership. By now you should all know what that is about so I will not go over here. Due to NZMA constitutional issues raised by Jim Blair, the proposed remits to begin the MoU in April had to be withdrawn. However, those attending the meeting agreed in principle that NZMA & ANZ continue working on finalising the MoU. A Special NZMA AGM is to be held in August at which time Centres will vote on what we do next.

Athletics Canterbury Track & Field Committee:

This season I continued in the role as the Chairman of the Track & Field Committee, co-ordinating the sport within the region. I have been responsible for the Saturday Interclub &

Championship programming, plus editing / printing the Summer programme booklet. CMA members who do come along to interclub meetings have been welcomed and I am sure it is not as bad as some thought it might be. After all, cross country & road have been integrated for years and it works perfectly well.

Thank you to the small group of CMA members who have also made themselves available as interclub meeting officials.

CMA 2015 / 2016 Membership Details:

This year the membership numbers rose slightly from 160 (2010), 131 (2011), 110 (2012), 97 (2013), 82 (2014), 70 (2014/2015) to 90 during the 2015/2016 season.

Attracting and retaining members is an issue faced by all centres throughout New Zealand and not just master's grades. Athletes come and go depending on their personal circumstances.

At the CMA AGM last year I suggested that we no longer needed to pay the \$10.00 CMA fee, therefore all we would pay is the \$45.00 NZMA Fee. However, the idea that we offer free membership to all, including paying the NZMA fee of \$45.00 was discussed. I commented that a better use of CMA money would be to assist Athletics Canterbury in replacing equipment when the new sport hub is built, that would benefit athletics going forward. I totally opposed that suggestion, however I was out voted ... so all members pay only \$10.00, received Vetline free and it cost CMA \$35.00 per member.

Athletics is a cheap sport and I cannot believe that anyone would have been disadvantaged by paying the \$45.00 NZMA membership fee.

When I look at the membership this year, only 50 of the 90 members are active, competing members; 27 members went to the South Island Masters Track & Field Championships and 38 went to the NZMA Championships. This means that a majority of our members are 'passive' members who join willingly each year, as they have for years so they can keep in touch with what is going on via Vetline etc. For them, paying the fee is like a donation to the sport.

I believe we should have been assisting the 'active' members once they have joined by way of offering reduced competition fees or as we have done in

the past, subsidising the dinner costs. Some of these 'new' members who joined this year, I have never seen all season nor in past years. What have they done for CMA? Why should we have paid out \$35.00 each to have those athletes as members?

Given that when we host a big event, I apply for funding assistance to ensure we at least break even, it is disappointing to give away members funds for any reason unless it benefits the sport as a whole. A blanket reduced fee does not achieve that in any way.

If the MoU involving the 'sharing of membership' with Athletics New Zealand goes ahead, the paying of membership fees will change and members will opt for what suits them best. More details about this will be available following the NZMA Special AGM in August.

Thank you to Kevin Prendergast for maintaining the CMA database.

Winter Throws Pentathlon & Oceania Throws Pentathlon Challenge:

As introduced last season, a small group of throwers met on the first and last Sunday of each month during the months of April to September 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 to those who assisted in running the events.

CMA Track & Field Meetings:

For the third season, Athletics Canterbury has allowed our non-club registered CMA members to compete during Saturday Interclub competitions. During the season thirty-six of our members competed in Saturday inter-club meeting. In each field events, all ages competed as one group, young and old together. The same occurred in the longer track races, but for the sprints events we ran our own races or members selected a race that better suited their needs.

We held three Wednesday CMA meetings throughout the season. An Opening Day meeting in October (13 competed), a Christmas Break-up meeting in December (7 competed) and the end

of season meeting in March (14 competed). Thank you to those who helped in any way to make these meetings happen. Given how small these gatherings have become, consideration needs to be given as to if they should continue in their present format.

CMA 2015 - 2016 Championship Review:

During three separate Saturday interclub programmes throughout the season, we held the steeplechase (Timaru), 5000m & 10000m CMA Championship events (Rawhiti Domain).

The remaining CMA Championship events were held over two Saturdays, 30th January and 6th February, both held at Rawhiti Domain. It is an easy way of conducting our championships, as we are able to take advantage of the Athletics Canterbury officials who are already there running the interclub events.

Following the second meeting, we held a track side BBQ and invited the Athletics Canterbury officials to join us, in appreciation for support. Thank you to Ann and John Henderson who organised and cooked the food.

The CMA Throws Pentathlon Championships were held on Sunday 20th March. Nine members attended, ranging in age from 30 to 82. Thank you to Bev Church, plus helpers for organising this event.

Full results of all season's events are contained within Cant-A-Long.

Pete Watts Memorial - Halswell Quarry:

At the request of the Cross-country and Road Committee of Athletics Canterbury, this event was held on Saturday 12th March at 9:00 a.m. This year the event was renamed the Pete Watts Memorial Relay in recognition of Pete. We had 21 teams of four competed in cool conditions, with the majority of the teams made up of Port Hills club members. Glen Watts was in a team made up of three generations of her family and I know she was appreciative of the support she received on the day. Thank also to Glen who organised her club teams and to the helpers who marked out the course.

CMA Records:

It has been a quiet season with very few records broken. It is certainly not easy to break track records on a grass track, so well done to those

who have. Rick Davison has been our most prolific record breaker. A full list of records for the 2014 / 2015 season is in this issue. Please check the records to see that I have not missed any and contact me if I have.

Finances:

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

I have already indicated that we will run at a loss this year and I have already expressed my disappointment as to how that has come about.

I don't agree with accumulating funds just for the sake of it, but I strongly feel that any money that is spent is done so for the good of sport. As our only sources of income are from investments, CMA Championship fees, the Pete Watts Memorial Relay entry fees or donations, we need to be careful. Full details will be available at the AGM.

Annual NZMA Awards Dinner:

The Awards dinner was held on the Saturday night during the NZMA Championships in Dunedin. Two Canterbury members were recognised for their sporting achievements in 2015 calendar year.

Michael Bond was the NZMA 'Long Middle Distance' Athlete of the year.

Nick Bolton was the NZMA 'Hurdler' Athlete of the year.

Where to from here / CMA Committee's Role:

A couple of years ago I listed all the jobs and roles that are needed to keep CMA going. Since then I have had no-one new offer to help!

With my roles as Chairman of Athletics Canterbury Track & Field Committee and President of NZMA, I am spending too much of my time working on athletics stuff, to the detriment of my own running and business. With Nga Puna Wai Sport Hub getting closer to being started and the NZMA / ANZ MoU issues, I can see the work load becoming greater. Something has to change!

Over the past few years, I have created procedures that make it relatively easy for new people to take over a role. The small committee of five have met only twice this season, just prior to the SI and CMA Championships, yet everything has been running as 'normal', We have communicated by e-mail as and when needed and that has worked well. Some

of the task are not time consuming nor difficult, but do require a commitment to make sure they are done.

For the past seven years I have been doing more than my share. Therefore it is time that some tasks need to be done by others so that the work load is shared more evenly. These tasks include the following:

- ◆ Organising the 'stand alone' CMA meetings,
- ◆ Organising the CMA Championship entries & results,
- ◆ Maintaining the CMA records,
- ◆ Writing the CMA news for Vetline,
- ◆ Preparing the NZMA Athlete of Year nominations & NZMA Merit / Service Awards,
- ◆ Collating the season's results ready for Cant-A-Long ,
- ◆ Being the sole editor of Cant-A-Long (assuming we still want it?).
- ◆ Organising the awards / trophies for our Awards Dinner,
- ◆ Possibly being CMA President???

I am asking for your help!

I will however continue to be the LOC to organise the South Island Masters Track & Field Championship as that event is incorporated within an Athletics Canterbury meeting., for which I am already responsible.

Finally, it has been a difficult year for some as health issues become more common , especially amongst our more mature members. At the risk of leaving people out I will not name anyone in particular here.

However, as I attend various events around Christchurch I see that some of the 'regulars' are not there and I wonder how they are getting on. I am sure I am not the only one who does that. There is not much one can say as time does takes its toll on ones health and well-being. I would like those affected to know that I often hear people asking about you and how you are getting on. So you are in our thoughts

I wish you all the best for the season ahead, especially those who are making the effort to go to the World Athletics Championships in Perth.

NZMA Athlete of the Year Winners:



NZMA Distance Athlete of the Year:
Michael Bond, seen here competing at the OMA Championships in Rarotonga.

NZMA Hurdler of the Year:

Nick Bolton, seen here competing at the NZMA Championships in Dunedin.





OMA Championships - October 2015 in Rarotonga



Sybil Heke competed during the winter and went to Rarotonga ... but we have not seen her all summer.



Bernie Jago and Loris Reed competing in the 5000m event on the first day in hot & windy conditions.



We are all winners!



Canterbury Masters Athletics Annual Awards 2015 - 2016 Season



McIntosh Trophy

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

Louise Martin

Performances:
60m (9.31) 85.98%
100m (15.53) 78.99%
200m (31.48) 80.87%

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 (8.98) 86.68%
100m (14.63) 80.46%
200m (29.55) 81.32%



Philip Ross May Memorial Trophy

M45 800m

Malcolm Cornelius



Kernahan Trophy

M55 800m

Andrew Stark



Kernahan Trophy

M55 1500m

Andrew Stark

Malcolm Fraser - Bruce McPhail Trophy

M40 400m

No award this season

A.H.C. Jubilee Trophy

Women's 1500m

Maggie Chorley

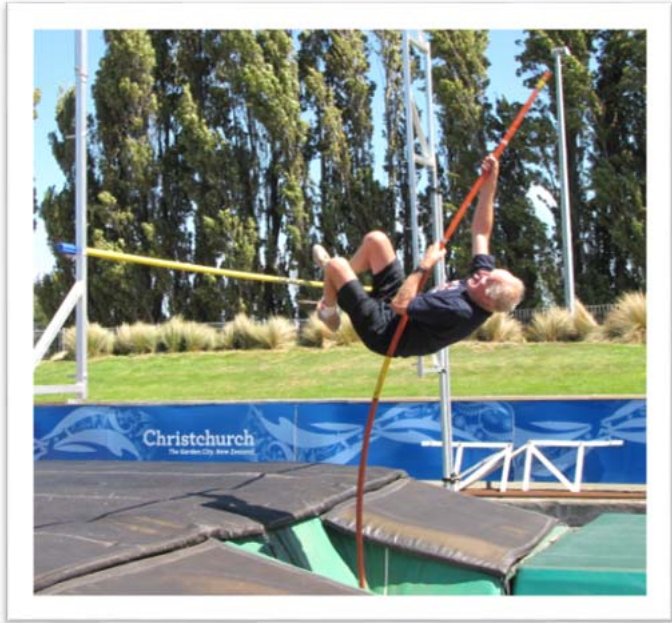




Walker of the Year Award
Ann Henderson



Norman & Mary Hawke Trophy
M65+ Hammer
Best Performance using Age Percentages
Richard Davison (78.38%)



Grayburn Trophy
Men's Throws Pentathlon
Brian Senior (3786 pts)

Rona Smith Throws Pentathlon Trophy

Glen Watts (3748 pts)

Best female at Jack King Memorial Throws event (December)

Women's Throws Pentathlon Trophy

Glen Watts (3598 pts)



Clarrie Gordon Trophy

M70+ 10000m (CMA Championships)

No award this season

Canterbury Veteran's Trophy

Women's Track Pentathlon

No award this season

Arthur & Merle Grayburn Trophy

Men's Track Pentathlon

No award this season



Congratulations to
all the
2015 - 2016
season winners

CMA Member's 2015 - 2016 Results

Oceania Masters Track & Field Championships Rarotonga - October 2015

Going to an 'out of season' competition is never easy ... but going to Rarotonga ... well, why not have a holiday and do some athletics as well. A small group of CMA members headed off to the island and these are their results ...

Shot Put		Result	
W45	Sybil Heke	3rd	7.61m
W65	Bev Church	3rd	6.57m
W70	Justine Whitaker	4th	6.36m
W75	Glen Watts	1st	8.27m
W75	Barbara Bird	2nd	6.04m
W75	Gwyn Heseltine	3rd	5.29m
W80	Patricia Drayton	1st	5.57m
M65	Rick Davison	3rd	9.07m
M75	Brian Senior	1st	9.00m

Discus		Result	
W45	Sybil Heke	3rd	18.58m
W65	Bev Church	2nd	18.04m
W65	Alison Wright	4th	11.26m
W70	Justine Whitaker	3rd	16.20m
W75	Glen Watts	1st	19.06m
W75	Barbara Bird	2nd	14.33m
W75	Gwyn Heseltine	4th	9.53m
W80	Patricia Drayton	1st	11.91m
M65	Rick Davison	3rd	36.52m
M75	Brian Senior	1st	26.90m

Hammer		Result	
W45	Sybil Heke	3rd	22.60m
W65	Bev Church	2nd	25.81m
W65	Alison Wright	4th	15.77m
W70	Justine Whitaker	4th	19.78m
W75	Glen Watts	1st	25.16m
W75	Gwyn Heseltine	2nd	17.49m
W75	Barbara Bird	3rd	15.03m
W80	Patricia Drayton	1st	17.53m
M65	Rick Davison	1st	38.61m
M75	Brian Senior	1st	32.85m

Thank you to our major sponsor



Javelin		Result	
W45	Sybil Heke	4th	16.25m
W65	Loris Reed	3rd	15.56m
W65	Bev Church	4th	14.94m
W65	Alison Wright	6th	11.98m
W70	Justine Whitaker	5th	12.38m
W75	Glen Watts	1st	16.20m
W75	Barbara Bird	2nd	13.13m
W75	Gwyn Heseltine	4th	7.60m
W80	Patricia Drayton	1st	9.22m
M65	Rick Davison	3rd	29.03m

Weight		Result	
W45	Sybil Heke	3rd	8.33m
W65	Bev Church	1st	10.53m
W65	Alison Wright	3rd	8.69m
W70	Justine Whitaker	4th	8.18m
W75	Glen Watts	1st	11.71m
W75	Gwyn Heseltine	2nd	6.78m
W80	Patricia Drayton	1st	8.34m
M65	Rick Davison	1st	14.63m
M75	Brian Senior	1st	13.25m

60m		Result	
W45	Louise Martin	4th	9.36

100m		Result	
W45	Louise Martin	3rd	15.43

200m		Result	
W45	Louise Martin	3rd	32.01

400m		Result	
W45	Louise Martin	2nd	74.65
M55	Andrew Stark	2nd	64.06
M70	Michael Bond	3rd	79.62

800m		Result	
W45	Louise Martin	2nd	3:19.98
W55	Bernadette Jago	2nd	3:02.49
W65	Loris Reed	1st	3:09.17
M55	Andrew Stark	1st	2:25.67
M55	Tom Reihana	6th	3:14.07
M65	Peter King	4th	3:19.39
M70	Michael Bond	2nd	2:56.96

1500m		Result	
W55	Bernadette Jago	1st	6:02.02
W65	Loris Reed	1st	3:34.41
M55	Andrew Stark	2nd	5:16.59
M65	Peter King	4th	6:40.92
M70	Michael Bond	1st	5:51.11

5000m			Result
W55	Bernadette Jago	1st	21:57.99
W65	Loris Reed	1st	24:02.07
M70	Michael Bond	1st	23:26.23
M70	Jos Galavazi	3rd	28:43.27
M75	Bob Fyfe	1st	28:02.61

2000m Steeplechase			Result
W65	Loris Reed	1st	10:00.33
M70	Michael Bond	1st	8:44.84
M70	Jos Galavazi	4th	12:23.51

8000m Cross Country			Result
W55	Bernadette Jago	1st	37:51.33
W65	Loris Reed	1st	39:47.47
M70	Michael Bond	1st	35:58.72
M70	Jos Galavazi	5th	47:30.62
M75	Bob Fyfe	1st	49:50.22

Long Jump			Result
W45	Louise Martin	1st	3.80m

High Jump			Result
M75	Brian Senior	1st	1.06m

Half Marathon			Result
M55	Tom Reihana	4th	2:00:19

OMA Championships Throws Pentathlon

W45 Sybil Heke					
HT	SP	DT	J	WT	Total
20.71m	7.61m	18.79m	14.30m	8.37m	2002

W65 Bev Church					
HT	SP	DT	J	WT	Total
23.66m	6.84m	17.50m	13.80m	8.93m	2813

W65 Alison Wright					
HT	SP	DT	J	WT	Total
15.50	5.21	12.11	8.82	8.17	1924

W70 Justine Whitaker					
HT	SP	DT	J	WT	Total
18.39m	6.33m	15.43m	12.37m	7.80m	2726

W75 Glen Watts					2nd
HT	SP	DT	J	WT	Total
28.51m	7.55m	18.04m	13.01m	11.08m	3735

W75 Barbara Bird					2nd
HT	SP	DT	J	WT	Total
13.65m	5.89m	14.60m	12.83m	5.10m	2254

W75 Gwyn Heseltine					2nd
HT	SP	DT	J	WT	Total
17.15m	4.95m	8.75m	6.40m	6.25m	1876

W80 Patricia Drayton					2nd
HT	SP	DT	J	WT	Total
16.32m	5.60m	11.02m	8.11m	8.33m	2657

M65 Rick Davison					
HT	SP	DT	J	WT	Total
38.03m	9.14m	33.87m	28.85m	14.46m	3373

CMA Opening Day @ Rawhiti Domain: Wednesday 14/10/2015

A small group of regular attendees attended the opening day ... thank you for making the effort.

Several members had a rest from throwing, having just returned from competing in the Oceania Track & Field Championships, held in Rarotonga.

Shot Put		Result
W45	Sybil Heke	7.08m
W65	Lois Anderson	6.77m
W65	Loris Reed	5.67m
W80	Iris Bishop	4.58m
M55	Tom Reihana	7.35m
M65	Allen Anderson	6.21m
M65	Glen Church	6.09m
M75	Alan Hunter	4.87m

Weight Throw		Result
W45	Sybil Heke	6.38m
W65	Loris Reed	8.01m
W65	Lois Anderson	7.50m
W80	Iris Bishop	5.09m
M65	Glen Church	6.78m
M75	Alan Hunter	6.49m

60m		Result
M45	Louise Martin	9.5 (h)
M60	Jeff Barnfield	8.9 (h)
M80	Max Wood	11.7 (h)

150m		Result
M45	Louise Martin	23.9 (h)
M55	Tom Reihana	27.8 (h)
M60	Jeff Barnfield	22.2 (h)
M65	John Mulvaney	42.3 (h)
M80	Max Wood	29.2 (h)

400m		Result
W65	Loris Reed	1:41.0 (h)

800m		Result
M55	Tom Reihana	4:09.2 (h)
M60	Kevin Prendergast	4:24.7 (h)
M65	John Mulvaney	3:34.8 (h)
M70	Jos Galavazi	4:17.1 (h)

**Opening AC Interclub @ Rawhiti Domain:
Saturday 24/10/2015**

A small group pf regular attendees braved the weather for the opening day ... thank you for making the effort.

Shot Put		Result
W55	Lyn Osmers	9.02m
W70	Justine Whitaker	6.50m
M75	Alan Hunter	5.21m
Javelin		
W55	Lyn Osmers	26.61m
W70	Justine Whitaker	11.05m
Discus		
W40	Rachel Simons	18.70m
W70	Justine Whitaker	15.93m
Hammer		
W70	Justine Whitaker	19.61m
M75	Alan Hunter	17.16m
60m		
W40	Rachel Simons	9.64
W45	Louise Martin	9.47
M80	Lyn Osmers	10.27
100m		
W40	Rachel Simons	15.50
W45	Louise Martin	15.31
400m		
W45	Louise Martin	76.36
M70	Michael Bond	83.46
1500m		
M55	Clive Kitchingman	5:28.89
M65	John Mulvaney	7:11.35
M70	Michael Bond	6:12.57
3000m		
M45	Malcolm Cornelius	10:33.70

**AC Interclub @ Aorangi Stadium, Timaru:
Saturday 31/10/2015**

Shot Put		Result
W40	Rachel Simons	7.25m
M50	Wayne Doyle	12.12m
Discus		
M50	Wayne Doyle	24.27m
High Jump		
M50	Glen Bishop	1.65m
M50	Wayne Doyle	1.50m
Pole Vault		
M50	Wayne Doyle	2.60m

60m

W40	Rachel Simons	9.63
W45	Louise Martin	9.48
M40	Nick Bolton	7.77
M40	Jonny Baird	8.07

100m

W40	Rachel Simons	15.29
W45	Louise Martin	15.29
M40	Nick Bolton	12.27
M40	Jonny Baird	13.00
M50	Wayne Doyle	14.21

110m Hurdles

M40	Nick Bolton	15.72
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200m

W45	Louise Martin	31.62
M40	Jonny Baird	26.64

400m

W45	Louise Martin	73.51
M50	Wayne Doyle	61.66

3000m

M55	Clive Kitchingman	11:19.5h
M65	John Mulvaney	15:33.9h

2000m Track Walk

W75	Ann Henderson	16:44.09
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**AC Interclub @ Rawhiti Domain:
Saturday 07/11/2015**

Shot Put

		Result
W55	Lyn Osmers	10.57m
W70	Justine Whitaker	6.22m
W75	Barbara Bird	5.95m
W75	Gwyn Heseltine	5.22m
W80	Iris Bishop	4.66m
M75	Alan Hunter	5.52m

Discus

W70	Justine Whitaker	14.27m
W75	Barbara Bird	12.90m
W75	Gwyn Heseltine	8.60m
W80	Iris Bishop	9.38m
M65	Rick Davison	36.76m
M75	Alan Hunter	15.56m

Hammer

W70	Justine Whitaker	19.23m
W75	Gwyn Heseltine	17.75m
W75	Barbara Bird	13.57m
W80	Iris Bishop	13.97m
M75	Alan Hunter	16.84m

Hammer		
W70	Justine Whitaker	19.23m
W75	Gwyn Heseltine	17.75m
W75	Barbara Bird	13.57m
W80	Iris Bishop	13.97m
M75	Alan Hunter	16.84m
Weight		
M65	Rick Davison	14.49m
Javelin		
W55	Lyn Osmers	26.16m
W70	Justine Whitaker	11.26m
W75	Barbara Bird	12.42m
W75	Gwyn Heseltine	7.22m
W80	Iris Bishop	7.12m
60m		
W45	Louise Martin	9.33
W55	Lyn Osmers	10.10
M35	Jason Puddle	8.24
M40	Jonny Baird	7.99
M80	Max Wood	11.46
100m		
W45	Louise Martin	15.10
M35	Jason Puddle	13.06
M40	Jonny Baird	12.90
M80	Max Wood	nt
200m		
W45	Louise Martin	31.35
800m		
M70	Michael Bond	3:02.67
3000m		
M55	Clive Kitchingman	11:24.18
2000m Track Walk		
W75	Ann Henderson	16:30.59



AC Interclub @ Rawhiti Domain: Saturday 14/11/2015		
Shot Put		Result
W55	Lyn Osmers	10.36m
W70	Justine Whitaker	6.25m
M65	Rick Davison	8.98m
M75	Alan Hunter	5.25m
Discus		
W70	Justine Whitaker	15.35m
M65	Rick Davison	36.36m
M75	Alan Hunter	16.04m
Hammer		
W70	Justine Whitaker	18.76m
M65	Rick Davison	40.43m
Javelin		
W55	Lyn Osmers	26.65m
W70	Justine Whitaker	11.36m
M40	Jonny Baird	34.34m
High Jump		
W55	Lyn Osmers	1.26m
60m		
W55	Lyn Osmers	10.25
M40	Jonny Baird	7.97
M80	Max Wood	11.48
100m		
W50	Penny Reid	15.93
W55	Lyn Osmers	16.78
M40	Jonny Baird	12.86
M80	Max Wood	18.77
200m		
M40	Jonny Baird	26.95
5000m CMA Championships		
W55	Bernadette Jago	22:06.18
W65	Loris Reed	23:40.96
M45	Malcolm Cornelius	18:30.42
M55	Clive Kitchingman	19:46.51
M55	Tom Reihana	26:12.26
M65	John Mulvaney	28:57.67
M70	Michael Bond	22:02.08
M70	Peter King	25:25.83
M70	Jos Galavazi	33:33.59
M75	John Eastmond	33:23.85

**South Island Masters Track & Field Championships
@ Aorangi Stadium, Timaru:
Friday 20/11/2015 - Sunday 22/11/2015**

As has been the case for several years, Athletics Canterbury hold their Combined Events Championships during the second to last weekend of November, two weeks out from the National Secondary School Championship.

As fewer athletes attend our championship, it is made perfect sense to combine our meeting with this already 'planned' meeting. Canterbury Children's Athletics were also there on Saturday morning, so we held our Friday evening, Saturday afternoon and Sunday, finishing early afternoon.

A very successful meeting and this will be the format for next year as well.

60m		
W40	Rachel Simons	9.41
W80	Iris Bishop	20.30
M35	Jason Puddle	8.08
M40	Jonny Baird	7.94
M75	Malcolm Fraser	9.76
M75	Alan Hunter	16.38
M80	Max Wood	
100m		
W50	Penny Reid	15.82
W70	Margaret Fraser	23.36
M35	Jason Puddle	13.01
M40	Jonny Baird	12.72
M75	Malcolm Fraser	15.94
M80	Max Wood	18.96
200m		
W50	Penny Reid	33.54
W70	Margaret Fraser	52.35
M40	Jonny Baird	26.01
M75	Malcolm Fraser	31.84
M80	Max Wood	40.01
300m		
W70	Margaret Fraser	1:24.50
M80	Max Wood	70.33
400m		
W65	Lois Anderson	1:32.10
M70	Michael Bond	1:24.58
75	Malcolm Fraser	76.14
800m		
M60	Noel Burr	2:50.59
M70	Michael Bond	2:54.20
M75	Walter Hume	3:48.96



*Jonny Baird in action in the javelin at the
SI Championships.
We are pleased when 'Movember' is over!*

1500m		
M45	Malcolm Cornelius	4:40.97
M55	Clive Kitchingman	5:24.48
M60	Noel Burr	5:48.19
M75	Walter Hume	7:37.41
3000m		
M45	Malcolm Cornelius	10:12.16
M55	Clive Kitchingman	11:35.07
M70	Michael Bond	12:43.45
M75	Walter Hume	15:35.33
5000m		
M55	Clive Kitchingman	20:08.94
M70	Jos Galavazi	27:37.18
3000m Track Walk		
W75	Ann Henderson	24:55.47
2000m Steeplechase		
M60	Kevin Prendergast	13:37.58
M70	Michael Bond	9:15.11
M70	Jos Galavazi	11:58.5
110m Hurdles		
M40	Nick Bolton	15.97
300m Hurdles		
W40	Rachel Simons	60.11
Long Jump		
M35	Jason Puddle	5.29m
M75	Alan Hunter	1.89m
High Jump		
W40	Rachel Simons	1.25m
M75	Alan Hunter	0.65m

Shot Put

W65	Lois Anderson	7.14m
W70	Justine Whitaker	6.08m
W75	Glen Watts	7.55m
W75	Barbara Bird	6.03m
W75	Gwyn Heseltine	4.68m
W80	Iris Bishop	4.75m
M50	Wayne Doyle	12.48m
M65	Richard Davison	9.57m
M75	Alan Hunter	5.91m

Discus Throw

W65	Lois Anderson	15.92m
W70	Justine Whitaker	14.65m
W75	Glen Watts	18.34m
W75	Barbara Bird	14.21m
W75	Gwyn Heseltine	9.51m
W80	Iris Bishop	9.04m
M50	Wayne Doyle	39.59m
M65	Richard Davison	34.23m
M75	Brian Senior	30.52m
M75	Alan Hunter	17.02m

Hammer Throw

W70	Justine Whitaker	18.55m
W75	Glen Watts	30.63m
W75	Gwyn Heseltine	17.72m
W75	Barbara Bird	15.16m
W80	Iris Bishop	14.04m
M50	Wayne Doyle	34.78m
M65	Richard Davison	38.87m
M75	Alan Hunter	16.74m



A welcome return to the track for Noel Burr (Westport), in the 1500m event having had a long period off recovering from an accident. Well done, good to see you back!!

Javelin Throw

W40	Rachel Simons	18.61m
W65	Lois Anderson	14.35m
W70	Justine Whitaker	11.22m
W75	Glen Watts	13.59m
W75	Barbara Bird	11.32m
W75	Gwyn Heseltine	6.32m
W80	Iris Bishop	7.81m
M40	Jonny Baird	29.78m
M65	Richard Davison	29.52m
M75	Alan Hunter	14.06m

Weight Throw

W65	Lois Anderson	7.66m
W70	Justine Whitaker	8.33m
W75	Glen Watts	10.57m
W75	Gwyn Heseltine	5.71m
W75	Barbara Bird	4.81m
W80	Iris Bishop	5.10m
M65	Richard Davison	13.15m
M75	Brian Senior	13.52m
M75	Alan Hunter	7.02m

Thank you to our major sponsor



Pentathlon

W40	Rachel Simons	2020 pts
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Throws Pentathlon

W70	Justine Whitaker	2592 pts
W75	Glen Watts	3735 pts
W75	Barbara Bird	2181 pts
W75	Gwyn Heseltine	1972 pts
W80	Iris Bishop	1885 pts
M65	Richard Davison	3464 pts
M75	Alan Hunter	1531 pts

Athletics Canterbury Combined Events Championship

M50 Wayne Doyle - Day 1					
100m	LJ	SP	HJ	400m	
13.21	5.28m	12.12m	1.54m	61.82	Total
673	693	741	610	635	3352

M50 Wayne Doyle - Day 2					
110mH	DT	PV	JT	1500m	
17.8h	40.21	2.80m	41.07m	5:43.01	Total
590	687	464	595	563	6251

**AC Interclub @ Rawhiti Domain:
Saturday 28/11/2015**

Shot Put		Result
W65	Bev Church	6.16m
W70	Justine Whitaker	5.63m
M65	Rick Davison	9.04m
Discus		
W65	Bev Church	16.05m
W70	Justine Whitaker	14.67m
M65	Rick Davison	34.24m
Hammer		
W65	Bev Church	23.19m
W70	Justine Whitaker	19.93m
M65	Rick Davison	39.90m
Javelin		
W55	Lyn Osmer	27.92m
Triple jump		
W55	Lyn Osmer	8.58m
60m		
W55	Lyn Osmer	10.31
M40	Jonny Baird	8.12
100m		
M40	Jonny Baird	13.09
200m		
M40	Jonny Baird	26.39



**South Island Track & Field Championships
@ Caledonian Stadium, Dunedin:
Saturday 12/12/2015**

Shot Put		Result
M50	Wayne Doyle	11.94m
Pole Vault		
M50	Wayne Doyle	3.20m
100m Hurdles		
M50	Wayne Doyle	18.42

**Jack King Memorial Throws Pentathlon
@ Rawhiti Domain: Sunday 13/12/2015**

W65 Bev Church					
HT	SP	DT	J	WT	Total
21.65	6.47	16.31	13.76	6.99	2499
W70 Justine Whitaker					
HT	SP	DT	J	WT	Total
21.10	5.98	14.62	10.99	8.40	2765
W75 Glen Watts					
HT	SP	DT	J	WT	Total
29.55	7.91	18.09	12.39	10.51	3748
W75 Gwyn Heseltine					
HT	SP	DT	J	WT	Total
17.86	5.27	9.85	6.51	6.12	1980
W80 Iris Bishop					
HT	SP	DT	J	WT	Total
13.60	4.61	8.95	7.32	4.15	1867
M65 Rick Davison					
HT	SP	DT	J	WT	Total
40.14	9.37	37.29	28.58	14.23	3503
M75 Brian Senior 2nd					
HT	SP	DT	J	WT	Total
34.32	10.04	31.02	20.37	12.36	3439
M75 Alan Hunter 2nd					
HT	SP	DT	J	WT	Total
17.18	5.76	14.63	14.02	7.75	1659

**CMA Christmas Meeting @ Rawhiti Domain:
Wednesday 16/12/2015**

A small group of regulars attended this meeting, with only the throwers attempting any event, i.e. a shot put. No results available.

Thank you to our major sponsor



... for track hire and official accommodation costs.

**AC Interclub @ Rawhiti Domain:
Saturday 19/12/2015**

Shot Put		Result
W55	Lyn Osmer	8.56m
W70	Justine Whitaker	5.94m
M65	Rick Davison	9.20m
Discus		
W70	Justine Whitaker	17.22m
M65	Rick Davison	34.92m

Hammer		
W70	Justine Whitaker	18.89m
M65	Rick Davison	38.49m
Javelin		
W55	Lyn Osmers	28.04m
W70	Justine Whitaker	11.81m
Triple jump		
W55	Lyn Osmers	8.58m
60m		
M40	Jonny Baird	8.04
100m		
M40	Jonny Baird	12.80
200m		
M40	Jonny Baird	26.93
1500m		
M45	Malcolm Cornelius	4:42.08
M55	Clive Kitchingman	5:30.30
M65	John Mulvaney	7:01.39
10000m (AC & CMA Championships)		
M55	Clive Kitchingman	41:53.44



**Lovelock Classic Meeting @ Aorangi Stadium, Timaru:
Saturday 09/01/2016**

Shot Put		
		Result
M50	Wayne Doyle	11.94m
Discus		
M50	Wayne Doyle	35.11m
Hammer		
M50	Wayne Doyle	32.47m
High Jump		
M50	Wayne Doyle	1.60m
100m Hurdles		
M50	Wayne Doyle	16.71
100m		
M40	Nick Bolton	12.26
M40	Jonny Baird	12.71
200m		
M40	Nick Bolton	25.36
M40	Jonny Baird	26.85
1 Mile		
W45	Julieana Findlay-Cammock	5:56.58

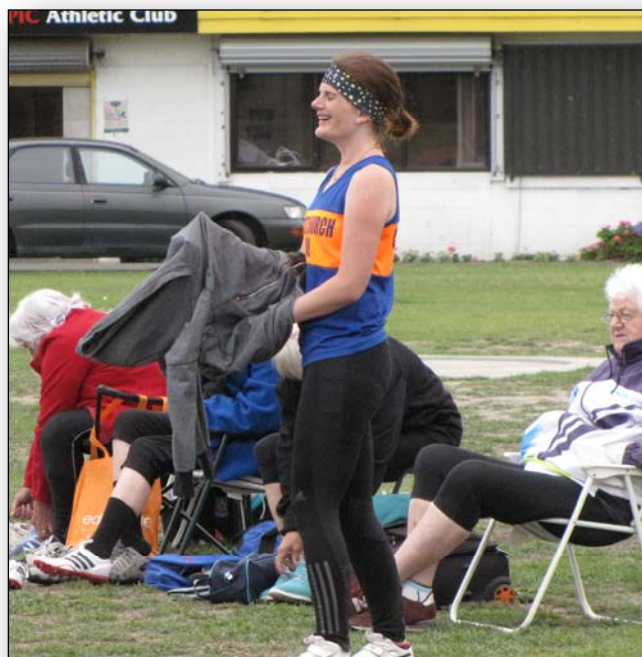
**AC Interclub @ Rawhiti Domain:
Saturday 23/01/2016**

Shot Put		
		Result
W55	Lyn Osmers	10.29m
W65	Alison Wright	4.98m
W70	Justine Whitaker	5.59m
W75	Glen Watts	6.97m
W75	Barbara Bird	5.92m
W75	Gwyn Heseltine	5.10m
Discus		
W55	Sissi Stein-Abel	25.84m
W65	Alison Wright	12.95m
W70	Justine Whitaker	14.67m
W75	Glen Watts	18.17m
W75	Barbara Bird	13.61m
W75	Gwyn Heseltine	9.42m
W80	Iris Bishop	8.80m
M65	Rick Davison	34.47m
Hammer		
W65	Alison Wright	16.08m
M65	Rick Davison	41.79m
Javelin		
W55	Lyn Osmers	29.03m
W70	Justine Whitaker	10.97m
W75	Barbara Bird	11.70m
Triple jump		
W55	Lyn Osmers	8.13m
60m		
W55	Lyn Osmers	9.95
W80	Iris Bishop	20.31
M40	Nick Bolton	7.97
M60	Jeff Barnfield	9.02
100m		
W50	Penny Reid	16.03
M40	Nick Bolton	12.53
200m		
W50	Penny Reid	33.77
300m		
M45	Malcolm Cornelius	46.43
400m		
M45	Ian Purvis	65.43
800m		
M65	John Mulvaney	NT
1500m		
W45	Maggie Chorley	5:14.84
M45	Malcolm Cornelius	4:44.14

**CMA Championships - Day 1 @ Rawhiti Domain:
Saturday 30/01/2016**

Once again our CMA Championships events were held within an Athletics Canterbury Interclub programme, spare over two weekend. We had few athletes come out of the 'wood-work', making their first appearance for the season. Following Day 2 we had a BBQ and invited Athletics Canterbury officials to attend, in appreciation for their assistance in running our event.

Shot Put		Result
W30	Anna McNab	8.49m
W55	Lyn Osmers	9.67m
W65	Lois Anderson	7.25m
W65	Bev Church	5.89m
W65	Alison Wright	5.06m
W70	Justine Whitaker	6.16m
W75	Glen Watts	7.32m
W75	Barbara Bird	5.85m
W75	Gwyn Heseltine	4.95m
M60	Mike Riley	8.19m
M65	Rick Davison	8.86m
Discus (AC Interclub)		
M65	Rick Davison	37.26m
Hammer		
W30	Anna McNab	36.76m
W65	Bev Church	21.97m
W65	Alison Wright	15.98m
W70	Justine Whitaker	18.80m
W75	Glen Watts	28.17m
W75	Gwyn Heseltine	18.61m
W75	Barbara Bird	15.54m
M65	Rick Davison	40.34m
Javelin		
W30	Anna McNab	20.93m
W55	Lyn Osmers	27.35m
W65	Bev Church	13.22m
W65	Alison Wright	10.85m
W70	Justine Whitaker	11.55m
W75	Glen Watts	13.28m
W75	Barbara Bird	12.43m
W75	Gwyn Heseltine	6.28m
M65	Rick Davison	30.05m
Long Jump		
W65	Lois Anderson	3.22m
M35	Jason Puddle	5.22m
60m (AC Interclub)		
M35	Jason Puddle	8.15
M40	Nick Bolton	8.05



*Anna McNab is our youngest member
at just 30 years old*

100m		
W50	Louise Martin	15.53
W50	Penny Reid	16.14
W65	Lois Anderson	18.05
M35	Jason Puddle	13.11
M40	Nick Bolton	12.53
M60	Jeff Barnfield	14.63
M70	Alan Marriot	16.78
400m		
M45	Ian Purvis	65.44
M50	Mark Cargin	64.88
1500m		
W45	Maggie Chorley	5:09.21
W45	Leesa Edge	5:42.05
W55	Bernadette Jago	6:14.79
W65	Margaret Flanagan	6:31.19
M45	Malcolm Cornelius	4:41.71
M45	Ian Purvis	5:17.56
M50	Mark Cargin	5:05.81
M55	Andrew Stark	5:06.41
M55	Clive Kitchingman	5:20.75
M60	Rodger Ward	5:35.87
M60	Kevin Prendergast	8:08.72
M65	John Mulvaney	6:44.31
M70	Jos Galavazi	7:55.22
M70	Peter Coughlan	8:16.59
2000m Track Walk		
W75	Ann Henderson	16:25.73

**CMA Championships - Day 2 @ Rawhiti Domain:
Saturday 06/02/2016**

	Shot Put (AC Interclub)	Result
W35	Dena Miller	7.75m
W55	Lyn Osmers	10.22m
W55	Sissi Stein-Abel	9.69m
Discus		
W30	Anna McNab	31.37m
W35	Dena Miller	18.15m
W55	Sissi Stein-Abel	28.18m
W65	Bev Church	15.90m
W65	Alison Wright	12.15m
W70	Justine Whitaker	16.02m
W75	Glen Watts	18.90m
W75	Barbara Bird	13.76m
W75	Gwyn Heseltine	9.61m
W80	Iris Bishop	9.09m
M60	Jo Tasker	42.35m
M65	Rick Davison	36.89m
M75	Brian Senior	30.88m
Hammer (AC Interclub)		
W30	Anna McNab	37.00m
W70	Justine Whitaker	17.33m
Javelin (AC Interclub)		
W35	Dena Miller	15.81m
M40	Jonny Baird	30.04m
Weight		
W30	Anna McNab	11.12m
W35	Dena Miller	6.08m
W65	Bev Church	8.59m
W65	Alison Wright	7.66m
W65	Loris Reed	7.11m
W70	Justine Whitaker	7.36m
W75	Glen Watts	10.50m
W75	Gwyn Heseltine	6.22m
W75	Barbara Bird	4.92m
W80	Iris Bishop	5.13m
M65	Rick Davison	14.89m
M75	Brian Senior	12.96m
M75	Alan Hunter	7.96m
High Jump		
W55	Lyn Osmers	1.25m
Pole Vault		
M50	Wayne Doyle	3.25m

60m		
W50	Louise Martin	9.31
W55	Lyn Osmers	10.00
W80	Iris Bishop	19.70
M40	Nick Bolton	7.89
M40	Jonny Baird	8.03
M60	Jeff Barnfield	8.98
M70	Alan Marriot	10.30
M75	Alan Hunter	19.71
100m (AC Interclub)		
M40	Nick Bolton	12.49
M40	Jonny Baird	12.88
200m		
W50	Louise Martin	31.48
W50	Penny Reid	33.77
M40	Jonny Baird	26.98
M45	Ian Purvis	29.89
M60	Jeff Barnfield	29.70
M55	Andrew Stark	30.94
400m (AC Interclub)		
W50	Louise Martin	77.21
800m		
W45	Leesa Edge	2:50.72
W65	Loris Reed	3:13.59
W65	Margaret Flanagan	3:21.02
M45	Malcolm Cornelius	2:18.63
M45	Ian Purvis	2:28.73
M50	Mark Cargin	2:26.51
M55	Andrew Stark	2:23.54
M70	Michael Bond	3:18.32
3000m		
W45	Maggie Chorley	11:19.30
W55	Bernadette Jago	12:55.09
W65	Margaret Flanagan	13:37.51
W65	Loris Reed	13:42.55
M50	Mark Cargin	11:36.31
M55	Martin Riley	11:34.83
M55	Clive Kitchingman	11:37.31
M55	Tom Reihana	15:50.99
M65	John Mulvaney	15:29.38
M70	Jos Galavazi	17:18.42
M70	Peter Coughlan	17:46.76
2000m Track Walk (AC Interclub)		
W75	Ann Henderson	16:19.18

**AC Interclub @ Rawhiti Domain:
Saturday 13/02/2016**

		Result
Shot Put		
W40	Rachel Simons	7.56m
W55	Lyn Osmer	9.48m
W55	Sissi Stein-Abel	9.32m
W65	Bev Church	6.16m
W65	Alison Wright	4.82m
W70	Justine Whitaker	5.91m
W75	Gwyn Heseltine	4.98m
W80	Iris Bishop	4.66m
Discus		
W55	Sissi Stein-Abel	27.60m
W65	Bev Church	15.46m
W65	Alison Wright	12.01m
W70	Justine Whitaker	14.28m
W75	Gwyn Heseltine	9.05m
W80	Iris Bishop	8.99m
M65	Rick Davison	36.21m
Hammer		
W65	Bev Church	22.13m
W65	Alison Wright	15.44m
W75	Gwyn Heseltine	18.27m
W80	Iris Bishop	12.71m
Weight		
M65	Rick Davison	14.80m
Javelin		
W65	Lois Anderson	15.04m
W70	Justine Whitaker	11.23m
M40	Jonny Baird	29.18m
60m		
W40	Rachel Simons	9.84
W50	Louise Martin	9.26
W55	Lyn Osmer	10.11
M40	Nick Bolton	7.97
M40	Jonny Baird	8.06
100m		
W50	Louise Martin	15.11
W50	Penny Reid	15.91
M40	Nick Bolton	12.40
M40	Jonny Baird	12.66
200m		
W50	Louise Martin	31.63
W50	Penny Reid	33.69
M45	Malcolm Cornelius	29.75
M65	John Mulvaney	40.18

M45	Malcolm Cornelius	29.75
M65	John Mulvaney	40.18
400m		
M40	Jonny Baird	62.56
M45	Darren Hoolahan	64.79
800m		
W45	Maggie Chorley	2:31.60
W45	Leesa Edge	2:48.35
M45	Malcolm Cornelius	2:16.11
M45	Darren Hoolahan	2:16.70
M50	Mark Cargin	2:30.86
M55	Andrew Stark	2:24.10
M65	John Mulvaney	3:15.86
1500m		
W65	Margaret Flanagan	6:28.99
M55	Clive Kitchingman	5:28.06

**Athletics New Zealand Combined Events
Championships @ Cooks Garden, Wanganui
Saturday 20/02/2016 & Sunday 21/02/2016**

10 events in two day is not easy. Well done Wayne for winning the M50 title, setting new NZMA & CMA records in the process plus this performance ranks him 4th in the world on the 2015 list.

M50 Wayne Doyle - Day 1					
100m	LJ	SP	HJ	400m	
12.23	5.30m	12.64m	1.61m	58.13	
858	700	778	687	774	3797

M50 Wayne Doyle - Day 2					
110mH	DT	PV	JT	1500m	
16.82	38.36m	3.20m	46.20m	5:40.78	
715	648	595	689	574	7018



Wayne Doyle. (Photo by Mytchel Bransgrove)

**Athletics Canterbury Championships
@ Aorangi Stadium, Timaru:
Saturday 20/02/2019 - Sunday 21/02/2016**

		Result
100m B Grade Final		
W50	Louise Martin	14.71
M40	Nick Bolton	11.67
110m Hurdles		
M40	Nick Bolton	16.30

NZMA Championships Results - Dunedin 2016**Canterbury Master's Results
Friday 26th - Sunday 28th 2016**

60m			Result
4th	W50	Louise Martin	9.15
3rd	W55	Lyn Osmer	9.97
1st	W80	Iris Bishop	18.09
1st	M40	Nick Bolton	7.65
2nd	M40	Jonny Baird	8.00
1st	M60	Jeff Barnfield	8.72

100m			Result
4th	W50	Louise Martin	14.67
5th	W50	Penny Reid	15.52
2nd	W65	Lois Anderson	17.59
1st	M40	Nick Bolton	11.96
2nd	M40	Jonny Baird	12.29
3rd	M50	Wayne Doyle	12.60
1st	M60	Jeff Barnfield	13.99

200m			Result
2nd	W50	Louise Martin	30.18
4th	W50	Penny Reid	32.90
2nd	W65	Lois Anderson	36.25
1st	M40	Nick Bolton	24.47
2nd	M40	Jonny Baird	25.95

400m			Result
2nd	W50	Louise Martin	68.98
3rd	W65	Lois Anderson	1:34.67
2nd	M40	Jonny Baird	61.46
1st	M45	Ian Purvis	63.07
3rd	M55	Andrew Stark	65.86
6th	M65	John Mulvaney	1:25.04
4th	M70	Michael Bond	1:23.82

800m			Result
1st	W45	Maggie Chorley	2:28.59
2nd	W45	Leesa Edge	2:42.34
1st	W65	Loris Reed	3:05.30
2nd	W65	Margaret Flanagan	3:10.83
1st	M45	Malcolm Cornelius	2:13.10
2nd	M45	Ian Purvis	2:22.53
3rd	M60	Noel Burr	2:37.28
4th	M60	Rodger Ward	2:40.89
6th	M65	John Mulvaney	3:14.84
3rd	M70	Michael Bond	3:00.05



1500m			Result
1st	W45	Maggie Chorley	5:03.13
2nd	W45	Leesa Edge	5:30.39
4th	W55	Bernadette Jago	6:04.01
1st	W65	Loris Reed	6:16.04
2nd	W65	Margaret Flanagan	6:18.27
1st	M45	Chris Mardon	4:30.82
2nd	M45	Malcolm Cornelius	4:31.34
3rd	M55	Andrew Stark	5:10.05
2nd	M60	Rodger Ward	5:33.24
5th	M60	Noel Burr	5:54.68
5th	M65	John Mulvaney	6:45.74
2nd	M70	Michael Bond	6:13.99

5000m			Result
3rd	W55	Bernadette Jago	22:34.32
1st	W65	Loris Reed	23:18.05
1st	M45	Chris Mardon	16:27.89
2nd	M55	Martin Riley	19:59.88
3rd	M60	Kevin Prendergast	29:35.59

5000m			Result
1st	W55	Bernadette Jago	45:54.92
3rd	M60	Kevin Prendergast	62:43.79

100m H			Result
1st	M50	Wayne Doyle	17.65

110m H			Result
1st	M40	Nick Bolton	15.56

2000m S			Result
1st	W65	Loris Reed	9:37.70
4th	M60	Kevin Prendergast	12:10.32
4th	M65	John Mulvaney	10:36.61
1st	M70	Michael Bond	9:26.32

3000m TW			Result
1st	W75	Ann Henderson	25:04.15

10000m RW			Result
1st	W75	Ann Henderson	1:30.00

High Jump			Result
1st	W55	Lyn Osmer	1.25m
1st	W65	Lois Anderson	1.01m
1st	M50	Wayne Doyle	1.51m
2nd	M75	Allan Hunter	0.84m

Pole Vault			Result
1st	M50	Wayne Doyle	3.00m

Long Jump			Result
1st	W65	Lois Anderson	
2nd	M75	Allan Hunter	

Triple Jump

1st	W55	Lyn Osmers	8.46m
1st	W65	Lois Anderson	6.90m

Shot Put

2nd	W35	Dena Miller	6.96m
1st	W55	Lyn Osmers	10.01m
2nd	W65	Lois Anderson	6.88m
3rd	W65	Bev Church	6.20m
4th	W65	Alison Wright	4.88m
1st	W70	Justine Whitaker	5.95m
1st	W75	Glen Watts	7.38m
2nd	W75	Gwyn Heseltine	4.43m
1st	W80	Iris Bishop	4.28m
1st	M50	Wayne Doyle	12.39m
2nd	M65	Rick Davison	9.17m
3rd	M70	Glen Church	6.95m
1st	M75	Brian Senior	9.60m
5th	M75	Alan Hunter	5.51m

Discus

2nd	W35	Dena Miller	19.23m
2nd	W65	Loris Reed	17.08m
3rd	W65	Bev Church	16.46m
4th	W65	Alison Wright	12.15m
1st	W70	Justine Whitaker	15.60m
1st	W75	Glen Watts	18.58m
2nd	W75	Gwyn Heseltine	9.48m
1st	W80	Iris Bishop	9.01m
1st	M50	Wayne Doyle	40.88m
1st	M65	Rick Davison	35.23m
3rd	M70	Glen Church	18.71m
1st	M75	Brian Senior	28.23m
3rd	M75	Alan Hunter	17.60m

Hammer

3rd	W35	Dena Miller	14.78m
1st	W65	Bev Church	20.66m
3rd	W65	Alison Wright	16.58m
1st	W70	Justine Whitaker	17.44m
1st	W75	Glen Watts	27.31m
2nd	W75	Gwyn Heseltine	16.91m
1st	W80	Iris Bishop	14.60m
1st	M65	Rick Davison	38.12m
1st	M70	Glen Church	19.78m
1st	M75	Brian Senior	32.73m
4th	M75	Alan Hunter	16.38m

Javelin

1st	W35	Dena Miller	19.25m
1st	W55	Lyn Osmers	29.80m
1st	W65	Loris Reed	15.32m
2nd	W65	Lois Anderson	14.71m
4th	W65	Bev Church	13.64m
5th	W65	Alison Wright	10.77m
1st	W70	Justine Whitaker	11.34m
1st	W75	Glen Watts	13.15m
2nd	W75	Gwyn Heseltine	6.48m
1st	W80	Iris Bishop	7.70m
1st	M40	Jonny Baird	30.25m
1st	M50	Wayne Doyle	36.17m
2nd	M65	Rick Davison	25.91m
2nd	M70	Glen Church	19.88m
1st	M75	Brian Senior	27.94m
3rd	M75	Alan Hunter	14.24m

Weight

2nd	W65	Bev Church	8.78m
3rd	W65	Alison Wright	8.02m
1st	W70	Justine Whitaker	7.65m
1st	W75	Glen Watts	9.91m
2nd	W75	Gwyn Heseltine	6.23m
1st	W80	Iris Bishop	5.36m
1st	M65	Rick Davison	14.09m
1st	M70	Glen Church	8.66m
1st	M75	Brian Senior	13.15m
3rd	M75	Alan Hunter	7.55m

Throws Pentathlon

W35		Dena Miller				2nd
HT	SP	DT	J	WT	Total	
17.37	7.09	19.74	16.70	5.93	1429 pts	

W65		Bev Church				2nd
HT	SP	DT	J	WT	Total	
21.11	5.92	15.52	12.61	6.84	2341 pts	

W65		Alison Wright				3rd
HT	SP	DT	J	WT	Total	
15.40	4.81	13.67	8.65	7.68	1884 pts	

W70		Justine Whitaker				1st
HT	SP	DT	J	WT	Total	
18.25	5.94	14.95	10.20	7.08	2497 pts	

W75		Glen Watts				1st
HT	SP	DT	J	WT	Total	
27.16	7.36	17.91	13.19	9.70	3537 pts	

W75		Gwyn Heseltine				2nd
HT	SP	DT	J	WT	Total	
17.07	4.99	8.56	8.94	5.61	1797 pts	

W80 Iris Bishop						1st
HT	SP	DT	J	WT	Total	
13.32	4.58	8.69	7.17	4.50	1862 pts	
M65 Rick Davison						
HT	SP	DT	J	WT	Total	
36.16	8.98	34.94	27.57	13.86	3271 pts	
M70 Glen Church						1st
HT	SP	DT	J	WT	Total	
21.26	6.69	17.36	17.25	8.09	1771 pts	
M75 Brian Senior						1st
HT	SP	DT	J	WT	Total	
34.10	9.37	28.20	29.44	13.36	3617 pts	
M75 Alan Hunter						4th
HT	SP	DT	J	WT	Total	
16.41	5.54	16.48	14.79	7.18	1653 pts	

**AC Interclub @ Rawhiti Domain:
Saturday 27/02/2016**

Hammer

W30 Anna McNab 38.78m

300m

M55 Clive Kitchingman 11:54.13

**AC Interclub @ Rawhiti Domain:
Saturday 12/03/2016**

Shot Put

	Result
W55 Lyn Osmer	9.96m
W65 Bev Church	6.23m
W65 Alison Wright	5.01m
W70 Justine Whitaker	6.23m
M65 Rick Davison	9.27m

Discus

W65 Bev Church	17.08m
W65 Alison Wright	12.62m
W70 Justine Whitaker	15.44m
M65 Rick Davison	37.74m

Hammer

W65 Bev Church	21.01m
W65 Alison Wright	16.79m
W70 Justine Whitaker	18.14m
M65 Rick Davison	37.79m

Javelin

W55 Lyn Osmer	25.41m
W65 Bev Church	11.99m
W65 Alison Wright	10.64m
W70 Justine Whitaker	9.50m

Long Jump

W55 Lyn Osmer 4.04m

60m

W50 Louise Martin 8.8h

100m

W50 Louise Martin 14.6h
W55 Lyn Osmer 16.4h

200m

W50 Louise Martin 30.4h

300m

W50 Louise Martin 53.3h

3000m

M55 Anthony Rogal 11:37.0h
M55 Clive Kitchingman 11:38.8h
M65 John Mulvaney 18:18.8h

**CMA Break-up Meeting @ Rawhiti Domain:
Wednesday 09/03/2016**

60m

W50 Penny Reid 11.0h
M40 Jonny Baird 8.5h
M55 Jeff Barnfield 8.6h

1500m

M60 Kevin Prendergast 8:18.9h
M70 Jos Galavazi 7:75.4h

Shot

W30 Anna McNab	8.95m
W35 Dena Miller	7.43m
W65 Lois Anderson	6.94m
W65 Bev Church	5.98m
W65 Alison Wright	5.12m
W70 Justine Whitaker	5.74m
W75 Glen Watts	7.59m
W75 Barbara Bird	5.59m
M70 Glen Church	6.31m



Lyn Osmer clears the bar at the NZMA Championships, Dunedin.

**CMA Throws Pentathlon Championships:
Sunday 20/03/2016**

W30	Anna McNab					2nd
HT	SP	DT	J	WT	Total	
39.53	8.84	33.75	23.84	11.21	2617 pts	
W65	Bev Church					2nd
HT	SP	DT	J	WT	Total	
23.76	6.07	16.41	12.07	7.85	2549 pts	
W65	Alison Wright					3rd
HT	SP	DT	J	WT	Total	
16.68	4.78	13.42	10.90	7.99	2020 pts	
W70	Justine Whitaker					1st
HT	SP	DT	J	WT	Total	
17.91	6.18	14.14	10.82	7.33	2534 pts	
W75	Glen Watts					1st
HT	SP	DT	J	WT	Total	
26.27	7.63	18.24	13.84	9.98	3598 pts	
W75	Gwyn Heseltine					2nd
HT	SP	DT	J	WT	Total	
17.49	4.76	9.39	7.09	5.74	1878 pts	
W80	Iris Bishop					1st
HT	SP	DT	J	WT	Total	
12.82	4.61	9.46	7.43	4.71	1912 pts	
M65	Rick Davison					
HT	SP	DT	J	WT	Total	
39.30	9.57	37.54	29.21	13.85	3494 pts	
M75	Brian Senior					1st
HT	SP	DT	J	WT	Total	
35.22	9.60	29.66	30.55	14.01	3786 pts	

**AC Mini Meet @ Aorangi Stadium, Timaru:
Saturday 26/03/2016**

60m		
W50	Louise Martin	9.01
M40	Nick Bolton	7.89
100m		
W50	Louise Martin	14.51
M40	Nick Bolton	12.43
110m Hurdles		
M40	Nick Bolton	16.23
200m		
W50	Louise Martin	29.76
300m		
W50	Louise Martin	47.99
M40	Nick Bolton	48.07



CMA 2015 - 2016 Record Breakers

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

Malcolm Fraser	M75	DOB: 15/10/1939 (76)			
Timaru	20/11/2015	60m	9.76	88.49%	SIMC record
Timaru	20/11/2015	400m	76.14	86.83%	SIMC record
Timaru	22/11/2015	200m	31.84	89.09%	SIMC record
Brian Senior	M75	DOB: 09/04/1940 (75)			
Rawhiti Domain	13/12/2015	Hammer	34.32m	74.18%	CMA record
Rawhiti Domain	20/03/2016	Hammer	35.22m	76.13%	CMA record
Rawhiti Domain	20/03/2016	Shot Put	9.60m	62.46%	CMA record
Rawhiti Domain	20/03/2016	Weight	14.01m	79.83%	CMA record
Rawhiti Domain	20/03/2016	Throws Pentathlon	3786 pts		NZMA & CMA record
Michael Bond	M70	DOB: 24/05/1943 (72)			
Timaru	22/11/2015	800m	2:54.20	79.51%	SIMC record
Rick Davison	M65	DOB: 27/08/1949 (66)			
Timaru	22/11/2015	Throws Pentathlon	3464 pts		SIMC record
Rawhiti Domain	23/01/2016	Hammer	41.79m	78.38%	CMA record

Jo Tasker	M60	DOB: 18/08/1954 (61)			
Rawhiti Domain	06/02/2016	Discus	42.35m	65.55%	CMA record
Wayne Doyle	M50	DOB: 08/01/1964 (51) & (*52)			
Timaru	21 & 22/11/2015	Decathlon	6251 pts		NZMA & CMA
Timaru	09/01/2016	100m Hurdles	16.71	81.49%	CMA record
Timaru	30/01/2016	*Discus	42.81m	59.93%	CMA record
Wanganui	20/02/2016	*High Jump	1.61m	82.27%	NZMA & CMA
Wanganui	20 & 21/02/2016	*Decathlon	7018 pts		NZMA & CMA
Jonny Baird	M40	DOB: 03/02/1972 (43)			
Timaru	20/11/2015	60m	7.94	86.46%	SIMC record
Iris Bishop	W80	DOB: 08/02/1935 (80)			Records
Timaru	20/11/2015	60m	20.30	54.19%	SIMC record
Timaru	20/11/2015	Shot Put	4.75m	60.61%	SIMC record
Timaru	20/11/2015	Hammer	14.04m	49.66%	SIMC record
Timaru	21/11/2015	Weight	5.10m	48.98%	SIMC record
Timaru	21/11/2015	Javelin	7.81m	32.73%	SIMC record
Timaru	22/11/2015	Throws Pentathlon	1885 pts		SIMC record
Ann Henderson	W75	DOB: 24/09/1940 (75)			
Timaru	20/11/2015	3000m TW	24:55.47	70.39%	SIMC & CMA record
Glen Watts	W75	DOB: 18/05/1940 (75)			
Rarotonga	05/10/2015	Javelin	16.20m	57.14%	CMA record
Rarotonga	06/10/2015	Weight	11.71m	94.14%	CMA, OMA & NZMA
Rarotonga	06/10/2015	Shot Put	8.27m	89.42%	CMA, OMA & NZMA
Rarotonga	07/10/2016	Throws Pentathlon	3735 pts		CMA & NZMA
Rarotonga	07/10/2016	Hammer (TP event)	28.51m	84.29%	CMA & NZMA
Rarotonga	09/10/2015	Discus	19.06m	58.82%	CMA & NZMA
Timaru	20/11/2015	Shot Put	7.55m	81.63%	SIMC record
Timaru	20/11/2015	Hammer	30.63m	90.56%	CMA, SIMC & NZMA
Timaru	21/11/2015	Javelin	13.59m	47.94%	SIMC record
Timaru	21/11/2015	Discus	18.34m	56.60%	SIMC record
Timaru	21/11/2015	Weight	10.57m	84.97%	SIMC record
Timaru	22/11/2015	Throws Pentathlon	3735 pts		= CMA, SIMC & NZMA
Rawhiti Domain	13/12/2015	Throws Pentathlon	3748 pts		CMA & NZMA
Justine Whitaker	W70	DOB: 14/11/1941 (74)			
Timaru	22/11/2015	Throws Pentathlon	2592 pts		SIMC record
Lyn Osmer	W55	DOB: 12/06/1960 (55)			
Rawhiti Domain	07/11/2015	60m	10.10	83.36%	CMA
Rawhiti Domain	07/11/2015	Shot Put	10.57m	70.95%	CMA & NZMA
Rawhiti Domain	23/01/2016	60m	9.95	84.62%	CMA
Rawhiti Domain	23/01/2016	Javelin	29.03m	61.44%	CMA & NZMA
Dunedin	26/02/2016	Javelin	29.80m	63.07%	CMA & NZMA
Sissi Stein-Abel	W55	DOB: 08/03/1957 (58)			
Rawhiti Domain	06/02/2016	Discus	28.18m	55.96%	CMA record
Louise Martin	W50	DOB: 04/01/1965 (50)			
Rawhiti Domain	06/02/2016	60m	9.31	85.98%	CMA
Rawhiti Domain	13/02/2016	60m	9.26	86.44%	CMA
Dunedin	27/02/2016	60m	9.15	87.48%	CMA
Timaru	26/03/2016	60m	9.01	88.84%	CMA

Maggie Chorley	W45	DOB: 02/06 /1967 (49)			
Rawhiti Domain	13/02/2016	800m	2:31.60	83.07%	CMA record
Dunedin	27/02/2016	1500m	5:03.13	90.12%	CMA record
Dunedin	28/02/2016	800m	2:28.59	84.75%	CMA record
Rachael Simons	W40	DOB: 23/03/1975 (40)			
Timaru	20/11/2015	60m	9.41	76.26%	SIMC record
Timaru	22/11/2015	Pentathlon	2020 pts		SIMC record
Anna McNab	W30	DOB: 02/01/1986 (30)			
Rawhiti Domain	30/01/2016	Hammer	36.76m	48.34%	CMA record
Rawhiti Domain	06/02/2016	Hammer	37.00m	48.65%	CMA record
Rawhiti Domain	20/03/2016	Hammer	39.53m	51.98%	CMA record
Rawhiti Domain	20/03/2016	Weight	11.21m	55.57%	CMA record
Rawhiti Domain	20/03/2016	Throws Pentathlon	2617 pts		NZMA & CMA record

Important dates coming up

CMA AGM: Wednesday 17th August 2016 @ 7:30 p.m.

Port Hills Club Room see you there.

CMA 2016 Opening Day: TBA after AGM

Venue: Rawhiti Domain

2016 Oceania Postal Throws Pentathlon: Sunday 25th September 2016 @ 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 25th - 27th 2017

Venue: Wanganui or Palmerston North (TBA)

South Island Track & Field Championships:

November 20th - 22nd 2016

Venue: Timaru

NZMA Track & Field Championships:

March 3rd - 5th 2017 (TBC)

Venue: Nelson