

C
M
A

Cant-A-Long

April 2012

In this issue



• **President's Comment**



• **Notice of CMA AGM**



• **President's Annual Report**



• **CMA & Inter-Club 2011 - 2012 Results**



• **CMA Championship Results**



• **Oceania Report**



• **2011 - 2012 CMA Record Breakers**



• **What's On**

• **Massage Stick Promotion**

A note from the editor ... Andrew Stark

Well it's been a while since the last Cant-A-Long was produced. After the initial 'rush' of ideas and support for YOUR magazine when I first took over the job, I have noticed a steady decline in articles coming forward, despite requesting copy.

With the introduction of our own website, it may be that a paper version of CMA news is no longer required. However, before we lose a 'hard' record of what happens during the year, I ask you all to consider the future of this publication. If you are willing to assist to keep it going, that would be great and I want to hear from you ASAP.

I do notice that several of you contribute regularly to your own club newsletters, but for whatever reason you don't make the same effort regarding supporting this publication. I simply don't understand that!!

All I can say is 'use it, or lose it' it's up to YOU all to decide!!!

This may well be the last Cant-A-Long unless I get a clear indication from you all about what you want, backed up by action, i.e provide articles, should you decide you still want a Cant-A-Long.

If Cant-A-Long is to be no more, articles are still required as they can be posted on the website.

I hope your training is going well, be that walking, running, throwing or jumping.

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
Bill Hobbs
Bryan Kerr
Dave Leech
Glen Watts
Peter Watts



**Physiotherapist &
International Athletics Coach
Bruce Milne MNZSP
Hoon Hay Physiotherapy Clinic**

General Physiotherapy - Laser Therapy - Manipulative Therapy
Sports Injuries & Rehabilitation - Body Balancing
Sports Massage - Coaching - Exercise Programmes - Gym

 **(03) 338 5424**

Fax (03) 338 5443
143 Sparks Road, Hoon Hay

e-mail: bruce.milne@xtra.co.nz

As mentioned in the last Cant-A-Long, CMA has a new website and the web address is listed below.

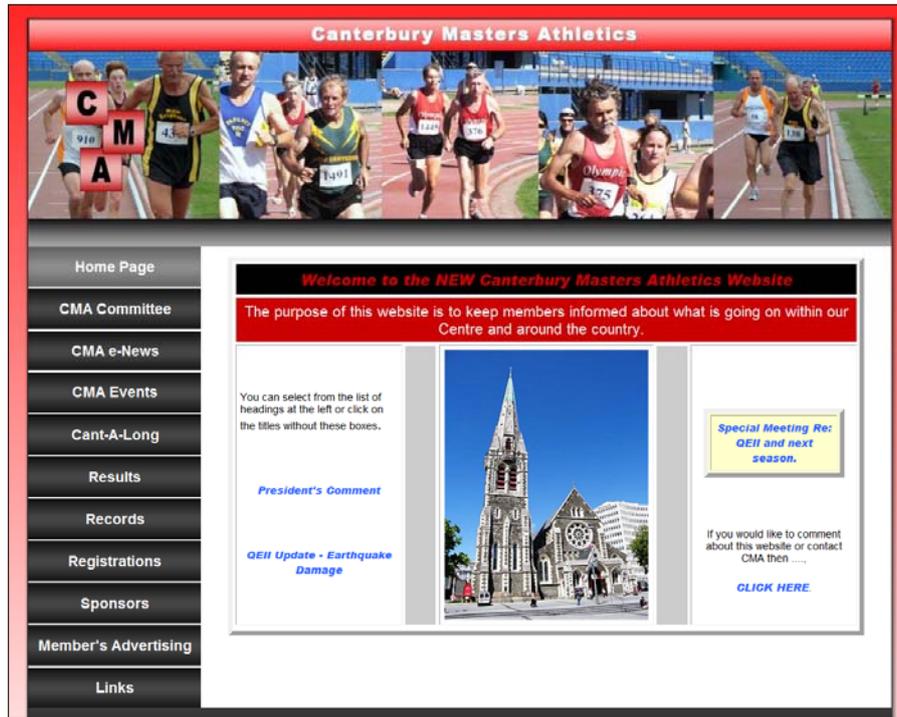
This website allows us to add new pages and make changes to all pages any time we like without being charged. You can register on-line as it has a built in database function. This allows us to have all information in a central place, allowing various members of the committee to access it. From within the website we can e-mail all members who have supplied us with e-mail addresses.

So ... now it's up to you to use it. Add it to your 'favourites' list of websites and look at it regularly to find out what's going on.

There is a monthly cost to run the website. If you would like to assist with paying this cost and become a sponsor, please let me know.

As my President's AGM Report is included in this issue, that's all I will say here.

Website address: www.canterburymastersathletics.org.nz



The elected Committee of the CMA Inc for the 2011 / 2012 season

President:

Andrew Stark

Tel: 03 338 0516

Vice President:**Secretary:**

Bernadette Jago

Tel: 03 960 2457

Treasurer:

Tony McManus

Tel: 03 332 3921

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

You can contact any member of the committee by using the following e-mail

info@canterburymastersathletics.org.nz

or you can replace the word 'info' with a committee member's name and it will be directed to them.

This is a new feature of our own website.

Cross-Country & Road Athletics Canterbury Centre Representative:

Kevin Jago

Tel: 03 960 2457

Track & Field Athletics Canterbury Centre Representative:

Andrew Stark

Uniform Officer:

Bev Church

Tel: 03 388 5736

Cant-A-Long / Website Editor:

Andrew Stark

Notice of CMA AGM - Wednesday 24 August 2011 @ 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/- 69 Hackthorne Road
CHRISTCHURCH 8022

by Wednesday 10 August 2011.

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 Cross Country and Road Committee

Athletics Canterbury Track and Field Committee

Andrew Reese
(Secretary)

Agenda of CMA AGM

**Canterbury Masters Athletics Inc
2011 ANNUAL GENERAL MEETING
PORT HILLS ATHLETIC CLUBROOMS
Wednesday 24 August 2011 at 7.30 p.m.**

- Quorum Check (15 Financial Members)
- Apologies
- Approval of Minutes of Annual General Meeting held 16 August 2010
- Consideration and Approval of Annual Report
- Consideration and Approval of Annual Financial Statements
- Consideration and Approval of Annual Subscription for 2011 / 2012 season
- Election of Officers for 2011 / 2012
 - 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:

While events that occurred during the 2011 season changed many sports within our region, we are fortunate in Canterbury to have some very dedicated members on the various Athletics Canterbury committees.

A planning committee was set up, made up of all interested parties, which investigated possible sites within Christchurch where a temporary home for athletics could be established. After much debate, Rawhiti Domain became the preferred option. A comprehensive plan was established whereby Rawhiti Domain would be up-graded and most of you will have seen the great job that has been achieved. Our throwers & jumpers are certainly not disadvantaged by not having QEII.

As the QEII complex was 'red stickered', all Athletics Canterbury gear was locked under the stand and it was in doubt as to whether we would ever be allowed in to retrieve the gear. However, late last year we were able to get into our equipment shed at QEII, so we do have all our gear back, undamaged.

With the uncertainty of suitable venues and with the expectation of the up-grade to Rawhiti starting in August, we delayed our opening meeting until late October. We were able to use Rawhiti Domain, but all planned meetings to be held at Hansen Park could not go ahead there and instead we used the Burnside High School facilities for two of our pre-Christmas meetings. Not ideal, but we did the best we could, given what has happened re: earthquakes.

With no all-weather track in Christchurch, several inter-club meetings throughout the season were held in Timaru. A small number of our members made the trip south to compete at these meetings. Similarly, a slightly bigger group than usual went to the North Island Track & Field Championships in Wellington. At the South Island Championships, CMA was well represented. A full copy of the results to both these meetings can be found on our CMA website.

In late March, several athletes also attended the West Coast Track & Field Championships in Greymouth, but as yet I have not seen any results.

The winter season is upon us now and a select few CMA members race regularly. Full results are available on the Athletics Canterbury website.

2011 / 2012 Registration Details:

This year the membership numbers have fallen from 160 (2010), 131 (2011) to 110 members in (2012). We are an aging population and the

younger masters athletes are just not around. This will be an on-going problem as there appears to be virtually no senior athletes competing on the track in Canterbury!!

Of the 110 current members, only about 40 competed in the various CMA 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 and our new website.

I ask all members to 'spread' the word amongst fellow non-CMA club athletes and encourage them to join CMA and give track & field a go.

CMA Organised Track & Field Meetings:

During the early part of the season, non-registered club CMA members were able to compete at Athletics Canterbury interclub meetings. Very few of our athletes take up these opportunities apart from the club registered CMA members.

Unfortunately, the number of athletes attending our own CMA meetings is not great. There is a regular group of throwers, but often only a handful of runners. Exactly why the numbers are down is unknown. Perhaps not having QEII may have put some of the runners off, but I would appreciate some feedback from you, as to how we can improve the CMA run meetings so that more athletes attend. These are an important part of belonging to CMA. I look forward to your suggestions. .

Thank you to the regular 'attendees' both competitors and helpers, who make running the meeting worthwhile.

CMA Championship Review:

With the destruction of QEII, we had the choice of going to Timaru or using Rawhiti Domain as the venue for the CMA Championships. We stayed in town and used Rawhiti Domain.

Last year we trialled a new programme for our championship day and once again we used the same programme on February 19th 2012. This included starting the meeting at 11:00 a.m. thus avoiding the 'cold' early morning start. We also ran the pentathlon events in the correct order. The meeting finished with a BBQ, well attended by most competitors and several officials.

As always, greater numbers in the field event meant officials working in that area were kept busy all day. I would particularly like to thank Merle Grayburn, Pat Leech, Anne Davison and officials from Athletics Canterbury who gave of their time to help.

Records:

I would like to remind athletes, that it is your responsibility to collect the appropriate documentation at interclub or CMA meetings or advise a committee member if you know you have broken a record at a Championship event. If you are not sure of the requirement, please ask someone on the committee.

Bryan Kerr continues to be the 'keeper' of the records. While this may appear straight forward, it often involves searching the results from the South Island, North Island, CMA and NZMA Championship events, looking at CMA performances that are possibly new best performances or records, which is a very time consuming job.

On behalf of all CMA members, I would like to thank Bryan for the long hours he puts in to ensure our records are kept up-to-date.

CMA Committee:

As President of CMA, I am fortunate to be surrounded by experienced committee members, who are fully involved in the sport for many years and are always willing to pass on their knowledge.

Bernadette Jago has taken over the roll of secretary from Diane Carter. She is always the secretary of the Athletics Canterbury Cross Country and Road Committee and assists with the race enters / electronic 'chip' timing system using Sportscore for road and cross-country races.

Kevin Jago is President and Chairperson of Athletics Canterbury and on the Cross Country and Road Committee, plus is the organiser of several races throughout the season, such as the Tai Tapu Half & Quarter Marathon.

Andrew Reese is Secretary / Treasurer of the Athletics Canterbury and the Track & Field Committee and has is now on the committee.

Tony McManus was elected treasurer this year. He would argue he was 'forced' into the job, however he has the skills to do the job well. Tony is involved with the International T & F Meeting as well as being on the New Brighton Olympic Transitional committee as the two clubs merge.

Allan Gardiner has been the CMA representative on the Athletics Canterbury Cross Country and Road Committee, a job he gave up this year. However, he can be seen at all Centre organised cross country races setting up the course.

Bev Church has been on the committee for several years and provides an important voice for the field event competitors. She is a regular attendee at CMA meetings and the organiser for the annual Trans Tasman Postal Throws Pentathlon, held during the month of August.

For myself, I am the CMA representative on the Athletics Canterbury Track & Field Committee with responsibility for the weekly programme. I am also involved with the formatting / printing of the summer, winter, children and AGM Athletics Canterbury booklets and I have helped out with electronic chip timing at cross country and road races. At this year's NZMA AGM I was elected vice-President of the NZMA Board, with responsibility for the New Zealand database. I am the editor of Cant-A-Long and designed our new website, plus I write the CMA news for Vetline.

If you are interested in becoming involved on the committee, please make it known to Bernadette Jago prior to the AGM or make sure you have someone there on the night who will nominate you. You do not have to have 'experience', but you do need to be keen and willing to get involved. I am looking for committee members who are not so involved in our areas of our sport so we can spread the work load. Please consider it!

Finances:

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

CMA donated \$5000 as our contribution to the redevelopment of Rawhiti Domain. Approximately nearly \$100,000 has been invested in the up-grade.

As we managed to recover all our gear from under the QEII stand, the expense of replacing the gear is no longer a concern.

We decided at the AGM to hold the CMA subscription at \$10.00 and for athletes to pay championship fees when our event is part of the usual Saturday Inter-club meeting as it helps to off-set what has been spent on the Rawhiti Domain up-grade.

This year we did not have to hire the venue for our CMA Championships, so nearly \$900 was saved there. The only on-going expenses throughout the year have been the website hosting fees, printing a reduced numbers of Cant-A-Longs or mini newsletters and the 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 50% for CMA members.

We have generated some income by providing officials for the Tai Tapu Half Marathon and from collecting CMA Championships and the Link Relays entry fees.

Cant-A-Long:

Since I have taken over this job ... or more

correctly, the late Bob Carter asked me to do it ... I have tried to make each issue as interesting as possible. However, it is a time consuming job and while I have repeatedly encouraged all CMA members to help out by contributing, I am often left doing most of it myself. However, there is a limit to how much one person can do, so please help where you can. Thank you to those who have contributed during the past year.

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 sending 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 last year.

CMA Track & Field Meetings:

Where have all the runners gone? An on-going concern that has been discussed at a recent committee meeting, is the reduced number of CMA members attending these meetings. This reduction may simply be a reflection of the present membership we have, which consists of many supporters rather than regular competitors. It could be that with all that has gone on re: earthquakes etc, that some members have just 'had enough' and that competing is in the too hard basket?? However, I am always looking to improve what we do offer. If there is anything that you as members would like at these meetings, please let us know, rather than just staying away.

CMA Members News:

At the 2011 AGM, Glen Watts was nominated, approved and became a life member of CMA as recognition for her years of service.

Earlier in the season John Dumergue moved to Waimate, Diane Carter moved back to Gisborne and Bruce McPhail moved to Tauranga.

Sadly, one of our regular attendees passed away just before Christmas. Bill Newton had been competing right up until his untimely death. A stroke and a heart attack on the same day, from which he never recovered.

Where to from here:

We do have a venue at Rawhiti Domain we can use. Hansen Park is in the process of being repaired, so it is possible that we can have some of our meeting there next season.

It is my intention to continue to offer regular opportunities for CMA members to get together to compete or gather socially, provided it is your wish as well. For several members, these meetings are an important part of their training and an opportunity for a social outing, so I would not like to see them disappear. However, the exact format of these 'gatherings' is up for discussion at the AGM. Your ideas are welcome.

It is clear that QEII cannot be repaired and a replacement facility is what we are all hoping for. The '**Greater Christchurch Spaces and Places Draft Plan**' prepared by the CCC has just been released (30/3/2012) and is up for discussion. A copy of this plan is available on our website. In the plan it talks about building a new track & field facility within the next 1 to 3 years. There is no indication where, but it will not be on the old QEII site. In the 10+ year plan, a second 4 lane track will be built. It is a start, so at least it looks like Christchurch will one day have an all-weather track again.

Finally, to all CMA members. I thank you for the support I have received from many of you during the past year. For many of us, being a member of CMA is an important part of our lives. During the year I sometimes hear about members who are facing difficult times and this information is discreetly passed around so that the appropriate support can be given. If you know of someone who is having a difficult time, please let someone on the committee know.

I appreciate that many of you still face uncertain times, as a result of the earthquakes. I'm not sure exactly what we as a group, i.e. your committee and the wider CMA group can do to help, but talking to others and maintaining 'normal' routines can help when coping with stress, as we all adjust to our 'new normal'.

Perhaps training or competing may not seem that important, but I urge you to keep doing 'something' and I look forward to seeing you during the 2012 - 2013 season.

I wish you well for the season ahead.

Andrew Stark

CMA President



McIntosh Trophy

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

Lois Anderson



Maurice Cook & Max Wood Trophy

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

Max Wood



Philip Ross May Memorial Trophy

M45 800m

Joe Ford

Malcolm Fraser - Bruce McPhail Trophy

M45 400m

No award this season



Kernahan Trophy

M55 800m

Maurice Gough

Kernahan Trophy

M55 1500m

Maurice Gough



A.H.C. Jubilee Trophy

Women's 1500m

Loris Reed

Arthur & Merle Grayburn Trophy

Men's Pentathlon

No award this season



Canterbury Veteran's Trophy

Women's Pentathlon

Lyn Osmers (2731 pts)



Norman & Mary Hawke Trophy

M65+ Hammer

Best Performance using Age Percentages

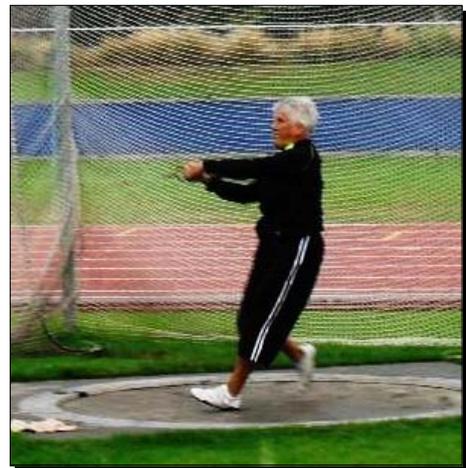
Dave Leech



Clarrie Gordon Trophy

M70+ 10000m (CMA Championships)

Stan Gawler



**Women's Throws
Pentathlon Trophy**

Glen Watts



Walker of the Year Award

Ann Henderson



Grayburn Trophy

Men's Throws Pentathlon

Richard Davison

CMA 2011 - 2012 Results

The 2011 - 2012 track and field season go off to a good start, but not at Rawhiti Domain as planned. With all the 'red tape' required to start the up-grade to Rawhiti, all track & field meetings were held at Burnside High School, the home of the Christchurch Avon Athletics Club.

Inter-Club @ BHS: Saturday 15/10/2011

600m		Result
M50	Andrew Stark	1:31.20
1200m		
M50	Andrew Stark	3:22.52
2000m		
M40	Malcolm Cornelius	7:10.82
Javelin		
W50	Lyn Osmers	22.67m

Inter-Club @ BHS: Saturday 22/10/2011

800m		
M40	Malcolm Cornelius	2:27.46
M50	Andrew Stark	2:10.69
1500m		
M40	Malcolm Cornelius	4:55.12
M55	Michael Kelly	5:32.40
Shot Put		
W60	Bev Church	6.73m
Javelin		
W50	Lyn Osmers	22.28m
W60	Bev Church	18.08m

CMA @ Rawhiti: Wednesday 26/10/2011

The first CMA meeting for the season was held at Rawhiti Domain in cold conditions, not what we expected in October.

Following the meeting we had a social gathering, warmed up with a cup a tea or coffee.



Start of the 1200m.
Anyone would think they don't trust the time keepers?

60m		Result
M55	Georg Ludwig	8.68
100m		
M55	Georg Ludwig	14.0
400m		
M55	Georg Ludwig	65.6
M65	Greg Harney	68.2
M65	John Dumergue	1:20.8
1200m		
W70	Carol Thompson	6:21.0
M55	Maurice Gough	4:53.4
M65	Neville Reid	4:56.0
M65	Jos Galavazi	5:39.7
M70	John Eastmond	6:21.6
Discus		
W60	Bev Church	19.13m
W60	Loris Reed	17.54m
W60	Alison Wright	13.86m
W60	Diane Carter	10.36m
W65	Lois Anderson	13.78m
W70	Barbara Bird	14.36m
W70	Gwyn Heseltine	10.47m
M60	Rick Davison	37.70m
M80	Bill Newton	19.50m
Shot Put		
W60	Bev Church	7.01m
W60	Alison Wright	5.29m
W60	Diane Carter	5.06m
W70	Barbara Bird	6.24m
W70	Gwyn Heseltine	5.02m
M60	Rick Davison	9.15m
M80	Bill Newton	8.64m



We all agreed it was cold!!!

Inter-Club @ Timaru: Saturday 29/10/2011

To ensure we do get the opportunity to compete on an all-weather track, athletes travelled south for the first meeting to be held in Timaru organised by Athletics Canterbury.

	400m	Result
W45	Louise Martin	66.23
M50	Andrew Stark	57.27
<hr/>		
	1500m	
M50	Andrew Stark	4:21.01
<hr/>		
	2000m Steeplechase	
M70	Walter Hume	9:41.04
<hr/>		
	Discus	
M60	Rick Davison	37.32m
<hr/>		
	Hammer Throw	
M60	Rick Davison	39.01m

Inter-Club @ BHS: Saturday 5/11/2011

	200m	Result
W45	Louise Martin	30.46
<hr/>		
	400m	
W45	Louise Martin	69.01
<hr/>		
	800m	
M40	Malcolm Cornelius	2:20.31
M60	John Mulvaney	3:06.66
M45	Kevin Slattery	2:32.56
<hr/>		
	1500m	
M60	Tony McManus	4:43.52
<hr/>		
	Shot Put	
W50	Lyn Osmer	8.05m

Inter-Club @ BHS: Saturday 12/11/2011

Cancelled due to wet weather. A first for many years!!

CMA @ Rawhiti: Sunday 13/11/2011

A good turn of the 'regulars'. The weather was fine ... for once!

	60m	Result
M55	Jeff Barnfield	8.4
M75	Max Wood	10.6
M80	Maurice Cook	17.6
<hr/>		
	200m	
W65	Lois Anderson	35.8
W65	Margaret Fraser	48.6
M40	Malcolm Cornelius	29.3
M55	Jeff Barnfield	28.0
M75	Bob Heseltine	48.6
M75	Max Wood	36.7
<hr/>		
	800m	
W60	Margaret Flanagan	3:21.8
W70	Coral Thompson	3:55.2
M40	Malcolm Cornelius	2:25.4
M60	John Mulvaney	3:09.8
M65	Dave Kennedy	3:14.6
<hr/>		
	2000m	
W60	Margaret Flanagan	8:52.1
M40	Malcolm Cornelius	7:53.0
M60	John Mulvaney	9:49.7
M65	Dave Kennedy	8:49.4
M65	Jos Galavazi	9:39.0
M75	Brian Keown	12:17.3
M80	Stan Gawler	11:16.3
<hr/>		
	Shot Put	
W50	Lyn Osmer	9.78m
W55	Birgit Steltner	6.51m
W65	Lois Anderson	7.47m
W70	Barbara Bird	6.69m
W70	Gwyn Heseltine	5.23m
M60	Rick Davison	9.05m
M75	Trevor Preece	4.12m
M80	Bill Newton	9.41m
M80	Dave Leech	6.95m
<hr/>		
	Javelin	
W30	Andrea Cattermole	15.22m
W50	Lyn Osmer	27.95m
W55	Birgit Steltner	15.12m
W65	Lois Anderson	15.05m
W70	Gwyn Heseltine	7.90m
W70	Barbara Bird	18.91m
M60	Rick Davison	32.65m
M80	Bill Newton	22.58m

Inter-Club @ Timaru: Saturday 19/11/2011**CMA @ BHS: Tuesday 29/11/2011**

One senior athlete turned up to run the Canterbury 10000m Championships. Without the CMA runners, there would not have been a race.

CMA 10000m Champs		Result
W70	Carol Thompson	58:20.18
M45	Kevin Slattery	44:34.17
M50	C Kitchingman	39:33.15
M60	Peter Larkin	38:48.91
M60	Brian Chubbin	58:53.80
M80	Brian Keown	65:14.88
M80	Stan Gawler	60:55.84

1500m		Result
M40	Malcolm Cornelius	5:00.41

Shot Put		Result
W50	Lyn Osmer	8.99m

Javelin		Result
W50	Lyn Osmer	29.05m

CMA @ BHS: Tuesday 22/11/2011

60m		Result
W50	Lyn Osmer	9.7
M70	Bruce McPhail	9.6

1500m		Result
W60	Margaret Flanagan	6:37.5
M55	Kevin Prendergast	8:45.0
M60	John Mulvaney	6:37.1
M75	Brian Keown	9:22.5

Long Jump		Result
W55	Birgit Steltner	3.21m
W65	Lois Anderson	3.07m

Triple Jump		Result
W55	Birgit Steltner	6.75m
W65	Lois Anderson	6.80m

Inter-Club @ Timaru: Saturday 26/11/2011

800m		Result
M40	Malcolm Cornelius	2:16.48

3000m		Result
M60	Peter Larkin	11:14.92
M70	Walter Hume	13:39.06

Discus		Result
M60	Rick Davison	31.26m

Javelin		Result
M60	Rick Davison	29.86m

Hammer Throw		Result
M60	Rick Davison	37.39m

60m		Result
W45	Penny Reid	10.1
W50	Lyn Osmer	9.6
W55	Birgit Steltner	10.6
M55	Maurice Gough	10.8
M70	Bruce McPhail	9.6
M80	Colin O'Brien	10.9
M80	Maurice Cook	16.8

1500m Walk		Result
W70	Ann Henderson	11:31.8

800m		Result
M55	Maurice Gough	3:07.4
M60	John Mulvaney	3:11.0
M65	Dave Kennedy	3:11.0

2000m		Result
M55	Maurice Gough	9:20.7
M60	John Mulvaney	9:50.6
M65	Dave Kennedy	8:53.8

Discus		Result
W60	Bev Church	20.01m
W65	Lyn Donaldson	13.29m
W70	Barbara Bird	13.95m
M60	Rick Davison	36.92m

Shot Put		Result
W55	Birgit Steltner	6.30m
W60	Bev Church	6.95m
W65	Lois Anderson	6.58m
W65	Lyn Donaldson	5.76m
M60	Rick Davison	9.32m

Inter-Club @ BHS: Saturday 3/12/2011

800m		Result
M60	Tony McManus	2:24.0
M60	John Mulvaney	3:07.0

1500m		Result
M45	D Hoolahan	4:36.24

3000m		Result
M60	Peter Larkin	11:37.37

Shot Put		Result
W50	Lyn Osmer	9.11m

Javelin		Result
W50	Lyn Osmer	28.7m

CMA @ Rawhiti: Wednesday 14/12/2011

The Christmas Break-up Meeting was held in cold and wet conditions. Most of those who attended were content to just have a 'chat', join in the quiz and enjoy the supper.

Prizes for the quiz were donated by The Shoe Clinic and organised by Tony McManus. At this meeting we farewell Diane Carter who has moved back to Gisboure and Bruce McPhail who moved to the north island.

	400m	Result
W70	Carol Thomson	1:52.2
	1500m	
W55	Bernadette Jago	6:24.3
W60	Margaret Flanagan	6:32.5
W60	Loris Reed	7:04.5
M60	John Mulvaney	6:32.5

Inter-Club @ BHS: Saturday 17/12/2011

The same group of dedicated distance CMA runner once again circled the Burnside High track to contest the 5000m Championships.

	100m	Result
W50	Lyn Osmers	16.2
	Shot Put	
W50	Lyn Osmers	8.16m
	High Jump	
W50	Lyn Osmers	1.35m
	CMA 5000m Champs	
W70	Carol Thompson	19:30.64
M55	Mike Van der Colk	21:01.65
M60	Peter Larkin	19:30.64
M60	Iain Chinnery	20:49.39
M60	John Mulvaney	26:12.17
M60	Brian Chubbin	26:21.79
M70	Eric Saxby	26:12.17
M80	Brian Keown	30:48.86
M80	Stan Gawler	31:11.10



"Prepare for competition!" - 5000m race



Inter-Club @ Timaru: Saturday 7/1/2012

		Result
100m		
M70	Malcolm Fraser	15.06
M45	W Doyle	13.38
200m		
M70	Malcolm Fraser	31.62
M70	R Munro	36.06
400m		
W65	Margaret Fraser	1:42.30
800m		
M70	Malcolm Fraser	3:04.38
1 mile		
M40	Malcolm Cornelius	5:17.68
3000m		
W55	Margaret Flanagan	13:10.98
M60	John Mulvaney	14:08.03
M50	C Kitchingman	10:47.07
Discus		
M45	W Doyle	2.54m
Javelin		
M45	W Doyle	43.68m
Hammer Throw		
M45	W Doyle	27.99m

Inter-Club @ Rawhiti: Saturday 14/1/2012

After weeks of delay, Rawhiti Domain is finally ready for use. The new throwing circles, long jump, high jump and javelin run-ups have been completed. Electronic timing is in place. As yet no equipment shed is built, but progress has been made!!



Andrew Stark about to 'pouce' before going on to win the 1500m.



Andrew Stark (3rd from right) & Tony McManus (far right) compete in the inter-club 800m.

		Result
800m		
M50	Andrew Stark	2:08.46
M60	Tony McManus	2:27.32
M60	John Mulvaney	3:04.92
1500m		
M50	Andrew Stark	4:23.82
Shot Put		
W50	Lyn Osmers	9.64m
M60	Rick Davison	9.12m
Discus		
M60	Rick Davison	36.09m
Javelin		
W50	Lyn Osmers	30.48m
M60	Rick Davison	33.99m
CMA 3000m Champs		
W60	Margaret Flanagan	13:40.8h
M45	Darren Hoolahan	9:39.58
M45	Ronnie Thomas	10:30.1h
M45	Dave Collie	10:38.8h
M45	Malcolm Cornelius	11:06.3h
M50	Anthony Rogal	10:33.8h
M50	Clive Kitchingman	11:08.0h
M60	Peter Larkin	11:26.7h
M60	Iain Chinnery	12:05.3h
M60	Brian Chubbin	14:39.4h
M60	John Mulvaney	16:46.2
M65	Michael Bond	12:25.7h
M65	John Shivas	12:59.7h
M65	Jos Galavazi	14:46.9h
M65	Alan Gardiner	19:00.5
M70	Eric Saxby	15:30.6
M80	Stan Gawler	17:24.6
M80	Brian Keown	18:02.3

CMA 3000m championships. ➡

CMA @ Rawhiti: Wednesday 18/01/2012

The usual 'gang' turn up

**60m**

		Result
W17	Jacqui Barnfield	10.3
W45	Louise Martin	9.4
W45	Penny Reid	9.5
W50	Lyn Osmer	9.5
W55	Birgit Steltner	10.5
M55	Jeff Barnfield	8.6
M55	Kevin Prendergast	12.3
M65	Alan Gardiner	10.5
M80	Maurice Cook	17.3

100m

W17	Jacqui Barnfield	16.7
W45	Louise Martin	15.1
W45	Penny Reid	15.2
W50	Lyn Osmer	16.2
W55	Birgit Steltner	17.0
M55	Jeff Barnfield	13.5
M55	Maurice Gough	16.5
M65	Alan Gardiner	17.0

200m

W45	Louise Martin	32.8
M50	Andrew Stark	31.1
M60	John Mulvaney	37.7

300m

W45	Louise Martin	51.6
W60	Margaret Flanagan	67.0
M50	Andrew Stark	51.6
M55	Jeff Barnfield	47.5
M55	Maurice Gough	71.8
M60	John Mulvaney	61.7
M80	Maurice Cook	65.5

1500m

W55	Margaret Flanagan	6:30.2
M55	Kevin Prendergast	7:44.0
M55	Maurice Gough	6:21.8
M60	Clive Linton	6:23.5
M60	John Mulvaney	6:24.9
M65	Alan Gardiner	8:55.6
M75	Brian Keown	8:41.8

	Discus	Result
W60	Bev Church	18.74m
W65	Diane Underwood	12.30m
W65	Alison Wright	14.22m
W70	Barbara Bird	13.67m
W70	Gwyn Heseltine	10.38m
W75	Iris Bishop	12.07m
M60	Rick Davison	38.29m
M65	Barry Wright	11.08m
M75	Trevor Preece	9.86m

	Javelin	Result
W60	Bev Church	15.70m
W65	Alison Wright	12.72m
W70	Barbara Bird	17.10m
W70	Gwyn Heseltine	7.68m
W75	Iris Bishop	9.68m
M60	Rick Davison	31.80m



Beautiful technique shown by Michael Bond. Unfortunately over the next hurdle he 'blacked' out, tripped and hit the ground HARD and ended up in Timaru hospital ...



Kevin Prendergast retained his title. No need for a bath tonight!



Malcolm Cornelius in the 800m.

Inter-Club @ Timaru: Saturday 21/01/2012

	100m	Result
W45	Louise Martin	5.25
	200m	Result
W45	Louise Martin	31.47
	400m	Result
W45	Louise Martin	69.56
	800m	Result
M40	Malcolm Cornelius	2:24.37
M60	John Mulvaney	3:03.38
	1500m	Result
M60	Tony McManus	4:34.89
M50	C Kitchingman	5:13.91
CMA 2000m Steeplechase Championships		
M60	Iain Chinnery	8:48.92
M65	Michael Bond	DNF
CMA 3000m Steeplechase Championships		
M55	Kevin Prendergast	17:58.62



Iain Chinnery negotiates the water jump on the 1st lap of the 2000m steeplechase.

Inter-Club @ Rawhiti: Saturday 28/01/2012

	800m	Result
M45	D Hoolahan	2:12.61
M40	Malcolm Cornelius	2:27.10
	1500m	Result
M40	Malcolm Cornelius	4:57.24
M60	Tony McManus	4:39.21
M60	John Mulvaney	6:21.19
M50	C Kitchingman	5:12.03
	Shot Put	Result
W50	Lyn Osmer	10.27m
	Javelin	Result
W50	Lyn Osmer	30.86m
	Long Jump	Result
W50	Lyn Osmer	3.70m

CMA @ Rawhiti: Sunday 29/01/2012

In rather cool condition, several of our members used this meeting as their final preparations before going to the Oceania Championships in Tauranga.

60m		Result
W45	Penny Reid	9.5
W55	Birgit Steltner	10.3
W60	Loris Reed	11.1
M55	Jeff Barnfield	8.2
M55	Georg Ludwig	8.3
M60	John Mulvaney	10.4
M65	Greg Harney	8.4
M65	John Waite	13.3
M75	Max Wood	10.6
M80	Maurice Cook	16.7
M80	Colin O'Brien	11.1

100m		Result
W45	Penny Reid	15.3
W55	Birgit Steltner	17.4
W65	Lois Anderson	18.7
M55	Georg Ludwig	14.0
M65	Greg Harney	14.5
M65	John Waite	22.0
M75	Max Wood	17.0
M80	Colin O'Brien	18.6

200m		Result
W45	Louise Martin	32.9
W45	Penny Reid	33.3
M55	Jeff Barnfield	28.6
M55	Georg Ludwig	29.0
M65	Greg Harney	31.2
M75	Bob Heseltine	49.5
M75	Max Wood	37.1
M80	Stan Gawler	50.0

800m		Result
W45	Louise Martin	3:02.4
W60	Loris Reed	3:06.8
W60	Margaret Flanagan	3:17.8
W65	Margaret Fraser	4:27.3
W70	Coral Thompson	4:29.6
M60	John Mulvaney	3:08.4
M65	John Waite	DNF

2000m		Result
W60	Margaret Flanagan	8:55.8
M55	Kevin Prendergast	10:13.6
M60	John Mulvaney	9:38.9
M65	Jos Galavazi	9:49.2
M65	Greg Harney	8:05.5

Discus

W60	Loris Reed	18.98m
W70	Barbara Bird	14.33m
W70	Gwyn Heseltine	10.24m
M60	Rick Davison	37.88m
M70	Brian Senior	34.83m
M70	Alan Hunter	15.55m
M80	Colin O'Brien	16.83m
M80	Dave Leech	16.70m

Hammer

W55	Birgit Steltner	18.09m
W70	Barbara Bird	16.49m
W70	Gwyn Heseltine	16.76m
M60	Rick Davison	41.63m
M70	Brian Senior	36.37m
M70	Alan Hunter	17.31m
M80	Dave Leech	20.14m

Inter-Club @ Rawhiti: Saturday 11/02/2012

800m		Result
M50	Joe Ford	2:11.13

1500m		Result
W55	Margaret Flanagan	6:13.32
M60	Tony McManus	4:33.93
M60	John Mulvaney	6:17.31
M50	C Kitchingman	5:06.82

Shot Put		Result
M45	Wayne Doyle	11.04m

Discus		Result
M45	Wayne Doyle	31.74m

Pole Vault		Result
M45	Wayne Doyle	2.50m

Inter-Club @ Rawhiti: Saturday 18/02/2012

800m		Time
M45	Darren Hoolahan	2:10.96



New equipment shed at Rawhiti Domain takes shape.

CMA Championships @ Rawhiti: Sunday 19/01/2012

As per usual, the day started out cold and wet, which seems to have been our luck this season. We were due to share Rawhiti Domain with the children's section of the New Brighton Olympic Club. However, they cancelled their meeting and we had the place to ourselves. Fortunately the weather improved.

Overall competitor numbers were down, which is disappointing. Following the meeting we had a BBQ.

60m		Result
W45	Louise Martin	9.00
	Penny Reid	9.30
W55	Birgit Steltner	11.20
W65	Lois Anderson	10.40
M50	Alan Wilkie	9.20
M55	Jeff Barnfield	8.60
M60	Greg Harney	9.30
	John Mulvaney	10.60
M75	Max Wood	10.40
M80	Colin O'Brien	11.70
M85	Maurice Cook	16.80

100m		Result
W45	Louise Martin	14.70
	Penny Reid	15.50
W50	Lyn Osmer	15.70
W55	Birgit Steltner	17.60
W60	Loris Reed	18.80
W65	Lois Anderson	17.40
M50	Alan Wilkie	14.20
M55	Jeff Barnfield	13.50
M60	Greg Harney	14.60
M75	Max Wood	16.90
M80	Colin O'Brien	18.60
M85	Maurice Cook	28.40

200m		Result
W45	Louise Martin	30.80
W65	Lois Anderson	37.70
M55	Tom Reihana	32.40
	Maurice Gough	35.20
M60	Greg Harney	33.00
	John Mulvaney	36.70
M65	Allan Gardiner	46.60
M75	Max Wood	37.00
	Robert Heseltine	44.20
M80	Colin O'Brien	45.40

300m		Result
W70	Carol Thompson	1:15.30
M60	John Mulvaney	58.30
M65	Allan Gardiner	1:21.00
M75	Max Wood	1:05.40
	Robert Heseltine	1:17.60

400m		Result
M55	George Ludwig	1:06.80
M60	Greg Harney	1:14.20
	Iain Chinnery	1:15.20
M65	Michael Bond	1:17.50
M80	Brian Keown	2:05.10

800m		Result
W50	Lyn Osmer	3:59.00
W55	Birgit Steltner	4:05.20
W60	Loris Reed	3:07.60
	Margaret Flanagan	3:11.30
W65	Lois Anderson	3:56.20
W70	Carol Thompson	4:00.90
M45	Malcolm Cornelius	2:20.50
M50	Joe Ford	2:17.30
	Alan Wilkie	2:43.40
M55	Gough Maurice	2:59.80
	Tom Reihana	3:14.20
	Kevin Prendergast	3:42.40
M60	Greg Harney	2:38.70
	Iain Chinnery	2:50.70
	John Mulvaney	3:08.90
M65	Michael Bond	2:58.40
	Allan Gardiner	4:04.00
M75	Robert Heseltine	4:37.60
M80	Stan Gawler	4:09.70
	Brian Keown	4:26.70

1500m		Result
W60	Loris Reed	6:09.00
	Margaret Flanagan	6:15.70
W70	Carol Thompson	8:07.90
M55	Maurice Gough	6:10.30
	Tom Reihana	6:48.10
	Kevin Prendergast	7:43.80
M60	Iain Chinnery	5:49.70
	John Mulvaney	6:49.90
	Brian Chubbin	7:02.10
M65	Dave Kennedy	6:36.03
	Jos Galavazi	7:13.80
	Allan Gardiner	8:19.50
M80	Stan Gawler	8:32.60
	Brian Keown	8:48.10

3000m Track Walk		Result
M75	Eric Saxby	21:50.30
W70	Ann Henderson	22:26.00

Long Jump		Result
W50	Lyn Osmer	4.16m
W55	Birgit Steltner	3.20m
W60	Loris Reed	2.54m
W65	Lois Anderson	3.08m
M40	Jonathon Black	3.54m
M70	Alan Hunter	1.68m
M80	Colin O'Brien	2.54m
High Jump		
W55	Birgit Steltner	1.05m
M55	George Ludwig	1.38m
M70	Alan Hunter	0.90m
M80	Colin O'Brien	1.05m
Triple Jump		
W55	Birgit Steltner	6.90m
W65	Lois Anderson	6.85m
Shot Put		
W50	Lyn Osmer	10.38m
W55	Birgit Steltner	6.49m
W60	Bev Church	6.81m
	Loris Reed	6.40m
W65	Lois Anderson	7.44m
	Lynn Donaldson	6.15m
	Alison Wright	5.57m
	Diane Underwood	5.47m
W70	Bird Barbara	6.46m
	Gwyn Heseltine	4.98m
W75	Iris Bishop	5.20m
M50	Keith Barrow	12.21m
M60	Rick Davison	10.22m
M70	Alan Hunter	6.48m
M75	Trevor Preece	3.84m
M80	Dave Leech	6.27m
Discus Throw		
W60	Bev Church	18.45m
	Loris Reed	18.04m
W65	Lynn Donaldson	13.33m
	Alison Wright	12.21m
	Diane Underwood	12.14m
W70	Bird Barbara	14.25m
	Gwyn Heseltine	10.33m
W75	Iris Bishop	12.66m
M50	Keith Barrow	32.83m
M60	Rick Davison	39.18m
M70	Alan Hunter	16.92m
M75	Trevor Preece	9.89m
M80	Dave Leech	16.18m

Javelin Throw		Result
W50	Lyn Osmer	29.55m
W55	Birgit Steltner	12.76m
W60	Loris Reed	16.82m
	Bev Church	15.31m
W65	Lynn Donaldson	15.14m
	Lois Anderson	15.09m
	Diane Underwood	12.98m
	Alison Wright	12.74m
W70	Bird Barbara	18.12m
	Gwyn Heseltine	8.35m
W75	Iris Bishop	9.93m
M45	Kevin Slattery	33.58m
M55	George Ludwig	29.68m
	Tom Reihana	24.80m
M60	Rick Davison	30.61m
	Greg Harney	25.40m
M70	Alan Hunter	12.75m
M75	Trevor Preece	8.75m
M80	Colin O'Brien	15.70m
Hammer Throw		
W60	Bev Church	23.76m
W65	Lynn Donaldson	18.90m
	Alison Wright	17.01m
	Diane Underwood	12.59m
W70	Gwyn Heseltine	16.87m
	Bird Barbara	16.47m
W75	Iris Bishop	17.02m
M60	Rick Davison	42.82m
M70	Alan Hunter	16.42m
M80	Dave Leech	20.71m
Weight Throw		
W55	Birgit Steltner	7.36m
W60	Bev Church	8.16m
	Loris Reed	7.84m
W65	Lynn Donaldson	8.88m
	Alison Wright	7.89m
	Diane Underwood	6.64m
W70	Gwyn Heseltine	6.19m
	Bird Barbara	5.96m
W75	Iris Bishop	5.95m
M60	Rick Davison	15.78m
M70	Alan Hunter	7.37m
M80	Dave Leech	8.85m

CMA Pentathlon Championships		100m	Shot	Long Jump	Javelin	800s	Total
		Seconds	Centrimetres			Seconds	
Lyn Osmers	W50	15.94	10.38	416	29.55	239.14	
		589	733	617	645	147	2731
Birgit Steltner	W55	17.84	6.4	320	12.26	245.34	
		436	449	374	247	178	1684
Loris Reed	W60	19.04	6.4	254	16.82	187.74	
		390	503	231	399	727	2250
Lois Anderson	W65	17.64	6.84	308	15.09	236.34	
		645	618	503	402	428	2596



CMA @ Rawhiti: Wednesday 21/03/2012

Another cold evening confronted the hardy soles that turned up for "Max's Night", the final CMA track & field meeting for the 2011 - 2012 season.

Following the meeting, we had a shared supper and a quiz organised by Max & Pam Wood. The evening concluded with an interesting talk from Dave Kennedy about his mountain climbing experiences in Argentina.

Earlier in the month, Dave Leech had his 85th birthday and he celebrated this milestone by breaking two long standing throwing records, the hammer and weight throws. Well done Dave.

	60m	Result
W45	Penny Reid	9.7
W55	Birgit Steltner	10.5
M60	John Mulvaney	10.0
M75	Max Wood	10.4
100m		
W45	Penny Reid	15.4
W50	Lyn Osmers	16.1
W55	Birgit Steltner	17.3
M75	Max Wood	17.2
200m		
W45	Penny Reid	
M60	John Mulvaney	
M75	Max Wood	
800m		
W45	Louise Martin	2:51.4
W60	Margaret Flanagan	3:23.6
W70	Coral Thompson	4:11.3
M60	John Mulvaney	3:06.9
M65	Dave Kennedy	3:14.4
M65	Alan Gardiner	4:03.4
2000m		
W60	Margaret Flanagan	8:53.4
M65	Dave Kennedy	9:04.7
M65	Alan Gardiner	10:46.0
M80	Brian Keown	11:55.1

Hammer

	Result
W60	Bev Church 19.87m
W65	Alison Wright 16.20m
W70	Barbara Bird 15.50m
W70	Gwyn Heseltine 16.19m
M80	Dave Leech 20.19m

Weight Throw

W60	Bev Church 9.68m
W65	Alison Wright 8.01m
W70	Barbara Bird 5.57m
W70	Gwyn Heseltine 5.75m
M80	Dave Leech 9.09m

16th Oceania Masters Athletics Championships February 5th-12th 2012 Tauranga, Championships

The athletic championships had been on my training calendar for 18 months.

With the lack of an all-weather track I had to think back to the training that I did prior to the World championships in Brisbane where we all had to train on our own and stick to schedules so that there was no skimping on the work done.

Occasionally I was able to meet with other sprinters at The Village Green or on a Saturday morning Margaret, Birgit and Louise met with Max, Malcolm and Geoff at the small Christchurch Boys High running track. Often there was other sprinters and hurdlers using the small space and invariably going the other direction. When we were together someone could call starts and we sometimes attempted long jump though the pit was not forked over and thus rather dangerous for aged bodies.

It was always encouraging to do striding with others and even remind each other what stretches to help prevent injuries.

The Christmas break comes at a difficult time for us athletes so we had to limit the 'treats' to keep the body ticking over for those sprint races coming up. I write on a calendar beside my bed to show what striding I had been doing around the 'league'

CMA Throws Pentathlon Results: Rawhiti Domain, Sunday 25th March 2012

At last a perfect day and warm weather greeted a select group who participation in the final event for the season, the throw's pentathlon. Patricia Drayton made the trip south from Takaka which was good to see.

W50		Hammer	Shot	Discus	Javelin	Weight	Total
Lyn Osmers	NZ	20.11	10.60	21.95	26.90	7.07	
1st		403	751	440	579	393	2566
W60							
Beverley Church	NZ	25.39	6.74	18.95	16.18	9.01	
1st		689	537	467	381	548	2622
W65							
Lyn Donaldson	NZ	19.49	5.98	14.43	14.92	8.82	
1st		562	524	385	397	596	2464
Alison Wright	NZ	15.13	5.44	14.32	14.24	7.71	
2nd		402	466	381	375	506	2130
W70							
Glenn Watts	NZ	20.80	6.86	18.48	14.70	8.71	
1st		708	709	615	456	663	3151
Barbara Bird	NZ	15.38	6.11	14.26	18.74	4.93	
2nd		481	617	449	607	326	2480
Gwyn Heseltine	NZ	16.47	4.93	10.86	8.74	5.44	
3rd		527	473	319	237	370	1926
W75							
Patricia Drayton	NZ	20.60	6.74	13.00	10.38	10.38	
1st		737	684	425	357	846	3049
Iris Bishop	NZ	16.56	4.84	11.33	9.33	4.98	
2nd		560	455	358	312	344	2029

M60		Hammer	Shot	Discus	Javelin	Weight	Total
Rick Davison	NZ	43.61	9.32	38.20	32.66	15.83	
1st		793	584	677	532	821	3407
M70							
Brian Senior	NZ	37.16	10.07	30.50	21.02	13.33	
1st		779	701	644	375	746	3245
M85							
Dave Leech	NZ	19.79*	6.19	16.92	10.60	9.38 *	
1st		595	556	524	241	652	2568

* NEW records

grounds at Halswell. Depending on what way the wind was blowing at 9am or there about, depicted what stretch of the Domain I would use. Sometimes I could get some good sprinting done on the 'touch rugby' side line. Other days I used the side line of the 'league field' to do some 60 sprints. When it came to practicing the hurdles I used a variety of ways to simulate hurdling. Sometimes it was striding over sticks on the ground or hurdling from the asphalt onto the grass, jumping over the rope barrier. Near the date of flying to Tauranga I was able to practice on hurdles at Rawhiti Domain using the 'Mondo apron'.

As well as the local training I had 2 weeks at Woodend Victoria Australia in January.

There was a league ground near my daughter's house and I would jog over with my shoes in my hand . When we were out driving with some friends we scored a hammer head that was able to be

improvised as a shot put to keep that practice going.

All things considered I felt in good form but nervous of my three Australian ladies who would be my opposition in my three sprints.

I competed over 4 days and was glad of the rest day on Wednesday. My in-laws were surprised when I was ready for bed at 8pm and I took advantage of the local swimming pool on 3 days to sooth my sore muscles. I wish now that I had stayed for the relays as that is usually a great way to finish. My 6 medals are relegated to the bottom of the wardrobe along with a few others.

The small band organising the 'meet' did a great job and it is a huge credit to them that it went off so well.

Lois Anderson

CMA 2011 - 2012 Record Breakers

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

Patricia Drayton	W75	DOB: 8/9/1935			
Tauranga	5/02/2012	Throws Pentathlon	3056pts	-	CMA record New Weights & Age Factors
Tauranga	5/02/2012	Weight Throw	10.49m	87.20%	CMA record New Weight
Tauranga	5/02/2012	Shot Put	7.00m	78.04%	CMA & OMA New Wt
Tauranga	5/02/2012	Hammer Throw	22.73m	69.49%	CMA record New Weight
Iris Bishop	W75	DOB: 8/2/1935			
Timaru	4/12/2011	Throws Pentathlon	2086pts	-	CMA New Age Factors
Glen Watts	W70	18/4/1940			
Tahiti	10/07/2011	Throws Pentathlon	3350pts	-	CMA & NZMA
Timaru	3/12/2011	Shot Put	7.10m	68.40%	SIMC
Timaru	3/12/2011	Hammer Throw	25.75m	67.30%	SIMC
Tauranga	5/02/2012	60m	12.33	79.36%	CMA
Tauranga	5/02/2012	Discus Throw	19.10m	52.14%	CMA
Carol Thompson	W70	DOB: 23/9/1939			
BHS	20/08/2012	10000m	58:20.2	80.97%	CMA
Timaru	3/12/2011	400m	01:41.96	73.90%	CMA
Timaru	3/12/2011	800m	03:51.5	80.83%	SIMC
Timaru	3/12/2011	3000m	16:27.42	82.77%	CMA
Timaru	4/12/2011	5000m	27:37.83	84.18%	CMA
Rawhiti Domain	19/02/2012	300m	75.3 ht	67.16%	CMA
Barabara Bird	W70	DOB: 20/12/1939			
Timaru	3/12/2011	Javelin Throw	18.93m	59.27%	SIMC
Lois Anderson	W65	DOB: 23/7/1946			
Timaru	2/12/2011	60m	10.62	87.09%	SIMC BP
Timaru	2/12/2011	80m Hurdles	18.78	-	SIMC BP
Tauranga	5/02/2012	60m	10.33	89.53%	CMA
Tauranga	5/02/2012	80m Hurdles	18.44	-	= CMA & OMA
Rawhiti Domain	19/02/2012	Pentathlon	2596 pts	-	CMA
Shirley Rolston	W60	DOB: 8/2/1949			
Timaru	3/12/2011	3000m walk	20:46.8	70.73%	CMA
Lyn Osmer	W50	DOB: 12/6/1960			
Rawhiti Domain	29/01/2012	Triple Jump	8.56m	72.42%	CMA
Dave Leech	M85	DOB: 9/3/1927			
Rawhiti Domain	21/03/2012	Hammer	20.19m	64.87%	CMA BP
Rawhiti Domain	21/03/2012	Weight Throw	9.09m	65.55%	CMA
Rawhiti Domain	25/03/2012	Discus	16.92m	52.61%	CMA
Rawhiti Domain	25/03/2012	Weight Throw	9.38m	67.64%	CMA
Rawhiti Domain	25/03/2012	Shot Put	6.19m	58.48%	CMA
Rawhiti Domain	25/03/2012	Throws Pentathlon	2568pts	-	CMA

Maurice Cook	M85	DOB: 15/2/1926			
Timaru	2/12/2011	60m	16.33	58.79%	SIMC BP
Timaru	3/12/2011	100m	28.14	55.08%	SIMC BP
Timaru	3/12/2011	Shot Put	4.99m	47.14%	CMA BP
Stanley Gawler	M80	DOB: 8/8/1929			
Christchurch	22/08/2009	10K Road Run	56:51.0	81.08%	CMA & NZMA
Colin O'Brien	M80	DOB: 16/3/1931			
Rawhiti Domain	19/02/2012	High Jump	1.05m	77.56%	CMA
Bill Newton	M80	DOB: 10/11/1930			
Rawhiti	13-Nov-11	Shot Put	9.41m	75.29%	CMA
Timaru	3/12/2011	Javelin Throw	23.27m	50.09%	SIMC
Timaru	3/12/2011	High Jump	1.00m	75.06%	= CMA
Timaru	4/12/2011	Throws Pentathlon	3052pts		SIMC
Max Wood	M75	DOB: 11/3/1933			
Timaru	2/12/2011	60m	10.82	81.46%	SIMC New
Walter Hume	M70	DOB: 22/0/1939			
Timaru	2/12/2011	3000m	13:37.3	75.47%	SIMC
Malcolm Fraser	M70	DOB: 15/10/1939			
Timaru	2/12/2011	100m	15.13	84.09%	SIMC
Timaru	3/12/2011	200m	31.39	84.74%	SIMC
Bruce McPhail	M70	DOB: 26/1/1937			
Timaru	2/12/2011	60m	9.61	88.32%	SIMC New
Brian Senior	M70	DOB: 9/4/1940			
Timaru	4/12/2011	Throws Pentathlon	3377pts		SIMC
Tauranga	5/02/2012	Pole Vault	3.10m	91.66%	= CMA
Rawhiti Domain	29/01/2012	Discus Throw	34.83m	68.17%	CMA
Tony McManus	M60	DOB: 21/10/1949			
Timaru	8/01/2012	1 Mile	04:51.85	96.52%	CMA, NZMA & WMA
Dunedin	17/03/2012	3000m	09:42.97	95.51%	CMA, NZMA
Iain Chinnery	M60	DOB: 5/6/1950			
Timaru	3/12/2011	2000m Steeplechase	08:37.8	77.11%	SIMC
Jeff Barnfield	M55	DOB: 31/5/1954			
Timaru	2/12/2011	60m	8.53	88.85%	SIMC New
Keith Barrow	M50	DOB: 8/12/1960			
Timaru	3/12/2011	Shot Put	12.52m	62.10%	CMA
Tauranga	5/02/2012	Shot Put	12.56m	63.57%	CMA
Joe Ford	M50	DOB: 22/12/1961			
Timaru	2/12/2011	3000m	9.57.96	84.12%	SIMC
Andrew Stark	M50	DOB: 13/9/1957			
Timaru	3/12/2011	800m	2.04.49	96.61%	SIMC
Timaru	3/12/2011	1500m	4.16.67	94.72%	SIMC
Wayne Doyle	M45	DOB: 8/1/1964			
Tauranga	5/02/2012	Decathlon	5970pts		CMA (New Age Factors)

Important dates coming up

2011 Trans-Tasman Postal Throws Pentathlon: Sunday 26 August 2012 @ 10:00 a.m.

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

CMA AGM: Wednesday 24 August 2012 @ 7:30 p.m.

Port Hills Club Room see you there.

CMA Opening Day: Wednesday 17th October 2012 @ 6:15 p.m.

Mark this date on your calendar. Venue: Rawhiti Domain

Tai Tapu Half & Quarter Marathons: Sunday 4th November 2012 in Tai Tapu

This event is organised by Athletics Canterbury and CMA provide some officials, for which we get paid a donation
so we will need your help!

North Island Track & Field Championships:

Usually the last weekend in November. More details later

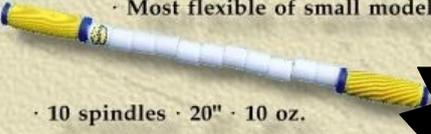
South Island Track & Field Championships:

Usually the first weekend in December. This year they are being held in Nelson.

CMA **Massage Stick Promotion** 
www.thestick.co.nz

\$62.50 + \$7.50 courier

SG-2000
Marathon Stick

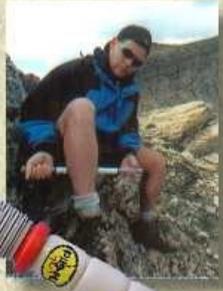


- Popularized by world class distance runners
- Most flexible of small models
- 10 spindles • 20" • 10 oz.

CMA Price
\$60.00
each
+
\$2.50 courier
(if required)

\$67.50 + \$7.50 courier

G-1900
Sprinter Stick



- Designed for well-developed legs
- Most rigid of short models
- 19" long • 9 spindles • 11 oz.

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