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Cant-A-Long

December 2012

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A note from the editor ... Andrew Stark

At the CMA AGM in August, it was decided that we will only have two Cant-A-Long issues per year April and December. This change has been brought about by the development of our own website and the shortage of written material for Cant-A-Long, other than a list of results.

I would be disappointed if this written record of our member's achievement was lost, however it does require us all to assist in it's production.

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



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

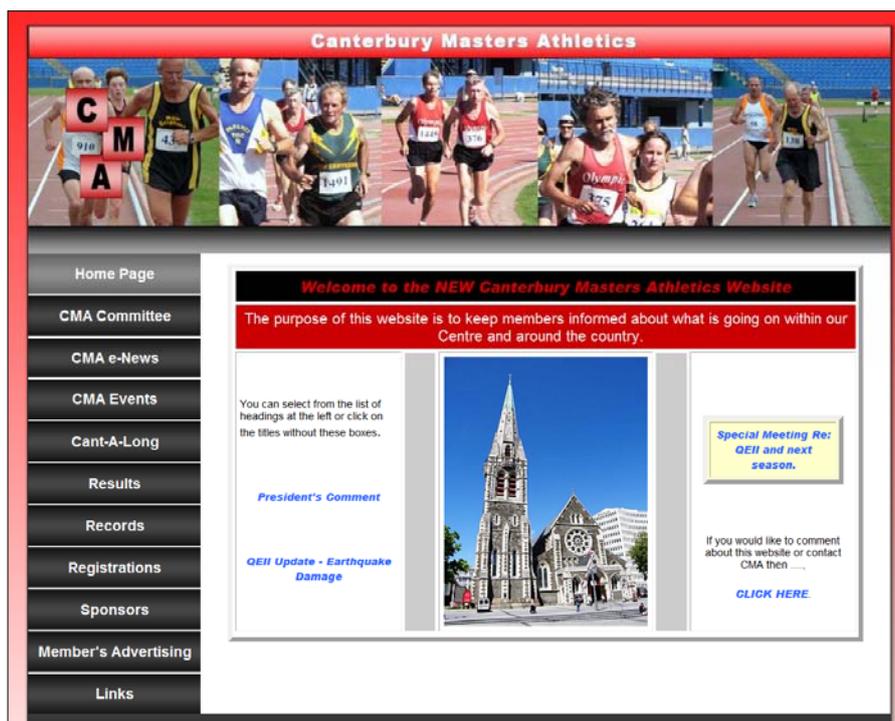
This website allows us to add new pages and make changes to all pages any time we like without being charged. You can register on-line as it has a built in database function. This allows us to have all information in a central place, allowing various members of the committee to access it. From within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

Website address: www.canterburymastersathletics.org.nz



The elected Committee of the CMA Inc for the 2012 / 2013 season

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Secretary:

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Kevin Prendergast Tel: 03 358 7760

Committee:

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Andrew Reese Tel: 03 332 3884

Carol Thompsom Tel: 03 384 4700

Cross-Country & Road Athletics Canterbury Centre Representative:

Kevin Jago Tel: 03 960 2457

Track & Field Athletics Canterbury Centre Representative:

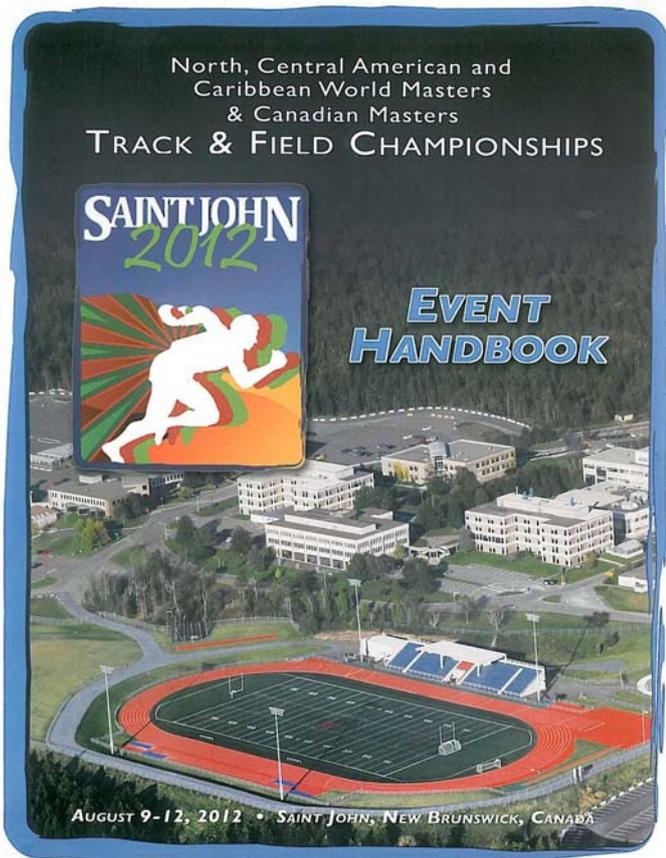
Andrew Stark

Uniform Officer:

Bev Church Tel: 03 388 5736

Cant-A-Long / Website Editor:

Andrew Stark



Anne and I left Christchurch on Sunday 5th August for a four week holiday in Canada, which included competing at the North, Central American and Caribbean World Masters Track and Field Championships, at Saint John in New Brunswick.

We flew Air Canada because they subsidised all those who were competing at Saint John. We left Christchurch at 7 a.m. heading for Vancouver via Sydney, where we arrived at 8.30 a.m. Sunday, local time. Once through customs and back on the same plane for the 9.30 a.m. flight to Toronto, arriving at 4 p.m. Toronto time – a distance of around 12,000 km and a number of time zones. Up again for the 7.10 a.m. shuttle to the airport and then the flight to St John. We arrived to find our luggage was still in Toronto (along with that of about 30 others) as the conveyor belt had broken down – if they had told us, I am sure we would have been happy to carry our own luggage to the plane for them to load it. However, it did arrive at our accommodation around 8.30 p.m. after a number of phone calls.

We stayed at Seely Bed and Breakfast which was owned by a couple who compete in triathlons.

Houses in this part of Canada were interesting as they have no fences between properties or house numbers. Also many of the older houses had flat roofs so when it snowed, the snow acted as insulation.

The Championships began Thursday at the New Brunswick University Stadium, the site of the 1985 Pan American Games and we were pleased to meet up with Don Chambers from Australia. 17 Countries were represented. The Government had funded the upgrading of all the equipment and track – it was great. As is now becoming common all the throwing events are being held outside the main stadium. In this case it wasn't too bad as the events could be seen from the grandstand and they also often had a person commentating over the loud speakers about the events. There were some very good throwers competing, a lot did personal bests coming off other competitions and being at the end of their season. For the record I competed in six events won four, placed third and fourth in the other two.

The officials were great and they went out of their way to help. This included when it was wet wiping the circle dry after every throw including the warm-ups. Also everything ran to time.

After this our holiday began. We joined a nine day tour of the Eastern Canadian cities of Montreal, Quebec, Toronto and Ottawa, the French part of Canada. Our understanding of French improved and our hand signals seemed to get understood!!

We were particularly surprised to find Montreal is built on an island. We had no idea there were so many lakes and water ways; huge barges travel up the canals; in fact the canals and lakes all connect to each other and if you wanted to, you can take your boat from Quebec to New Orleans and Florida in the USA – there are canals joining all the rivers and lakes into one vast water way.

From there we spent time in Edmonton where we visited Jumpstart Athletics who had provided all the athletic equipment at the Championships. While there we experienced one of Canada's electrical storms. It lasted for over three hours. From Edmonton we bussed to Jasper in the

This photo of forked lightning appeared in the local newspaper, Edmonton Journal, 23rd August 2012.



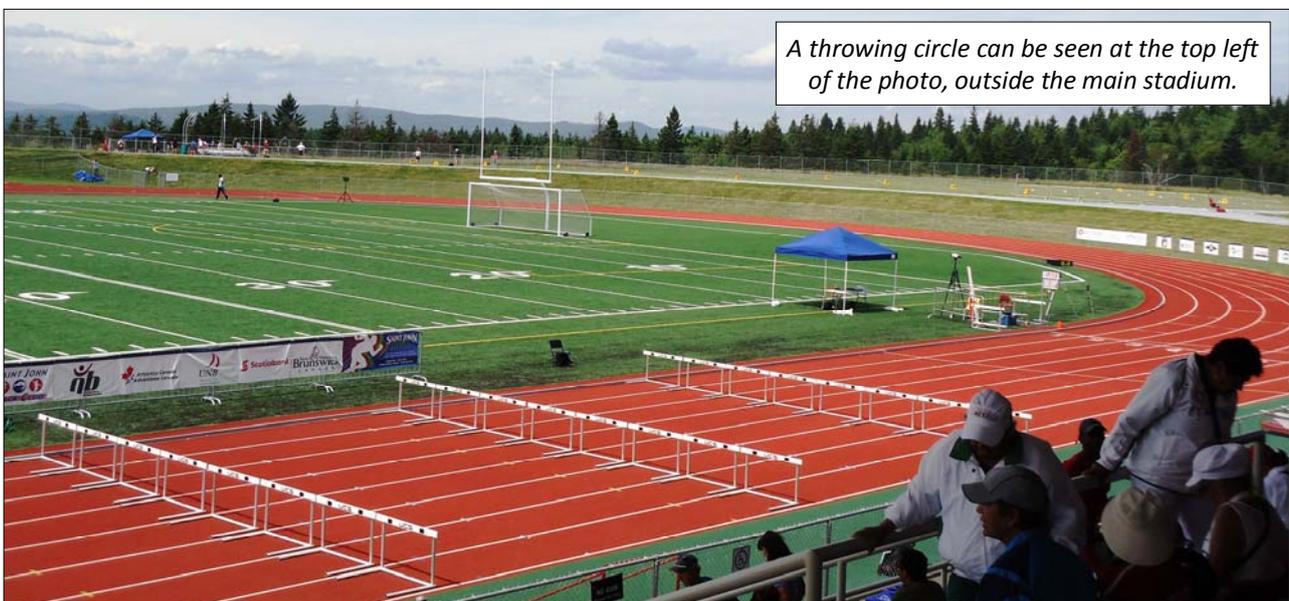
National Park. On the way we passed through a rain storm which was so bad that all the traffic on the motorway stopped on the side of the road till it passed. You could see the storm coming a 100 Km away. After staying the night in Jasper we boarded the train for a two day trip through the Rockies. This part of the trip wasn't so great as the passenger train was in competition with freight trains. When you have only one line and have to pass more than twenty freight trains each with over one hundred and fifty freight wagons (the longest had 187) things don't go to plan. Consequently we were always late and on the second day we arrived at Prince Rupert over three hours late. The last 150-200Km was in darkness so we didn't see much. However we met some great people on the train including a first nation lady who very informative and showed us photos of all her family and what they were involved in etc.

Port Rupert is Canada's only ice free port and is

the closest to Asia (10 days sailing). It was also one of the main embarking ports for soldiers etc who fought in the Pacific during the Second World War.

From there we did a day cruise down the west side of Canada (inside passage) to Port Hardy at the top of Vancouver Island. Saw lots of salmon jumping, bald eagles, whales, also logs being lifted by helicopter down from the side of the mountain to the sea, where they were dropped into a pontoon enclosed area and then floated to a sawmills. We bussed from Port Hardy to the bottom of Vancouver Island and got a ferry across to the city of Vancouver from where we flew back to New Zealand.

Finally, my thanks to Mathew Leech for giving so freely of his time and Dave and Pat Leech for their advice.





**CANTERBURY
SPORTS
AWARDS
2012**

On Friday 2nd November, I had the privilege of escorting Bryan and Patricia Kerr to the 2012 Marriott's Canterbury Sports Awards.

This annual event was held at Christchurch's CBS Arena and is a unique opportunity to celebrate success and show support for the region's outstanding sportspeople, teams, coaches and administrators.

Bryan was one of several people from various sports who were there to receive a 'Lifetime Achievement' Award'. He was nominated by Athletics Canterbury in recognition of time he has dedicated to our sport.

Who is eligible to be nominated?

'A person associated with the Canterbury region through Residency (where they live), Representation (for the province/region), Affiliation (to a Canterbury Club or Association), or is deemed to be a Cantabrian because of their historical links to the region.'

Why was Bryan nominated? ... this is what John McBrearty, President Athletics Canterbury Track & Field Committee wrote on the nomination form

'He was introduced to athletics officiating back in 1976 while he was still competing. Because of mobility issues, in March 2012 he decided it was time to stop being fully involved in the Athletics Canterbury Saturday interclub competitions / championships, but will continue to assist at Canterbury Masters athletics events during the summer, provided he feels 'okay'.

Bryan's special interest was track running and over the years he was a Referee, Track Umpire

and in the days of manual timekeeping, a Timekeeper.

He travelled all over New Zealand to officiate at Athletics New Zealand and New Zealand Masters Athletics Championship events. On ten occasions he travelled overseas. His last major event was the 2011 IPC Athletics World Championships in Christchurch.

When asked, Bryan was always willing to help at New Zealand and Canterbury Children's Athletic Association championship events and rarely missed the three days of the Christchurch Inter Secondary Schools Track & Field Championships each year.

Bryan was also an active administrator on the Executive of Canterbury Masters Athletics, serving three years as its President and is still the keeper of the CMA performance records.

Bryan served on the Athletics Canterbury Track & Field Committee and was on the Local Organising Committee for the World Wheelchair Games 2003, the Oceania Masters Athletics Championships 2006 and New Zealand Masters Athletics Championships in 2007 and 2010, all held in Christchurch.

Bryan was a valued member of any athletics committee he served on and was responsible for several innovations to assist in the smooth organisation of athletics competitions.'



Nothing stopped him doing his job. In 2010, not even an ankle operation would stop him?

On a personal note, I have the up-most respect for Bryan and his knowledge of our sport. I appreciate all the support and advice that he is willing to impart, to ensure I do my job up to an 'appropriate standard'.

This annual postal event was held during the month of September. This year the event had been extended by request to include Oceania members outside of New Zealand and Australia. However, no entries were received from any on our island members ... perhaps next year.

This year we had 45 women and 54 men entered, which was up on last year. There were 47 entries from Australia and rest were New Zealanders. I am pleased to say that for us in Canterbury, the September weather conditions were more favourable to good throwing conditions and we enjoyed the event.

A full set of results can be found on the NZMA website, however below are the top ten performances re: points scored for both men and women. Well done to you all and I look forward to running the event next year.

Men's Top 10 Results:

Ron Simcock	M75	3966
Guy Quarterman	M70	3530
Mark Cumming	M50	3466
Gavin Murray	M55	3254
Rick Davison	M60	3245
Robert Hanbury-Brown	M55	3144
Lajos Joni	M55	3112
Mark Flaus	M50	2919
Kevin Bradley	M65	2914
Barrie Koch	M70	2911

Women's Top 10 Results:

Jayne Hardy	W45	3673
Bev Savage	W65	3637
Christine McCahill	W45	3604
Glynn Boyce	W70	2922
Jill Evans	W60	2856
Glenn Watts	W70	2846
Althea Mackie	W40	2830
Karel McClintock	W50	2719
Winifred Harding	W55	2719
Brenda Davis	W40	2705



I think Gwyn is trying to hit me?



Record breakers in action ... well done Dave & Lois.



On the day, Dave Leech set CMA records in the M85 Hammer Throw (20.97m), Shot Put (6.48m), Weight Throw (9.54m) and Throw Pentathlon (2636 points). Lois Anderson broke the W65 CMA Shot Put record with a put of 7.75m. Well done.

Proposed CMA Championship Programme Rawhiti Domain - Sunday 10th February 2013

\$10.00 Entry Fee / BBQ Ticket

Please note: One week earlier than usual to avoid a clash with the NBO Children's Championships.

A **\$10.00 entry fee (Includes BBQ)** is required and you must have paid your current NZMA membership on or before the day of competition or you cannot compete. This can be paid on the day of competition.

Please pre enter ASAP by contacting ... Andrew Stark (338 0516)

Entry Forms will be available at CMA meetings early next year or can be downloaded from our website.

Entries close 1 hour before the scheduled start time of the event on the day.

Start time	Track Events	
11:00 a.m.	100m	W30+, WP
11:05 a.m.	100m	M30+
11:30 a.m.	800m	M30+
11:40 a.m.	1500m	W30+
12:15 p.m.	60m	W30+
12:20 p.m.	60m	M30+
12:40 p.m.	3000m Walk	W30+, M30+
2:10 p.m.	200m	W30+
2:15 p.m.	200m	M30+, MP
3:30 p.m.	300m	W50+
3:35 p.m.	300m	M60+
3:40 p.m.	400m	W30 - 49
3:45 p.m.	*400m	M30 - 59
4:30 p.m.	800m	W30+, WP
4:40 p.m.	1500m	M30+, MP
5:00 p.m.	4 x 100m	Mixed

* M60+ men can select to run 400m instead of 300m.

Social BBQ for all after the meeting

Non-competing supporters are welcome to join the BBQ at a cost \$5.00. All competitors can attend as part of their \$10.00



If you would like a **certificate** of your Championship event results, these will be produced on request at a cost of \$5.00.

Start time	Field Events	
11:05 a.m.	Discus	W30+
11:05 a.m.	Hammer	M30+
11:15 a.m.	Long Jump	M30+, MP
12:00 p.m.	Shot Put	W30+, WP
12:10 p.m.	High Jump	W30+, M30+
12:40 p.m.	Javelin	M30+, MP
12:50 p.m.	Long Jump	W30+, WP
1:20 p.m.	Hammer	W30+
1:55 p.m.	Shot	M30+
2:35 p.m.	Weight Throw	W30+
3:10 p.m.	Discus	M30+, MP
3:40 p.m.	Javelin	W30+, WP
4:10 p.m.	Weight Throw	M30+
4:40 p.m.	Triple Jump	W30+, M30+

Women's Pentathlon

WP indicates Women's Pentathlon events

Men's Pentathlon

MP indicates Men's Pentathlon events

If you are competing in **ALL** five pentathlon events, your pentathlon score will only be calculated if you enter the pentathlon (tick above). Pentathlon points are only scored on your first 3 jumps or throws.

Relay Event: 4 x 100m relay teams are required to estimate their combined running time. The winning team is the team whose actual time is closest to their estimated time.

Relay entry forms will be available on the day.

CMA Member's 2012 - 2013 Results

CMA @ Rawhiti: Wednesday 17/10/2012

The first CMA meeting for the season was held at Rawhiti Domain in great condition for once!! The 'usual' throwers attended, minus one or two regulars, plus a good mix of runners.

Following the meeting we had a social gathering, with a shared supper. A good start to the season.

60m		Result
W50	Lyn Osmers	9.9
M55	Jeff Barnfield	9.2
M55	Maurice Gough	10.6
M75	Max Wood	10.7
M80	Colin O'Brien	11.6
M85	Maurice Cook	18.3
100m		
M55	Maurice Gough	17.8
M75	Max Wood	18.2
M80	Colin O'Brien	20.3
400m		
M40	Richard Malloch	1:12.8
M45	Malcolm Cornelius	1:05.2
M45	Kevin Slattery	1:09.2
M45	Andrew Woodward	1:18.6
M55	Michael Kelly	1:23.0
M75	Max Wood (300m)	1:08.4
1500m		
W65	Loris Reed	6:21.5
W70	Carol Thompson	8:48.2
M40	Richard Malloch	5:25.8
M45	Malcolm Cornelius	4:58.2
M45	Kevin Slattery	5:09.3
M45	Andrew Woodward	6:29.4
M55	Michael Kelly	5:45.4
M55	Maurice Gough	6:36.5
M65	Jos Galavazi	7:39.2
M70	Les Wood (Walk)	11:26.0
Shot put		
W50	Lyn Osmers	10.49m
W55	Birgit Steltner	6.30m
W65	Loris Reed	5.90m
W65	Alison Wright	5.59m
W70	Barbara Bird	6.33m
W70	Gwyn Heseltine	4.81m
M60	Rick Davison	9.68m
M75	Ron Melrose	6.32m
M75	Alan Hunter	5.69m

Javelin Throw

W55	Birgit Steltner	14.48m
W65	Loris Reed	18.77m
W65	Alison Wright	11.61m
W70	Barbara Bird	17.11m
W70	Gwyn Heseltine	7.94m
M60	Rick Davison	29.50m
M75	Alan Hunter	13.03m



Our throwers prepare for the javelin.



Max Wood watches on as some 'little people' join in the second 60m race.

Interclub @ Rawhiti: Saturday 20/10/2012

800m		Result
M45	Mark Cargin	2:18.43
1500m		
M45	Malcolm Cornelius	4:49.90
High Jump		
W50	Lyn Osmers	1.35m
Long Jump		
W50	Lyn Osmers	3.89m
Shot Put		
W50	Lyn Osmers	9.69m
M60	Rick Davison	9.27m
Discus		
M60	Rick Davison	37.87m
Hammer		
M60	Rick Davison	41.95m
Javelin		
M60	Rick Davison	29.31m

CMA @ Rawhiti: Sunday 28/10/2012

In warm conditions, a small group of CMA member turned up for the first Sunday morning meeting of the season.

A this meeting we were joined by the ParaFed athletes, who held their South Island Championships.

		Result
60m		
M55	Jeff Barnfield	8.6
M75	Max Wood	10.4
M80	Bob Heseltine	13.6
M85	Maurice Cook	18.2
100m		
M55	Jeff Barnfield	14.1
M75	Max Wood	17.0
M80	Bob Heseltine	25.1
200m		
W50	Lyn Osmers	35.5
M45	Andrew Woodward	30.0
M55	Jeff Barnfield	28.8
M75	Max Wood	36.6
M80	Bob Heseltine	52.6
300m		
W45	Louise Martin	55.4
W70	Carol Thompson	1:24.5
800m		
W45	Louise Martin	3:14.5
W70	Carol Thompson	4:22.0
M40	Richard Malloch	2:39.1
M45	Mark Cargin	2:17.9
M45	Malcolm Cornelius	2:24.4
M45	Kevin Slattery	2:29.1
M45	Andrew Woodward	2:52.2
M65	Jos Galavazi	3:50.4
M80	Stan Gawler	4:32.5
3000m		
M40	Richard Malloch	12:47.6
M45	Malcolm Cornelius	11:32.8
M45	Kevin Slattery	11:35.2
M45	Andrew Woodward	13:51.5
M65	Jos Galavazi	15:25.5
Discus Throw		
W55	Birgit Steltner	14.56m
W70	Barbara Bird	14.02m
W70	Gwyn Heseltine	10.96m
M60	Rick Davison	37.61m
M85	David Leech	16.24m
Weight Throw		
W55	Birgit Steltner	7.48m
W70	Barbara Bird	5.91m
W70	Gwyn Heseltine	6.40m
M60	Rick Davison	15.22m
M85	David Leech	9.46m



Start of the mixed 800m race.



Two new members, Mark Cargin (above) & Andrew Woodward.



Some of the ParaFed athletes watch on.

Interclub @ Rawhiti: Saturday 4/11/2012

Without an all-weather track, the number of CMA runners competing at Saturday interclub meetings seems to have dropped off ... Well done Lyn on being such a regular attendee.

	100m	Result
W50	Lyn Osmer	15.94
Shot Put		
W50	Lyn Osmer	9.89m

CMA @ Rawhiti: Wednesday 7/11/2012

Another fine night for the small group of CMA members who turned up.

	60m	Result
M55	Jeff Barnfield	8.6
M75	Max Wood	10.6
M85	Maurice Cook	18.2
300m		
W70	Carol Thompson	1:36.1.5
400m		
M45	Kevin Slattery	65.5
M55	Tom Reihana	1:23.5
M75	Max Wood	1:36.1
1500m		
W65	Loris Reed	6:27.0
W70	Carol Thompson	8:56.3
W70	Ann Henderson (walk)	11:42.4
M45	Kevin Slattery	5:03.9
M55	Tom Reihana	7:09.0
M65	Jos Galavazi	7:37.4
M80	Stan Gawler	8:47.0
Shot Put		
W60	Bev Church	6.57m
W65	Loris Reed	5.93m
W65	Alison Wright	5.27m
W70	Gwyn Heseltine	4.51m
M55	Tom Reihana	8.75m
M60	Rick Davison	9.78m
Javelin		
W60	Bev Church	14.12m
W65	Loris Reed	17.09m
W65	Alison Wright	12.40m
W70	Gwyn Heseltine	7.04m
M55	Tom Reihana	24.03m
M55	Jeff Barnfield	24.06m
M60	Rick Davison	28.50m

Interclub @ Rawhiti: Saturday 10/11/2012

	800m	Result
M45	Kevin Slattery	2:25.07
High Jump		
W50	Lyn Osmer	1.30m
Shot Put		
W50	Lyn Osmer	10.27m
M60	Rick Davison	9.65m
Discus		
M60	Rick Davison	38.04m
Hammer		
M60	Rick Davison	41.80m
Javelin		
W50	Lyn Osmer	27.18m
M60	Rick Davison	27.17m

Interclub @ Rawhiti: Saturday 17/11/2012

	10000m	Result
W60	Shirley Rolston	61:09.92
M40	Roger Tackney	39:56.68
M45	Malcolm Cornelius	39:16.76
M75	Eric Saxby	54:09.23
M80	Brian Keown	66:41.23
Long Jump		
W50	Lyn Osmer	4.01m
Shot Put		
W50	Lyn Osmer	10.61m
M60	Rick Davison	9.23m
Discus		
M60	Rick Davison	38.12m
Hammer		
M60	Rick Davison	41.79m

Interclub @ Timaru: Saturday 24/11/2012

	800m	Result
M45	Malcolm Cornelius	2:16.63
1500m		
M45	Malcolm Cornelius	4:42.84
2000m Steepschase		
M62	Iain Chinnery	8:30.39
3000m		
M50	Joe Ford	10:59.03
M62	Iain Chinnery	11:53.92
Discus		
M60	Rick Davison	38.15m
Hammer		
M60	Rick Davison	40.98
Javelin		
M60	Rick Davison	27.29m

Interclub @ Rawhiti: Saturday 1/12/2012

Long Jump		
W50	Lyn Osmers	3.88m
Shot Put		
W50	Lyn Osmers	10.15m

If they don't hurry up, I'll start without them! We've not got all day you know! My legs are getting tired!



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Jack King Memorial Throws Pentathlon @ Rawhiti on Sunday 9/12/2012

A small, but keen group of throwers gathered in hot, sunny conditions to compete in this annual event. We were joined by Andrew Woodward, who had never thrown many of the implements before and it would be fair to say he found it a 'challenge'. Well done to all and thank you to the officials who came along to help.

W50		Hammer	Shot	Discus	Javelin	Weight	Total
Lyn Osmers		22.73	9.77	22.02	29.45	7.69	
Age Factors	W50	1.2838	1.2607	1.3128	1.3147	1.1822	
		29.18	12.31	28.90	38.71	9.09	
		475	682	442	643	437	2679
		475	1157	1599	2242	2679	
W60		Hammer	Shot	Discus	Javelin	Weight	Total
Bev Church		23.51	6.51	17.78	14.51	11.06	
Age Factors	W60	1.5353	1.5015	1.5961	1.5408	1.2108	
		36.09	9.77	28.37	22.35	13.39	
		625	514	432	333	701	2605
		625	1139	1571	1904	2605	
Clare Matoe		17.61	6.10	16.95	14.60	7.85	
Age Factors	W60	1.5353	1.5015	1.5961	1.5408	1.2108	
		27.03	9.15	27.05	22.49	9.50	
		429	474	407	335	462	2107
		429	903	1310	1645	2107	
W65		Hammer	Shot	Discus	Javelin	Weight	Total
Alison Wright		16.85	5.35	13.45	11.88	7.84	
Age Factors	W65	1.7038	1.6600	1.7927	1.7274	1.3260	
		28.70	8.88	24.11	20.52	10.39	
		465	456	353	299	517	2090
		465	921	1274	1573	2090	
W70		Hammer	Shot	Discus	Javelin	Weight	Total
Barbara Bird		14.71	6.32	13.74	19.12	5.00	
Age Factors	W70	1.9160	1.8559	2.0542	1.9654	1.4667	
		28.18	11.72	28.22	37.57	7.33	
		454	643	429	621	331	2478
		454	1097	1526	2147	2478	
Gwyn Heseltine		16.69	5.04	10.51	7.92	5.70	
Age Factors	W70	1.9160	1.8559	2.0542	1.9654	1.4667	
		31.97	9.35	21.58	15.56	8.36	
		536	487	306	207	393	1929
		536	1023	1329	1536	1929	
M45		Hammer	Shot	Discus	Javelin	Weight	Total
Andrew Woodward		17.00	7.06	16.75	0.00	4.89	
Age Factors	M45	1.2397	1.2023	1.2049	1.1716	1.1697	
		21.07	8.48	20.18	0.00	5.71	
		209	395	275	0	216	1095
		209	604	879	0	216	
M60		Hammer	Shot	Discus	Javelin	Weight	Total
Rick Davison	NZ	41.43	9.40	39.59	30.94	14.90	
		54.19	11.73	42.07	43.74	15.53	
1st		746	590	707	497	765	3305
		746	1336	2043	2540	3305	
M75		Hammer	Shot	Discus	Javelin	Weight	Total
Alan Hunter		16.71	5.63	16.48	13.57	8.05	
Age Factors	M75	1.7268	1.4790	1.4332	1.8932	1.2286	
		28.85	8.32	23.61	25.69	9.89	
		332	385	340	239	446	1742
		332	717	1057	1296	1742	
M80		Hammer	Shot	Discus	Javelin	Weight	Total
Colin O'Brien		12.43	5.72	16.12	14.42	7.29	
Age Factors	M80	1.9056	1.5980	1.6441	2.0952	1.3043	
		23.68	9.14	26.50	30.21	9.50	
		250	434	396	302	424	1806
		250	684	1080	1382	1806	
M85		Hammer	Shot	Discus	Javelin	Weight	Total
Dave Leech		21.16	6.20	16.8	11.12	9.08	
Age Factors	M85	2.2784	1.8037	1.9508	2.4378	1.4452	
		48.21	11.18	32.77	27.10	13.12	
		647	557	519	259	628	2610
		647	1204	1723	1982	2610	



Well ... that's my best today!!!



How many laps is this race again?





This is getting harder every year!



Track & Field Programme for the 2012-2013 Season:

December	
13th (Wed)	CMA Christmas Break-up - Rawhiti @ 6:15 p.m.
15th (Sat)	CMA 5000m Championships - Rawhiti @ 4.45 p.m.
January	
5th (Sat)	*Lovelock Classic Meeting - Timaru (CMA members can enter, see Andrew for details)
16th (Wed)	CMA - Rawhiti @ 6:15 p.m.
19th (Sat)	CMA Steeplechase Championships - Timaru
26th (Sat)	CMA 3000m Championships - Rawhiti @ 4:45 p.m.
27th (Sun)	CMA - Rawhiti @ 10:00 a.m. (A)
February	
6th (Wed)	CMA - Rawhiti @ 6:15 p.m. (B)
10th (Sun)	CMA Championships / BBQ - Rawhiti @ 11.00 a.m.
20th (Wed)	CMA - Rawhiti @ 6:15 p.m. (A) ***(NEW meeting added)
March	
1st (Fri) 4th (Mon)	NZMA Championships - Wellington
13th (Wed)	CMA Max's Night - Rawhiti @ 6:15 p.m.
16th (Sat)	West Coast Track & Field Championships - Greymouth
23rd (Sat)	Link Relay - Halswell Quarry (Organised by CMA)
24th (Sun)	CMA Weight Throws Pentathlon Championships - Rawhiti @ 10:00 a.m.
7th (Sun)	CMA Presentation Night (Venue TBA)

E-mail address Up-date:

If you now have e-mail or you have not been getting my e-mails but do have e-mail, please contact me via e-mail so I can up-date my records.

Contact Andrew on e-mail: **aws@xtra.co.nz**