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Cant-A-Long

April 2013

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A note from the editor ... Andrew Stark

As per the decision of your committee, the number of Cant-A-Long issues has been reduce to two per year December and April.

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

As time goes by, I believe most members will have access to a computer and the need for a paper version may not be so important. However, for historical reasons a condensed paper version does help to keep an easily assessable record of what has be going on ... so I believe it still has its place.

I am always keen to get articles from anyone

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
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Hi all,

As the season is fresh in my mind, I have completed my President's report for 2012 - 2013 season, which is included in this issue of Cant-A-Long.

It's been another interesting year at the 'helm'. I commented to another member that if I was the leader of a political party, I would resign as our numbers seem to be dropping year by year.

However, it is a national trend and I know that not

having an all-weather track has meant that many of our usual track athletes are by-passing the track in preference for the 5km road races through the summer.

My hope is that they will return one day! So until then, I will continue to do what I can to support and encourage you all to keep participating.

Website address: www.canterburymastersathletics.org.nz



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

President:

Andrew Stark Tel: 03 338 0516

Vice-President:

Secretary:

Tony McManus Tel: 03 332 3921

Treasurer:

Kevin Prendergast Tel: 03 358 7760

Committee:

Bev Church Tel: 03 388 5736

Allan Gardiner Tel: 03 388 1248

Kevin Jago Tel: 03 960 2457

Andrew Reese Tel: 03 332 3884

Carol Thompsom Tel: 03 384 4700

Cross-Country & Road Athletics Canterbury Centre Representative:

Kevin Jago

Track & Field Athletics Canterbury Centre Representative:

Andrew Stark

Uniform Officer:

Bev Church

Cant-A-Long / Website Editor:

Andrew Stark

Notice of CMA AGM - Wednesday 21 August 2013 @ 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 Bowen vale Avenue
Christchurch 8022

by Wednesday 7 August 2013.

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

Tony McManus
(Secretary)

Agenda of CMA AGM

Canterbury Masters Athletics Inc 2013 ANNUAL GENERAL MEETING PORT HILLS ATHLETIC CLUBROOMS Wednesday 21 August 2013 @ 7.30 p.m.

- Quorum Check (15 Financial Members)
- Apologies
- Approval of Minutes of Annual General Meeting held 12 August 2013
- Consideration and Approval of Annual Report
- Consideration and Approval of Annual Financial Statements
- Consideration and Approval of Annual Subscription for 2013 / 2014 season
- Election of Officers for 2013 / 2014
 - 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:

A year ago I was talking about the suitable sites where a new all-weather track and field complex could be built. The Athletics Canterbury Track & Field committee favoured Burnside Park. However, despite their best effort this is not likely to be the place.

The council 'staff' have decided upon the AMP show ground site as their preferred site, where they would like to build a sports hub with athletics as the 'major' player. Why athletics? We have the funding allocated to us. Athletics Canterbury had a choice back the idea or risk getting nothing. The choice to me is obvious.

The only problem, which could be a major problem, is that there has been no geotech work done on the land. If it is not suitable to a build on ... there is no 'plan B' ... so where to then??

Once again, with no all-weather track in Christchurch, several inter-club meetings throughout the season were held in Timaru. A small number of our members made the trip south to compete at these meetings and a couple went to the North Island Championships in Hamilton. At the South Island Championships held in Nelson for the first time, CMA was well represented. A full copy of the results for both these meetings can be found on our CMA website.

In late March, several athletes also attended the West Coast Track & Field Open Championships in Greymouth. These results are also on our website.

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

2012 / 2013 Registration Details:

This year the membership numbers have fallen from 160 (2010), 131 (2011), 110 (2012) to 97 members in 2013. As mentioned on page 3, some of the drop can be attributed to middle distance runners not wanting to race on grass at Rawhiti Domain, but these same runners are not attending the Timaru meetings either. While they are still happy to join clubs, there is no reason to join NZMA or CMA, unless going to SI, NI or NZMA Track & Field Championships.

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 97 current members, only about 40 competed in the various CMA meetings, including

Championship events throughout the season. We appreciate the support from all non-competing members and hope that you enjoy reading CMA news via Cant-A-Long, our new website and Vetline.

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 took up these opportunities apart from the club registered CMA members.

Unfortunately, the number of athletes attending our own CMA meetings is continuing to remain small. There is a regular group of throwers, but often only a handful of runners. I am seriously looking at decreasing the number of 'stand alone' CMA meetings. As our representative on the Athletics Canterbury Track & Field Committee (responsible for the meeting programme), I will be making it a priority to get approval for our members to compete on Saturday afternoons as part of the inter-club scene, without having to join a club. This is successfully done in several centres throughout the country so I do not see why it cannot work in Canterbury. You are of course welcome to join clubs and this allows to you compete throughout the year in all club events.

I would NOT expect the CMA throwers to compete with the under-age or senior athletes (unless they wanted to), but instead have their own time-tabled event.

My reason for suggesting this is two fold. I plan to compete on Saturday and help officiate as help is needed. However, running CMA meetings on a Sunday morning for very few members, is not good use of my time. I know of other officials who also share this view and do not come to the CMA events as often as they might because they are helping out on Saturdays. I also believe that we 'mature' athletes would benefit from attending inter-club as they are more exciting to watch.

We would still plan to hold a Wednesday night meeting on our Opening Day, Christmas Break-up and Max's night, at the very least ... more if requested. With Hansen Park being repaired, I suggest these meetings be held there.

My intention is not to scare members away or stop having CMA meetings completely, but we do need to consider changing what we do now. This

idea can be fully discussed at our AGM, so please give it some thought.

Having said that above, I do thank the regular 'attendees' both competitors and helpers who come along and enjoy the competition.

CMA 2013 Championship Review:

This year we used Rawhiti Domain as the venue for the CMA Championships. We held the event one week earlier than in previous years to avoid a clash with the NBO Children's Championships.

Once again we used the same programme as we did last year. This included starting the meeting at 11:00 a.m. thus avoiding the 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.

With fewer throwers than normal, we combined the men's & women's field. This worked okay in the morning, but in the afternoon some of the 'broken down' runners joined in, making for larger fields that prolonged some events. I will look at this issue next year and make changes on the day to avoid it from happening again.

As always, these events just don't happen. I would like to thank Bernadette Jago for setting up and running Sportscore, to Bryan Kerr and his team for organising the track events and for non-members Pat Leech, son Matt and grandson Christopher and Anne Davison who gave of their time to help run the field events. There were of course several other CMA members or partners who helped out where needed and thank you to you all.

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

Records:

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.

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.

On behalf of all CMA members, I would like to thank Bryan for the time 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 some experienced committee members, who have been fully involved in the sport for many years and are always willing to pass on their knowledge.

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 changed from being the Treasurer and is now our secretary. Tony continues to be involved with the International T & F Meeting as well as being on the New Brighton Olympic Club Committee.

Kevin Prendergast is our new treasurer and with his accounting back-ground, we have been well served.

Bev Church has been on the committee for many 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 Oceania Postal Throws Pentathlon, held during the month of September.

Allan Gardiner continues as a committee member, a job he has done for many years. This year he has been 'side-lined' a bit due to on-going problems suffered from a head injury.

Carol Thompson has joined the committee this year and is a regular attendee at our CMA meetings, always willing to help.

For myself, I am the CMA representative on the Athletics Canterbury Track & Field Committee with responsibility for the weekly programme. At this year's NZMA AGM I was re-elected vice-President of the NZMA Board, with responsibility for the New Zealand database.

If you are interested in becoming involved on the committee, please make it known to Tony McManus 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 this report, the annual

accounts have not been completed.

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 number 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.

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

Cant-A-Long:

It was decided at our first meeting after last year's AGM to have two Cant-A-Long issues per year. One in time for the Christmas Break-up meeting and the other in time for the CMA Annual Presentation night. This we have managed to do.

Website Development:

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

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

This is the website address ...

www.canterburymastersathletics.org.nz

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

Annual NZMA Awards:

At the dinner held on the Saturday night during the NZMA Championships in Wellington, two of our members were recognised. Brian Senior was the Male Jumper of the Year and Tony McManus was the Male Middle Distance Runner of the Year. The year refers to the calendar year of 2012. Well done.

Loris Reed and Tony McManus also received the

NZMA Colours Award for performances over 95% for their respective events.

South Island Track & Field Championships:

We are hosting this event this year. The venue was to be Rawhiti Domain, however as a result of several requests from our runners, we are now holding the event in Timaru. I believe this is a good decision as the opportunity to run on an all-weather track is very limited, unless you are prepared to travel.

We will be organising this event with the help of some of the local Timaru officials. We are including events for the local South Canterbury Club within the meeting and also plan to invite secondary school athletes to compete in selected events. This will help to fill in the gaps in the track programme, created by the reduced numbers of masters athletes. Plans are also underway to look at the possibility of having a track-side BBQ on the Saturday afternoon at the end of competition. I am also interested in seeing if Canterbury athletes would be keen to stay at the same motel, to create the 'team' spirit that I remember when competing as a senior, many years ago.

Where to from here:

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

If we do compete within the Saturday Inter-club meetings at Rawhiti Domain, that may encourage non-CMA master aged members to join our ranks. Please don't be put off by this idea. If you are a little apprehensive about completing in front of the 'young ones', be proud of what you are doing ... you are an inspiration just by competing!!

As CMA President, I am always encouraged by what I see, especially what is achieved by our most 'mature' members. I can't over-state my utmost respect for what you do and it is a privilege to be able to help organise events that keep you in the sport you love. Many of you have given so much to our sport and I hope that I am capable of doing the same in the years to come.

I look forward to having a better season myself with no injuries and seeing many of you back for another year.

I wish you well for the season ahead.

Andrew Stark

CMA President

The article below has been written by Glen & Pete Watts and reflects what they said at Lyn's funeral.

Pete and I have known Stretch since about 1987, when she followed Peter and Theresa Woodham, Marie and Bryan Slattery, Joan Tyler, Lex Blair and Bob McNamara from the United Club (formerly Marist) to St Martins, now Port Hills.

We never called her anything but Stretch - except, maybe for the first few weeks after meeting her. The nickname seemed to fit with the long strides that she took when she ran. I must confess I had trouble remembering her real name at times. She liked her nickname, also incorporating it in her email address, even though she disliked the "new fandangled" computer. Funnily enough she took to the mobile phone like a duck to water, even resorting to the "no vowels" spelling!!

She came to the club with an impressive pedigree. Originally from the Wellington region, she arrived in Christchurch as a teenager and joined Technical Athletic Club, which had their clubrooms at Ensors Road. Stretch came under the watchful eye of Valdi Breidis, who also coached Marise Chamberlain and Val Sloper, both NZ reps at Olympic and Commonwealth Games. In 1967 Stretch won the National 880 yards title in Lower Hutt with a time 2.08.9, a time that is still good by todays standards. The process was repeated in 1968 in Dunedin when she beat Sylvia Potts, who was then top dog on the running scene. This created a problem, so a time trial was held in Wellington between the two to see who would go to the Mexico Olympics. Sylvia won. Stretch later ran for Ladies Pioneer and had a chance to go to the World Cross Country Champs, but chose to stay home and marry John. Two daughters later she joined the then Marist Club and followed that up some time after 1981 by joining the Canterbury Veterans Club, taking part in Track and Field events in 5 year age groups. In later years, when running took a back burner, she turned to throwing events. Her job as a bus driver gave her a bit of strength she said and cursed when the buses changed to power steering! There were many trips away to at least four Oceania Veterans / Masters

Championships.

Travelling to Fiji, Norfolk Island, Hastings and Townsville and Worlds in Melbourne with the St Martins group.

Always one to have a good time, she was frequently the instigator of last minute parties with lots of fancy dress, leading the rest of us lesser mortals astray!! Many laughs, drinks and late nights were shared. Many of us will remember her dressed as Cher, with her long black wig, short black skirt, high black boots, sheer black tights and, of course, a black tattoo. She looked great.

Another great evening was at their place for dinner one night. While she was preparing the meal for the six of us in a kitchen that was not "open plan" she would flit back and forth and while she wasn't looking one of the guys put his bottom teeth in her handle of beer. We were having trouble keeping a straight face as she would swallow some beer, go back to the kitchen and repeat the process about four more times before noticing the smile at the bottom of the glass. She didn't even blink an eyelid!

Stretch also played badminton, but her expertise on the drums (she'd been a side drummer in a pipe band), or ceiling beams, fridge or whatever made a great sound was well documented. She also had a talent for playing the spoons, even gatecrashing a band one night.

We were also a bit naughty at the Canterbury Throws Pentathlon Champs, when three years in a row we would throw the hammer, shot, discus, javelin and weight - and have a small glass of wine after each event.

Stretch was Pete's drinking mate for many years.

She will be missed by her many friends.

Glen

The article on page 9 appeared in The Press in 1967. Like me, you might need a magnify glass to read it.

IT'S NOT TOO FAR FOR LYN

Says . . .

P. N. HEIDENSTROM

WHEN the 880 yards for women was introduced into the New Zealand track championships, there were some who shook their heads and complained, "It's too far for a woman to run."

The critics had their answer this year at Lower Hutt, when the Canterbury girl Lyn Fisher won the title with one of the most courageous finishes by man or woman I have ever seen.

Not since Peter Snell fought off Gerald Hack to win the national 880 (an hour after winning the mile) at Palmerston North eight years ago do I recall being impressed with such a mortifying final sprint. Many of the so-called stronger sex could not have punished themselves as Lyn Fisher did.

Indeed, if the critics has been honest with themselves in comparing Miss Fisher with some of those in the men's final, they'd have been saying, "880 yards is too far for a man!"

Where does Lyn get her spartan strength? Training is the key, of course. There can be few, if any, women runners who train harder than Lyn does. Not content with a few laps of the track, she gets out on the roads where she can pound out those long miles that count.

In the winter she runs cross-country too. While in Well-

ington that again is the kind of display of strength that Snell used to revel in. Lyn also ran the mile in 5:27.7 to get third in the Canterbury championship three years back. That was only her second season of running, and the first mile of her life.

Now that the I.A.A.F. has recognised the 1500 metres and one mile for world record purposes, Lyn may give special attention to these longer distances. Her best mile time to date is 5:09.9 in the Canterbury championships last season. She can certainly improve vastly on that



LYN FISHER

ton she was a member of the Wellington Harrier Club, which very wisely set up a special section to cater for Lyn and a number of other girls who wanted to get into the really tough stuff.

Lyn has always possessed a measure of natural stamina. She proved this two years ago when she won the 440 and 880 yards in the Wellington championships. Her times of 61.8 and 2:21.8 were not far off her then personal bests of 59.3 and 2:17.5—and both were run on the same afternoon . . .

time, for the same afternoon she also won the 440 yards—and in the personal best time of 58.3.

Lyn makes a habit of one-day doubles. Besides the two already mentioned, she won both Wellington titles in 1966 (60.0 and 2:18.2) and the double for Canterbury against Wellington last season in 59.3 and 2:13.5—the latter a personal record by 3½ seconds.

Speed is apparently her one weakness. Sylvia Potts (Otago), whom she beat by inches to win

How Lyn Fisher Has Improved Over 880 Yards

December 1, 1962	2:36.0
December 15, 1962	2:34.0
December 7, 1963	2:29.8
February 15, 1964	2:20.1
February 29, 1964	2:19.8
January 16, 1965	2:19.4
January 30, 1965	2:17.5
January 22, 1966	2:16.9
January 28, 1967	2:13.5
February 4, 1967	*2:12.8
February 18, 1967	2:12.7
March 3, 1967	2:08.8

* Converted 800 metres.

her national title, has run 220 in 24.9. Lyn would probably be trying some to get within a couple of seconds of that time. At the 440, the margin between the two is even greater: Mrs Potts 55.3, Miss Fisher 58.3. But in the 880, their times are equal at 2:08.8, a figure which rates them second-equal, behind Marise Stephen, on New Zealand's all-time list.

Lyn Fisher has come a long way since running 2:36.0 for second place in her first competition over four years ago. In addition to her national title, she has won five centre titles and set four records.

She has been a finalist in the last four national half-mile championships, being fifth (one place ahead of Sylvia Potts) in 1964, sixth in 1965, fourth in 1966, and winner this year.

Under the guidance of coaches Barry Rait in Wellington and Valdemars Briedis in Christchurch, Lyn has matured into a runner who can pace herself shrewdly. At the beginning of last season few would have suspected that here was our next national champion, for in her first five races (even into mid-January) she only once bettered 2:20. But then, in quick succession, came personal bests of 2:13.5, 2:11.8 for 800 metres, and 2:12.7. She was ready.

At Lower Hutt in the heats, she showed further shrewdness by crossing the line with Glenise Stewart in the slowest time of the eight qualifiers. The final she ran with quite superb judgment, grabbing the lead and belting out a first lap of 61.9—the sort that only Marise Stephen had dared before.

This was exactly calculated to nullify Mrs Potts's superior speed, while leaving Lyn the necessary reserve of strength for later. It was as though she was saying to her opponents, "This is going to hurt you more than it hurts me."

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* "THAT reminds me of the one about the girl who . . ."

LYN FISHER STORY

(Continued from page 23)

When Glenise Stewart spurred past along the back, with Sylvia Potts in chase, she let them go, while keeping just within striking distance. This was where she won the race.

Her two rivals having decided their dispute by the top of the straight, she swooped when they were at their most vulnerable. Mrs Potts fought back with surprising vehemence from reserves that I for one did not suspect, but there was never any doubt of the outcome.

Peter Snell, who never broke 49 seconds for the 440, has proved that blazing speed is not essential for a champion half-miler. As Arthur Lydiard would put it, if you can run a 50-second quarter then you could, if you were strong enough, run a 1:40 half.

Lyn Fisher is proving the principle again as Snell proved it. Moreover, she is showing the same coolness in battle, the same confidence in her ability to hold an opponent to the finish, that characterised Snell in his greatest races.

A few moments with GLEN WATTS our latest Canterbury Masters Life Member elected at the 2011 AGM.

Tell us a little about yourself

I was brought up in Tuam Street, two blocks from city centre, the eldest of four girls and had wonderful, loving parents. Mum's mum lived with us and the three adults were big smokers which thankfully I have not copied. I went to Phillipstown Primary at 6, because you didn't have to go to school until then. From there I went to Christchurch Technical College (now CPIT) for three years and then went to work at LWR for 7 years as a machinist.

And about your family

Met Pete beside the long jump pit in the Ensors Road grounds, home of the Tec Athletic Club of which we were both members. We started 'going out' when I was 15, which seems awfully young now, but you think you know everything at that age and your parents are all fuddy duddies!

Pete came from a family of eleven, so it was a bit overwhelming to go there for Sunday night teas, but they were all friendly and lots of laughs were shared. We got married when I was 21 and Pete 22. We have one daughter and two sons of whom I am immensely proud, as I am of our three delightful granddaughters. Eighteen months ago we celebrated our 50th wedding anniversary. Pete, true to form with dry wit said he'd had five life sentences!!

Tell us a little about your athletics involvement

Joined Tec Athletics near the end of 1954 and like everybody else did sprints, hurdles, long jump, high jump, shot and discus. Valdi Breidis was the coach who had under his wing, among others, Marise Chamberlain and Val Sloper. I certainly learned good techniques under Valdi's tutorage. I gave up the athletics at about 18 and turned my attention to netball which I played, coached and umpired until I was 43, when I went back to athletics in the form of masters (previously veterans).

I also played competition badminton for 20 years. I always said our kids were brought up on the

netball courts and even the boys were good netball players long before it became popular for males to play the game.

The St Martins Club (Port Hills) also became a haunt when I started running and with the Oceanias in Canberra coming up, I asked Pete to give me a training programme aiming at 400m. Goodness knows why I picked that distance as it's a damned hard event to race. Pete didn't give me a programme for a month as I'm sure he thought that the running lark wouldn't last. I stuck with training with good results. I even had a bit of a competition with our eldest son who had also taken up the sport to see who could go the longest without missing a days training. I blew him away clocking up 4 years and 5 months! A netball injury stopped me in my tracks when filling in for my daughter's netball team. I got my own back on her though, because she had to run in my place in a relay that afternoon. A month later I was okay and back running.

What are some of the highlights and proud moments

I have had lots of trips away to SI, NZ, Oceania and World Masters Championships, travelling with some great mates and meeting some super people. I have done five half marathons and one marathon and didn't enjoy any of them. The only reason I did the Honolulu marathon was because our youngest son, who was also going, said that there was a family teams event and why didn't we do an entry. After initially telling him to wash his mouth out, I decided that maybe I could run/walk it. I ended up doing 6hrs 66mins!! Man, what a long way.

A few sporting things that I am most proud of are:

- 1) My 400m at Canberra for the 1984 Oceania Champs when I got 3rd.
- 2) Breaking the 70sec barrier for 400m at 47 and creating a new age group record.
- 3) Finding out that I was ranked 15th in the World Rankings for W65 for the hammer.

I am also proud of the fact that most times I can see the other side of the coin in a disagreement or the like, although it sometimes creates a problem

trying to make a decision.

A club member who was frequently in our group in trips away was Selwyn Opie, who was a wise old owl with a wicked sense of humour and always a riot at fancy dress dos. I had a lot of respect for Super Sopia as we called him.

Is there something you would still like to do

Two things that I would like to have done was to have ridden a horse along the beach at a gallop (I've never been on a horse) and learned to do rock and roll. The latter might still be achievable, but as for the horse ... well I cannot see me throwing my leg over the horse, let alone riding it!!!

Two of my sisters and I go on a regular basis to cafes. We are constantly laughing and we all have, what some may call annoying, a habit of singing when someone says in the course of the conversation, some words that happen to be from a song. This frequently causes a bit of mirth amongst other patrons.

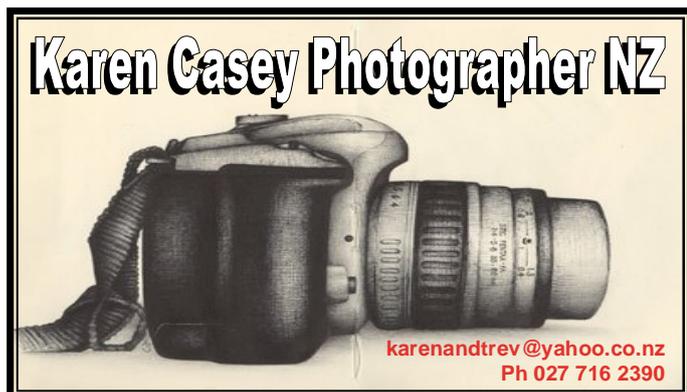
What is something most people would not know about you.

Most people would not know that I used to be a dab hand at cranking cars in the 'old days'. Most young males wouldn't even know what I was talking about!

Thank you Glen for sharing this with us.

Looking for a photographer?

Why not give Karen a ring ...



Karen Casey Photographer NZ

karenandtrev@yahoo.co.nz
Ph 027 716 2390

NZMA Awards:

(Photos on Max's night all taken by Karen)

At the NZMA dinner held on the Saturday night during the NZMA Championships held in Wellington, three of our members received award.

1. Brian Senior won the Male Jumper Athlete of the Year for his M70 pole vault of 3.10m (91.66%).
2. Tony McManus was awarded the Male Middle Distance Athlete of the year for his M60 1 mile, 4:51.85 (96.52%) which is a world record, plus a NZMA & CMA record. He also ran the M60 3000m in 9:42.97 (95.51%) which is a NZMA & CMA record.
3. Both Tony McManus and Loris Reed were also awarded their NZMA Colours for performances with age factored percentage over 95%. Tony's was for his two events noted above. Loris for the W65 2000m steeplechase in 9:20.23 (95.5%).

Well done to you all.



Long Service Award of a kind!

Congratulations to Ian Brownie, not only for turning 84 years old on 12th March 2013, but also for being married to the same person for 60 years. This event was celebrated on 14th March 2013.

Well done.

Canterbury Masters Athletics Annual Awards 2012 - 2013 Season



McIntosh Trophy

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

Louise Martin



Maurice Cook & Max Wood Trophy

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

Max Wood

Malcolm Fraser - Bruce McPhail Trophy

M40 400m

No award this season



Philip Ross May Memorial Trophy

M45 800m

Malcolm Cornelius

Kernahan Trophy

M55 800m

No award this season

Kernahan Trophy

M55 1500m

No award this season

A.H.C. Jubilee Trophy

Women's 1500m

Leesa Edge



Arthur & Merle Grayburn Trophy

Men's Pentathlon

Ian Brownie (1439pts)



Canterbury Veteran's Trophy

Women's Pentathlon

Lyn Osmer (2750 pts)



Clarrie Gordon Trophy

M70+ 10000m
(CMA Championships)

Eric Saxby



Walker of the Year Award

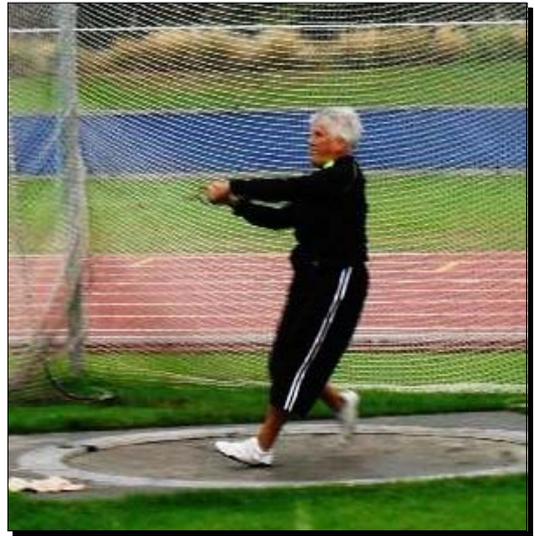
Ann Henderson



Norman & Mary Hawke Trophy

M65+ Hammer
Best Performance using Age Percentages

David Leech



Women's Throws Pentathlon Trophy

Glen Watts



Grayburn Trophy

Men's Throws Pentathlon

Richard Davison



Congratulations to
all the 2012 - 2013
season winners

With lots going on this year preventing me from attending other athletic events, I made the journey to the Wanganui Masters Games.

Athletics was held at Cooks Gardens arena and I was looking forward to seeing this historic track.

The weather was warm and dry when Allen and I went to the Village to pick up my Race Pack.

There was the usual excitement when we got to the village, as many team sports are held close by or in the Sports Precinct. We could see in the Volleyball hall and Boche' was being held as we walked by.

We arrived down to the track in plenty of time - a necessary thing as there was only one sheet / programme and we picked it up at the track.

A few familiar faces showed up as the evening progressed - Jim Blair and Jim Tobin both doing a bit of sharpening prior to the Nationals. It was also great to catch up with Wini Papene, even though she was waiting for us at the discus circle instead of the shot put circle.

I ran in the 100m, 200m and competed in long jump, triple jump and shot put.

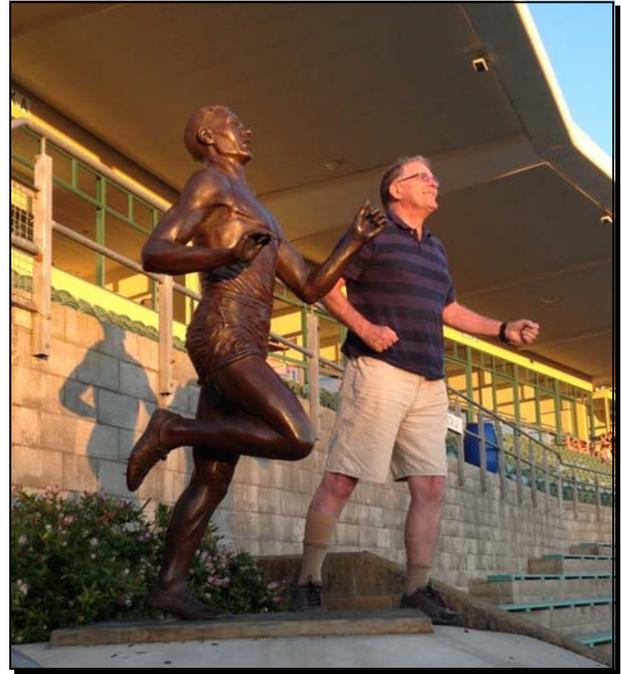
I was pleased with my time of 37.70 in the 200m. Other performances were as follows:.

100m	17.94
long jump	3.04m
triple jump	6.89m
shot put	7.09m

By the middle of Saturday afternoon my legs were starting to crumble and a lack of racing was starting to show.

Thank you Lois you have been missed at our regular CMA meetings and I hope we see you back next year.

Andrew Stark



Good form Allen ... next we will see you competing!

West Coast Open Track & Field Championships - Greymouth

Anne Davison

On Saturday 16th March, a group of Cantabrians travelled to Greymouth to attend the West Coast Open Athletics Championships.

In fantastic weather with no wind, the day began with the children's competitions and the adults began about 10.30 a.m. – very civilized hours!!! It was great to catch up with throwers who we haven't seen for a while – Alison Duncan, 'Beachie', Keith Barrow and their special needs competitor Robbie who is always keen to throw, run and jump.

A new thrower, John Murray has joined their ranks in the M45 group. He has not thrown since high school and has just returned to athletics – 'makes a change from golf' he told me.

Alison Wright, Bev Church, Dianne Underwood, Justine Whitaker and Rick Davison competed, with Glen Church and myself helping as officials. There was some good throwing, no records this year.

Kevin Prendergast and new CMA member Val Reid competed on the track.

We all had a great time, finishing with a very nice afternoon tea. Why not join us next year.

CMA Member's 2012 - 2013 Results

Continuing on from the previous Cant-A-Long, here are the results from the remainder of the season

Interclub @ Rawhiti: Saturday 1/12/2012

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

CMA @ Rawhiti: Wednesday 12/12/2012

We had our Christmas Break-up meeting in warm conditions. Overall, the number competing is down on previous meetings ... which seems to be the trend.

60m / 80m		Result
W60	Claire Matoe	13.3
M45	Andrew Woodward	10.3
M55	Jeff Barnfield (80m)	11.5
M80	Bob Heseltine	14.1
M85	Maurice Cook	17.5
145m		Result
M45	Andrew Woodward	20.7
M55	Jeff Barnfield	20.6
M80	Bob Heseltine	40.6
800m		Result
W70	Carol Thompson	4:19.1
M45	Malcolm Cornelius	2:23.6
M65	Jos Galavazi	3:50.9
Hammer		Result
W55	Birgit Steltner	17.79
W60	Claire Matoe	17.71
W65	Lois Anderson	15.64
W65	Alison Wright	16.77
W70	Barbara Bird	15.20
W70	Gwyn Heseltine	16.50
M60	Rick Davison	42.97



Shirley Rolston competing in the 3000m track walk, CMA Championships, February 10th 2013.

Interclub @ Rawhiti: Saturday 15/12/2012

The final event for the day was our CMA 5000m championships. It was good to see some previous members rejoin and compete in this event. As the race was being run, ominous dark clouds were gathering in the south and just after it finished, the temperature dropped quickly and the heavens opened.

100m		Result
W50	Lyn Osmers	16.07
CMA 5000m Championships		
M40	Chris Mardon	17:10.69
M40	Paul Johnston	18:06.28
M40	Roger Tackney	18:38.35
M45	Anthony Duncraft	17:12.16
M45	Malcolm Cornelius	18:10.69
M45	Andrew Woodward	23:58.81
M50	Clive Kitchingman	19:40.41
M55	Don Greig	17:33.39
M65	Michael Bond	22:12.66
M65	Jos Galavazi	26:45.04
M65	John Mulvaney	27:51.02
M75	Eric Saxby	25:20.47
M80	Stan Gawler	31:14.39
M80	Brian Keown	31:43.37
Shot Put		Result
W50	Lyn Osmers	10.48
M60	Rick Davison	8.61
Discus		Result
M60	Rick Davison	40.72
Hammer		Result
M60	Rick Davison	43.54



Alan J Hunter watches his hammer fly through the air. CMA Championships, February 10th 2013.

Lovelock Classic @ Timaru: Saturday 05/01/2013

1 Mile		Result
M45	Malcolm Cornelius	5:05.17
M60	Tony McManus	5:07.31

Interclub @ Rawhiti: Saturday 12/01/2013

800m		Result
M45	Malcolm Cornelius	2:19.64
M50	Clive Kitchingman	2:48.03
M65	John Mulvaney	3:14.87
1500m		
M60	Tony McManus	4:48.43
M50	Clive Kitchingman	5:20.03
3000m		
M45	Malcolm Cornelius	10:56.27
Shot Put		
W50	Lyn Osmers	8.65
Triple Jump		
W50	Lyn Osmers	10.33

CMA @ Rawhiti: Wednesday 16/01/2013

60m		Result
W50	Lyn Osmers	9.8
W60	Liz Laban	10.1
W65	Lois Anderson	11.1
M65	John Mulvaney	10.4
M70	John Waite	13.4
M75	Max Wood	10.6
M80	Colin O'Brien	11.9
100m		
W60	Liz Laban	16.9
W65	Lois Anderson	17.8
M70	John Waite	23.2
M75	Max Wood	17.5
M80	Colin O'Brien	20.3
300m		
M55	Tom Reihana	59.3
M65	John Mulvaney	66.0
M75	Max Wood	64.1
1500m		
W65	Loris Reed	6:22.0
M55	Tom Reihana	7:26.2
M65	John Mulvaney	6:48.4
M65	Jos Galavazi	7:44.3

**Shot Put**

W19	Jacqui Barnfield	6.60
W50	Lyn Osmers	9.94
W65	Loris Reed	6.44
W65	Lois Anderson	7.02
W65	Diane Underwood	5.20
W65	Alison Wright	5.41
W70	Barbara Bird	6.05
W70	Gwyn Heseltine	4.69
W70	Justine Whitaker	5.81
W75	Iris Bishop	4.97
M55	Tom Reihana	7.36
M60	Rick Davison	9.71

Discus

W19	Jacqui Barnfield	15.00
W65	Loris Reed	18.68
W65	Lois Anderson	14.03
W65	Diane Underwood	11.40
W65	Alison Wright	14.02
W70	Barbara Bird	13.27
W70	Justine Whitaker	12.80
W70	Gwyn Heseltine	9.68
W75	Iris Bishop	9.54
M55	Tom Reihana	22.68
M55	Jeff Barnfield	22.11
M60	Rick Davison	40.51

CMA 3000m Championships @ Rawhiti: Saturday 26/01/2013

Run as part of an inter-club meeting, we are appreciative of the Canterbury officials who help out with races. In good conditions, the field of 14 had their own races within the race, with Chris Mardon proving to be too good for Paul Johnston after the last few laps. Leesa Edge, in her first track race, was helped all the way by Loris Reed, but those younger legs proved too fast on the final lap.

3000m		Result
W45	Leesa Edge	13:06.37
W65	Loris Reed	13:08.37
M40	Chris Mardon	10:03.32
M40	Paul Johnston	10:18.79
M40	Richard Malloch	11:44.02
M50	Clive Kitchingman	11:26.95
M55	Tim Reihana	14:59.10
M65	Michael Bond	12:32.80
M65	Bruce Milne	14:13.52
M65	Jos Galavazi	15:32.19
M65	John Mulvaney	15:36.96
M65	Peter Coughlan	17:42.80
M75	Eric Saxby	15:01.59
M80	Brian Keown	18:50.95

CMA @ Rawhiti: Sunday 27/01/2013

60m		Result
W45	Leesa Edge	10.6
W55	Birgit Steltner	10.9
M40	Brent Richards	9.9
M45	Andrew Woodward	8.5
M55	Maurice Gough	10.7
M65	John Mulvaney	10.4
M75	Max Wood	10.5
M80	Colin O'Brien	11.5
M80	Bob Heseltine	14.3
M85	Maurice Cook	18.7
<hr/>		
100m		
M45	Andrew Woodward	13.6
M75	Max Wood	16.9
M80	Colin O'Brien	19.7
M80	Bob Heseltine	24.9
M85	Maurice Cook	32.5
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200m		
M45	Andrew Woodward	30.4
M55	Maurice Gough	36.7
M65	John Mulvaney	37.8
M75	Max Wood	36.7
M80	Colin O'Brien	43.6
M80	Bob Heseltine	52.5
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800m		
W45	Leesa Edge	3:03.1
W55	Birgit Steltner	3:09.5
W70	Carol Thompson	4:14.8
M45	Andrew Woodward	3:07.1
M55	Maurice Gough	3:12.6
M65	John Mulvaney	3:20.8
<hr/>		
Weight		
W55	Birgit Steltner	8.29
W60	Bev Church	7.46
W60	Claire Matoe	8.03
W70	Justine Whitaker	6.68
W70	Barbara Bird	5.23
W70	Gwyn Heseltine	6.02
M40	Brent Richards	13.41
M45	Andrew Woodward	7.56
M85	David Leech	9.62
<hr/>		
Javelin		
W55	Birgit Steltner	13.22
W60	Bev Church	14.91
W60	Claire Matoe	13.77
W70	Justine Whitaker	12.48
W70	Barbara Bird	18.93
W70	Gwyn Heseltine	7.91
M40	Brent Richards	34.91
M45	Andrew Woodward	27.57

**CMA @ Rawhiti: Wednesday 06/02/2013**

60m		Result
W19	Jacqui Barnfield	11.00
M45	Andrew Woodward	8.80
M65	John Mulvaney	10.40
M75	Max Wood	10.30
M80	Colin O'Brien	12.30
<hr/>		
100m		
M55	Kevin Prendergast	19.6
M75	Max Wood	17.5
M80	Colin O'Brien	20.4
<hr/>		
300m		
M55	Jeff Barnfield	60.6
M65	John Mulvaney	64.4
M75	Max Wood	74.5
<hr/>		
1500m		
W50	Val Reid	8:28.1
W70	Carol Thompson	8:35.1
M55	Kevin Prendergast	7:57.5
M65	John Mulvaney	6:54.2
M65	Jos Galavazi	7:35.9
<hr/>		
Shot Put		
W19	Jacqui Barnfield	5.96
W60	Claire Matoe	6.12
W60	Bev Church	6.55
W65	Alison Wright	5.54
W70	Justine Whitaker	5.97
W70	Gwyn Heseltine	4.75
M40	Brent Richards	10.10
M60	Rick Davison	9.44
<hr/>		
Discus		
W60	Claire Matoe	15.91
W60	Bev Church	17.13
W65	Alison Wright	14.54
W70	Justine Whitaker	12.63
W70	Gwyn Heseltine	10.37
M40	Brent Richards	26.98
M60	Rick Davison	40.37

Interclub @ Timaru: Saturday 09/02/2013

	200m	Result
M45	Ian Purvis	30.89
800m		
M45	Malcolm Cornelius	2:14.36
M45	Ian Purvis	2:17.71
1500m		
M45	Malcolm Cornelius	4:44.98
M40	Roger Tackney	4:46.12



Bruce Milne still has a good turn of speed when he gets those legs pumping

Bob, Bryan and Brian were all at the first NZMA Championships back in 1975. Bryan won the 400m and Bob was 2nd. Brian ran the 5000m



CMA - Cant-A-Long

**CMA Track & Field Championships
Rawhiti Domain: Sunday 10/02/2013**

This year we held our championships a week earlier than normal to avoid clashing with the New Brighton Olympic Children's Championships. It also coincided with the Buller marathon and half marathon events.

The CMA memberships total just under 100 and of these about 40 turned up to compete. The number of competing members is dropping and no doubt the affect of the earthquake and not having a venue like QEII does influence who competes and where.

Some of the track events had some fields, as the results indicate. Due to decreased numbers entering the throwing events, it was decided to combine the men's and women's throwing events at the start of the day. This was going along okay until some of the 'broken down' runners joined in the afternoon throws. While they are welcome to join in, it did increase the wait between throws.

Following the meeting, most stayed behind and enjoyed a social gathering & BBQ. Thank you to all who helped to make it an enjoyable day.

	60m	Results
W45	Louise Martin	9.2
W55	Birgit Steltner	10.9
M75	Max Wood	10.3
M75	Alan J Hunter	17.0
M80	Colin O'Brien	12.0
M80	Robert Heseltine	13.8
M85	Maurice Cook	17.7
100m		
W45	Louise Martin	15.0
W50	Lyn Osmer	15.9
W55	Birgit Steltner	18.3
M40	Brent Richards	14.4
M75	Max Wood	16.9
M80	Colin O'Brien	18.6
M80	Ian Brownie	19.1
M80	Robert Heseltine	24.0
M85	Maurice Cook	32.0
200m		
W45	Louise Martin	31.6
M40	Brent Richards	30.7
M45	Malcolm Cornelius	29.1
M65	John Mulvaney	36.8
M65	John Kerrison	38.9
M75	Max Wood	37.2
M80	Ian Brownie	42.3
M80	Robert Heseltine	53.8
300m		
W70	Carol Thompson	1:20.8
M65	John Mulvaney	1:01.7
M75	Max Wood	1:07.0
M80	Robert Heseltine	1:29.1

400m		
M45	Malcolm Cornelius	1:07.5
M65	Michael Bond	1:19.3
M65	Bruce Milne	1:21.1
M80	Brian Keown	2:07.2

800m		
W45	Leesa Edge	2:58.6
W50	Lyn Osmers	3:52.5
W55	Birgit Steltner	4:21.6
W65	Loris Reed	3:03.6
M45	Malcolm Cornelius	2:24.4
M55	Tom Reihana	3:09.6
M55	Kevin Prendergast	3:48.4
M65	Michael Bond	2:58.0
M65	Bruce Milne	3:01.5
M65	John Mulvaney	3:14.7
M65	John Kerrison	3:24.7
M65	Peter Coughlan	3:57.5
M80	Brian Keown	4:40.4

1500m		
W45	Leesa Edge	6:08.3
W60	Shirley Rolston	8:03.0
W65	Loris Reed	6:11.1
M45	Malcolm Cornelius	5:35.2
M55	Tom Reihana	7:05.9
M55	Kevin Prendergast	8:03.6
M60	Brian Chubbin	7:53.1
M65	Michael Bond	6:07.6
M65	John Mulvaney	7:15.6
M65	John Kerrison	7:24.6
M65	Peter Coughlan	7:46.7
M80	Brian Keown	9:29.3
M80	Ian Brownie	10:50.9

3000m Track Walk		
W60	Shirley Rolston	22:08.5
W70	Ann Henderson	23:23.8



With the combined ages of 377 years these boys have experience as they prepare for the 200m.

On the day of competition, Bob (81, lane 5), Max (79, lane 3) and Ian (84, lane 1) ... you are an inspiration to us all!



What time are we on again boys?



Bit more over here Jos!

Long Jump		
W50	Lyn Osmers	4.23m
W55	Birgit Steltner	2.83m
M75	Alan J Hunter	2.00m
M80	Colin O'Brien	2.75m
M80	Ian Brownie	2.43m

High Jump		
W55	Birgit Steltner	1.05m
M75	Alan J Hunter	0.85m
M80	Colin O'Brien	1.00m

Triple Jump		
W55	Birgit Steltner	7.05m
M80	Colin O'Brien	5.80m

Shot Put		
W50	Lyn Osmers	9.86m
W55	Birgit Steltner	6.52m
W60	Beverley Church	6.59m
W60	Claire Mateo	6.26m
W65	Loris Reed	6.18m
W65	Alison Wright	5.39m
W70	Barbara Bird	5.94m
W70	Justine Whitaker	5.88m
W70	Gwyn Heseltine	5.01m
W75	Iris Bishop	5.05m
M40	Brent Richards	11.33m
M50	Keith Barrow	11.63m
M55	Jeff Barnfield	7.88m
M55	Tom Reihana	7.56m
M60	Richard Davison	9.90m
M75	Alan J Hunter	5.60m
M85	Dave Leech	5.79m

Discus

W55	Birgit Steltner	13.41m
W60	Claire Matoe	18.78m
W60	Beverley Church	17.39m
W65	Loris Reed	18.11m
W65	Alison Wright	13.68m
W70	Justine Whitaker	14.70m
W70	Barbara Bird	13.21m
W70	Gwyn Heseltine	10.42m
W75	Iris Bishop	10.29m
M40	Brent Richards	35.20m
M50	Keith Barrow	32.35m
M55	Jeff Barnfield	21.61m
M55	Tom Reihana	20.07m
M60	Richard Davison	39.21m
M75	Alan J Hunter	16.62m
M80	Colin O'Brien	15.85m
M80	Ian Brownie	14.35m
M85	Dave Leech	15.55m

Javelin

W50	Lyn Osmers	30.60m
W55	Birgit Steltner	14.63m
W60	Beverley Church	15.72m
W60	Claire Matoe	14.79m
W65	Loris Reed	16.31m
W65	Alison Wright	12.16m
W70	Barbara Bird	17.58m
W70	Justine Whitaker	11.59m
W70	Gwyn Heseltine	7.65m
W75	Iris Bishop	8.45m
M40	Brent Richards	29.31m
M55	Tom Reihana	27.62m
M55	Jeff Barnfield	24.77m
M60	Richard Davison	30.80m
M75	Alan J Hunter	13.84m
M80	Colin O'Brien	14.30
M80	Ian Brownie	12.17m
M85	Dave Leech	10.23m

Hammer

W55	Birgit Steltner	15.24m
W60	Beverley Church	24.31m
W60	Claire Matoe	19.91m
W65	Alison Wright	16.27m
W70	Gwyn Heseltine	17.03m
W70	Justine Whitaker	16.63m
W70	Barbara Bird	11.18m
W75	Iris Bishop	14.64m
M60	Richard Davison	41.94m
M75	Alan J Hunter	19.33m
M85	Dave Leech	20.74m

Weight Throw

W55	Birgit Steltner	6.89m
W60	Claire Matoe	8.94m
W60	Beverley Church	8.13m
W65	Alison Wright	7.52m
W70	Justine Whitaker	6.38m
W70	Gwyn Heseltine	5.98m
W75	Iris Bishop	5.73m
M60	Richard Davison	15.06m
M75	Alan J Hunter	8.48m
M85	Dave Leech	9.08m

Women's Pentathlon

M50	Lyn Osmers		Points
	100m	16.14	561
	shot put	9.86m	690
	long jump	4.23m	643
	javelin	30.60m	672
	800m	3:52.5	184
Total:			2750 pts



Ian throws while Lyn watches supporting each other in the respective pentathlon events. Well done.

Men's Pentathlon

M80	Ian Brownie		Points
	long jump	2.43m	348
	javelin	12.17m	236
	200m	42.54	345
	discus	14.35m	340
	1500m	10:50.9	170
Total:			1439



Big fields in the discus and javelin made for a long afternoon for the officials involved. Thank you to Pat (seated on left) & Matt Leech (in the circle) and Pat's and grandson (standing with arms folded) for their help.



Bob 'survived' another 300m ... well done!



Brent Richard's (new member) son Blake gave Malcolm a run for his money. It was a bit mean letting him do the work for the first two laps ... but, Blake enjoyed the challenge!!

Interclub @ Rawhiti: Saturday 16/02/2013

	400m	Result
M45	Ian Purvis	63.48
800m		
M45	Malcolm Cornelius	2:16.99
M65	John Mulvaney	3:14.87
1500m		
M45	Ian Purvis	4:49.02
3000m		
M50	Clive Kitchingman	11:26.08
Shot Put		
W50	Lyn Osmers	9.86
Triple Jump		
W50	Lyn Osmers	8.23



CMA @ Rawhiti: Wednesday 20/02/2013

	200m	Result
M55	Jeff Barnfield	31.0
M65	John Mulvaney	38.6
M75	Max Wood	38.6
800m		
M65	John Mulvaney	3:11.8
1600m		
W50	Valerie Reid	8:14.3
Shot Put		
W60	Claire Matoe	5.40
W60	Bev Church	6.77
W70	Barbara Bird	6.44
W70	Justine Whitaker	5.91
W75	Iris Bishop	5.21
Discus		
W60	Bev Church	17.47
W70	Barbara Bird	13.53
W70	Justine Whitaker	11.87
W75	Iris Bishop	11.73
Javelin		
W60	Claire Matoe	11.90
W60	Bev Church	16.07
W70	Barbara Bird	18.21
W70	Justine Whitaker	11.10
W75	Iris Bishop	9.24

**Canterbury Track & Field Championships
@ Timaru: Saturday 23/02/2013**

		Result
800m		
M45	Malcolm Cornelius	2:13.45
M45	Ian Purvis	2:19.70
1500m		
	Ian Purvis	4:45.79
5000m		
M50	Clive Kitchingman	19:26.44

Interclub @ Rawhiti: Saturday 02/03/2013

		Result
Hammer		
M60	Rick Davison	43.31
Shot Put		
W50	Lyn Osmers	9.99
M60	Rick Davison	9.47
Discus		
M60	Rick Davison	37.98
Javelin		
W50	Lyn Osmers	25.77
Long Jump		
W50	Lyn Osmers	4.04

**NZMA Track & Field Championships
March 1st - March 4th 2013
Newtown Park, Wellington**

A small group of CMA members competed at the 39th NZMA Championships. A full list of results is due to be published in the April Vetline, so I will not repeat this information here.



Well done Bob (M80 60m).



Malcolm Cornelius always gives 100% effort (M45 800m).

Message from MAX:

We had an amazing evening for the closing of the Masters Track & Field season, organised by Andrew and his committee, with fellow CMA members, family and friends all contributing to the joy of being together for the occasion.

Great participation in all events increased the excitement, especially in the relay event with four teams entered.

My major goal was to have a go at breaking the M80 60m and 300m CMA records which I am pleased to say I achieved. I really appreciated the support from fellow runners and supporters.

My other goal was to have a 4 generation family relay race (4x 100m) and this came to fruition with Julie (daughter), Caley (grand daughter) and Ayva (great grand daughter) joining me. We finished 2 seconds inside the estimated team time of 100 seconds and were pleased with our efforts. My family friends, the Watts had a team and we also had an over 80's relay team.

The fun 'Minor Golden Globe' Awards following the BBQ light meal and quiz session were well received, Rick Davison taking out the 'Iron Man' award and Loris Reed the 'Iron Woman' award, truly worthy recipients.

The Men's 80+ relay team (Bob Heseltine, Stan Gawler, Ian Brownie, Colin O'Brien) were presented with Medals (not chocolate ones !) for their outstanding effort.

A specially baked and decorated birthday cake from family friends - Ana, Ruth, Samuel, Abegail Watts capped off the special occasion and the Masters Closing night.

I would like to acknowledge and appreciate the work of John & Ann Henderson and Bev Church in organising the BBQ and food on the night and also having Allan Gardiner back assisting along with the officials and volunteers.

CMA Max's Night @ Rawhiti: Wednesday 13/03/2013

The long, hot summer continues ... Just over 40 people attended Max's Night meeting. This event was named by Max five years ago. It was hard to believe where the time has gone, as Max and friends gathered to celebrate his 80th birthday.

At this meeting he attempted to break two records - 60m & 300m. This he did, with the help of some competitors, Colin O'Brien, Bob Heseltine and Robert Auimatagi in 60m. Well done Max.

Although there were very few runners, four 80+ year olds joined forces to compete against four generations of 'Wood' family in a 4x 100m relay, plus the Watts family (son, 2x daughters & dad), personal friends of Max & Pam.

Following the meeting, we had a shared BBQ supper, Max gave out some awards and we had birthday cake.

All in all ... a very pleasant gathering.



Max, Colin, Bob and Robert start in the 60m.

60m		
		Result
M55	Jeff Barnfield	8.5
M75	Max Wood	10.1
M70	Robert Auimatagi	11.3
M80	Colin O'Brien	11.9
M80	Robert Heseltine	14.1
300m		
M75	Max Wood	1:01.6
2000m		
W50	Val Reid	10:32.5
M65	Michael Bond	8:16.4
M55	Tom Reihana	9:48.4
M65	Jos Galavazi	10:22.2
M65	John Mulvaney	10:32.9
M55	Kevin Prendergast	10:30.2

Shot Put		
W50	Lyn Osmers	10.11
W60	Bev Church	6.57
W70	Justine Whitaker	6.52
W65	Loris Reed	6.23
W70	Barbara Bird	6.19
W65	Alison Wright	5.43
W75	Iris Bishop	5.34
W65	Diane Underwood	5.08
M60	Rick Davison	9.75
M55	Tom Reihana	7.62

Weight Throw		
W65	Loris Reed	8.20
W65	Alison Wright	7.68
W70	Justine Whitaker	6.99
W65	Diane Underwood	6.08
W75	Iris Bishop	5.73
W70	Barbara Bird	5.37
M60	Rick Davison	14.51



in order ... Ayva, Caley, Julie & Max



Ayva carried the baton in the last leg of the 4x 100m relay. Max looks on with pride!

Photos on this page by Karen Cassey.

CMA Throws Pentathlon Results: Rawhiti Domain, Sunday 24th March 2013

In warm & near perfect conditions, the CMA Throws Pentathlon Championships were held at Rawhiti Domain.

At Max Wood's request, track events were included so he could attempt to break two more M80 records. Once again Max was successful, breaking the 100m & 400m records. Thank you to those who came along to help and support Max, plus the officials running the Throws Pentathlon.

W50		Hammer	Shot	Discus	Javelin	Weight	Total
Lyn Osmer	NZ	0.00	9.88	20.30	26.00	9.32	
Age Factors	W50	1.2838	1.2607	1.3128	1.3147	1.1822	
		0.00	12.45	26.64	34.18	11.01	
1st		0	691	399	556	554	2200
		0	691	1090	1646	2200	

W60		Hammer	Shot	Discus	Javelin	Weight	Total
Beverley Church	NZ	21.67	6.85	17.87	14.89	8.24	
Age Factors	W60	1.5353	1.5015	1.5961	1.5408	1.2108	
		33.26	10.28	28.52	22.94	9.97	
1st		564	548	435	344	491	2382
		564	1112	1547	1891	2382	

W65		Hammer	Shot	Discus	Javelin	Weight	Total
Alison Wright	NZ	15.47	5.39	13.61	10.82	8.17	
Age Factors	W65	1.7038	1.6600	1.7927	1.7274	1.3260	
		26.35	8.94	24.39	18.69	10.83	
1st		415	460	358	265	543	2041
		415	875	1233	1498	2041	
Diane Underwood	NZ	14.35	4.94	12.22	8.29	6.67	
Age Factors	W65	1.7038	1.6600	1.7927	1.7274	1.3260	
		24.44	8.20	21.90	14.32	8.84	
1st		374	412	312	184	422	1704
		374	786	1098	1282	1704	

W70		Hammer	Shot	Discus	Javelin	Weight	Total
Glenn Watts	NZ	23.78	6.42	17.01	13.11	8.21	
Age Factors	W70	1.9160	1.8559	2.0542	1.9654	1.4667	
		45.56	11.91	34.94	25.76	12.04	
1st		834	655	556	397	618	3060
		834	1489	2045	2442	3060	
Barbara Bird	NZ	13.92	6.23	13.52	18.28	4.93	
Age Factors	W70	1.9160	1.8559	2.0542	1.9654	1.4667	
		26.67	11.56	27.77	35.92	7.23	
2nd		421	632	421	589	326	2389
		421	1053	1474	2063	2389	
Justine Whittaker	NZ	17.99	5.92	12.83	11.56	6.31	
Age Factors	W70	1.9160	1.8559	2.0542	1.9654	1.4667	
		34.46	10.98	26.35	22.72	9.25	
3rd		590	594	394	340	447	2365
		590	1184	1578	1918	2365	
Gwyn Heseltine	NZ	15.66	4.94	10.11	7.24	5.29	
Age Factors	W70	1.9160	1.8559	2.0542	1.9654	1.4667	
		30.00	9.16	20.76	14.22	7.75	
4th		493	475	292	182	357	1799
		493	968	1260	1442	1799	

W75		Hammer	Shot	Discus	Javelin	Weight	Total
Iris Bishop	NZ	15.42	5.25	10.7	8.33	5.27	
Age Factors	W75	1.9984	1.8324	2.1546	2.2794	1.5146	
		30.81	9.62	23.05	18.98	7.98	
1st		511	505	333	270	370	1989
		511	1016	1349	1619	1989	

M60		Hammer	Shot	Discus	Javelin	Weight	Total
Rick Davison	NZ	43.01	10.16	38.96	29.85	15.35	
Age Factors	M60	1.3082	1.2482	1.0628	1.4140	1.0424	
		56.26	12.68	41.40	42.20	16.00	
1st		780	648	693	474	792	3387
		780	1428	2121	2595	3387	

M75		Hammer	Shot	Discus	Javelin	Weight	Total
Alan J Hunter	NZ	18.15	5.75	15.47	14.67	7.69	
Age Factors	M75	1.7268	1.4790	1.4332	1.8932	1.2286	
		31.34	8.50	22.17	27.77	9.44	
1st		372	396	313	268	421	1770
		372	768	1081	1349	1770	

M80		Hammer	Shot	Discus	Javelin	Weight	Total
Colin O'Brien	NZ	14.05	6.04	16.45	13.82	7.02	
Age Factors	M85	1.9056	1.5980	1.6441	2.0952	1.3043	
		26.77	9.65	27.04	28.95	9.15	
1st		299	465	407	284	405	1860
		299	764	1171	1455	1860	

M85		Hammer	Shot	Discus	Javelin	Weight	Total
Dave Leech	NZ	20.06	5.73	15.36	8.78	8.95	
Age Factors	M85	2.2784	1.8037	1.9508	2.4378	1.4452	
		45.70	10.33	29.96	21.40	12.93	
1st		606	505	464	180	617	2372
		606	1111	1575	1755	2372	



	Ranking Order	Points
1	Rick Davison	3387
2	Dave Leech	2372
3	Colin O'Brien	1860
4	Alan J Hunter	1770

	Ranking Order	Points
1	Glenn Watts	3060
2	Barbara Bird	2389
3	Bev Church	2382
4	Justine Whittaker	2365
5	Lyn Osmer	2200
6	Alison Wright	2041
7	Iris Bishop	1989
8	Gwyn Heseltine	1799
9	Diane Underwood	1704

CMA 2012 - 2013 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		
Nelson	01/12/2012	Hammer Throw	20.76m	SIMC record
Nelson	01/12/2012	Shot Put	6.74m	SIMC record
Nelson	01/12/2012	Weight Throw	9.93m	SIMC record
Nelson	02/12/2012	Throws Pentathlon	3010 pts	SIMC record
Shirley Rolston	W65	DOB: 08/02/1949		
Nelson	02/02/2012	3000m Track Walk	20:17.09	SIMC record
Loris Reed	W65	DOB: 26/4/1947		
Nelson	01/12/2012	1500m	6:02.81	NZMA, SIMC & CMA record
Nelson	01/12/2012	2000m Steeplechase	9:20.23	NZMA, SIMC & CMA record
Nelson	02/12/2012	5000m	21:56.10	NZMA, SIMC & CMA record
Rawhiti Domain	10/02/2013	800m	3:03.5h	NZMA & CMA record
Alison Wright	W65	DOB: 29/11/1946		
Nelson	02/12/201	Throws Pentathlon	2008 pts	SIMC record
Lyn Osmer	W50	DOB: 12/6/1960		
Rawhiti Domain	10/02/2013	Pentathlon	2750 pts	CMA record
Rawhiti Domain	09/03/2013	Triple Jump	8.73m	CMA record
Dave Leech	M85	DOB: 09/03/1927		
Rawhiti Domain	09/12/2012	Hammer Throw	21.16m	CMA record
Rawhiti Domain	27/01/2012	Weight Throw	9.62m	CMA record
Colin O'Brien	M80	DOB: 16/3/1931		
Rawhiti Domain	10/02/2013	Triple Jump	5.80m	CMA record
Max Wood	M75 / M80	DOB: 11/3/1933		
Nelson	01/12/2012	60m	10.39	SIMC M75 record
Rawhiti Domain	13/03/2013	60m	10.1h	CMA record
Rawhiti Domain	13/03/2013	300m	61.6h	CMA record
Rawhiti Domain	24/03/2013	100m	16.8h	CMA record
Rawhiti Domain	24/03/2013	400m	90.8h	CMA record
Alan Hunter	M75	DOB: 09/07/1937		
Nelson	02/12/201	Throws Pentathlon	1729 pts	SIMC record (new)
Rick Davison	M60	DOB: 27/08/1949		
Nelson	01/12/2012	Weight Throw	15.60m	SIMC record
Rawhiti Domain	22/12/2012	Discus Throw	41.29m	CMA record

South Island Championship Programme (Draft)

Aorangi Stadium, Timaru

Friday 29th November - 1st December 2013

Friday 29th November 2013				
	Tick left column to enter Track events		Tick right column to enter Field events	
5:00 p.m.			Discus	W30+
			Hammer	M30+
6:00 p.m.	60m	W30+		
6:05 p.m.	60m	M30+		
6:20 p.m.	400m	W30 - W70	Weight Throw	W30+
			Shot Put	M30+
6:25 p.m.	400m	M30 - M75	Triple Jump	W30+, M30+
6:35 p.m.	300m	W75+, M80+		
6:45 p.m.	3000m Walk	W30+, M30+		
7:15 p.m.	3000m	W30+, M30+		
Saturday 30th November 2013				
10:00 a.m.			Long Jump *(MP)	M30+
10:30 a.m.	100m	M30+		
10:40 a.m.	100m *(WP)	W30+		
11:00 a.m.			Shot Put (WP)	W30+
			Javelin (MP)	M30+
11:30 a.m.	800m	M30+		
11:45 a.m.	1500m	W30+		
12:00 p.m.	Short Hurdles	W30+, M30+	High Jump	W30+, M30+
			Hammer Throw	W30+
12:15 p.m.	AGM & Lunch break			
1:00 p.m.	2000m Steeplechase	W30+, M60+	Long Jump (WP)	W30+
1:20 p.m.	3000m Steeplechase	M30 - M59		
2:00 p.m.			Pole Vault	W30+, M30+
2:10 p.m.	200m (MP)	M30+		
2:15 p.m.	200m	W30+		
3:00 p.m.			Discus (MP)	M30+
			Javelin (WP)	W30+
4:15 p.m.	Long Hurdles	W30+, M30+	Weight Throw	M30+
			Triple Jump	W30+, M30+
4:30 p.m.	800m (WP)	W30+		
4:40 p.m.	1500m (MP)	M30+		
5:00 p.m.	Track-side BBQ (pre-paid with entry)			
Sunday 1st December 2013				
9:00 a.m.			**Throws Pentathlon	M30+ or W30+
9:30 a.m.	5000m Track Walk	W30+, M30+		
10:30 a.m.	5000m	W30+, M30+		

Notes:

***(WP) & (MP)** indicates the Women's & Men's Pentathlon events. Tick all **five** events and you are automatically in the Pentathlon. Only the first 3 jumps or throws count toward your pentathlon score, however you have the option to complete all 6 jumps or throws.

** The Throws Pentathlon will start with the gender group with fewer competitors, (TBA after entries close). Second gender group will start ASAP after first group.

On the Saturday afternoon we will be joined by the local South Canterbury Athletic Club and Secondary School students, hence the gaps in track programme.

Track side BBQ on Saturday afternoon.



Important dates coming up

CMA AGM: Wednesday 21st August 2013 @ 7:30 p.m.

Port Hills Club Room see you there.

CMA Opening Day: Wednesday 16th October 2013 @ 6:15 p.m.

Mark this date on your calendar. Venue: TBA

2013 Oceania Postal Throws Pentathlon: Sunday 29th September 2013 @ 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 22nd - 24th 2013. Venue: Whangarei

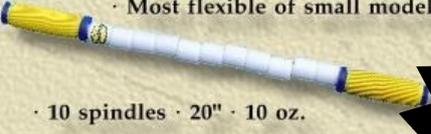
South Island Track & Field Championships:

November 29th - December 1st 2013. Venue: Now **Timaru**, but organised by CMA

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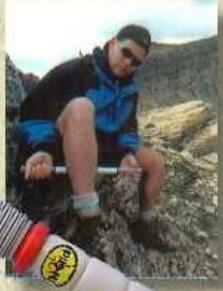
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