

Cant-A-Long

April 2015

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A note from the editor ... Andrew Stark

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

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

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



Andrew Stark (Cant-A-Long Editor)

Advertising in Cant-A-Long

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

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

Rates:

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

Canterbury Masters Athletics Inc Life Members:

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



**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




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Canterbury Masters Athletics



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Welcome to the NEW Canterbury Masters Athletics Website

The purpose of this website is to keep members informed about what is going on within our Centre and around the country.

You can select from the list of headings at the left or click on the titles without these boxes.

[President's Comment](#)

[QEII Update - Earthquake Damage](#)



Special Meeting Re:
QEII and next
season.

If you would like to comment about this website or contact CMA then

[CLICK HERE](#)

Website address: www.canterburymastersathletics.org.nz

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

President:

Andrew Stark Tel: 03 338 0516

Vice-President:

Secretary:

Tony McManus Tel: 03 332 3921

Treasurer:

Kevin Prendergast Tel: 03 358 7760

Committee:

Bev Church Tel: 03 388 5736

Allan Gardiner Tel: 03 388 1248

Track & Field Athletics Canterbury Centre Representative:

Andrew Stark

Uniform Officer:

Bev Church

Cant-A-Long / Website Editor:

Andrew Stark

CMA - Cant-A-Long

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April 2015

Notice of CMA AGM - Wednesday 19 August 2015 @ 7:30 p.m.

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

Any Remits or Notices of Motion are to be in the hands of
The Secretary
Canterbury Masters Athletics Inc
c/- 102 Bowenvale Avenue
Cashmere
Christchurch 8022

by Wednesday 5 August 2015.

Nominations for the following positions are also called for:

Elected Positions:

President
Vice President
Secretary
Treasurer
Committee members (6)

Other Elected Positions:

Patron
Honorary Auditor
Honorary Solicitor

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

Athletics Canterbury Track and Field Committee

Tony McManus
(Secretary)

Agenda of CMA AGM

Canterbury Masters Athletics Inc
2015 ANNUAL GENERAL MEETING
PORT HILLS ATHLETIC CLUBROOMS
Wednesday 19 August 2015 @ 7.30 p.m.

- Quorum Check (15 Financial Members)
- Apologies
- Approval of Minutes of Annual General Meeting held 20 August 2014
- Consideration and Approval of Annual Report
- Consideration and Approval of Annual Financial Statements
- Consideration and Approval of Annual Subscription for 2015 / 2016 season
- Election of Officers for 2015 / 2016
 - President
 - Vice President
 - Secretary
 - Treasurer
 - Committee (not to exceed six)
- Election of other Elected Positions
 - Patron
 - Honorary Auditor
 - Honorary Solicitor
- Nomination(s) for Life Membership
- Remits
- General Business



Introduction:

Another year has passed and we are finally making progress towards getting a new track facility in Christchurch. At a full CCC meeting on the 12th March, the proposed sports hub to be developed on the AMP Show Ground site was approved. This was after a lengthy consultation process, part of which involved submissions being called for from interested parties. On behalf of NZMA & CMA, I sent in and then attended a submission hearing supporting the sports hub concept. A copy of this submission is available on the CMA website.

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

South Island Track & Field Championships:

This season eighteen CMA members made the trip to Dunedin, which as one would expect, it was a well run event. Five CMA members broke eleven South Island Championships records. I understand from those who went that the weather was rather cold for that time of the year. However, the glass windowed room at the top of the grandstand was a welcome relief from cold wind and a great place to watch the events happening below. A BBQ was held on the Saturday evening following the last event.

Next year we will be hosting the South Island Championships in Timaru during the weekend of November 20th to 22nd. We will be combining our event with the Athletics Canterbury Combined Event Championships. With numbers attending being about 60 to 70 athletes, having these 'joint' meeting makes perfect sense. This does not clash with the North Island Championships, which are being held a week later in Auckland.

NZMA Track & Field Championships:

This year it was held in Tauranga and the new three day trial programme was introduced. Greater than expected numbers in some field event groupings, did make life interesting for officials as they struggled to complete events within the allotted time. This will be reviewed and adjusted accordingly if required before next seasons event.

Canterbury was represented by eight throwers and fourteen runners. On the Thursday night there was an impressive thunder storm and extremely heavy rain. I was wondering if the weather was going to be like Invercargill the previous year, i.e. wet, but at least not as cold. However, the weather was perfect, almost cloudless days, very hot and making for an enjoyable weekend. Once again I was an official, in the starters

assistant role which gave me an opportunity to meet more of the athletes. Well done to those who competed, especially Iris Bishop who continued her unbroken run of being to ALL 41 NZMA Championship events.

Next season the event will be hosted by the Otago and held in Dunedin. The shortened programme used this season is to continue, with possibly some modifications to event start times.

NZMA Board:

I was elected back onto the NZMA Board, but this time as President. The previous President Mike Weddell remains on the committee. Marcia Petley did not seek re-election and Murray Clarkson was elected for the first time. All other previous board members were re-elected. One of my new roles will be to determine and allocate areas of responsibility to the current board members. I am also interested in improving the communication between the NZMA board and our members.

Athletics Canterbury Track & Field Committee:

I have been the CMA representative on this committee responsible for the Saturday Interclub programme and editing / printing the Summer programme booklets. This season I was also asked to be the Chairman of the Track & Field Committee, a position that was previously held by John McBrearty. Thank you to the small group of CMA members who also have made themselves available as interclub meeting officials.

CMA 2014 / 2015 Membership Details:

This year the membership numbers have fallen from 160 (2010), 131 (2011), 110 (2012), 97 (2013), 82 (2014) to 70 in the 2014/2015 season.

Attracting and retaining members is an issue faced by all centres throughout New Zealand. Athletes come and go depending on their personal circumstances and we simply have to accept that's how it is. We will continue to offer what we do, for those who remain keen. I am hopeful that once a new track is built, our membership numbers will increase.

Of the 70 current members, only about 32 competed in the various CMA meetings, including Championship events throughout the season. We appreciate the support from all non-competing members and hope that you enjoy reading CMA news via Cant-A-Long, our website and Vetline.

Thank you to Kevin Prendergast for maintaining the CMA database.

Winter Throws Pentathlon & Oceania Throws Pentathlon Challenge:

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

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

CMA Track & Field Meetings:

Continuing on from last season, Athletics Canterbury has allowed our non-club registered CMA members to compete during Saturday Interclub competitions. The number of members who competed on Saturday remains small, but it is good to be part of a bigger meeting with more going on around you.

We held three Wednesday CMA meetings throughout the season. An Opening Day meeting in October, a Christmas Break-up meeting in December and the end of season meeting in March. Thank you to those who helped in any way to make these meetings happen.

CMA 2014 - 2015 Championship Review:

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

The remaining CMA Championship events were held over two Saturdays, 31st January and 7th February, both held at Rawhiti Domain. It is an easy way of conducting our championships, as we are able to take advantage of the Athletics Canterbury officials who are already there running the interclub events.

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

The CMA Throws Pentathlon Championships were held on Sunday 15th March. Eight members attended. Thank you to Bev Church, plus helpers for organising this event.

Link Relays - Halswell Quarry:

This event was held on Saturday 28 March. Initially started by Glen and Pete Watts, it has remained very much an event that would not survive if it was not for the Port Hills club athletes. This year only eleven teams of four competed in warm, but windy conditions. Ten of the teams were made up of Port Hills club members. Thank to Glen who organised her club teams and to the helpers who marked out the

course.

CMA Records:

It has been a quiet season with very few records broken. It is certainly not easy to break track records on a grass track, so well done to those who have. Rick Davison has been our most prolific record breaker. A full list of records for the 2014 / 2015 season is in this issue. Please check the records to see that I have not missed any and contact me if I have.

Finances:

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

At the last AGM, we decided to hold the CMA subscription at \$10.00 and for athletes to pay competition fees when competing at Rawhiti Domain as part of the Saturday interclub programme. Athletics Canterbury has allowed our 65+ members to pay a reduced fee of \$4.00, the normal fee being \$6.00.

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

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

Website Development:

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

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

This is the website address ...

www.canterburymastersathletics.org.nz

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

Annual NZMA Awards Dinner:

The Awards dinner was held on the Saturday night during the NZMA Championships in Tauranga. Two of our members received 20 year long merit awards from

NZMA for their services to CMA.

Two other members were recognised for their sporting achievements.

Tony McManus was the NZMA 'Middle Distance' athlete of the year.

Rick Davison was the NZMA 'Thrower' athlete of the year.

Where to from here / CMA Committee's Role:

Last year I listed all the jobs and roles that various members needed to do to keep CMA going. In reality, the small committee of five have met only once this season, just prior to the CMA Championships, yet everything seems to be running as 'normal'. We have communicated by e-mail as and when needed and that has worked well. I appreciate the support and work that Kevin, Bev, Alan and Tony have done during the season.

As I am involved with Athletics Canterbury and NZMA, I can assure you that your interests are being well looked after, especially for track events. Kevin Prendergast is on the Athletics Canterbury Cross-country & Road Committee, so he is up-to-date with what is happening there.

There is always room for more of you to get involved, so you are most welcome to join us, by making yourself available for the committee at the AGM in August.

Athletics New Zealand & NZMA :

One of the objectives of NZMA is to look closely at amalgamating with Athletics New Zealand to become one body, whereby all masters athletics throughout New Zealand can compete in any masters events, i.e. track & field, cross-country and road. As President of NZMA I have already had discussions with ANZ about this happening and as this develops further, I will keep you informed via our website.

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

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

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

*Who is that man in the white hat?
I am not quite sure what Margaret Fraser has just seen?*



Iris Bishop with her collection of medals she won at the NZMA Championships in Tauranga - well done

(photos by Sharon Wray)



Beverley Church:

Bev joined what was called Canterbury Veterans back in the 1990.

She has been on the CMA committee for more than 20 years, fulfilling various rolls such as being in charge of equipment. Once a runner and now a keen thrower, she has encouraged several people to join CMA including five members of her immediate family. Many of you may remember Rona Smith, Bev's mother.

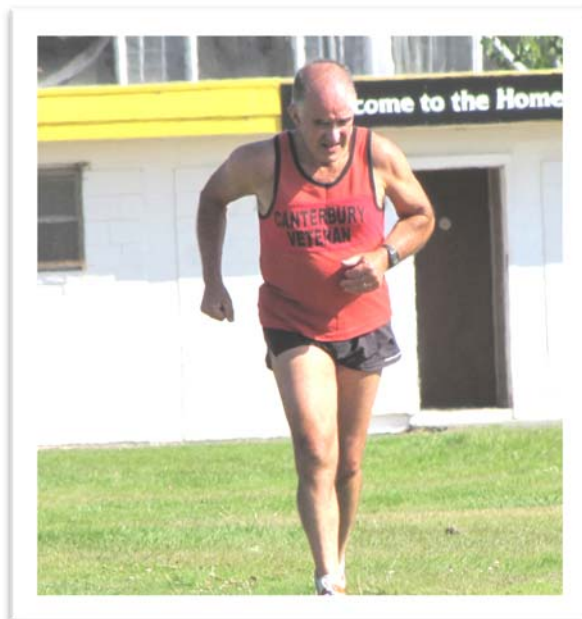
She has been actively involved in officiating & participating at the local CMA meetings up until the time these meetings were combined with Athletics Canterbury interclub meetings ... where she now regularly competes.

She still attends and helps out at the three CMA stand alone meetings throughout the season.

Bev has assisted in organising the Jack King Memorial and Oceania Throws Pentathlon every year and in recent winters she has organised a throws pentathlon event that occurs on the first Sunday of each month during April through September.

As a CMA committee member, she has been on all organising committees for local championships and the South Island, NZMA and Oceania Master's Track & Field Championships when held in Christchurch ... and more recently Timaru.

She has been an active member competing at numerous NZMA Championships, plus one World and seven Oceania Track & Field Championships.

**Alan Gardiner:**

Alan joined what was called Canterbury Veterans Athletics back in the 1994 – 1995 season.

He became a committee member almost immediately and has remained on the CMA committee since then, fulfilling various rolls.

During this time he has been CMA President on two occasions, one being then taking over when Bob Carter suddenly passed away in 2009.

For many years he was the CMA representative on the Athletics Canterbury Road & Cross-country sub-committee, attending their meetings and reporting back to the CMA committee. He has been fully involved with setting up numerous road and cross-country courses throughout the years, not just for master's events, but for open events as well, as they are often run on the same course.

He has been actively involved with officiating and participating at the local CMA meetings up until the time these meetings were combined with Athletics Canterbury interclub meetings. He still attends and helps out at the three CMA stand alone meetings throughout the season.

Since he joined, Alan has been on all organising committees for local championships and the South Island, NZMA and Oceania Master's Track & Field Championships when held in Christchurch ... and more recently Timaru.

Alan was also on the NZMA Board for three years.

At a club level, he has been fully involved with New Brighton Olympic club, serving on their committee for many years.

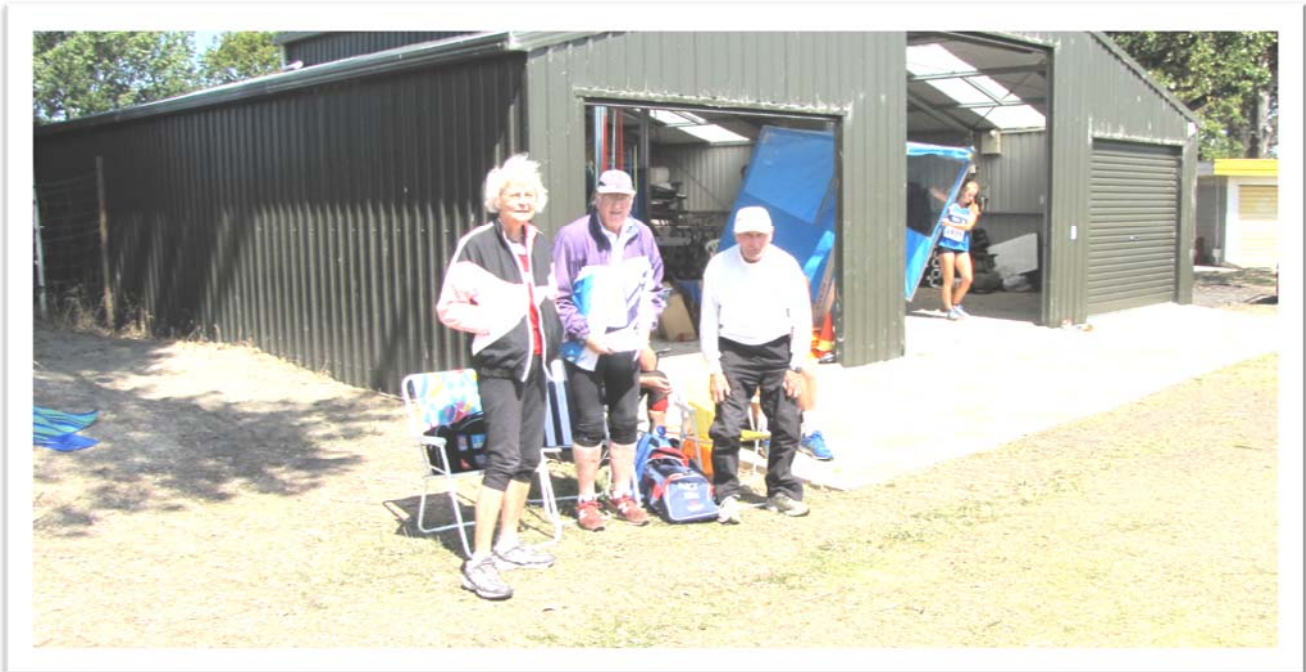
Alan is a quiet man, who gets on with the job.

NZMA Athlete of the Year Awards

These awards are of the calendar year of 2014. Two Canterbury athletes were winners ... well done boys.

Athlete of Year for Throws: Rick Davison

Athlete of Year for Middle Distance: Tony McManus



Canterbury Masters Athletics Annual Awards 2014 - 2015 Season



McIntosh Trophy

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

Lois Anderson

Performances:
60m (10.82) 87.74%
100m (17.66) 82.47%
200m (37.81) 80.82%

Maurice Cook & Max Wood Trophy

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

Jeff Barnfield

Performances:
60m (8.88) 87.70%
100m (14.14) 82.75%
200m (29.55) 81.22%



Philip Ross May Memorial Trophy

M45 800m

Ian Purvis



Kernahan Trophy

M55 800m

Andrew Stark



Kernahan Trophy

M55 1500m

Andrew Stark

Malcolm Fraser - Bruce McPhail Trophy

M40 400m

No award this season

A.H.C. Jubilee Trophy

Women's 1500m

Bernadette Jago



Clarrie Gordon Trophy

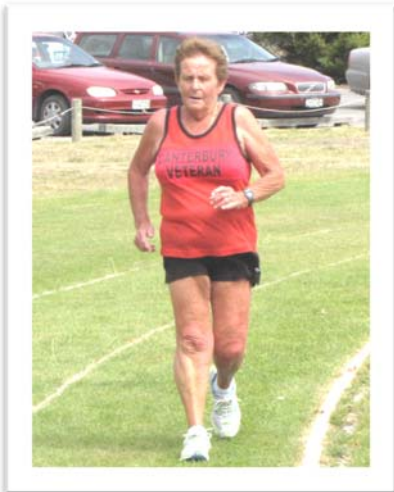
M70+ 10000m (CMA Championships)

Michael Bond



Walker of the Year Award

Ann Henderson



Women's Throws Pentathlon Trophy

Justine Whitaker (2747 pts)



Grayburn Trophy

Men's Throws Pentathlon

Richard Davison



Norman & Mary Hawke Trophy

M65+ Hammer
Best Performance using Age Percentages

Richard Davison (3553 pts)

Canterbury Veteran's Trophy

Women's Track Pentathlon

No award this season

Arthur & Merle Grayburn Trophy

Men's Track Pentathlon

No award this season



Congratulations to
all the
2014 - 2015
season winners

CMA Member's 2014 - 2015 Results

CMA Opening Day @ Rawhiti Domain: Wednesday 15/10/2014

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

	Discus Throw	Result
W65	Bev Church	17.52
W65	Loris Reed	16.47
W65	Alison Wright	13.32
W70	Justine Whitaker	13.34
W70	Barbara Bird	10.82
W70	Julie Roots	10.30
W75	Gwyn Heseltine	9.97
M65	Rick Davison (CMA Record)	38.71
M65	Glen Church	18.36
M70	Alan Hunter	15.64

	60m	Result
M70	John Waite	11.5 (h)
M80	Max Wood	14.7 (h)

	1500m	Result
W65	Loris Reed	7:10.2 (h)
M45	Richard Malloch	5:24.3 (h)
M55	Tom Reihana	7:23.9 (h)
M70	Michael Bond	6:15.9 (h)
M70	Jos Galavazi	8:23.5 (h)

25 October 2014 @ Rawhiti Domain

	Discus Throw	Result
W75	Barbara Bird	11.31
W75	Iris Bishop	12.02
W75	Gwyn Heseltine	9.30
M65	Rick Davison	39.43
M70	Alan Hunter	17.20

	Shot Put	Result
W50	Lyn Osmer	10.43
W65	Bev Church	6.44
W70	Iris Bishop	5.28
W75	Gwyn Heseltine	4.82
W75	Barbara Bird	4.81
M65	Rick Davison	9.73

	Javelin	Result
W75	Barbara Bird	12.62
M70	Alan Hunter	14.06

	Hammer	Result
W65	Bev Church	23.66
W75	Gwyn Heseltine	20.39
W75	Barbara Bird	16.28
W75	Iris Bishop	15.20
M65	Rick Davison	40.20

	60m	Result
W50	Lyn Osmer	9.82
M40	Jonny Baird	8.00

	3000m	Result
M55	Clive Kitchingman	11:36.63

The field awaits the start of the 1500m at the CMA Championships on 31/01/2015





Lois Anderson competing at the CMA Championships.

8 November 2014 @ Rawhiti Domain

Discus Throw		Result
W65	Bev Church	17.71
W70	Barbara Bird	11.28
W75	Gwyn Heseltine	10.83
M65	Rick Davison	37.60
M70	Alan Hunter	17.11
<hr/>		
Shot Put		
W50	Lyn Osmer	9.52
W65	Bev Church	6.60
W75	Gwyn Heseltine	5.07
W75	Barbara Bird	4.88
<hr/>		
Javelin		
M65	Rick Davison	28.81
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Hammer		
W65	Bev Church	24.21
W75	Gwyn Heseltine	19.21
M65	Rick Davison	38.46
M70	Alan Hunter	15.53
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60m		
W50	Lyn Osmer	9.95
M40	Jonny Baird	8.15
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100m		
M40	Jonny Baird	13.23
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200m		
M45	Ian Purvis	28.88
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300m		
M50	Nigel Whalley	50.30
M65	John Mulvaney	62.14
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800m		
M45	Ian Purvis	2:20.98
M50	Nigel Whalley	2:41.82
M65	John Mulvaney	3:08.91
M70	Michael Bond	2:59.83
<hr/>		
1500m		
M50	Nigel Whalley	5:36.10
M55	Clive Kitchingman	5:29.97
M70	Michael Bond	6:05.25
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3000m		
M45	Malcolm Cornelius	10:22.44
<hr/>		
5000m		
M40	Chris Mardon	16:30.86
<hr/>		
2000m Track Walk		
W70	Ann Henderson	16:20.17

1 November 2014 @ Aorangi Stadium, Timaru

Discus Throw		Result
W75	Iris Bishop	11.07
M50	Wayne Doyle	33.25
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Shot Put		
W75	Iris Bishop	4.99
M50	Wayne Doyle	11.52
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Javelin		
W75	Iris Bishop	8.60
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Hammer		
W75	Iris Bishop	11.62
M50	Wayne Doyle	32.08
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High Jump		
M50	Wayne Doyle	1.50
<hr/>		
Pole Vault		
M50	Wayne Doyle	3.00
<hr/>		
60m		
M40	Jonny Baird	8.14
<hr/>		
100m		
M40	Nick Bolton	12.42
M40	Jonny Baird	12.98
M50	Wayne Doyle	14.10
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110m Hurdles		
M40	Nick Bolton	16.00
<hr/>		
200m		
M40	Jonny Baird	28.59
<hr/>		
400m		
M45	Ian Purvis	62.27
<hr/>		
1500m		
M55	Clive Kitchingman	5:27.91

15 November 2014 @ Rawhiti Domain

		Result
Discus Throw		
W65	Bev Church	16.58
W75	Gwyn Heseltine	9.86
M65	Rick Davison	37.88
M70	Alan Hunter	17.24
Shot Put		
W35	Rachel Simons	6.90
W50	Lyn Osmers	8.99
W65	Bev Church	6.43
W75	Gwyn Heseltine	5.33
M65	Rick Davison	9.09
M70	Alan Hunter	5.69
Javelin		
W75	Barbara Bird	12.58
W65	Bev Church	13.91
Hammer		
W65	Bev Church	18.34
M65	Rick Davison	38.07
M70	Alan Hunter	16.21
Long Jump		
W35	Rachel Simons	3.86
Triple Jump		
W50	Lyn Osmers	8.15
60m		
W50	Lyn Osmers	9.81
M40	Jonny Baird	8.15
100m		
M40	Jonny Baird	13.09
200m		
M40	Nick Bolton	25.37
M40	Jonny Baird	27.03
M45	Ian Purvis	28.20
400m		
M55	Andrew Stark	62.89
800m		
M55	Andrew Stark	2:21.31
2000m Track Walk		
W70	Ann Henderson	19:24.81

**22 November 2014 @ Aorangi Stadium**

		Result
Discus Throw		
M65	Rick Davison	34.06
Hammer		
M65	Rick Davison	38.39
100m		
M40	Nick Bolton	11.65
200m		
M45	Ian Purvis	28.20
400m		
M45	Ian Purvis	66.44
1500m		
M55	Clive Kitchingman	5.52.09
M65	John Mulvaney	7.49.92
Decathlon		
M50	Wayne Doyle	
1	100m	12.68 (523)
2	Long Jump	5.14 (409)
3	Shot Put	11.83 (596)
4	High Jump	1.30 (250)
5	400m	66.02 (231)
6	100m hurdles	18.56 (347)
7	Discus	33.97 (543)
8	Pole Vault	3.00 (357)
9	Javelin	47.02 (545)
10	1500m	6:05.55 (241)
		Total: 4042 points

29 November 2014 @ Rawhiti Domain

		Result
Discus Throw		
W65	Bev Church	16.60
Shot Put		
W65	Bev Church	6.47
Javelin		
W50	Lyn Osmers	24.62
W65	Bev Church	14.20
Hammer		
W65	Bev Church	25.33
60m		
W50	Lyn Osmers	10.01
3000m		
M55	Clive Kitchingman	11:38.85
M65	John Mulvaney	12:43.08
5000m		
M40	Chris Mardon	16:34.93

13 December 2014 @ Rawhiti Domain

		Result
Shot Put		
W50	Lyn Osmers	9.92
Hammer		
W70	Justine Whitaker	16.97
Long Jump		
W50	Lyn Osmers	4.13
High Jump		
W50	Lyn Osmers	1.25
60m		
W50	Lyn Osmers	9.87
3000m		
M65	John Mulvaney	6:42.22



**Christmas CMA Meet @ Rawhiti Domain
Wednesday 17/12/2014**

Discus Throw		
W65	Loris Reed	17.92
W65	Lois Anderson	16.24
W70	Justine Whitaker	14.33
M55	Tom Reihana	26.15
M60	Allen Anderson	19.82
M65	Rick Davison	35.61
M65	Glen Church	17.87
100m		
W65	Lois Anderson	18.5 (h)
M55	Tom Reihana	16.5 (h)
M60	Kevin Prendergast	22.7 (h)
M65	John Mulvaney	18.1 (h)
M80	Max Wood	19.0 (h)
200m		
W65	Lois Anderson	41.0 (h)
M80	Max Wood	44.5 (h)
800m		
W65	Loris Reed	3:27.8 (h)
M55	Tom Reihana	3:22.4 (h)
M65	John Mulvaney	3:23.0 (h)

20 December 2014 @ Rawhiti Domain

Discus Throw		
W65	Bev Church	17.62
W70	Justine Whitaker	12.46
M65	Rick Davison	37.98
Shot Put		
W50	Lyn Osmers	9.01
W65	Bev Church	6.73
W70	Justine Whitaker	5.80
M65	Rick Davison	8.92
Javelin		
W50	Lyn Osmers	27.94
W65	Bev Church	13.91
W70	Justine Whitaker	12.65
Hammer		
W65	Bev Church	24.77
W70	Justine Whitaker	15.47
M65	Rick Davison	38.98
High Jump		
W50	Lyn Osmers	1.25
Long Jump		
W35	Megan Shave	3.93
60m		
W50	Lyn Osmers	9.75
M40	Nick Bolton	8.07
M40	Jonny Baird	8.07
100m		
W35	Megan Shave	14.55
M40	Nick Bolton	12.86
M40	Jonny Baird	13.10
1500m		
M65	John Mulvaney	6:40.04
3000m		
W55	Bernadette Jago	12:39.02
M45	Malcolm Cornelius	10:22.22
M55	Clive Kitchingman	11:33.87



**3 January 2015 @ Aorangi Stadium, Timaru
(Lovelock Classic)**

		Result
Discus		
M50	Wayne Doyle	30.75
Shot Put		
M50	Wayne Doyle	11.39
Hammer		
M50	Wayne Doyle	27.89
High Jump		
M50	Wayne Doyle	1.40
110m Hurdles		
M50	Wayne Doyle	15.5
1 Mile		
M45	Malcolm Cornelius	4:59.14
M45	Ian Purvis	4:59.29

10 January 2015 @ Rawhiti Domain

		Result
Discus Throw		
W50	Lyn Osmers	
W65	Bev Church	16.65
W70	Justine Whitaker	14.44
W70	Julie Roots	10.26
W75	Gwyn Heseltine	9.95
W75	Barbara Bird	13.09
W75	Iris Bishop	8.86
M65	Rick Davison	37.98
M70	Alan Hunter	16.16
Shot Put		
W50	Lyn Osmers	9.95
W65	Bev Church	6.16
W70	Justine Whitaker	5.86
W70	Julie Roots	4.73
W75	Gwyn Heseltine	5.02
W75	Barbara Bird	5.86
W75	Iris Bishop	4.81
M65	Rick Davison	8.92
Javelin		
W65	Bev Church	13.10
W70	Justine Whitaker	11.54
W75	Gwyn Heseltine	7.48
W75	Barbara Bird	12.66
W75	Iris Bishop	8.05

Hammer

W50	Lyn Osmers	
W65	Bev Church	23.44
W70	Justine Whitaker	18.16
W70	Julie Roots	
W75	Gwyn Heseltine	19.68
W75	Barbara Bird	16.16
W75	Iris Bishop	15.03
M65	Rick Davison	39.44
M70	Alan Hunter	16.82

Long Jump

W50	Lyn Osmers	3.87
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60m

W50	Lyn Osmers	9.91
M40	Nick Bolton	7.84
M40	Jonny Baird	8.03
M60	Jeff Barnfield	9.03
M80	Max Wood	11.08

100m

M40	Nick Bolton	12.36
M40	Jonny Baird	12.86
M80	Max Wood	18.29

200m

M40	Nick Bolton	26.11
M40	Jonny Baird	27.26

400m

M40	Chris Mardon	66.76
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1500m

M40	Chris Mardon	4:38.09
M55	Clive Kitchingman	5:29.13



A group of 'young ones' await their turn to throw with us.

17 January 2015 @ Rawhiti Domain

Discus Throw		Result
W70	Justine Whitaker	15.28
W75	Gwyn Heseltine	10.30
W75	Barbara Bird	12.89
W75	Iris Bishop	9.02
M65	Rick Davison	36.04
M70	Alan Hunter	15.35

Shot Put		
W50	Lyn Osmers	9.73
W70	Justine Whitaker	5.79
W75	Gwyn Heseltine	5.03
W75	Barbara Bird	5.21
W75	Iris Bishop	4.46
M65	Rick Davison	9.19
M70	Alan Hunter	5.56

Javelin		
W50	Lyn Osmers	28.90
W70	Justine Whitaker	10.94
W75	Gwyn Heseltine	7.40
W75	Iris Bishop	5.16
M65	Rick Davison	30.74
M70	Alan Hunter	18.35

Hammer		
W70	Justine Whitaker	16.48
W75	Gwyn Heseltine	19.33
W75	Barbara Bird	15.94
W75	Iris Bishop	13.92
M65	Rick Davison	39.89
M70	Alan Hunter	15.38

Triple Jump		
W50	Lyn Osmers	8.26

60m		
W50	Lyn Osmers	9.79
M40	Nick Bolton	7.77
M40	Jonny Baird	8.11
M60	Jeff Barnfield	9.09
M80	Max Wood	11.09

100m		
M40	Nick Bolton	12.39
M40	Jonny Baird	12.87

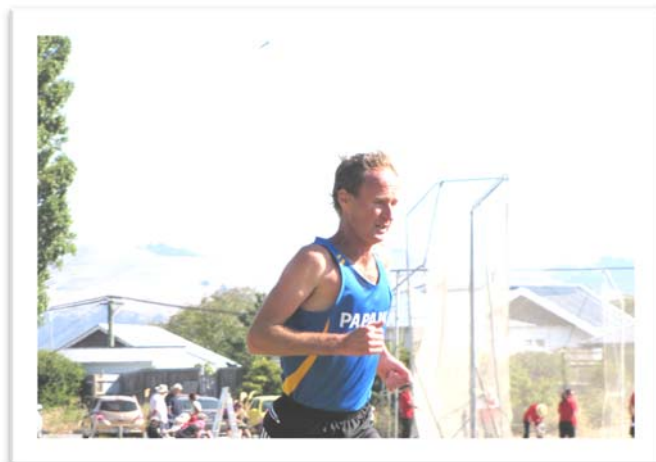
400m		
M45	Ian Purvis	62.71
M45	Malcolm Cornelius	63.68

800m

M45	Malcolm Cornelius	
M70	Michael Bond	3:03.78

1500m

M40	Chris Mardon	4:43.51
M45	Ian Purvis	4:55.95
M45	Richard Malloch	5:22.33
M55	Clive Kitchingman	5:23.44
M65	John Mulvaney	6:44.56



Chris Mardon competing in the 3000m at the CMA Championships.

24 January 2015 @ Aorangi Stadium, Timaru

Discus Throw		Result
W35	Megan Chave	16.67
W70	Justine Whitaker	15.55

Shot Put		
W70	Justine Whitaker	5.99

Javelin		
W70	Justine Whitaker	15.53

Hammer		
W70	Justine Whitaker	17.52

Triple Jump		
W35	Megan Chave	7.43

100m		
W35	Megan Chave	14.07
M40	Jonny Baird	12.54

200m		
W35	Megan Chave	29.22
M40	Jonny Baird	26.69

400m		
M45	Malcolm Cornelius	62.50

1500m		
M40	Chris Mardon	4:30.70
M45	Malcolm Cornelius	4:41.85
M55	Clive Kitchingman	5:28.61
M65	John Mulvaney	6:44.39

14 February 2015 @ Rawhiti Domain

		Result
Discus Throw		
W35	Megan Chave	16.67
W70	Justine Whitaker	15.55
W70	Julie Roots	15.37
W75	Gwyn Heseltine	10.32
W75	Barbara Bird	12.71
W75	Iris Bishop	9.87
M65	Rick Davison	35.65
Shot Put		
W50	Lyn Osmer	9.77
W70	Justine Whitaker	5.99
W70	Julie Roots	5.60
W75	Gwyn Heseltine	4.90
W75	Barbara Bird	5.60
W75	Iris Bishop	4.62
M65	Rick Davison	9.25
Javelin		
W70	Justine Whitaker	11.98
W75	Gwyn Heseltine	7.19
W75	Barbara Bird	12.79
W75	Iris Bishop	7.77
M65	Rick Davison	27.44
Hammer		
W70	Justine Whitaker	16.98
W75	Gwyn Heseltine	19.83
W75	Barbara Bird	15.98
W75	Iris Bishop	12.95
M65	Rick Davison	41.34
Long Jump		
W50	Lyn Osmer	3.76
60m		
W50	Lyn Osmer	9.96
M80	Max Wood	10.91
400m		
M45	Ian Purvis	63.00
800m		
M45	Malcolm Cornelius	2:21.14
1500m		
M45	Ian Purvis	4:50.09
M65	John Mulvaney	6:44.69

21 February 2015 @ Aorangi Stadium, Timaru

100m		
M40	Nick Bolton	11.9(h)
400m		
M45	Ian Purvis	61.44
800m		
M45	Malcolm Cornelius	2:14.28
M45	Ian Purvis	2:14.31
M55	Michael Riley	2:42.65
M55	Clive Kitchingman	2:43.39
M65	John Mulvaney	3:08.06

28 February 2015 @ Rawhiti Domain

Shot Put		
W50	Lyn Osmer	9.86
Triple Jump		
W50	Lyn Osmer	8.10
60m		
W50	Lyn Osmer	9.98
M80	Max Wood	10.86
100m		
W50	Lyn Osmer	16.30
M80	Max Wood	17.90
1500m		
M55	Clive Kitchingman	5:19.57

**Max's Meet @ Rawhiti Domain
Wednesday 11/3/2015**

		Result
Shot Put		
W65	Lois Anderson	6.75
W65	Bev Church	5.99
W65	Loris Reed	5.93
W65	Alison Wright	5.37
W70	Justine Whitaker	6.54
W75	Barbara Bird	5.45
W75	Gwyn Heseltine	3.84
W80	Iris Bishop	4.67
M60	Allen Anderson	6.00
M65	Glen Church	6.41
200m		
W65	Lois Anderson	41.0 (h)
M80	Max Wood	44.5 (h)
800m		
W65	Loris Reed	3:21.6 (h)
W65	Margaret Flanagan	3:22.8 (h)
M60	Kevin Prendergast	3:40.8 (h)
M65	John Mulvaney	3:15.7 (h)

CMA Track & Field Championships**@ Rawhiti Domain:****31/01/2015 & 07/02/2015****60m**

W35	Rachael Simons	9.62
W50	Lyn Osmer	10.00
W65	Lois Anderson	10.82
M40	Jonny Baird	8.06
M60	Jeff Barnfield	8.88
M80	Max Wood	11.02
M75	Alan Hunter	17.94
M80	Robert Heseltine	15.48

100m

W35	Rachael Simons	15.45
W50	Lyn Osmer	16.21
W65	Lois Anderson	17.66
M40	Nick Bolton	12.61
M40	Jonny Baird	13.18
M60	Jeff Barnfield	14.18
M80	Max Wood	18.21
M80	Robert Heseltine	40.28

200m

W35	Rachael Simons	32.89
W65	Lois Anderson	37.81
M60	Ian Purvis	29.02
M60	Jeff Barnfield	29.55
M80	Max Wood	39.71
M80	Robert Heseltine	59.31

300m

W35	Rachael Simons	54.95
W65	Lois Anderson	63.23
M60	Jeff Barnfield	48.34
M70	Michael Bond	58.10
M80	Max Wood	71.43

400m

W45	Ian Purvis	
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800m

W55	Bernadette Jago	3:02.65
W65	Loris Reed	3:08.57
W65	Margaret Flanagan	3:19.82
M45	Ian Purvis	2:17.66
M45	Malcolm Cornelius	2:18.37
M55	Andrew Stark	2:22.42
M55	Tom Reihana	3:07.16
M55	Michael Riley	2:46.27
M60	Noel Burr	2:50.10
M65	John Mulvaney	3:09.00

1500m

W55	Bernadette Jago	6:04.90
W65	Loris Reed	6:29.24
W65	Margaret Flanagan	6:34.92
M40	Chris Mardon	4:41.75
M40	Richard Malloch	5:15.66
M45	Malcolm Cornelius	4:46.88
M45	Ian Purvis	4:50.77
M50	Nigel Whalley	5:34.11
M55	Andrew Stark	5:14.55
M55	Clive Kitchingman	5:26.66
M55	Michael Riley	6:01.41
M60	Iain Chinnery	5:51.75
M60	Kevin Prendergast	7:48.89
M65	John Mulvaney	6:41.24
M70	Michael Bond	5:56.06
M70	Peter Coughlan	7:56.49

3000m

W55	Bernadette Jago	12:34.20
M40	Chris Mardon	9:56.76
M40	Richard Malloch	11:00.86
M55	Clive Kitchingman	11:24.67
M60	Iain Chinnery	12:12.88
M65	John Mulvaney	15:25.75
M60	Kevin Prendergast	16:26.37
M70	Jo Galavazi	16:35.61
M70	Peter Coughlan	16:39.11
M70	Allan Gardiner	20:20.70

5000m (Run on 14th December 2014)

W55	Bernadette Jago	21:43.44
M40	Chris Mardon	17:54.32
M45	Malcolm Cornelius	18:16.92
M50	Nigel Whalley	20:46.83
M55	Clive Kitchingman	20:05.91
M65	John Mulvaney	26:27.84
M70	Michael Bond	22:01.40
M70	Jos Galavazi	27:55.36

10000m (Run on 13th December 2014)

M55	Clive Kitchingman	41:34.92
M70	Michael Bond	44:16.53

3000m Track Walk

W65	Shirley Rolston	22:36.31
W70	Ann Henderson	24:12.16

2000m Steeplechase (Run on 24 Jan 2015)

M40	Richard Malloch	8:15.32
M60	Kevin Prendergast	11:48.08
M70	Michael Bond	9:04.47

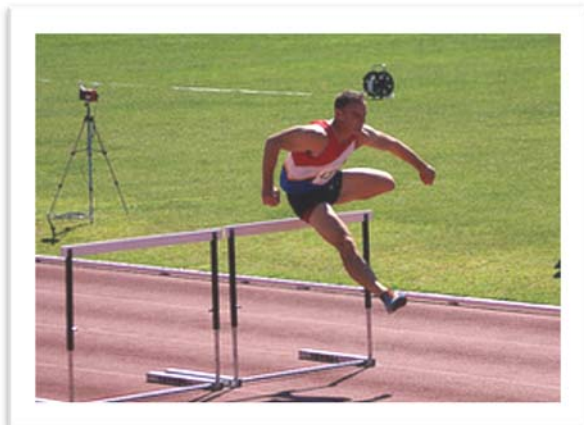
Long Jump		
W50	Lyn Osmers	3.87
W65	Lois Anderson	3.04
M75	Alan J Hunter	1.70

High Jump		
W35	Rachel Simons	1.35
W50	Lyn Osmers	1.30
M75	Alan Hunter	0.80

Triple Jump		
W50	Lyn Osmers	8.82
W65	Lois Anderson	6.67

Shot Put		
W35	Rachel Simons	7.06
W50	Lyn Osmers	10.34
W65	Lois Anderson	6.98
W65	Beverley Church	6.19
W65	Alison Wright	5.05
W65	Shirley Rolston	5.03
W70	Justine Whitaker	6.41
W70	Glen Watts	5.68
W75	Barbara Bird	5.67
W75	Gwyn Heseltine	5.30
M65	Richard Davison	9.28
M70	Brian Senior	9.42
M75	Alan J Hunter	5.15

Discus		
W35	Rachel Simons	19.08
W65	Beverley Church	16.84
W65	Lois Anderson	15.48
W70	Justine Whitaker	16.95
W75	Barbara Bird	13.89
W75	Gwyn Heseltine	10.55
M65	Richard Davison	37.57
M70	Brian Senior	29.88
M75	Alan J Hunter	15.06



Nick Bolton competing in the M40 110m hurdles race at Tauranga, breaking CMA record. (Photo by Sharon Wray)

Javelin		
W35	Rachel Simons	16.77
W50	Lyn Osmers	27.49
W65	Lois Anderson	14.29
W65	Loris Reed	13.96
W65	Beverley Church	13.63
W65	Alison Wright	13.06
W65	Shirley Rolston	10.18
W70	Justine Whitaker	12.14
W70	Glen Watts	11.81
W75	Barbara Bird	13.26
W75	Gwyn Heseltine	8.10
M65	Richard Davison	31.62
M70	Brian Senior	19.97
M75	Alan J Hunter	12.97

Hammer		
W65	Beverley Church	21.99
W65	Loris Reed	17.22
W65	Shirley Rolston	17.09
W65	Alison Wright	16.00
W70	Glen Watts	22.99
W70	Justine Whitaker	17.52
W75	Gwyn Heseltine	19.69
W75	Barbara Bird	17.04
M65	Richard Davison	37.52
M70	Brian Senior	36.71
M75	Alan J Hunter	16.85

Weight Throw		
W65	Lois Anderson	7.74
W65	Beverley Church	7.67
W70	Justine Whitaker	7.65
W75	Gwyn Heseltine	7.01
W75	Barbara Bird	5.17
M65	Richard Davison	14.18
M70	Brian Senior	14.28
M75	Alan J Hunter	8.33

Throws Pentathlon (Held on 15th March 2015)		
W65	Beverley Church	2663
W70	Justine Whitaker	2747
W75	Gwyn Heseltine	1856
W75	Barbara Bird	2180
M65	Richard Davison	3553
M70	Brian Senior	3207
M75	Alan J Hunter	1539

NZMA Championships @ Tauranga

Friday 27/2/2014 - Sunday 1/3/2015

Shot Put

W35	Megan Chave	5.85m	3rd
W70	Justine Whitaker	6.30m	3rd
W75	Barbara Bird	6.01m	1st
W75	Gwyn Heseltine	5.11m	3rd
W80	Iris Bishop	4.90m	1st
M65	Rick Davison	9.40m	1st
M70	Brian Senior	9.34m	2nd

Discus Throw

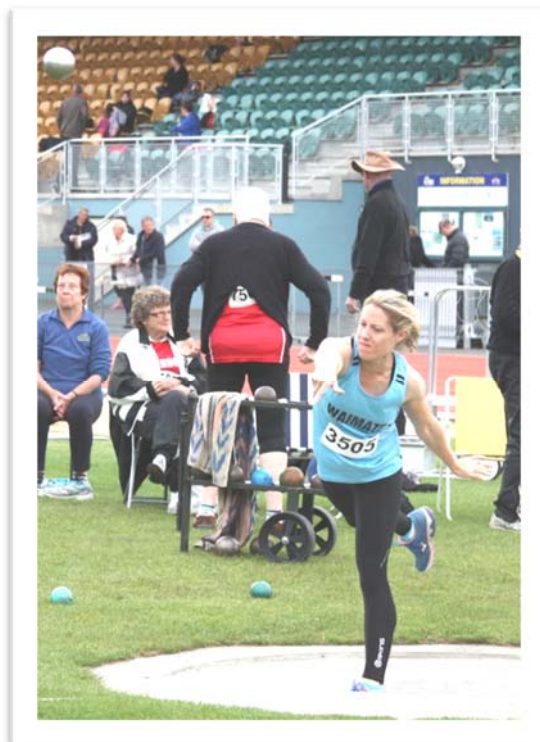
W35	Megan Chave	16.24m	1st
W65	Loris Reed	16.86m	2nd
W70	Justine Whitaker	15.81m	2nd
W75	Barbara Bird	13.68m	1st
W75	Gwyn Heseltine	10.28m	3rd
W80	Iris Bishop	9.87m	1st
M50	Wayne Doyle	39.51m	1st
M65	Rick Davison	35.89m	1st
M70	Brian Senior	28.98m	2nd
M75	Alan Hunter	16.94m	4th

Javelin Throw

W35	Megan Chave	24.79m	1st
W70	Justine Whitaker	13.62m	3rd
W75	Barbara Bird	13.49m	1st
W75	Gwyn Heseltine	7.49m	4th
W80	Iris Bishop	7.77m	1st
M50	Wayne Doyle	42.00m	1st
M55	Tom Reihana	28.01m	3rd
M65	Rick Davison	28.75m	2nd
M70	Brian Senior	16.82m	2nd
M75	Alan Hunter	14.40m	4th

Hammer Throw

W70	Justine Whitaker	18.57m	2nd
W75	Gwyn Heseltine	18.26m	2nd
W75	Barbara Bird	15.31m	3rd
W80	Iris Bishop	13.86m	1st
M65	Rick Davison	39.13m	1st
M70	Brian Senior	33.62m	1st
M75	Alan Hunter	16.08m	4th



Megan Chave competing in the W35 shot put at Tauranga. (Photo by Sharon Wray)

Weight Throw

W70	Justine Whitaker	7.94m	2nd
W75	Gwyn Heseltine	6.58m	2nd
W75	Barbara Bird	4.42m	3rd
W80	Iris Bishop	5.39m	1st
M65	Rick Davison	14.48m	1st
M70	Brian Senior	13.38m	1st
M75	Alan Hunter	7.62m	3rd

Long Jump

W35	Megan Chave	3.00m	2nd
W45	Louise Martin	3.76m	1st

Triple Jump

W35	Megan Chave	6.66m	1st
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High Jump

M45	Wayne Doyle	1.53m	2nd
M70	Brian Senior	1.05m	3rd

110m Hurdles

M40	Nick Bolton	15.41	1st
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60m

W35	Megan Chave	9.01	1st
W45	Louise Martin	9.65	3rd
W80	Iris Bishop	19.18	1st
M40	Nick Bolton	7.64	1st
M40	Jonny Baird	8.05	2nd
M60	Jeff Barnfield	8.69	1st
M75	Malcolm Fraser	9.43	1st
M75	Alan Hunter	17.89	2nd



100m			
W35	Megan Chave	13.89	1st
M40	Nick Bolton	11.72	1st
M40	Jonny Baird	12.64	2nd
M45	Wayne Doyle	12.62	3rd
M60	Jeff Barnfield	13.66	1st
M75	Malcolm Fraser	14.92	1st
M80	Alan Hunter	28.62	2nd

200m			
W35	Megan Chave	30.11	1st
W70	Margaret Fraser	49.24	2nd
M40	Nick Bolton	24.23	1st
M40	Jonny Baird	26.36	2nd
M60	Jeff Barnfield	28.58	1st
M75	Malcolm Fraser	31.60	1st

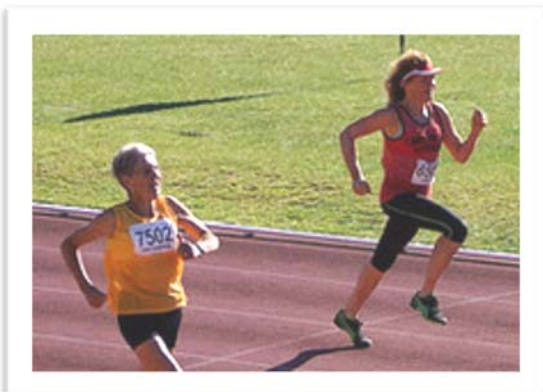
400m			
W70	Margaret Fraser	1:54.35	3rd
M75	Malcolm Fraser	1:15.38	1st

800m			
W65	Loris Reed	3:10.79	1st
W70	Margaret Fraser	4:25.05	2nd
M45	Ian Purvis	2:14.62	3rd
M45	Malcolm Cornelius	2:15.77	4th
M60	Noel Burr	2:47.04	3rd

1500m			
W65	Loris Reed	6:33.37	2nd
M40	Chris Mardon	4:47.50	2nd
M45	Malcolm Cornelius	4:35.30	3rd
M45	Ian Purvis	4:36.20	4th
M60	Noel Burr	5:42.42	4th

5000m			
W65	Loris Reed	24:43.64	2nd
M40	Chris Mardon	16:21.93	1st
M55	Tom Reihana	26:39.54	5th

2000m Steeplechase			
W65	Loris Reed	10:03.79	1st



Loris Reed competing in the pentathlon (above) and Iris Bishop in the hammer throw (top right). Photos by Sharon Wray



Throws Pentathlon

W70 Justine Whitaker 2nd					
HT	SP	DT	J	WT	Total
18.40m	6.03m	15.89m	13.35m	7.96m	2727

W75 Barbara Bird 2nd					
HT	SP	DT	J	WT	Total
15.48m	6.05m	13.15m	12.63m	5.05	2348

W75 Gwyn Heseltine 3rd					
HT	SP	DT	J	WT	Total
18.64m	5.17m	10.07m	8.02m	6.43m	2187

W80 Iris Bishop 1st					
HT	SP	DT	J	WT	Total
14.32m	4.82m	9.99m	7.36m	5.10m	2159

M50 Wayne Doyle 2nd					
HT	SP	DT	J	WT	Total
35.08m	12.02m	37.95m	40.22m	10.82m	3018

M65 Rick Davison 2nd					
HT	SP	DT	J	WT	Total
37.13m	9.10m	31.61m	28.48m	13.79m	3241

M70 Brian Senior 2nd					
HT	SP	DT	J	WT	Total
34.95m	9.80m	27.86m	20.28m	14.28m	3145

M75 Alan Hunter 2nd					
HT	SP	DT	J	WT	Total
16.50m	5.70m	15.59m	12.04m	7.43m	1636

Track Pentathlon

W65 Loris Reed 1st					
100m	SP	LJ	J	800m	Total
19.48	6.08m	2.45m	14.89m	3:10.79	2450

M50 Wayne Doyle 1st					
LJ	J	200m	DT	1500m	Total
5.20m	43.30m	26.79	34.92	5:32.00	3199

CMA 2014 - 2015 Record Breakers

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

Malcolm Fraser		M75			
Tauranga	28/02/2015	60m	9.43	90.66%	CMA Record
Michael Bond		M70			
Dunedin	28/11/2014	3000m	12:25.26	81.66%	SIMC record
Dunedin	30/11/2014	2000m steeplechase	8:56.04	91.39%	SIMC record
Rick Davison		M65			
Rawhiti Domain	15/10/2014	Discus Throw	38.71m	65.39%	CMA record
Rawhiti Domain	25/10/2014	Discus Throw	39.43m	66.61%	CMA record
Rawhiti Domain	25/10/2014	Hammer Throw	40.22m	73.51%	CMA record
Gold Coast	03/11/2014	Throws Pentathlon	3478 pts		CMA record (Pan Pacific record)
Dunedin	28/11/2014	Hammer Throw	39.03m	71.33%	SIMC record
Dunedin	29/11/2014	Discus Throw	36.41m	61.51%	SIMC record
Dunedin	29/11/2014	Weight Throw	14.46m	70.54	SIMC record
Dunedin	30/11/2014	Throws Pentathlon	3421 pts		SIMC record
Rawhiti Domain	14/12/2014	Hammer Throw	40.55m	74.11%	CMA record
Rawhiti Domain	14/12/2014	Throws Pentathlon	3609 pts		CMA record
Rawhiti Domain	14/02/2015	Hammer Throw	41.34m	75.55%	CMA record
Tony McManus		M65			
Dunedin	29/11/2014	800m	2:30.01	87.48%	CMA & SIMC record
Dunedin	29/11/2014	1500m	4:50.11	92.24%	CMA & SIMC record
Jeff Barnfield		M60			
Rawhiti Domain	31/01/2015	60m	8.88	87.10%	CMA record
Rawhiti Domain	07/02/2015	300m	48.34	76.54%	CMA record
Tauranga	28/02/2015	60m	8.69	89.00%	CMA record
Wayne Doyle		M50			
Dunedin	29/11/2014	High Jump	1.50m	75.00%	SIMC record
Dunedin	29/11/2014	Pole Vault	3.30m	67.95%	SIMC record
Dunedin	30/11/2014	Track Pentathlon	3076 pts		CMA & SIMC record
Tauranga	01/03/2015	Track Pentathlon	3199 pts		CMA record
Tauranga	01/03/2015	Throws Pentathlon	3018 pts		CMA record
Nick Bolton		M40			
Rawhiti Domain	10/01/2015	60m	7.84	86.91%	CMA record
Rawhiti Domain	17/01/2015	60m	7.77	87.69%	CMA record
Tauranga	28/02/2015	60m	7.64	89.19%	CMA record
Tauranga	28/02/2015	110m hurdles	15.41	89.09%	CMA record
Sydney	05/04/2015	60m	7.53	90.49%	CMA record

Iris Bishop		W80			
Tauranga	27/02/2015	Weight Throw	5.39m	51.77%	CMA record
Tauranga	28/02/2015	Discus Throw	9.87m	30.92%	CMA record
Tauranga	28/02/2015	Shot Put	4.90m	62.50%	CMA record
Tauranga	28/02/2015	Hammer Throw	13.86m	37.75%	CMA record
Tauranga	28/02/2015	60m	19.18	57.35%	CMA record
Tauranga	01/03/2015	Throws Pentathlon	2159 pts		CMA record
Barbara Bird		W75			
Rawhiti Domain	13/02/2015	Javelin	13.26m	46.77%	CMA Record
Lois Anderson		W65			
Dunedin	29/11/2014	200m	37.27	82.00%	SIMC record
Rawhiti Domain	7/02/2015	300m	63.23	75.59%	CMA Record
Rachel Simons		W35			
Rawhiti Domain	31/01/2015	60m	9.62	73.69%	CMA record

Important dates coming up

CMA AGM: Wednesday 19th August 2015 @ 7:30 p.m.

Port Hills Club Room see you there.

CMA 2015 Opening Day: TBA after AGM

Venue: Rawhiti Domain

2015 Oceania Postal Throws Pentathlon: Sunday 27th September 2015 @ 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 27th - 29th 2015

Venue: Auckland

South Island Track & Field Championships:

November 20th - 22nd 2015

Venue: Timaru

NZMA Track & Field Championships:

Date TBA - 2016

Venue: Dunedin