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Cant-A-Long

July 2011

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Above are aerial photographs of QEII before and after 22nd February 2011. Spot the difference.
If you would like to view other parts of Christchurch, go to ... www.eqviewer.co.nz

A note from the editor ... Andrew Stark

Winter is a quiet time for many of our members, so the articles in this issue are somewhat limited.

I have included comments and photos from two cross country races - South Island Cross Country Championships (25th June) and the Canterbury Cross Country Championships (9th July). A full list of results can be found on the Athletics Canterbury website.

I have been looking up various events from the WMA Track & Field Championships in Scaramento wishing I was there competing ... but as yet I have not made a list of results. I am hopeful that I will receive some written reports from some of our CMA members who went as competitors, officials or supporters.

For those who have internet, I have been writing regular reports and sending out e-mails via the website, so if you want to know what's on, check there first.

Deadline for copy is the last day of the month before publication.

i.e. January 31, April 30, July 31 & October 31

I look forward to hearing from you with a report or ideas for the next Cant-A-Long.

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

Kind regards to you all,

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

Peter Watts



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

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

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

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

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

Website address: www.canterburymastersathletics.org.nz



The elected Committee of the CMA Inc for the 2010 / 2011 season

President:

Andrew Stark Tel: 03 338 0516

Vice President:

Bernadette Jago Tel: 03 960 2457

Secretary:

Andrew Reese Tel: 03 332 3884

Treasurer:

Diane Carter Tel: 03 312 2518

Committee:

Bev Church Tel: 03 388 5736

Allan Gardiner Tel: 03 388 1248

Kevin Jago Tel: 03 960 2457

Tony McManus Tel: 03 332 3921

Alison Wright Tel: 03 342 8683

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

info@canterburymastersathletics.org.nz

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

This is a new feature of our own website.

Cross-Country & Road Athletics Canterbury Centre Representative:

Alan Gardiner

Track & Field Athletics Canterbury Centre Representative:

Andrew Stark

Uniform Officer:

Ian Brownie Tel: 03 942 6905

Cant-A-Long / Website Editor:

Andrew Stark

Notice of CMA AGM - Wednesday 24 August 2011@ 7:30 p.m.

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

Any Remits or Notices of Motion are to be in the hands of
The Secretary
Canterbury Masters Athletics Inc
c/- 69 Hackthorne Road
CHRISTCHURCH 8022

by Wednesday 10 August 2011.

Nominations for the following positions are also called for:

Elected Positions:

President
Vice President
Secretary
Treasurer
Committee members (6)

Other Elected Positions:

Patron
Honorary Auditor
Honorary Solicitor

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

Athletics Canterbury Cross Country and Road Committee

Athletics Canterbury Track and Field Committee

Andrew Reese
(Secretary)

Agenda of CMA AGM

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

- Quorum Check (15 Financial Members)
- Apologies
- Approval of Minutes of Annual General Meeting held 16 August 2010
- Consideration and Approval of Annual Report
- Consideration and Approval of Annual Financial Statements
- Consideration and Approval of Annual Subscription for 2011 / 2012 season
- Election of Officers for 2011 / 2012
 - President
 - Vice President
 - Secretary
 - Treasurer
 - Committee (not to exceed six)
- Election of other Elected Positions
 - Patron
 - Honorary Auditor
 - Honorary Solicitor
- Nomination(s) for Life Membership
- Remits
- General Business

Introduction:

The events that occurred during the 2010 - 2011 season have changed not just our sport but all sports in Canterbury for some time to come, if not forever.

Following the September 4th 2010 earthquake, as QEII had escaped any major damage, the track & field season started as usual. CMA members were again able to compete at selected Athletics Canterbury Inter-club meetings through the season and we look forward to the same offer being available this season.

In late 2010, work was in progress at QEII upgrading the No. 2 ground with a new all weather track in readiness for the World IPC Games to be held in Christchurch during January 2011. Several of our members officiated at these Games, which were a highly successful event. By all accounts it was an inspiring event to attend.

Following our CMA Championship day on Sunday 20th February 2011, Christchurch was again struck by another devastating earthquake. This time the damage to QEII meant that all meetings were cancelled as the whole stadium was 'red stickered'. For the remainder of the season, Timaru provided a venue for those athletes looking for good competition.

For many of our members however, this was the last straw, as further damage was done to their properties. Several athletes withdrew from the 2011 NZMA Championships, held in Hastings, deciding that competing was the last thing they wanted to do. To those who did go to Hastings, I'm not sure if it was a welcome relief, by getting out of Christchurch or not. While I attended the event, Christchurch was continually on my mind. Full results of the NZMA Championships were published in the June Vetline.

In late March, several athletes attended the West Coast Track & Field Championships in Greymouth. Such was the hospitality, I am sure more will be keen to make the journey next year.

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

2010 / 2011 Registration Details:

This year the membership numbers have fallen from 160 to 131 member. I believe the difference is because in the 2009 / 2010 season, the NZMA Championships were held in Christchurch.

Of the 131 current members, about 80 competed in the various CMA Championship events throughout the season. We appreciate the

support from all non-competing members and hope that you enjoy reading CMA news via Cant-A-Long and our new website.

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

CMA Organised Track & Field Meetings:

During the early part of the season, non-registered club CMA members were able to compete at Athletics Canterbury interclub meeting. These athletics are generally not the athletes who attend the regular CMA meeting held on Wednesday evenings or Sunday morning.

Unfortunately, the number of athletes attending these meetings is not great. There is a regular group of throwers, but often only a handful of runners. Thank you to the officials who made themselves available at these meetings.

Full results of all CMA competitors have previously been published in Cant-A-Long, so I will not reproduce them here. However, I would like feedback from you, as to how we can improve the CMA run meetings so that more athletes attend, as these are an important part of belonging to CMA. I look forward to your suggestions.

CMA Championship Review:

This year we trialled a new programme for our championship day on February 20th 2011. This included starting the meeting at 11:00 a.m. thus avoiding the 'cold' early morning start. We also ran the pentathlon events in the correct order. The meeting finished with a BBQ, well attended by most competitors and several officials. Two days following this successful day, QEII was badly damaged by the earthquake on February 22nd 2011. I understand that Bob Heseltine may have been the last CMA member to race on QEII.

Records:

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

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

consuming job.

A complication has occurred this season, whereby the version of Sportscores being used by various centres throughout New Zealand does not have the latest Age Factors (introduced in May 2010), resulting in incorrect point totals for the throws pentathlon results. Until we have an up-dated version of Sportscore, Bryan has been using a spreadsheet version he has created to compare performances and making a note of performances that are possible records. On behalf of all CMA members, I would like to thank Bryan for the long hours he puts in to ensure our records are kept up-to-date.

CMA Committee:

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

Bernadette Jago (CMA vice-President) is secretary of the Athletics Canterbury Cross Country and Road Committee and assists with the race enters / electronic 'chip' timing system using Sportscore for road and cross-country races.

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

Andrew Reese is Secretary / Treasurer of the Athletics Canterbury and the Track & Field Committee, as well as being the CMA Secretary. Last year Andrew received a Christchurch City Council Civic Award for service to athletics. A well deserved award which reflects Andrew's commitment to the sport.

Diane Carter is a dedicated official and occasional competitor. She regularly assists at Inter-Club and National Track & Field meetings and at various cross country & road events throughout the season. At the time of writing this report, she is currently attending the WMA Track & Field Championships in Sacramento as an official. I look forward to hearing about her trip.

Allan Gardiner has been the CMA representative on the Athletics Canterbury Cross Country and Road Committee and can be seen at all Centre organised cross country races setting up the course. As from March 2011, he is no longer on the NZMA Board deciding to withdraw his nomination. On behalf of all CMA members, I would like to thank Allan for his NZMA Board involvement, a job he has done for several years.

Bev Church has been on the committee for several years and provides an important voice for

the field event competitors. She is a regular attendee at CMA meetings and the organiser for the annual Trans Tasman Postal Throws Pentathlon, held during the month of August.

Alison Wright and Tony McManus, while new to the committee this year, have been willing helpers and are still learning 'the ropes'.

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

If you are interested in becoming involved, please make it known to Andrew Reese 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.

Finances:

While this is not my area of responsibility and at the time of writing this report Diane is overseas and the annual accounts have not been finalised, I feel the following personal comments are appropriate and your committee will be asking for guidance re: spending of CMA funds in the future.

While our accounts in previous years indicate that we have significant funds in the bank, it is my personal opinion that we should not spend these funds, 'just because they are there'.

These funds have been accumulated over the years by CMA members who put in hours of work to ensure the successful running of championships events. With the earthquake events of the past months, we no longer have the opportunity to run such events until QEII is replaced (if ever) by a similar venue. Therefore our potential to replace these funds is limited and we need to spend our reserves wisely.

Our CMA gear is currently locked under the stand at QEII and may need to be replaced if it cannot be recovered. Hopefully most of the replacement cost would be covered by insurance, however we may also need to spend some of our funds.

As you will be aware, we have also subsidised various CMA Championship event fees over the past few years and this year, as a gesture of goodwill towards our members that have been affected by the earthquake, we subsidised the annual awards dinner.

Last year we also subsidised the annual CMA registration fees by \$5.00. The time has come where we need to revise just what we subsidise and why.

With the loss of QEII and with no championship events being scheduled for Canterbury until 2018, we are no longer in a position to generate sufficient funds. Another reason to be careful with what we have.

I believe that every effort should be made to limit spending to equal interest generated by our investments, profit made from running CMA events (Link Relay), money obtained from sponsorship and CMA subscriptions. These issues will be on the AGM agenda so be prepared to have your say.

Cant-A-Long:

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

Website Development:

There are changes afoot within Athletics NZ, whereby we may well lose the current Athletics Canterbury website. Knowing that, I created a new stand-alone dedicated CMA website. For all those on e-mail, you will have been sent links to the website.

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.

CMA Track & Field Meetings:

At a recent committee meeting, concern has been expressed at the reduced number of CMA members attending these meetings. This reduction may simply be a reflection of the present membership we have, which consists of many supporters rather than regular competitors. However, we are also looking to improve what we do and offer. If there is anything that you as members would like at these meetings, please let us know, rather than just staying away.

Where to from here:

Since the end of the season, a committee representing CMA, Athletics Canterbury,

Secondary Schools and Children's Athletics has been formed. Their job has been to lobby the CCC, with the assistance of Sport Canterbury, in an attempt to get some answers as to which ground (if any) can be improved so that track & field meetings can continue next season. While progress has been slow to date, I can assure you that we are doing our best to get answers.

The latest news is that the CCC has agreed to upgrade the New Brighton Club's track and surrounding area. At present the sub-committee has been asked by the CCC to prepare a 'wish list' of what improvements need to be made. Athletics Canterbury has offered to contribute to the up-grade, which pleased the CCC, so process is being made at last. As soon as I have more news I will pass it on, via our website.

I also understand that the Port Hills Club are working on improvements to their track, so we will be able to use both venues this summer.

It is my intention to continue to offer regular opportunities for CMA members to get together to compete or gather socially, provided it is your wish as well. The exact format of these 'gatherings' is up for discussion at the AGM. Provided the venues are okay, I would expect both the Port Hills Club Rooms and the New Brighton Club Rooms to be used.

Finally, to all CMA members. I thank you for the support I have received from many of you during my first year as President. I would like to think that for many of us, being a member of CMA is like being part of an extended 'family'. During the year I do hear about some members who are facing difficult times or have lost family members or close family, but not all and this information is discreetly passed around so that the appropriate support can be given, so if you know of someone who is having a difficult time, please let me know.

I appreciate that many of you face uncertain times, especially if you live in the red, orange or white zones. I'm not sure exactly what we as a group, i.e. your committee and the wider CMA group can do to help, but talking to others and maintaining 'normal' routines can help when coping with stress, as we all adjust to our 'new' normal.

Perhaps training or competing may not seem that important, but I urge you to do 'something' and I look forward to seeing you during the 2011 - 2012 season where ever that might be ... and I wish you well for the season ahead.

Andrew Stark

The annual awards dinner, held this year at the Cashmere Club, was attended by about 70 members / partners. The presentation of trophies was preceded by a three course dinner and the following speech was given by the CMA President.

End of Year Introduction 2011:

"As I stand here, about to begin our presentation night, I could be forgiven for 'just getting on with it', acting as if every thing is normal. However, for all of us here, life is anything but normal.

The 2010 / 2011 season will go down in history, unfortunately not for the sporting successes of our members, although there have been some, but for the way our city has been changed forever by the two major earthquakes, and the thousands of after shocks we have had to endure.

No doubt we will all know someone who has had damage to property either their home or business or both. Maybe they have lost their home or can't access their business premises as they have been destroyed or condemned.

Many of you will know of a family who has lost a family member, maybe a close friend or relative. The disruption to our 'normal' lives is immense, to say the least.

As a way of coping, it is easy to tell yourself that there are people who are worse off than you and yes, there will be people worse off than you. However, you still have to deal with the stress, the grief and the trauma of what YOU have been through and what might seem unimportant or minor to some, may feel like more than you can cope with to others.

I urge all of us to talk about what we have been through. By sharing your stories, it will help to release the tension and the stress so that you can move forward, to create a 'new normal' when you are ready and not before.

Expressions like "It will be alright!" and "It's time to move on!" are not necessarily helpful. There are no guarantees it will be all right. Within each one of us, there is a process of grief to go through ... to deal with the past events and the on-going daily stresses of living in an earthquake city. This process has no time frame, no quick answers and no ready made solutions.

In the latest issue of Cant-A-Long which you can collect from here tonight, Margaret Flanagan has written an article about her experiences during the earthquake and how to 'help yourself to recover'. It is well worth a

read.

What I do know from personal experience is that exercise is a great way to release stress, so being athletes, we already have a head start. Given some of the stories I have heard, I suspect some of you will get very fit as you wait for EQC to assess your damage and effect the repairs.

Where to from here? Athletes are not the type to give up without a 'fight'. The challenge for all of us now is to find a 'new normal', as the Christchurch we know has gone forever and the rebuilding process begins!

QEII is damaged, probably beyond repair. Next month a special meeting has been called to discuss how we are going to organise next seasons track & field meetings. I will let you know what they come up with.

My hope is that by being part of this group and by coming together for athletic meetings or social gatherings, that this will help to maintain some 'normality' in your lives.

I would like to acknowledge the sad loss of three people associated with Athletics Canterbury and / or CMA. If there are other CMA members out there who have lost family or close friends that I don't know about, I apologise for not mentioning them here.

Brian Taylor was in the CTV building on 22nd February 2011 and it was not until last week that he was finally named. It is impossible to imagine how difficult the wait must have been for his wife Pru and his two sons. Brian was the director of King's Education School and had been involved in athletics for over 50 years, mainly as the coach (Canterbury University Club) in recent years and he has held various positions within Athletics Canterbury. At the funeral last Thursday, it was like a who's who's of Canterbury athletics as past athletes gathered to celebrate his life, some coming from as far away as Canada. Brian was the coach of Julieana Findlay, one of our athletes.

One of our members, Sue Jones, has lost a son-in-law who was also in the CTV building, and I'm sorry I do not know his name.

Ross Bush was tragically killed in Riccarton Road when a shop front fell on his car. He is better known as a cyclist, but did compete for CMA several years ago.

While not related to the earthquake, I would also like to acknowledge the sad loss of Brian and Violet Keown's daughter Ann-Marie, who recently lost her battle with cancer.

Finally, I consider it a privilege to be the CMA President. We are a group of like minded people, doing the best we can to stay fit and healthy, so we can enjoy life to the fullest. I'm not sure what next season will bring, only time will tell. What is certain is that we WILL have a season in some form or another.

Before we continue with our presentations, I ask you all to stand in silence for 1 minute, as a mark of respect for those who have lost their lives or for those who have been affected by the earthquakes in any way.

The following members had significant birthdays through out the year. Only amongst the master's ranks do we look forward to getting older and going up an 'age group'.

Brian Keown (M80). A regular attendee at CMA meetings as a time keeper and has the occasional race.

Dave Kennedy (M65) competed in the Buller Marathon, but not so on the track this season. Dave advised Noel Burr on 'marathon training'.

Kerry Kaass (M45) won the Open Buller Half Marathon, in a new NZMA & CMA record time of just under 68 minutes.

Less active members who had birthdays included Colin O'Brien (M80) and Jim Spencer (M80).

Thank you list

Thanking people is always a problem as it's easy to leave people out by mistake, but I'll give it a go.

- Thank you to the regular attendees to CMA organised meetings, be that as a competitor or official. While these are often low key events, I have found them a good way to get to know many of you on a personal level. Several of our members have performed well on these nights, breaking various records.
- Thank you to all the 'helpers', both CMA members, spouses or partners and Athletics Canterbury Officials who gave of their time to assist us to run our CMA Championships at QEII and the recently run Link Relay held at the Halswell Quarry.
- Thank you to Ray King and Faye Fyfe for organising the catering and BBQ on that day. It was a successful conclusion to the day and well worth doing again.
- I would like thank my committee, for putting up with 'teacher-like' organisation of the CMA committee meetings, as Bernadette tells me.

Several of your committee have been around for a while and it is always good to be able to draw upon their expertise. As I have been told by some, I do too much, so I looking forward to passing some jobs onto others next season.

- This year, Allan Gardiner stood down from being on the NZMA Board. Thank you for all you have done by making sure that Canterbury had a representative on the Board. As you may or my not know, I have been elected to the Board, so that will ensure we continue to have a say.
- I would like to thank Bryan Kerr for keeping a close watch on all your performance throughout the season so the CMA & NZMA records are all up to date. It's a time consuming job as you cross reference performances against the records, made more difficult this year with the introduction of new age group factors.
- Personally, I would like to thank Bryan for his expertise and guidance, which I have regularly sort throughout the season when I have been unsure of procedures, to ensure that I do an OK job as President. Thank you Pat Kerr for the cups of tea, melting moments and your boiled fruit cakes is not bad.
- Finally, by the time the AGM comes around we will have a better idea as to the format of next season, so I will keep you informed via e-mails and updates posted on our new website.
- Thank you all for coming.

Before we have dessert. coffee and tea, I call upon our Patron, Merle Grayburn to say a few words.

Before you leave tonight, the April 2011 issue of Cant-A-Long can be collected and CMA Championship certificates for those who have ordered them."

Merle Grayburn praised the committee for their hard work organising the season and made special mention of Iris Bishop who is the only Master's athlete in New Zealand who has attended ALL NZMA Championships since they were first introduced, 32 years ago.

The final presentation was a Kiwi Rail trip voucher for the Trans Alpine Express, donated by Tony McManus. A CMA member was selected at random, with Birgit Steltner winning the voucher.

Overall, a successful night. On the following pages are the award winners for the 2010 - 2011 season.

Sorry about some of the photos, but they are the best I could find at the time.



McIntosh Trophy

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

Louise Scott

Malcolm Fraser - Bruce McPhail Trophy

M45 400m

No award this season



Philip Ross May Memorial Trophy

M45 800m

Joe Ford



Maurice Cook & Max Wood Trophy

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

Jeff Barnfield



Kernahan Trophy

M55 800m

Maurice Gough

Kernahan Trophy

M55 1500m

Maurice Gough



A.H.C. Jubilee Trophy

Women's 1500m

Loris Reed



Clarrie Gordon Trophy

M70+ 10000m (CMA Championships)

Eric Saxby

Walker of the Year Award

Eric Saxby



Norman & Mary Hawke Trophy

M65+ Hammer
Best Performance using Age Percentages

William Newton

Arthur & Merle Grayburn Trophy

Men's Pentathlon

No award this season



Women's Weight Pentathlon Trophy

Glen Watts



Grayburn Trophy

Men's Weight Pentathlon

Richard Davison

For 13 years I was having episodes of atrial fibrillation, sometimes called AFib or AF. This is when you have an irregular heart rate, which in my case included my heart rate going up to 180 beats per minute while I was sitting. I had many trips to the hospital and treatment sometimes included receiving a shock treatment to bring my heart back to normal rhythm. The medication I was taking was not good for my running as it slowed me down.

So a few years ago I asked Peter Snell for some advice on the subject of AFib as he is an Associate Professor in the Cardiology Division at the Southwestern Medical Centre, in Dallas Texas. He has been working on exercise intervention for elderly Afib patients with a colleague of his who is an electro-physiologist at the centre.

Peter told me my condition is quite prevalent in the 60+ age group in the USA.

He and his colleague sent me information on the subject, which included an atrial fibrillation procedure. Peter also told me about a scholarly article on managing Afib in athletes.

About 18 months ago I asked my specialist here if he would perform an ablation procedure on me which he agreed to. He pointed out that it is a very complex procedure with some risk. So after being on the six month waiting list I had it done.

They go into your groin, up in your chest and then make a hole in the top of the heart and burn off some of the electrical charges that should not be there. That is a rough description of what happens.

In April, I emailed Peter Snell to let him know that I had the procedure done and that it was successful. I told him about the half marathon I ran 9 weeks after the operation and said I tend to look in the rear-view mirror at old running times which were better. I mentioned that I eat salmon and sardines on a regular basis for omega 3 and have cereal for breakfast or toast with

honey, because Lydiard and Jack Lovelock both believed honey was energy for runners. I also told him I enjoy a beer, and to keep the brain active do Sudoku every day.

The following is the nice reply I received from Peter.

Dear John,

You had a great treatment from Dr Crozier and your performance in the half marathon was outstanding.

I have estimated that the oxygen uptake to run at that speed is 35ml/min/kg. Well trained runners can sustain about 80% of their VO2 max for this distance, which in your case means that your VO2 max is about 44ml/min/kg!

Attached is a chart of my VO2 max over a 40 year span and at age 67 I was 45ml/min/kg.

Don't look in the rear-view mirror – you are doing very well and the diet is great.

Regards,

Peter

Footnote: Let's hope that is a 'new beginning' for your running John. It also explains why I have not seen you around the track on a regular basis. Good luck for the future and thank you for sharing your experiences.

Andrew Stark



Temporary Setback

Andrew Stark



Kerry Faass (No. 965), powering off the start line, to lead from start to finish in the CMA 3000m championships last summer.

He followed this up with a commanding win in the Buller Gorge Half Marathon, winning the overall race in a time of 1:07.54.

Unfortunately in late May, Kerry and his wife Helene were involved in a serious car accident and as they said, "Lucky to be alive!"

At present Kerry is 'worse for wear', but he hopes to get back to running. We wish them both, a speedy recovery.

During the off season from track running, a group of our Masters athletes meet regularly for striding in the forest.

Jeff Barnfield, Malcolm & Margaret Fraser, Birgit Steltner, Louise Scott, Bruce McPhail and Max Wood meet every Saturday at 10:00 a.m. for a run in the forest. The writer joins the group when able as does Jeff's daughter Jacqui and Penny Reid, when she is home from the UK for a visit.

They have a planned circuit along 'set paths' through the forest. They stop for a breather and look through the fence at the growing mountains of rubble from the demolished inner city buildings then continue along their way.

Malcolm may run with Jeff, Margaret with Birgit and others link up together so that various people pace each other and 'performance' times are kept at regular intervals. Winding through the paths made by the trees the athletes are careful to keep their balance and not trip.

Other keen runners are crossing their path or returning from their out and back run, while others walk their dogs or accompany biking children.

As the season progresses, two circuits of the same track give a longer run and variety is introduced in other ways like the '800m' stride out, which has become a favourite challenge, also that athletes encourage each other and helps to keep the fitness levels up with these regular striding sessions during

the off season.

At the end of the session, the group catches up on family news before going their separate ways. On special occasions a shared brunch may be had with Birgit or Max and Pam hosting.

Most of this core group meet at least once during the week for striding at another venue, usually at 'The Village Green', but more recently at Hagley Park.

Footnote: Recently Louise's husband Chris has been deployed to East Temor for six months, preventing her from making the Saturday morning runs. However, she has been seen running around Halswell Quarry Getting prepared to move up to 800m???



Birgit, Jacqui, Malcolm, Penny, Bruce, Tom Dawson (Sports Science QEII), Max & Louise

Australian Masters Athletic Track & Field Championships Reports

Birgit Steltner

A reason to visit:

The Masters Australian championships were held in Brisbane over the Easter weekend. Several competitors from New Zealand took part making for an exciting competition.

I had met Jean at a previous competition and she lives from Brisbane. She had invited me over to stay and was most welcoming and friendly during my visit. She has a wonderful garden and patio, perfect for those warm evenings and a great place to have lunch. The weather in Brisbane is so sunny and warm. Only once did it rain heavily, but otherwise very nice.

There were many events, held at two beautiful venues. I was very impressed with both stadiums, with ten lane tracks, very well cared for and the sand in the long jump pit was white and soft just like at a tropical beach.

The Australian officials were very efficient and

organised. When I was not competing, I was helping out at several throwing events.

I watched the W45 relay and the Australian team set a new world record, very impressive and enjoyed watching it.

One of the highlights of the holiday was the boat trip on the Brisbane River. Twice Jean and I went to the centre of Brisbane by bus. It was approximately 1.5 hours duration with magnificent sites, old and new buildings, the university, skyscrapers and several parks. Afterwards I went into the city centre to buy some souvenirs and discovered a German supermarket! Immediately I had to buy Haribo Gummibears and coffee. Very surprising indeed.

All in all, I had a fabulous time in Brisbane and I am very thankful to Jean for inviting me. This trip was a fantastic opportunity to catch up with friends I have met during other competitions.

I have competed in several **Australian Masters T & F Championships** over the years; Townsville, Melbourne, Adelaide and this year I decided to compete in Brisbane.

My competition events were held on the first two days of the four day competition, with the 60m and 100m on the first day and the 200m on the second day.

To my surprise we had to run heats in the M70 grade 60m (14 competitors) and the 200m (10) to qualify for the final. However with the track having 10 lanes down the straight, we did not need heats in the 100m (10).

I really enjoyed the intense competition and was happy with my performances which were,

60m	6th	9.37sec,
100m	5th	5.25sec,
200m	5th	32.71sec.

I was the oldest in my grade at 74, I found that the 'drop-off' in my speed was considerable compared to those younger athletes at 70 and 71.

My age-graded performances were 60m (90.61%), 100m (85.51%) , 200m (83.92%).

There were many outstanding performances during these championships and too many to cover them all, however I will mention just three.

Hugh Coogan (QLD)
M75 400m 66.91sec (91.15%)

Lavinia Petrie (VIC)
W67 5000m 21m 29.91sec (99.35%)

Ruth Frith (QLD)
W101 Weight Throw 4.29m (186.52%)!

Other than photo-timing problems on the first day, I found the track competition to be very well organized. I enjoyed the warm weather as well as the great competition which one always gets when up against the Australians.



Bruce might have slowed down, but his style is still great. (Ed)



The eventual winner Alan Bradford (7220) leading David Chantrill (7209) around the bend in the 200m final

We left Christchurch for the **Australian Championships**, ensuring we had at least two days free before the competition started.

Our accommodation was at the Garden City Motor Inn which was situated on Logan Road. Across the road was a massive shopping complex, bigger than Riccarton Mall and just what any woman would want. Anything and everything was available here and it was open till reasonably late at night. What we had not anticipated was that shops were closed, not only on Easter Friday, Sunday, Monday, but also on Tuesday as the Australians counted Tuesday as a holiday in lieu of ANZAC Day being Easter Sunday. Very confusing and something we hadn't thought a lot about.

The Championships were held at the Queensland Sport & Athletics Centre which was built for the 1982 Commonwealth Games. Our motel was on an undulating road, about three kilometres away from the Centre. With an up hill to get there, we were pleased that we had hired a car. As Anne was an official, she often started at 7.00 a.m. and on some days finishing as late as 7.00 p.m.

Overall there were 620 athletes competing in the field events. In my age group, there ranged from 10 to 13 athletes per event, which is huge compared to New Zealand, where a few is the norm. Most of the throwing events were held on the warm up track, so that was a bit disappointing.

Even though we were using the secondary track the circles were pretty good.

Apart from one day when there was a thunder storm which meant the last event of the day finished after the fourth round, the weather was excellent; lovely to compete in warm weather. The storm we could watch approach, black skies with lightening. Then down it came.

The circles were quickly filled with water and the competitors and officials juggled for space under the tent umbrella. It was about 4.45 p.m. and all other events in the throws had finished. As Chief of that event, Anne realised that it would be unsafe to continue. Ducking through the rain as best as she could, she located the championship meeting manager who said that the meeting had been stopped for the day with the competition finishing as at the end of the last completed round. However the field referee was down the other end of the field sheltering under an umbrella and he had the radio. So back out into the rain to declare the event closed and to sort out the place getters.

The last event in the throwing pentathlon finished late on Sunday. It was dark when the last weight throw part of the event was held. With the skies overcast and no-one available to turn on the lights, it was quite a challenge for officials to keep an eye on the implement, so many athletes who had finished, gave a hand. Many eyes were required for that event!!

The Aussies always seem glad to see us New Zealanders and they like to poke fun at our accents – especially when we say 'six'. Just like us, they had trouble getting enough qualified officials although there were plenty of 'helpers'.

Unfortunately, because the field events were not in the main Stadium, we did not get to see many of our fellow New Zealanders run or jump. We could not hear the results either as the microphone system did not reach our ears.

To wind down, we left on ANZAC Day to go south for a few days. We looked over Robina, which is supposed to have the largest shopping centre in the Gold Coast and we stayed at Cedar Lodge, Nerang about 25km inland from the coast, very quiet and tranquil. There were even turtles in the pond and when you walked over the bridge, they would come to see if you had any food for them.

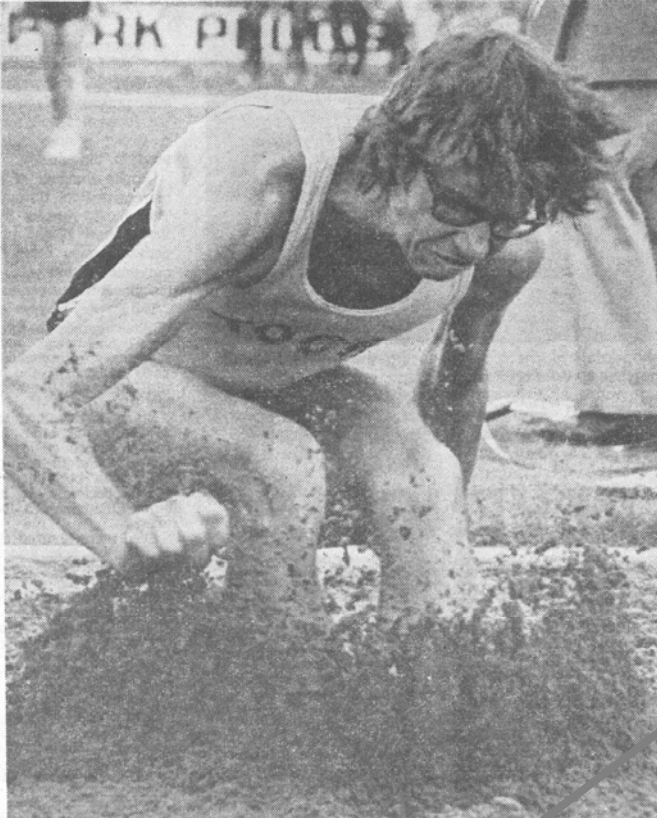
Overall my results were

Discus	1 st
Weight / Throws Pentathlon	1 st
Hammer	2 nd
Weight	2 nd
Javelin (PB)	2 nd
Shot	4 th

Onward now to Sacramento!!



BEV FOR MONTREAL?



Chris Manson (Top) up to his knees in sand as he finishes his long jump in the junior section of the Canterbury senior and junior athletic championships at Queen Elizabeth II Park today.

Canty runner's comeback

Canterbury speedster Bev Peterson may yet make the Montreal Olympics.

Plagued by a serious knee injury for many months, Miss Peterson made the comeback of the season to retain her 200 metres sprint title on the first day of the Canterbury championships at Queen Elizabeth II Park this afternoon.

Afterwards, a delighted Miss Peterson said she would be looking to regain last season's brilliance—she twice equalled the Olympic selection guideline standard of 11.5sec—over 100 metres next weekend or by the time of the national championships in Auckland next month.

The Technical athlete's knee injury flared up in July, August and again last month.

Some would have thrown in the towel. But the strongly built Miss Peterson fought back to record a 24.5sec performance today, beating provincial record-holder, Joanna Beckett (second) and Sue Burnside (third).

"It was only my third 200 metres of the season," said Miss Peterson.

"The way the 200s are going, I feel I might be able to get back to my best time."

Another Comeback . . . Another fine comeback was achieved by Commonwealth

any distance performances being eligible for records.

The championship proved triumphant for two veteran athletes—Murray Stewart and Ken Simpson.

Stewart staved off the challenge of young Rodney McMillan to win the javelin title, recording 62.48m (205ft) to his rival's 61.44m.

Former New Zealand long jump champion Simpson held on to his provincial title with a 7.19 metres leap, heading off brilliant all-rounder Peter Dyer, only 17, who recorded 7.09 metres.

Andy Stark (St Andrews) won the junior 1500 metres in 3min 56.1sec, in a rugged style reminiscent of a young Dick Taylor, while another outstanding junior was Mark Miron, who set a South Canterbury pole vault record in the morning and equalled his own New Zealand 110 metres hurdles record.

But the 15.3sec performance was wind-assisted.

The Farmers Athlete of the Week awards were won by Bev

Peterson and David Long, the young Old Boys hurdler whose title-winning effort was only half a second outside Rendall Macintosh's Canterbury mark of 52sec.

Results.

Open

200m.—G. Anderson (HSOB), 4; T. Morrison (US), 2; M. Sutherland (US), 3. Time—21.6sec.

400m. Hurdles.—D. Long (HSOB), 1; D. Ferguson (Tech), 2; A. McLaren (WP), 3. Time—52.5sec.

800m.—B. Hunter (US), 1; R. McIntosh (HSOB), 2; T. Cochrane (HSOB), 3. Time—1:52.4.

Shot Put.—M. Meene (Tech), 4; N. Lewis (GD), 2; A. Tucker (HSOB), 3. Distance—12.80m.

Javelin.—M. Stewart (Tech H), 1; R. McMillan (C), 2; K. Hickman (Tech), 3. Distance—62.48m.

JUNIOR

100m.—D. Wilson (Ash), 1; A. Von Biel (HSOB), 2; W. Wright (SC), 3. Time—11.1sec.

400m.—D. Wilson (Ash), 1; J. Hawley (Av), 2; J. Dunbar (HSOB), 3. Time—20.8sec.

1500m.—A. Stark (SA), 1; A. Matheson (HSOB), 2; T. Shatford (HSOB), 3. Time—3:56.1.

3000m track walk.—R. Miller (Avon), 1; H. Riach (HSOB), 2; I. Marton (Oly), 3. Time—14:43.2.

110m hurdles.—M. A. Miron (SC), 1; M. Williams (HSOB), 2; M. P. Miron (SC), 3. Time—15.3sec.

Long jump.—P. Dyer (C), 1; T. Lomax (HSOB), 2; C. Manson (Top H), 3. Distance—7.07m.

Discus.—M. Leech (Tech), 1; P. Dyer (C), 2; G. Williams (C), 3. Time—42.34sec.

Pole vault.—K. McKee (Top H), 1; C. McKee (Top H), 2; M. Miron

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"It was only my third 200 metres of the season," said Miss Peterson.

"The way the 200s are going, I feel I might be able to get back to my best time."

Bev and I are about the same age. I remember watching her regularly win the sprint events at Secondary School events. The above article appeared in the *Star Sports and Magazine*, 4th February 1976. I have enlarged the font size because it's so small compared to these days or is it just my eyes.

I'm not sure if Bev did get to Montreal, but someone will know. What I do know is that Bev has dedicated herself to the sport she loves. There are numerous athletes over the years who have benefited from her expertise and guidance.

She has also been known to compete as a Masters athlete, but I still think that knee has been an 'on-going' problem, especially at the 2010 National Championships in Christchurch.

Many of you know Bev's mother Shirley. She has been absent from the track last summer as her husband William (Bill) was dealing with poor health issues. Unfortunately, the treatment was worse than the cure and he sadly passed away earlier this year in May.

On behalf of CMA, I would like to pass on our sympathy to all the Peterson family. While I did not have the pleasure of knowing Bill personally, from what I heard at the funeral, he was a great supporter of athletics, being fully involved in Children's athletics for many years and took great pride in watching all his family compete throughout the years.

When the time is right and the bodies are willing, I hope we see Bev and Shirley back competing.

Like many masters athletes, Lyn was inspired to take up athletics as a result of watching the 1974 Commonwealth Games held in Christchurch, while a school girl in Greymouth. If you ever go to the Greymouth Clubrooms, you will see numerous photos of Lyn plastered over the walls.

She moved to Christchurch to be coached by Valdy Breidis. Boarding privately, she was 'rescued' by Iris and Charlie Bishop when the woman she was boarding with died within two weeks of her arrival. Not a great start.

From 1975 to 1990 she represented Canterbury, starting off as a javelin thrower, before moving to the pentathlon and then heptathlon.

She first won a senior javelin title in 1984, having been second to Janice Bishop for 'too many years to remember'.



NZ reps, Trudy Woodhead (high jump), Terry Genge (heptathlon), Lyn Osmers (heptathlon), Rex Wilson (10000m)



Lyn in action during the Edinburgh Commonwealth Games

Taking up the multi events proved a wise move, as Lyn went on to represent New Zealand in the heptathlon at both the Edinburgh (1986) and Auckland (1990) Commonwealth Games. At the Edinburgh Games, she won the javelin component, almost breaking the New Zealand record and finished 7th overall. At one time, Lyn also held the New Zealand one hour heptathlon record.

At the World Masters Games in Melbourne (2002), Lyn won three gold and three silver medals.

Like several of our CMA members, Lyn's house is in the red zone, which I suspect is a bigger challenge than just about anything else she has had to face before.

I wish her well in the days ahead.

South Island Cross Country Championships - 25th June 2011



In sunny, but cool conditions the various races occurred on the liquefied fields of QEII. In the women's race there were 27 W35+ competitors, only two of whom were current CMA members. Fiona Gilroy was 1st W40 and Shirley Rolston was 1st W60. Well done.

In the men's race there were 85 M35+ competitors, but 15 current CMA members. Our best performed athletes were Anthony Rogal (M40), Michael Bond (M60), Eric Saxby (M70) and Stan Gawler (M80), all of whom won their grades.

What is Ian Brownie doing with two blocks of wood? No starters gun!!!

Reminds me of my 'old school days', when this was the norm.

PTO for a selection of action shots ...

South Island Cross Country action shots, but sorry I missed the women's race





The competitors for the Canterbury Cross Country Championships gathered at Halswell Quarry on another great winter's day in Canterbury a cool wind blowing with mainly blue skies all day. This will also be the venue for the New Zealand Cross Country Championships to held on 23rd July 2011 and is a great spectator course, so come down and watch.

As usual, a well drilled team of volunteers ably lead by John Gamblin (Cross Country & Road Committee Chairman & CMA member) set up the course. All races went off without any major problems, which is a credit to the organising committee. Well done.

Within the Masters races we had 3 of the 28 women and 27 of the 85 competitors. It would be great if we could encourage more non-CMA club athletes to join our ranks. As many of the CMA competitors ran in the South Island Cross Country Championships, below I've some different photos 'from the day'.



Craig Brown (timing), John Gamblin (Manager) and Victor Gamperle (Ass Manager)



Faye Fyfe looking for 'punters' to buy BBQ sausages.



A well organised finish area!



Official starter
Andrew Reese



Peter Coughlan suggesting, "Follow me son, this way!".



Tracy Crossley won the
W35 race

Important dates coming up

2011 Trans-Tasman Postal Throws Pentathlon: Sunday 28 August 2011 @ 10:00 a.m.

If you are interested in completing in this event you must contact **Bev Church** (388 5736) ASAP. Venue to be decided once both the New Brighton & Port Hills circles have been inspected.

As all the CMA gear is locked under the stand at QEII, we will need to work out the gear requirements and where we can get it from. If you have personal gear, it would be a good idea to bring that along just in case.

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

Port Hills Club Room see you there.

CMA Season Opening Day: Wednesday 26 October @ 6:15 p.m.

As yet we have not decided on the venue, as we are unsure of the state of both the New Brighton Club and Port Hills Club tracks & circles. An e-mail to confirm the venue will be sent out, closer to the time. If you do not have a computer, please ring Andrew on 338 0516 in early October.

South Island Masters Games: Saturday 15 October in Nelson

The track and field programme for these games occurs on Saturday 15 October.

For more information and entry details, go to their website. www.simasters.co.nz

Tai Tapu Half & Quarter Marathons: Sunday 6 November in Tai Tapu

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

North Island Track & Field Championships: 25 - 27 November in Wellington

Full details and an entry form were printed in the last issue of Vetline. A PDF version is on our website.

South Island Track & Field Championships: 2 - 4 December in Timaru

As yet, I have not seen a programme or entry form for this event.

Once I have a copy, I will add it to our website and entry forms will be available at the CMA Opening Day.

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