

**South Island Masters Track & Field Championships**

**Aorangi Stadium, Timaru**  
**20th November - 22nd November 2015**



Sponsored by ...



Hosted by  
**Canterbury Masters Athletics**

# List of Officials

<b>Meeting Manager:</b>	Andrew Stark
<b>Track Referees:</b>	Mark Peters
<b>Field Referees:</b>	Malcolm Giles, Anne Davison, Dave Clarke
<b>Walk Judges:</b>	
<b>Jury of Appeal:</b>	Andrew Stark & any 2 Athletics Canterbury Referees
<b>Equipment:</b>	South Canterbury Sub Centre, Canterbury Masters & Otago Masters
<b>Technical:</b>	Reg Brockett, Malcolm Giles
<b>Control Room / Results:</b>	Graham Vivian, Helen Mackle, Anita Sutherland <b>(Inner Control Room)</b>
<b>Event Confirmations / Scratching &amp; General Programme Enquires:</b>	Andrew Stark, Penny Reid, Kevin Prendergast <b>(Outer Control Room)</b>
<b>Electronic Timing / Photo Finish:</b>	Richard Morrison

## **Announcer:**

## **Track Event Officials:**

## **Field Event Officials:**

## **Assistants:**

At the time of printing the programme, a complete list of officials was unavailable.

Thank you to those who have 'stepped' up to help out where needed, but are not mentioned here.

## **CMA President's Message**

To all Competitors, Officials & Supporters,

On behalf of the Canterbury Masters Athletics Committee, I welcome you all to the South Island Masters Athletics Track & Field Championships, being hosted by Canterbury but held here in Timaru.

This year the South Island Masters Track & Field Championships are being held within an Athletics Canterbury Combined Events Championship weekend and a Saturday interclub programme, making for a busy, full programme with something always going on. We also have Canterbury Children's Athletics here this weekend as they hold their events during Saturday morning / early afternoon.

With the loss of QEII, it means that both major South Island centre athletes have to travel. Thank you to the 60 competitors for making the trip to Timaru and competing in these Championships. Canterbury is still probably two seasons away from having a new track. The planning for a new facility has been a long drawn out process, but behind the scenes a lot has to happen before we finally see some work happening on the Nga Puna Wai Sports Hub site.

Thank you to ALL officials / supporters who will give up their time over the weekend, many of whom are competing themselves. Without your help a meeting of this size would not be able to take place nor run as smoothly as it normally does.

I would like to acknowledge the **New Zealand Community Trust** as our major sponsor.

Thank you to those who have opted to attend the track-side BBQ on Saturday afternoon. I trust those attending will use this opportunity to renew old friendships or create new ones.

I hope your events go well and that you reach the standards you were hoping for.

**Andrew Stark**

**President**

**Canterbury Masters Athletics**

# General Information

## **Eligibility:**

All entrants must be a financial member of an Association or Club affiliated to New Zealand Masters Athletics for the 2015 / 2015 year.

These Championships are the official South Island Track & Field Championships of the New Zealand Master Athletics Inc. They have been organised by Canterbury Masters Athletics Inc. on behalf of NZMA.

## **Regulations:**

This competition will be conducted under the IAAF and WMA rules subject to any special rules laid down by the Local Organising Committee.

## **Meeting Administration / Control Room / Announcer / Photo Finish:**

The meeting is controlled by the Meeting Manager, whose office is located in the Control Room at the top the main grandstand, opposite the finish line. The photo finish equipment area is also located at the top of the grandstand.

Entry to these areas is restricted to key officials and operators. Athletes and other personnel are asked NOT to go into these areas for any reason.

## **Results:**

Results will be posted on the notice board located under the main grandstand, as soon as possible after the completion of each event.

## **Inquiries & Protests:**

**Inquiries** about the results must be made at the Meeting Manager's office.

**Protests** about results must be made firstly to the appropriate Referee.

The Referee may decide on the protest or refer the matter to the Jury of Appeal.

An application to the Jury of Appeal must be made in writing and signed by a responsible official on behalf of the athlete and must be accompanied by a deposit of NZ\$50 before the appeal is held. The deposit will be forfeited if the appeal is considered to be frivolous.

Protests and Appeals must be made within 30 minutes of the announcement of the official results or referee's decision.

## **Medical Conditions / Services:**

Any competitors with medical conditions that could affect medical treatment in the event of injury or illness are requested to have their medical conditions written on the back of the competitor's competition number.

Pro+Med NZ Ltd medics will be available for assistance throughout the meeting.

## **Aorangi Stadium Pavilion:**

The Aorangi Stadium Pavilion is located just outside the track at the 100m start line.

## **Saturday Evening Track-side BYO BBQ from 5:30 p.m.:**

This year we are holding a track-side BBQ in the Aorangi Stadium Pavilion. If you paid for the BBQ at the time of entry, your tickets will be in your race pack.

## **Competitor's Tea / Coffee & Food:**

Free tea & coffee is available in the Aorangi Stadium Pavilion.

## Information for all Competitors

### Age Groups & Competition Numbers:

Competition will be conducted in the following five-year age groups for men and women as outlined in the table.

In accordance with WMA rules, competitors may only compete in the age group for which they qualify on the 20<sup>th</sup> November 2015, which is the first day of competition.

**Track & Field** competitors must wear the supplied **competition number**, clearly displayed on the front chest of the uniform.

If you compete in a tracksuit the number/s must be worn in the same manner. The full number/s and sponsor's name must be visible at all times.

### Combined Age Group Events

Where there are insufficient entries to warrant separate events being held (or if the timetable so requires) the Organising Committee may combine runners of more than one Age Group in an event.

### Age Colour Patches:

Due to the small field sizes, if you have the appropriate colour patch, please wear it. However it is optional for this meeting.

### Reporting a Clash of Events

When a competitor is involved in a clash of events the officials should be advised of the athlete's intention to compete in both events. Competitors must realise that track events take precedence and will be run at their scheduled times. Whilst every endeavour will be made to ensure the appropriate trials in field events, competitors cannot demand to take all of their trials in succession or take any trial of the rounds in which they have failed to appear. However, the Field Event Chief may allow competitors to take their trials in an order different from that decided at the start of the competition. This will not be possible if a round of the competition has been completed or if the competition has been completed.

**Please remember that officials are there to help you enjoy the Championships.  
If approached calmly, any problem can be resolved.**

### Changes to the Programme:

Any changes to the programme will be advised over the public address system and posted in the **Confirmation of Entry / Scratching** area just outside the Control Room.

### Assistance to Competitors:

Competitors are reminded of IAAF rule 144/2(d) wherein possession or use of video or cassette recorders, radios, C.D. players, radio transmitters, mobile phones or similar devices are not allowed in the arena.

### Records:

A list of the South Island Track & Field Championship Records is available at the back of this programme.

If you think you are likely to break a record in a field event, please indicate that to the recorder so that the correct procedure is followed.

For a throwing event, your 'record' performance will be marked, then re-measured with a steel tape at the completion of your event to confirm the exact distance. The implement used will also need to be checked, if not already done so prior to the start of the meeting. The results sheet must be signed by the event recorder and the Field Referee.

Electronic timing is being used on all three days.

South Island Championships will be taken off the results. If you know you have broken a record please let that be known at the Control Room.

If you break a NZMA National Record, then ALL correct and signed paper work needs to be completed during the weekend.

Age Group	Men & Women
30-34	3000 series
35-39	3500 series
40-44	4000 series
45-49	4500 series
50-54	5000 series
55-59	5500 series
60-64	6000 series
65-69	6500 series
70-74	7000 series
75-79	7500 series
80-84	8000 series
85-89	8500 series
90+	9000 series

# Information for Field Event Athletes

## General Information:

No competitors will be allowed to wear spikes projecting more than 9mm when competing in field events. Competitors will compete in the order shown in the programme except where the referee rules otherwise.

In throwing events, long and triple jumps, when there are eight or less competitors per age group all shall be eligible for six trials.

No competitor may join an event once the fourth round has commenced. Competitors joining before the fourth round shall be allowed catch up attempts.

Competitors joining the high jump and pole vault after the start, must commence at the height at the time of entry.

## Hammer Throw:

It is required that 2 hands be used at all times when throwing the hammer, once the throw has commenced.

## High Jump / Pole Vault:

Competitors are allowed to touch the landing area before clearing the bar, but may not use the landing area to any advantage as determined by the Field Judge.

## Personal Throwing Equipment - available to ALL competitors:

Such equipment must be presented to the Technical Officer for certification at least three hours prior to the start of your event. If your event is in the morning the implement must be presented the previous day.

Approved equipment will become a part of the general pool and will not be available for use until the start of your event. The Technical Room is situated under the northern grandstand.

Pole vaulters must bring their own pole(s) and submit them for inspection by a referee at the pole vault competition area. Other competitors may use them only with the owner's permission.

Some vaulting poles will be provided.

## Pentathlon & Weight Pentathlon:

### Pentathlon Events:

**Men** – Long jump, Javelin, 200m, Discus, 1500m.

**Women** – 100m, Shot, Long Jump, Javelin, 800m.

**Throws Pentathlon Events: Men & Women** – Hammer, Shot, Discus, Javelin, Weight.

**Implement  
Specifications  
Table**

Age Group	Hammer	Shot	Discus	Javelin	Weight
W30-49	4.00kg	4.00kg	1.00kg	600gm	9.08kg
W50-59	3.00kg	3.00kg	1.00kg	500gm	7.26kg
W60-74	3.00kg	3.00kg	1.00kg	*400gm	5.45kg
W75+	2.00kg	2.00kg	750gm	400gm	4.00kg
M30-49	7.26kg	7.26kg	2.00kg	800gm	15.88kg
M50-59	6.00kg	6.00kg	1.50kg	700gm	11.34kg
M60-69	5.00kg	5.00kg	1.00kg	600gm	9.08kg
M70-79	4.00kg	4.00kg	1.00kg	500gm	7.26kg
M80+	3.00kg	3.00kg	1.00kg	400gm	5.45kg

### \*NOTE: Change of weight for Women's Javelin as at 1st January 2014:

Javelin specifications for W60 - W74 will be **500gms** (previously 400gms). This will affect the individual event as well as the heptathlon, pentathlon and throws pentathlon.

## Information for Track Event Competitors

### Spikes:

The maximum length of spikes for all track events is 6mm. Only cone / pyramid design spikes are permitted. No needle design spikes are permitted.

### Confirmation of Entry & Scratching / Reporting-in time:

**ALL hurdlers, MUST** confirm their intention to compete **at least one hour** before the event is due to start, so that hurdles can be prepared.

To help officials, please scratch from any event that you are unable to compete in.

**The confirmation / scratching area will be just outside the Control Room.**

**For all other events, please report to the start area of your event, no later than 10 minutes before the scheduled start time.**

### Starts:

Competitors are not required to use starting blocks or a crouch start or have both hands in contact with the track for the start of any race (Rule 10/8).

However there is a rider at QEII, that any competitor using a crouch start must use approved starting blocks. Any competitor making a false start shall be warned. If any competitor is responsible for two false starts he / she will be disqualified.

All other conditions are as per IAAF Rules.

### Finish Procedure:

Upon completion of your race you will be given a place / lane disc. Report immediately to the recorder's table giving the recorder your place / lane disc, number, name and Centre.

If you do not report to the recording table your placing may not be recorded.

#### Events run in lanes:

Report back to the finish line in your lane where you will be given a lane disc.

#### 800m, 1500m & Steeplechases:

You will be given a place disc just past the finish line.

#### 5000m, 10000m run & Track Walks:

When finishing, you will be required to move out into lanes 3 and 4 in the final finishing straight as guided by cones.

This procedure is essential to enable the Timekeepers, Judges, Lap Scorers and Photo finish to operate correctly. You will be given a place disc just past the finish line.

### Steeplechase:

In accordance with WMA rules competitors may hurdle or vault the barriers or step on the top rail in a continuous motion, but not climb them. The hands or the feet may touch only the top surface of the barriers and no other part of the body may touch any part of the barriers.

Age Groups	Distance	Height
M30 - 59	3000m	0.914m
M60+ & Women	2000m	0.762m

### Lap Scorers:

For 3000m & 5000m competitors, a lap scoring card is in your race pack. We will endeavour to provide lap scorers, however if you are able to provide a lap scorer, that would be much appreciated.

Lap scorers are there to keep a check that all runners complete the correct number of laps. They will record the time at the end of each lap and advise competitors as to when to finish. However, it is the competitor's own responsibility to ensure that the correct number of laps have been completed.

### Lapped Runners:

If you are competing in a multi-lap event and you are being lapped, please stay on the pole line.

Do not move out to let runners pass on the inside.

## Event Schedule - Friday 20<sup>th</sup> November 2015

Tick Your Event/s	Time	Event No	Event	Divisions
	4:30 p.m.	100	Hammer Throw	W30+
	4:45 p.m.	101	Shot Put	M30+
	5:00 p.m.	102	400m	M30+
	5:10 p.m.	103	400m	W30+
	5:20 p.m.	104	300 Metre	M80
	5:30 p.m.	105 / 106	3000m Track Walk	W30+ / M30+
	5:45 p.m.	107 / 108	Long Jump	W30+ / M30+
	6:00 p.m.	109	Hammer Throw	M30+
	6:00 p.m.	110	Shot Put	W30+
	6:15 p.m.	111 / 112	3000m	W30+ / M30+

## Event Schedule - Saturday 21<sup>st</sup> November 2015

	12:00 p.m.		South Island Masters AGM (Aorangi Pavilion)	
	12:45 p.m.	210	110m Hurdles	M40
	1:30 p.m.	224	Discus Throw	W30+
	1:45 p.m.	231	Javelin Throw	M30+
	2:30 p.m.	236	60m	M30+
	2:35 p.m.	237	60m	W30+
	2:50 p.m.	238	Javelin Throw	W30+
	2:50 p.m.	239	Discus Throw	M30+
	3:00 p.m.	248	2000m Steeplechase	M60+
	3:00 p.m.	249 / 250	High Jump	W30+ / M30+
	3:30 p.m.	252	300m Hurdles	W30+
	3:55 p.m.	261	100m	W30+
	3:57 p.m.	262	100m	M30+
	4:05 p.m.	265	Weight Throw	W30+
	4:05 p.m.	266	Weight Throw	M30+
	4:10 p.m.	267 / 268	1500m	W30+ / M30+
	4:20 p.m.	269 / 270	Triple Jump	W30+ / M30+

## Event Schedule - Sunday 22<sup>nd</sup> December 2015

	9:15 a.m.	362	Throws Pentathlon - Men	M30+
		357	Throws Pentathlon - Women (Start ASAP after Event 362)	W30+
	9:20 a.m.	300	Womens Pentathlon #1 - 100m	W30+
	9:40 a.m.	300	Womens Pentathlon #2 - Shot Put	W30+
	10:00 a.m.	300	Womens Pentathlon #3 - Long Jump	W30+
	10:00 a.m.	310 / 311	5000m	W30+ / M30+
	10:40 a.m.	323	200m	W30+
	10:45 a.m.	324	200m	M30+
	10:50 a.m.	335	5000m Track Walk	M30+
	11:00 a.m.		Womens Pentathlon #4 - Javelin Throw	W30+
	11:40 a.m.	336	800m	W30+
	11:40 a.m.	300	Womens Pentathlon #5 - 800m	W30+
	11:45 a.m.	337	800m	M30+

**South Island Masters Track & Field Championships Day 1**  
**Aorangi Stadium, Timaru Friday 20th November 2015**

<p>This is the programme for the weekend and shows where and when the Master's events fit into the complete programme.</p>		<b>South Island Masters Championship Events</b>
	4:30 p.m.	Hammer Throw MW
	4:45 p.m.	Shot Put MM
	5:00 p.m.	400m MM/MW
	5:30 p.m.	3000m Track Walk MM/MW
	5:45 p.m.	Long Jump MM/MW
	6:00 p.m.	Hammer Throw MM Shot Put MW
6:15 p.m.	3000m MM/MW	

**AC Track & Field - Combined Event Championships Day 1 / South Island Masters Track & Field Championships Day 2**  
**Aorangi Stadium, Timaru Saturday 21st November 2015**

Time	Event	Heptathlon	Event	Octathlon Decathlon	South Island Masters Championships	Inter-Club P2 Modified
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Canterbury Children's events between 10:00 a.m. - 12:25 p.m.

12:25 p.m.						
12:30 p.m.	80m Hurdles	G14/W15				Short Hurdles (All grades) Run with AC Combined events
12:35 p.m.	100m Hurdles	W-U18			Short Hurdles MM/MW	
12:40 p.m.	100m Hurdles	W-U20, SW, MW				
12:50 p.m.			100m	B14/M15, M-U18		
12:55 p.m.			100m	M-U20, SM, MM		

Completion of Canterbury Children's events between 1:00 p.m. - 2:00 p.m.

1:30 p.m.	High Jump	G14/W15, W-U18, W-U20, SW, MW			Discus Throw MW (C2)	
1:45 p.m.			Long Jump	B14/M15, M-U18, M-U20, SM, MM	Javelin Throw MM	
2:10 p.m.						3000m Track Walk
2:20 p.m.						Hammer Throw (F,M)
2:30 p.m.	Shot Put	G14/W15, W-U18, W-U20, SW, MW			60m MM/MW	
2:35 p.m.						100m (M,F)
2:50 p.m.					Javelin Throw MW Discus Throw MM (C2)	800m
3:00 p.m.			Shot Put	B14/M15, M-U18, M-U20, SM, MM	2000m SC M60+/MW High Jump MM/MW	2000m Steeplechase (F) Long Jump (M)
3:15 p.m.					3000m SC M30-M60	3000m Steeplechase (M) Discus (F)
3:30 p.m.					Long Hurdles MM/MW	Long Hurdles
3:40 p.m.	200m	G14/W15, W-U18 W-U20, SW, MW	High Jump	M-U18, M-U20, SM, MM		
3:45 p.m.						200m (F,M)
3:55 p.m.					100m MM/MW	Shot Put (M,F)
4:05 p.m.			400m	B14/M15, M-U18	Weight Throw MW (C2) Weight Throw MM (C1)	
4:10 p.m.					1500m MM/MW	
4:25 p.m.					Triple Jump MM/MW	1500m Javelin (M)
4:40 p.m.						3000m Triple Jump (F), High Jump
4:50 p.m.			400m	M-U18, M-U20, SM, MM		
5:00 p.m.						400m (M,F)
5:15 p.m.						4 x 100m relay

**AC Track & Field - Combined Event Championships Day 2 / South Island Masters Track & Field Championships Day 3**  
**Aorangi Stadium, Timaru Sunday 22nd November 2015**

Event	Heptathlon	Event	Octathlon Decathlon	South Island Masters Championships	Inter-Club P2 Modified
9:20 a.m.				100m MW Pent (1) Long Jump MM Pent (1)	
9:35 a.m.		100m Hurdles	B14/M15	Throws Pentathlon M/W	
9:40 a.m.		110m Hurdles	M-U18	Shot Put MW Pent (2)	
9:45 a.m.		110m Hurdles	M-U20, SM, MM		
9:50 a.m.				Javelin Throw MM Pent (2)	
10:00 a.m.	Long Jump	G14/W15, W-U18, W-U20, SW, MW		5000m MM/MW Long Jump MW (3)	
10:00 a.m.			High Jump	B14/M15, M-U18	
10:15 a.m.			Discus Throw	M-U18, M-U20, SM, MM	
10:40 a.m.					200m MM/MW/MM Pent (3)
10:50 a.m.					5000m TW MM/MW
11:00 a.m.	Javelin Throw	G14/W15, W-U18, W-U20, SW, MW		Javelin Throw MW Pent (4)	
11:15 a.m.			Pole Vault	M-U18 M-U20, SM, MM	
11:40 a.m.					800m MM/MW/MM Pent (5)
11:45 a.m.			Javelin Throw	B14/M15, M-U18	Discus Throw MM Pent (4)
12:00 p.m.	800m	G14/W15, W-U18, W-U20, SW, MW			
12:15p.m.			1000m	B14/M15, M-U18	
12:30 p.m.			Javelin Throw	M-U18, M-U20, SM, MM	1500m MM Pent (5) Pole Vault
1:15 p.m.			1500m	M-U18, M-U20, SM, MM	

## Events – Friday 20<sup>th</sup> November 2015

### Event 100 Women Hammer Throw

Friday 20/11/2015 - 4:30 PM

1	8001	Iris Bishop	CMA
2	7502	Gwyn Heseltine	CMA
3	7501	Barbara Bird	CMA
4	7506	Glen Watts	CMA
5	7004	Justine Whitaker	CMA
6	6508	Noni Callander	OTG
7	6006	Winifred Harding	OTG
8	6005	Jo Hurring	OTG
9	5506	Fiona Harvey	OTG
10	5507	Alison Newall	OTG
11	5505	Lyn Tribble	OTG
12	3502	Lee Grieve	STH

### Event 101 Men Shot Put

Friday 20/11/2015 - 4:45 PM

1	7510	Alan Hunter	CMA
2	6503	Adrian Landon-Lane	TAS
3	6504	Richard Davison	CMA
4	6505	Keith Hutton	OTG
5	6009	Alan Hallberg	OTG
6	6003	Malcolm Taylor	OTG
7	5002	Robert Homan	OTG
8	5004	Wayne Doyle	CMA
9	3505	Marius Parkin	TAS

### Event 102 Men 400m

Friday 20/11/2015 - 5:00 PM

Race 1

3	7503	Malcolm Fraser	CMA
4	7001	Michael Bond	CMA
5	6506	Mike Weddell	OTG
6	6011	Bill Murphy	OTG

Race 2

2	3506	Nige Burgess	TAS
3	5002	Robert Homan	OTG
4	5003	Graham Murphie	OTG
5	5005	Mark Chignell	OTG
6	5009	Robert Bennett	OTG
7	5508	Bruce Thompson	STH

### Event 103 Women 400m

Friday 20/11/2015 - 5:10 PM

2	4502	Louise Martin	CMA
3	5509	Sylvia Urban	GER
4	6007	Delise Sanderson	OTG
5	6507	Barbara Patrick	OTG
6	6501	Lois Anderson	CMA
7	7002	Margaret Fraser	CMA

### Event 104 Men 300m

Friday 20/11/2015 - 5:20 PM

3	8003	Max Wood	CMA
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### Event 105 Men 3000m Track Walk

Friday 20/11/2015 - 5:30 PM

1	6003	Malcolm Taylor	OTG
2	7508	Eric Saxby	CMA

### Event 106 Women 3000m Track Walk

Friday 20/11/2015 - 5:30 PM

1	4004	Julie Edmunds	OTG
2	7504	Ann Henderson	CMA

### Event 107 Men Long Jump

Friday 20/11/2015 - 5:45 PM

1	7510	Alan Hunter	CMA
2	6502	Ian Sim	OTG
3	3501	Jason Puddle	CMA
4	3504	Scott Belesky	STH

### Event 108 Women Long Jump

Friday 20/11/2015 - 5:45 PM

1	6010	Noeline Burden	OTG
2	4502	Louise Martin	CMA
3	4005	Kirsty Richmond	TAS

### Event 109 Men Hammer Throw

Friday 20/11/2015 - 6:00 PM

1	8002	Jim Blair	WLG
2	7510	Alan Hunter	CMA
3	6503	Adrian Landon-Lane	TAS
4	6504	Richard Davison	CMA
5	6505	Keith Hutton	OTG
6	6009	Alan Hallberg	OTG
7	5004	Wayne Doyle	CMA
8	3505	Marius Parkin	TAS

### Event 110 Women Shot Put

Friday 20/11/2015 - 6:00 PM

1	8001	Iris Bishop	CMA
2	7501	Barbara Bird	CMA
3	7502	Gwyn Heseltine	CMA
4	7506	Glen Watts	CMA
5	7004	Justine Whitaker	CMA
6	6501	Lois Anderson	CMA
7	6508	Noni Callander	OTG
8	6006	Winifred Harding	OTG
9	5507	Alison Newall	OTG
10	5506	Fiona Harvey	OTG
11	5505	Lyn Tribble	OTG
12	4005	Kirsty Richmond	TAS

**Event 111 Men 3000m****Friday 20/11/2015 - 6:15 PM**

1	6002	Gene Sanderson	OTG
2	7509	Walter Hume	CMA
3	4501	Malcolm Cornelius	CMA
4	7001	Michael Bond	CMA
5	3503	Dwight Grieve	STH
6	6004	Kevin Prendergast	CMA
7	3506	Nige Burgess	TAS
8	5504	Clive Kitchingman	CMA

**Event 112 Women 3000m****Friday 20/11/2015 - 6:15 PM**

1	6007	Delise Sanderson	OTG
2	6507	Barbara Patrick	OTG

**Events – Saturday 21<sup>st</sup> November 2015****South Island Masters AGM  
(Aorangi Pavilion)****12:00 noon - Saturday 21st 2015****Important Notice:**

At the AGM, NZMA President Andrew Stark will be explaining the proposed partnership between Athletics New Zealand and New Zealand Masters Athletics.

**This is your chance to ask questions and express your opinion.**

**Event 210 Men 110m Hurdles****Saturday 21/11/2015 - 12:45 PM**

2	4002	Nick Bolton	CMA
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**Event 224 Women Discus Throw****Saturday 21/11/2015 - 1:30 PM***(Use Discus Circle 1, near 1500m start line)*

1	8001	Iris Bishop	CMA
2	7501	Barbara Bird	CMA
3	7502	Gwyn Heseltine	CMA
4	7506	Glen Watts	CMA
5	7004	Justine Whitaker	CMA
6	6508	Noni Callander	OTG
7	6501	Lois Anderson	CMA
8	5502	Claire Giles	OTG
9	6005	Jo Hurring	OTG
10	6006	Winifred Harding	OTG
11	5505	Lyn Tribble	OTG
12	5506	Fiona Harvey	OTG
13	5507	Alison Newall	OTG
14	4003	Rachel Simons	CMA
15	4005	Kirsty Richmond	TAS
16	3502	Lee Grieve	STH

**Event 231 Men Javelin Throw****Saturday 21/11/2015 - 1:45 PM***(Use javelin run-up near steeplechase water jump)*

1	8002	Jim Blair	WLG
2	7510	Alan Hunter	CMA
3	6503	Adrian Landon-Lane	TAS
4	6505	Keith Hutton	OTG
5	6504	Richard Davison	CMA
6	6008	Warren Green	STH
7	6009	Alan Hallberg	OTG
8	4001	Jonny Baird	CMA
9	3505	Marius Parkin	TAS
10	3504	Scott Belesky	STH

**Event 236 Men 60m****Saturday 21/11/2015 - 2:30 PM***Race 1*

2	7510	Alan Hunter	CMA
3	8003	Max Wood	CMA
4	7503	Malcolm Fraser	CMA
5	6502	Ian Sim	OTG
6	6011	Bill Murphy	OTG
7	6008	Warren Green	STH

*Race 2*

2	5508	Bruce Thompson	STH
3	5005	Mark Chignell	OTG
4	5007	Ian Robertson	CMA
5	4503	Tony Tan	OTG
6	4001	Jonny Baird	CMA
7	3504	Scott Belesky	STH
8	3501	Jason Puddle	CMA

**Event 237 Women 60m****Saturday 21/11/2015 - 2:35 PM***Race 1*

3	8001	Iris Bishop	CMA
4	5507	Alison Newall	OTG
5	6010	Noeline Burden	OTG
6	5502	Claire Giles	OTG
7	5509	Sylvia Urban	GER

*Race 2*

5	5006	Helen Chignell	OTG
6	4502	Louise Martin	CMA
7	4003	Rachel Simons	CMA
8	4005	Kirsty Richmond	TAS



**Event 238 Women Javelin Throw****Saturday 21/11/2015 - 2:50 PM**

1	8001	Iris Bishop	CMA
2	7502	Gwyn Heseltine	CMA
3	7501	Barbara Bird	CMA
4	7506	Glen Watts	CMA
5	7004	Justine Whitaker	CMA
6	6508	Noni Callander	OTG
7	6501	Lois Anderson	CMA
8	5507	Alison Newall	OTG
9	5502	Claire Giles	OTG
10	5506	Fiona Harvey	OTG
11	4003	Rachel Simons	CMA
12	4005	Kirsty Richmond	TAS

**Event 239 Men Discus Throw****Saturday 21/11/2015 - 2:50 PM**

1	8002	Jim Blair	WLG
2	7510	Alan Hunter	CMA
3	7505	Brian Senior	CMA
4	6504	Richard Davison	CMA
5	6503	Adrian Landon-Lane	TAS
6	6008	Warren Green	STH
7	6003	Malcolm Taylor	OTG
8	6009	Alan Hallberg	OTG
9	5004	Wayne Doyle	CMA
10	3505	Marius Parkin	TAS

**Event 248 Men 2000m Steeplechase****Saturday 21/11/2015 - 3:00 PM**

1	6002	Gene Sanderson	OTG
2	7001	Michael Bond	CMA
3	7003	Jos Galavazi	CMA
4	6004	Kevin Prendergast	CMA
5	7508	Eric Saxby	CMA

**Event 249 Women High Jump****Saturday 21/11/2015 - 3:00 PM**

1	4005	Kirsty Richmond	TAS
2	4003	Rachel Simons	CMA

**Event 250 Men High Jump****Saturday 21/11/2015 - 3:00 PM**

1	8002	Jim Blair	WLG
2	7510	Alan Hunter	CMA
3	5007	Ian Robertson	CMA
4	4504	Glen Bishop	CMA

**Event 252 Women 300m Hurdles****Saturday 21/11/2015 - 3:30 PM**

2	4003	Rachel Simons	CMA
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**Event 261 Women 100m****Saturday 21/11/2015 - 3:55 PM**

2	5502	Claire Giles	OTG
3	6010	Noeline Burden	OTG
4	5008	Penny Reid	CMA
5	5006	Helen Chignell	OTG
6	4502	Louise Martin	CMA
7	5509	Sylvia Urban	GE
8	5507	Alison Newall	OTG

**Event 262 Men 100m****Saturday 21/11/2015 - 3:57 PM***Race 1*

2	6011	Bill Murphy	OTG
3	6008	Warren Green	STH
4	8003	Max Wood	CMA
5	7503	Malcolm Fraser	CMA
6	6502	Ian Sim	OTG
7	6505	Keith Hutton	OTG

*Race 2*

2	5508	Bruce Thompson	STH
3	5005	Mark Chignell	OTG
4	4503	Tony Tan	OTG
5	4001	Jonny Baird	CMA
6	3501	Jason Puddle	CMA
7	3504	Scott Belesky	STH

**Event 265 Women Weight Throw****Saturday 21/11/2015 - 4:05 PM***(Use Discus Circle 1 near 1500m start line)*

1	8001	Iris Bishop	CMA
2	7501	Barbara Bird	CMA
3	7502	Gwyn Heseltine	CMA
4	7506	Glen Watts	CMA
5	7004	Justine Whitaker	CMA
6	6501	Lois Anderson	CMA
7	6508	Noni Callander	OTG
8	6005	Jo Hurring	OTG
9	6006	Winifred Harding	OTG
10	5506	Fiona Harvey	OTG
11	5505	Lyn Tribble	OTG
12	5507	Alison Newall	OTG
13	3502	Lee Grieve	STH

**Event 266 Men Weight Throw****Saturday 21/11/2015 - 4:05 PM**

1	8002	Jim Blair	WLG
2	7510	Alan Hunter	CMA
3	7505	Brian Senior	CMA
4	6504	Richard Davison	CMA
5	6505	Keith Hutton	OTG
6	6009	Alan Hallberg	OTG
7	3505	Marius Parkin	TAS

**Event 267 Women 1500m****Saturday 21/11/2015 - 4:10 PM**

1	4004	Julie Edmunds	OTG
2	5006	Helen Chignell	OTG
3	6007	Delise Sanderson	OTG
4	6501	Lois Anderson	CMA
5	6507	Barbara Patrick	OTG
6	7507	Myrtle Rough	OTG
7	7002	Margaret Fraser	CMA

**Event 268 Men 1500m****Saturday 21/11/2015 - 4:10 PM**

1	3503	Dwight Grieve	STH
2	3506	Nige Burgess	TAS
3	7509	Walter Hume	CMA
4	7001	Michael Bond	CMA
5	5002	Robert Homan	OTG
6	5504	Clive Kitchingman	CMA
7	4501	Malcolm Cornelius	CMA
8	5003	Graham Murphie	OTG
9	6001	Noel Burr	CMA

**Event 269 Women Triple Jump****Saturday 21/11/2015 - 4:20 PM**

1	6010	Noeline Burden	OTG
2	5507	Alison Newall	OTG
3	4005	Kirsty Richmond	TAS

**Event 270 Men Triple Jump****Saturday 21/11/2015 - 4:20 PM**

1	6502	Ian Sim	OTG
2	5007	Ian Robertson	CMA

**Events – Sunday 22<sup>nd</sup> November 2015****Event 362-366 Mens Throws Pentathlon****Sunday 22/11/2015 - 9:15 AM**

1	3505	Marius Parkin	TAS
2	6009	Alan Hallberg	OTG
3	6505	Keith Hutton	OTG
4	6504	Richard Davison	CMA
5	6503	Adrian Landon-Lane	TAS
6	7510	Alan Hunter	CMA
7	8002	Jim Blair	WLG

**Event 357-361 Womens Throws Pentathlon****Sunday 22/11/2015 - ASAP after Event 362**

1	3502	Lee Grieve	STH
2	5507	Alison Newall	OTG
3	5506	Fiona Harvey	OTG
4	5505	Lyn Tribble	OTG
5	6006	Winifred Harding	OTG
6	6508	Noni Callander	OTG
7	7004	Justine Whitaker	CMA
8	7506	Glen Watts	CMA
9	7501	Barbara Bird	CMA
10	7502	Gwyn Heseltine	CMA
11	8001	Iris Bishop	CMA

**Event 300 Women Pentathlon: #1 100m****Sunday 22/11/2015 - 9:20 AM**

3	6010	Noeline Burden	OTG
4	4003	Rachel Simons	CMA
5	5502	Claire Giles	OTG

**Event 300 Women Pentathlon: #2 Shot Put****Sunday 22/11/2015 - 9:40 AM****Event 310 Women 5000m****Sunday 22/11/2015 - 10:00 AM**

1	6507	Barbara Patrick	OTG
2	5006	Helen Chignell	OTG
3	7507	Myrtle Rough	OTG

**Event 311 Men 5000m****Sunday 22/11/2015 - 10:00 AM**

1	7003	Jos Galavazi	CMA
2	7508	Eric Saxby	CMA
3	5504	Clive Kitchingman	CMA
4	3503	Dwight Grieve	STH



**Track side BBQ will  
start at  
approximately  
5:30 p.m.**

**Your pre-ordered ticket will  
be with your race pack.**

**CMA will provide some drinks  
BYO**



**Event 300 Women Pentathlon: #3 - Long Jump**  
**Sunday 22/11/2015 - 10:00 AM**  
 (Combined with Athletics Canterbury Heptathlon)

**Event 323 Women 200m**  
**Sunday 22/11/2015 - 10:40 AM**

2	7002	Margaret Fraser	CMA
3	6007	Delise Sanderson	OTG
4	5008	Penny Reid	CMA
5	4502	Louise Martin	CMA
6	5502	Claire Giles	OTG
7	5507	Alison Newall	OTG
8	5509	Sylvia Urban	GER

**Event 324 Men 200m**  
**Sunday 22/11/2015 - 10:45 AM**

*Race 1*

2	5508	Bruce Thompson	STH
3	8003	Max Wood	CMA
4	6011	Bill Murphy	OTG
5	7503	Malcolm Fraser	CMA
6	6008	Warren Green	STH
7	6505	Keith Hutton	OTG

*Race 2*

2	4503	Tony Tan	OTG
3	4001	Jonny Baird	CMA
4	3504	Scott Belesky	STH
5	3501	Jason Puddle	CMA
6	5009	Robert Bennett	OTG
7	5005	Mark Chignell	OTG

**Event 335 Men 5000m Track Walk**  
**Sunday 22/11/2015 - 10:50 AM**

1	7508	Eric Saxby	CMA
2	6003	Malcolm Taylor	OTG

**Event 300 Women Pentathlon: #4 - Javelin Throw**  
**Sunday 22/11/2015 - 11:00 AM**  
 (Combined with Athletics Canterbury Heptathlon)

**Event 336 Women 800m**  
**Sunday 22/11/2015 - 11:40 AM**

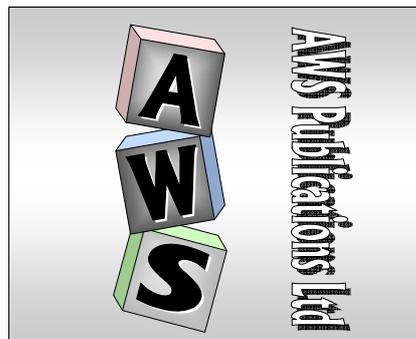
2	6507	Barbara Patrick	OTG
3	7002	Margaret Fraser	CMA
4	5006	Helen Chignell	OTG
5	6007	Delise Sanderson	OTG
6	4004	Julie Edmunds	OTG

**Event 300 Pentathlon: #5 Women - 800m**  
**Sunday 22/11/2015 - 11:40 AM**  
 (To be run with event 336)

2	4003	Rachel Simons	CMA
3	5502	Claire Giles	OTG
4	6010	Noeline Burden	OTG

**Event 337 Men 800m**  
**Sunday 22/11/2015 - 11:45 AM**

1	6002	Gene Sanderson	OTG
2	5003	Graham Murphie	OTG
3	5005	Mark Chignell	OTG
4	6001	Noel Burr	CMA
5	5002	Robert Homan	OTG
6	3506	Nige Burgess	TAS
7	3503	Dwight Grieve	STH
8	6008	Warren Green	STH
9	7509	Walter Hume	CMA
10	7001	Michael Bond	CMA



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To see some of my work, check out the PDF versions of  
 Cant-A-Long, the Canterbury Master's magazine,  
 on the Canterbury Masters website.

## List of Competitors

Surname	First Name	Grade	Events	Centre
Belesky	Scott	<b>M35</b>	LJ, JT, 60m, 100m, 200m	Southland
Burgess	Nige	<b>M35</b>	400m, 3000m, 1500m, 800m	Tasman
Grieve	Dwight	<b>M35</b>	3000m, 1500m, 5000m, 800m	Southland
Parkin	Marius	<b>M35</b>	HT, SP, JT, DT, Throws P	Tasman
Puddle	Jason	<b>M35</b>	LJ, 60m, 100m, 200m	Canterbury
Baird	Jonny	<b>M40</b>	JT, 60m, 100m, 200m	Canterbury
Bolton	Nick	<b>M40</b>	Short H	Canterbury
Bishop	Glen	<b>M45</b>	HJ	Canterbury
Cornelius	Malcolm	<b>M45</b>	3000m, 1500m	Canterbury
Tan	Tony	<b>M45</b>	60m, 100m, 200m	Otago
Bennett	Robert	<b>M50</b>	400m, 200m	Otago
Chignell	Mark	<b>M50</b>	400m, 60m, 100m, 200m, 800m	Otago
Doyle	Wayne	<b>M50</b>	HT, SP, DT	Canterbury
Homan	Robert	<b>M50</b>	400m, SP, 1500m, 800m	Otago
Murphie	Graham	<b>M50</b>	400m, 1500m, 800m	Otago
Robertson	Ian	<b>M50</b>	60, HJ, TJ	Canterbury
Kitchingman	Clive	<b>M55</b>	3000m, 1500m, 5000m	Canterbury
Stark	Andrew	<b>M55</b>	400m, 800m	Canterbury
Thomson	Bruce	<b>M55</b>	400m 60m, 100m, 200m	Southland
Burr	Noel	<b>M60</b>	1500m, 800m	Canterbury
Green	Warren	<b>M60</b>	JT, DT, 60m, 100m, Pent	Southland
Hallberg	Alan	<b>M60</b>	HT, SP, JT, DT, WT, Throws P	Otago
Murphy	Bill	<b>M60</b>	400m, 60m,100m,200m	Otago
Prendergast	Kevin	<b>M60</b>	3000m, 2000m SC	Canterbury
Sanderson	Gene	<b>M60</b>	3000m, 2000m SC, 800m	Otago
Taylor	Malcolm	<b>M60</b>	3000m TW, SP, DT, 5000m TW	Otago
Davison	Richard	<b>M65</b>	HT, SP, JT, DT, WT, Throws P	Canterbury
Hutton	Keith	<b>M65</b>	HT, SP, JT, 100m, WT, Throws P, 200m	Otago
Landon-Lane	Adrian	<b>M65</b>	HT, SP, JT, DT, Throws P	Tasman
Sim	Ian	<b>M65</b>	LJ, 60m, 100m, TJ	Otago
Weddell	Mike	<b>M65</b>	400m	Otago
Bond	Michael	<b>M70</b>	400m, 3000m, 2000m SC, 1500m, 800m	Canterbury
Galavazi	Jos	<b>M70</b>	2000m SC, 5000m	Canterbury
Fraser	Malcolm	<b>M75</b>	400m, 60m, 100m, 200m	Canterbury
Hume	Walter	<b>M75</b>	3000m, 1500m, 800m	Canterbury
Hunter	Alan	<b>M75</b>	60m, LJ, HJ, HT, SP, JT, DT, WT, Throws P	Canterbury
Saxby	Eric	<b>M75</b>	3000m TW, 2000m SC, 5000m, 5000m TW	Canterbury

## List of Competitors

Senior	Brian	<b>M75</b>	DT, WT	Canterbury
Blair	Jim	<b>M80</b>	HT, JT, DT, HJ, WT, Throws P	Wellington
Wood	Max	<b>M80</b>	300m, 60m, 100m, 200m	Canterbury

Surname	First Name	Grade	Events	Centre
Grieve	Lee	<b>W35</b>	HT, DT, WT, Throws P	Southland
Edmunds	Julie	<b>W40</b>	3000m TW, 1500m, 800m	Otago
Richmond	Kirsty	<b>W40</b>	LJ, SP, JT, 60m, DT, HJ, TJ,	Tasman
Simons	Rachel	<b>W40</b>	JT, 60m, DT, HJ, Long H, Pent	Canterbury
Martin	Louise	<b>W45</b>	400m, LJ, 60m, 100m, 200m	Canterbury
Chignell	Helen	<b>W50</b>	60m, 100m, 1500m, 5000m, 800m	Otago
Reid	Penny	<b>W50</b>	100m, 200,	Canterbury
Giles	Claire	<b>W55</b>	JT, 60m, DT, 100m, Pent, 200m	Otago
Harvey	Fiona	<b>W55</b>	HT, SP, JT, DT, WT, Throws P	Otago
Newall	Alison	<b>W55</b>	HT, SP, JT, 60m, DT, 100m, WT, TJ, 200m, Throws P	Otago
Sylvia	Urban	<b>W55</b>	400m, 60m, 100m, 200m	Germany
Tribble	Lyn	<b>W55</b>	HT, SP, DT, WT, Throws P	Otago
Burden	Noeline	<b>W60</b>	LJ, 60m, 100m, TJ, Pent	Otago
Harding	Winifred	<b>W60</b>	HT, SP, DT, WT, Throws P	Otago
Hurring	Jo	<b>W60</b>	HT, DT, WT	Otago
Sanderson	Dalise	<b>W60</b>	400m, 3000m, 1500m, 800m, 200m	Otago
Anderson	Lois	<b>W65</b>	JT, SP, 400m, DT, 1500m, WT	Canterbury
Callander	Noni	<b>W65</b>	HT, SP, JT, DT, WT, Throws P	Otago
Patrick	Barbara	<b>W65</b>	400m, 3000m, 1500m, 5000m, 800m	Otago
Fraser	Margaret	<b>W70</b>	400m, 1500m, 200m, 800m	Canterbury
Whitaker	Justine	<b>W70</b>	HT, SP, JT, DT, WT, Throws P	Canterbury
Bird	Barbara	<b>W75</b>	HT, SP, JT, DT, WT, Throws P	Canterbury
Henderson	Ann	<b>W75</b>	3000m TW	Canterbury
Heseltine	Gwyn	<b>W75</b>	HT, SP, JT, DT, WT, Throws P	Canterbury
Rough	Myrtle	<b>W75</b>	1500m, 5000m	Otago
Watts	Glen	<b>W75</b>	HT, SP, JT, DT, WT, Throws P	Canterbury
Bishop	Iris	<b>W80</b>	60m, HT, SP, JT, DT, WT, Throws P	Canterbury

## South Island Track & Field Championship Records (as at 31/05/2015)

60m					60m				
Women					Men				
30					30				
35					35				
40					40	Clayton Murray	Can	8.49	2013
45	L Wilson	Otg	8.72		45	Mark Chignell	Otg	8.35	2013
50	A Newall	Otg	9.91	2013	50	B Thomson	Sld	8.33	2013
55	C Giles	Otg	9.46	2013	55	J Barnfield	Can	8.53	2011
60	N Burdon	Otg	10.26	2013	60	W Green	Sld	8.89	2013
65	L Anderson	Can	10.24	2013	65	K Rozecki-Pollard	Otg	9.08	2012
70					70	B Thornalley	Tas	9.31	2012
75					75	M Wood	Can	10.39	2012
80					80	M Wood	Can	10.6	2013
85					85	M Cook	Can	16.33	2011
100m					100m				
Women					Men				
30	J MacDonald	Can	15.5	1993	30	S Yousuf	Can	12.4	2007
35	L Anderson	Can	13.6	1983	35	J Barnfield	Can	11.7	1993
40	N Clent	Otg	13.8	1987	40	J Barnfield	Can	11.8 (H)	1994
						Nick Bolton	Can	11.86 (ET)	2013
45	A Horsnell	Can	13.5 (H)	1983	45	B McPhail	Can	11.7	1983
	L Wilson	Otg	13.59 (ET)	2011					
50	S Peterson	Can	14.6	1981	50	B McPhail	Can	11.7	1987
55	S Peterson	Can	13.9	1983	55	B McPhail	Can	12.7	1992
60	Noeline Burden	Otg	16.7	2013	60	B McPhail	Can	13.6=	2000
						K Rozecki-Pollard	Otg	13.6=	2008
						K Hutton	Otg	13.6=	2009
65	Lois Anderson	Can	16.55	2013	65	B McPhail	Can	13.8	2004
70	S Peterson	Can	17.4	2000	70	M Wood	Can	14.9 = (H)	2003
						R Munro	Can	14.9 = (H)	2008
						B Thornalley	Tas	15.06 (ET)	2012
75	R Smith	Can	24	1998	75	M Wood	Can	15.1	2008
80					80	A Mackay	Sld	17	2009
200m					200m				
Women					Men				
30					30	S Yousuf	Can	25.1	2007
35	S Roy	Sld	28.2	1987	35	J Barnfield	Can	24.3	1993
40	H Clent	Otg	28.4	1986	40	J Barnfield	Can	24.3	1995
45	L Wilson	Otg	28.02	2011	45	B McPhail	Can	24.1	1983
50	L Wilson	Otg	27.45	2014	50	B McPhail	Can	24.7	1987
55	S Peterson	Can	29.8	1986	55	B McPhail	Can	27.1 (H)	1992
						S Low	Tas	27.30 (ET)	2012
60	L Anderson	Can	35.4	2010	60	B Halpin	Can	27.9	1993
65	L Anderson	Can	37.27	2014	65	M Fraser	Can	29.11	2006
70	S Peterson	Can	39.4	2000	70	M Wood	Can	31.3 (HT)	2003
						M Fraser	Can	31.39 (E)	2011
75					75	M Wood	Can	31.7	2008
80					80	A Mackay	Sld	36.4	2008
85					85				
400m					400m				
Women					Men				

400m Women					400m Men				
35	C Doris	Tas	65.6	2003	35	A Pollock	Can	54.4	1990
40	R Heyrick	Sld	64.69	2005	40	M Fraser	Can	54.4	1983
45	L Wilson	Otg	64.84	2011	45	M Fraser	Can	54.7	1985
50	L Wilson	Otg	63.88	2014	50	B McPhail	Can	54.2	1987
55	C Giles	Otg	74.35	2011	55	M Weddell	Otg	59.38	2004
60	B Patrick	Otg	82.97	2010	60	M Weddell	Otg	62.91	2011
65	B Patrick	Otg	85.93	2012	65	M Fraser	Can	63.82	2004
70	C Thompson	Can	01:42.0	2011	70	M Wood	Can	71.4	2003
75					75	M Wood	Can	77	2008
80					80	Max Wood	Can	1.37.29	2013
800m Women					800m Men				
30					30	G Baker	Sld	02:16.7	2005
35	G Talbot	Can	02:23.2	1987	35	G MacIntosh	Sld	02:10.4	2010
40	M O'Connor	Can	02:32.7	1995	40	G Ludwig	Can	02:01.5	1995
45	M Orman	Tas	02:35.8	1990	45	M Fraser	Can	02:07.2	1987
50	G Kirkman	Sld	02:37.6	2003	50	A Stark	Can	02:04.5	2011
55	L Reed	Can	02:41.1	2004	55	Jim McDonald	Can	02:20.3	1990
60	L Reed	Can	02:56.5	2010	60	D Turnbull	Sld	02:20.3	1990
65	B Patrick	Otg	03:14.9	2012	65	T McManus	Can	2.30.01	2014
70	C Thompson	Can	03:51.5	2011	70	G McPherson	Can	03:01.6	1998
75					75	R Stevens	Can	03:01.7	2008
80					80	G McPherson	Can	03:27.3	1998
85					85	D Fincham	Otg	06:26.9	1996
1500m Women					1500m Men				
30					30	G Baker	Sld	04:57.1	2005
35	A Joyce	Otg	05:00.4	1981	35	B Uden	Can	04:10.2	1995
40	P Taylor	Can	04:55.3	1987	40	J Dixon	Tas	04:03.7	1987
45	J Wilson	Otg	05:20.2	2007	45	Jim MacDonald	Can	04:22.1	1983
50	J Wilson	Otg	05:13.6	2009	50	A Stark	Can	04:16.7	2011
55	L Reed	Can	05:29.1	2004	55	M Lautenslager	Tas	04:34.5	2012
60	L Reed	Can	05:47.1	2010	60	D Turnbull	Sld	04:51.0	1997
65	L Reed	Can	06:02.8	2012	65	T McManus	Can	4.50.11	2014
70	M Rough	Otg	06:31.0	2011	70	D Turnbull	Sld	05:35.9	1998
75					75	R Stevens	Can	05:55.8	2009
80					80	G McPherson	Can	07:33.4	1998
						S Gawler	Can	07:33.4	2009
85					85	D Fincham	Otg	13:07.3	1996
3000m Women					3000m Men				
35	G Talbot	Can	10:48.5	1987	35	C Mennell	Sld	10.10.29	2014
40	P Taylor	Can	10:24.9	1987	40	G Ferguson	Otg	09:32.7	2008
45	M Orman	Tas	11:23.1	1990	45	M Cornelius	Can	10.07.75	2014
50	M Hillier	Tas	11:23.0	2003	50	J Ford	Can	09:58.0	2011
55	L Reed	Can	11:22.4	2004	55	G Lautenslager	Tas	09:47.4	2012
60	L Reed	Can	12:22.7	2007	60	P Napper	Otg	11.26.56	2014
65	B Patrick	Otg	13:29.4	2012	65	W Hume	Can	11:59.9	2004
70	E Mercier	Otg	15:58.8	1994	70	M Bond	Can	12.25.26	2014
75					75	R Stevens	Can	12:41.4	2009
80					80	S Gawler	Can	16:32.0	2009
85	E Mercier	Otg	24:19.9	2008	85				

5000m					5000m				
Women					Men				
30					30				
35					35	J Ford	Can	17:25.2	2001
40					40	J Dixon	Tas	14:49.4	1987
45	M Sleeman	Otg	20:27.0	2009	45	D Rowell	Can	16:09.5	1989
50	B Jago	Can	20:49.9	2009	50	John MacDonald	Can	16:10.0	1985
55	Julie Wilson	Otg	20:28.6	2013	55	D Turnbull	Sld	17:08.0	1983
60	L Reed	Can	21:42.6	2010	60	D Turnbull	Sld	17:48.8	1990
65	L Reed	Can	21:56.1	2012	65	S Opie	Can	19:32.9	1990
70	M Rough	Otg	24:26.4	2010	70	D Turnbull	Sld	20:30.3	1998
75					75	S Opie	Can	22:06.0	2000
80					80	S Gawler	Can	27:47.6	2009
85	E Mercier	Otg	39:50.8	2008	85				
3km Track Walk					3km Track Walk				
Women					Men				
30	G MacDougal	Tas	17:43.3	1993	30				
35	S de Groot	Otg	15:58.6	1991	35	W Parsons	Otg	15:50.6	1993
40	J Edmunds	Otg	15:58.42	2014	40	D Jackson	Otg	14:51.4	1983
45	N Aymes	Tas	15:49.0	2003	45	M Harte	Tas	14:42.5	2003
50	S Hoskin	Tas	17:17.7	2003	50	M Harte	Tas	15:17.4	2004
55	B Anderson	Tas	18:18.7	1992	55	E Saxby	Can	16:04.1	1995
60	B Anderson	Tas	18:42.8	1998	60	E Saxby	Can	17:24.3	2001
65	A Henderson	Can	21:17.1	2006	65	E Saxby	Can	17:13.6	2004
70	A Henderson	Can	22:03.1	2010	70	L Watkins	Can	18:53.3	1990
75					75	P Davis	Tas	19:12.2	2003
80					80	G Currie	Can	23:47.9	1995
85					85				
5km Track Walk					5km Track Walk				
Women					Men				
35	W Healey	Tas	27:58.1	2012	35				
40	J Edmunds	Otg	27:39.86	2014	40	T McCashin	Tas	29:38.4	2012
45	Y Shaw	Tas	31:23.0	2008	45	S Farquhar	Tas	27:14.1	2008
50					50				
55	G MacDougall	Tas	33:17.5	2012	55	P Hague	Tas	30:35.7	2008
60	S Ralston	Can	37:15.5	2013	60	R Denton	Tas	30:39.4	2012
65					65	D Knudson	Otg	34:27.3	2009
70	A Henderson	Can	38:14.8	2010	70	D Knudson	Otg	36:50.3	2011
75					75				
All Steeplechase					All Steeplechase				
Women					Men				
30	(2km):				30	(3km):			
35	(2km): C Doris	Tas	07:44.2	2003	35	(3km):			
40	(2km): L Donaldson	Can	09:17.0	1989	40	(3km):			
45	(2km): M Orman	Tas	08:25.8	1989	45	(3km):			
50	(2km):				50	(3km): M Morrissey	Tas	11:41.2	2006
55	(2km): L Reed	Can	08:33.7	2004	55	(3km): M Hart	Tas	12:48.4	2012
60	(2km): L Reed	Can	09:15.1	2010	60	(2km): I Chinnery	Can	08:37.8	2011
65	(2km): L Reed	Can	09:20.2	2012	65	(2km): I Brownie	Can	09:02.0	1995
70	(2km):				70	(2km): Michael Bond	Can	8.56.04	2014

All Short Hurdles					All Short Hurdles				
					Men				
<b>30</b>	(100mH):				<b>30</b>	(110mH):			
<b>35</b>	(100mH): S Roy	Sld	19.7	1987	<b>35</b>	(110mH): D Holloway	Otg	25.2	2009
<b>40</b>	(80mH): D Murphy	Otg	14.5	2001	<b>40</b>	(110mH): N Bolton	Can	15.89	2013
<b>45</b>	(80mH): L Welford	Can	15.3	1992	<b>45</b>	(110mH):			
<b>50</b>	(80mH): G Kirkman	Sld	15.5	2003	<b>50</b>	(100mH):			
<b>55</b>	(80mH): C Giles	Otg	16.82	2013	<b>55</b>	(100mH):			
<b>60</b>	(80mH): L Anderson	Can	17.9	2007	<b>60</b>	(100mH):			
<b>65</b>	(80mH): L Anderson	Can	18.78	2011	<b>65</b>	(100mH):			
<b>70</b>	(80mH): S Peterson	Can	19.3	2001	<b>70</b>	(80mH):			
<b>75</b>	(80mH):				<b>75</b>	(80mH): C O'Brien	Can	28	2007
Long Jump					Long Jump				
Women					Men				
<b>30</b>					<b>30</b>				
<b>35</b>	S Mene	Can	5.63	1987	<b>35</b>	K Clough	Can	5.73	2007
<b>40</b>	L Osmers	Can	4.76	2001	<b>40</b>	B McPhail	Can	5.56	1981
<b>45</b>	L Wilson	Otg	4.39	2011	<b>45</b>	B McPhail	Can	5.34	1985
<b>50</b>	S Peterson	Can	4.35	1981	<b>50</b>	B McPhail	Can	5.45	1990
<b>55</b>	S Peterson	Can	4.3	1985	<b>55</b>	B McPhail	Can	5.07	1992
<b>60</b>	G Jones	Sld	3.46	2002	<b>60</b>	I Sim	Otg	4.4	2008
<b>65</b>	S Peterson	Can	3.8	1995	<b>65</b>	P O'Halloran	Can	3.87	2004
<b>70</b>	S Peterson	Can	3.12	2001	<b>70</b>	W Newton	Can	3.57	2001
<b>75</b>					<b>75</b>	D Sibley	Can	3.08	1998
<b>80</b>					<b>80</b>	A Mackay	Sld	2.73	2008
<b>85</b>					<b>85</b>	N Hawke	Can	1.22	1998
High Jump					High Jump				
Women					Men				
<b>30</b>					<b>30</b>	W Doyle	Can	1.4	2000
<b>35</b>	S Mene	Can	1.33	1987	<b>35</b>	K Clough	Can	1.65	2007
<b>40</b>	L Osmers	Can	1.5	2001	<b>40</b>	S McKee	Can	1.61	2004
<b>45</b>	G Kirkman	Sld	1.29	2001	<b>45</b>	T Aikenhead	Tas	1.62	2003
<b>50</b>	G Kirkman	Sld	1.3	2003	<b>50</b>	W Doyle	Can	1.5	2014
<b>55</b>	L Anderson	Can	1.18	2003	<b>55</b>	P Timings	Tas	1.44	1984
<b>60</b>	L Anderson	Can	1.14	2008	<b>60</b>	P Timings	Tas	1.41	1991
<b>65</b>	A Wood	Tas	1.15	1989	<b>65</b>	L Smith	Sld	1.28	2010
<b>70</b>	M Slattery	Can	0.9	2006/7	<b>70</b>	C O'Brien	Can	1.16	2001
<b>70</b>					<b>70</b>	W Newton	Can	1.16	2001
<b>75</b>						L Smith	Sld	1.16	2014
<b>75</b>					<b>75</b>	W Newton	Can	1.1	2007
<b>80</b>					<b>80</b>	A Mackay	Sld	1.07	2008
Triple Jump					Triple Jump				
Women					Men				
<b>30</b>	J Maxwell	Can	7.05	1993	<b>30</b>				
<b>35</b>	S Mene	Can	9.81	1987	<b>35</b>	P Franklin	Can	11.81	1993
<b>40</b>	J Senior	Can	9.29	1987	<b>40</b>	J Barnfield	Can	10.23	1998
<b>45</b>	H Clent	Otg	8.62	1991	<b>45</b>	T Aikenhead	Tas	10.81	2003
<b>50</b>	L Anderson	Can	8.25	1998	<b>50</b>	I Sim	Otg	10.25	1998
<b>55</b>	L Anderson	Can	7.8	2004	<b>55</b>	P Timings	Tas	10.63	1985
<b>60</b>	L Anderson	Can	7.06	2008	<b>60</b>	L Smith	Sld	9.78	2002
<b>65</b>	S Peterson	Can	7.9	2000	<b>65</b>	P Timings	Tas	9.1	1993
<b>70</b>	S Peterson	Can	7.05	2000	<b>70</b>	C O'Brien	Can	7.48	2004
<b>75</b>					<b>75</b>	B Newton	Can	6.19	2006

Shot Put					Shot Put				
Women					Men				
30	4.0kg: J Maxwell	Can	11.07	1993	30	7.26kg: M O'Brien	Can	12.77	1999
35	4.0kg: R Bates	Otg	12.11	2002	35	7.26kg: M O'Brien	Can	12.24	2000
40	4.0kg: R Bates	Otg	11.08	2008	40	7.26kg: K Mahuika	Tas	13.01	1989
45	4.0kg: J Maxwell	Can	10.12	2004	45	7.26kg: M Flaus	Sld	12.24	2005
50	3.0kg: W Harding	Otg	10.07	2005	50	6.0kg: G Lawless	Otg	13.05	1983
55	3.0kg: W Harding	Otg	9.26	2010	55	6.0kg: M Flaus	Sld	11.68	2014
60	3.0kg: N Callander	Otg	7.98	2008	60	5.0kg: G Lawless	Otg	12.2	1990
65	3.0kg: N Callander	Otg	7.91	2013	65	5.0kg: G Lawless	Otg	11.36	1995
70	3.0kg: G Watts	Can	7.1	2011	70	4.0kg: G Lawless	Otg	11.86	2000
75	2.0kg: P Drayton	Can	6.74	2012	75	4.0kg: G Lawless	Otg	10.04	2005
80	2.0kg: R Smith	Can	4.62	1999	80	3.0kg: N Hawke	Can	8.96	1992
Javelin Throw					Javelin Throw				
Women					Men				
30	600g: J Maxwell	Can	28.36	1993	30	800g: M Scholten	Otg	39.96	2011
35	600g: S Mene	Can	39.78	1987	35	800g: W Doyle	Can	45.02	2000
40	600g: J Senior	Can	31.66	1987	40	800g: M Stewart	Can	47.96	1986
45	600g: J Senior	Can	25.56	1993	45	800g: R Logchies	Can	49.17	2002
50	500g: L Anderson	Can	25.6	1996	50	700g: A Grayburn	Can	47.96	1980
55	500g: B Bird	Can	23.54	1996	55	700g: A Grayburn	Can	44.7	1982
60	500g: B Bird	Can	20.81	2004	60	600g: A Grayburn	Can	46.28	1987
65	500g: N Callander	Otg	15.71	2014	65	600g: A Grayburn	Can	42.54	1994
70	500g: B Bird	Can	11.53	2014	70	500g: A Grayburn	Can	37.17	1998
75	400g: I Bishop	Can	10.95	2010	75	500g: A Grayburn	Can	28.28	2002
80	400g:				80	400g: B Newton	Can	23.27	2011
85	400g: R Smith	Can	7.83	2006	85	400g: N Hawke	Can	19.2	1996
Discus Throw					Discus Throw				
Women					Men				
30	1.0kg: J Maxwell	Can	34.86	1993	30	2.0kg: R Chalmers	Can	33.08	2004
35	1.0kg: S Mene	Can	40.22	1987	35	2.0kg: T Anderson	Tas	38.86	2003
40	1.0kg: R Bates	Otg	33.66	2008	40	2.0kg: K Mahuika	Tas	35.92	1989
45	1.0kg: J Maxwell	Can	31.37	2004	45	2.0kg: M Flaus	Sld	37.81	2008
50	1.0kg: V Hood	Can	28.94	1993	50	1.5kg: M Flaus	Sld	43.05	2009
55	1.0kg: V Hood	Can	27.44	1995	55	1.5kg: G Lawless	Otg	42.46	1985
60	1.0kg: V Hood	Can	23.83	2000	60	1.0kg: G Lawless	Otg	45.32	1990
65	1.0kg: G Watts	Can	20.03	2006	65	1.0kg: R Davison	Can	36.41	2014
70	1.0kg: G Watts	Can	19.61	2010	70	1.0kg: G Lawless	Otg	35.7	2002
75	750g: I Bishop	Can	13.94	2010	75	1.0kg: G Lawless	Otg	31.62	2005
80	750g: R Smith	Can	10.04	1999	80	1.0kg: G Lawless	Otg	22.44	2011
85	750g: R Smith	Can	8.35	2005	85	1.0kg: N Hawke	Can	16.84	1996



Hammer Throw					Hammer Throw				
Women					Men				
30	4.0kg: J Maxwell	Can	24.38	1993	30	7.26kg: M Scholten	Otg	39.69	2012
35	4.0kg: R Bates	Otg	41.44	2000	35	7.26kg: M Scholten	Otg	41.06	2014
40	4.0kg: R Bates	Otg	37.78	2008	40	7.26kg: T Fleming	Can	45.7	1986
45	4.0kg: R Bates	Otg	34.54	2014	45	7.26kg: M Flaus	Sld	35.92	2008
50	3.0kg: V Hood	Can	36.64	1993	50	6.0kg: T Brown	Otg	39.32	1993
55	3.0kg: V Hood	Can	34.18	1998	55	6.0kg: R Davison	Can	41.86	2006
60	3.0kg: B Church	Can	27.9	2008	60	5.0kg: R Davison	Can	46.59	2009
65	3.0kg: G Watts	Can	28.6	2007	65	5.0kg: R Davison	Can	39.03	2014
70	3.0kg: G Watts	Can	25.75	2011	70	4.0kg: T Bent	Otg	38.56	2000
75	2.0kg: G Heseltine	Can	20.89	2013	75	4.0kg: N Hawke	Can	32	1987
80	2.0kg: R Smith	Can	13.52	2000	80	3.0kg: N Hawke	Can	33.98	1992
85	2.0kg: R Smith	Can	12.19	2004	85	3.0kg: D Leech	Can	19.54	2013
Weight Throw					Weight Throw				
Women					Men				
30	9.08kg: A Cattermole	Can	6.82	2010	30	15.88kg: M Scholten	Otg	10.2	2012
35	9.08kg: R Bates	Otg	11.45	2000	35	15.88kg: M Scholten	Otg	12.05	2013
40	9.08kg: R Bates	Otg	11.18	2008	40	15.88kg: M Flaus	Sld	11.79	1999
45	9.08kg: F Harvey	Otg	8.17	2008	45	15.88kg: M Flaus	Sld	12.15	2008
50	7.26kg: W Harding	Otg	12.67	2007	50	11.34kg: M Flaus	Sld	14.94	2009
55	7.26kg: W Harding	Otg	11.74	2010	55	11.34kg: R Davison	Can	14.31	2006
60	5.45kg: V Hood	Can	12.02	1999	60	9.08kg: R Davison	Can	15.72	2013
65	5.45kg: G Watts	Can	10.78	2006	65	9.08kg: R Davison	Can	14.46	2014
70	5.45kg: P Drayton	Can	10.55	2006	70	7.26kg: G Lawless	Otg	15.56	2000
75	4.0kg: P Drayton	Can	9.93	2012	75	7.26kg: D Leech	Can	13.43	2002
80	4.0kg: R Smith	Can	4.94	2003	80	5.45kg: D Leech	Can	13.16	2007
85	4.0kg: R Smith	Can	5.08	2006	85	5.45kg: D Leech	Can	8.47	2013
Throws Pentathlon (New Age Factors as from May 2010)					Throws Pentathlon (New Age Factors as from May 2010)				
30	A Cattermole	Can	1428	2010	30	M Scholten	Otg	2402	2012
35	P Cotter	Otg	1419	2014	35	M Scholten	Otg	2480	2013
40					40	S Maole	Otg	2082	2014
45	P Main	Otg	1431	2010	45	S Rusbatch	Otg	2247	2011
50	F Harvey	Otg	2659	2011	50	M Flaus	Sld	3067	2013
55	W Harding	Otg	3005	2010	55	M Flaus	Sld	3097	2014
60					60	R Davison	Can	3341	2010
65					65	R Davison	Can	3421	2014
70					70	B Senior	Can	3377	2011
75	P Drayton	Can	2885	2012	75	A Hunter	Can	1729	2012
80					80	B Newton	Can	3052	2011
Pentathlon (New Age Factors as from May 2010)					Pentathlon (New Age Factors as from May 2010)				
30					30				
35	J Wooding	Can	1341	2014	35				
40					40				
45	P Main	Otg	1003	2010	45				
50	C Giles	Otg	2441	2010	50	W Doyle	Can	3076	2014
55	C Giles	Can	2854	2013	55				
60					60	Warren Green	Sld	2566	2013
65					65				
70					70				