

C
M
A

Cant-A-Long

April 2011

In this issue



- President's Comment
- NZMA Board Elections
- Member's Flash Back



- NZMA Awards
- IPC Games Report



- Buller Gorge Marathon Adventure
- Earthquake Experiences
- CMA & Inter-Club Results
- CMA Champions Results



- NZMA Track & Field Championships
- CMA Record Breakers for the 2010 - 2011 season
- QEII Damage!!

A note from the editor ... Andrew Stark

Another issue has been completed. Thank you to those who have contributed to this issue. Remember I am always looking for your help with collecting information, writing articles, taking photos and letting me know of events I don't hear about.

A considerable amount of work and effort is involved in putting together each issue and for the continuation of Cant-A-Long in it's current form, it will depend on the support I receive from YOU the members. If you want Cant-A-Long to continue in its current format, I DO need your help. If you are asked to contribute something, please do so.

On page 4 of this issue, you will see that I have created a new CMA website, as I have been advised that there are changes occurring with the old website and we will no longer have a website once these changes occur. Maybe a website is the way of the future, regarding keeping members informed and displaying results no more paper versions of Cant-A-Long??

If you don't want to see that happen, then it's to you ... help me out by contributing or Cant-A-Long may go!!



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



Physiotherapist & International Athletics Coach
Bruce Milne MNZSP
Hoon Hay Physiotherapy Clinic

General Physiotherapy - Laser Therapy - Manipulative Therapy
Sports Injuries & Rehabilitation - Body Balancing
Sports Massage - Coaching - Exercise Programmes - Gym

(03) 338 5424 Fax (03) 338 5443
143 Sparks Road, Hoon Hay

e-mail: bruce.milne@xtra.co.nz

The 2010 / 2011 season will go down in history!! However, it will not be for the sporting successes of our members, but rather the way 'Mother Earth' has treated our city. As if the 4th September 2010 earthquake was not bad enough, little did we know there was to be a worse event this year, as happened on 22nd February 2011. The photos and comment on the QEII Update page says it all about the 'home of athletics for 37 years'.

Where to from here? One could be forgiven for throwing your hands in the air and saying "I give up!" or "I can't take this anymore!" However, 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!

I hear people, including myself, say when asked about our houses 'I am lucky as I have no major damage to our house, this time'. One almost feels guilty living in a house with minimal damage. However, that is not to say that people like me have not been affected.

We all know someone who has had damage to property, maybe lost their house their job or both You may know of a family who has lost a family member, a close friend or relative. As a way of coping, it is easy to tell yourself that there are people who are worse off than you. However, you still have to deal with the stress, the grief and the trauma of the earthquake and what may seem unimportant or minor, may come back to haunt you if you try to suppress how you are feeling now. I urge all of us to talk about what we have been through, the small and the big events. By sharing our stories it will help release the tension and the stress so that you can move forward, in a new state of '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 and 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 of dealing with grief has no time frame, no quick answers and no ready made solutions. If you feel the need for more support, to assist you to find your 'new normal', keep talking to your friends and ask for help.

I would like to acknowledge the sad loss of three people associated with Athletics Canterbury and / or CMA.

Brian Taylor was in the CTV building on 22nd February 2011. He was the director of King's Education School. Brian has been involved in athletics for over 40 years, mainly as the coach (Canterbury University Club) in recent years and he has held various positions within Athletics Canterbury. Brian was the coach of Julieana Findlay.

One of our members, Sue Jones, has lost a son-in-law who was also in the CTV building.

Ross Bush was tragically killed outside a shop in Riccarton Road. He is better known as a cyclist, but did compete for CMA several years ago.

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.

I consider it a privilege and an honour 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. The process of gathering together, sharing our stories is an important part of belonging to such a group. I thank you all for being members of CMA and look forward to our next event, athletic meeting or social.

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. Kind regards to you all.

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 Editor:

Andrew Stark

To Canterbury Masters Athletics,

Please accept the thoughts and best wishes of all the Greymouth Athletic Club, to all CMA and AC members. We feel for the grief that Christchurch is currently experiencing. If there is anything practical our club can help with, please let me know.

After our recent Pike River tragedy, sport and physical activity became a great stress relief for many and I encourage you to try and resume some sort of athletics.

It may seem inappropriate and disrespectful, but it is a practical way to assist the community and bring CMA family together at this difficult time.

We are still planning our West Coast Champs in March and the club will proudly support anyone keen on a break from the East Coast. We can arrange billets where required and guarantee an enjoyable weekend.

Be strong, hold your heads up and take time to count your blessings and remember those less fortunate, but the sun will come up tomorrow and you need to take things one day at a time.

Kind regards
 Jack O'Connor
 President
 Greymouth Athletic Club

To Canterbury Masters Athletes

Taranaki Masters athletes send their heartfelt thoughts to you. We hope you are all well and safe. Like all New Zealanders we find it so unbelievable what has happened and wish there was more we could do. Many of us have good memories of successful results at your track and for two of our athletes last year's nationals was their first masters competition. I hope some of you will be able to come to Hastings so that you can be part of our masters family.

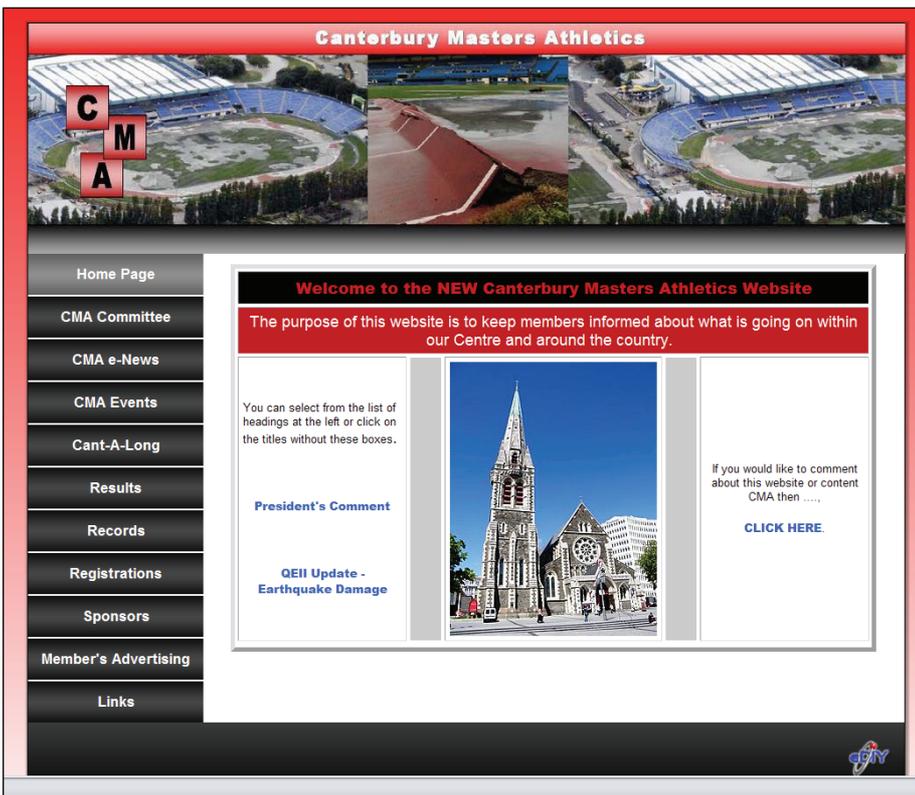
Lynne Mackay,
 Vicky Adams

Taranaki Masters Athletics

On behalf of CMA I thanked both centres for their kind thoughts.

NEW Canterbury Masters Athletics Website

Website address: www.canterburymastersathletics.org.nz



Over the past few weeks, I have created a new website which will become the primary way to keep in touch with our members.

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 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.

At the recent AGM of NZMA held in Hastings on Friday 4th March 2011, Andrew Stark was elected onto the NZMA Board. Allan Gardiner who had been on the Board for several years stood down. I would like to take this opportunity to thank Alan for his involvement at a National level and look forward to continuing working with him at a local level.

Canterbury members have had a history of being involved, one of the more recent being the late Bob Carter (vice-president) and this article written in the 'Canterbury Veteran Athletics - The First 25 Years (1962 - 1987), shows we were there from the start. Book supplied by Merle Grayburn.

'In 1983 a new Constitution for the NZAVA (now known as NZMA) was passed at the Annual General Meeting in Palmerston North and the inaugural National Executive was elected.

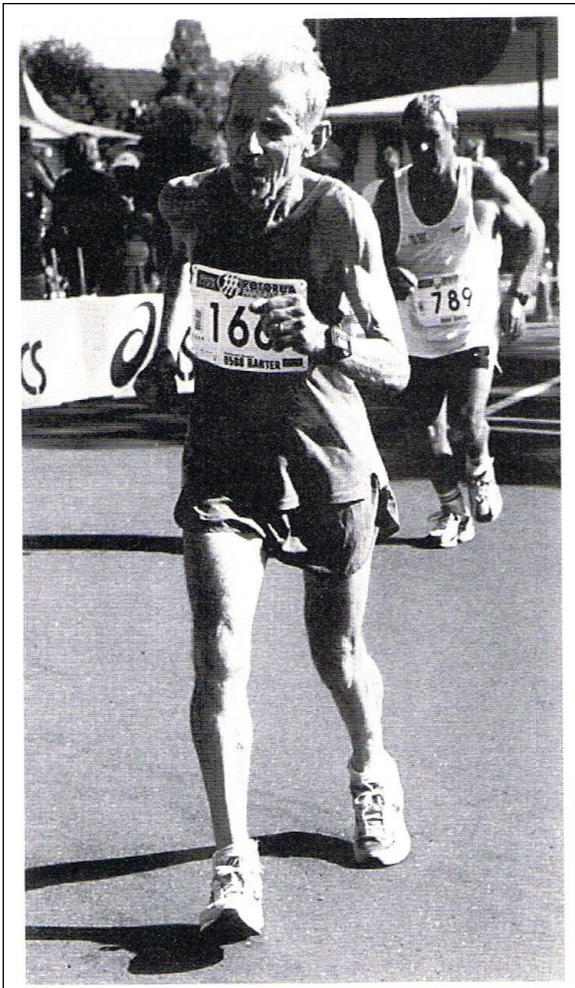
Bruce McPhail of Ashburton was elected to the Executive, and assumed responsibility for the Competition and Technical Sub-Committee. Regular meetings by the 10 Executive under President Merv Dunn have been held since then. All aspects of Veteran matters are attended to, with sub-committees covering Finance, Magazine, International, Public Relations, Competition and Technical.

In 1985 Arthur Grayburn of Christchurch was elected to the Executive to fill the vacancy when Alan McKernan of Dunedin withdrew.



Bruce McPhail and Arthur Grayburn

Member's Flash Back



When Max Wood was cleaning out a drawer, he came across a programme for the 2000 Rotorua Marathon. In an article about 'record breakers' our own Stan Gawler was mentioned ...

*'In the men's 70 plus section, Rotorua's **Stan Gawler** took exactly 2 minutes off the time set in 1998 by Ken Mewis, also of Rotorua Gawler's time was 3.45.57.*

Looking at the events Hall of Fame the name of Stan Gawler goes back to 1971 when he ran 2:45.24 to win the 40-44 section. This was followed by wins in 1973 (40-44). 2:40.31, 1976 (45-49) 2:42.44. 1978 (45-49) 2:49.10, 1980 (50-54) 2:47.38 and 1981 (50-54) 2:41.18. In addition, Gawler was a member of the Rotorua Athletic Club team that won the teams race in 1973.

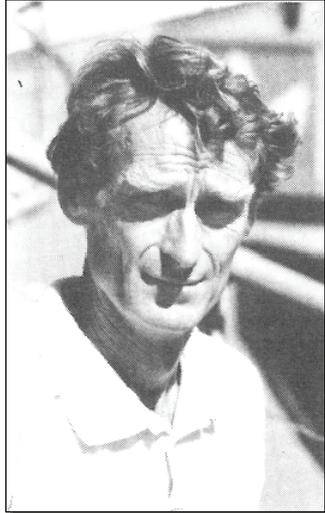
Gawler's record of 7 age group wins is only bettered by the late Cy McLaughlin's 9 wins in the late 70's and early 80's and is equal with the 7 wins established by Ellis Barnard between 1989 and 1997.

It is only in recent years that Stan has come back to competitive running and for his efforts of breaking an age group record by the greatest margin, he was awarded the chance to compete in the Lake Kawaguchi (Japan) Marathon in November this year.'

Well done Stan, you are an inspirational person.

Relay Records from the Past

In 1981 Jim Macdonald placed a short article in the Canterbury Veterans Magazine outlining the efforts of English Veteran Athletes who had recently set a World Record in which 100 different runners each ran a mile; time was 8 hours 45 minutes 21 seconds.



After throwing out the challenge a date of Sunday 24th January 1982 was set for the attempt by members of the Canterbury Veteran Athletic Club. The event was organised by Jim Macdonald and attracted considerable interest both from the athletes and media; the result was a time of 8 hours 54 minutes 1 second.

The Auckland Veterans heard of our relay and quickly organised one for Mt Smart Stadium. They were successful in lowering the world mark and are still holders of it today.

We were not to be denied and a second 100 x 1 mile relay was organised, but unfortunately some late withdrawals affected the overall strength and although we recorded a fine time of 8 hours 53 minutes 47.05 seconds it still was not enough. On the same day our ladies established a new World Time of 4 hours 28 minutes 7 seconds for the 40 x 1 mile.

During those balmy days of 1982-83 the club made several attempts at the 10 x 1 mile relays and at one stage the club was the proud holder of:

- M40: 48:21.9 - a World Record
- M45: 52:29.7 - a World Best Performance
- M50: 51:44.3 - a World Record
- M55: 61:44.9 - a World Record
- M60: 68:05.3 - a World Record
- W35: 60:04.8 - a World Record
- W45: 69:59.4 - a World Record

One Saturday night at QEII Stadium, two of the above records were broken on the 11th December 1982. The M40 men took 16.1 seconds off the previous world record held by the Veteran Club of England.

The unofficial M40 splits were:

M40: John Macdonald 4:45.04, Peter Watts 4:53.9, Eric Hunter 4:57, Alex Cook 5:01, Vic Sykes 4:41, Malcolm Fraser 4:42.9, Brian Atkins 4:39.06, Dennis O'Keefe 4:54.04, John Brownlie 4:55.9, Jim Macdonald 4:39.06. **Total: 48:21.9**

The M50 men's time of 52:29.7 beat the previous time, also held by the Veteran Club of England at 53:52.

The unofficial M50 splits were:

M50: Ian Brownie 5:11, Cass Kernahan 4:58, Don Cameron 5:12, Angus Dellow 5:26, Ron Stevens 5:01, Bob Creed 5:14, Dave Tucker 5:06, Clyde Dalton 5:09, Brian Keown 5:17, Clarrie Reece 5:14. **Total: 52:29.7**

Well done boys!!!! (Info supplied by Malcolm Fraser)

Magazine History ...

A Canterbury Veteran Athletics - The First 25 Years (1962 - 1987) article.

In the early years of the club information was mainly passed on to members by word of mouth or by various club coordinators with occasionally a news sheet.

With the combining of the summer activities with that of the winter under the one committee, news sheets became more vital in keeping the members up to date with news, results etc.

In October 1981 the Club President Jim Macdonald with John Kearns (now in Wellington) produced the first issue of the club magazine '**Cant Vets**'. This magazine contained notices, articles, race results etc. and proved to be very popular with the members. To keep the costs down limited advertising was accepted and a

team of 'volunteers' pounded the streets delivering the magazine to the club members living nearby. John Gilson took over the editorship and production from June 1984.

After two years the magazine team took over the production of the National Magazine and produced a supplement with local news as the 'Cant Vets' went out of circulation.

With the production of the National magazine ... Vetline ... moving to Hamilton (June 1987) there will be a need for a Canterbury Magazine to be produced by a 'keen team' eager to keep the club thriving for another 25 years.

And now to today ... we still have Vetline with Jim Tobin as the editor and we have Cant-A-Long. For both magazines to continue, they need your support by way of writing articles and sending in photos.

At the annual dinner held during the NZMA Championships, **Tony McManus** was awarded the 2010 Male Middle Distance Athletes of the year and received his NZMA Colours award for a performance of over 95%.

These are the performances that won Tony the awards. He arranged for the 1 mile race to be included in an inter-club meeting at QEII so he could attempt to break the world record (4:54.07, 94:36%). This he duly did, running an even split race to claim a new record at 4:53.29.

On three occasions Tony attempted to break the World M60 1500m record (4:27.65) held by Ron Robertson. On all three attempts (4:29.01, 4:28.61, 4:28.90) he got within about 1 to 1.5 seconds and all performances were exceptional with age percentage scores of 97.65%, 97.76% and 97.61%.

Perhaps his most impressive attempt was at NZMA Championships in April 2010. The weather conditions on Saturday were perfect. He ran solo for the entire race, narrowly missing the record and had he not run

the 5000m on the Friday, who knows what he would run in that race. He ran the 5000m because he had not even considered having a record attempt, until he turned up at the track that morning.

Well done Tony ... you are an inspirational athlete!!



With a 'never say die' attitude, Tony has attempted to break the 1500m record in 2011, but unfortunately narrowly missed by 0.8 seconds, with a 4:28.42 effort.

IPC Games

Lois Anderson

Christchurch recently hosted the IPC World Championships.

Several officials from Christchurch assisted with running these Championships and we gained much experience from doing this.

Diane Carter was involved with the Track events each day for 7 days along with Brian Kerr. It was a long day starting with a briefing at 8 a.m. and finishing with a meal at 6 p.m. Sometimes it was even later than this time.

Lois Anderson, along with many other Canterbury officials was involved with the Throws events for 7 days.

The weather varied a lot over that week so we were glad to have a Panama hat and wind breaker issued to us.

At times we had to resort to our plastic poncho and go without the hat because of the wind.

Usually we had to stay out at one event for 3 hours as it took a lot of time to get disabled athletes seated and then measure their throws.

Often I was on 'Athlete Control' and had to keep athletes and coaches apart, unless they were talking over the fence.

Andrew Reese was seen spending long hours at the equipment shed arriving some mornings at 6.30 a.m.

In between officiating we could watch performances of the athletes or wander out the back where they were practising.

There was no opportunity to talk to athletes as they were there for a serious performance, as many had the London Olympics of 2012 on their minds.

On my way to a meeting last night I remembered that Ann Henderson was also an official at the IPC World Championships.

Ann was in the Post Event Centre where athletes were taken after their event.

Some were taken away for Drug testing and others received back their personal belongings, such as cell phones and I.D. cards.

It was an exciting place to be as athletes arrived back elated after their event.

With destruction of QEII following the recent earthquake, we are so very fortunate it did not happen during the IPC Games.



Officials gather for a group photo.



I guess it's only as you get older and wiser that you start to realise some things are best left off the list of things you want to do before you get called 'home' - the Bucket List. Most of the things I want to do before I go involve lots of planning and lots of dreaming, but not a hell of a lot of hard work. Having now run the Buller Marathon, and being able to tick it off my list, the hard work involved is probably why I have no intention of ever running another one!

Don't get me wrong, the run itself was almost pleasant - the scenery delightful, the camaraderie excellent and the organisational effort superb. In addition the wonderfully good advice I gleaned from running icons like Dave Kennedy and Andrew Stark kept the worry hounds at bay and my training on schedule. But that's where the fun stopped and the hard work began. While the marathon itself has only just been run, the training started nearly a year ago and in the rain and cold of winter (and spring) it was really *hard* work.

At this point I should add, I do actually enjoy running and I love the competitive fun of racing on a nice red track with white stripes on it. As an 800 and 1500 runner I even enjoy the limited training I do and the happy variation in the training cycle between summer and winter. I also need to add that I have a huge number of other interesting things that keep popping into my life - despite my love of the sport, running is definitely not my whole life!

Over the winter I normally run 60km a week. That sort of mileage means I can pick rainy days as 'off days', and if I have to I just add a few extra km's to the runs I do manage in order to bring my weekly total up to scratch. I like that old saying, 'over the age of 50, rest is a weapon'. It's good to always have a couple of those 'no run rest days' tossed into the week. However, when you looking at achieving a 'bucket list dream', in this case running a marathon before you die, doesn't take long before you realise that if it's going to be the only one you ever run, it better be a good one. If it's going to be a good one then you had better put your head down and do the hard yards, whether you like it or not.

I sought out some decent advice about how to go and do this thing properly. It was reassuring, but the package that came along with the advice was a training schedule, the 20 week Alison Rowe 10km Training Programme. A little reading showed my 60km weeks were not even good enough for Week 1. I was aghast! Two weeks later I had managed to juggle Alison's programme into something I could handle, at a pinch.

Another two weeks into the training proper and I did some more juggling. This 'adjustment' of the system was to continue for the whole 20 week programme. I alternated between feeling good enough to think that I could actually 'do' it and feeling hopelessly pathetic, a bumbling jogger.

Initially my dream was a marathon in 3 hours. I've got to be honest here and say it really didn't take me too long before I realised why only 10% of all marathoners make 3 hours or better and why I wasn't going to be one, especially on the 'adjusted' training programme I was willing to cope with. As I began grinding out the miles, Rod Dixon's comment about it 'not being the actual marathon, but the training that would stuff you' often sprang to mind. I adjusted my goal - 3 hours 30 looked a lot more realistic and for the next 10 months or so that goal stayed enshrined somewhere in my memory hard drive.

My wife, Clare, adjusted our daily living pattern to cope with my long runs. Over time we didn't go out a lot and dinner was often late to fit in with those runs, but Clare didn't complain once. Her part of the arrangement was that so long as I was ever going to run one of these races, things would settle back to normal soon enough. I stuck to my constantly adjusted training schedule, wore out four pairs of running shoes, ran 12 whole weeks of 100 kilometres or more a week, coped with some miserable weather and bothered my very experienced marathon running mates for more advice and reassurance, especially Dave Kennedy in Christchurch and my local Westport running mate, Kerry Devescovi (who also put in an awful lot of training miles with me).

As time went by however, despite the numerous little niggles and grumbles, I actually began to enjoy the long runs around Cape Foulwind. I even began to feel a little proud of the fact that I could cope with distances I would have turned my back on this time last year. Ten weeks to go and I was running 28km laps around the Cape, together with a 23km hill run on Denniston with Kerry every week. On top of that I had two 16km loops between home and Sergeants Hill, and a couple of faster runs each week of between 8km and 12km. To tidy the week's training programme up I also made sure I had one day off.

The days and weeks of training gradually got me through the winter, into spring, past Christmas and at last into February. Race Day was just about upon us, Dave and Anne Kennedy came over to stay, the weather forecast was for near perfect conditions (cloud

when we wanted it and no rain) and I was as ready as I reckon I ever would be.

On race day Saturday 12th February, Dave had me up, breakfasted and out of the house by 6.30 a.m.!! We were both nervously geared up and set for starters orders, Dave mainly because of my constant bantering. Despite having driven the course many times before on my way to and from Christchurch, the bus ride up the Gorge certainly brought things home to me. It was a very long way back to town!! We disembarked, caught up with Kerry Devescovi and old Port Hills running mates Mike Smith and Peter Watts (nice bike, Pete), assembled at the start line, wished each other luck and were off!

"Don't go too fast for the first 16k's Noel, there'll be lots who will and they'll pay for it later", were the last words I heard from Dave as he settled down in the mob behind me. I followed Mike and did my best to look relaxed (I wasn't). We rattled along at 4:30 pace and chatted about old times. The first few kilometres disappeared as did the leading pack of 4, who were clearly in a different race to us. By the turning point past Berlins Hotel they were already half a kilometre in front of the main pack and expanding the gap with every stride. As I turned and headed for Westport I checked the faces of those coming up behind me. Dave was there and already looking like he was enjoying this more than I was. Maybe I should have been more careful at the start???

Through the first 10k in 46 minutes felt okay though and I think I'd found my place in the race. I wasn't passing too many, but no-one was coming past me either. Moments after that thought crossed my mind there was a quick pattering of feet behind me and a woosh as the first of the 10k relay runners went past. He was being chased by an absolute gaggle of other runners and my solitude was erased for pretty well the rest of the race. The second 10k came and went in another 46 minutes. I felt pretty good, even picked up the pace a little and went through the half marathon start point in 1:36:25. My immediate thoughts were 'maybe I can manage a 3 hour 15 from here'. Within seven or eight kilometres however, I was wondering whether I would even be able to finish the race! My legs were tightening up and I was slowing down. The marathon novice in me had thoughts of cramp and a long walk home. Pete Watts and racing bike materialised beside me.

"You been drinking enough, Noel?" he asked. I didn't know.

"Make sure you knock back a bottle of Powerade at the next drink station and carry some with you. You've got a few km's to go yet."

He did a slow pedal beside me for another km, while we talked about the 'olden days' before his hip operation. Then he was gone again, back up the Gorge to check on other Port Hills runners. He was right about the fluids though. I really hadn't been drinking enough and as soon as the Powerade had gone down things began to improve. I didn't stop, I ran a bit more carefully, I drank more than my fair share at the next few drink stations and I managed to make the

third 10k in 48:30.

Coming up to Buller's famed '20 Mile Wall', the hill climb at the Buller Adventure Tours car park. I felt that I was going to make it. My race goals began to re-assemble themselves. I felt I was going to finish (goal number 1), I reckoned I'd get home in under 3:30 (goal number 2) and I felt good enough to be able to get past goal number 3, which was to not be on my hands and knees as I went down Palmerston Street to the finish. At the top of the hill and with Westport almost in sight I tried to accelerate back to a good race pace. My GPS said 5:15/km and I found it really hard work getting things down to under five minutes per kilometre pace. Yes, this was definitely a marathon.

I scooted over the Buller bridge, negotiated a mass of slowly racing walkers, and headed down Palmerston Street to the finish in Victoria Square. Later, a few friends said they'd called out my name, but I was oblivious. I was in my own little world, happily counting off the moments until I could put a tick in the box beside 'Do a marathon before I die'. The rude awakening came about 600 metres to go when a blood blister on one of my toes popped. Agony!! I limped, almost came to a walk, then thought "No, you're nearly there, you can't walk now, just pick it up and keep going." Ouch. I did, around the Post Office into Brougham Street, just 291 metres to go. A quick wave to Clare, who was waiting right there for me and then I was into the line and collecting a spot prize ticket. Absolutely stuffed, but ecstatic to have made it home. My first and last marathon. 3:25:42

One footnote you might like to think about is for those of you who are thinking of retirement sometime, why don't you come to Westport? I was amazed to find I finished as First Local home and the prize was wonderful, a trophy you get to keep forever, \$150 cash, a \$50 meal voucher at one of the best Westport Hotels, the Star Tavern and a very nice bottle of bubbly.

Yes, it's worth moving out here just for that!



Before I went to bed on the night of September 3rd 2010, I had carefully packed my running bag in preparation for the Nationals the next morning. About half an hour before my scheduled race on the morning of September 4th I was picking up bricks from my bathroom floor and navigating across the sea of glass that was my kitchen floor. I had an involuntary skylight in my bathroom and many cracks in the fabric of my home. I guessed I would not be racing. However, within hours I had water and electricity.

The next morning I went on a long Sunday run around the edges of the CBD thinking that this was an event we could manage. My biggest issue in the next few months was sorting the bureaucracy around the repair to my elderly house. I'm an educator. Bring it on! Let me tell you how to organise something! I wasted a lot of energy trying to tell EQC and my Insurance Company how to do things better. To give them credit, by Christmas my bathroom was sorted and almost all of the bills were paid by EQC.

One of the many benefits of belonging to a running club is that you have a wonderful cross-section of skills and abilities in your members. My roof and chimneys were sorted ASAP by HQ Construction and our munted lamp was fixed by Thorpe Engineering. My frustrations with the EQC process were put in context as I ran with the group and let off steam. I thought I had this earthquake business sussed even though I knew people who were still not assessed and uncertain about the future.

Then there was February 22nd. It made September 4th seem like a rehearsal. I work as a Counsellor in a High School. My job is about helping students and staff work on how they can manage all the usual ups and downs of life. I am well versed in Trauma recovery

theory and like many people who have reached my current age group, (Bernie Portenski has nothing to worry about!), I have survived the usual number of grief experiences that are part of human existence. So whatever the Counsellor version of 'Physician, heal thyself' is, I should have been able to access it, or so I told myself.

I was on Oxford Terrace at 12.51 and as I fell over, I watched the PGC building collapse. My first survivor guilt period was about how I didn't stop to help anyone in that building. I just ran home as quickly as possible to see if my son was still alive. My house was still standing. My son was in the driveway and almost everything that could fall off or over had done so. But that mattered little as I found out who was missing or dead. I have been to two funerals and I am still waiting for identification of two missing persons. I have been a textbook case of earthquake brain and my toolkit of strategies has not always worked, so I have been learning to forgive myself and others for not being normal. Except for those three turkeys who went through a red light on Moorhouse Avenue last night!

A month after the quake we need to acknowledge that we are now in the stage of loss and grieving where the initial adrenalin rush has worn off and we are all just very tired, both physically and mentally. I have been doing my best to maintain some running because it helps me cope with life and helps me feel that some kind of 'normal life' can go on. It is important to recognise that we may not be able to train at the same intensity right now because we are not at our usual state of good health. It might also be important to keep on training to feel that life can be back to normal.

After talking to students and colleagues in the last two weeks, these are some of the common themes that I have been told about:

- ◆ We have lost important people in our lives.
- ◆ We are all a lot more irritable often because we are not sleeping well.
- ◆ We are pissed off because we can't get answers to questions about things that affect our daily lives or our incomes.
- ◆ We have had to change all our daily routines because work and school are now in different places.
- ◆ We have to leave for work a lot earlier now because gridlock has taken over our normal route.
- ◆ We can't do our normal social activities.



Margaret in action in the 800m at the CMA Champs.

- ◆ We are not sure what will happen to our workplace.
- ◆ We have lost our job because of the earthquake and its consequences.
- ◆ We have had to move somewhere else and we can't get our stuff.
- ◆ We have all reacted differently to this earthquake and it can be hard to empathise with someone whose losses seem less than our own.
- ◆ Our reactions to the usual aggro of life are much more extreme.

You can probably add a few more.

I have coped by running as much as possible, gridlock notwithstanding and by talking to people I trust about my concerns. It has been good to do practical things for people so I have dug silt and packed up houses. I have let people help me sort some of my mess. The important thing to realise is that we all have a need to help and if we can do something for another person, it gives us back a sense of control.

We will not all react in the same way to this event because of our geographic, personal and financial circumstances. There is no one right way to respond. Also, coping is not a gradual climb uphill. You can have good days and then a bad day with no clear idea about the trigger. So, my concluding thought is based on what is working for me.

- ◆ Exercise is a great way to diffuse the effects of trauma.
- ◆ Adhere to your normal exercise programme as much as you can.
- ◆ Accept that this may not work for your new family circumstances.
- ◆ Expect that you might feel more tired than usual.
- ◆ Accept that you and your family will be more irritable and reactive.
- ◆ Believe that we will get through this.
- ◆ Please ask for the help you need.
- ◆ We all want to give it.

The World Track & Field Championships are being held in Sacramento in July.

Diane Carter is going with Dianne Barclay to be an official.

I believe Ric & Ann Davison and Malcolm & Margaret Fraser are also going. If there are others from Canterbury going, please let me know.



Acknowledge of a sad loss

Andrew Stark

Brian Keown has been around the running scene for years. He has been a regular attendee at the CMA meetings, helping out with timing and taking the occasional 'break' to have a race.

It was with great sadness that in early March I heard the news that his daughter Ann-Marie had lost her battle with cancer.

On the 7th February 2011, Violet and Brian gathered in his home town of Dunedin, with their entire family to celebrate his 80th birthday. For Brian, the birthday meant very little. What was important was the family being together, especially having Ann-Marie there.

This photo is of the gathering in Dunedin. A photo Brian's family will treasure.



CMA Meeting, Interclub & Championship Results 2010 / 2011

Inter-Club - Saturday February 5th 2011

In warm conditions, the CMA 3km championship event was held at the end of a normal interclub meeting. The most impressive performance today was by Tony McManus in the 1500m. His time was just 0.8 seconds slower than Ron Robertson's M60 world record!!

200m		
M70	Malcolm Fraser	30.86
400m		
M70	Malcolm Fraser	72.98
1500m		
M40	Darren Hoolahan	4:18.96
M45	Richard Bennett	4:13.13
M45	Joe Ford	4:21.98
M60	Tony McManus	4:28.42
3000m Race Walk		
M70	Eric Saxby	18:26.66
Long Jump		
W50	Lyn Osmers	4.03m
Shot Put		
W50	Lyn Osmers	9.15m

3000m CMA Championships

W55	Margaret Flanagan	13:22.22
W60	Loris Reed	12:15.90
M40	Kerry Faass	8:54.09
M40	Malcolm Cornelius	10:25.94
M45	Ronnie Thomas	9:57.25
M45	Chris Rae	10:02.99
M45	Tony Emmerson	10:29.26
M45	Dave Collie	10:30.34
M45	Nigel Anderson	10:37.91
M50	Anthony Rogal	9:49.82
M50	Clive Kitchingman	10:40.22
M50	Michael Kelly	11:23.00
M50	Mike Van der Colk	11:44.22
M50	Tom Reihana	14:07.36
M55	Kevin Prendergast	14:25.68
M60	Peter Larkin	10:48.31
M60	Iain Chinnery	11:28.48
M60	John Mulvaney	14:10.36
M65	Michael Bond	11:42.10
M65	Neville Reid	12:20.63
M65	Jos Galavazi	14:26.99
M65	Peter Coughlan	16:31.65
M65	Alan Gardiner	17:23.07
M70	Eric Saxby	15:05.88
M80	Stan Gawler	15:54.94



The eventual winner, Kerry Faass (965) led from start to finish.



Anthony Rogal (910) ran the 2nd fastest time and Ronnie Thomas the 3rd.



Bryan Kerr gives the large field their final instructions before the start.

More 3000m competitors ...



CMA Throws Pentathlon Championships - Sunday February 6th 2011

On one of the hottest days this summer with temperatures in the mid 30's°C, our throwers battled the conditions as much as each other. Thank you to those who helped officiate in such trying conditions.

Women's Throws Pentathlon	Hammer	Shot	Discus	Javelin	Weight	Total
Andrea Cattermole	19.21	6.73	22.94	18.02	6.23	
Age Factors (W30)	1.0000	1.0000	1.0000	1.0000	1.0000	
	19.21	6.73	22.94	18.02	6.23	
	263	318	331	252	266	1430
Nicola Jennings	25.96	7.17	21.75	22.23	8.48	
Age Factors (W30)	1.0000	1.0000	1.0000	1.0000	1.0000	
	25.96	7.17	21.75	22.23	8.48	
	406	346	309	330	401	1792
Birgit Steltner	17.90	6.36	17.24	15.18	7.82	
Age Factors (W55)	1.3984	1.3706	1.4407	1.4482	1.2918	
	25.03	8.71	24.83	21.98	10.10	
	386	445	366	326	499	2022
Lynn Donaldson	19.91	6.29	13.99	15.27	7.08	
Age Factors (W60)	1.5353	1.5015	1.5961	1.5408	1.2108	
	30.56	9.44	22.32	23.52	8.57	
	505	493	320	355	406	2079
Beverley Church	26.60	7.30	19.79	19.15	10.01	
Age Factors (W60)	1.5353	1.5015	1.5961	1.5408	1.2108	
	40.83	10.96	31.58	29.50	12.12	
	729	592	492	467	623	2903
Alison Wright	18.22	5.29	14.59	10.19	8.58	
Age Factors (W60)	1.5353	1.5015	1.5961	1.5408	1.2108	
	27.97	7.94	23.28	15.70	10.38	
	449	395	337	209	516	1906
Lois Anderson	18.29	7.74	16.37	15.25	7.65	
Age Factors (W60)	1.5353	1.5015	1.5961	1.5408	1.2108	
	28.08	11.62	26.12	23.49	9.26	
	452	636	390	354	448	2280
Diane Underwood	15.76	5.47	11.80	12.85	7.13	
Age Factors (W65)	1.7038	1.6600	1.7927	1.7274	1.3260	
	26.85	9.08	21.15	22.19	9.45	
	425	469	299	330	459	1982
Glen Watts	20.17	6.90	18.75	14.41	9.79	
Age Factors (W70)	1.9160	1.8559	2.0542	1.9654	1.4667	
	38.64	12.80	38.51	28.32	14.35	
	681	714	625	445	761	3226
Barbara Bird	16.06	6.52	13.66	18.67	5.43	
Age Factors (W70)	1.9160	1.8559	2.0542	1.9654	1.4667	
	30.77	12.10	28.06	36.69	7.96	
	510	668	426	604	369	2577
Gwyn Heseltine	16.36	5.18	10.32	8.36	6.30	
Age Factors (W70)	1.9160	1.8559	2.0542	1.9654	1.4667	
	31.34	9.61	21.19	16.43	9.24	
	522	504	299	223	447	1995
Iris Bishop	18.18	5.44	12.94	9.13	6.31	
Age Factors (W75)	1.9984	1.8324	2.1546	2.2794	1.5146	
	36.33	9.96	27.88	20.81	9.55	
	631	527	423	304	465	2350

Men's Throws Pentathlon	Hammer	Shot	Discus	Javelin	Weight	Total
Rick Davison	44.18	10.29	36.86	32.24	15.26	
Age Factors (M50)	1.3082	1.2482	1.0628	1.4140	1.0424	
	57.79	12.84	39.17	45.58	15.9	
	806	657	648	523	787	3421
Glen Church	21.65	6.67	17.27	16.51	8.35	
Age Factors (M65)	1.4656	1.3607	1.1637	1.5620	1.1153	
	31.73	9.07	20.09	25.78	9.31	
	378	430	274	240	414	1736
Brian Senior	29.51	10.10	32.91	23.80	14.03	
Age Factors (M70)	1.5124	1.3471	1.2781	1.6801	1.1408	
	44.63	13.60	42.06	39.98	16.00	
	588	704	707	442	792	3233
Alan Hunter	17.11	5.67	17.14	12.84	7.54	
Age Factors (M70)	1.5124	1.3471	1.2781	1.6801	1.1408	
	25.87	7.63	21.90	21.57	8.60	
	285	344	308	183	374	1494
Bill Newton	27.80	8.80	21.13	23.49	10.54	
Age Factors (M80)	1.9056	1.5980	1.6441	2.0952	1.3043	
	52.97	14.06	34.73	49.21	13.74	
	726	732	558	577	663	3256
Dave Leech	22.31	6.95	17.68	12.33	9.44	
Age Factors (M80)	1.9056	1.5980	1.6441	2.0952	1.3043	
	42.51	11.10	29.06	25.83	12.31	
	553	552	446	241	582	2374

More 3000m competitors ...



CMA - Wednesday February 9th 2011

In cool conditions, CMA members gathered for the last 'hit out' before our championships. A small group of runners took part and as usual the dedicated throwers out numbered the runners. The best performance of the day was by Keith Barrow (Greymouth) in the shot put, breaking the M50 record ... while still taking the time to offer help to other throwers.

60m		
M80	Maurice Cook	13.6
100m		
W17	Jacqui Barnfield	15.7
W45	Louise Scott	13.5
W55	Birgit Steltner	16.3
W60	Lois Anderson	16.9
M40	Malcolm Cornelius	13.3
M65	John Dumergue	16.2
M80	Maurice Cook	24.5
300m		
W55	Margaret Flanagan	65.6
M55	Maurice Gough	54.2
M60	John Mulvaney	58.3
400m		
W45	Louise Scott	64.9
M40	Malcolm Cornelius	62.2
2000m Walk		
W70	Ann Henderson	15:06.8
M70	Eric Saxby	13:47.8
1500m		
W55	Margaret Flanagan	6:27.8
M40	Malcolm Cornelius	4:49.4
M55	Maurice Gough	5:53.2
M60	John Mulvaney	6:17.6
Discus		
W60	Bev Church	17.67
W60	Diane Carter	12.80
W70	Gwyn Heseltine	10.35
W75	Iris Bishop	12.47
M65	Glen Church	19.73
M75	Bruce Savage	20.53
M80	Bill Newton	14.11
Shot Put		
W55	Birgit Steltner	6.34m
W60	Lois Anderson	7.26m
W60	Bev Church	7.07m
W60	Diane Carter	5.05m
W70	Gwyn Heseltine	4.39m
W75	Iris Bishop	5.59m
M50	Keith Barrow	11.58m
M65	Glen Church	6.59m
M75	Bruce Savage	4.91m
M80	Bill Newton	9.04m

Inter-Club - Saturday February 12th 2011

200m		
M40	Darren Hoolahan	27.48
M50	Anthony Rogal	27.85
M70	Malcolm Fraser	30.83
800m		
W40	Julieana Findlay	2:22.31
M40	Darren Hoolahan	2:06.75
M45	Richard Bennett	2:06.12
M45	Joe Ford	2:08.60
M50	Anthony Rogal	2:12.52
M60	Tony McManus	2:20.05
M60	John Mulvaney	3:01.86
3000m		
M50	Anthony Rogal	10:49.23
M50	Michael Kelly	11:25.72
M50	Mike Van der Colk	11:58.93
High Jump		
W50	Lyn Osmer	1.41m

Inter-Club - Saturday February 19th 2011

A small group of CMA members competed today as most of our members had entered the CMA Championships that were on the next day.

400m		
W40	Julieana Findlay	64.65
3000m		
M40	Kerry Faass	8:55.32
M45	Richard Bennett	8:43.02
M50	Anthony Rogal	10:07.80
M50	Clive Kitchingman	10:42.12
M50	Michael Kelly	11:04.36
M50	Mike Van der Colk	12:44.98



Merle Grayburn (above) and Pat Leech were both generous with their time as recorders at our CMA Championship.



This year we trialed a new programme format. The change came about due to a decrease in overall numbers and a request to start the events later in the day, plus it was time for a change. The meeting began at 11:00 a.m., with the last event at about 5:00 p.m.

We also organised the events in such a way that both the men's and women's pentathlon events were run in the correct order, so that genuine records could be recorded.

With the assistance of several Athletics Canterbury officials and the usual dedicated CMA members the meeting was run 'on-time'. The only 'bottle-neck' was in the women's throw events and I am happy to hear suggestions as to how that can be improved for next

year. Overall, there were less competitors in many of the track events than expected and as to how this situation can be changed, I just don't know.

The meeting concluded with a well attended social in the form of a BBQ. I personally would like to thank all those who helped to organise and run this meeting.

I have organised results that follow into events. The percentages after each result have been calculated by the Sportscore programme used to create the results. The percentages are age group percentages, not individual age percentages. These percentages give you an indication of how well your performance rates against world standards, but do not take into account the actual age of the competitor.

2010- 2011 CMA Champion Results:

Female - 60m

Louise Scott	W45	8.83	86.0%
Birgit Steltner	W55	10.65	79.1%

Male - 60m

Jeff Barnfield	M55	8.46	88.4%
Ron Munro	M70	9.75	84.5%
John Mulvaney	M60	10.74	72.0%
Bruce Savage	M75	11.22	76.2%
Ian Brownie	M80	11.53	78.1%
Maurice Cook	M85	15.01	64.0%

Female - 100m

Louise Scott	W45	14.17	82.1%
Lois Anderson	W60	16.75	80.9%
Birgit Steltner	W55	17.16	75.2%
Loris Reed	W60	18.16	74.6%

Male - 100m

Jeff Barnfield	M55	13.47	84.2%
Georg Ludwig	M55	13.55	83.7%
Andrew Stark	M50	13.74	79.9%
Greg Harney	M60	14.78	79.2%
Malcolm Fraser	M70	14.85	83.6%
Ron Munro	M70	15.26	81.4%
Maurice Gough	M55	16.52	68.6%
Bruce Savage	M75	18.02	73.3%
Ian Brownie	M80	18.95	74.9%
Maurice Cook	M85	26.52	58.4%

Female - 200m

Louise Scott	W45	28.64	83.9%
Lois Anderson	W60	36.15	78.3%

Male - 200m

Malcolm Cornelius	M40	27.08	76.9%
Georg Ludwig	M55	27.37	84.8%
Jeff Barnfield	M55	27.39	84.7%
Malcolm Fraser	M70	31.07	83.0%
Tom Reihana	M50	31.53	71.1%
Greg Harney	M60	31.78	75.5%
Ron Munro	M70	33.49	77.0%
Maurice Gough	M55	33.65	69.0%
John Mulvaney	M60	35.33	67.9%
John Dumergue	M65	35.45	69.9%
Ian Brownie	M80	43.11	70.5%
Maurice Cook	M85	1:01.86	55.0%

Female - 300m

Margaret Fraser	W65	1:14.30	62.0%
Carol Thompson	W70	1:20.00	61.3%

Male - 300m

Greg Harney	M60	48.76	75.9%
John Mulvaney	M60	56.52	65.5%
Ian Brownie	M80	1:13.46	65.7%
Robert Heseltine	M75	1:18.30	56.5%
Maurice Cook	M85	1:44.18	52.6%

Female - 400m

Louise Scott	W45	1:04.30	86.1%
--------------	-----	---------	-------

Male - 400m

Malcolm Cornelius	M40	1:01.76	74.8%
Malcolm Fraser	M70	1:10.96	83.1%
Iain Chinnery	M60	1:12.41	73.0%
Peter Larkin	M60	1:17.27	68.4%
John Dumergue	M65	1:25.04	64.1%
Les Woods	M65	1:56.50	46.8%

Female - 800m			
Julieana Findlay	W40	2:22.43	81.8%
Loris Reed	W60	2:53.45	84.1%
Margaret Flanagan	W60	3:11.55	76.1%
Lois Anderson	W60	3:45.37	64.7%
Birgit Steltner	W55	3:46.81	59.8%
Margaret Fraser	W65	4:05.39	65.7%
Carol Thompson	W70	4:17.40	69.3%

Male - 800m			
Joe Ford	M45	2:09.50	86.0%
Anthony Rogal	M50	2:11.25	88.6%
Malcolm Cornelius	M40	2:12.15	80.5%
Richard Malloch	M40	2:21.48	75.2%
Tony Emmerson	M45	2:24.66	77.0%
Dave Collie	M45	2:32.21	73.1%
Greg Harney	M60	2:35.38	81.3%
Iain Chinnery	M60	2:40.61	78.6%
Peter Larkin	M60	2:43.32	77.3%
Maurice Gough	M55	2:47.73	72.3%
John Mulvaney	M60	2:59.40	70.4%
Tom Reihana	M50	3:00.76	64.3%
Kevin Prendergast	M55	3:13.17	62.8%
John Dumergue	M65	3:30.69	62.3%
Robert Richmond	M75	3:42.50	67.3%
Peter Coughlan	M65	3:52.41	56.5%
Stan Gawler	M80	3:53.75	69.7%
Brian Keown	M80	4:26.15	61.2%
Robert Heseltine	M75	4:26.60	56.2%

Female - 1500m			
Julieana Findlay	W40	4:56.16	83.0%
Loris Reed	W60	5:45.88	91.6%
Margaret Flanagan	W60	6:12.95	85.0%
Carol Thompson	W70	8:22.50	73.8%

Male - 1500m			
Malcolm Cornelius	M40	4:49.62	75.8%
Richard Malloch	M40	4:57.00	73.9%
Dave Collie	M45	5:01.83	76.3%
Nigel Anderson	M45	5:03.41	75.9%
Peter Larkin	M60	5:17.37	82.7%
Iain Chinnery	M60	5:26.33	80.5%
Neville Reid	M65	5:57.81	76.4%
Dave Kennedy	M60	6:05.28	71.9%
Maurice Gough	M55	6:07.03	68.6%
John Mulvaney	M60	6:30.82	67.2%
Kevin Prendergast	M55	6:56.59	60.4%
Eric Saxby	M70	6:59.96	67.8%
Brian Chubbin	M60	7:15.30	60.3%
Peter Coughlan	M65	7:48.28	58.4%
Stan Gawler	M80	7:53.71	69.7%
Les Woods	M65	8:39.90	52.6%
Brian Keown	M80	8:44.62	63.0%
Robert Heseltine	M75	9:59.67	51.4%

Male - 2000m Steeplechase (Held 18th December 2010)			
Iain Chinnery	M60	8:40.40	75.0%
Ian Brownie	M80	15:59.22	59.6%

Male - 3000m Steeplechase (Held 18th December 2010)			
John Gamblin	M50	12:06.71	77.9%
Kevin Prendergast	M55	17:02.60	57.7%

Female - 3000m (Held 5th February 2011)			
Loris Reed	W60	12:15.90	91.6%
Margaret Flanagan	W60	13:22.22	84.0%

Male - 3000m (Held 5th February 2011)			
Kerry Faass	M45	8:54.09	90.5%
Anthony Rogal	M50	9:49.82	85.3%
Ronnie Thomas	M45	9:57.25	81.0%
Chris Rae	M45	10:02.99	80.2%
Malcolm Cornelius	M40	10:25.94	74.4%
Tony Emmerson	M45	10:29.26	76.8%
Dave Collie	M45	10:30.34	76.7%
Nigel Anderson	M45	10:37.91	75.8%
Clive Kitchingman	M50	10:40.22	78.6%
Peter Larkin	M60	10:48.31	84.4%
Michael Kelly	M50	11:20.00	74.0%
Iain Chinnery	M60	11:28.48	79.5%
Michael Bond	M65	11:42.10	81.5%
Michael van der Colk	M50	11:44.22	71.4%
Neville Reid	M65	12:20.63	77.2%
Tom Reihana	M50	14:07.36	59.4%
John Mulvaney	M60	14:10.36	64.3%
Kevin Prendergast	M55	14:25.68	60.5%
Jos Galavazi	M65	14:26.99	66.0%
Eric Saxby	M70	15:05.88	66.4%
Stan Gawler	M80	15:54.94	75.1%
Peter Coughlan	M65	16:31.65	57.7%
Allan Gardiner	M65	17:23.07	54.8%

Female - 5000m (Held 11th December 2010)			
Tracy Crossley	W35	18:19.33	79.6%

Male - 5000m (Held 11th December 2010)			
Gary Mclroy	M40	16:48.51	79.4%
Joe Ford	M45	16:53.15	82.1%
Anthony Duncraft	M45	17:46.40	78.0%
Chris Rae	M45	18:03.27	76.8%
Malcolm Cornelius	M40	18:05.31	73.8%
Peter Larkin	M60	18:16.56	85.8%
John Gamblin	M50	18:49.89	76.6%
Nigel Anderson	M45	18:50.91	73.6%
Iain Chinnery	M60	20:27.43	76.7%
Michael van der colk	M50	20:43.87	69.6%
Michael Bond	M65	20:53.87	78.5%
Walter Hume	M70	22:46.16	75.7%
Maurice Gough	M55	23:10.78	64.8%
John Souter	M65	24:14.45	67.7%
Brian Chubbin	M60	25:41.24	61.1%
Kevin Prendergast	M55	26:45.84	56.2%
Peter Coughlan	M65	29:20.31	55.9%
John Eastmond	M70	29:24.94	58.6%
Stan Gawler	M80	29:25.05	69.9%
Brian Keown	M80	30:44.69	66.9%

Male - 10000m (Held 27th November 2010)			
Gary Mclroy	M40	34:14.67	81.4%
John Gamblin	M50	37:34.11	80.1%
Peter Larkin	M60	37:45.92	86.7%
Chris Rae	M45	38:22.09	75.4%
Nigel Anderson	M45	40:15.05	71.9%
Michael Kelly	M50	41:51.05	71.9%
Michael van der Colk	M50	43:34.66	69.1%
Tom Reihana	M50	51:31.30	58.4%
John Souter	M65	51:59.09	65.9%
Jos Galavazi	M65	52:28.42	65.3%
Eric Saxby	M70	53:35.38	67.1%
John Eastmond	M70	58:32.04	61.5%
Stan Gawler	M80	58:32.07	73.3%
John Waite	M60	1:00:24.18	54.2%
Brian Keown	M80	1:05:03.02	66.0%

Male - 100m Hurdles			
Anthony Rogal	M50	19.81	68.3%
Greg Harney	M60	25.17	57.4%
Female - 3000m Track Walk			
Ann Henderson	W70	22:17.06	73.0%
Male - 3000m Track Walk			
Eric Saxby	M70	18:47.64	78.3%
Keith Rutherford	M60	19:29.37	67.7%
Les Woods	M65	22:06.61	62.8%
Female - Long Jump			
Birgit Steltner	W55	3.31	59.4%
Lois Anderson	W60	3.30	64.1%
Loris Reed	W60	2.87	55.7%
Male - Long Jump			
Ron Munro	M70	3.25	61.4%
Alan J Hunter	M70	2.20	41.6%
Female - High Jump			
Birgit Steltner	W55	1.10	70.1%
Lois Anderson	W60	1.05	71.9%
Male - High Jump			
Georg Ludwig	M55	1.41	74.6%
Brian Senior	M70	1.05	66.9%
Male - Pole Vault			
Brian Senior	M70	2.15	62.3%
Female - Triple Jump			
Birgit Steltner	W55	7.11	63.7%
Lois Anderson	W60	6.72	65.0%



*Bev Church
throws the
hammer.*



*Kevin Barrow
puts the shot,
breaking the
CMA record.*

Female - Shot Put			
Linda Beach	W50	8.93	54.8%
Lois Anderson	W60	7.49	55.6%
Nicola Jennings	W30	7.46	33.0%
Glen Watts	W70	7.15	67.1%
Beverley Church	W60	7.08	52.5%
Justine Whitaker	W65	6.64	55.0%
Andrea Cattermole	W30	6.51	28.8%
Birgit Steltner	W55	6.45	43.3%
Loris Reed	W60	6.41	47.6%
Barbara Bird	W70	6.33	59.4%
Alison Duncan	W65	6.26	51.9%
Iris Bishop	W75	5.41	58.5%
Diane Underwood	W65	5.38	44.6%
Alison Wright	W60	5.10	37.8%
Gwyn Heseltine	W70	5.01	47.0%

Male - Shot Put			
Keith Barrow	M50	12.05	59.8%
Brian Senior	M70	10.14	57.1%
Richard Davison	M60	9.92	54.5%
William Newton	M80	8.82	68.0%
Tom Reihana	M50	7.29	36.2%
David Leech	M80	7.08	54.5%
Alan J Hunter	M70	6.36	35.8%
Bruce Savage	M75	5.11	33.2%

Female - Discus			
Andrea Cattermole	W30	24.00	31.3%
Nicola Jennings	W30	22.79	29.7%
Loris Reed	W60	21.14	43.8%
Linda Beach	W50	20.48	34.8%
Glen Watts	W70	18.87	50.1%
Beverley Church	W60	18.21	37.7%
Alison Wright	W60	15.18	31.5%
Barbara Bird	W70	14.84	39.4%
Justine Whitaker	W65	12.85	29.9%
Diane Underwood	W65	12.70	29.6%
Iris Bishop	W75	12.53	38.7%
Alison Duncan	W65	11.63	27.1%
Gwyn Heseltine	W70	10.94	29.0%

Male - Discus			
Richard Davison	M60	38.38	58.2%
Keith Barrow	M50	30.68	41.4%
Brian Senior	M70	29.16	55.6%
Tom Reihana	M50	22.02	29.7%
William Newton	M80	20.00	51.4%
Glen Church	M65	19.46	32.9%
David Leech	M80	17.28	44.4%
Alan J Hunter	M70	17.14	32.7%
Bruce Savage	M75	13.31	29.1%

Female - Javelin			
Linda Beach	W50	24.53	45.9%
Nicola Jennings	W30	22.38	30.7%
Barbara Bird	W70	18.65	56.8%
Andrea Cattermole	W30	17.87	24.5%
Beverley Church	W60	17.85	42.7%
Birgit Steltner	W55	16.30	34.5%
Lois Anderson	W60	15.73	37.6%
Glen Watts	W70	14.94	45.5%
Justine Whitaker	W65	12.46	33.4%
Diane Underwood	W65	11.19	30.0%
Alison Wright	W60	11.09	26.5%
Alison Duncan	W65	10.48	28.1%
Iris Bishop	W75	9.83	34.7%
Gwyn Heseltine	W70	9.07	27.6%

Male - Javelin

Keith Barrow	M50	35.17	45.7%
Richard Davison	M60	32.68	49.1%
Georg Ludwig	M55	30.00	42.8%
Peter O'Halloran	M70	28.04	49.7%
Tom Reihana	M50	27.15	35.3%
Brian Senior	M70	23.67	42.0%
William Newton	M80	22.55	47.2%
Glen Church	M65	18.39	30.8%
Alan J Hunter	M70	15.49	27.5%

Female - Hammer

Nicola Jennings	W30	27.27	35.9%
Beverley Church	W60	26.43	52.4%
Glen Watts	W70	25.80	65.5%
Linda Beach	W50	23.34	37.9%
Andrea Cattermole	W30	19.62	25.8%
Alison Wright	W60	18.59	36.8%
Iris Bishop	W75	16.97	50.2%
Gwyn Heseltine	W70	16.80	42.7%
Alison Duncan	W65	15.54	34.6%
Diane Underwood	W65	15.04	33.5%
Barbara Bird	W70	13.74	34.9%
Justine Whitaker	W65	13.57	30.2%

Male - Hammer

Richard Davison	M60	43.01	69.7%
Brian Senior	M70	33.78	62.7%
William Newton	M80	26.52	68.5%
David Leech	M80	23.38	60.4%
Glen Church	M65	21.11	38.6%
Alan J Hunter	M70	17.66	32.8%

Female - Weight Throw

Beverley Church	W60	9.49	51.2%
Nicola Jennings	W30	8.91	44.2%
Alison Wright	W60	8.33	45.0%
Glen Watts	W70	8.23	56.9%
Birgit Steltner	W55	7.81	45.0%
Linda Beach	W50	7.22	38.0%
Justine Whitaker	W65	6.96	42.2%
Diane Underwood	W65	6.79	41.2%
Alison Duncan	W65	6.73	40.8%
Iris Bishop	W75	6.49	52.2%
Gwyn Heseltine	W70	6.25	43.2%
Andrea Cattermole	W30	6.19	30.7%
Barbara Bird	W70	5.50	38.0%

Male - Weight Throw

Richard Davison	M60	16.28	71.7%
Brian Senior	M70	14.40	72.1%
William Newton	M80	10.35	63.0%
David Leech	M80	10.16	61.8%
Glen Church	M65	8.18	39.9%
Alan J Hunter	M70	8.07	40.4%



The NZMA Championships are meant to be the high light of the season ... what many of us aim for. However, when the earthquake on the 22nd February occurred, many Canterbury athlete's lives were thrown into disarray. For some, running or throwing let alone competing, was the last thing on their minds. It was perfectly understandable why several athletes did not make the trip north for the weekend.

However, for Bev & Glen Church, Alison Wright and Diane Underwood a planned two week holiday, incorporating the NZMA Championships, was a welcome change from the stresses in Christchurch.

I had booked to go to NZMA Championships late last year, but for the second year a row I was unable to make the straight due to injury. Given what had happened to Christchurch, racing was the last thing on my mind!

Pauline (my wife) and I flew up on Friday afternoon and over the next two and a half days, we went down to the track to watch selected events. To be honest I was not really 'there', as most of the time I was thinking about Christchurch, my family and friends and how they were coping. It was good to talk with athletes from other centres, who were asking how we were coping.

There were some competitive events, but for the most part, the fields were small which was rather disappointing to see. The cold and wet weather on the Sunday did not make for an enjoyable experience ... for anyone.

Getting to Hastings proven to be a challenge for some. Malcolm Cornelius, Malcolm & Margaret Fraser were forced to drive from Wellington due to strong winds at Wellington airport. Anthony Rogal flew to Auckland and drove from there. Both experiences would not have helped their performances.

With the changes to the Age Factors, the following CMA throwers have created CMA and possibly other records in the Weight Pentathlon.

Diane Underwood (W65)	2013points	CMA record
Iris Bishop (W70)	2833points	CMA Record
Rick Davison (M60)	3347points	Note 2
Glen Church (M65)	1922points	CMA Record
Brian Senior (M70)	3741points	CMA Record Note 1

Note 1. Possibly NZMA Championship Record and/or NZMA Record
 Note 2. Possibly NZMA Championship Record



Iris Bishop waiting for competition.

I have provided here a list of the Canterbury athlete's performance.

60m			
M70	1st	Ron Munro	9.70
100m			
M70	1st	Malcolm Fraser	14.84
M70	3rd	Ron Munro	15.04
M70	4th	Bruce McPhail	15.35
200m			
M70	2nd	Ron Munro	32.77
M70	3rd	Malcolm Fraser	33.21
M70	4th	Bruce McPhail	35.34
400m			
W65	2nd	Margaret Fraser	1:46.70
M40	3rd	Malcolm Cornelius	59.93
M50	1st	Anthony Rogal	58.73
M65	3rd	Michael Bond	75.18
M70	1st	Malcolm Fraser	70.62
800m			
W40	1st	Julieana Findlay	2:23.22
W65	1st	Margaret Fraser	4:08.50
M40	2nd	Malcolm Cornelius	2:14.71
M50	3rd	Anthony Rogal	2:15.72
1500m			
W40	1st	Julieana Findlay	4:57.93
M65	3rd	Michael Bond	5:54.43
M70	2nd	John Waite	8:06.53
5000m			
M65	3rd	Michael Bond	21:26.84
M70	2nd	John Waite	29:18.28
10000m			
M70	2nd	John Waite	1:01:45.70
100m Hurdles			
M50	2nd	Anthony Rogal	19.27
400 Hurdles			
M50	1st	Anthony Rogal	77.3
2000m Steeplechase			
M65	2nd	Michael Bond	9:17.04
Long Jump			
M70	1st	Ron Munro	3.04m
High Jump			
M70	1st	Brian Senior	1.05m
Shot Put			
W60	3rd	Bev Church	7.19m
W60	5th	Alison Wright	5.43m
W65	2nd	Diane Underwood	5.26m
W70	1st	Barbara Bird	6.53m
W75	2nd	Iris Bishop	5.56m
M50	2nd	Keith Barrow	11.91m
M60	3rd	Rick Davison	9.87m
M65	3rd	Glen Church	6.86m
M70	1st	Brian Senior	10.25m

Discus Throw

W60	2nd	Bev Church	19.01m
W60	4th	Alison Wright	14.00m
W65	2nd	Diane Underwood	11.79m
W70	3rd	Barbara Bird	14.33m
W75	2nd	Iris Bishop	13.29m
M60	1st	Rick Davison	39.03m
M65	4th	Glen Church	19.91m
M70	1st	Brian Senior	29.10m

Javelin

W60	1st	Bev Church	20.88m
W60	3rd	Alison Wright	10.39m
W65	2nd	Diane Underwood	13.05m
W70	1st	Barbara Bird	18.94m
W75	1st	Iris Bishop	14.47m
M50	1st	Keith Barrow	35.11m
M60	1st	Rick Davison	32.71m
M65	2nd	Glen Church	18.93m
M70	1st	Brian Senior	26.75m

Hammer Throw

W60	1st	Bev Church	26.25m
W60	4th	Alison Wright	18.19m
W65	2nd	Diane Underwood	14.25m
W70	3rd	Barbara Bird	18.55m
W75	2nd	Iris Bishop	18.06m
M60	1st	Rick Davison	43.56m
M65	2nd	Glen Church	22.61m

Weight Throw

W60	1st	Bev Church	9.85m
W60	3rd	Alison Wright	7.90m
W65	2nd	Diane Underwood	7.09m
M60	1st	Rick Davison	15.55m
M70	1st	Brian Senior	14.35m

Weight Pentathlon

W60	1st	Bev Church	2806 pts
W60	3rd	Alison Wright	1942 pts
W65	2nd	Diane Underwood	2013 pts
W70	1st	Barbara Bird	2916 pts
W75	3rd	Iris Bishop	2833 pts
M60	1st	Rick Davison	3347 pts
M70	1st	Brian Senior	3741 pts



Malcolm Cornelius running in the 1500m



Malcolm Fraser before his 400m. He narrowly missed the NZMA Championship record.



Anthony Rogal wins the 400m



Ric Davison puts the shot.



Julieanna Findley battle the head wind in the 800m.

Seven of us trekked over the hill to Lake Brunner for a chance to escape the Earthquakes and to have a last fling at the Track events for the year.

We stayed at Bev and Glen Church's house at Lake Brunner and proceeded to de-stress in our own way.

The ladies potted in the garden and the gentlemen relaxed on the couches.

A quick start on Saturday saw us leave at 8:00 a.m. so we could find the park and be warmed up for Lois Anderson and Birgit Steltner to run 100m at 9.30 am. A small band were diligently marking out circles and mustering young people as all ages who were involved in the meeting. Several races were held and Birgit and I had The 1996 West Coast Sportsman of the Year in our race. Robbie was adamant that he was first across the line.

A keen gathering was at the throwing circle for each of the throwing disciplines. Ric Davison was throwing well after a good showing at the Nationals in Hastings. Bev and sister Diane Underwood enjoyed catching up with resident Alison Duncan and they shared the turns in the circle with the men.

No one put the implements on the railway line this time, but Rick was hampered by a low hanging branch

with cones on it and it caught his hammer 3 times, hindering his performance. Many of the bigger throwers landed their implement in soft ground and it took a mighty haul to get it out. In the discus throw Ric broke Jack King's (1987) long standing record of 40.80m, with a PB throw of 41.26m. Ric is training hard, in between long work days, aiming to compete at the Australian Championships at Easter and then on to Sacramento in July. Keith Barrow throw well in the shot put, narrowly missing by 1cm to break his own CMA record.

Ann Davison was very helpful as recorder in most throws and John, a local man, told me he had been an official for 50 years. Glen Church challenged Allen Anderson to have a go at throwing again and the two had a good contest.

The meeting was well organised and in the lunchtime break we had a BBQ, before beginning the afternoons competitions. At the end of the day the President thanked us all for attending and welcomed competitors to the Coast again.

A full list of results can be found on our NEW Canterbury Athletics website.

www.canterburymastersathletics.org.nz

Final CMA Meeting - Hansen Park Friday 25th March 2011

Andrew Stark

In rather cool conditions, a small group of hardie souls gathered at the Port Hills Club rooms at Hansen Park. I'm sure a few came with good intentions to compete in something, but it soon became apparent that the majority were there for just 'social' gathering and having parked themselves in a chair, they were not about to move.

Having procrastinated long enough, Loris Reed Maurice Gough and Les Wood decide to run / walk an 800m. Not content with that, Les kept going on for a

few more laps. I'm not sure how many he did, because I headed off inside for a 'cuppa'.

Louise Scott and Bruce McPhail did some 'serious' training in the form of 60m 'wind sprints' in readiness for the Australian championships being in Brisbane over the Easter weekend. Good luck to you both.

After the president said a few words, we all enjoyed a shared early 'supper' and chat about the past few weeks events, before heading home.

Link Relays - Halswell Quarry Saturday 26th March 2011

Andrew Stark

With the chaos and disruption caused by the February 22nd earthquake to the city centre and Hagley park, the Link Relay was moved to the Halswell Quarry.

The weather was extremely hot, with nor west winds, which made it 'hard' running for some, but overall it was a successful event.

A children's relay of 3x 2km was introduced, plus we had an open relay of 4x 4km run and 3x 4km walk. Teams could be mixed gender and non-registered runners were able to compete.

Over 200 runners / walkers took part. The challenge was to estimate the combined running / walking time of their team and winners would be the team whose actual time was closest to their estimated time.

In the childrens' race, the first three winning team's estimated and actual times were only 2 seconds and 3

seconds apart!! In the Open race, the winning team's margin was again very well judged at only 3 seconds.

Thank you to those who helped set up the course and who were officials.

A full list of results can be found on our NEW Canterbury Athletics website.

www.canterburymastersathletics.org.nz



CMA Massage Stick Promotion



When Tony McManus told me about the massage stick I thought, "What's he on about?". However, I was interested, as I have been suffering from an upper hamstring problem for ten months, which prevented me from sprinting at speed.

I found the New Zealand supplier's website (www.thestick.co.nz), read all the background information about how and why they work and then ordered the more flexible **Marathon Stick** to 'give it a go'. Within a few days of using the stick, I noticed a change in how my muscles were feeling and the 'tight' area in my upper hamstring had disappeared!!!

I ordered a **Sprinter Stick**, which is less flexible, so I could compare the two.

I was so impressed by how easy it was to use them, that I contacted the supplier to see if he would consider allowing Canterbury Masters Athletics to purchase the product at a reduced rate, as I know we would all benefit from using one.

I'm not suggesting it will cure everything, but if used regularly as part of your training regime along with regular stretching exercises etc., I am sure many of the benefits outlined in their website will occur.

I have samples of both massage sticks that you can try, which I will bring to QEII or various other races. Once you try it for a few days, I am sure you will not be disappointed.

Andrew Stark (CMA President)

Below is information & prices from www.thestick.co.nz website. I suggest you look at the website for more information.

\$62.50 + \$7.50 courier

**SG-2000
Marathon Stick**



- Popularized by world class distance runners
- Most flexible of small models
- 10 spindles • 20" • 10 oz.

Marathon Stick – a flexible Stick for those with less muscle mass, who are older, more tender, or just prefer a lighter pressure (ideal for post exercise recovery). The Marathon is a short stick particularly good for use on the limbs (legs, arms, neck). A great tool for runners, walkers, cyclists and tri-athletes.

**CMA Price
\$60.00
each
+
\$2.50 courier
(if required)**

\$67.50 + \$7.50 courier

- Designed for well-developed legs
- Most rigid of short models
- 19" long • 9 spindles • 11 oz.

**G-1900
Sprinter Stick**



Sprinter Stick – a firm Stick to provide deeper pressure and are most appropriate for more muscular physiques, larger individuals, or those who especially enjoy deep pressure. The Sprinter is also a short stick especially suitable for use on the limbs. Cyclist's calf muscles particularly enjoy massage from the Sprinter.

If you are a member of **CMA**, my contact details are in Cant-A-Long. For all other athletes who are interested in **purchasing** a massage stick, contact Andrew Stark on ...

cmams2011-promo@yahooextra.co.nz

I will provide you with your payment & delivery options ASAP once I receive (see) your e-mail.

Note: The promotion of these two models of the Massage Stick is a fund-raiser for CMA, whereby a small percentage of the purchase price is retained by CMA to assist us in the running of our organization. CMA acknowledges the supplier of the Massage Stick for his support of CMA.

Canterbury Masters Athletics 2010 / 2011 Record Breakers

On the next three pages, all of the athletes who broke various records as at **January 15th 2011** have been listed. If you are on this list, please check it carefully to ensure the times or distances are correct and that all of your record performances are included.

If you have any inquiries, please contact Bryan Kerr or Andrew Stark.

In the table, there is an Age % figure that gives you an idea of how your performance compares against different events and different competitors.

Note 1 At the Trans Tasman Throws Pentathlon Challenge (**1 August 2010**), the new 'Age Factors' introduced in 01 May 2010 were meant to be used, as a 'new' event has been created. The official results do not reflect this change, however new CMA Best Performance for these new events have been created using the new age factors.

Note 2 New record as the implement specifications were changed on 01 May 2010.

Note 3 New record for this age group has been created as there was no previous record.

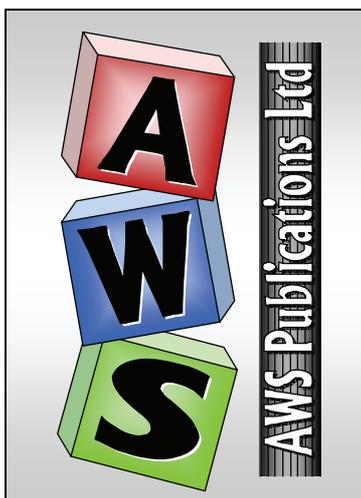
Note 4 New record as the age factors were changed 01 May 2010.

Note 5 Possibly new NZMA and / or NZMA Championship records, new age factors.

	Venue	Event	Time or distance	Age %	Record / BP
Maurice Cook	DOB	15-Feb-1926		Age = 85	
20 February 2010	QEII	60m	15.01	63.96%	CMA record
20 February 2010	QEII	100m	26.52	58.45%	CMA record
Dave Leech (M80)	DOB	9-Mar-1927		Age = 83	
01 August 2010	QEII	Throws Pentathlon	2572 pts	-	CMA BP (Note 1)
04 December 2010	Invercargill	Throws Pentathlon	2404 pts	-	SIMC (Note 4)
Ian Brownie (M80)	DOB	12-Mar-1929		Age = 80 / 81	
18 December 2010	QEII	2000m Steeplechase	15:59.22	-	CMA record
Stan Gawler (M80)	DOB	8-Aug-1929		Age = 81	
20 November 2010	Tai Tapu	Half Marathon	2:04.15	78.62%	CMA & NZMA record
5 February 2011	QEII	3000m	15:54.94	76.99%	CMA
Bill Newton (M75/80)	DOB	10-Nov-1930		Age = 79 / 80	
01 August 2010	QEII	Throws Pentathlon	2242 pts	-	CMA BP (Note 1)
12 December 2010	QEII	Throws Pentathlon	3200 pts	-	CMA record
12 December 2010	QEII	Shot Put	9.10m	70.12%	CMA record
06 February 2011	QEII	Throws Pentathlon	3256 pts		CMA record
Ron Stevens	DOB	11-Nov-1932		76	
06 September 2009	Dunedin	10km	44:06.0	91.05%	CMA Best Performance
Ron Munro (M70)	DOB	18-Oct-1938		Age = 72	
04 December 2010	Invercargill	100m	15.04		SIMC record
Brian Senior (M70)	DOB	9-Apr-1940		Age = 70	
04 December 2010	Invercargill	Pole Vault	1.75m	50.69%	equals SIMC record
04 December 2010	QEII	Throws Pentathlon	3293 pts	-	SIMC & CMA record (Note 4)
12 December 2010	QEII	Throws Pentathlon	3432 pts	-	CMA record
07 March 2011	Hastings	Throws Pentathlon	3741 pts	-	CMA record
Glen Church (M65)	DOB	16-Nov-1945		Age = 65	
06 February 2011	QEII	Throws Pentathlon	1736 pts	-	CMA BP (Note 1)
07 March 2011	Hastings	Throw Pentathlon	1922 pts	-	CMA record
Greg Harney (M60)	DOB	17-Sept-1949		Age = 61	
20 February 2011	QEII	100 Hurdles	25.17	57.40%	CMA record
Rick Davison (M60)	DOB	27-Aug-1949		Age = 61	
04 December 2010	Invercargill	Hammer Throw	45.90m	76.12%	SIMC record
04 December 2010	Invercargill	Throws Pentathlon	3341 pts	-	SIMC & CMA record (Note 4)
12 December 2010	QEII	Throws Pentathlon	3404 pts	-	CMA record
06 February 2011	QEII	Throws Pentathlon	3421 pts	-	CMA record
07 March 2011	Hastings	Throws Pentathlon	3347 pts	-	NZMA Championship record (N4)

	Venue	Event	Time or distance	Age %	Record
Jeff Barnfield (M55)	DOB	31-May-1954		Age = 56	
09 January 2011	QEII	60m	8.1 (HT)	92.94%	CMA record
20 February 2010	QEII	60m	8.46	88.99	CMA record
Keith Barrow	DOB	8-Dec-1960		Age = 50	
09 February 2011	QEII	Shot Put	11.58m	57.44%	CMA record
20 February 2011	QEII	Shot Put	12.05m	59.77	CMA record
John Gamblin (M50)	DOB	8-Mar-1959		Age = 51	
20 November 2010	Tai Tapu	Half Marathon	1:22.01	82.34%	CMA Best Performance
Stephen McKee (M50)	DOB	29-Dec-1959		Age = 51	
12 December 2010	QEII	Throws Pentathlon	2166 pts	-	CMA record
Richard Bennett (M45)	DOB	6-Dec-1964		Age = 45	
21 August 2010	Spencer Park	10km	31:35	93.43%	CMA Best Performance
Iris Bishop (W75)	DOB	8-Feb-1935		Age = 75	
01 August 2010	QEII	Hammer Throw	16.84m	49.79%	CMA BP (Note 1)
01 August 2010	QEII	Throws Pentathlon	2164 pts	-	CMA BP (Note 4)
20 October 2010	New Brighton	Shot Put	5.66m	61.2%	CMA Best Performance
20 October 2010	New Brighton	Weight Throw	6.71m	53.94%	CMA Best Performance
21 November 2010	New Brighton	Discus Throw	13.72m	42.34%	CMA Best Performance
04 December 2010	Invercargill	Shot Put	5.80m	62.71%	SIMC & CMA record (Note 2)
04 December 2010	Invercargill	Discus Throw	13.94m	43.02%	SIMC& CMA record (Note 2)
04 December 2010	Invercargill	Hammer Throw	18.56m	54.87%	SIMC& CMA record (Note 2)
04 December 2010	Invercargill	Javelin Throw	10.95m	38.62%	SIMC record (Note 2)
04 December 2010	Invercargill	Weight Throw	6.42m	51.61	SIMC record (Note 2)
04 December 2010	Invercargill	Throws Pentathlon	2432 pts	-	SIMC & CMA record (Note 4)
07 March 2010	Hastings	Throws Pentathlon	2833 pts	-	CMA record (Note 4)
Carol Thompson (W70)	DOB	23-Sep-1939		Age = 70	
21 August 2010	Spencer Park	5km	29:38	75.13%	CMA Best Performance
04 December 2010	Invercargill	3000m	17:24.67	75.56%	SIMC record
20 February 2011	QEII	300m	80.00	76.24%	CMA record
Barbara Bird (W70)	DOB	20-Dec-1939		Age = 70	
04 December 2010	Invercargill	Javelin Throw	18.09m	55.09%	SIMC record
Glen Watts (W70)	DOB	15-May-1940		Age = 70	
04 December 2010	Invercargill	Shot Put	7.07m	66.32%	SIMC record
04 December 2010	Invercargill	Discus Throw	19.61m	52.04%	SIMC record
04 December 2010	Invercargill	Hammer Throw	24.33m	61.8%	SIMC record
04 December 2010	Invercargill	Pentathlon	1548 pts	-	SIMC & CMA
20 February 2011	QEII	Hammer Throw	25.80m	65.53%	CMA record
Ann Henderson (W70)	DOB	24-Sept-1940		Age = 69 / 70	
06 September 2009	Dunedin	10km Walk	1:15.49	77.47%	CMA Best Performance
04 December 2010	Invercargill	3000m T Walk	22:03.07	72.78%	SIMC & CMA record
04 December 2010	Invercargill	5000m T Walk	38:14.81	72.6%	SIMC & CMA record (Note 3)
Diane Underwood (W65)	DOB	17-Aug-1944		Age = 65	
01 August 2010	QEII	Throws Pentathlon	1944 pts	-	CMA BP (Note 1)
12 December 2010	QEII	Throws Pentathlon	1980 pts	-	CMA record (Note 4)
06 February 2011	QEII	Throws Pentathlon	1982 pts	-	CMA record (Note 4)
07 March 2011	Hastings	Throws Pentathlon	2013 pts	-	CMA record (Note 4)
Lois Anderson (W60)	DOB	23-Jul-1946		Age = 64	
01 August 2010	QEII	Throws Pentathlon	2211 pts	-	CMA BP (Note 1)
04 December 2010	Invercargill	200m	35.4	83.13%	SIMC record
04 December 2010	Invercargill	Pentathlon	2091 pts	-	SIMC & CMA record (Note 4)

	Venue	Event	Time or distance	Age %	Record
Loris Reed (W60)	DOB	26-Apr-1947		Age = 63	
04 December 2010	Invercargill	800m	2:56.52	87.62%	SIMC record
04 December 2010	Invercargill	1500m	5:47.10	95.47%	SIMC record
04 December 2010	Invercargill	5000m	21:42.55	92.33%	SIMC record
04 December 2010	Invercargill	2000m S/chase	9:15.07	-	SIMC record (Note 3)
20 February 2010	QEII	Pentathlon	2613 pts	-	CMA (Notes 1 & 5)
Bev Church (W60)	DOB	2-Sept-1948		Age = 62	
12 December 2010	QEII	Throws Pentathlon	2672 pts	-	CMA BP (Note 1)
06 February 2011	QEII	Throws Pentathlon	2903 pts	-	CMA record (note 1)
Sue Jones (W55)	DOB	4-Apr-1954		Age = 56	
20 November 2010	Tai Tapu	Half Marathon	1:39.33	80.9%	CMA Best Performance
Birgit Steltner W55)	DOB	30-Aug-1954		Age = 56	
01 August 2010	QEII	Throws Pentathlon	1819 pts	-	CMA BP (Note 1)
04 December 2010	Invercargill	Pentathlon	2028 pts	-	SIMC & CMA record (Note 4)
19 December 2010	QEII	Penathlon	2047pts	-	CMA record
06 February 2011	QEII	Throws Pentathlon	2022 pts	-	CMA record (Note 1)
20 February 2011	QEII	60m	10.65	79.80%	CMA record
Lyn Osmer's (W45)	DOB	12-Jun-1960		Age = 50	
18 December 2010	QEII	Javelin Throw	33.26m	62.38%	CMA & NZMA record
09 January 2011	QEII	60m	9.4secs HT	85.16%	CMA record
12 February 2011	QEII	High Jump	1.41m	83.94%	CMA record
Louise Scott (W40)	DOB	4-Jan-1966		Age = 45	
09 January 2011	QEII	60m	8.6secs HT	88.26%	CMA record
09 January 2011	QEII	300m	45.6secs HT	82.8%	CMA record
09 February 2011	QEII	400m	64.9 HT	85.26%	CMA record
20 February 2011	QEII	60m	8.83	85.95%	CMA record
20 February 2011	QEII	400m	64.30	86.06%	CMA record
Fiona Gilroy (W40)	DOB	8-Feb-1969		Age = 41	
20 November 2010	Tai Tapu	Half Marathon	1:29.25	76.56%	CMA Best Performance
21 August 2010	Spencer Park	5km	19:09	80.36%	CMA Best Performance
Tracy Crossley	DOB	11-Apr-1972		Age = 37	
06 September 2009	Dunedin	5km	17:47	78.62	CMA Best Performance
Andrea Cattermole (W30)	DOB	23-Jan-1978		Age = 32	
04 December 2010	Invercargill	Weight Throw	6.82m	34.96%	SIMC record (Note 3)
04 December 2010	Invercargill	Throws Pentathlon	1428 pts	-	SIMC & CMA record (Note 4)
Nicole Jennings (W30)	DOB	15-Jan-1980		Age = 31	
06 February 2011	QEII	Throws Pentathlon	1792 pts	-	CMA BP (Note 1)



**From computer to printer
a complete desktop publishing / printing service**

If you need help to design and print ...

- **race info flyers & club newsletters,**
- **programme booklets & race numbers,**
- **business cards**

**.... then give Andrew Stark a call on 03 338 0516
or e-mail aws.resources@xtra.co.nz**



Two weeks after the February earthquake, Andrew Reese, John McBrearty and Warren Hastings went down to QEII to remove the railings around both tracks. This is what John wrote via e-mail to members of the Track & Field Sub-committee, on which I am a member.....

The road from Bower Avenue around to the car park at the north end has been affected by liquefaction and is now reasonably torn up and in parts like a shingle road.

Entry to the main stadium was through the No 2 ground and the IPC warm up track is now all humps, holes and hollows and would make a good BMX bike track. There is liquefaction over much of the track and while there was quite a bit of liquefaction on the grass, it is not as bad as the grass on the in field in the main stadium. The two floodlight poles on the front straight of the No 2 ground both have a good lean on them.

The main stadium track and in field - what a mess! The track is broken up in parts, there are the same humps, holes and hollows and there is a mass of liquefaction. There is a very deep hole in the long jump pit closest to the track at the south end. On the in field, it appears a spring has come out of the ground and there is water lying in places and also going into drains.

From a distance the main grandstand looks okay, but when you get up close there are serious fractures in the concrete particularly around the steps leading up to the glasshouse.

Unfortunately the open grandstand at the north end is

in bad shape and no one is allowed to go near it - you can see parts of it are just hanging together. What the future holds for our equipment underneath is unknown at this stage and is something we will need to follow up.

There is some good news - I had a key to the IPC container so we opened it and it appears that only one item had fallen over, so we do have some gear but no track!

It was quite sad to see our 'home' since 1973 in such bad shape.

Where to from here? I'm really not sure!!

