



Cant-A-Long

April 2019

Track meet last weekend - Saturday 9th February 2019

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A note from the editor ... Andrew Stark

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

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

At a request from one of our younger members, in the next issue or as an article on our website, I would like to profile some of our 'older' members. We see you compete, but have no idea about who you really are and what you did as a young person ... so if you are asked about your 'story', or would like one done, please let me know.

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

William Hobbs

Patricia Leech

Glen Watts



Most action photos in this issue have been taken either by Malcolm Taylor (SI Championships) or Sharon Wary (NZMA Championships).

Notice of CMA AGM - Wednesday 21 August 2019 @ 7:30 p.m.

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

Any Remits or Notices of Motion are to be in the hands of
The Secretary
Canterbury Masters Athletics Inc

e-mail: hawrut@gmail.com

by Wednesday 7 August 2019.

Nominations for the following positions are also called for:

Elected Positions:

President
Vice President
Secretary
Treasurer
Committee members (6)

Other Elected Positions:

Patron
Honorary Solicitor

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

Athletics Canterbury Track and Field Committee

Anne Davison
(Secretary)

Agenda of CMA AGM

Canterbury Masters Athletics Inc ANNUAL GENERAL MEETING PORT HILLS ATHLETIC CLUBROOMS Wednesday 21 August 2019 @ 7.30 p.m.

- Quorum Check (15 Financial Members)
- Apologies
- Approval of Minutes of Annual General Meeting held 22 August 2018
- Consideration and Approval of Annual Report
- Consideration and Approval of Annual Financial Statements
- Consideration and Approval of Annual Subscription for 2019 / 2020 season
- Election of Officers for 2019 / 2020
 - President
 - Vice President
 - Secretary
 - Treasurer
 - Committee (not to exceed six)
- Election of other Elected Positions
 - Patron
 - Honorary Auditor
 - Honorary Solicitor
- Nomination(s) for Life Membership
- Remits
- General Business

Introduction:

Finally, the day before the Opening Day of the 2018—2019 season, the new facility at Nga Puna Sports Hub was handed over to Athletics Canterbury.

It had been a stressful and challenging time to get the venue 'fit for purpose', but we made it! Just over 250 athletes attended opening day and of these, there were about 20 masters present. Ranging in age from our newest and youngest member aged 30 (Fiona Morrison, up to oldest member aged 85 (Max Wood).

As is the trend in all areas of athletics, competitors come and go and while the overall number of masters competing at interclub is up, there were numerous regular members who did not compete for a variety of reasons., either they have stopped competing as 'life' gets in the way and priorities change or injuries prevent them from doing so.

It is worth noting the masters within Canterbury have made a significant financial contribution toward Nga Puna Wai. Not only did Canterbury Masters donate \$30,000, the 4th World Veteran Games Town donated \$25,000, plus two other major contribution of \$25,000 & \$10,000. No other group donated as much and I believe it was a worthwhile use of our funds.

Just prior to the start of our season, a few CMA members headed off to the World Masters Track & Field Championships during September 2018 in Malaga, Spain. It was a challenging experienced as competition was spread across the city at three venues. Well done to Malcolm Cornelius, Rodger Ward and Justine Whitaker who managed to compete in all of their event. Nick Bolton was not so lucky as injury got in the way of their performances.

This season we had two events of significance.

South Island Track & Field Championships:

For the first time in several years, the event was held at Surrey Park, Invercargill. For Dwight Grieve, the Southland Masters President, this was the first time he had organised such as event. Given he lives in Te Anau, that was a challenge, but he called upon experienced members from within Southland Masters and involved the Southland Centre as well, and this ensured it was a well run event.

However, what he could not control was the weather. On both Friday night and Sunday, it was very cold, wet & windy, making conditions very unpleasant for both competitors and officials. Saturday was fine, but still cold with a strong southerly wind blowing all day.

At the SI AGM it was decided to rotate the event between the four South Island Masters Centres, with each Centre hosting the event for two years in a row. This means we will be back in Invercargill later this

year, before working our way up the island in this order, Otago (2020 & 2021), Canterbury (2022 & 2023), then Tasman (2024 & 2025).

It was also decided at the AGM that there was no longer a need for a separate SI Masters committee, as the organisation of this event now involves NZMA using online entries and offering assistance in other ways. There is no such committee in the North Island.

Due to the weather, there were very few records broken, but the results for the event can be found in this publication.

NZMA Track & Field Championships:

Due to constant delays and the uncertainty of whether the Nga Puna Wai venue would be completed in time, plus the fact that the Athletics New Zealand Championships were being held in Christchurch (March 2019 & 2020), it was decided to move this event to Timaru.

This would take pressure off the local Athletics Canterbury officials, plus we were able to call upon the Mid South Canterbury Sub-Centre Committee to form a joint LOC for the event.

This proved to be a successful move as both the Sub-Centre and Canterbury Masters were able to secure independent funding (Aoraki Trust & NZCT) that paid for all major expenditure, including track hire, medical support during the event, programme booklets & race numbers, accommodation for key officials and medal ribbons.

We were also able to secure sponsorship in the form of products from Alpine Energy (pens & caps) and Spark (gear bags, drink bottles & note books). The later organised by Jonny Baird.

Due to the success of the event, we were also able to purchase a new computer for the Sub-Centre (\$1000) and provide key officials with an 'out of pocket' donation, in appreciation for their help running events.

While numbers were down on last year (193 compared to 225), this reflects the challenge of getting from most North Island cities to Timaru.

This year, the NZMA Board agreed to create a new generic medal, having redesigned the NZMA logo to reflect the correct name. NZMA purchased the medals, with the hosting Centre only responsible for the cost of the ribbons. Ribbons are produced in Centre colours (in our case red & black), with the event, venue and year screen printed on the ribbon.

This year, I introduced setting up teams of field event officials to follow a group from event to event, plus going out to each field event to present the medal as soon as the event was completed. Both procedures

were well received by all, therefore I will recommend that to other Centres. I also created slightly smaller race numbers, which were also a hit and perhaps a way for the future.

The weather during the weekend was fantastic, which always helps. The only annoying issue was that I did not bring down enough gold medals!!!

Canterbury was represented by forty-nine athletes who won a total of 142 medals (68 gold, 53 silver, 21 bronze), the most by any Centre.

Next year the event is to be held in Hastings and I understand it will be held on Friday 28th February—1st March 2020.

NZMA Board Up-date:

At the NZMA AGM, I was re-elected for a fifth year as President. This is a role I take seriously. The Board have worked hard to improve how NZMA operates. The Board now takes a more active role in assisting Centres, particularly in the year that they host one of our three major championships, such as creating a generic programme for our events and now new generic medal. The new look NZMA website has more to offer Centres / members and work will continue to improve this. If you have any suggestions as to how it can be improved, please let me know.

At the NZMA AGM, we talked about the concept of changing the way we elect the Board. Instead of having nominated people for the positions of President, Vice-President, Secretary & Treasurer, we would elect up to eight people to form the Board.

The newly elected Board would decide who does what role, with the option to change roles during the term of the Board. The Board sees this as a way for creating succession planning going forward. They would also introduce the option of being able to co-op people with particular skills, should there be a vacancy on the Board.

Those present at the AGM agreed thought that this election method is worth considering, therefore the current Board will look at the constitutional changes required, with the view of presenting this at the next AGM in 2020. Any changes would take effect from 2021.

Our next challenge is to work toward creating clear job descriptions as part of succession planning. Once this has been achieved, it might be time for me to step aside. I am fortunate that all members of the current Board are easy to get on with and we can have honest discussions about anything, without anyone getting upset.

Athletics Canterbury & Nga Puna Wai Sports Hub:

This season I continued as the Chairman of the Track & Field Committee and President of Athletics Canterbury.

In August 2018 Athletics Canterbury employed a General Manager, Ian Thomas. It is my job to oversee the work he does. He has taken over much of the work I was doing regarding Nga Puna Wai and dealing with the CCC as Nga Puna Wai is being established. He also manages the venue on behalf of CCC, dealing the school bookings and working to promoting the venue.

On reflection, the role that we thought Ian would be doing was not what Athletics Canterbury expected. It has involved more of the day to day running of Nga Puna Wai, as all sports groups involved work out just how best to use the facility, plus all the CCC health & safety requirements have been very time consuming.

There has also been considerable pressure from High Performance Sport to make the venue available for this group, prior to it being available to the Athletics Canterbury who have waited patiently for seven years. There are plans for \$600k building to be erected onsite, that would also be available to local athletes.

Athletics Canterbury's contribution to the project has always been directed towards supplying equipment and making it available to schools. To that end, they have spent close to \$300k on new equipment, plus a further commitment of \$90k towards the second track area. As mentioned before, CMA has played their part via 'your' contributions.

Athletics Canterbury are always looking for new officials. Several CMA members already help out at interclub. It is a good way to give something back to the sport, so why not consider becoming involved. Have a talk to Anne Davison or Lois Anderson if you would like to know more.

CMA 2018 / 2019 Membership Details:

The previous membership figures are as follows: 160 (2010), 131 (2011), 110 (2012), 97 (2013), 82 (2014), 70 (2014/2015), 90 (2015/2016). All of these figures include members of clubs & NZMA.

Since the MoU in 2016, we have two separate groups. CMA members who only join NZMA have been as follows: 32 (2016/2017), 13 (2017/2018) & 22 (2018/2019).

However, during the past season we had 75 masters competing in events, up on the 55 from last season. There were also a further 17 from the previous season who did not compete this season. What this indicates is that more masters are competing.

The success of the MoU relies on all of us encouraging ANZ masters to attend our events and working together as one group. Please do that.

CMA Track & Field Meetings:

Athletics Canterbury continues to allow our non-club registered CMA members to compete during Saturday Interclub competitions. In field events, all ages

competed as one group, young and old together. The same occurred in the longer track races, but for the sprints events we ran our own races or members selected a race that better suited their needs.

This year we did not hold our three Wednesday CMA meetings. However, this situation could change.

CMA 2018 - 2019 Championship Review:

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

The major CMA Championship events were held over two Saturdays in February (9th and 16th) at Nga Puna Wai. The track event are easy to manage, but this year we self managed several of the field events. This was well organised by Anne Davison.

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

The CMA Throws Pentathlon Championship event was held on Sunday 3rd February at Nga Puna Wai and hopefully this will be the case from now on.

Part way through the season Helena Dinnissen organised some massage vouchers with Muscle People Physiotherapy. Vouchers were presented to the masters Athlete of the Week at interclub. This year, Fiona Morrison, Max Wood, Justine Whitaker, Nick Bolton and Malcolm Cornelius received an award.

Full results of all season's events are contained within Cant-A-Long.

Nga Puna Wai Relay (Pete Watts Memorial):

At the request of the Cross-country and Road Committee of Athletics Canterbury, this event was held on Sunday 31st March at 9:30 a.m., to avoid clashing with the City to Surf. We moved the event to Nga Puna Wai as a way of promoting the venue. We had a similar number of teams as previous years, but with more promotion, I am sure we can increase participation numbers. Thank you to Glen Watts & Kevin Knight who helped organised team entries on the day.

CMA Records:

A full list of records for the 2018 / 2019 season is in this issue. Please check the records to see if any have been missed.

Finances:

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

With acquiring the NZMA grant to cover the NZMA Championship expenses and no other major expenses throughout the season, I am expecting CMA to make a

a profit of just over \$4000.

Annual NZMA Awards Dinner:

The Awards dinner was held on the Saturday night during the NZMA Championships in Timaru. Only one CMA athlete won an award in 2018 calendar year.

Glen Watts was the NZMA female Thrower Athlete of the year. Well done Glen

CMA Committee:

Thank you to Anne Davison (secretary) and Anna McNab (treasurer), plus Beverley Church, Nick Bolton and Jonny Baird, your committee. Last year Anna produced 'easy to read' accounts, which I expect again this year. We have not seen Anna much all season, due to her having her second baby, as life is busy.

Jonny has been looking after the CMA records this season and collated the lists of CMA member's seasonal performances to appear in Cant-A-Long. This certainly has made my job easier.

I have indicated that it might be time for someone with fresh ideas and more energy to take over the helm of CMA. I am pretty busy and committed to making sure Nga Puna Wai is completed and successful going forward. There are still job's to complete re: NZMA, plus I am on the Oceania Masters Council. So, if there is there anyone out there who will take over the helm, let me know?

The current committee is a good blend of people and I am happy to work with them again next season (if required), assuming they are available. I welcome anyone else who would like to be involved, so please come forward.

Our challenge is to promote what we have to offer so we can attract more members. Having Nga Puna Wai will help us do that. Together with help from Ian Thomas, we have a fantastic opportunity to promote ourselves and run some 'masters' only events mid-week at Nga Puna Wai. There are six retirement villages in the area.

The Oceania Masters Track & Field Championships are occurring later this season. I hope to compete myself, so good luck to those with the same goal.

We are an aging population and few of our members are not longer with us. This year we lost one of our Life Members, Bill Hobbs.

To those who have lost someone special, I hope being part of the CMA 'family' helps with your loss.

Finally, thank you for all the support I receive from you all personally. It is a pleasure to be your President.

Canterbury Masters Athletics Annual Awards 2018 - 2019 Season



McIntosh Trophy

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

Lois Anderson

Performances:
60m (11.18) 89.88%
100m (18.79) 82.12%
200m (39.29) 81.39%



Malcolm Fraser - Bruce McPhail Trophy

M40 400m

David Fitch
(60.26)

Maurice Cook & Max Wood Trophy

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

Nick Bolton

Performances:
60m (7.54) 93.10%
100m (12.09) 88.42%
200m (24.39) 89.30%



Philip Ross May Memorial Trophy

No winner

A.H.C. Jubilee Trophy

Women's 1500m

Maggie Chorley (5:13.78)



Kernahan Trophy

M55 800m

Robert Holland
(2:34.11)

Kernahan Trophy

M55 1500m

Robert Holland
(5:20.69)



Walker of the Year Award

Shirley Rolston



Norman & Mary Hawke Trophy

M65+ Hammer
Best Performance using
Age Percentages

Rick Davison

32.98m (67.71%)

Grayburn Trophy

Men's Throws Pentathlon

Rick Davison (3066 pts)



Arthur & Merle Grayburn Trophy

Men's Track Pentathlon

Jonny Baird (1946 pts)

Rona Smith Throws Pentathlon Trophy

Justine Whitaker
(3545 pts)

Best female at Jack King Memorial Throws event (December)



Congratulations to the
2018 - 2019
season winners



Women's Throws Pentathlon Trophy

Glen Watt
(341 pts)

NZMA 2018 Athlete of the Year Winners

NZMA Female Thrower of the Year:

Glen watts, seen here competing at the NZMA Championships in Whangarei was the female thrower of year.

In this photo, some might say this is Glen's best side, but I could not say that!



Clarrie Gordon Trophy

M70+ 10000m (CMA Championships)

No winner

Canterbury Veteran's Trophy

Women's Track Pentathlon

No winner

CMA Member's 2018 - 2019 Results

Oceania Throws Pentathlon Challenge @ Rawhiti Domain: Sunday 30/09/2018

This event is organised annually by NZMA and athletes from all Oceania are invited to participate.

This year there were 38 women and 36 men, slightly up on last year. Justine performed well to be second overall women, with Glen Watts a close fourth.

W70 Lois Anderson (18th overall)					
HT	SP	DT	JT	WT	
15.28	6.73	14.12	13.10	8.85	
477	694	444	429	676	2720

W70 Alison Wright (22nd overall)					
HT	SP	DT	JT	WT	
17.97	6.73	12.49	11.40	8.85	
589	694	381	362	518	2544

W75 Justine Whitaker (2nd overall)					
HT	SP	DT	JT	WT	
25.91	7.08	19.46	14.03	10.84	
910	725	692	514	809	3650

W75 Glen Watts (4th overall)					
HT	SP	DT	JT	WT	
27.00	7.56	17.92	12.99	9.48	
956	784	627	469	691	3527

W75 Julie Roots (29th overall)					
HT	SP	DT	JT	WT	
16.88	6.28	11.27	8.65	6.70	
535	628	356	284	453	2256

M65 Rick Davison (13th overall)					
HT	SP	DT	JT	WT	
30.99	8.29	32.09	26.79	12.02	
601	563	611	469	644	2888

Opening Day Interclub - Nga Puna Wai 20th October 2018

Finally after seven years the new track & field facility at Nga Puna Wai was opened. It was only handed over to Athletics Canterbury the day before the first day of competition. Without the thousands of volunteer hours by a select few, who have working intensely for nearly four years, and days leading up to this first meeting, this would not have been possible.

On opening day we saw just over 250 athletes of all ages compete. Our newest and youngest member, Fiona Morrison (30) and oldest member Max Wood (85) performed well, with Max setting a new NZMA / CMA record the 60m.

60m (wind 2.0, -0.6 & 1.5)

W30	Fiona Morrison	7.85
W50	Louise Martin	8.95
M45	Jonny Baird	8.15
M85	Max Wood	11.56

100m (wind 0.2 & -0.5)

W50	Louise Martin	14.50
M45	Jonny Baird	13.29

145m (wind 2.3 & 2.0)

W50	Louise Martin	21.69
M45	Jonny Baird	19.95

300m

W30	Fiona Morrison	41.53
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600m

M45	Paul Spinks	1:33.61
M65	Rodger Ward	1:57.00

1500m

W65	Loris Reed	6:38.43
M30	Patrick Enright	5:18.97
M50	Guy Dryden	5:42.68
M55	Peter Richards	5:19.61
M55	Robert Holland	5:29.07
M65	Mark Cargin	5:04.52
M65	Rodger Ward	5:48.68
M70	Peter Coughlan	9:11.32

3000m

W40	Jo Ramsay	11:56.43
M50	Malcolm Cornelius	10:13.84
M30	Jason Wilcock	10:53.45
M50	Guy Dryden	11:18.11
M55	Peter Richards	11:14.25
M65	Martin Cockrem	15:22.95



Paul Spinks strides out in the 600m.

Shot Put

W65	Shirley Rolston	5.64m
W65	Bev Church	5.91m
W65	Loris Reed	5.84m
W75	Glen Watts	7.24m
W75	Justine Whitaker	7.05m
W75	Julie Roots	6.68m
W75	Colleen Maloney	5.79m

Discus

W30	Fiona Morrison	27.14m
W65	Shirley Rolston	14.53m
W65	Bev Church	16.08m
W75	Glen Watts	19.10m
W75	Justine Whitaker	17.17m
W75	Colleen Maloney	12.01m
W75	Julie Roots	11.06m

Javelin

	Megan Andrews	14.70m
W65	Shirley Rolston	10.21m
W65	Bev Church	12.02m
W75	Justine Whitaker	13.19m
W75	Colleen Maloney	9.59m



Michael Bond leads Margaret Flanagan and John Mulvaney during the CMA 800m Championships in February 2019.

Interclub @ Nga Puna Wai - 27th October 2018

Another busy day with over 224 athletes competing, including 13 masters.

60m (wind -1.9, -1.9 & 0.2)

W30	Fiona Morrison	7.90
W30	Helena Dinnissen	8.55
W50	Louise Martin	8.98

100m (wind 0.2, -0.7 & 1.1)

W30	Fiona Morrison	12.38
W30	Helena Dinnissen	14.24
W50	Louise Martin	14.73

200m (wind -1.8, -2.7 & 0.7)

W30	Fiona Morrison	25.92
W50	Louise Martin	30.77
M45	Paul Spinks	26.99
M50	Malcolm Cornelius	29.08

400m

M45	Paul Spinks	58.65
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1500m

W40	Jo Ramsay	5:23.47
M50	Guy Dryden	5:22.70
M55	Peter Richards	5:15.11
M60	Rick Harlow	5:38.62
M65	Mark Cargin	5:03.53

3000m

M30	Patrick Enright	11:18.55
M50	Malcolm Cornelius	10:24.76
M55	John Gamblin	11:05.40
M55	Peter Richards	11:15.24
M70	Martin Cockrem	19:16.59

Shot Put

W55	Lyn Osmer	9.04m
W65	Bev Church	5.22m
W75	Justine Whitaker	7.19m
W75	Julie Roots	6.57m
W75	Colleen Maloney	5.16m

Discus

W65	Bev Church	16.14m
W75	Justine Whitaker	17.51m
W75	Colleen Maloney	11.07m
M45	Jonny Baird	18.75m

Hammer Throw

W65	Bev Church	17.63m
W75	Justine Whitaker	24.73m
W75	Julie Roots	15.04m
W75	Colleen Maloney	18.52m

Interclub @ Nga Puna Wai - 4th November 2018

Strong head winds in the home straight today made it difficult for all races.

60m (wind -4.5, -1.4 & -3.0)

W30	Fiona Morrison	8.16
W30	Helena Dinnissen	8.63
M45	Nick Bolton	8.00

100m (wind -5.8, & -4.2)

W30	Helena Dinnissen	14.45
M45	Nick Bolton	12.87

400m

M60	Andrew Stark	64.20
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800m

W40	Jo Ramsay	2:50.38
M50	Malcolm Cornelius	2:20.77
M60	Andrew Stark	2:31.07
M55	Peter Richards	2:35.01
M60	Rick Harlow	2:46.63

1500m

W35	Shannon-Leigh Litt	13:46.37
M55	Robert Holland	5:48.80

3000m

W35	Shannon-Leigh Litt	13:46.37
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5000m

M30	Patrick Enright	21:00.52
M50	Guy Dryden	19:58.71

Long Jump

W30	Fiona Morrison	5.48m
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Shot Put

W65	Bev Church	5.84m
W75	Justine Whitaker	7.53m
W75	Julie Roots	6.20m
W75	Glen Watts	7.44m
W80	Pat Drayton	4.69m

Hammer throw

W65	Bev Church	16.13m
W75	Julie Roots	13.63m
W75	Glen Watts	25.83m
W75	Colleen Maloney	17.04m
W80	Pat Drayton	13.20m

Interclub @ Nga Puna Wai - 10th November 2018**60m** (wind 2.5, & 1.7)

W30	Fiona Morrison	7.87
W30	Helena Dinnissen	8.35
M45	Jonny Baird	8.11

100m (wind 1.9, 1.7 & 3.2)

W30	Fiona Morrison	12.5h
W30	Helena Dinnissen	13.56
M85	Max Wood	19.35

200m (wind 0.1, 0.2, 0.1 & -0.9)

W30	Fiona Morrison	25.65
W30	Helena Dinnissen	28.88
M45	Jonny Baird	28.87
M60	Andrew Stark	30.34

400m

M50	Malcolm Cornelius	1:01.59
M75	Alan Cowan	2:10.91

800m

M30	Chris Weddell	2:04.33
M50	Malcolm Cornelius	2:18.27
M65	Mark Cargin	2:25.13
M60	Andrew Stark	2:25.85

1500m

W50	Robyn Perkins	6:19.50
M50	Guy Dryden	5:27.89
M55	Peter Richards	5:12.61
M65	Rodger Ward	5:47.80

3000m

M50	Maggie Chorley	11:06.82
M30	Patrick Enright	11:07.41
M42	Allan Staite	10:19.29
M50	Guy Dryden	11:30.93
M55	Peter Richards	11:13.49

Long Jump

M45	Jonny Baird	4.40m
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Shot Put

W75	Justine Whitaker	6.90m
W75	Glen Watts	7.14m
W80	Pat Drayton	4.32m

Discus

W75	Justine Whitaker	18.68m
W75	Glen Watts	18.74m
W80	Pat Drayton	7.48m
W75	Colleen Maloney	9.61m
M45	Jonny Baird	17.42m

Javelin

W75	Justine Whitaker	13.19m
W75	Glen Watts	12.30m
W75	Colleen Maloney	9.91m

**South Island Masters Track & Field Championships @
Surrey Park, Invercargill - 16th to 18th November 2018**

For the first time in many years, the event was held in the deep south. True to form, the weather was pretty unpleasant on both Friday night and Sunday, with strong winds and driving rain. Saturday was marginally better, cold but at least dry.

Dwight Grieve, who was organised this event for the first time did a great job. It was decided to hold the event there 2020 as well. Following that, the SI event will be hosted by Otago for two years, before returning to Canterbury in 2023.

Canterbury was represented by twelve athletes.

60m (wind 2.3)		
M45	Jonny Baird	8.06
100m (wind 3.5)		
M45	Jonny Baird	12.89
200m (wind 4.7 & 3.1)		
M45	Jonny Baird	28.92
M60	Andrew Stark	29.11
400m		
M60	Andrew Stark	64.06
800m		
W65	Shirley Rolston	4:42.54
W75	Julie Roots	4:56.52
M50	Malcolm Cornelius	2:23.36
M55	Peter Richards	2:44.76
M60	Andrew Stark	2:27.88
1500m		
W65	Shirley Rolston	8:44.71
W75	Julie Roots	9:58.36
M50	Malcolm Cornelius	4:41.54
3000m		
W65	Shirley Rolston	19:11.47
W75	Julie Roots	20:16.57
3000m Race Walk		
W65	Shirley Rolston	22:41.26
Shot Put		
W35	Kelley Charles	8.26m
W40	Toni Oudemans	8.35m
W65	Shirley Rolston	5.12m
W75	Justine Whitaker	6.63m
W75	Glen Watts	7.05m
W75	Julie Roots	6.28m
M65	Richard Davison	7.94m

Discus

W35	Kelley Charles	23.04m
W40	Toni Oudemans	21.55m
W65	Shirley Rolston	15.32m
W75	Justine Whitaker	17.36m
W75	Glen Watts	18.16m
M65	Richard Davison	31.27m

Hammer

W35	Kelley Charles	27.37m
W40	Toni Oudemans	15.87m
W65	Shirley Rolston	17.98m
W75	Justine Whitaker	24.78m
W75	Glen Watts	27.33m
W75	Julie Roots	15.73m
M65	Richard Davison	32.48m

Javelin

W35	Kelley Charles	19.43m
W40	Toni Oudemans	28.69m
W65	Shirley Rolston	11.64m
W75	Justine Whitaker	14.85m
W75	Glen Watts	13.11m
W75	Julie Roots	9.76m
M45	Jonny Baird	32.13m
M65	Richard Davison	25.71m

Weight

W35	Kelley Charles	9.74m
W40	Toni Oudemans	7.81m
W65	Shirley Rolston	8.11m
W75	Justine Whitaker	10.73m
W75	Glen Watts	9.71m
W75	Julie Roots	7.71m
M65	Richard Davison	12.51m

Pentathlon

M45 Jonny Baird					
LJ	JT	200m	DT	1500m	
4.71m	24.91m	29.92	SCR	SRC	
469	288	469	0	0	1226

Throws Pentathlon

W35 Kelley Charles					
HT	SP	DT	JT	WT	
25.87m	7.89m	22.73m	17.47m	10.24m	
404	392	327	242	507	1872

W40 Toni Oudemans

HT	SP	DT	JT	WT	
16.37m	8.23m	21.74m	24.00m	7.38m	
264	473	355	430	416	1938

W65 Shirley Rolston					
HT	SP	DT	JT	WT	
NT	5.38m	15.71m	10.52m	7.69m	
0	460	428	272	504	1664

W75 Justine Whitaker					
HT	SP	DT	JT	WT	
25.59m	7.14m	15.39m	11.15m	10.48m	
897	733	522	390	778	3320

W75 Glen Watts					
HT	SP	DT	JT	WT	
25.94m	6.56m	16.39m	10.00m	9.43m	
912	662	563	341	686	3164

M65 Rick Davison					
HT	SP	DT	JT	WT	
30.57m	8.04m	27.99m	24.08m	11.58m	
591	542	515	408	616	2672



**AC Interclub, Combined Events
& 10000m Championships
@ Nga Puna Wai 16th / 18th November 2018**

60m (wind -0.7)		
W30	Fiona Morrison	7.92
W30	Helena Dinnissen	8.62

100m (wind -0.1 & 1.7)		
W30	Fiona Morrison	12.35
W30	Helena Dinnissen	13.71
M85	Max Wood (CMA record)	19.05

200m		
W30	Fiona Morrison	25.65
W30	Helena Dinnissen	28.88

400m		
W30	Fiona Morrison	58.76
W30	Helena Dinnissen	66.00

800m		
M50	Mark Cargin	2:23.35
M50	Alan Moulai	2:24.89

1500m		
W35	Shannon-Leigh Litt	5:49.24

Open 10000m Championships		
W35	Shannon-Leigh Litt	44:42.51
?	Megan Andrews	50:36.90
M30	Patrick Enright	43:34.59
M50	Guy Dryden	39:49.16
M55	John Gamblin	40:45.80

Decathlon

M50 **Wayne Doyle** 5325 pts

Decathlon - Day 1					
100m	LJ	SP	HJ	400m	
13.23	5.00m	11.37m	1.32m	61.94	Total
669	617	687	411	630	3014

Decathlon - Day 2					
100mH	DT	PV	JT	1500m	
19.70	33.85m	3.01m	21.81m	5:49.57	Total
439	555	533	530	530	5325

**Twilight Interclub @ Nga Puna Wai
21st November 2018**

100m (wind 3.4)		
W30	Fiona Morrison	12.31
M45	Jonny Baird	12.98

200m (wind 1.1)		
W30	Fiona Morrison	25.40

3000m		
M50	Guy Dryden	11:27.16

**Interclub @ Nga Puna Wai - 8th December 2018
plus CMA 5000m Championships**

This meeting was also billed as the South Island Championships & U18 Team event. However, the expectation of the mastermind behind the event failed to realise the extra stress it caused those behind the scenes. It will not happen again!!!

Well done to Fiona & Nick whop both set CMA & NZMA records for their respective events.

60m (wind -0.3)		
W30	Fiona Morrison (CMA & NZMA)	7.85
W55	Lyn Osmer	10.34
M45	Nick Bolton	7.81
M45	Jonny Baird	8.18
?	Simon Joplin	11.28

100m (wind 0.5 & 0.6)		
W30	Fiona Morrison	12.49
M45	Nick Bolton	12.47
M45	Jonny Baird	13.23

200m (wind -0.3 & 3.4)		
W30	Fiona Morrison	24.79
M45	Nick Bolton	24.63
M85	Max Wood	42.40

800m		
M30	Chris Weddell	2:06.59

1500m		
W35	Shannon-Leigh Litt	5:46.22
M55	Anthony Rogal	5:15.05
M55	Robert Holland	5:23.92

CMA 5000m Championships

W50	Robyn Perkins	22:26.35
M30	Patrick Enright	19:44.11
M50	Guy Dryden	19:11.84
M55	Gary Prest	23:04.05
M65	Martin Cockrem	26:29.30
M70	Michael Bond	23:58.60

110m Hurdles

M45	Nick Bolton (CMA / NZMA)	16.41
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Shot Put

W55	Lyn Osmers	8.94m
W70	Alison Wright	5.40m
W75	Glen Watts	7.19m
W75	Justine Whitaker	6.68m
W75	Julie Roots	6.25m

Discus

W70	Alison Wright	12.62m
W75	Justine Whitaker	19.68m
W75	Glen Watts	18.24m
W75	Julie Roots	11.31m

Javelin

W75	Glen Watts	12.09m
W75	Julie Roots	9.65m
M45	Jonny Baird	31.84m

Interclub @ Nga Puna Wai - 15th December 2018

The final meeting for 2018. Once again Fiona Morrison set a new CMA / NZMA record, this time for the 100m hurdles.

100m (wind 0.5)

W30	Fiona Morrison	12.24
W55	Lyn Osmers	16.70
M45	Jonny Baird	12.99
M75	Alan Cowan	26.98

400m

M55	Robert Holland	1:10.06
M60	Rick Harlow	1:09.57

800m

M40	David Fitch	2:08.39
M55	Robert Holland	2:36.53

1500m

M40	David Fitch	4:28.84
	Allan Staite	4:48.68

3000m

W35	Shannon-Leigh Litt	12:11.49
M30	Patrick Enright	11:18.08

100m Hurdles

W30	Fiona Morrison (CMA / NZMA)	14.09
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2000m Race Walk

W65	Shirley Rolston	14:44.66
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Long Jump

M45	Jonny Baird	4.86m
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Shot Put

W55	Lyn Osmers	8.00m
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Javelin

W55	Lyn Osmers	22.48m
M65	Richard Davison	24.47m

Discus

M65	Richard Davison	30.07m
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Hammer Throw

M65	Richard Davison	32.27m
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**Jack King memorial Throws Pentathlon
@ Rawhiti Domain - 16th December 2018**

A very close competition between Justine and Glen.

W75	Justine Whitaker				
HT	SP	DT	JT	WT	
23.42	7.26	19.13	15.26	10.13	
806	747	678	567	747	3545

W75	Glen Watts				
HT	SP	DT	JT	WT	
25.82	7.27	19.49	13.32	9.70	
907	749	693	483	710	3542

W75	Julie Roots				
HT	SP	DT	JT	WT	
17.36	6.86	11.95	10.87	8.26	
555	699	383	378	586	2601

W75	Colleen Maloney				
HT	SP	DT	JT	WT	
19.79	0	10.32	9.19	7.82	
655	0	318	306	548	1827

M65	Rick Davison				
HT	SP	DT	JT	WT	
31.12	8.36	31.54	26.37	12.53	
604	568	598	459	676	2905



Melanie Angland competing in the 3000m at the NZMA Championships in Timaru

**Christmas Cracker Meeting @ Nga Puna Wai
28th December 2018**

This meeting was organised by Craig Motley, one of the original organisers of the International Track Meetings. His aim was to provide athletes with an opportunity to run a fast 10000m. However, the weather let him down, with strong winds hampering performances.

80m

W30	Fiona Morrison	10.17
M45	Nick Bolton	10.17

145m

M45	Nick Bolton	18.53
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300m

W30	Fiona Morrison (CMA R)	41.29
M45	Nick Bolton (CMA R)	41.96
M50	Malcolm Cornelius	46.50

1000m

W50	Maggie Chorley	3:25.54
M50	Malcolm Cornelius	3:01.68



**Lovelock Classic Meeting @ Aorangi Stadium, Timaru
5th January 2019**

This meeting was organised by Craig Motley, one of the original organisers of the International Track Meetings. His aim was to provide athletes with an opportunity to run a fast 10000m. However, the weather let him down, with strong winds hampering performances.

100m (wind 0.6 & 2.0)

W30	Fiona Morrison	12.14
M45	Nick Bolton	12.18

200m (wind 0.8 & 2.0)

W30	Fiona Morrison	25.18
M45	Nick Bolton	24.82

1500m

M50	Malcolm Cornelius	4:59.70
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3000m

W35	Shannon-Leigh Litt	12:11.49
M30	Patrick Enright	11:18.08

100m Hurdles

W30	Fiona Morrison (CMA / NZMA)	13.74
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110m Hurdles

M45	Nick Bolton (CMA / NZMA R)	16.02
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Shot Put

M50	Wayne Doyle	10.59m
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Discus

M50	Wayne Doyle	31.34m
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Interclub @ Nga Puna Wai - 12th January 2019

60m (wind 2.0)

W30	Fiona Morrison (CMA / NZMA)	7.76
W55	Lyn Osmer	10.04
M45	Nick Bolton	7.77
M45	Jonny Baird	8.24
M40	Ian Thomas	8.26

100m (wind -1.2 & -1.5)

W30	Fiona Morrison	12.44
M45	Jonny Baird	13.41

200m (wind -0.2)

M85	Max Wood (CMA)	43.03
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400m

W50	Maggie Chorley	1:15.02
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800m

M50	Malcolm Cornelius	2:17.63
M50	Alan Moulai	2:25.15
M70	John Mulvaney	3:34.73

3000m

W50	Maggie Chorley	11:00.93
W60	Bernadette Jago	12:57.60
M55	Peter Richards	11:10.26
M50	Guy Dryden	11:33.44
M30	Patrick Enright	12:12.86

High Jump

W55	Lyn Osmer	1.25m
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Long Jump

W30	Fiona Morrison (CMA / NZMA)	5.51m
M45	Jonny Baird	4.51m

Discus

W75	Justine Whitaker	14.87m
W75	Glen Watts	16.44m
W75	Julie Roots	12.34m

Javelin

W75	Justine Whitaker	13.32m
W75	Glen Watts	11.88m
W75	Julie Roots	9.65m
W75	Coleen Maloney	9.61m
M45	Jonny Baird	30.00m



Interclub @ Nga Puna Wai - 19th January 2019

During this weekend, Canterbury hosted the Graded Teams event for Grades 14 to 17.

60m (wind -0.1)

W30	Fiona Morrison	7.82
W35	Helena Dinnissen	8.32
W55	Lyn Osmers	10.18
M45	Jonny Baird	8.17

100m (wind -0.3)

W30	Fiona Morrison	12.54
W35	Helena Dinnissen	13.55
M45	Jonny Baird	13.27

1500m

M30	Simon Wooding	NT
M40	David Fitch	4:26.16
M50	Malcolm Cornelius	4:55.87
M55	Robert Holland	5:42.65
M65	Rodger Ward	5:45.66
W50	Maggie Chorley	5:26.17
W65	Margaret Flanagan	NT

100m Hurdles (wind 2.5)

W30	Fiona Morrison	14.16
M45	Nick Bolton	13.95

High Jump

W55	Lyn Osmers	1.25m
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Shot Put

W55	Lyn Osmers	9.89m
W75	Justine Whitaker	7.15m
W75	Glen Watts	7.38m

Discus

W75	Justine Whitaker	18.38m
W75	Glen Watts	17.01m
M65	Richard Davison	29.76m

Hammer Throw

W75	Glen Watts	25.42m
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Julie Roots puts the shot at Nga Puna Wai and often competes in track races from 800m up to 3000m.

**Interclub @ Nga Puna Wai - 26th January 2019****60m** (wind -1.2 & -0.9)

W30	Fiona Morrison	7.90
W35	Helena Dinnissen	8.50
W55	Lyn Osmers	10.20
M45	Jonny Baird	8.20

100m (wind -1.5, -0.1 & -0.7)

W30	Fiona Morrison	12.43
W30	Helena Dinnissen	13.64
W30	Crystal Wilkinson	15.23
M45	Jonny Baird	13.15
M85	Max Wood	19.61

200m (wind 0.7 & 0.0)

W30	Crystal Wilkinson	32.04
W50	Maggie Chorley	34.22
M55	Anthony Rogal	33.60

400m

M55	Robert Holland	1:10.45
M65	Rodger Ward	1:15.87
M70	John Mulvaney	1:33.66

800m

W65	Margaret Flanagan	3:19.85
M30	Simon Wooding	2:21.66
M50	Malcolm Cornelius	2:16.53
M55	Anthony Rogal	2:30.26
M55	Robert Holland	2:38.22
M65	Rodger Ward	2:43.00
M70	Michael Bond	3:15.25
M70	John Mulvaney	3:33.98

3000m

W60	Bernadette Jago	12:51.95
M50	Guy Dryden	11:22.09
M55	Peter Richards	11:10.18
M55	Clive Kitchingman	12:40.42

Long Jump

W55	Lyn Osmers	3.93m
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Shot Put

W40	Dena Miller	6.80m
W55	Lyn Osmers	9.74m
W70	Beverley Church	6.02m
W70	Alison Wright	5.00m
W75	Justine Whitaker	7.11m
M65	Richard Davison	8.41m

Discus		
W40	Dena Miller	19.96m
W75	Justine Whitaker	18.96m
W70	Beverley Church	15.92m
W70	Alison Wright	12.06m
Javelin		
W40	Dena Miller	16.40m
W75	Justine Whitaker	12.92m
W70	Beverley Church	11.91m
W70	Alison Wright	10.46m
Hammer Throw		
M65	Richard Davison	33.51m

Interclub @ Nga Puna Wai - 2nd February 2019		
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60m (wind -1.2, 0.4 & -1.8)		
W30	Fiona Morrison	7.90
W30	Helena Dinnissen	8.50
W55	Lyn Osmers	10.36
M40	Ian Thomas	8.29
M55	Anthony Rogal	9.46
100m (wind -0.2 & 0.8)		
W30	Fiona Morrison	12.30
M55	Anthony Rogal	15.08
200m (wind 0.7, -1.6 & -1.2)		
W30	Fiona Morrison	24.62
W30	Helena Dinnissen	29.26
M50	Malcolm Cornelius	28.62
400m		
M50	Alan Moulai	1:00.79
800m		
M50	Malcolm Cornelius	2:16.10
1500m		
M50	Guy Dryden	5:36.78



Malcolm Cornelius has been a regular competitor all season. Eyes shut again!!

CMA 3000m Championships		
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W35	Melanie Angland	11:14.14
W50	Maggie Chorley	11:03.25
W60	Bernadette Jago	12:54.68
M30	Simon Wooding	10:15.84
M30	Jason Wilcock	10:56.08
M40	David Fitch	9:44.92
M40	Alan Staite	10:04.00
M45	Mark Reid	10:14.46
M55	Robert Holland	11:56.03
M60	Mike Van Der Colk	14:25.40
M60	Philip Chapman	11:32.10
M65	Ian Chinnery	14:51.21
M70	Michael Bond	13:48.79

Long Jump (wind -1.4)		
W30	Helena Dinnissen	4.98m

Triple Jump (wind 2.9)		
W55	Lyn Osmers	8.12m

Shot Put		
W40	Dena Miller	6.81m
W55	Lyn Osmers	9.20m
W70	Beverley Church	5.67m
W75	Justine Whitaker	7.31m

Hammer Throw		
W40	Dena Miller	19.80m
W75	Justine Whitaker	24.60m



Rodger Ward & Guy Dryden do 'battle' at Nga Puna Wai over 1500m.

**CMA Throws Pentathlon Championships
@ Nga Puna Wai - 3rd February 2019**

Held for the first time at Nga Puna Wai, with a guest appearance by Lester Laughton from Southland, we enjoyed our first throws pentathlon at the new venue.

W40 Dena Miller					
HT	SP	DT	JT	WT	
16.72m	6.62m	17.86m	14.04m	5.41m	
273	357	276	217	277	1400

W70 Beverley Church					
HT	SP	DT	JT	WT	
18.46m	5.80m	15.39m	12.71m	5.91m	
609	579	493	414	411	2506

W70 Alison Wright					
HT	SP	DT	JT	WT	
16.85m	4.85m	11.53m	10.57	6.78m	
542	464	345	329	489	2169

W75 Glen Watts					
HT	SP	DT	JT	WT	
26.80m	7.05m	19.21m	12.08m	9.63m	
948	721	681	430	704	3484

W75 Justine Whitaker					
HT	SP	DT	JT	WT	
24.00m	7.05m	19.47m	12.69	10.39	
830	721	692	456	769	3468

W75 Julie Roots					
HT	SP	DT	JT	WT	
16.96m	6.05m	11.44m	7.34m	7.04m	
538	600	362	228	482	2210

W80 Patricia Drayton					
HT	SP	DT	JT	WT	
13.13m	4.60m	8.65m	6.29m	6.17m	
459	499	311	234	456	1959

M65 Rick Davison					
HT	SP	DT	JT	WT	
33.73m	8.75m	33.69m	27.05m	12.53m	
667	600	648	475	676	3066

M65 Lester Laughton					
HT	SP	DT	JT	WT	
29.51m	8.53m	35.10m	20.94m	12.03m	
565	582	682	337	644	2810

M80 Alan Hunter					
HT	SP	DT	JT	WT	
18.82m	5.64m	14.10m	7.18m	6.45m	
433	395	332	96	364	1620



Mike Van der Colk competing in the Nga Puna Wai Relay, 31st March 2019.

**Interclub @ Nga Puna Wai - 9th February 2019
Day 1 CMA Championships**

Once ago we held the CMA Championships within an Athletics Canterbury Interclub meeting, but 'self' managed our own field events.

60m (wind 0.1 & 0.3)

W70	Lois Anderson	11.38
M45	Nick Bolton	7.71
M45	Jonny Baird	8.14

100m - CMA Champs (wind 0.5 & 0.9)

W55	Lyn Osmer	16.60
W70	Lois Anderson	18.79
?	Matt Cunningham	13.61
M35	S Langley	13.04
M40	Ian Thomas	13.06
M45	Nick Bolton	12.09
M45	Jonny Baird	12.97
M55	Anthony Rogal	15.21
M85	Max Wood	19.44

300m - CMA Champs

M70	John Mulvaney	1:07.01
M85	Max Wood (CMA record)	1:16.71

400m - CMA Champs

W40	Jo Ramsay	1:09.41
W50	Maggie Chorley	1:11.31
?	Matt Cunningham	1:05.33
M40	David Fitch	1:00.26
M45	Paul Spinks	57.76
M50	Malcolm Cornelius	1:02.51
M50	Alan Moulai	1:00.81
M55	Robert Holland	1:11.42
M70	Michael Bond	1:35.37

1500m		
W50	Maggie Chorley	5:13.78
W60	Bernadette Jago	6:12.04
M40	David Fitch	4:27.38
M45	Mark Reid	4:47.31
M50	Malcolm Cornelius	4:38.36
M50	Mark Cargin	5:10.18
M55	Robert Holland	5:20.69
M65	Rodger Ward	5:39.43
M70	John Mulvaney	7:31.95

110m Hurdles (wind 0.7)		
M45	Nick Bolton (CMA / NZMA record)	15.85

2000m Steeplechase		
M70	Michael Bond	9:58.58
M65	Kevin Prendergast	13:37.61

High Jump		
W55	Lyn Osmers	1.25m

Long Jump (wind 4.3)		
W55	Lyn Osmers	3.89m

Triple Jump (wind 0.5)		
W55	Lyn Osmers	8.29m

Discus		
W40	Dena Miller	19.23m
W65	Shirley Rolston	15.56m
W70	Beverley Church	16.62m
W75	Justine Whitaker	19.70m
W75	Glen Watts	18.89m
W75	Julie Roots	12.89m
W80	Pat Drayton	9.29m
M45	J Bethell F36	18.04m
M65	Richard Davison	36.43m
M80	Alan Hunter	15.09m

Hammer Throw		
W40	Dena Miller	18.33m
W65	Shirley Rolston	16.85m
W70	Beverley Church	17.11m
W70	Lois Anderson	16.72m
W75	Justine Whitaker	24.33m
W75	Glen Watts	25.64m
W75	Julie Roots	17.51m
W80	Pat Drayton	14.18m
M65	Richard Davison	32.98m
M80	Alan Hunter	16.92m

Weight Throw		
W40	Dena Miller	5.64m
W75	Justine Whitaker	10.76m
W75	Glen Watts	9.91m
W75	Julie Roots	8.10m
W80	Pat Drayton	5.91m
M65	Richard Davison	12.26m
M80	Alan Hunter	7.25m

Interclub @ Nga Puna Wai - 16th February 2019 Day 2 CMA Championships
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60m - CMA Champs (wind 3.1)		
W30	Helena Dinnissen	8.11
W55	Lyn Osmers	9.76
W70	Lois Anderson	11.18
M45	Nick Bolton	7.54
M45	Jonny Baird	8.00
M40	Alan Staite	9.04
M70	John Mulvaney	11.50
M85	Max Wood	11.43

100m (wind 5.1)		
W30	Helena Dinnissen	13.01

200m - CMA Champs (wind 2.7)		
W30	Fiona Morrison	24.88
W55	Lyn Osmers	35.68
W70	Lois Anderson	39.29
M45	Nick Bolton	24.39
M45	Jonny Baird	26.84
M70	John Mulvaney	38.80
M70	Michael Bond	39.25
M85	Max Wood	42.17

800m - CMA Champs		
W65	Margaret Flanagan	3:22.23
M40	David Fitch	2:18.03
M40	Alan Staite	2:29.10
M50	Alan Moulai	2:23.20
?	Len Millward	2:50.99
M55	Robert Holland	2:34.11
M65	Martin Cockrem	3:11.26
M70	John Mulvaney	3:33.84
M70	Michael Bond	3:11.36

1500m		
M30	Simon Wooding	4:43.10
M40	David Fitch	4:32.03
M45	Mark Reid	4:45.53
M40	Alan Staite	4:47.72

100m Hurdles (wind 3.5)		
W30	Fiona Morrison	13.70
M45	Nick Bolton	13.49
110m Hurdles (wind 2.7)		
M45	Nick Bolton	15.26
Shot Put		
W40	Dena Miller	6.70m
W55	Lyn Osmers	9.44m
W70	Beverley Church	6.22m
W70	Lois Anderson	6.54m
W75	Justine Whitaker	7.41m
W75	Glen Watts	7.23m
W75	Julie Roots	6.37m
M45	Julian Bethell	6.66m
M65	Richard Davison	8.05m
M80	Alan Hunter	5.63m
Discus		
W75	Justine Whitaker	17.42m
M45	Julian Bethell	16.14m
Javelin		
W40	Dena Miller	15.08m
W55	Lyn Osmers	24.56m
W70	Beverley Church	11.52m
W70	Lois Anderson	14.49m
W75	Justine Whitaker	13.47m
W75	Glen Watts	12.40m
W75	Julie Roots	8.94m
m45	Jonny Baird	29.52m
M65	Richard Davison	26.00m
M80	Alan Hunter	11.57m



Nick Bolton on his way to breaking the CMA / NZMA 110m hurdle record, while competing at Nga Puna Wai.



Shirley Rolston loves to compete in just about everything!

Here putting the shot at Nga Puna Wai.

Canterbury Championships @ Nga Puna Wai 23rd / 24th February 2019

For the first in seven years, we were able to hold our championships in Christchurch. As a result, we had more competitors than previous years competing, especially those getting ready for ANZ Nationals.

100m (wind 3.3 & 1.1)		
W30	Helena Dinnissen	13.04
M45	Nick Bolton	12.02
M45	Jonny Baird	12.97
200m (wind 1.8 & 2.4)		
W30	Fiona Morrison	25.79
W30	Helena Dinnissen	28.36
M45	Jonny Baird	27.93
400m		
W30	Crystal Wilkinson	1:11.50
800m		
W30	Crystal Wilkinson	2:45.33
M40	David Fitch	2:09.17
M40	Alan Staite	2:27.78
1500m		
W35	Shannon Leigh-Litt	5:48.66
M40	David Fitch	4:25.44
M45	Mark Reid	4:45.22
M40	Alan Staite	4:49.85
100m Hurdles (wind 7.0)		
W30	Fiona Morrison	13.50
110m Hurdles (wind 5.0)		
M45	Nick Bolton	16.31
Long Jump (wind 5.7)		
W30	Helena Dinnissen	5.31m
Triple Jump (wind 0.1)		
W30	Helena Dinnissen	11.21m

Interclub @ Nga Puna Wai - 2nd March 2019**60m** (wind -0.1)

W30	Fiona Morrison	7.80
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100m (wind 2.7 & 2.1)

W30	Fiona Morrison	12.15
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M40	Ian Thomas	8.26
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200m (wind 1.8)

W30	Fiona Morrison	25.79
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100m Hurdles (wind -0.6)

W30	Fiona Morrison	13.89
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NZMA Track & Field Championships @ Aorangi Stadium, Timaru - 1st—3rd March 2019

This year the event was jointly organised by CMA with significant help the Mid South Canterbury Sub-Centre. It was held in perfect weather conditions and run smoothly. Thank you to all who helped make it a successful weekend.

*Several Canterbury athletes broke CMA, NZMA Championship or National records. These are listed in the records sections of Cant-A-Long.

60m (wind -1.1, 1.2, 0.2 & 0.3)

W30	Helena Dinnissen	8.28	2nd
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M35	Nathan Robinson	8.02	2nd
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M40	Allan Staite	8.85	3rd
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M45	Nick Bolton	7.68	1st
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M45	Jonny Baird	8.16	4th
-----	-------------	------	-----

M60	Don Garland	13.60	7th
-----	-------------	-------	-----

M85	Max Wood	11.55	1st
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100m (wind -0.6, -1.8, -1.9 & 0.1)

W30	Helena Dinnissen	13.25	2nd
-----	------------------	-------	-----

W70	Lois Anderson	19.11	3rd
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M35	Nathan Robinson	12.70	2nd
-----	-----------------	-------	-----

M45	Nick Bolton	11.98	1st
-----	-------------	-------	-----

M45	Jonny Baird	12.98	4th
-----	-------------	-------	-----

M70	John Mulvaney	20.14	2nd
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M85	Max Wood	19.27	1st
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200m

W30	Helena Dinnissen	27.55	1st
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W70	Lois Anderson	40.23	2nd
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M35	Nathan Robinson	26.39	2nd
-----	-----------------	-------	-----

M45	Nick Bolton	24.54	2nd
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M70	John Mulvaney	44.84	1st
-----	---------------	-------	-----

M85	Max Wood	43.47	1st
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400m

M50	Allan Moulai	59.12	2nd
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M50	Malcolm Cornelius	1:00.66	3rd
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M55	Anthony Rogal	1:05.11	3rd
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M55	Robert Holland	1:08.20	4th
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M70	John Mulvaney	1:32.24	3rd
-----	---------------	---------	-----

M75	Michael Bond	1:22.34	2nd
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800m

W30	Helena Dinnissen	2:48.0h	1st
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W50	Maggie Chorley	2:31.0h	1st
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W65	Margaret Flanagan	3:21.0h	1st
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W75	Julie Roots	4:38.0h	1st
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M40	David Fitch	2:07.78	1st
-----	-------------	---------	-----

M40	Mike Wrigley	2:19.17	2nd
-----	--------------	---------	-----

M45	Nick Bolton	2:27.90	4th
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M55	Anthony Rogal	2:32.68	1st
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M50	Malcolm Cornelius	2:15.33	2nd
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M50	Allan Moulai	2:20.19	3rd
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M65	Rodger Ward	2:36.54	2nd
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M70	John Mulvaney	3:48.87	3rd
-----	---------------	---------	-----

M75	Michael Bond	3:11.59	2nd
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1500m

W35	Nicola Jennings	7:16.27	1st
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W40	Jo Ramsay	5:27.73	1st
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W50	Maggie Chorley	5:08.95	1st
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W60	Bernadette Jago	6:14.58	3rd
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W65	Margaret Flanagan	6:30.82	1st
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W75	Julie Roots	9:18.83	1st
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M40	David Fitch	4:28.70	1st
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M40	Allan Staite	4:38.71	2nd
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M40	Mike Wrigley	4:49.89	4th
-----	--------------	---------	-----

M50	Malcolm Cornelius	4:39.03	2nd
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M55	Robert Holland	5:11.64	2nd
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M60	Peter Richards	5:10.89	1st
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M65	Rodger Ward	5:28.39	1st
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M75	Michael Bond	6:17.25	2nd
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2000m SC

M70	John Mulvaney	12:07.51	1st
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M70	Jos Galavazi	14:18.90	2nd
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M75	Michael Bond	9:43.96	1st
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3000m			
W35	Melanie Angland	10:52.57	1st
W60	Bernadette Jago	13:00.61	3rd
W65	Margaret Flanagan	13:39.52	1st
W75	Julie Roots	20:00.00	1st
M40	Alan Staite	9:45.01	2nd
M40	Leyton Tremain	13:13.45	5th
M45	Mark Reid	10:02.23	3rd
M60	Peter Richards	11:02.45	1st
M70	Jos Galavazi	19:43.32	2nd

5000m			
W35	Melanie Angland	18:41.13	1st
W60	Bernadette Jago	21:46.44	2nd
M40	Allan Staite	16:44.89	2nd
M45	Jason Baillie	17:32.48	2nd
M45	Mark Reid	17.49.39	3rd
M60	Peter Richards	18:57.09	1st
M70	Jos Galavazi	33:52.93	2nd

110m Hurdles (wind -2.7)			
M45	Nick Bolton	15.94	1st

400m Hurdles			
W40	Jo Ramsay	1:15.92	1st

Long Jump (wind -2.7)			
W30	Helena Dinnissen	5.10m	1st
W70	Lois Anderson	2.70m	2nd
M35	Nathan Robinson	4.84m	1st
M45	Jonny Baird	4.98m	1st
M60	Don Garland	2.55m	4th
M80	Alan Hunter	1.11m	2nd

Triple Jump (wind -2.7)			
W30	Helena Dinnissen	11.38m	1st
W55	Lyn Osmer	7.96m	1st
W70	Lois Anderson	5.81m	2nd

High Jump			
W30	Helena Dinnissen	1.55m	1st
W55	Lyn Osmer	1.25m	1st
M50	Glenn Bishop	1.40m	1st
M80	Alan Hunter	0.60m	1st

Pole Vault			
M55	Tarmo Rajasaari	2.60m	1st

Shot Put			
W30	Kelley Charles	8.35m	1st
W35	Nicola Jennings	5.74m	2nd
W40	Toni Oudemans	8.98m	1st
W40	Dena Miller	6.64m	4th
W55	Lyn Osmer	9.81m	1st
W70	Lois Anderson	6.55m	4th
W70	Beverley Church	5.40m	5th
W70	Alison Wright	4.75m	6th
W75	Glen Watts	6.47m	1st
W75	Julie Roots	6.41m	2nd
M60	Joe Tasker	10.47m	2nd
M35	Nathan Robinson	9.76m	1st
M45	Barry Baxter	10.16m	1st
M65	Richard Davison	7.76m	5th
M70	Glen Church	6.67m	2nd
M80	Alan Hunter	5.77m	2nd

Discus			
W30	Kelley Charles	24.98m	1st
W35	Nicola Jennings	20.38m	2nd
W40	Toni Oudemans	22.40m	1st
W40	Dena Miller	19.39m	3rd
W70	Beverley Church	16.27m	3rd
W70	Alison Wright	12.47m	5th
W75	Glen Watts	16.25m	1st
M35	Nathan Robinson	29.37m	1st
M45	Barry Baxter	31.81m	1st
M60	Joe Tasker	38.35m	2nd
M60	Don Garland	17.29m	3rd
M65	Richard Davison	32.15m	3rd
M70	Glen Church	17.05m	2nd
M75	Brian Senior	24.30m	3rd
M80	Alan Hunter	14.31m	2nd

Hammer			
W30	Kelley Charles	30.54m	1st
W35	Nicola Jennings	22.19m	1st
W40	Toni Oudemans	19.05m	5th
W40	Dena Miller	20.07m	4th
W70	Beverley Church	18.73m	4th
W70	Alison Wright	16.95m	5th
W75	Glen Watts	23.88m	1st
W75	Julie Roots	16.63m	2nd
M65	Richard Davison	33.51m	1st
M70	Glen Church	19.51m	2nd
M75	Brian Senior	32.38m	1st
M80	Alan Hunter	19.34m	2nd



Javelin

W30	Helena Dinnissen	21.20m	1st
W30	Kelley Charles	19.36m	2nd
W35	Nicola Jennings	18.30m	2nd
W40	Toni Oudemans	27.63m	1st
W40	Dena Miller	17.57m	3rd
W55	Lyn Osmer	27.15m	1st
W70	Beverley Church	12.74m	4th
W70	Alison Wright	11.29m	5th
W75	Glen Watts	12.85m	1st
W75	Julie Roots	9.84m	2nd
M35	Nathan Robinson	28.30m	2nd
M45	Barry Baxter	37.16m	1st
M45	Jonny Baird	34.36m	2nd
M65	Richard Davison	26.29m	4th
M70	Glen Church	17.53m	3rd
M75	Brian Senior	21.45m	3rd
M80	Alan Hunter	10.84m	2nd

Weight

W30	Kelley Charles	10.19m	1st
W35	Nicola Jennings	8.15m	2nd
W40	Toni Oudemans	7.97m	3rd
W40	Dena Miller	6.49m	5th
W70	Beverley Church	7.17m	4th
W70	Alison Wright	6.90m	5th
W75	Glen Watts	9.41m	1st
W75	Julie Roots	7.67m	2nd
M60	Joe Tasker	7.15m	2nd
M65	Richard Davison	12.40m	2nd
M70	Glen Church	7.50m	2nd
M75	Brian Senior	11.99m	1st
M80	Alan Hunter	8.12m	2nd

Pentathlon

M45	Jonny Baird					1st
LJ	JT	200m	DT	1500m		
4.53m	28.62	27.01	19.25	6:44.54		
427	349	610	332	228	1946	

Thank you to our major sponsors



Throws Pentathlon

W30	Kelley Charles					1st
HT	SP	DT	JT	WT	Total	
31.06	7.91	23.60	18.52	8.77		
516	394	343	261	418	1932	

W35	Nicola Jennings					1st
HT	SP	DT	JT	WT	Total	
21.32	5.85	19.23	18.01	6.75		
350	275	277	273	334	1509	

W40	Toni Oudemans					2nd
HT	SP	DT	JT	WT	Total	
17.81	9.13	23.53	25.19	7.81		
300	538	392	456	447	2133	

W40	Dena Miller					4th
HT	SP	DT	JT	WT	Total	
20.06	6.92	20.38	16.98	6.36		
356	379	327	279	343	1684	

W70	Lois Anderson					4th
HT	SP	DT	J	WT	Total	
14.18	6.32	15.21	12.41	7.87		
432	643	486	402	587	2550	

W70	Beverley Church					5th
HT	SP	DT	J	WT	Total	
16.50	5.77	15.13	11.14	6.82		
528	575	483	352	493	2431	

W70	Alison Wright					6th
HT	SP	DT	JT	WT	Total	
16.41	4.44	12.31	11.10	7.16		
524	415	374	350	523	2186	

W75	Glen Watts					1st
HT	SP	DT	JT	WT	Total	
25.08	7.04	17.82	11.83	9.54		
875	721	623	419	696	3334	

M65	Rick Davison					2nd
HT	SP	DT	J	WT	Total	
29.15	7.23	28.45	20.59	10.17		
557	475	526	330	527	2550	

M70	Glen Church					2nd
HT	SP	DT	J	WT	Total	
19.28	6.41	18.33	15.48	7.35		
318	378	337	243	362	1638	



**Athletics New Zealand Track & Field Championships @
Nga Puna Wai - 8th - 10th March 2019**

For the first time for numerous years, Canterbury athletes did not have to travel to the National Championships. Several masters athletes took the opportunity to compete in the senior event.

Unfortunately the weather conditions were not great, which was rather disappointing for all.

100m (wind 2.9, 1.7, 1.1 & 0.0)		
W30	Fiona Morrison (Semi)	12.09
W30	Fiona Morrison (Final)	12.23
W30	Helena Dinnissen	12.91
M45	Nick Bolton	12.02
200m (wind 1.5)		
W30	Helena Dinnissen	26.74
5000m		
M30	Andy Good	14:45.00
M30	Hayden McLaren	15:15.33
M35	Brett Tingay	15:38.76
M35	Alex Cowden	15:56.02
100m Hurdles (wind 2.4)		
W30	Fiona Morrison	13.33
110m Hurdles (wind 3.5)		
M45	Nick Bolton	16.03
Long Jump (wind 2.5)		
W30	Helena Dinnissen	4.99m
Triple Jump (wind 0.6)		
W30	Helena Dinnissen	11.23m



Helena Dinnissen showing great height in height in the long jump!



Max Wood winner the M85 100m in NZMA Championship record time. Well done Max.



Fiona Morrison (W30, 2nd from right) 'takes off' in the Senior Women's 100m final at the Jennian Homes NZ T & F Championships held at Nga Puna Wai

**Nga Puna Wai Relay (formerly Pete Watts Memorial)
@ Nga Puna Wai - Sunday 31st March 2019**

As a way of encouraging more non-track athletes to experience running on our new track, we moved the relay from Halswell Quarry to Nga Puan Wai.

This relay involves teams of FOUR runners, with the winner team being one that competes the relay with a time closest to their estimated time.

All legs started and finished on the track. The first three legs were 4km, 3km & 3km, with the last runner doing a ONE mile leg on the track

The longer legs left and re-entered out the gate by the track at the 200m start line, then run on what is known as the 'ring road'. If you stood on the embankment you could watch runners for most of the race.

We also introduced a Junior 4x 2km relay, plus we offered a 'Community Mile' on the track.

The aim in the future is to promote this event more widely, particularly to the local community.

	First three place-getters	GROSS TIME	Runner's NET TIME	Dist	Total Time Estimate	Net Team Time	Time Difference	Place
9	Chamira							1
	Handicap Start Time	00:15:30						
1	Anthony Rogal	00:31:53	00:16:23	4km				
2	Matt Cunningham	00:44:01	00:12:08	3km				
3	Robyn Perkins	00:57:36	00:13:35	3km				
4	Iain Chinnery	01:05:03	00:07:27	1 mile				
4	Sumner Ladies				0:58:56	00:58:38	0:00:18	2
	Handicap Start Time	00:06:00						
1	Jan Harrison	00:21:46	00:15:46	3km				
2	Annette Campbell	00:36:06	00:14:20	3km				
3	Iona Powell	00:56:34	00:20:28	4km				
4	Annette Campbell	01:04:38	00:08:04	1 mile				
6	Chavvets				0:53:15	00:53:36	00:00:21	3
	Handicap Start Time	00:11:30						
1	Gary Prest	00:30:15	00:18:45	4km				
2	Mike Van der Colk	00:45:21	00:15:06	3km				
3	Dave Tyrrell	00:59:06	00:13:45	3km				
4	Peter Cameron	01:05:06	00:06:00	1 mile				



Out on the 'ring road', runners can be seen going both ways.



Daniel Reese at the 2km turn around point.

CMA 2018 - 2019 Record Breakers

Please check these records and if you think you have been missed, contact Jonny Baird

Name / Venue list	Date	Event	Performance	%	Old Record	Record Category
Fiona Morrison	W30	DOB: 24/10/1988 (30)				
Nga Puna Wai	27/10/2018	60m	7.90	87.59%	8.21	CMA & NZMA
Nga Puna Wai	08/12/2018	60m	7.85	88.15%	7.90	CMA & NZMA
Nga Puna Wai	15/12/2018	100m H	14.09	86.66%	14.95	CMA & NZMA
Nga Puna Wai	28/12/2018	300m	41.29	79.92%		CMA
Timaru	05/01/2019	100m H	*13.74	88.86%	14.09	CMA & NZMA
Nga Puna Wai	12/01/2019	60m	7.76	89.18%	7.85	CMA & NZMA
Nga Puna Wai	12/01/2019	Long Jump	*5.51m	73.27%	5.30m	CMA & NZMA
* Rochelle Coster (Auckland) has since broken the NZMA 100mH (13.72) & Long Jump (5.74m) records.						
Helena Dinnissen	W30	DOB: 13/10/1984 (34)				
Timaru	02/03/2019	High Jump	1.55m	76.73%		CMA & NZMA Champs
Timaru	02/03/2019	Triple Jump	11.38m	77.79%	10.84	CMA & NZMA
Timaru	02/03/2019	Long Jump	5.10m	69.86%	5.10m	NZMA Champs
Nicola Jennings	W35	DOB: 15/01/1980 (39)				
Timaru	03/03/2019	Throws Pentathlon	1509 pts		-	CMA
Jo Ramsey	W40	DOB: 10/05/1978 (40)				
Timaru	03/03/2019	400m H	75.92	74.25%	-	CMA
Toni Oudemans	W40	DOB: 14/10/1976 (42)				
Timaru	03/03/2019	Throws Pentathlon	2133 pts		1617	CMA
Margaret Flanagan	W65	DOB: 17/06/1950 (68)				
Timaru	01/03/2019	3000m	13:39.52	88.71%	13:48.73	CMA & NZMA Champs
Justine Whitaker	W75	DOB: 14/11/1941 (77)				
Invercargill	17/11/2018	Javelin	14.85m	55.91%	14.21	SIMC
Invercargill	17/11/2018	Weight	10.73m	92.26%	10.57	SIMC
Julie Roots	W75	DOB: 02/07/1941 (77)				
Timaru	01/03/2019	3000m	20:00:00	74.75%	-	CMA & NZMA Champs
Timaru	02/03/2019	1500m	9:18.83	75.35%	-	CMA
Timaru	03/03/2019	800m	4:38.0(h)	76.36%	-	CMA
Jonny Baird	M45	DOB: 03/02/1972 (47)				
Timaru	03/03/2019	Pentathlon	1946		1923	CMA
Nick Bolton	M45	DOB: 21/08/1972 (46)				
Nga Puna Wai	08/12/2018	110m H	16.41	86.47%	18.71	CMA & NZMA
Nga Puna Wai	28/12/2018	300m	41.96	80.17%		CMA
Timaru	05/01/2019	110m H	16.02	88.58%	16.41	CMA & NZMA
Timaru	02/03/2019	110m H	15.94	89.02%	16.02	CMA & NZMA
Michael Bond	M75	DOB: 24/05/1943 (75)				
Timaru	02/03/2019	2000m SC	9:43.96	90.09%		NZMA Champs
Max Wood	M85	DOB: 11/03/1933 (85)				
Nga Puna Wai	20/10/2018	60m	11.56	83.04%	11.96	CMA & NZMA
Nga Puna Wai	17/11/2018	100m	19.05	81.36%	20.63	CMA
Nga Puna Wai	12/01/2019	200m	43.03	79.01%	52.6h	CMA
Nga Puna Wai	09/02/2019	300m	76.71	71.44%	88.23	CMA
Timaru	02/03/2019	60m	11.55	83.12%	11.56	CMA & NZMA
Timaru	02/03/2019	100m	19.27	80.44%	20.18	NZMA Champs

Photo of CMA members competing at NZMA Championships, Timaru 2019.



**Sport Canterbury Awards:
Administrator of Year**

Andrew was nominated for this award by Athletics Canterbury, in recognition for his contribution to our sport, particularly for his involvement in getting Nga Puna Wai up & running.

There were 14 nominations from sporting organisations throughout the region. Several were paid administrators.

Andrew was the winner on the night!!!



Important dates coming up

CMA AGM

Wednesday 21st August 2019 @ 7:30 p.m. Port Hills Club Room see you there.

Winter Throws Pentathlon

The last Sunday of the month. If you are interested in competing in this event please contact **Beverley Church** (383 5448)

Oceania Postal Throws Pentathlon

Sunday 29th September 2019 @ 10:00 a.m. Contact **Beverley Church** (383 5448) closer to the time. Venue: Nga Puna Wai

Oceania Masters Track & Field Championships

August 31st - September 7th 2019 Venue: Mackay, Australia

South Island Track & Field Championships

November 2019 (TBC) Venue: Invercargill

North Island Track & Field Championships

November 29th - December 1st 2019 (TBC) Venue: Whatakane

NZMA Track & Field Championships

February 28th - March 1st 2020 (TBC) Venue: Hastings