



Cant-A-Long

April 2020

In this issue ...

• Notice of CMA AGM

A male runner in a red singlet and black shorts is running on a blue track. Other runners are visible in the background.

* President's Annual Report

Two male runners in blue singlets with "CHRISTCHURCH AVON" and bib numbers 1844 and 1357 are running on a blue track. A person in a red shirt is in the foreground.

* NZMA 2019 Awards

A group of runners on a blue track. One runner in a red singlet with bib number 6010 is prominent. A person in a red shirt is on the left.

* CMA 2019 - 2020 Season Awards

A female jumper in a red singlet with bib number 1627 is landing in a sand pit. A person in a red shirt is on the left.

* CMA & Inter-Club 2019 - 2020 Results

A female hurdler in a red singlet with bib number 6066 is jumping over a hurdle. Other runners are visible in the background.

* South Island & NZMA Championship Results

A male hurdler in a yellow singlet is jumping over a hurdle. Spectators are visible in the background.

* 2019 - 2020 CMA Record Breakers

A male runner in a black singlet with bib number 423 is running on a blue track.

* What's On in 2020 - 2021 Season

A group of runners on a blue track. One runner in a blue singlet with bib number 423 is prominent. Other runners have bib numbers 391 and 1347.

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

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 19 August 2020 @ 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:

by Wednesday 5 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 19 August 2020 @ 7.30 p.m.**

- Quorum Check (15 Financial Members)
- Apologies
- Approval of Minutes of Annual General Meeting held 21 August 2019
- Consideration and Approval of Annual Report
- Consideration and Approval of Annual Financial Statements
- Consideration and Approval of Annual Subscription for 2020 / 2021 season
- Election of Officers for 2020 / 2021
 - President
 - Vice President
 - Secretary
 - Treasurer
 - Committee (not to exceed six)
- Election of other Elected Positions
 - Patron
 - Honorary Auditor
 - Honorary Solicitor
- Nomination(s) for Life Membership
- Remits
- General Business

Introduction:

The Opening Day of second season at Ngā Puna Wai occurred on 12 October 2019. Unlike last season where there were just over 250 competitors of all ages, only 125 attended. Admittedly it was a week early and within the school holiday. Of those who attended there were only 8 masters aged athletes. This drop-off in competitive masters has become a trend and I really not sure how we address it.

When we look at club registrations within Canterbury, there 210 masters within clubs. There is also the group than only join CMA members, so altogether there is a pool of about 240 masters that could compete if they so desired.

I appreciate we are an aging population, but unless there is a real effort to create and promote more opportunities for masters, I cannot see the situation improving.

This season we had two events of significance.

South Island Track & Field Championships:

This year, the meeting was meant to be held in Invercargill. However, due to track resurfacing, the event was moved to Nga Puna Wai, hosted by CMA. With the A & P Show occurring next door and the restrictions on the use of the NPW venue during show week, we were restricted to holding our events on Saturday & Sunday, no Friday night events. Once again we were part of a bigger meeting that included the South Island Combined Events Championships, the 10000m Athletics Canterbury Championships and a normal interclub. Just over 90 athletes attended, with several from the north island in attendance. Thank you to those who helped organise the event, including the BBQ post Saturday's event. Next season the meeting will be in Dunedin.

NZMA Track & Field Championships:

This year the NZMA Championships were held in Hastings, having last been held there in 2011. With just over 200 entries, it was about what was expected, given it is not the easiest venue to get to.

Twenty-three CMA members made the trip north and entered 98 events. On Friday the weather was warm and only slightly windy. However, on Saturday & Sunday the nor-west wind came up and it was somewhat similar to Nga Puna Wai, except the wind was not cold. As is the case, as and when required people stepped up to help officiate and by all accounts it was an enjoyable weekend.

Right next door to the track, a new indoor centre has been built. It had been suggested that the NZMA Indoor Championships could be held there. However, upon closer inspection, the indoor track is only 50m

long, with plans to extend the building to accommodate at least 60m straight. Until that is completed, it is not a suitable venue for indoor competition events.

NZMA Board Up-date:

At the NZMA AGM, I was re-elected for a sixth year as President. This is a role I do take seriously, although maybe it is time for a change at the top.

At the NZMA AGM, presented the concept of changing the way we elect the Board and it was approved. 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.

Our next challenge now 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 Chair of the Athletics Canterbury Board. This does involve a considerable time commitment, which does affect my involvement in masters activities.

For a second year, Athletics Canterbury have 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. In the up-coming season, it is hoped to create some contract positions take over some of the tasks Ian has to do, so he can get on with more GM work.

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) & 22 (2019/2020).

However, this season fewer masters than ever competed in track & field events. As mentioned in my opening paragraph, I have no idea why this dropoff has occurred in recent years.

The success of the MoU relies on all of us encouraging ANZ masters to attend our events and working together as one group and I believe it has helped keep number up.

CMA Track & Field Meetings:

While some masters athletes might be put off competing at Athletics Canterbury meetings, there simply is no justification to hold stand alone meetings. Therefore our non-club registered CMA members are able 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, and due to fewer sprinter coming out season, our members were slotted into seeded sprints events.

During season Anne Davison organised mid-week throwing event and this was very much appreciated.

CMA 2019 - 2020 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 to be held over two Saturdays in early February, at Nga Puna Wai. However, it was decided to introduce a master's grade at the Athletics Canterbury Track & Field Championships in late February and hold our event during the same weekend. Given NPW has numerous throwing circle, we were able to timetable masters only events. We did self manage some events, but also had some assistance from Centre officials. Apart from the terrible weather Saturday evening, I believe this was a successful way of holding our championship events.

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 has been moved to the end of the winter season and will occur at Nga Puna Wai in mid October 2020.

CMA Records:

A full list of records for the 2019 / 2020 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.

Annual CMA & NZMA Awards Dinner

The annual NZMA Awards was held in Hasting, well organised by Michael Wray. Canterbury only had one winner this year.

Nick Bolton was the NZMA Male Hurdler Athlete of the year. Well done Nick.

The CMA Awards dinner was cancelled due to the Covid 19 lockdown and as yet no alternative date has been suggested.

CMA Committee:

During the past season, the committee had very few meetings ... one could almost say we were inactive! Bernie Jago stepped up to be secretary, Anna McNab (treasurer), plus Beverley Church, Nick Bolton and Jonny Baird were the 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.

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 running smoothly. So, if there is there anyone out there who will take over the helm, let me know?

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. I would like some help to get this implemented during the 2020 / 2021 season. Afterall, there are six retirement villages in the area.

NOTE: The Oceania Masters Track & Field Championships planned for Norfolk Island 2021 have been postponed until January 2120.

Finally, thank you for all the support I receive from you all personally over the past 10 years in charge. It is a pleasure to be your President, but probably time for a change ... someone younger with more energy & time.

Canterbury Masters Athletics Annual Awards 2019 - 2020 Season



McIntosh Trophy

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

Fiona Morrison

Performances:
100m (12.14) 86.41%
100m H (13.90) 88.20%
200m (25.44) 83.88%



Malcolm Fraser - Bruce McPhail Trophy

M40 400m

Jamin Dyer
(61.94)

Maurice Cook & Max Wood Trophy

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

No winner

Philip Ross May Memorial Trophy

M45 800m - **No winner**



A.H.C. Jubilee Trophy

Women's 1500m

Maggie Chorley (5:20.20)



Kernahan Trophy

M55 800m

Robert Holland (2:49.41)

Kernahan Trophy

M55 1500m

No winner



Walker of the Year Award

Shirley Rolston



Norman & Mary Hawke Trophy

M65+ Hammer
Best Performance using
Age Percentages

Brian Senior

34.37m (85.50%)

Grayburn Trophy

Men's Throws Pentathlon

Rick Davison (3086 pts)

Arthur & Merle Grayburn Trophy

Men's Track Pentathlon

No winner



Congratulations to the
2019 - 2020
season winners

NZMA 2019 Athlete of the Year Winner

NZMA Male Hurdler of the Year:

Nick Bolton, seen here at interclub ... more of concentration before attempting to hurdle!



Question: Several of our awards are for specific events which was okay when there were more members.

How can we modify this so more awards are given out?

Rona Smith Throws Pentathlon Trophy

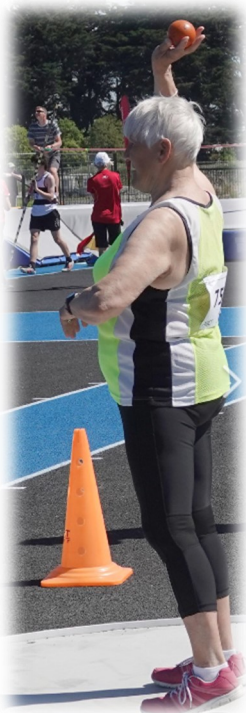
Justine Whitaker
(3582 pts)

Best female at Jack King Memorial Throws event (December)



Women's Throws Pentathlon Trophy

Glen Watt
(3511 pts)



Clarrie Gordon Trophy

M70+ 10000m (CMA Championships)

No winner

Canterbury Veteran's Trophy

Women's Track Pentathlon

No winner

CMA Member's 2019 - 2020 Results

Oceania Masters Championships @ Mackay 31/08/2019 - 07/09/2019

It was a new venue and lack some of facilities of the bigger venue, but it was adequate. Unfortunately some of the organisation lacked what we have come to expect at a championship event. CMA was represented by the following athletes. The results speak for themselves, with Helena having a very successful competition.

W30	Helena Dinnissen		Wind
1st	60m	8.15	-0.2
1st	100m	12.65	2.9
1st	200m	26.22	-1.0
1st	400m	60.92	
1st	100m Hurdles	15.15	0.9
1st	400m Hurdles	64.28	
1st	High Jump	1.71m	
1st	Long Jump	5.78m	1.7
1st	Triple Jump	11.85m	0.0
W60	Bernadette Jago		
1st	1500m	6:09.27	
1st	5000m	22:15.19	
1st	8000m Cross Country	34:25	
W65	Margaret Flanagan		
3rd	800m	3:21.14	
2nd	1500m	6:50.83	
2nd	Medley Relay		
W70	Lois Anderson		
4th	60m	11.10	-1.7
5th	100m	17.94	2.9
4th	200m	38.58	-1.1
2nd	4 x 100m		
5th	Shot Put	6.78m	
2nd	Pentathlon	2616 pts	
6th	Throws Pentathlon	2658 pts	
W70	Beverley Church		
5th	Long Jump	1.42m	0.1
7th	Shot Put	5.90m	
5th	Discus	15.82m	
5th	Hammer	19.17m	
5th	Javelin	12.61m	
6th	Weight	7.31m	
8th	Throws Pentathlon	2508 pts	

W75	Glen Watts	
2nd	Shot Put	7.61m
2nd	Discus	19.17m
2nd	Hammer	27.88m
6th	Javelin	12.89m
4th	Weight	10.00m
4th	Throws Pentathlon	3550 pts

W75	Justine Whitaker	
6th	Shot Put	5.98m
4th	Hammer	24.36m
3rd	Weight	10.33m

M55	Robert Holland	
2nd	800m	3:32.56
3rd	1500m	5:20.45

M60	Andrew Stark	
1st	400m	62.89
1st	800m	2:23.65
1st	1500m (Clem Green)	5:06.37

M60	Peter Richards	
2nd	800m	2:27.78
2nd	1500m	5:09.95
2nd	5000m	19:10.55
2nd	8000m Cross Country	30:20

M70	Peter King	
5th	1500m	7:55.68
6th	5000m	28:32.35
9th	6000m Cross Country	32:51

M70	Rick Davison	
5th	Shot Put	8.49m
2nd	Discus	31.06m
3rd	Hammer	36.32m
3rd	Javelin	29.36m
4th	Weight	13.58m
3rd	Throws Pentathlon	3209 pts

M75	Michael Bond	
4th	800m	3:21.50
3rd	1500m	6:59.57
1st	2000m Steeplechase	10:46.32
1st	5000m	24:27.16
2nd	6000m Cross Country	29:58

M80	Bob Fyfe	
3rd	1500m	10:07.19
3rd	5000m	34:20.08
4th	6000m Cross Country	44:36



Lois Anderson competing in the javelin - OMA Mackay

**Oceania Throws Pentathlon Challenge
@ Nga Puna Wai: Sunday 29/09/2019**

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

This year there were 29 women and 32 men, slightly down on last year.

W30 Anna Lynch (23rd overall)					
HT	SP	DT	JT	WT	
33.99	8.24	29.78	20.45	10.15	
580	415	458	297	502	2252

W70 Lois Anderson (13th overall)					
HT	SP	DT	JT	WT	
19.91	6.52	14.83	12.21	8.57	
670	668	471	394	650	2853

W70 Beverley Church (24th overall)					
HT	SP	DT	JT	WT	
17.55	5.40	14.65	10.58	6.85	
572	531	464	330	495	2392

W70 Alison Wright (26th overall)					
HT	SP	DT	JT	WT	
15.64	4.98	12.15	9.14	6.77	
492	480	368	274	488	2012

W75 Glen Watts (8th overall)					
HT	SP	DT	JT	WT	
22.99	7.59	17.47	11.68	8.81	
788	787	608	413	633	3229

W75 Julie Roots (19th overall)					
HT	SP	DT	JT	WT	
18.09	6.65	11.25	10.63	8.70	
585	673	355	368	624	2605

W80 Patricia Drayton (29th overall)					
HT	SP	DT	JT	WT	
13.05	4.89	9.00	5.83	5.78	
455	539	327	211	427	1959

M65 Rick Davison (15th overall)					
HT	SP	DT	JT	WT	
33.44	8.95	31.19	25.19	12.45	
653	574	662	476	689	3054

**Opening Day Interclub - Nga Puna Wai
12th October 2019**

On opening day we saw just over 130 athletes of all ages compete, competed to 250 last season. Our youngest member was Fiona Morrison (W30) and oldest member Patricia Drayton (W80).

Shot Put

W30	Fiona Morrison	8.82m
W55	Lyn Osmer	9.78m
W70	Beverley Church	5.33m
M45	Nick Bolton	8.87m
M45	Julian Bethell (Para)	7.66m

Discus

W70	Beverley Church	15.02m
M45	Julian Bethell (Para)	17.74m

80m

W30	Fiona Morrison	10.00	1.6
-----	----------------	-------	-----

145m

W55	Lyn Osmer	24.26	3.0
-----	-----------	-------	-----

300m

W30	Fiona Morrison	40.45
W40	Jo Ramsay	49.81
M30	Patrick Enright	50.88

600m

M40	Jamin Dyer	1:51.32
-----	------------	---------

2000m

W40	Jo Ramsay	7:16.03
M30	Patrick Enright	7:29.13



Margaret Flanagan competing in the 1500m - OMA Mackay

**Interclub - Nga Puna Wai
19th October 2019**

Triple Jump			wind
W55	Lyn Osmers	8.24m	2.1
Shot Put			
W40	Dena Miller	9.38m	
W55	Lyn Osmers	9.50m	
W80	Patricia Drayton	4.55m	
M45	Julian Bethal (Para)	7.25m	
M50	Paul Wadsworth	37.76m	
Discus			
W40	Dena Miller	18.58m	
W80	Patricia Drayton	9.28m	
Hammer			
W40	Dena Miller	18.62m	
W80	Patricia Drayton	12.31m	
60m			
W30	Fiona Morrison	7.73	3.2
W55	Lyn Osmers	10.08	2.9
M45	Nick Bolton	7.70	2.7
100m			
W30	Fiona Morrison	12.18	2.1
M45	Nick Bolton	11.98	3.5
200m			
W30	Fiona Morrison	24.80	3.4
M30	Patrick Enright	30.69	1.7
M45	Nick Bolton	24.66	4.9
M70	Greg Harney	35.05	1.7
3000m			
W60	Bernadette Jago	13:07.23	
M30	Patrick Enright	11:45.32	
M35	Jason Wilcock	10:31.08	
M40	Paul Brouwers	11:01.83	
M50	Malcolm Cornelius	10:50.79	
M50	Erik Monasterio	11:16.86	
M60	Clive Kitchingman	12:48.72	



Jason Wilcock has embraced masters ... now that he is old enough!

**Interclub - Nga Puna Wai
26th October 2019**

High Jump			
W35	Helena Dinnissen	1.56m	
Shot Put			
W30	Anna Lynch	7.74m	
W40	Dena Miller	6.79m	
W55	Lyn Osmers	9.49m	
W70	Beverley Church	5.49m	
M45	Julian Bethell (Para)	7.97m	
Discus			
W30	Anna Lynch	32.33m	
W40	Dena Miller	20.69m	
W70	Beverley Church	14.36m	
W80	Patricia Drayton	8.88m	
M45	Julian Bethell (Para)	18.14m	
M70	Rick Davison	32.43m	
Javelin			
W30	Anna Lynch	20.84m	
W40	Dena Miller	18.46m	
W55	Lyn Osmers	23.89m	
W70	Beverley Church	10.76m	
M70	Rick Davison	25.20m	
110m Hurdles			wind
M45	Nick Bolton	16.14	-0.3
60m			
W30	Fiona Morrison	7.89	2.7
W35	Helena Dinnissen	8.11	1.8
W55	Lyn Osmers	10.19	1.6
M85	Max Wood	12.43	1.6
100m			
W30	Fiona Morrison	12.36	1.4
W35	Helena Dinnissen	12.91	0.4
M45	Nick Bolton	12.19	0.5
M85	Max Wood	20.21	0.1
400m			
W35	Helena Dinnissen	62.08	
M45	Nick Bolton	60.17	
M80	Alan Cowan	2:01.07	
5000m			
M30	Patrick Enright	20:04.48	
M40	Paul Brouwers	19:16.30	
M50	Erik Monasterio	19:29.53	
M55	Richard Bennett	18:04.46	

**Interclub - Nga Puna Wai
9th November 2019**

Long Jump

W35	Helena Dinnissen	5.91m	4.6
-----	------------------	-------	-----

100m Hurdles

W35	Helena Dinnissen	14.92	3.5
-----	------------------	-------	-----

Triple Jump

W35	Helena Dinnissen	12.10m	0.6
-----	------------------	--------	-----

Shot Put

W30	Anna Lynch	8.13m	
W40	Dena Miller	6.55m	
W55	Lyn Osmers	9.54m	
W75	Glen Watts	7.29m	
W75	Julie Roots	6.27m	
M45	Nick Bolton	8.67m	
M45	Julian Bethell (Para)	7.05m	
M70	Rick Davison	8.56m	

Discus

W30	Anna Lynch	30.13m	
W40	Dena Miller	20.26m	
W75	Glen Watts	17.04m	
W75	Julie Roots	11.32m	
M45	Julian Bethell (Para)	20.80m	
M70	Rick Davison	30.02m	

Javelin

W30	Anna Lynch	21.90m	
W40	Dena Miller	17.13m	
W55	Lyn Osmers	23.28m	
W75	Julie Roots	11.40m	
M70	Rick Davison	27.18m	

60m

W30	Fiona Morrison	7.71	4.0
W55	Lyn Osmers	10.02	3.6

100m

W30	Fiona Morrison	11.98	5.0
W35	Helena Dinnissen	12.52	3.7
M30	Nic Ash	11.34	5.3

400m

M40	Jamie Dyer	63.30	
-----	------------	-------	--

1500m

M30	Patrick Enright	5:27.08	
M50	Malcolm Cornelius	4:59.39	
M50	Brian Law	5:00.32	
M60	Peter Richards	5:14.41	
M65	Rodger Ward	6:07.72	

**South Island Combined Events Championship, South
Island Masters Championships & Interclub
Nga Puna Wai - 17th/19th November 2019**

Once again the South Island Masters Track & Field Championships were held within a bigger event. It makes perfect sense to do so and I hope other Centres do the same in future years. Nga Puna Wai lived up to its recent reputation as being a 'windy' venue!!!

60m

W55	Lyn Osmers	9.90	4.1
W70	Lois Anderson	11.35	4.1
M35	Steve Langley	7.94	1.2
M45	Nick Bolton	7.60	1.2
M45	Jonny Baird	8.21	1.2
M45	Tim Kerr	9.01	1.2
M80	Alan Hunter	23.90	1.7
M85	Max Wood	11.56	1.7

100m

W70	Lois Anderson	18.29	3.1
M35	Steve Langley	12.80	4.5
M45	Nick Bolton	11.99	4.5
M45	Jonny Baird	13.33	4.5
M45	Tim Kerr	14.84	4.5
M85	Max Wood	19.36	2.7

110m Hurdles

M45	Nick Bolton	15.48	5.8
-----	-------------	-------	-----

200m

M45	Nick Bolton	24.00	5.4
M45	Tim Kerr	31.33	5.4
M70	John Mulvaney	41.46	3.0

400m

W70	Shirley Rolston	2:14.58	
M40	Mike Wrigley	60.32	
M40	Jamin Dyer	62.92	
M45	Tim Kerr	1:17.68	

800m

W65	Margaret Flanagan	3:28.74	
M30	Chris Weddell	2:16.62	
M40	Allan Staite	2:25.89	
M40	Jamin Dyer	2:39.63	
M50	Malcolm Cornelius	2:27.24	
M65	Noel Burr	2:51.51	

1500m

W65	Margaret Flanagan	6:52.67	
M40	Allan Staite	4:48.16	
M50	Malcolm Cornelius	4:53.79	
M50	Brian Law	4:55.54	
M60	Clive Kitchingman	6:04.81	
M65	Noel Burr	6:03.25	

3000m		
M40	Allan Staite	10:04.70
M60	John Gamblin	11:19.14
M60	Clive Kitchingman	12:42.53
M65	Ron McTaggart	12:48.06
M70	John Mulvaney	18:21.43
3000m Track Walk		
W70	Shirley Rolston	22:52.31
5000m		
M60	Clive Kitchingman	22:33.27
5000m Track Walk		
W70	Shirley Rolston	40:33.62
Long Jump		
		wind
W70	Lois Anderson	2.74m 3.0
M45	Tim Kerr	4.52m 6.0
M80	Alan Hunter	1.11m 0.1
High Jump		
M45	Tim Kerr	1.36m
Triple Jump		
W70	Lois Anderson	6.01m 10.0
Shot Put		
W55	Lyn Osmers	10.15m
W70	Lois Anderson	6.58m
W70	Beverley Church	5.75m
W70	Shirley Rolston	5.47m
W75	Glen Watts	7.12m
W75	Justine Whitaker	6.71m
W75	Julie Roots	6.56m
W80	Patricia Drayton	4.28m
Discus		
W70	Beverley Church	14.50m
W75	Justine Whitaker	18.33m
W75	Glen Watts	16.21m
Hammer		
W30	Anna Lynch	36.22m
W35	Kelley Charles	31.00m
W40	Toni Oudemans	21.08m
W40	Dena Miller	20.09m
W70	Beverley Church	18.07m
W70	Lois Anderson	17.42m
W70	Shirley Rolston	16.01m
W75	Glen Watts	27.41m
W75	Justine Whitaker	23.79m
W75	Julie Roots	20.13m
W80	Patricia Drayton	13.70m

Javelin					
W30	Anna Lynch	21.66m			
W35	Kelley Charles	18.83m			
W40	Toni Oudemans	27.74m			
W40	Dena Miller	17.66m			
W55	Lyn Osmers	25.24m			
W70	Shirley Rolston	10.95m			
W70	Beverley Church	10.08m			
W75	Justine Whitaker	13.45m			
W75	Glen Watts	11.14m			
W75	Julie Roots	10.64m			
Weight					
W30	Anna Lynch	10.40m			
W35	Kelley Charles	9.38m			
W40	Toni Oudemans	8.39m			
W40	Dena Miller	6.64m			
W70	Shirley Rolston	7.81m			
W70	Lois Anderson	7.81m			
W70	Beverley Church	6.34m			
W75	Justine Whitaker	10.44m			
W75	Glen Watts	8.93m			
W75	Julie Roots	8.53m			
W80	Patricia Drayton	5.71m			
W30 Anna Lynch					
HT	SP	DT	JT	WT	
35.96	8.42	31.42	20.88	9.90	
623	427	489	305	487	2331
W35 Kelley Charles					
HT	SP	DT	JT	WT	
27.96	8.14	21.56	17.41	10.17	
506	427	320	261	560	2074
W40 Toni Oudemans					
HT	SP	DT	JT	WT	
20.55	8.58	22.25	25.40	7.83	
368	498	365	460	449	2140
W40 Dena Miller					
HT	SP	DT	JT	WT	
18.73	6.74	FOUL	15.58	6.32	
323	366	0	249	341	1279
W70 Lois Anderson					
HT	SP	DT	JT	WT	
16.53	6.45	14.16	10.40	8.03	
529	659	445	323	601	2557
W70 Beverley Church					
HT	SP	DT	JT	WT	
17.53	5.51	13.74	12.90	6.55	
571	544	429	421	468	2433
W75 Justine Whitaker					
HT	SP	DT	JT	WT	
22.68	6.73	16.80	12.60	9.98	
775	683	580	452	374	3224

W75 Glen Watts					
HT	SP	DT	JT	WT	
24.29	6.88	14.99	11.58	9.89	
842	701	506	408	727	3184

W75 Julie Roots					
HT	SP	DT	JT	WT	
19.95	6.42	12.93	10.59	8.43	
662	645	422	366	601	2696

M70 Rick Davison					
HT	SP	DT	JT	WT	
33.32	8.72	30.10	23.16	12.85	
650	556	634	426	715	2981

M80 Alan Hunter					
HT	SP	DT	JT	WT	
14.70	4.89	9.61	8.18	6.40	
309	328	194	123	360	1314

Open 10000m

W35	Jennifer Zhou	50:04.87
M30	Patrick Enright	42:53.25
M40	Paul Brouwers	42:18.33

OMA & NZMA Championship photos taken by Sharon Wray



Justine Whitaker, Ron McTaggart & Anna Lynch (top to bottom)



Janis Russell has had to content with the wind at NPW finally she broke the W60 60m!!

Interclub - Nga Puna Wai 23rd November 2019

Discus

W40	Dena Miller	19.02m
M45	Julian Bethell (Para)	20.25m
M70	Rick Davison	30.12m

Shot Put

W40	Dena Miller	6.91m
M45	Julian Bethell (Para)	7.24m
M70	Rick Davison	8.41m

High Jump

W35	Helena Dinnissen	1.52m
-----	------------------	-------

Javelin

W40	Dena Miller	16.93m
M45	Julian Bethell (Para)	20.25m
M70	Rick Davison	30.12m

3000m

M50	Malcolm Cornelius	10:31.01
-----	-------------------	----------

CMA 5000m Championships

M30	Carl Parkins	16:51.27
M30	Patrick Enright	20:20.88
M35	Jason Wilcock	18:13.01
M40	Allan Staite	16:58.41
M40	Paul Brouwers	18:56.96
M55	Peter Cameron	19:44.38
M60	John Gamblin	18:56.49
M60	Peter Richards	18:59.00

60m

M30	Nic Ash	7.38	1.2
-----	---------	------	-----

1500m

M70	John Mulvaney	7:27.20
-----	---------------	---------

400m

M30	Nic Ash	51.85
M30	Chris Weddell	54.17

**Interclub - Nga Puna Wai
30th November 2019**

Discus

W75	Justine Whitaker	18.45m
M35	Victor Lusic	27.72m
M70	Rick Davison	32.90m

Shot Put

W75	Justine Whitaker	6.80m
M35	Victor Lusic	8.61m
M70	Rick Davison	8.96m

Hammer

W75	Justine Whitaker	21.63m
M70	Rick Davison	30.09m

100m Hurdles

W30	Fiona Morrison	13.57	wind 2.4
-----	----------------	-------	----------

3000m

M30	Patrick Enright	11:39.17
M50	Brian Law	10:50.25
M55	Peter Cameron	11:39.45
M60	Peter Richards	11:21.05
M60	Clive Kitchingman	13:05.49

60m

M35	Victor Lusic	8.51	0.5
-----	--------------	------	-----

100m

W30	Fiona Morrison	12.42	0.1
-----	----------------	-------	-----

800m

M30	Chris Weddell	2:06.60
M40	Allan Staite	2:27.39
M60	Peter Richards	2:40.92
M70	John Mulvaney	4:03.32

200m

M30	Nick Ash	23.06	-1.0
M50	Brian Law	34.91	-1.0

**Interclub - Nga Puna Wai
14th December 2019**

Discus

M45	Julian Bethell (Para)	17.57m
-----	-----------------------	--------

Shot Put

W55	Lyn Osmer	9.85m
M35	Victor Lusic	8.57m

Javelin

W30	Anna Lynch	20.57m
M35	Victor Lusic	34.86m

110m Hurdles

M45	Nick Bolton	15.84	wind 1.1
-----	-------------	-------	----------

100m Hurdles

W30	Fiona Morrison	13.87	-0.9
-----	----------------	-------	------

3000m

M30	Patrick Enright	11:30.55
M40	Paul Brouwers	11:11.02
M50	Brian Law	10:43.10
M70	John Mulvaney	15:03.70

5000m

M55	Peter Cameron	21:17.86
-----	---------------	----------

100m

M30	Nick Ash	11.64	wind 1.4
M35	Victor Lusic	13.63	2.0
M45	Nick Bolton	12.19	0.6

200m

M45	Nick Bolton	21.14	1.2
-----	-------------	-------	-----

1500m

M35	Jason Wilcock	4:55.44
M60	Peter Richards	5:14.54

**Jack King memorial Throws Pentathlon
@ Rawhiti Domain - 15th December 2019**

W40	Dena Miller				
HT	SP	DT	JT	WT	
18.79	6.83	18.12	15.28	6.09	
324	372	281	243	324	1544

W70	Beverley Church				
HT	SP	DT	JT	WT	
17.85	5.45	16.14	12.85	6.66	
584	537	522	419	478	2540

W75	Justine Whitaker				
HT	SP	DT	JT	WT	
23.97	7.1	19.01	12.2	10.93	
829	728	673	435	817	3482

W75	Glen Watts				
HT	SP	DT	JT	WT	
24.53	6.65	17.44	12.64	9.39	
852	673	607	454	683	3269

W75	Julie Roots				
HT	SP	DT	JT	WT	
16.35	6.37	11.93	11.37	8.48	
513	639	382	399	531	2464

M70	Rick Davison				
HT	SP	DT	JT	WT	
38.00	9.58	32.48	27.49	12.51	
763	622	695	532	693	3305

M75	Brian Senior				
HT	SP	DT	JT	WT	
32.86	9.39	28.84	26.57	12.92	
746	675	692	593	785	3491

**Twilight Interclub - Nga Puna Wai
27th December 2019**

For the second year, this meeting was organised with the help of Craig Motley and involved events for athletes aged from 7+. Unfortunately, it was another windy evening!

Shot Put

M35	Victor Lusia	9.05m
-----	--------------	-------

1 Mile

W35	Andrea Hewitt	5:02.88
M30	Johnny Gibbons	5:25.33
M35	Alex Kelliher	4:55.50
M35	Jason Wilcock	5:22.72
M35	Matt Cunningham	5:41.49
M60	Peter Richards	5:43.47
M70	John Mulvaney	8:43.16

60m Hurdles

M45	Nick Bolton	9.31	wind 6.6
-----	-------------	------	-------------

300m

W30	Fiona Morrison	40.54
M45	Nick Bolton	39.58
M70	John Mulvaney	67.43

5000m

M30	Patrick Enright	19:41.93
M35	Jason Wilcock	18:45.85
M55	Peter Cameron	19:47.49

400m

M35	David Catherwood	55.54
-----	------------------	-------

**Lovelock Classic - Aorangi Stadium, Timaru
11th January 2020**

As has been the trend in recent seasons, fewer athletes of all ages are attending this event. A slightly later weekend this year, but unlike Nga Puna Wai, it was not windy, Unfortunately the wind gauges were not working, so no records were allowed.

100m

W30	Fiona Morrison	12.34	wind NW
-----	----------------	-------	------------

100m Hurdles

W30	Fiona Morrison	13.66	NW
W35	Helena Dinnissen	14.97	NW

200m

W30	Fiona Morrison	24.90	NW
W35	Helena Dinnissen	26.87	NW
M45	Nick Bolton	24.31	NW

1 Mile

M40	Paul Brouwers	5:20.28
-----	---------------	---------

3000m

M30	Patrick Enright	11:24.12
M35	Matt Cunningham	11:14.02
M60	Clive Kitchingman	12:22.94
M70	John Mulvaney	17:25.31

Long Jump

W35	Helena Dinnissen	5.66	0.5
-----	------------------	------	-----

Shot Put

W35	Kelley Charles	8.62m
W40	Toni Oudemans	8.98m

Discus

W35	Kelley Charles	23.68m
W40	Toni Oudemans	24.26m

**Interclub - Nga Puna Wai
1st February 2020**

With other meetings happening at Nga Puna Wai during January, this was the first meeting available for our athletes.

Long Jump

W35	Helena Dinnissen	5.93m	wind 2.1
-----	------------------	-------	-------------

Shot Put

W30	Anna Lynch	8.54m
W60	Sissi Stein-Abel	8.50m
W75	Justine Whitaker	6.31m
W80	Colleen Maloney	4.99m
M45	Julian Bethell (Para)	7.40m
M70	Rick Davison	8.60m

Discus

W30	Anna Lynch	29.22m
W60	Sissi Stein-Abel	23.67m
W75	Justine Whitaker	16.97m
M45	Julian Bethell (Para)	19.49m
M70	Rick Davison	26.69m

CMA 3000m Championships

W35	Andrea Hewitt	9:33.02
W35	Sarah Douglas	10:35.71
W60	Bernadette Jago	13:38.44
W65	Margaret Flanagan	14:27.00
M30	Johnny Gibbons	10:41.54
M30	Patrick Enright	11:45.33
M35	Alex Cowden	9:36.72
M35	Chris Kelly	9:39.61
M35	Alex Kelliher	9:52.99
M35	Dave King	10:14.70
M35	Jason Wilcock	10:34.93
M40	Brett Tingay	8:50.63
M40	Allan Staite	10:01.45
M40	Paul Brouwers	11:06.93
M40	Matt Cunningham	11:20.85
M50	Malcolm Cornelius	10:48.93
M60	Peter Richards	11:14.41
M75	Michael Bond	14:48.69

100m			
W30	Fiona Morrison	12.55	-0.8
200m			
W30	Fiona Morrison	24.93	0.5
W35	Helena Dinnissen	26.26	0.5
400m			
M35	Jason Wilcock	66.52	
800m			
M60	Andrew Stark	2:25.45	
Hammer			
W30	Anna Lynch	37.76m	
W80	Colleen Maloney	13.24m	
M70	Rick Davison	32.35m	

**ANZ Combined Events / Interclub - Nga Puna Wai
8th - 9th February 2020**

This weekend Athletics Canterbury hosted the Athletics NZ Combined event championships at Nga Puna Wai. Given this was going to be an extremely busy weekend, the CMA Championships were moved to later in the month, the same weekend as the Athletics Championships.

Javelin			
M35	Victor Lusi	37.76m	
2000m Steeplechase			
M65	Kevin Prendergast	13:21.78	
3000m Steeplechase			
M30	Patrick Enright	13:02.12	
1500m			
M35	Andrea Hewitt	4:42.10	
M50	Maggie Chorley	5:25.40	
M35	Chris Kelly	4:23.46	
M50	Malcolm Cornelius	4:56.25	
M60	Andrew Stark	4:57.48	
M60	Peter Richards	5:07.04	
M65	Ron McTaggart	6:15.20	
200m			
W30	Fiona Morrison	24.85	wind 5.3
800m			
M60	Andrew Stark	2:22.14	
100m			
W30	Fiona Morrison	12.39	1.2
M30	Nick Ash	11.18	0.9
M35	Tom Berry	12.19	1.2
400m			
M30	Nick Ash	50.97	
Shot Put			
M45	Julian Bethell (Para)	7.02m	
110m Hurdles			
M45	Nick Bolton	16.27	1.0



**Twilight Interclub - Nga Puna Wai
14th February 2020**

Due to hockey Pro League during that last weeked, Athletics Canterbury organised a Friday night twilight meeting and invited athletes of all ages to attend. Although there were big fields for the younger ages groups, it was a welcome change from a Saturday Interclub ... we could all the weekend off!

Discus		
W30	Anna Lynch	24.42m
M35	Victor Lusi	25.61m
M70	Rick Davison	26.76m
Hammer		
W30	Anna Lynch	35.71m
M70	Rick Davison	30.06m
Shot Put		
M35	Victor Lusi	8.74m
800m		
W70	Margaret Flanagan	3:33.18
M35	Jason Wilcock	2:21.31
M40	Allan Staite	2:21.32
M40	Paul Brouwers	2:28.98
M60	Andrew Stark	2:20.41
M60	John Gamblin	2:37.12
M60	Peter Richards	2:37.40
M70	John Mulvaney	3:33.60
400m		
M30	Patrick Enright	70.08
M35	Jason Wilcock	63.16
M40	Allan Staite	62.90
M40	Paul Brouwers	65.29
M50	Allan Moulai	61.76
3000m		
M30	Patrick Enright	11:27.05
M60	Clive Kitchingman	12:32.88

**CMA Championships - Nga Puna Wai
22nd - 23rd February 2020**

This season we combined our championship events with Athletics Canterbury. Is this the way of the future?

100m		wind	
W30	Fiona Morrison	12.14	2.3
W35	Helena Dinnissen	12.53	2.3
W60	Janis Russell	16.20	1.4
M80	Alan Hunter	33.34	1.4
M85	Max Wood	20.13	1.4

100m Hurdles			
W30	Fiona Morrison	13.90	-0.3
W35	Helena Dinnissen	15.46	-0.3

200m			
W30	Fiona Morrison	25.44	-1.4
W40	Jo Ramsay	33.67	2.4
W60	Janis Russell	33.67	2.4
M70	John Mulvaney	41.34	-1.4

400m			
W40	Jo Ramsay	70.74	
M35	Matt Cunningham	63.15	
M40	Jamin Dyer	61.94	
M60	Andrew Stark	61.29	
M70	John Mulvaney	1:33.48	

800m			
W40	Jo Ramsay	2:35.56	
W50	Maggie Chorley	2:37.76	
W60	Bernadette Jago	3:12.83	
W65	Margaret Flanagan	3:29.39	
M30	Johnny Gibbons	2:17.57	
M35	Alex Kelliher	2:07.36	
M35	Jason Wilcock	2:16.96	
M40	Jamin Dyer	2:37.68	
M50	Malcolm Cornelius	2:22.79	
M55	Robert Holland	2:49.41	
M60	Andrew Stark	2:18.72	
M60	Peter Richards	2:31.16	
M65	Noel Burr	2:50.35	
M70	John Mulvaney	3:34.64	
M70	Peter Coughlan	4:49.91	
M75	Michael Bond	3:24.77	

1500m			
W50	Maggie Chorley	5:20.20	
W60	Bernadette Jago	6:17.71	
W70	Margaret Flanagan	6:40.77	
M30	Johnny Gibbons	4:44.10	
M35	Jason Wilcock	4:41.20	

M35	Simon Wooding	4:42.45
M35	Matt Cunningham	5:04.64
M60	Andrew Stark	5:00.38
M60	Peter Richards	5:05.34
M60	John Gamblin	7:27.31
M65	Ron McTaggart	5:47.42
M65	Noel Burr	5:52.88
M70	John Mulvaney	8:01.31
M70	Peter Coughlan	9:24.98

5000m (Interclub)			
W35	Sarah Douglas	18:01.31	
M30	Patrick Enright	19:31.64	
M35	Alex Cowden	16:31.15	
M35	Jason Wilcock	18:38.94	
M40	Michael Laird	18:56.86	
M60	John Gamblin	18:35.90	

Long Jump			
W35	Helena Dinnissen	5.89m	-0.4
M80	Alan Hunter	1.40m	1.4

Shot Put			
W35	Kelley Charles	8.42m	
W40	Toni Oudemans	8.76m	
W40	Dena Millar	6.85m	
W60	Sissu Stein-Abel	8.47m	
W70	Shirley Rolston	5.47m	
W75	Glen Watts	7.52m	
W75	Justine Whitaker	6.75m	
W75	Julie Roots	6.51m	
W80	Colleen Maloney	4.91m	
M35	Victor Lusic	9.31m	
M45	Julian Bethell (Para)	6.88m	
M70	Rick Davison	8.82m	
M80	Alan Hunter	4.88m	

Discus			
W35	Kelley Charles	25.37m	
W40	Toni Oudemans	21.94m	
W40	Dena Millar	18.16m	
W60	Sissi Stein-Abel	22.62m	
W70	Shirley Rolston	15.55m	
W75	Justine Whitaker	17.93m	
W75	Glen Watts	17.36m	
W80	Colleen Maloney	10.32m	
M35	Victor Lusic	27.17m	
M45	Julian Bethell (Para)	18.84m	
M70	Rick Davison	30.88m	
M75	Brian Senior	28.48m	
M80	Alan Hunter	13.02m	



Alan Hunter, Janis Russell & Max Wood - CMA 100m

Hammer

W35	Kelley Charles	25.61m
W40	Toni Oudemans	18.59m
W40	Dena Millar	17.98m
W70	Shirley Rolston	16.67m
W75	Glen Watts	27.90m
W75	Justine Whitaker	23.53m
W75	Julie Roots	18.65m
W80	Colleen Maloney	16.88m
M70	Rick Davison	32.41m
M75	Brian Senior	34.37m
M80	Alan Hunter	16.88m

Javelin

W40	Toni Oudemans	26.31m
W40	Dena Millar	16.29m
W60	Sissi Stein-Abel	27.93m
W70	Shirley Rolston	11.32m
W75	Justine Whitaker	12.68m
W75	Glen Watts	12.05m
W75	Julie Roots	11.50m
W80	Colleen Maloney	8.87m
M35	Victor Lusic	41.29m
M70	Rick Davison	27.18m
M75	Brian Senior	25.11m
M80	Alan Hunter	10.04m

Weight

W35	Kelley Charles	9.72m
W40	Toni Oudemans	7.27m
W40	Dena Millar	6.29m
W70	Shirley Rolston	7.85m
W75	Justine Whitaker	10.28m
W75	Glen Watts	9.97m
W75	Julie Roots	9.84m
W80	Colleen Maloney	9.28m
M70	Rick Davison	12.23m
M75	Brian Senior	12.14m
M80	Alan Hunter	7.10m

**Interclub - Nga Puna Wai
29th February 2020**

100m Hurdles			wind
W35	Helena Dinnissen	14.97	NW
Discus			
M35	Victor Lusic	27.78m	
M45	Julian Bethell (Para)	18.47m	
100m			
W35	Helena Dinnissen	12.50	2.2
M35	Victor Lusic	13.21	0.3
200m			
M70	John Mulvaney	40.26	0.0
1500m			
M35	Chris Kelley	4:17.58	
M35	Alex Kelliher	4:22.46	
M35	Simon Wooding	4:45.05	
400m			
M35	Jason Wilcock	61.12	
M70	John Mulvaney	1:30.41	
Discus			
M35	Victor Lusic	27.78m	
M45	Julian Bethell (Para)	18.47m	
Shot Put			
M35	Victor Lusic	13.21m	
Javelin			
M35	Victor Lusic	38.27m	



Noel Burr made the trip from Westport to compete and had a battle with Michael Bond had in the 800m.

**NZMA Track & Field Championships @ Mitre 10 Park,
Hastings - 27th—29th February 2020**

A small group from CMA travelled to this event. Not always easy event to organise, especially for the small Centres. Well done to the HGB Centre.

60m (wind 1.4, 0.8, 1.3)			
W30	Anna Lynch	9.58	1st
W60	Janis Russell	10.02	1st
M45	Nick Bolton	7.59	2nd
100m (wind -3.3)			
W60	Janis Russell	16.53	1st
400m			
W70	Shirley Rolston	2:06.28	2nd
M55	Allan Moulai	61.84	3rd
M60	Andrew Stark	61.41	2nd
M75	Michael Bond	1:29.06	3rd
800m			
W50	Maggie Chorley	2:36.91	1st
W65	Margaret Flanagan	3:27.69	1st
W75	Julie Roots	4:48.49	1st
M40	Allan Staite	2:20.81	1st
M50	Malcolm Cornelius	2:21.78	3rd
M55	Allan Moulai	2:25.81	2nd
M60	Peter Richards	2:32.83	2nd
M65	Noel Burr	2:51.32	2nd
M70	Michael Bond	3:26.59	2nd
1500m			
W50	Maggie Chorley	5:20.02	1st
W65	Margaret Flanagan	6:45.56	1st
W70	Shirley Rolston	8:53.33	2nd
W75	Julie Roots	9:58.03	1st
M40	Allan Staite	4:48.96	1st
M50	Malcolm Cornelius	4:54.12	4th
M60	Andrew Stark	4:59.70	2nd
M60	Peter Richards	5:10.38	3rd
M65	Rodger Ward	5:51.35	2nd
M65	Noel Burr	5:52.62	3rd
M65	Ron McTaggart	5:59.73	5th
M70	Michael Bond	6:51.42	3rd
2000m SC			
M70	Michael Bond	10:32.71	1st



3000m			
W60	Bernadette Jago	12:50.93	2nd
W65	Margaret Flanagan	14:10.35	1st
W75	Julie Roots	21:29.49	1st
M40	Allan Staite	9:57.19	1st
M60	Peter Richards	10:58.48	1st
M65	Ron McTaggart	12:L37.52	4th
5000m			
W40	Shannon-Leigh Litt	23:22.84	1st
W60	Bernadette Jago	21:37.27	2nd
M60	Peter Richards	18:55.94	2nd
5000m Track Walk			
W70	Shirley Rolston	39:21.48	1st
Shot Put			
W30	Anna Lynch	8.75m	1st
W35	Kelley Charles	8.36m	1st
W70	Shirley Rolston	5.47m	4th
W75	Glen Watts	7.15m	2nd
W75	Justine Whitaker	6.85m	3rd
W75	Julie Roots	6.68m	4th
M70	Rick Davison	9.03m	1st
M75	Brian Senior	9.18m	2nd
Discus			
W30	Anna Lynch	31.34m	1st
W35	Kelley Charles	24.40m	1st
W70	Shirley Rolston	15.52m	5th
W75	Justine Whitaker	17.41m	1st
W75	Glen Watts	17.22m	2nd
M70	Rick Davison	28.60m	1st
M75	Brian Senior	24.14m	2nd
Hammer			
W30	Anna Lynch	38.06m	1st
W35	Kelley Charles	28.80m	1st
W70	Shirley Rolston	15.80m	4th
W75	Glen Watts	28.61m	1st
W75	Justine Whitaker	23.91m	2nd
W75	Julie Roots	18.49m	4th
M70	Rick Davison	36.05m	1st
M75	Brian Senior	33.32m	1st

**Athletics New Zealand Track & Field Championships @
Nga Puna Wai - 5th - 7th March 2020**

For the second year, Athletics Canterbury hosted the event at Nga Puna Wai. There were 132 in the Canterbury team, with a few masters athletes competing.

Fortunately the weather conditions were better than last year with NO rain, but the wind was a real pain. While we can run sprint events down the back straight at Nga Puna Wai, that does help the distance athletes who have to battle the wind up the home straight.

Fiona, Helena & Nick Ash were also members of the 4 x 100m that won their races. Nick was also a member of the winning 4 x 400m relay.

100m (wind 2.9, 1.7, 1.1 & 0.0)

W30	Fiona Morrison (Prelim)	12.08	q
W30	Fiona Morrison (Final)	12.17	7th
W35	Helena Dinnissen (Prelim)	12.44	
M45	Nick Bolton		

400m

M30	Nick Ash (Prelim)	51.47	q
M30	Nick Ash (Final)	50.69	7th

5000m

W35	Sarah Douglas	18:01.19	3rd
-----	---------------	----------	-----

100m Hurdles (wind 0.5)

W30	Fiona Morrison	13.62	1st
W35	Helena Dinnissen	14.85	5th

110m Hurdles (wind 0.8)

M45	Nick Bolton	16.96	5th
-----	-------------	-------	-----

Long Jump (wind 2.0)

W30	Helena Dinnissen	5.64m	4th
-----	------------------	-------	-----

Triple Jump (wind 3.1)

W30	Helena Dinnissen	11.46m	7th
-----	------------------	--------	-----



Javelin

W30	Anna Lynch	22.45m	1st
W35	Kelley Charles	18.32m	3rd
W70	Shirley Rolston	10.98m	4th
W75	Justine Whitaker	13.26m	2nd
W75	Glen Watts	12.39m	3rd
W75	Julie Roots	10.80m	4th
M70	Rick Davison	26.10m	2nd
M75	Brian Senior	25.54m	1st

Weight

W30	Anna Lynch	11.91m	1st
W35	Kelley Charles	9.11m	1st
W70	Shirley Rolston	7.51m	5th
W75	Justine Whitaker	11.07m	1st
W75	Glen Watts	10.15m	3rd
W75	Julie Roots	9.19m	4th
M70	Rick Davison	12.86m	1st
M75	Brian Senior	12.90m	1st

Throws Pentathlon

W30	Anna Lynch					1st
HT	SP	DT	JT	WT	Total	
40.27	8.79	33.43	21.11	11.92		
717	450	528	310	610	2615	

W35	Kelley Charles					1st
HT	SP	DT	JT	WT		
26.68	8.59	21.14	17.48	10.55		
476	458	312	262	586	2094	

W70	Shirley Rolston					4th
HT	SP	DT	JT	WT		
17.03	5.49	14.30	9.92	7.69		
550	541	451	279	570	2391	

W75	Glen Watts					1st
HT	SP	DT	JT	WT		
28.30	7.16	16.44	11.26	9.89		
1079	735	566	395	799	3574	

W75	Justine Whitaker					3rd
HT	SP	DT	J	WT		
22.23	6.95	16.09	13.94	11.02		
809	709	551	510	907	3486	

M75	Brian Senior					1st
HT	SP	DT	J	WT		
30.03	9.14	27.75	25.01	11.97		
707	698	660	549	705	3319	

M70	Rick Davison					1st
HT	SP	DT	J	WT		
33.80	8.41	30.17	25.60	12.97		
695	565	635	486	723	3104	

**CMA Throws Pentathlon Championships
@ Nga Puna Wai - 22nd March 2020**

After such a cold miserable Friday followed by windy Saturday it was an absolute delight to have a beautiful day Sunday; no wind, almost too much sun and lots of happy faces.

8 throwers turned up to compete and some were on fire like Glen who threw 29.30 in the hammer – it sailed on by – amazing. The ladies had a great tussle and a lot of fun.

It was great to see Pat Leech who came to record the scores and joined five of us at Joe's Garage for a meal.

The usual April awards evening will of course be cancelled so the meal was a wonderful way to finish off the season.

W45 Dena Miller					
HT	SP	DT	JT	WT	
17.75m	6.59m	16.53m	17.06m	0	
334	391	277	313	0	1315

W70 Noni Callander					
HT	SP	DT	JT	WT	
19.86m	7.29m	18.48m	13.14m	8.61m	
668	762	615	431	654	3130

W70 Lois Anderson					
HT	SP	DT	JT	WT	
16.84m	6.23m	14.29m	12.02m	7.98m	
542	632	450	387	597	2608

W75 Glen Watts					
HT	SP	DT	JT	WT	
29.3m	7.40m	17.92m	11.98m	8.90m	
1053	764	627	426	641	3511

W75 Justine Whitaker					
HT	SP	DT	JT	WT	
23.23m	7.29m	18.25m	12.20m	10.32m	
798	751	641	435	764	3389

M65 Rick Davison					
HT	SP	DT	JT	WT	
34.49m	8.90m	30.40m	26.42m	12.49m	
678	569	641	506	692	3086

M80 Alan Hunter					
HT	SP	DT	JT	WT	
15.09m	5.04m	12.94m	10.34m	7.42m	
321	341	296	184	434	1576

M85 Jim Blair					
HT	SP	DT	JT	WT	
19.67m	6.89m	18.05m	19.31m	8.63m	
573	583	568	545	591	2860



CMA 2019 - 2020 Record Breakers

Please check these records and if you think you have been missed, contact Janis Russell / Andrew Stark

Name / Venue list	Date	Event	Performance	%	Old Record	Record Category
Fiona Morrison	W30	DOB: 24/10/1988 (30/31)				
Nga Puna Wai	12/10/2019	300m	40.45	74.17%	41.29	CMA
Nga Puna Wai	7/03/2020	100m Hurdles	13.62	93.69%	13.74	NZMA / CMA
Helena Dinnissen	W30	DOB: 13/10/1984 (34)				
Mackay	31/08/2019	Triple Jump	11.85m	65.46%	11.38m	CMA
Mackay	3/09/2019	Long Jump	5.78m	67.21%	5.51m	CMA
Mackay	6/09/2019	High Jump	1.71m	73.08%	1.55m	CMA
	W35	DOB: 13/10/1984 (35)				
Nga Puna Wai	26/10/2019	60m	8.11	79.65%	9.62	CMA
Nga Puna Wai	17-18/11/2019	Heptathlon	4595 pts			CMA
Nga Puna Wai	8/02/2020	High Jump	1.63m	70.26%	1.57m	CMA
Nga Puna Wai	22/02/2020	Long Jump	5.89m	69.13%	5.07m	NZMA / CMA
Nga Puna Wai	7/03/2020	100m Hurdles	14.85	86.94%	18.2h	NZMA / CMA
Kelley Charles	W35	DOB: 01/08/1984 (35)				
Hastings	1/03/2020	Throws Pentathlon	2094 pts		No record	CMA
Anna Lynch	W30	DOB: 02/01/1986 (34)				
Hastings	29/02/2020	Weight	11.91m	63.22%	11.21m	CMA
Toni Oudemans	W40	DOB: 14/10/1976 (43)				
Timaru	9/11/2019	Throws Pentathlon	2140 pts		1617 pts	CMA
Janis Russell	W60	DOB: 26/01/1960 (60)				
Hastings	28/02/2020	60m	9.96	88.65%	10.40	CMA
Sissi Stein-Abel	W60	DOB: 08/03/1957 (62)				
Nga Puna Wai	23/02/2020	Javelin	27.93m	69.79%	No record	CMA
Lyn Osmer	W60	DOB: 14/06/1960 (60)				
Rawhiti Domain	27/09/2020	Shot Put	9.49m	70.40%	8.84m	CMA
Lois Anderson	W70	DOB: 23/07/1946 (73)				
Mackay	1/09/2019	60m	11.10	90.45%	11.54	CMA
Mackay	5/09/2019	200m	38.58	82.89%	38.74	CMA
Colleen Maloney	W80	DOB: 13/03/1937 (82)				
Nga Puna Wai	23/02/2020	Weight	9.28m	96.67%	7.33m	CMA
Glen Watts	W80	DOB: 18/05/1940 (80)				
Rawhiti Domain	27/09/2020	Discus	15.39m	48.21%	10.34m	CMA
Rawhiti Domain	27/09/2020	Hammer	21.90m	77.47%	16.75m	CMA
Rawhiti Domain	27/09/2020	Javelin	10.12m	42.41%	9.77m	CMA
Rawhiti Domain	27/09/2020	Shot Put	6.65m	84.82%	5.17m	CMA
Rawhiti Domain	27/09/2020	Throws Pentathlon	3362 pts		2244 pts	CMA

Name / Venue list	Date	Event	Performance	%	Old Record	Record Category
Nick Ash	M30	DOB: 16/01/1986 (33/34)				
Nga Puna Wai	23/11/2019	60m	7.38	86.59%	7.5h	CMA
Nga Puna Wai	8/02/2020	100m	11.18	87.84%	12.42	CMA
Brisbane	1/02/2020	200m	22.50	88.36%	24.55	CMA
Hamilton	15/02/2020	400m	49.66	88.92%	No record	CMA
Carl Parkins	M30	DOB: 12/09/1989 (30)				
Nga Puna Wai	23/11/2019	5000m	16:51.27	75.05%	19:44.11	CMA
Patrick Enwright	M30	DOB: 20/09/1987 (32)				
Nga Puna Wai	17/11/2019	10000m	42:53.25	61.87%	43:34.59	CMA
Nick Bolton	M45	DOB: 21/08/1972 (47)				
Nga Puna Wai	27/12/2019	300m	39.58	76.53%	41.96	CMA
Wayne Doyle	M55	DOB: 08/01/1964 (55/56)				
Timaru	14/12/2019	Shot Put	11.87m	65.40%	10.99m	CMA
Nga Puna Wai	17/11/2019	Discus	37.82m	56.08%	36.65m	CMA
Nga Puna Wai	17/11/2019	100m Hurdles	18.58	76.48%	20.92	CMA
Nga Puna Wai	18/11/2019	Javelin	40.15m	57.27%	34.00m	CMA
Nga Puna Wai	17-18/11/2019	Decathlon	6740 pts		No record	CMA
Timaru	30/11/2019	High Jump	1.52m	80.42%	1.42m	CMA
Timaru	1/02/2020	Triple Jump	10.04m	72.44%	9.72m	CMA
Andrew Stark	M60	DOB: 13/09/1957 (62)				
Nga Puna Wai	23/02/2020	800m	2:18.72	92.42%	2:19.47	CMA

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 **Anne Davison**

Oceania Postal Throws Pentathlon

Sunday 27th September 2020 @ 10:00 a.m. Contact **Anne Davison** closer to the time. Venue: TBC

South Island Track & Field Championships

November 2020 (TBC) Venue: Dunedin

North Island Track & Field Championships

No venue TBC

NZMA Track & Field Championships

February 26th - 28th 2021 Venue: Inglewood