



Cant-A-Long

September 2021

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A note from the editor ... Andrew Stark

What an interesting and challenging time we live in! Covid 19 has certainly changed how we do things, even the simple daily tasks of going shopping.

Overseas travel is at a standstill and I cannot see that changing for some time. The future of us attending Masters events being held overseas is in doubt, as being 'old', would you want to travel knowing the risk?

What we do have control over is what we do locally. I challenge us all to work together and see if we can inspire a new generation of masters to take up the sport.

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

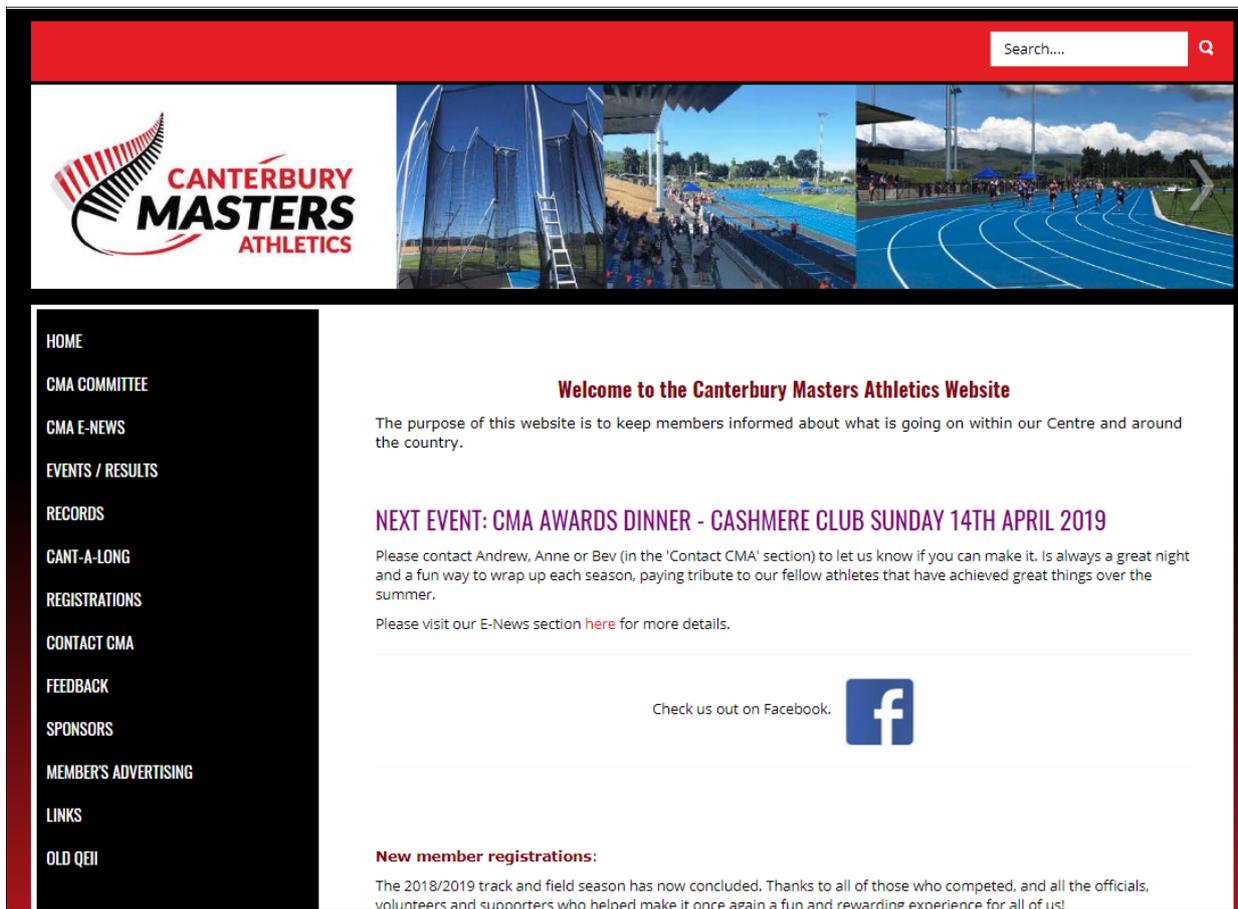
Ian Brownie

Merle Grayburn

Glen Watts



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



Website address: www.canterburymastersathletics.org.nz

The elected Committee of the CMA Inc for the 2020 / 2021 season

President:

Andrew Stark Tel: 03 338 0516

Vice-President:

Secretary:

Bernadette Jago Tel: 021 116 6415

Treasurer:

Anna McNab Tel: 027 469 3276

Committee:

Beverley Church Tel: 03 383 5448

Jonny Baird Tel: 03 352 3440

Nick Bolton Tel: 021 622 070

Uniform Officer:

Beverley Church Tel: 03 383 5448

Cant-A-Long / Website Editor:

Andrew Stark / Janis Russell

Facebook:

Jonny Baird / Janis Russell / Andrew Stark

Records:

Janis Russell



This is our new logo, based on the Athletics NZ and Athletics Canterbury logos.

Notice of CMA AGM - Sunday 12 September 2021 @ 2:00 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 Saint Lukes Union Church Hall - Sunday 12 September 2021 @ 2.00 p.m.

- Quorum Check (15 Financial Members)
- Apologies
- No Annual General Meeting held last year
- Consideration and Approval of Annual Report
- Consideration and Approval of Annual Financial Statements
- Consideration and Approval of Annual Subscription for 2021 / 2022 season
- Election of Officers for 2021 / 2022
 - 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 the third season at Ngā Puna Wai occurred on 17 October 2020. Of the 140 competitors of all ages, only 9 masters attended. Despite nearly 200 masters registered with Athletics Canterbury, the number interested in track & field continues to remain low.

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 held in Dunedin. When the event has been hosted by Canterbury, we have incorporated masters events within a bigger meeting. Otago Masters were given the generic programme, that included a track event on Friday night. For some reason Athletics Otago refused to use the standard programme, despite repeated requests from Otago Masters. Consequently a revised programme was used which made it a challenge for competitors to do their normal array of events. Hopefully this will be rectified next season, when held in Otago again.

NZMA Track & Field Championships:

This year the NZMA Championships were held in Inglewood, having last been held there in 2009. Following a last minute rush and an extension of the entry closing day, there were over 250 entries. That was good a good outcome, given it is not the easiest venue to get to.

Nineteen CMA members made the trip north and entered 84 events, although not all went. Over the weekend the weather was fantastic! A pleasant change from the windy conditions we seem to face each week at Nga Puna Wai.

At 10:00 p.m. Saturday night, just as the NZMA Awards Dinner was coming to an end, we heard that New Zealand was into a lockdown - level 2 due to a community Covid 19 outbreak in Auckland.

Under the level 2 guidelines, a gathering of no more than 100 was allowed. The LOC, with support from the NZMA Board, created a plan for keeping groups below 100 by separating field events from the track events, therefore we were able to complete all events on the Sunday. I would like to acknowledge the professional way the LOC organised the meeting over the weekend and dealing with the issues on Sunday.

NZMA Board Up-date:

At the NZMA AGM, the Board was elected as a group with no defined roles as in previous years. The new

Board will allocate roles based on the skill set of those elected. Stewart Foster (treasurer / secretary) and John Campbell (Vetline editor) did not seek re-election.

To be fair, most of us will continue in the same roles as before, so that means I am still the President. However we will rotate who chairs the meetings. The Board sees this as a way for creating succession planning going forward. NZMA has identified they need assistance regarding the finances and they intend to co-op a person with those skills.

Our next challenge is to work toward creating clear job descriptions as part of the 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. Not always the case on some committees!

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 third year, Athletics Canterbury have employed a General Manager, Ian Thomas. It is my job to oversee the work he does.

On reflection, the role that we thought Ian would be doing was not what Athletics Canterbury expected. What has become very clear, is that our sport needs such a role. It would be unrealistic for a volunteer to do what is required of this role, as well as be in fulltime employment.

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, Lois, Bernie or Kevin if you would like to know more.

CMA 2020 / 2021 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) & **11 (2020/2021)**.

It was interesting to note that there were **213** masters registered with Athletics, i.e. those who belong to clubs, so where are they during the summer? While

many of our members join clubs, fewer masters than ever competed in track & field events. With more options these days, particularly mountain biking, it is perhaps not surprising.

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 numbers up at Island and NZMA Championship events.

CMA Throwers Meetings:

During the season Anne & Rick Davison organised a series of throwing events. These have either been held just before the Saturday senior interclub meeting (outer throwing area), offering an opportunity for an additional event or two, with a throws pentathlon held on a Sunday. Athletes from Otago Masters have also attended and this will occur next season as well.

CMA 2020 - 2021 Championship Review:

The major CMA Championship events were again held within the Athletics Canterbury Track & Field Championships (Friday night / Saturday afternoon). Given NPW has numerous throwing circles, we were able to timetable masters only events. We did self manage some events, but also had some assistance from Centre officials.

Nga Puna Wai Relay (Pete Watts Memorial):

At the request of the Cross-country and Road Committee of Athletics Canterbury, this event had been moved to the end of the winter season, planned to occur at Nga Puna Wai in mid October 2020. However, due to a lack of interest from club athletes, the event was cancelled. More investigation is needed to determine when the event should be held.

CMA Records:

This season, Janis Russell has taken over collating the CMA records. While Janis does look through meeting results for records, I remind athletes that it is your responsibility to notify an official if you break a record and ensure that all the correct paperwork has been completed. This includes making sure any implement used in breaking record is checked accordingly.

A full list of records broken during the 2020 / 2021 season is on the CMA website and in Cant-A-Long. Let Janis know if you think a record has been missed.

Finances:

With cheques no longer usable, CMA is now using online bill payments. This is not a lot of transactions to deal with unless we are hosting the South Island Championship. Thank you to Anna Lynch for managing our finances.

Promotion of CMA:

We continue to use our website (not much happens there) and Facebook to promote what our members

are up to. Thank you to Jonny Baird and Janis Russell for doing adding Facebook posts.

Annual CMA & NZMA Awards Dinner

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

John Campbell was the NZMA Male Sprinter Athlete of the year.

Brian Senior was the NZMA Male Thrower Athlete of the year.

Glen Watts was the NZMA Female Thrower Athlete of the year.

Well done to you all.

The CMA Awards dinner was cancelled last season and as yet no decision about a 2021 event has been made. One possible suggestion is a combined Awards / AGM gathering, with a social following.

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. Anna has been seen a few more times this season, now that her two children are growing up.

I am happy to continue guiding the CMA, but I am keen for new people to come on board and share the workload.

Our challenge is to promote what we have to offer so we can attract more members. Athletics Canterbury organised five Thursday night twilight meetings in November. These should be meetings we could promote and attract new 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 2021 / 2022 season. Afterall, there are six retirement villages in the area.

NOTE: The Oceania Masters Track & Field Championships planned for Norfolk Island 2021 have been cancelled due to the uncertainty of travel between Australia, Norfolk Island and New Zealand. Currently Oceania Masters Athletics are looking for a New Zealand Centre to host the 2023 event. It is possible we will hold it at Nga Puna Wai in 2023. Watch this space.

Finally, thank you for all the support I receive from you all personally over the past 11 years in charge. It is a pleasure to be your President, but we do need to look for others to become involved and share the tasks. I am happy to pass on my knowledge.

Canterbury Masters Athletics Annual Awards 2020 - 2021 Season



McIntosh Trophy

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

Janis Russell

Performances:

60m (9.61) 91.88%
100m (15.35) 88.27%
200m (31.45) 89.98%

Maurice Cook & Max Wood Trophy

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

John Campbell

Performances:

60m (7.73) 98.06%
100m (12.13) 94.64%
200m (24.32) 96.71%



Kernahan Trophy

M55 800m

No award

Kernahan Trophy

M55 1500m

No award

Malcolm Fraser - Bruce McPhail Trophy - M40

No award

Philip Ross May Memorial Trophy

No award



A.H.C. Jubilee Trophy

Women's 1500m

Bernadette Jago (6:25.98)



Walker of the Year Award

Heather McLean



Norman & Mary Hawke Trophy

M65+ Hammer
Best Performance using
Age Percentages

Brian Senior

37.05mm (95.76%)

Grayburn Trophy

Men's Throws Pentathlon

Brian Senior (4323 pts)

Rona Smith Throws Pentathlon Trophy

Glen Watts
(3535 pts)



*Best female at Jack King
Memorial Throws event
(December)*

**Women's Throws
Pentathlon Trophy**

Glen Watt
(3836 pts)

Clarrie Gordon Trophy

M70+ 10000m (CMA Championships)

No winner

Canterbury Veteran's Trophy

Women's Track Pentathlon

No winner

Arthur & Merle Grayburn Trophy

Men's Track Pentathlon

No winner



Congratulations to the
2020 - 2021
season winners

NZMA 2020 Athlete of the Year Winners

NZMA Male Sprinter of the Year:

*John Campbell had a great season producing so
excellent results.*



NZMA Male Thrower of the Year:

*Brian Senior, having gone up an age group
(M80) was a 'born again' thrower this season.
Injury shortened the season.
Let's hope he recovers well.*

NZMA Female Thrower of the Year:

*Glen Watts had a great season, breaking normal
records this season, several times of some.*

CMA Member's 2020 - 2021 Results

Opening Day Interclub - NPW 17th October 2020

On opening day we saw just over 140 athletes of all ages compete, competed to 250 last season. Our youngest member was Fiona Morrison (W30) and oldest member Shirley Rolston (W70).

Fiona Morrison	W30	wind
60m	7.89	1.4
145m	18.67	-2.1

Anna Lynch	W30
Shot Put	8.71m
Discus	30.09m
Javelin	21.31m

Helena Dinnissen	W35	
60m	8.10	0.9
145m	19.63	-2.1

Lyn Osmer	W60
Shot Put	8.79m
Javelin	24.14m

Shirley Rolston	W70
Shot Put	5.60m
Discus	14.36m
Javelin	9.77m

Victor Lusic	M35	
60m	8.26	-0.7
300m	43.06	
Shot Put	9.00m	
Discus	26.75m	
Javelin	40.11m	

Malcolm Cornelius	M50
2000m	6:45.99

Guy Dryden	M55
Shot Put	7.42m
Discus	22.31m

Georg Ludwig	M65
High Jump	1.26m
Shot Put	8.58m
Javelin	27.09m

Richard Davison	M70
Shot Put	8.62m
Discus	29.86m
Javelin	24.44m

Interclub - NPW 24th October 2020

Fiona Morrison	W30	wind
60m	7.79	3.6
100m	12.43	0.4

Anna Lynch	W30
Shot Put	9.22m
Hammer	10.41m
Javelin	23.99m

Helena Dinnissen	W35	
60m	7.93	3.6
100m	12.73	0.4
200m	26.54	1.4

Tracy Croft	W45
3000m	12:19.41

Janis Russell	W60	
60m	10.04	2.9
100m	16.51	0.7

Shirley Rolston	W70
Shot Put	5.58m
Hammer	16.95m
Javelin	11.02m

Patrick Enright	M30
3000m	11:36.24

Nick Ash	W30	
100m	11.70	2.6

Victor Lusic	M35	
60m	8.24	-0.4
100m	12.95	2.8
200m	25.97	1.0
Shot Put	9.79m	
Javelin	10.01m	

Allan Staite	M40
800m	2:26.02
3000m	10:04.74

Jonny Baird	M45	
60m	8.36	-0.4
100m	13.84	2.6
Javelin	28.76m	

Nick Bolton	M45	
60m	7.57	2.8
100m	12.09	2.8
200m	24.47	0.5

Malcolm Cornelius	M50
3000m	10:29.23

Guy Dryden	M55
3000m	11:30.08

John Campbell	M55	
60m	7.71	2.8
100m	12.28	2.8

Richard Davison	M70
Shot Put	9.01m
Hammer	35.55m
Javelin	23.81m

Interclub - NPW 31st October 2020 (15)

Nick Ash	M30	wind
100m	11.70	2.0
200m	23.40	2.3

Julian Bethell (P)	M45
Shot Put	6.77m
Discus	17.61m

Nick Bolton	M45	
100m	12.09	1.5
200m	24.71	2.8
110m H	15.70	2.9

Richard Davison	M70
Shot Put	8.85m
Discus	30.23m
Hammer	35.73m

Guy Dryden	M55
1500m	5:34.58
Shot Put	8.01m

Patrick Enright	M30
5000m	20:35.79

Bernadette Jago	W64
3000m	13:08.96

Georg Ludwig	M65
Shot Put	8.24m
High Jump	1.29m

Victor Lusic	M35
Shot Put	9.21m
Discus	28.13m
Long Jump	5.42m

Heather McLean	W40
3000m TW	22:06.77

Ron McTaggart	M65	
3000m	12:10.10	
Fiona Morrison	W30	
200m		
Shot Put	8.96m	
Lyn Osmers	W60	
Shot Put	8.63m	
Shirley Rolston	W70	
Shot Put	5.56m	
Discus	15.60m	
Hammer	17.71m	

**CANRUN Twilight 1 - NPW
5th November 2020 (8)**

John Campbell	M55	wind
60m	8.08	-3.5
100m	13.17	-4.9
Guy Dryden	M55	
1 Mile	6:06.81	
Patrick Enright	M30	
3000m	12:01.71	
Clare Hutchinson	W30	
60m	9.72	-4.5
100m	16.09	-3.8
Christa Jellyman	W35	
60m	10.03	-4.5
100m	16.25	-3.8
Jo Kitto	W45	
60m	10.80	-4.5
100m	17.49	-3.8
Shannon-Leigh Litt	W40	
3000m	14:10.00	
Allan Staite	M40	
1 Mile	5:13.97	



Nick Ashe (M35) finally broke the 400m record set in the 1980 by Alan Tucker.

Interclub - NPW 7th November 2020 (12)		
Jonny Baird	M45	
60m	8.45	1.8
Julian Bethell (P)		
Shot Put	7.61m	
Discus	18.02	
Nick Bolton		
60m	7.80	3.3
100m	12.14	1.9
110m H	16.38	-0.9
Malcolm Cornelius	M55	
3000m	10:27.45	
Richard Davison	M70	
Shot Put	8.35m	
Discus	30.45m	
Javelin	24.77m	
Weight	12.76m	
Discus	30.03m	
Helena Dinnissen	W35	
60m	7.98	2.1
100m	13.00	1.3
Victor Lusic	M35	
60m	8.06	1.8
100m	12.82	2.1
200m	26.04	1.9
Shot Put	10.05m	
Discus	28.32m	
Javelin	37.22m	
Anna Lynch	W30	
Shot Put	8.75m	
Discus	32.98m	
Javelin	23.25m	
Fiona Morrison	W30	
100m	12.53	1.3
200m	24.41	2.8
Lyn Osmers	W60	
Shot Put	8.96m	
Glen Watts	W80	
Discus	15.58m	
Javelin	9.00m	
Weight	8.29m	
Alison Wright	W70	
Discus	11.69m	
Javelin	11.50m	
Weight	7.37m	

CANRUN Twilight 2 - NPW 12th November 2020 (8)		
David Catherwood	M35	
300m	42.33	
Patrick Enright	M30	
3000m	12:12.49	
Christa Jellyman	W35	
60m	9.65	0.1
100m	15.95	-0.5
David Lloyd	M65	
3000m	15:23.65	
Shannon-Leigh Litt	W40	
1 Mile	7:12.12	
3000m	13:50.79	
Victor Lusic	M35	
300m	42.00	
Hannah Oldroyd		
3000m	14:10.00	
Interclub - NPW 14th November 2020 (11)		
Jonny Baird	M45	wind
100m	13.54	0.0
200m	29.08	2.5
Julian Bethell (P)		
Shot Put	7.04m	
Discus	16.86m	
Guy Dryden	M55	
400m	80.54	
1500m	5:34.08	
Patrick Enright	M30	
5000m	21:29.76	
Michael Laird	M40	
5000m	20:29.76	
Shannon-Leigh Litt	W40	
1500m	6:32.84	
3000m	13:44.46	
Victor Lusic		
100m	12.88	2.0
200m	25.72	0.8
Long Jump	5.44m	-1.7
Shot Put	9.54m	
Discus	28.33m	

Fiona Morrison	W30		
100m	12.91	-1.2	
200m	25.60	0.6	
Lyn Osmer			
Shot Put	9.43m		
Peter Richards	M60		
3000m	11:09.38		
Allan Staite	M45		
3000m	10:01.06		

**South Island Masters Track & Field Championships - DUNEDIN
13th to 15th November 2020 (11)**

Lois Anderson	W70	wind	
1st 60m	11.62	0.7	
1st 100m	18.97	0.2	
1st 200m	40.48	0.6	
1st Long Jump	2.52m		
1st Triple Jump	5.60m		
2nd Shot Put	6.44m		
1st Weight	8.57m		
2nd Hammer	15.85m		
Nick Bolton	M45		
1st 60m	7.81	-0.1	
1st 110m H	16.50	-0.3	
John Campbell	M55		
1st 60m	7.77	-0.1	
1st 100m	12.28	1.0	
1st 200m	24.96	-0.1	
Richard Davison	M70		
1st Shot Put	8.92m		
1st Discus	33.21m		
1st Javelin	26.15m		
1st Hammer	34.41m		
1st Weight	13.32m		
1st Throws Pent	3242 pts		
Bernadette Jago	W60		
1st 1500m	6:17.40		
1st 3000m	13:09.72		
1st 5000m	22:01.66		
Anna Lynch	W30		
1st Shot Put	9.13m		
1st Discus	35.19m		
1st Javelin	21.99m		
1st Hammer	41.28m		
1st Weight	11.06m		
1st Throws Pent	2612 pts		

Heather McLean	W40		
1st 3000m TW	21:36.42		
1st 5000m TW	38:33.40		
Toni Oudemans	W40		
1st Throws Pent	2266 pts		
Janis Russel	W60		
2nd 60m	10.18	0.7	
2nd 100m	16.78	1.0	
1st 200m	33.67	0.8	
Brian Senior	M80		
1st Hammer	33.64m		
Glen Watts	W80		
Shot Put	6.33m		
Discus	15.70m		
Javelin	9.47m		
Hammer	23.52m		
Weight	8.49m		
Throws Pent	3167 pts		



Helena Dinnissen (W35) flying high during the long jump.

**CANRUN Twilight 3 - NPW
19th November 2020 (6)**

Nick Ash	M30	wind	
200m	23.47	2.7	
John Campbell	M55		
200m	24.67	2.7	
Patrick Enright	M30		
3000m	12:17.62		
Victor Lusis	M35		
400m	58.71		
Janis Russell	W60		
200m	33.50	3.1	
Rodger Ward	M65		
400m	87.58		
3000m	12:44.88		

**Interclub - NPW
21st November 2020 (22)**

Julian Bethell (P)	M45	wind	
Shot Put	6.78m		
Discus	17.93m		
John Campbell	M55		
60m	7.73	1.8	
100m	12.19	3.4	
Damien Cook	M40		
5000m	18:22.21		
Andrea Cattermole	W40		
Hammer	21.51m		
Richard Davison	M70		
Shot Put	8.55m		
Discus	28.33m		
Javelin	24.13m		
Weight	12.62m		
Guy Dryden	M55		
5000m	20:14.19		
Patrick Enright			
5000m	21:14.00		
Chris Kelly	M35		
800m	2:20.08		
Michael Laird			
5000m	20:19.91		
Victor Lusis	M35		
60m	7.94	1.8	
100m	12.72	2.3	
Javelin	42.57m		
Shot Put	9.88m		
Discus	28.52m		
Anna Lynch	W30		
Discus	32.30m		
Javelin	22.27m		
Weight	12.46m		
Colleen Malony	W80		
Hammer	16.07m		
Heather McLean	W40		
3000m TW	25:37.87		
Fiona Morrison	W30		
100m	12.29	6.4	
100m H	13.91	5.3	
Kevin Muir	M50		
5000m	19:10.50		

Lyn Osmers	W60	wind
Shot Put	8.68m	
Javelin	24.94m	
Peter Richards	M60	
5000m	19:06.91	
Janis Russell		
60m	9.98	2.8
100m	16.00	3.0
Glen Watts	W80	
Hammer	24.54m	
Jason Wilcock	M35	
5000m	20:02.44	
Alison Wright	W70	
Hammer	16.57m	

**CANRUN Twilight 4 - NPW
26th November 2020 (10)**

Patrick Enright	M30	
3000m	11:59.58	
David Fitch	M45	
3000m	9:48.30	
Clare Hutchinson	W30	
60m	9.23	-0.3
100m	15.09	-2.0
Christa Jellyman	W35	
60m	9.80	-0.3
Victor Lusic		
400m	58.68	
Sam Mowat	M30	
3000m	10:27.93	
Angus Petrie		
3000m	11:18.90	
Caden Shields		
3000m	8:27.00	
Rodger Ward		
200m	39.89	0.0
3000m	13:14.47	
Jason Wilcock		
3000m	10:39.10	

Janis Russell (W60), sister of John Campbell, made excellent progress in her first track season.

We all know NPW is windy! Janis finally set the 60m record ... on a less windy day.

**Interclub - NPW
29th November 2020 (10)**

Julian Bethell (P)	M45	wind
Shot Put	7.17m	
Discus	18.54m	
Nick Bolton	M45	
100m	12.32	1.2
Richard Davison		
Shot Put	8.67m	
Discus	29.57m	
Javelin	21.84m	
Guy Dryden		
1500m	5:44.58	
Javelin	19.16m	
Patrick Enright		
5000m	20:27.09	
Victor Lusic		
100m	13.06	-0.5
200m	25.73	1.4
Javelin	35.60m	
Shot Put	9.24m	
Discus	28..90m	
Fiona Morrison	W30	
100m	12.81	-0.5
200m	25.36	0.6
Lyn Osmers	W60	
Shot Put	8.86m	
Javelin	22.19m	
Peter Richards	M60	
1500m	5:13.81	



**CANRUN Twilight 5 - NPW
3rd December 2020 (11)**

Lee Butts	M40	
3000m	10:43.86	
Guy Dryden	M55	
1 Mile	5:56.78	
Patrick Enright	M30	wind
3000m	12:00.57	
David Fitch	M45	
1 Mile	5:56.78	
Clare Hutchinson	W30	
60m	9.01	2.4
100m	15.06	-1.2
Christa Jellyman	W35	
60m	9.57	2.4
100m	15.70	-1.2
Victor Lusic	M35	
60m	8.07	1.6
300m	41.78	
Fiona Morrison	W30	
60m	7.97	1.6
Sam Mowat	M30	
3000m	10:17.71	
Ian Thomas	M40	
60m	8.42	2.4
Rodger Ward	M65	
1 Mile	6:35.75	

**Interclub - NPW
5th / 6th December 2020 (14)**

Jonny Baird	M45	wind
100m	13.45	3.8
Javelin	27.86m	
Julian Bethell (P)	M45	
Shot Put	7.04m	
Discus	19.32m	
Nick Bolton	M45	
100m	11.95	4.4
110m H	16.11	0.2
400m H	63.47	
Richard Davison	M70	
Hammer	34.26m	
Guy Dryden	M55	
5000m	19:28.70	

Patrick Enright	M30		
5000m	20:41.44		
Victor Lusic	M35		
100m	12.63	4.4	
Shot Put	9.11m		
Discus	27.54m		
Javelin	40.73m		
Heather McLean	W40		
3000m TW	21:39.55		
Fiona Morrison	W30		
100m	12.10	3.5	
200m	26.06	-1.8	
100m H	14.16	-0.2	
Kevin Muir	M50		
5000m	18:26.27		
Peter Richards	M60		
5000m	18:48.99		
Jason Wilcock	M35		
800m	2:23.94		
1500m	4:52.88		

**Interclub - NPW
19th December 2020 (19)**

Julian Bethell (P)	M45	wind	
Discus	19.33m		
Nick Bolton	M45		
100m	12.02	2.6	
John Campbell			
100m	11.97	2.2	
200m	24.83	1.5	
Malcolm Cornelius	M50		
3000m	10:54.36		
Guy Dryden	M55		
800m	2:46.71		
Gareth Edmondson	M40		
3000m	11:23.16		
Christa Jellyman	W35		
100m	15.12	1.6	
Victor Lusic	M35		
100m	12.78	1.3	
200m	25.47	3.8	
Discus	27.92m		
Javelin	39.62m		
Heather McLean	W40		
2000m	14:07.05		

Fiona Morrison	W30	wind	
100m	12.23	2.5	
200m	25.30	3.9	
Javelin	23.85m		
Kevin Muir	M50		
3000m	11:12.87		
Lyn Osmer	W60		
Javelin	23.82m		
Jo Ramsay	W40		
3000m	12:00.81		
Peter Richards	M60		
10000m	39:13.17		
Janis Russell	W60		
100m	15.72	1.6	
200m	32.47	2.0	
David Sewell	M40		
10000m	38:43.16		
Jason Wilcock	M35		
800m	2:25.47		
3000m	11:40.04		

**Christmas Cracker Twilight - NPW
30th December 2020 (16)**

John Campbell		wind	
300m	40.22		
Malcolm Cornelius	M50		
1 Mile	5:15.29		
Matt Cunningham	M40		
1 Mile	5:36.83		
Guy Dryden	M55		
1 Mile	5:52.23		
Gareth Edmondson	M40		
1 Mile	5:37.15		
3000m	11:15.24		
Margaret Flanagan	W70		
3000m	14:28.77		
Johnny Gibbons	M30		
1 Mile	5:14.81		
Bernadette Jago	W60		
3000m	13:19.18		
Shannon-Leigh Lett	W40		
1 Mile	6:50.66		
3000m	14:24.30		

Victor Lusic	M35		
300m	41.15		
Shot Put	9.19m		
Discus	30.47m		
Long Jump	5.30m		
Heather McLean	W40		
1 Mile	10:59.65		
John Mulvaney	M70	wind	
300m	69.11		
3000m	19:37.99		
Lyn Osmer	W60		
Shot Put	8.72m		
Janis Russell	W60		
300m	53.76		
Allan Staite	M40		
3000m	10:09.57		
Rodger Ward	M65		
1 Mile	6:22.50		

**Lovelock Classic - Aorangi Stadium
12th January 2021 (9)**

Helena Dinnissen	W35		
100m	13.62	-2.2	
200m	26.63	1.2	
Long Jump	5.24m	0.9	
Fiona Morrison	W30		
100m	12.44	-0.4	
200m	25.85	0.9	
Shannon-Leigh Litt	W40		
1 Mile	6:46.84		
3000m	13:54.20		
Nick Bolton	M45		
100m	11.97	-0.5	
110m H	15.71	NWI	
John Mulvaney	M70		
200m	40.40	1.1	
400m	94.27		
Allan Staite	M40		
1 Mile	5:02.76		
Malcolm Cornelius	M50		
1 Mile	5:03.69		
Jason Wilcock	M35		
1 Mile	5:14.91		
3000m	10:55.85		
Guy Dryden	M55		
1 Mile	5:56.00		

Interclub - NPW 16th January 2021 (18)			
John Campbell	M55	wind	
60m	7.85	-0.1	
100m	12.26	0.8	
Malcolm Cornelius	M50		
1500m	4:53.23		
Richard Davison	M70		
Hammer	34.66m		
Javelin	24.87m		
Guy Dryden	M55		
1500m	5:34.95		
Alan Hunter	M80		
Hammer	15.78m		
Javelin	8.63m		
Bernadette Jago	W60		
1500m	6:29.08		
Christa Jellyman	W35		
60m	9.36	2.1	
100m	15.31	1.8	
Georg Ludwig	M65		
Javelin	26.39m		
High Jump	1.30m		
Victor Lusis	M35		
60m	8.10	-0.1	
100m	12.76	0.8	
400m	58.11		
Javelin	37.97m		
High Jump	1.35m		
Anna Lynch	W35		
Hammer	39.30m		
Javelin	21.01m		
Colleen Maloney	W80		
Hammer	14.36m		
Javelin	8.42m		
Fiona Morrison	W30		
60m	8.06	1.2	
100m	12.52	2.6	
Lyn Osmer	W60		
Javelin	24.19m		
Peter Richards	M60		
1500m	5:15.25		

Janis Russell	W60	wind	
60m	9.58	2.1	
100m	15.46	1.8	
200m	31.44	2.1	

Glen Watts	W80		
Hammer	23.37m		
Javelin	11.23m		

Jennifer Zhou	W35		
3000m	13:00.09		

Interclub - NPW 23th January 2021 (20)			
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Nick Bolton	M45	wind	
60m	7.63	2.1	
100m	11.66	8.7	
110m H	16.54	4.1	

Malcolm Cornelius	M50		
400m	65.32		
800m	2:27.04		

Matt Cunningham	M40		
800m	2:38.29		

Richard Davison	M70		
Discus	30.17m		
Weight	13.51m		

Helena Dinnissen	W35		
60m	8.23	3.1	
100m	12.97	6.8	
Long Jump	5.07	3.4	

Guy Dryden	M55		
800m	2:55.75		
3000m	11:28.17		

Alan Hunter	M80		
Shot Put	4.12m		
Discus	12.13m		
Weight	6.14m		

Christa Jellyman	W35		
60m	9.33	5.3	
100m	15.11	5.2	
Discus	24.48m		

Victor Lusis	M35		
60m	8.07	2.1	
100m	12.69	8.7	
Shot Put	8.74m		
Discus	27.49m		
Long Jump	5.36m	5.5	

Colleen Maloney	W80		
Shot Put	4.74m		
Discus	10.02m		
Weight	8.18m		

Heather McLean	W40		
3000m TW	21:24.53		

Lyn Osmer	W60		
Shot Put	24.19m		

Peter Richards	M60		
800m	2:38.87		
3000m	10:51.50		

Janis Russell	W60	wind	
60m	9.43	5.3	
100m	15.09	5.2	

Glen Watts	W80		
Shot Put	6.87m		
Discus	16.85m		
Weight	8.71m		

Justine Whitaker	W75		
Shot Put	6.30m		
Discus	15.14m		
Weight	7.83m		

Mike Wrigley	M45		
800m	2:34.02		

Jennifer Zhou	W40		
800m	2:52.53		



Victor Lusis (M35) has been regular competitor all season.

**Interclub - NPW
30th January 2021 (20)**

Michael Anderson	M40	wind
3000m	10:02.91	
Nick Ash	M35	
100m	11.63	1.2
200m	23.20	1.6
Nick Bolton	M45	wind
60m	7.70	3.5
100m	12.12	0.1
100m H	13.72	-1.1
Michael Bond	M75	
400m	1:40.97	
800m	3:37.62	
John Campbell	M55	
60m	7.38	3.5
100m	12.13	1.4
Malcolm Cornelius	M55	
400m	65.27	
3000m	10:16.92	
Matt Cunningham	M40	
3000m	11:59.36	
Richard Davison	M70	
Discus	32.77m	
Hammer	35.74m	
Helena Dinnissen	W35	
100m	13.13	0.7
400m	63.10	
Long Jump	5.53m	
Guy Dryden	M55	
3000m	11:22.67	
Alan Hunter	M80	
Discus	11.49m	
Weight	6.79m	
Georg Ludwig	M65	
Javelin	39.73m	
Long Jump	1.35m	
Victor Lusic	M35	
100m	12.80	1.4
400m	57.80	
Javelin	39.04m	
Anna Lynch	W35	
Hammer	37.94m	
Discus	33.62m	
Javelin	20.89m	
Weight	12.03m	

Heather McLean	W40	
3000m TW	21:31.58	
Ron McTaggart	M65	
3000m	12:39.27	
Fiona Morrison	W30	
100m	12.63	0.7
100m H	14.00	-1.1
John Mulvaney	M70	
800m	3:43.60	
Lyn Osmer	W60	
Javelin	24.14m	
Peter Richards	M60	
3000m	10:48.55	
Janis Russell	W60	wind
60m	9.45	3.7
100m	15.71	-0.8
200m	31.42	2.0
Brian Senior	M80	
Discus	26.56m	
Weight	14.25m	
Glen Watts	W80	
Discus	17.16m	
Weight	8.40m	
Justine Whitaker	W75	
Discus	15.34m	
Jennifer Zhou	W40	
3000m	12:34.03	



John Campbell (M55) had a great season, breaking Bruce McPhail's long standing 100m & 200m records, plus set new 60m & 300m records.

**Interclub - NPW
6th / 7th February 2021 (19)**

Nick Ash	M35	wind
100m	11.72	1.5
200m	23.25	0.7
Julian Bethell (P)	M45	
Discus	23.25	
Nick Bolton	M45	wind
100m	11.81	3.5
110m H	17.42	-0.7
John Campbell	M55	
100m	12.23	3.5
200m	24.32	0.7
200m	24.56	2.3
Richard Davison	M70	
Discus	29.27m	
Javelin	26.84m	
Helena Dinnissen	W35	
100m	13.11	1.0
200m	27.35	1.0
Guy Dryden	M55	
800m	2:50.75	
Christa Jellyman	W35	
100m	15.24	3.3
Discus	19.12m	
David King	M35	
800m	2:17.47	
Heather McLean	W40	
1500m TW	10:20.75	
Fiona Morrison	W35	
100m	12.59	0.3
John Mulvaney	M70	
800m	4:06.86	
Lyn Osmer	W60	
Javelin	25.02m	
Janis Russell	W60	
100m	15.38	3.3
200m	31.46	2.9
200m	31.40	1.0
Rodger Ward	M65	
800m	2:53.47	
2000m SC	9:35.78	

**Athletics NZ Combined Events
Championships - NPW
6th / 7th February 2021 (2)**

Victor Lusic - 1st	M35	Points
100m (w 2.0)	12.96	502
Long Jump (w 1.8)	5.15m	443
Shot Put	9.21m	459
High Jump	1.33m	290
400m	59.31	511
110m H (w 1.7)	21.78	236
Discus	27.87m	430
Pole Vault	2.20m	185
Javelin	32.45m	340
1500m	5:09.57	521
1st	3917	

Wayne Doyle	M55	Points
100m (w 2.0)	13.19	755
Long Jump (w 0.9)	4.97m	702
Shot Put	10.88m	717
High Jump	1.48m	636
400m	63.99	635
100m H (w 1.2)	18.63	604
Discus	36.58m	677
Pole Vault	3.00m	603
Javelin	35.20m	546
1500m	5:46.84	624
2nd	6499	

**Interclub - NPW
13th February 2021 (16)**

Julian Bethell (P)	M45	wind
Shot Put	6.63m	
Discus	18.57m	
Helena Dinnissen	W35	
100m	13.54	-1.6
200m	27.28	0.56
400m	65.59	
Long Jump	5.39m	-1.4
Guy Dryden	M55	
3000m	11:40.84	
John Gamblin	M60	
3000m	11:18.70	
Christa Jellyman	W35	
60m	9.48	1.6
100m	15.53	-1.9
Long Jump	23.91m	

Dave King	M35
3000m	9:51.71

Shannon-Leigh Litt	W40
800m	3:15.20
3000m	13:53.56

Victor Lusic	M35	
60m	7.99	1.9
100m	12.87	1.4
200m	25.44	2.8
Discus	28.11m	
Javelin	34.46m	
Long Jump	5.33m	-1.5

Lyn Osmer	W60
Shot Put	8.63m

Peter Richards	M60
3000m	11:00.86

Janis Russell	W60	
60m	9.71	1.6
100m	15.66	-1.9

Alan Staite	M45	
800m	2:21.86	
Long Jump	2.86m	-3.2
High Jump	1.20m	

Glen Watts	W80
Javelin	11.30m
Weight	9.07m

Justine Whitaker	W80
Javelin	13.77m
Weight	9.07m
Shot Put	6.72m
Discus	16.97m

Jennifer Zhou	W40
800m	2:44.81



John Mulvaney (M70) in the 1500m.

**Canterbury Masters
Championships - NPW
19th / 20th February 2021 (30)**

Nick Ash	M35	wind
400m	52.34	

Jonny Baird	M45	
60m	9.40	0.3

Julian Bethell (P)	
Shot Put	6.66m
Discus	17.32m
Shot Put	6.96m
Discus	17.60m

Nick Bolton		
100m	12.06	0.2
200m	24.23	1.8
110m H	16.87	2.0

Martin Cockrem	M70
800m	3:46.60

Matt Cunningham	M40
1500m	5:20.16

Peter Davison	M70
Discus	33.45m

Richard Davison	M70
Shot Put	9.31m
Javelin	27.21m
Weight	12.91m
Hammer	36.38m

Helena Dinnissen	W35	
100m	12.88	0.2
200m	26.61	0.2
Long Jump	5.49m	0.1
Triple Jump	11.63m	-1.4
High Jump	1.60m	

Sarah Douglas	W35
5000m	18:45.33

Guy Dryden	M55
800m	2:46.58
5000m	19:50.28

Alan Hunter	M80
Shot Put	3.95m
Discus	11.82m
Hammer	14.97m
Javelin	8.24m
Weight	6.44m

Bernadette Jago	
1500m	6:25.98

Christa Jellyman	W35		
60m	9.47	0.3	
100m	14.99	0.0	
Discus	25.89m		
Dave King	M35		
5000m	17:52.86		
Shannon-Leigh Litt	W40		
5000m	24:15.61		
Victor Lusic	M35		
200m	25.69		
Javelin	40.45m		
Javelin	37.40m		
Anna Lynch	W30		
Shot Put	9.56m		
Discus	34.94m		
Hammer	39.93		
Weight	12.53m		
Shot Put	9.79m		
Hammer	42.40m		
Chris Mardon	M50		
5000m	17:03.66		
Ron McTaggart	M65		
1500m	6:11.55		
Lyn Osmers	W60		
Shot Put	9.30m		
Javelin	26.72m		
Peter Richards	M60		
1500m	5:05.29		
5000m	19:07.00		
Julie Roots	W75		
Shot Put	6.52m		
Discus	11.90m		
Hammer	19.79m		
Weight	10.19m		
Javelin	9.32m		
Janis Russell	W60		
60m	9.61	0.3	
100m	15.35	0.0	
200m	31.45	0.6	
Allan Staite	M40		
800m	2:21.49		
1500m	4:52.15		
Discus	17.03m		

Glen Watts	W80		
Shot Put	6.64m		
Discus	18.20m		
Hammer	24.29m		
Weight	8.76m		
Javelin	10.08m		
Justine Whitaker	W75		
Shot Put	7.16m		
Discus	16.84m		
Hammer	20.90m		
Weight	8.61m		
Javelin	11.36m		
Jennifer Zhou	W40		
1500m	5:47.88		

**Interclub - NPW
27th February 2021 (5)**

Nicholas Browne	M40	wind	
3000m	9:24.77		
Guy Dryden	M55		
1500m	5:31.77		
Victor Lusic	M35		
100m	12.66	3.2	
400m	56.54		
Fiona Morrison	W30		
60m	7.90	2.0	
100m	12.50	0.5	
John Mulvaney	M70		
1500m	8:10.59		

Georg Ludwig (M65) making a welcome return to competition



**New Zealand Masters
Championships - Inglewood
26th - 23th February 2021 (19)**

Nick Bolton	M45		
2nd - 60m	7.84	-1.2	
2nd - 100m	12.47	-2.7	
2nd - 200m	25.18	-1.8	
1st - 110m H	16.31	-1.7	
John Campbell	M55		
1st - 60m	7.88	-0.9	
1st - 100m	12.37	-0.6	
1st - 200m	25.19	-2.2	
Richard Davison	M70		
1st - Shot Put	9.63m		
1st - Discus	31.04m		
2nd - Javelin	25.50m		
1st - Hammer	35.10m		
1st - Weight	13.49m		
Anna Lynch	W35		
2nd - Shot Put	9.75m		
1st - Discus	34.64m		
1st - Javelin	21.96m		
1st - Hammer	43.02m		
1st - Weight	12.44m		
Chris Mardon	M50		
4th - 3000m	9:52.38		
2nd - 5000m	16:41.79		
Ron McTaggart	M65		
4th - 800m	3:11.02		
5th - 1500m	6:01.93		
2nd - 3000m	12:50.44		
Peter Richards	M60		
3rd - 1500m	5:07.47		
1st - 3000m	10:50.68		
1st - 5000m	18:33.60		

Shirley Rolston	W70	
5th - Javelin	10.01m	
1st - 3000m TW	22:51.41	
3rd - 200m	53.8h	
2nd - 400m	2:03.38	
1st - 800m	4:40.75	
4th - Weight	7.69m	
3rd - Discus	15.84m	
5th - Shot Put	5.49m	
3rd - Hammer	18.48m	
2nd - 1500m	9:00.01	
1st - 5000m TW	39:03.53	
2nd - 5000m	32:58.84	
Janis Russell	W60	
1st - 60m	9.80	-2.4
1st - 100m	15.40	-0.3
1st - 200m	31.99	-1.5
Allan Staite	M45	
2nd - 800m	2:28.44	
1st - 1500m	4:49.59	
2nd - 3000m	10:04.22	
Rodger Ward	M65	
2nd - 800m	2:49.41	
2nd - 1500m	5:44.74	
Glen Watts	W80	
1st - Shot Put	6.88m	
1st - Discus	17.64m	
2nd - Javelin	11.20m	
1st - Hammer	23.97m	
1st - Weight	8.74m	
Justine Whitaker	W75	
3rd - Shot Put	6.68m	
3rd - Discus	13.76m	
2nd - Javelin	11.61m	
3rd - Hammer	21.69m	
3rd - Weight	8.29m	

Interclub - NPW 7th March 2021 (12)		
Nick Ash		wind
400m	51.47	
Jonny Baird	M45	
60m	8.28	0.6
100m	13.40	2.5
Julian Bethell (P)	M45	
Shot Put	6.09m	
Discus	16.64m	
Matt Cunningham	M40	
800m	2:40.55	
Guy Dryden	M55	
800m	2:46.61	
Shannon-Leigh Litt	W40	
3000m	13:27.94	
Victor Lusic	M35	
100m	12.80	2.5
400m	56.91	
Shot Put	9.47m	
Discus	24.49m	
Long Jump	5.39m	
Fiona Morrison	W30	
60m	7.92	0.9
100m	12.33	2.5
Janis Russell	W60	
60m	9.54	0.9
Allan Staite	M45	
200m	28.52	3.0
800m	2:27.63	
Rodger Ward	M65	
800m	3:12.30	

Interclub Twilight - NPW 18th March 2021 (12)		
Nick Ash		wind
100m	11.82	-0.2
400m	51.89	
Julian Bethell (P)	M45	
Discus	16.31m	
Nick Bolton	M45	
100m	12.07	0.0
110m H	16.66	-0.5
Helena Dinnissen	W35	
100m	12.91	0.1
Long Jump	5.69m	1.7
Shannon-Leigh Litt	W40	
3000m	13:39.02	
Victor Lusic	M35	
100m	12.81	0.1
Shot Put	10.02m	
Discus	29.00m	
Long Jump	5.50m	0.4
Fiona Morrison	W30	
100m H	14.59	-0.5



Heather McLean (W40) in action during a 3000m track walk.



Michael Bond (M75) made a few quest appearances during the season.

CMA Combined Event Results

OMA Throws Pentathlon Challenge NPW: Sunday 27/09/2020

W30 Anna Lynch 1st					
HT	SP	DT	JT	WT	
39.56	9.51	34.39	23.23	11.41	
701	497	546	349	579	2672

W35 Kelly Charles 1st					
HT	SP	DT	JT	WT	
29.29	8.10	25.07	18.7	9.88	
537	425	387	286	541	2176

W40 Toni Oudemans 1st					
HT	SP	DT	JT	WT	
21.43	8.82	19.60	27.04	8.53	
390	516	311	496	499	2212

W40 Dena Miller 3rd					
HT	SP	DT	JT	WT	
17.72	7.02	17.69	15.60	5.00	
297	386	273	250	248	1454

W60 Lyn Osmer 2nd					
HT	SP	DT	JT	WT	
17.07	9.49	19.15	27.69	8.37	
411	810	473	756	501	2951

W70 Lois Anderson 4th					
HT	SP	DT	JT	WT	
14.87	6.35	13.42	13.20	8.87	
461	647	417	433	677	2635

W70 Beverley Church 5th					
HT	SP	DT	JT	WT	
13.68	5.71	13.19	11.55	5.75	
412	568	408	368	398	2154

W75 Justine Whitaker 2nd					
HT	SP	DT	JT	WT	
22.03	6.59	15.55	11.96	8.37	
748	666	529	425	596	2964

W80 Glen Watts 1st					
HT	SP	DT	JT	WT	
21.90	6.65	15.39	10.12	8.23	
874	780	631	428	649	3362

M70 Richard Davison 1st					
HT	SP	DT	JT	WT	
33.92	8.95	33.32	25.37	13.25	
664	574	717	480	741	3176



At the Athletics Canterbury Awards gathering, Priscilla Blanchet was given a MERIT Award to acknowledge over 40 years of service to our sport.

South Island Championships Combined Events Dunedin: Sunday 15/11/2020

W30 Anna Lynch					
HT	SP	DT	JT	WT	
41.57	8.97	32.99	21.70	11.16	
746	462	519	321	564	2612

W35 Kelly Charles					
HT	SP	DT	JT	WT	
28.30	8.36	22.34	14.85	10.36	
514	442	335	211	573	2075

W40 Toni Oudemans					
HT	SP	DT	JT	WT	
22.59	8.97	22.13	26.04	8.32	
419	526	363	474	484	2266

W40 Glen Watts					
HT	SP	DT	JT	WT	
21.59	6.03	14.65	8.70	8.28	
859	694	595	356	663	3167

M70 Richard Davison					
HT	SP	DT	JT	WT	
36.69	9.26	31.79	25.28	13.52	
731	597	677	478	759	3242

During the year we lost one of our Life Members - **Patricia Leech**.

Pat officiated at the Jack King Throws Pentathlon in December.



**CMA Throws Pentathlon - NPW
Sunday 24/01/2021**

W30 Anna Lynch					
HT	SP	DT	JT	WT	
39.42	9.10	33.23	20.68	10.79	
780	492	547	325	602	3746

W60 Lyn Osmers					
HT	SP	DT	JT	WT	
-	9.25	-	-	-	
0	786	0	0	0	786

W70 Beverley Church					
HT	SP	DT	JT	WT	
15.06	4.96	12.98	11.93	6.01	
468	477	400	383	421	2149

W80 Glen Watts					
HT	SP	DT	JT	WT	
19.66	6.80	16.44	10.63	8.30	
767	801	638	545	665	3370

W80 Colleen Maloney					
HT	SP	DT	JT	WT	
14.69	-	-	-	-	
531	0	0	0	0	531

M35 Victor Lusic					
HT	SP	DT	JT	WT	
-	-	23.89	30.89	-	
0	0	352	317	0	669

M70 Rick Davison					
HT	SP	DT	JT	WT	
34.59	9.15	30.34	24.86	13.33	
680	589	640	468	749	3123

M80 Brian Senior					
HT	SP	DT	JT	WT	
36.30	10.29	28.98	28.00	14.96	
972	819	821	718	995	4325

**Jack King Throws Pentathlon
Rawhiti Domain: Sunday 20/12/2020**

W30 Anna Lynch					
HT	SP	DT	JT	WT	
41.45	8.77	33.71	21.22	12.18	
743	449	533	312	626	2663

W60 Lyn Osmers					
HT	SP	DT	JT	WT	
0	8.77	18.35	26.44	6.06	
0	738	449	717	331	2235

W70 Beverley Church					
HT	SP	DT	JT	WT	
15.14	4.68	14.01	12.38	5.60	
472	443	439	401	384	2139

W75 Julie Roots					
HT	SP	DT	JT	WT	
19.73	6.16	11.88	10.00	9.02	
652	614	380	341	651	2638

W80 Glen Watts					
HT	SP	DT	JT	WT	
24.96	6.49	17.21	10.72	7.46	
1021	758	721	459	576	3535

W80 Colleen Maloney					
HT	SP	DT	JT	WT	
17.10	4.78	9.55	8.95	8.18	
645	524	352	369	644	2534

M70 Rick Davison					
HT	SP	DT	JT	WT	
38.03	9.01	32.00	24.28	12.97	
763	578	683	454	723	3201

M80 Brian Senior					
HT	SP	DT	JT	WT	
37.05	9.51	26.56	27.91	14.90	
996	747	739	715	990	4187



I apologise to the throwers I NEED some more up-to-date photos. This one of Anna is from Hastings.

**CMA Throws Pentathlon - Rawhiti Domain
Sunday 13/03/2021**

W60 Lyn Osmers					
HT	SP	DT	JT	WT	
16.39	9.53	14.40	22.79	-	
389	814	332	605	0	2140

W70 Alison Wright					
HT	SP	DT	JT	WT	
16.40	5.06	12.62	10.06	6.57	
524	490	386	310	470	2180

W70 Beverley Church					
HT	SP	DT	JT	WT	
15.06	4.86	13.70	10391	5.77	
468	465	427	343	399	2102

W75 Justine Whitaker					
HT	SP	DT	JT	WT	
21.02	6.87	14.90	12.68	8.48	
706	700	502	456	605	2969

W80 Glen Watts					
HT	SP	DT	JT	WT	
25.61	6.72	18.55	11.81	8.59	
1053	789	787	515	692	3836

W80 Colleen Maloney					
HT	SP	DT	JT	WT	
17.54	4.55	9.79	-	-	
666	492	363	0	0	1521

M70 Rick Davison					
HT	SP	DT	JT	WT	
35.27	9.35	33.41	28.68	13.58	
697	605	720	562	763	3347



Our sport relies on volunteers to officiate! Bernie (above) and Kevin Jago regularly helped out at interclub. On behalf of the athletes, I thank all masters who helped officiate thank you sincerely!!

**CMA Throws Pentathlon
Rawhiti Domain: Sunday 13/03/2021**

W60 Anna Lynch					
HT	SP	DT	JT	WT	
16.39	9.53	14.40	22.79	-	
389	814	332	605	-	2140

W70 Alison Wright					
HT	SP	DT	JT	WT	
16.40	5.06	12.62	10.06	6.57	
524	490	386	310	470	2180

W70 Beverley Church					
HT	SP	DT	JT	WT	
15.06	4.86	13.70	10.91	5.77	
468	465	427	343	399	2102

W75 Justine Whitaker					
HT	SP	DT	JT	WT	
21.02	6.87	14.90	12.68	8.48	
706	700	502	456	605	2969

W80 Glen Watts					
HT	SP	DT	JT	WT	
25.61	6.72	18.55	11.81	8.59	
10053	789	787	515	692	3836

W80 Colleen Maloney					
HT	SP	DT	JT	WT	
17.54	4.55	9.79	-	-	
666	492	363	0	0	1521

M70 Richard Davison					
HT	SP	DT	JT	WT	
35.27	9.35	33.41	28.68	13.58	
697	605	720	562	763	3347

While competing at interclub can be a challenge for master's athletes, our numbers do not justify us holding 'stand alone' masters competitions.

CMA 2020 - 2021 Record Breakers

Please check these records and if you think you have been missed, contact Janis Russell / Andrew Stark
Reminder to ALL record breakers: It is your responsibility to collect all the information required to process a record.

Anna Lynch	W30	Age: 34	NEW RECORD		OLD RECORD	
Ngā Puna Wai	24/10/2020	Hammer Throw	40.41m	58.30%	<i>39.53m</i>	CMA
Dunedin	15/11/2020	Hammer Throw	41.28m	59.56%	<i>40.61m</i>	SIMC
Dunedin	15/11/2020	Hammer Throw	41.57m	59.98%	<i>41.28m</i>	SIMC
Ngā Puna Wai	21/11/2020	Weight Throw	12.46m	66.14%	<i>11.91m</i>	CMA
W35						
Rawhiti Domain	24/01/2021	Weight Throw	10.79m	58.29%	<i>10.01m</i>	CMA
Ngā Puna Wai	30/01/2021	Weight Throw	12.03m	64.99%	<i>10.79m</i>	CMA
Ngā Puna Wai	19/02/2021	Weight Throw	12.53m	67.69%	<i>12.03m</i>	CMA
Ngā Puna Wai	17/01/2021	Hammer Throw	39.42m	58.30%	<i>29.78m</i>	CMA
Rawhiti Domain	24/01/2021	Hammer Throw	39.93m	59.05%	<i>39.42m</i>	CMA
Ngā Puna Wai	19/02/2021	Hammer Throw	42.20m	62.41%	<i>39.93m</i>	CMA
Inglewood	28/02/2021	Throws Pentathlon	3062 pts			
Hannah Oldroyd W30 Age: 33						
Ngā Puna Wai	12/11/2020	3000m	10:18.27	81.63%	<i>10:41.5</i>	CMA
Kelley Charles W35 Age: 36						
Dunedin	16/11/2020	Throws Pentathlon	2075 pts		<i>2074pts</i>	SIMC
Helena Dinnissen W35 Age: 36						
Ngā Puna Wai	17/10/2020	60m	8.10	85.43%	<i>8.11s</i>	NZMA & CMA ?
Ngā Puna Wai	19/02/2021	Triple Jump	11.63m	81.33%	<i>9.81m</i>	CMA
Shannon-Leigh litt W40 Age: 42						
Ngā Puna Wai	30/12/2020	1 mile	6:50.66	66.09%	<i>NEW</i>	CMA
Toni Oudemans W40 Age: 44						
Dunedin	14/11/2020	Throws Pentathlon	2266 pts		<i>2140pts</i>	SIMC
Lyn Osmer W60 Age: 60						
Rawhiti Domain	27/09/2020	Shot Put	9.49m	70.40%	<i>8.84m</i>	CMA
Rawhiti Domain	13/03/2021	Shot Put	9.53m	70.70%	<i>9.49m</i>	CMA
Janis Russell W60 Age: 60						
Dunedin	15/11/2020	200m	33.67s	84.05%	<i>34.08s</i>	SIMC
Ngā Puna Wai	30/12/2020	300m	53.76s	81.85%	<i>58.4h</i>	CMA
Ngā Puna Wai	13/02/2021	60m	9.71s	90.94%	<i>9.96s</i>	CMA
Ngā Puna Wai	19/02/2021	60m	9.61s	91.88%	<i>9.71s</i>	CMA
Ngā Puna Wai	7/03/2021	60m	9.54s	92.56%	<i>9.61s</i>	CMA
Lois Anderson W70 Age: 74						
Dunedin	14/11/2020	60m	11.62	87.52%	<i>N/A</i>	SIMC

Glen Watts	W80	Age: 80	NEW RECORD		OLD RECORD	
Dunedin	14/11/2020	Hammer Throw	23.52m	83.20%	15.81m	NZMA & CMA
Ngā Puna Wai	21/11/2020	Hammer Throw	24.54m	86.81%	23.52	NZMA & CMA
Dunedin	14/11/2020	Javelin	9.47m	39.69%	7.81m	SIMC
Rawhiti Domain	27/09/2020	Javelin	10.12m	42.41%	9.77m	CMA
Ngā Puna Wai	16/01/2021	Javelin	11.23m	47.07%	10.12m	CMA
Ngā Puna Wai	13/02/2021	Javelin	11.30m	47.36%	11.23m	CMA
Rawhiti Domain	27/09/2020	Discus	15.39m	48.21%	10.34	CMA
Dunedin	14/11/2020	Discus	15.70m	49.19%	15.39	CMA
Dunedin	14/11/2020	Discus	15.70m	49.19%	10.04m	SIMC
Ngā Puna Wai	23/01/2021	Discus	16.85m	52.79%	15.70m	NZMA & CMA
Ngā Puna Wai	20/01/2021	Discus	17.16m	53.76%	16.85m	CMA
Ngā Puna Wai	19/02/2021	Discus	18.20m	57.02%	17.16m	NZMA & CMA
Dunedin	14/11/2020	Weight Throw	8.49m	81.56%	6.91m	SIMC
Rawhiti Domain	27/09/2020	Throws Pentathlon	3362pts		2244pts	CMA
Dunedin	14/11/2020	Throws Pentathlon	3167pts		2244pts	SIMC
Rawhiti Domain	27/09/2020	Shot Put	6.65m	84.82%	5.17m	CMA
Dunedin	14/11/2020	Shot Put	6.03m	76.91%	5.04m	SIMC
Ngā Puna Wai	23/01/2021	Shot Put	6.87m	87.63%	6.65m	NZMA & CMA
Inglewood	28/02/2021	Throws Pentathlon	3767pts		3362pts	NZMA & CMA
Rawhiti Domain	14/03/2021	Hammer Throw	25.61m	90.59%	24.54m	NZMA & CMA
Rawhiti Domain	14/03/2021	Discus	18.55m	58.11%	18.20m	NZMA & CMA
Rawhiti Domain	14/03/2021	Throws Pentathlon	3836pts		3767pts	NZMA & CMA

Nick Ash	M35	Age:35				
Ngā Puna Wai	30/01/2021	200m	23.20	86.38%	23.26s	CMA
Hastings	27/03/2021	400m	50.61	87.95%	50.86	CMA
Dave King	M35	Age:36				
Ngā Puna Wai	13/02/2021	3000m	9:51.71	76.44%	10:39.1	CMA
Victor Lusic	M35	Age: 39				
Ngā Puna Wai	12/11/2020	300m	42.00	76.12%	New	CMA
Ngā Puna Wai	3/12/2020	300m	41.78	76.52%	42.00	CMA
Ngā Puna Wai	30/12/2020	300m	41.15	77.69%	41.78	CMA
Jason Wilcock	M35	Age:36				
Ngā Puna Wai	26/11/2020	3000m	10:39.10	70.77%	12:16.72	CMA
Timaru	9/01/2021	1 mile	5:14.91	72.66%	New	
Matt Cunningham	M40	Age:40				
Ngā Puna Wai	30/12/2020	1 mile	5:36.83	69.92%	New	CMA
David Fitch	M45	Age:46				
Ngā Puna Wai	3/12/2020	1 mile	5:04.42	81.01%	New	CMA

John Campbell	M55	Age:57	NEW RECORD		OLD RECORD	
Dunedin	14/11/2020	60m	7.77	97.55%	<i>8.48/8.46</i>	CMA & SIMC
Ngā Puna Wai	21/11/2020	60m	7.73	98.06%	<i>7.77</i>	CMA
Dunedin	14/11/2020	100m	12.28	93.49%	<i>12.7</i>	SIMC
Ngā Puna Wai	30/01/2021	100m	12.13	94.64%	<i>12.25</i>	CMA
Dunedin	14/11/2020	200m	24.96	94.23%	<i>27.1h/27.30</i>	SIMC
Ngā Puna Wai	19/12/2020	200m	24.83	94.72%	<i>24.7h/25.30</i>	NZMA & CMA
Ngā Puna Wai	7/02/2021	200m	24.32	96.71%	<i>24.83</i>	NZMA & CMA
Ngā Puna Wai	30/12/2020	300m	40.22	90.18%	<i>New</i>	CMA
Wayne Doyle	M55	Age:57				
Timaru	27/02/2021	Discus	39.12m	60.99%	<i>37.82m</i>	CMA
Guy Dryden	M55	Age:56				
Ngā Puna Wai	30/12/2020	1 mile	5:52.23	75.92%	<i>New</i>	CMA
Georg Ludwig	M65	Age:66				
Ngā Puna Wai	31/10/2020	High Jump	1.29m	77.71%	<i>1.26m</i>	CMA
Ngā Puna Wai	16/01/2021	High Jump	1.30m	78.31%	<i>1.29</i>	CMA
Ngā Puna Wai	30/01/2021	High Jump	1.35m	81.33%	<i>1.30m</i>	CMA
Rodger Ward	M65	Age:67				
Ngā Puna Wai	30/12/2020	1 mile	6:22.50	77.07%	<i>New</i>	CMA
Brian Senior	M80	Age:80				
Rawhiti Domain	20/12/2020	Hammer Throw	37.05m	95.76%	<i>30.76m</i>	CMA
Rawhiti Domain	20/12/2020	Discus	26.56m	68.24%	<i>21.62m</i>	CMA
Rawhiti Domain	24/01/2021	Discus	28.98m	74.46%	<i>26.56m</i>	NZMA & CMA
Rawhiti Domain	20/12/2020	Javelin	27.91m	58.41%	<i>23.27m</i>	CMA
Rawhiti Domain	24/01/2021	Javelin	28.00m	58.60%	<i>27.91m</i>	CMA
Rawhiti Domain	20/12/2020	Weight Throw	14.90m	90.63%	<i>14.12m</i>	CMA
Rawhiti Domain	24/01/2021	Weight Throw	14.96m	91.00%	<i>14.90m</i>	NZMA & CMA
Rawhiti Domain	20/12/2020	Throws Pentathlon	4187pts		<i>3052pts</i>	CMA
Rawhiti Domain	24/01/2021	Throws Pentathlon	4323pts		<i>4187pts</i>	NZMA & CMA
Rawhiti Domain	24/01/2021	Shot put	10.27m	79.12%	<i>9.41m</i>	CMA

Important dates coming up

CMA AGM

Sunday 12th September 2021 @ 2:00 p.m. St Luke's Union Church Hall - Halswell 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 26th September 2021 @ 10:00 a.m. Contact **Anne Davison** Venue: Rawhiti Domain (TBC)

South Island Track & Field Championships

18th - 20th November 2021 Venue: Dunedin

North Island Track & Field Championships

26th - 27th November 2021 Venue: Auckland

NZMA Track & Field Championships

10th - 12th March 2022 Venue: Wellington