

C
M
A

Cant-A-Long

April 2017

In this issue...

• Notice of CMA AGM



• President's Annual Report

• NZMA 2016 Awards

• CMA 2016 - 2017 Season Awards

• CMA & Inter-Club 2016 - 2017 Results

• WMA & NZMA Championship Results

• 2016 - 2017 CMA Record Breakers

• What's On in 2017 - 2018 Season

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
Gwyn Heseltine
William Hobbs
David Leech
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 16 August 2017 @ 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
c/- 93 Bibiana Street
Aidenfield
Christchurch 8025

by Wednesday 2 August 2017.

Nominations for the following positions are also called for:

Elected Positions:

President
Vice President
Secretary
Treasurer
Committee members (6)

Other Elected Positions:

Patron
Honorary Auditor
Honorary Solicitor

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

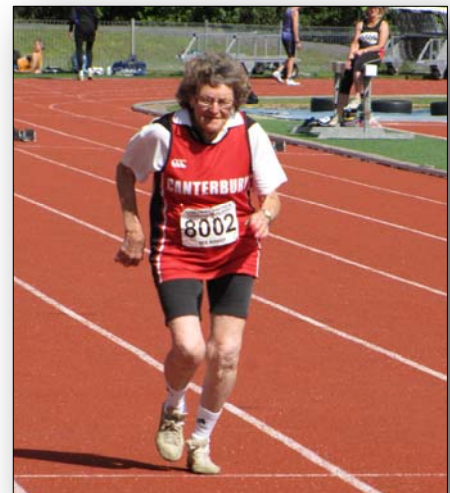
Athletics Canterbury Track and Field Committee

Anne Davison
(Secretary)

Agenda of CMA AGM

**Canterbury Masters Athletics Inc
ANNUAL GENERAL MEETING
PORT HILLS ATHLETIC CLUBROOMS
Wednesday 16 August 2017 @ 7.30 p.m.**

- Quorum Check (15 Financial Members)
- Apologies
- Approval of Minutes of Annual General Meeting held 17 August 2016
- Consideration and Approval of Annual Report
- Consideration and Approval of Annual Financial Statements
- Consideration and Approval of Annual Subscription for 2017 / 2018 season
- Election of Officers for 2017 / 2018
 - 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:

For the third year in a row, I begin my report with the comment ... *'Another year has passed and we are finally making progress towards getting a new track facility in Christchurch'*. This time I can confirm that work has started on moving soil on the Nga Puna Wai site ... at last. Admittedly it is for a flood protection pond, next to where the new sports hub is to be built, but the soil being removed is to be used to build up the site and create the 3.5m high embankment that will encircle the new track & field facility.

During the past year, the Athletics Canterbury representatives involved with this project have worked hard to ensure we do get a facility that meets our needs, as at Stage 1 of the build. The expected timeline for the track opening is January 2018. The control room will not be finished until later in the season, but we will be able to compete there.

In August last year at the Special General Meeting of NZMA held in Auckland, the MoU between Athletics NZ and NZMA was signed, which has meant we have been able to include all masters attending track & field meetings in our Championship events.

Overall, it has still been a relatively quiet year, with fewer attendees at both the CMA organised and the Athletics Canterbury Saturday interclub meetings.

World Masters Track & Field Championships:

For athletes attending this event, the season started early, as this event occurred during late October, early November. CMA were represented by ten athletes and their results are published in this issue. Well done to Michael Bond (2nd M70 steeplechase), Lois Anderson (3rd W70 pentathlon, 3rd 4 x 100m & 4 x 400m relays), Glen Watts (3rd W75 hammer) and Wayne Doyle (3rd M50 decathlon). It was a well organised event and Perth was an easy city to get around, with free public transport for all competitors.

South Island Track & Field Championships:

For the second year in a row CMA hosted the event in Timaru, incorporated within a busy Athletics Canterbury weekend involving their Combined Event Championships. Canterbury Childrens also held their meeting during Saturday morning. It was a successfully organised meeting, made possible with the help of Canterbury, local and master's officials from other South Island regions.

CMA applied to the New Zealand Community Trust and used their grant to pay for the Aorangi Stadium track hire and Athletics Canterbury official's accommodation. For the second year in row, we ran at a small profit.

There were 65 competitors and of these seven were ANZ club athletes who would have been excluded from last years event. On the Saturday afternoon we held a BYO BBQ, where those attending paid \$5.00. Bev Church and Alison Wright organised the event and did a was brilliant.

Seven CMA members broke eleven South Island Championships records. The full list is on the back two pages of this issue of Cant-A-Long.

At the South Island AGM, there was little interest in hosting next years event at either end of the South Island due to Nelson hosting the NZMA Championships in 2017 and Dunedin hosting the OMA Championships in 2018. Therefore we will again be hosting the South Island Championships in Timaru, most likely during the weekend of November 10th to 12th 2017 (TBC).

NZMA Track & Field Championships:

This year it was held in Nelson in windy conditions all weekend, making it difficult for both track and field competitors. Consequently there were very few track records broken overall.

There were 220 entries and of these 42 were ANZ athletes attending for the first time.

Canterbury was well represented by forty athletes who competed on average in 4 events each. Well done to two of our athletes that broke NZMA National / Championship records; Lyn Osmers (W55 High Jump, 1.33m) & Lois Anderson (W70 High Jump 1.08m). Well done also to Iris Bishop who continued her unbroken run of competing at all 43 NZMA Championship events.

NZMA Board Up-date:

At the NZMA AGM, I was elected for a third year as President. This is a role I take very seriously and the Board have worked hard to improve how NZMA operates. The aim is for the Board to take a more active role in assisting Centres, particularly in the year that they host one of our three major championships. The new look NZMA website has more to offer Centres / members and work will continue to improve this.

Following on from the acceptance of the MoU, both the NZMA Constitution and By-Laws documents were reviewed and updated accordingly and accepted.

Athletics Canterbury & Nga Puna Wai Sports Hub:

This season I continued as the Chairman of the Track & Field Committee and on the Athletics Executive Committee, plus I have been on the Nga Puna Wai Project Steering Group committee, meeting with CCC and BECA (designer). The loss of QEII has created a challenge for the sport, but we have made good

progress in convincing CCC just exactly what we need as a sport so the new facility we get will allow us to hold major events here again in the near future.

The Nga Puna Wai Sports Hub is a staged project. What we get built in Stage 1 is very much dependant on available funding, but that is not the 'end product'. As more funds become available, more construction will occur. If you go to the CCC website, there are regular updates on what is going on re: this development.

Athletics Canterbury's contribution to the project has always been directed towards supplying equipment and making it available to schools. However, there has been a slight change of direction there, in that it may be necessary for them to direct some of their funds into the 'build', i.e. the outer throwing zone (No. 2 track area) and / or the Control Room. Both are expensive items, so to ensure that Athletics Canterbury are to have built what they need in Stage 1, I believe it would be helpful and appropriate if CMA 'comes to the party' and contributes as much as we can of our funds towards the project ... this will be our legacy to the sport.

I have also approached the 4thWVTG, asking them to match our contribution. By the time the AGM occurs in August, we will have made our contribution.

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 2016 / 2017 Membership Details:

The previous membership figures are as follows: 160 (2010), 131 (2011), 110 (2012), 97 (2013), 82 (2014), 70 (2014/2015) and 90 (2015/2016). With the introduction of the MoU, we no longer require ANZ club athletes to pay a CMA registration fee. The group that has joined CMA are essentially 'track & field' only or social members, of which we have 32 this year.

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

Winter Throws Pentathlon & Oceania Throws Pentathlon Challenge:

As introduced two seasons ago, a small group of throwers met on the first and last Sunday of each month during the months of April to September to compete in a Winter Throws Pentathlon. CMA members also took part in the annual Oceania Throws Pentathlon Challenge which involved just on 100 athletes.

Thank you to Bev Church for organising these events and also to those who assisted in running the events.

CMA Track & Field Meetings:

Athletics Canterbury continues to allow our non-club registered CMA members to compete during Saturday Interclub competitions. In field events, all ages competed as one group, young and old together. The same occurred in the longer track races, but for the sprints events we ran our own races or members selected a race that better suited their needs.

We held three Wednesday CMA meetings throughout the season. An Opening Day meeting in October (9 competed), a Christmas Break-up meeting in December (7 competed) and the end of season meeting in March was cancelled due the weather. Thank you to those who helped in any way to make these meetings happen. Given how small these gatherings have become, consideration needs to be given as to if they should continue in their present format.

CMA 2016 - 2017 Championship Review:

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

The major CMA Championship events were held over two Saturdays in February (4th and 11th) at Rawhiti Domain. It is an easy way of conducting our championships, as we are able to take advantage of the Athletics Canterbury officials who are already there running the interclub events.

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

The CMA Throws Pentathlon Championship event was held on Sunday 19th March at Rawhiti Domain. Fourteen members attended, ranging in age from 40 to 79. Thank you to Bev Church and Matt Leech, plus the other helpers who attended this event.

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

Pete Watts Memorial - Halswell Quarry:

At the request of the Cross-country and Road Committee of Athletics Canterbury, this event was held on Saturday 25th March at 9:00 a.m. We had 20 teams of four compete in cool conditions, with the majority of the teams made up of Port Hills club members. Thank you to Glen Watts who organised her club teams and to the helpers who marked out the course.

CMA Records:

A full list of records for the 2016 / 2017 season is in this issue. Please check the records to see if any have been missed. Well done particularly to Anna McNab, Malcolm Clarke and Louise Martin who have all had very successful seasons and broken numerous records, some of them several times.

Finances:

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

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

Annual NZMA Awards Dinner:

The Awards dinner was held on the Saturday night during the NZMA Championships in Nelson. Two Canterbury members were recognised for their sporting achievements in 2016 calendar year.

Louise Martin was the NZMA female 'Hurdler' Athlete of the year.

Nick Bolton was the NZMA male 'Hurdler' Athlete of the year for the second year in a row.

CMA Committee:

Over the past few seasons, procedures have been put in place that make it relatively easy for new people to

take over a particular role. The biggest challenge for me is handing over those roles and often I am so busy that it seems easier just to 'do the job', than pass it on to someone else.

However, this year several new members made themselves available to be on the committee or were asked to 'come on board'. Thank you to Anne Davison (secretary) and Anna McNab (treasurer), plus Nick Bolton and Jonny Baird. I will be training up Jonny so that he can look after the CMA records this season. These four joined myself and Bev Church who has been on this committee for numerous years.

It is a good blend of people and I am looking forward to working with them again next season, assuming they are available. I welcome anyone else who would like to be involved, so please come forward.

With the other roles I have within the sport, my goal for the season ahead to do less and let others do more.

Finally, I wish you all the best for the season ahead, especially those who are training for the Oceania Track & Field Championships that will occur in Dunedin, January 2018 remember to encourage all ANZ club athletes to go too.

NZMA 2016 Athlete of the Year Winners



NZMA Male Hurdler of the Year:

Nick Bolton, seen here competing at the NZMA Championships in Dunedin (2016), was the male hurdler of the year for the second year in a row.

NZMA Female Hurdler of the Year:

Louise Martin, seen here competing at the NZMA Championships in Nelson, was the female hurdle of year.



Canterbury Masters Athletics Annual Awards 2016 - 2017 Season



McIntosh Trophy

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

Louise Martin

Performances:
60m (8.93) 90.48%
100m (14.10) 87.87%
200m (29.69) 86.66%

Malcolm Fraser - Bruce McPhail Trophy

M40 400m

Michael Wrigley (61.18)



Maurice Cook & Max Wood Trophy

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

Jeff Barnfield

Performances:
60m (9.15) 85.57%
100m (14.44) 81.99%
200m (29.67) 81.93%



A.H.C. Jubilee Trophy

Women's 1500m

Maggie Chorley (5:06.37)



Kernahan Trophy

M55 800m

Anthony Rogal
(2:28.53)

Kernahan Trophy

M55 1500m

Anthony Rogal
(5:06.73)



Norman & Mary Hawke Trophy

M65+ Hammer
Best Performance using
Age Percentages

Brian Senior

36.02m (80.82%)
(CMA M75 record)

Grayburn Trophy

Men's Throws Pentathlon

Brian Senior (3635 pts)

Philip Ross May Memorial Trophy

M45 800m - No award this year

Walker of the Year Award

No award this year

Rona Smith Throws Pentathlon Trophy

Glen Watts ((3363 pts)

Best female at Jack King Memorial Throws event (December)



Canterbury Veteran's Trophy

Women's Track Pentathlon

Rachel Simons (2169 pts)

Women's Throws Pentathlon Trophy

Glen Watts (3696 pts)



Arthur & Merle Grayburn Trophy

Men's Track Pentathlon

Jonny Baird (1693 pts)



Clarrie Gordon Trophy

M70+ 10000m (CMA Championships)

Michael Bond (49:15.08)



Congratulations to the
2016 - 2017
season winners

CMA Member's 2016 - 2017 Results

Oceania Throws Pentathlon Challenge @ Rawhiti Domain: Sunday 18/09/2016

This event is organised annually by NZMA and athletes from all Oceania are invited to participate. This year there were 43 women and 39 men. Our top male performer was Rick Davison (5th) and Glen Watts (9th).

W30 Anna McNab					
HT	SP	DT	J	WT	Total
40.34	9.15	34.22	21.33	11.55	2638

W40 Dena Miller					
HT	SP	DT	J	WT	Total
12.96	6.91	18.75	17.45	6.07	1465

W65 Bev Church					
HT	SP	DT	J	WT	Total
23.45	6.17	17.35	12.94	7.57	2587

W70 Justine Whitaker					
HT	SP	DT	J	WT	Total
17.68	6.13	14.30	10.48	8.54	2620

W75 Glen Watts					
HT	SP	DT	J	WT	Total
23.97	7.38	17.24	10.35	8.80	3179

W80 Iris Bishop					
HT	SP	DT	J	WT	Total
13.06	4.33	8.64	7.46	4.77	1854

M40 Malcolm Clarke					
HT	SP	DT	J	WT	Total
28.91	11.53	35.31	38.99	10.35	2689

M65 Rick Davison					
HT	SP	DT	J	WT	Total
34.34	8.81	34.93	26.78	13.08	3145

M75 Alan Hunter					
HT	SP	DT	J	WT	Total
17.78	4.23	13.46	12.91	7.02	1439

AC Opening Day - Rawhiti Domain 15/10/2016

Once again CMA joined in with those competing at senior interclub. This is the first opportunity for CMA members going to the WMA Championships in Perth to test their fitness.

100m (wind 0.9)		
W50	Louise Martin	15.02
M40	Nick Bolton	13.01
200m (wind 1.1)		
W50	Louise Martin	31.55
400m		
M40	Allan Staite	65.11
800m		
M55	Andrew Stark	2:23.63

1500m

W35	Shannon-Leigh Litt	5:56.63
W50	Robyn Perkins	6:06.96

3000m

W35	Shannon-Leigh Litt	12:38.37
M40	Allan Staite	10:11.84
M50	Malcolm Cornelius	10:38.24

Shot Put

W30	Anna McNab	9.69m
W80	Iris Bishop	4.59m

Discus

W30	Anna McNab	32.12m
W80	Iris Bishop	9.76m

Javelin

W30	Anna McNab	22.32m
W80	Iris Bishop	7.47m

Hammer

W30	Anna McNab	41.48m
W80	Iris Bishop	10.74m

CMA Opening Day - Rawhiti Domain 19/10/2016

The usual small, but enthusiastic group attended the opening CMA meeting. Not sure where all the runners have gone?

800m

W65	Loris Reed	3:27.1 (h)
W75	Julie Roots	4:56.5 (h)
M55	Tom Reihana	4:06.3 (h)
M70	Jos Galavazi	4:25.4 (h)

Shot Put

W65	Loris Reed	5.85m
W70	Justine Whitaker	5.96m
W75	Glen Watts	7.35m
W80	Iris Bishop	4.41,
M45	Malcolm Clarke	11.43m
M55	Tom Reihana	8.41m
M70	Glen Church	6.20m

Weight

W65	Loris Reed	7.65m
W70	Justine Whitaker	8.76m
W75	Glen Watts	10.52m
W80	Iris Bishop	4.87m

AC Interclub - Rawhiti Domain 22/10/2016**60m** (wind 1.4)

W40	Rachel Simons	9.82
W50	Louise Martin	9.27
M40	Jonny Baird	8.30

100m (wind 1.1)

W50	Louise Martin	15.09
M40	Jonny Baird	13.43

400m

W50	Louise Martin	75.47
-----	---------------	-------

800m

M55	Andrew Stark	2:24.08
-----	--------------	---------

1500m

W35	Shannon-Leigh Litt	6:08.16
M40	Allan Staite	4:59.89

3000m

W35	Shannon-Leigh Litt	12:53.95
M50	Malcolm Cornelius	10:42.18
M55	Anthony Rogal	11:10.43

Shot Put

W30	Anna McNab	9.23m
W40	Rachel Simons	7.20m
W70	Justine Whitaker	6.27m
W80	Iris Bishop	4.30m
M45	Malcolm Clarke	11.84m

Discus

W30	Anna McNab	33.87m
W40	Rachel Simons	22.62m
W70	Justine Whitaker	16.13m
W80	Iris Bishop	9.35m
M45	Malcolm Clarke	35.60m

Hammer

W30	Anna McNab	41.72m
W70	Justine Whitaker	18.20m
W80	Iris Bishop	14.21m
M45	Malcolm Clarke	31.39m



Thank you to our major sponsor

**AC Interclub - Aorangi Stadium 29/10/2016****60m** (wind 1.9)

W40	Rachel Simons	9.2h
M40	Nick Bolton	8.14
M40	Jonny Baird	8.20

100m (wind 1.9)

M40	Nick Bolton	12.50
M40	Jonny Baird	13.01

3000m

M50	Malcolm Cornelius	10:42.62
-----	-------------------	----------

Shot Put

W30	Kelly Charles	7.84m
W40	Toni Oudermans	8.83m
W40	Rachel Simons	7.32m

Discus

W30	Kelly Charles	22.04m
W40	Toni Oudermans	21.22m
W40	Rachel Simons	19.77m

Hammer

W30	Kelly Charles	20.52m
W40	Toni Oudermans	16.61m



Allan Staite has become a regular attendee at most interclub meetings ... one of several ANZ club athletes.

**World Track & Field Championships - Perth
26th October - 6th November 2016**

This year the WMA event was held just across the Tasman in Perth. Ten CMA members attended, with a few Canterbury officials going as well. It was a well organised meeting, with great weather, but at times rather windy.

Louise Martin (W50)

	80m hurdles (heat, wind 1.6)	14.61
7th	80m hurdles (final, wind -1.0)	14.16
	300m hurdles (heat)	54.70
	200m (heat, wind 3.0)	29.71
	200m (semi-final, wind -2.2)	29.97
	400m (heat)	69.84
5th	400m (final)	68.57

Lois Anderson (W70)

3rd	4 x 100m & 4 x 400m	
3rd	Heptathlon	4501 pts

Heptathlon - Day 1				
80m H	HJ	SP	200m	
19.41	1.06m	6.69m	38.85	Total
751	818	688	674	2931

Heptathlon - Day 2			
LJ	JT	800m	
2.87m	14.00m	3:55.30	Total
522	465	586	4504

Justine Whitaker (W70)

11th	Shot Put	6.19m
10th	Discus	15.88m
10th	Throws Pentathlon	2634 pts

Throws Pentathlon Results					
HT	SP	DT	J	WT	Total
18.84m	6.33m	14.43m	10.96m	7.62m	
625	644	456	345	564	2634

Glen Watts (W75)

5th	Shot Put	7.95m
5th	Discus	18.43m
3rd	Hammer	27.22m
7th	Javelin	13.28m
4th	Weight throw	9.87m
5th	Throws Pentathlon	3449 pts

Throws Pentathlon Results					
HT	SP	DT	J	WT	Total
24.85m	7.58m	18.06m	12.90m	9.57m	
866	786	633	465	699	3449

Chris Mardon (M45)

6th	5000m	16:28.12
6th	8000m Cross Country	28:17.53

Wayne Doyle (M50)

3rd	Decathlon	6333 pts
-----	-----------	----------

Decathlon - Day 1					
100m	LJ	SP	HJ	400m	
13.16	4.92m	12.37m	1.51m	59.44	Total
683	595	758	585	723	3344

Decathlon - Day 2					
100mH	DT	PV	JT	1500m	
18.23	39.66	3.00	41.12m	5:32.66	Total
572	675	530	596	616	6333

Mark Cargin (M50)

	400m (heat)	62.08
	800m (heat)	2:22.95
	1500m (heat)	5:07.21
13th	1500m (final)	5:02.14

Andrew Stark (M55)

	800m (heat)	2:24.64
--	-------------	---------

Peter King (M70)

	800m (heat)	3:03.54
--	-------------	---------

Michael Bond (M70)

8th	5000m	21:33.57
5th	8000m cross country	36:15.08
2nd	2000m steeplechase	9:04.45



Tony McManus out sprinted Ian Carter in the 800m at NZMA Championships in Nelson.



AC Interclub - Rawhiti Domain 05/11/2016**800m**

M40	Allan Staite	2:24.13
M55	Anthony Rogal	2:24.26

1500m

W35	Shannon-Leigh Litt	5:45.34
W50	Robyn Perkins	6:12.76

3000m

M45	Kevin Muir	10:38.26
M55	Clive Kitchingman	11:36.82
M65	John Mulvaney	14:55.68

Shot Put

W30	Anna McNab	9.66m
W40	Dean Miller	7.13m
W80	Iris Bishop	4.52m

Discus

W30	Anna McNab	34.55m
W40	Dean Miller	18.48m
W80	Iris Bishop	9.93m
M45	Malcolm Clarke	36.64m
M65	Rick Davison	32.80m

Hammer

W30	Anna McNab	41.60m
W40	Dean Miller	17.32m
W80	Iris Bishop	14.32m
M45	Malcolm Clarke	31.42m
M65	Rick Davison	36.17m



Shannon-Leigh Litt is another regular attendee at most interclub meetings ... one of several ANZ club athletes.

AC Interclub - Rawhiti Domain 12/11/2016**60m (wind 0.9)**

W40	Rachel Simons	9.49
W50	Louise Martin	9.08
W65	Alison Wright	16.19
M40	Jonny Baird	8.22

100m (wind 1.2)

W50	Louise Martin	14.80
M40	Jonny Baird	13.26

200m (wind 2.2)

W50	Louise Martin	30.82
M40	Jonny Baird	27.98

800m

M40	Allan Staite	2:25.46
-----	--------------	---------

5000m CMA Championships

W35	Shannon-Leigh Litt	21:28.09
W50	Robyn Perkins	21:55.38
W60	Bernadette Jago	22:09.23
W65	Loris Reed	24:12.65
W75	Julie Roots	33:25.24
M45	Chris Mardon	17:01.23
M45	Kevin Muir	18:03.08
M45	Malcolm Cornelius	18:03.35
M55	Clive Kitchingman	19:57.41
M65	John Mulvaney	26:19.95
M70	Jos Galavazi	29:51.25

Shot Put

W40	Rachel Simons	7.45m
W65	Bev Church	5.920m
W65	Alison Wright	4.93m

Discus

W40	Rachel Simons	19.64m
W65	Bev Church	16.61m
W65	Alison Wright	12.71m

Javelin

W40	Rachel Simons	14.51m
-----	---------------	--------

Hammer

W40	Rachel Simons	16.15m
W65	Alison Wright	17.80m
W65	Bev Church	16.97m

Thank you to our major sponsor



South Island Masters Track & Field Championships
@ Aorangi Stadium, Timaru:
Friday 18/11/2016 - Sunday 20/11/2016

As has been the case for several years, Athletics Canterbury has held their Combined Events Championships during the second to last weekend of November, two weeks out from the National Secondary School Championship.

As fewer athletes attend our championship, is made perfect sense to combine our meeting with this already 'planned' meeting. Canterbury Children's Athletics were also there on Saturday morning, so we held our Friday evening, Saturday afternoon and Sunday, finishing early afternoon.

A very successful meeting and this will be the format for next year as well, although I understand Canterbury Childrens will not be attending.

60m (wind -0.2)

W40	Rachel Simons	9.35
W50	Louise Martin	9.06
W65	Alison Wright	14.85
W80	Iris Bishop	22.42
M40	Nick Bolton	7.87
M40	Jonny Baird	8.10
M75	Alan Hunter	16.14

100m (wind -0.3)

W50	Louise Martin	14.39
M40	Nick Bolton	12.91
M40	Jonny Baird	12.91

200m

M40	Jonny Baird	27.25
-----	-------------	-------

400m

W50	Louise Martin	69.31
W70	Lois Anderson	94.56
M40	Michael Wrigley	60.33
M40	Jonny Baird	64.11
M45	Ian Purvis	65.83
M50	Mark Cargin	61.55
M70	Michael Bond	82.64

800m

M40	Allan Staite	2:17.75
M40	Michael Wrigley	2:19.98
M45	Ian Purvis	2:32.10
M50	Mark Cargin	2:24.74
M70	Michael Bond	3:03.81

Thank you to our major sponsor



1500m

W50	Robyn Perkins	6:05.24
M40	Allan Staite	4:40.72
M40	Michael Wrigley	4:56.60
M50	Malcolm Cornelius	4:41.37
M50	Mark Cargin	5:00.39
M55	Clive Kitchingman	5:38.37
M60	Rodger Ward	5:57.70

3000m

W50	Robyn Perkins	12:56.19
M50	Darren Hoolahan	10:07.19
M50	Malcolm Cornelius	10:10.23
M55	Clive Kitchingman	11:36.90

5000m

W35	Melanie Angland	18:57.07
W35	Shannon-Leigh Litt	21:12.51
W50	Robyn Perkins	21:48.98
M45	Jason Baillie	17:51.21
M55	Clive Kitchingman	20:31.62

2000m Steeplechase

M65	Martin Cockrem	9:23.87
M70	Michael Bond	11:13.76

80m Hurdles (wind -1.8)

W50	Louise Martin	14.39
-----	---------------	-------

110m Hurdles (wind 0.0)

M40	Nick Bolton	16.69
-----	-------------	-------

300m Hurdles

W50	Louise Martin	54.92
-----	---------------	-------

Long Jump (wind 0.0)

M75	Alan Hunter	1.67m
-----	-------------	-------

High Jump

M75	Alan Hunter	0.75m
-----	-------------	-------

Shot Put

W30	Anna McNab	9.58m
W30	Kelley Charles	7.72m
W40	Toni Oudermans	8.45m
W40	Dena Miller	6.28m
W65	Lois Anderson	6.84m
W65	Bev Church	5.83m
W65	Alison Wright	4.82m
W75	Glen Watts	7.64m
W75	Justine Whitaker	7.02m
W80	Iris Bishop	4.44m
M65	Richard Davison	8.33m
M70	Glen Church	6.46m
M75	Alan Hunter	4.96m

Discus Throw

W30	Anna McNab	35.33m
W30	Kelley Charles	20.91m
W40	Toni Oudermans	21.12m
W40	Dena Miller	19.04m
W65	Bev Church	16.44m
W65	Alison Wright	12.33m
W75	Justine Whitaker	18.52m
W75	Glen Watts	17.52m
W80	Iris Bishop	9.72m
M65	Richard Davison	33.57m
M70	Glen Church	16.24m
M75	Alan Hunter	13.70m

Hammer Throw

W30	Anna McNab	40.61m
W30	Kelley Charles	22.35m
W40	Toni Oudermans	18.01m
W40	Dena Miller	16.30m
W65	Bev Church	18.61m
W65	Alison Wright	16.91m
W75	Glen Watts	28.58m
W75	Justine Whitaker	22.35m
W80	Iris Bishop	14.62m
M45	Malcolm Clarke	32.17m
M65	Richard Davison	35.51m
M70	Glen Church	19.45m
M75	Alan Hunter	17.05m

Javelin Throw

W30	Anna McNab	21.81m
W30	Kelley Charles	15.97m
W40	Toni Oudermans	25.60m
W40	Dena Miller	18.02m
W65	Lois Anderson	12.75m
W65	Bev Church	11.93m
W65	Alison Wright	11.38m
W75	Glen Watts	12.75m
W75	Justine Whitaker	11.95m
W80	Iris Bishop	7.51m
M45	Malcolm Clarke	37.24m
M50	Jonny Baird	28.12m
M65	Richard Davison	27.69m
M70	Glen Church	17.35m
M75	Alan Hunter	10.99m

**Weight Throw**

W30	Anna McNab	12.23m
W40	Dena Miller	5.80m
W65	Alison Wright	7.26m
W65	Bev Church	6.57m
W75	Glen Watts	10.48m
W75	Justine Whitaker	9.88m
W80	Iris Bishop	5.01m
M65	Richard Davison	13.46m
M70	Glen Church	7.60m
M75	Alan Hunter	6.13m

Pentathlon Results

W40 Rachel Simons					
100m (-0.8)	SP	LJ (1.1)	JT	800m	
14.97	7.52m	4.06m	19.03m	3:01.09	Total
561	421	428	323	436	2169

M40 Jonny Baird					
LJ (1.0)	JT	200m (-0.6)	DT	1500m	
4.68m	31.40m	27.25	17.80m	6:53.64	Total
402	357	526	265	143	1693

Throws Pentathlon Results

W30 Anna McNab					
HT	SP	DT	JT	WT	
38.23m	9.93m	35.63m	22.85m	12.53m	Total
672	525	570	342	648	2757

W40 Dena Miller					
HT	SP	DT	JT	WT	
17.43m	6.85m	17.93m	13.60m	6.31m	Total
226	325	278	208	340	1490

W65 Bev Church					
HT	SP	DT	JT	WT	
17.43m	5.63m	17.27m	12.27m	6.51m	Total
529	486	480	332	41	2237

W65 Alison Wright					
HT	SP	DT	JT	WT	
14.71m	4.64m	10.93m	10.11m	7.39m	Total
389	380	270	259	480	1778

W75 Glen Watts					
HT	SP	DT	JT	WT	
25.68m	7.32m	17.97m	12.19m	9.58m	Total
901	755	629	435	699	3419

W75 Justine Whitaker					
HT	SP	DT	J	WT	
22.81m	7.28m	18.49m	13.52m	9.78m	Total
780	749	651	492	717	3389

W80 Iris Bishop					
HT	SP	DT	J	WT	
13.29m	4.44m	9.59m	6.45m	4.97m	Total
466	477	354	242	351	1890

M65 Rick Davison					
HT	SP	DT	JT	WT	
35.19m	8.66m	30.47m	27.88m	12.94m	Total
702	593	576	494	702	3064

M70 Glen Church					
HT	SP	DT	JT	WT	
19.66m	6.44m	16.87m	16.05m	7.16m	Total
327	381	301	257	350	1616

M75 Alan Hunter					
HT	SP	DT	JT	WT	
16.97m	4.45m	15.04m	13.02m	6.71m	Total
318	262	301	225	354	1460

AC Interclub - Rawhiti Domain 26/11/2016

60m (wind -2.5)

W50 Louise Martin 9.11

100m (wind -2.5)

W50 Louise Martin 14.82

200m (wind -4.3)

W50 Louise Martin 30.89

800m

M40 Allan Staite 2:23.96

1500m

W35 Shannon-Leigh Litt 5:51.52

W50 Robyn Perkins 6:11.62

M55 Clive Kitchingman 5:30.06

M65 John Mulvaney 6:48.94

3000m

W35 Shannon-Leigh Litt 12:16.35

M45 Kevin Muir 10:39.37

M50 Malcolm Cornelius 10:27.47

Shot Put

W55 Lyn Osmer 8.87m

W75 Justine Whitaker 7.54m

Discus

W75 Justine Whitaker 17.41m

Javelin

W75 Justine Whitaker 12.27m

Hammer

W75 Justine Whitaker 22.56m

Pole Vault

M55 Steve Mckee 3.00m

AC Interclub - Rawhiti Domain 10/12/2016

60m (wind -0.5)

W50 Louise Martin 9.19

W55 Lyn Osmer 10.56

M40 Jonny Baird 8.15

100m (wind -1.1)

W50 Louise Martin 14.59

M40 Jonny Baird 13.01

200m (wind 0.8)

M40 Jonny Baird 27.94

M50 Malcolm Cornelius 29.10

400m

M50 Darren Hoolahan 62.77

M50 Ian Purvis 65.63

1500m

W50 Robyn Perkins 6:05.50

3000m

W45 Maggie Chorley 11:33.57

M45 Kevin Muir 10:45.60

M50 Malcolm Cornelius 10:32.48

M55 Clive Kitchingman 11:37.99

M65 John Mulvaney 15:20.90

10000m AC Championships

W35 Shannon-Leigh Litt 48:03.75

M30 Jason Wilcock 42:06.91

M40 Allan Staite 35:55.21

M70 Michael Bond 49:15.08

Shot Put

W60 Linda Watson 6.53m

W75 Justine Whitaker

Javelin

W60 Linda Watson 13.72m

M40 Jonny Baird 32.77m

Pole Vault

M55 Steve Mckee 3.20m

Long Jump (wind 0.3)

M45 Jonny Baird 4.44m

CMA Meeting - Rawhiti Domain 14/12/2016

Weight

W70 Lois Anderson 7.31m

W75 Glen Watts 10.11m

W75 Justine Whitaker 10.26m

W80 Iris Bishop 5.09m

M65 Rick Davison 12.20m

Discus

W70 Lois Anderson 13.75m

W75 Glen Watts 17.10m

W75 Justine Whitaker 20.24m

W80 Iris Bishop 9.95m

M65 Rick Davison 33.23m

M75 Alan Hunter 14.25m

60m		
W55	Lyn Osmers	10.1 (h)
M60	Jeff Barnfield	9.1 (h)

AC Interclub - Rawhiti Domain 17/12/2016		
---	--	--

60m (wind 1.0)		
W50	Louise Martin	8.87
M40	Nick Bolton	8.04
M40	Jonny Baird	8.18

100m (wind 0.2)		
W50	Louise Martin	14.26
M40	Nick Bolton	12.70
M40	Jonny Baird	12.92
M60	Jeff Barnfield	14.30

200m (wind 0.2)		
W50	Louise Martin	31.09
M40	Allan Staite	29.37
M50	Malcolm Cornelius	30.71
M60	Jeff Barnfield	29.92

400m		
M50	Darren Hoolahan	64.85

800m		
M50	Darren Hoolahan	2:21.00

1500m		
M55	Clive Kitchingman	5:28.26
M60	Rodger Ward	6:26.01
M65	John Mulvaney	6:50.41

3000m		
W35	Jo Ramsey	12:09.66
W50	Robyn Perkins	15:58.08
M30	Jason Wilcock	10:52.46
M40	Allan Staite	9:55.39
M45	Kevin Muir	10:45.04
M50	Malcolm Cornelius	10:29.65

5000m		
W35	Shannon-Leigh Litt	21:40.05

Shot Put		
W30	Anna McNab	9.69m
W55	Lyn Osmers	9.02m
W75	Justine Whitaker	7.33m

Discus		
W30	Anna McNab	26.26m
W75	Justine Whitaker	17.24m

Hammer		
W30	Anna McNab	42.73m
W75	Justine Whitaker	22.77m

Lovelock Classic - Timaru 07/01/2017		
---	--	--

100m (wind -0.8)		
W50	Louise Martin	14.26

200m (wind 0.2)		
W50	Louise Martin	29.28

300m Hurdles		
W50	Louise Martin	54.27

1 Mile		
W35	Shannon-Leigh Litt	6:02.49
M40	Allan Staite	4:54.70
M50	Malcolm Cornelius	4:57.40

3000m		
W35	Jo Ramsey	11:44.88
W35	Shannon-Leigh Litt	11:55.83

AC Interclub - Rawhiti Domain 14/01/2017		
---	--	--

60m (wind 0.7)		
W50	Louise Martin	9.04
W55	Lyn Osmers	10.38
M40	Jonny Baird	8.22
M60	Jeff Barnfield	8.94
M80	Max Wood	11.44

100m (wind 0.6)		
W50	Louise Martin	14.57
M40	Jonny Baird	13.21
M60	Jeff Barnfield	14.33

200m (wind -0.8)		
W35	Shannon-Leigh Litt	40.52
M40	Allan Staite	28.34
M50	Malcolm Cornelius	29.45
M50	Ian Purvis	37.11

400m		
W35	Shannon-Leigh Litt	84.90
W50	Louise Martin	73.33

800m		
M40	Allan Staite	2:23.42
M50	Darren Hoolahan	2:19.50
M50	Ian Purvis	2:35.70

1500m		
W45	Maggie Chorley	5:15.67
M50	Malcolm Cornelius	4:50.08
M55	Clive Kitchingman	5:27.08

3000m		
W35	Shannon-Leigh Litt	12:17.95

Shot Put		
W55	Lyn Osmers	9.40m
W55	Sissi Stein-Abel	9.05m
W75	Justine Whitaker	7.54m
W80	Iris Bishop	4.51m
M45	Malcolm Clarke	11.96m
M65	Rick Davison	8.49m

Discus		
W55	Sissi Stein-Abel	27.61m
W75	Justine Whitaker	19.27m
W80	Iris Bishop	9.84m
M45	Malcolm Clarke	36.93m
M65	Rick Davison	33.66m

Hammer		
W75	Justine Whitaker	22.27m
W80	Iris Bishop	15.04m
M65	Rick Davison	36.92m

Javelin		
W55	Lyn Osmers	28.05m
W75	Justine Whitaker	11.73m

Weight		
M45	Malcolm Clarke	11.75m

AC Interclub - Rawhiti Domain 21/01/2017		
---	--	--

60m (wind 0.6)		
W50	Louise Martin	8.97
M40	Nick Bolton	8.08
M40	Jonny Baird	8.15

100m (wind 1.4)		
W50	Louise Martin	14.33
M40	Nick Bolton	12.72
M40	Jonny Baird	13.12

200m (wind 1.3)		
W35	Jo Ramsey	31.30
W50	Louise Martin	29.90
M40	Nick Bolton	25.64
M40	Jonny Baird	27.68
M50	Malcolm Cornelius	30.05

400m		
M40	Allan Staite	64.66

800m		
W35	Shannon-Leigh Litt	2:56.83
M50	Darren Hoolahan	2:17.28
M50	Malcolm Cornelius	2:20.36

1500m		
W35	Shannon-Leigh Litt	6:05.15
M40	Allan Staite	4:48.61
M45	John Marshall	4:50.88

3000m		
W35	Shannon-Leigh Litt	12:37.44
W45	Maggie Chorley	11:03.85
M55	Clive Kitchingman	11:23.61
M65	John Mulvaney	15:34.31

Shot Put		
W55	Lyn Osmers	9.86m
W55	Sissi Stein-Abel	9.01m
W75	Justine Whitaker	7.21m
W80	Iris Bishop	4.53m
M45	Malcolm Clarke	12.57m
M65	Rick Davison	

Discus		
W55	Sissi Stein-Abel	26.65m
W75	Justine Whitaker	12.13m
W80	Iris Bishop	7.36m
M45	Malcolm Clarke	36.88m
M65	Rick Davison	34.73m

Hammer		
M45	Malcolm Clarke	37.04m
M65	Rick Davison	36.80m

Javelin		
W55	Lyn Osmers	27.83m
W75	Justine Whitaker	12.13m
W80	Iris Bishop	7.36m

AC Interclub - Rawhiti Domain 28/01/2017		
---	--	--

60m (wind 0.4)		
W55	Lyn Osmers	10.22
M60	Jeff Barnfield	9.19
M80	Max Wood	11.49

100m (wind 1.5)		
W55	Lyn Osmers	16.73
M40	Nick Bolton	12.85
M40	Jonny Baird	13.20

200m (wind 1.2)		
W30	Sarah Ebdon	30.47
W50	Louise Martin	30.18
M40	Jonny Baird	28.13

400m		
W30	Sarah Ebdon	73.37
W50	Louise Martin	72.02
M40	Nick Bolton	58.56
M40	Jonny Baird	68.84
M50	Malcolm Cornelius	63.43
M70	Michael Bond	83.08

**CMA Championships - Day 1 @ Rawhiti Domain:
Saturday 04/02/2017**

Once again our CMA Championships events were held within an Athletics Canterbury Interclub programme, over two weekends. A few athletes came out of the 'wood-work', making their first appearance for the season. Following Day 2 we held a BBQ and invited Athletics Canterbury officials to attend, in appreciation for their assistance in running our events.

800m		
W35	Shannon-Leigh Litt	3:04.92
M60	Rodger Ward	2:58.97
M50	Darren Hoolahan	2:21.18
M50	Ian Purvis	2:34.75

1500m		
W35	Jo Ramsey	5:24.60
M50	Malcolm Cornelius	4:51.00
M55	Clive Kitchingman	5:20.24
M65	Tony McManus	5:04.67
M65	John Mulvaney	6:49.72
M70	Michael Bond	6:07.86

3000m		
W35	Shannon-Leigh Litt	12:25.36
W45	Maggie Chorley	11:07.72
M55	Anthony Rogal	11:03.40
M60	Rodger Ward	12:42.74

High Jump		
W55	Lyn Osmer	1.25m
M40	Nick Bolton	1.55m
M45	Damian Neale	1.65m

Pole Vault		
M55	Tarmo Rajasari	2.30m

Shot Put		
W40	Dena Miller	6.73m
W55	Sissi Stein-Abel	9.38m
W55	Lyn Osmer	9.16m
W75	Justine Whitaker	6.87m
M45	Malcolm Clarke	12.59m

Discus		
W40	Dena Miller	17.34m
W55	Sissi Stein-Abel	28.78m
W75	Justine Whitaker	20.36m
M45	Malcolm Clarke	35.86m
M65	Rick Davison	35.55m

Hammer		
W40	Dena Miller	16.77m
W75	Justine Whitaker	21.77m
M45	Malcolm Clarke	36.67m
M65	Rick Davison	36.44m

Javelin		
W55	Lyn Osmer	26.16m
M40	Jonny Baird	25.99m
M40	Nick Bolton	21.20m
M45	Malcolm Clarke	41.19m

Shot Put		
W40	Rachel Simons	7.31m
W40	Dena Miller	6.85m
W55	Lyn Osmer	9.82m
W55	Sissi Stein-Abel	9.32m
W70	Lois Anderson	6.96m
W75	Justine Whitaker	7.36m
W75	Glen Watts	6.98m
W80	Pat Drayton	5.15m
W80	Iris Bishop	4.42m

Weight		
W40	Dena Miller	6.83m
W75	Glen Watts	9.88m
W75	Justine Whitaker	9.69m
W80	Pat Drayton	7.26m
W80	Iris Bishop	5.26m

Discus		
M45	Malcolm Clarke	35.83m
M70	Alan Hunter	13.47m

Hammer		
M45	Malcolm Clarke	37.51m
M70	Alan Hunter	14.80m

Javelin		
M45	Malcolm Clarke	40.99m
M45	Jonny Baird	30.84m
M70	Alan Hunter	12.61m

60m (wind -0.5 to -1.1)		
W30	Sarah Ebdon	8.98
W40	Rachel Simons	9.81
W50	Louise Martin	8.93
W55	Lyn Osmer	10.35
W70	Lois Anderson	11.22
M40	Allan Staite	8.81
M45	Jonny Baird	8.23
M60	Jeff Barnfield	9.15
M75	Alan Hunter	17.54
M80	Max Wood	11.27

100m (AC Interclub, wind -1.3)		
W50	Louise Martin	14.46
200m		
W30	Sarah Ebdon	29.98
W40	Rachel Simons	33.16
W50	Louise Martin	29.69
M45	Jonny Baird	27.20
M45	Ian Purvis	29.96
M60	Jeff Barnfield	29.67
W70	Lois Anderson	39.26
M80	Max Wood	41.60
800m		
W35	Jo Ramsey	2:35.83
W45	Maggie Chorley	2:28.59
W65	Loris Reed	3:09.88
M40	Michael Wrigley	2:23.98
M50	Darren Hoolahan	2:21.69
M50	Malcolm Cornelius	2:21.98
M50	Ian Purvis	2:31.18
M55	Anthony Rogal	2:28.53
M55	Clive Kitchingman	2:46.73
M65	John Mulvaney	3:43.12
M70	Michael Bond	3:00.15
3000m		
W35	Shannon-Leigh Litt	12:28.00
W65	Loris Reed	13:54.65
W75	Julie Roots	20:25.59
M40	Allan Staite	9:49.04
M40	Michael Wrigley	11:31.00
M50	Darren Hoolahan	10:02.45
M55	Clive Kitchingman	11:18.86
M60	Tom Reihana	16:24.70
M60	Mike Riley	14:13.82
M60	Kevin Prendergast	19:27.71
M65	Tony McManus	10:43.15
M65	Iain Chinnery	13:39.01
M70	Jos Galavazi	17:38.25
300m Hurdles		
W35	Jo Ramsey	54.39
High Jump (AC Interclub)		
W55	Lyn Osmer	1.23m
M45	Damian Neale	1.63m
Triple Jump (wind 0.4)		
W55	Lyn Osmer	8.58m
W70	Lois Anderson	6.31m

CMA Championships - Day 2 @ Rawhiti Domain: Saturday 11/02/2017		
Discus		
W30	Anna McNab	33.63m
W40	Dena Miller	21.03m
W40	Rachel Simons	19.60m
W55	Sissi Stein-Abel	28.32m
W65	Loris Reed	16.41m
W65	Bev Church	16.27m
W70	Lois Anderson	15.89m
W70	Alison Wright	12.41m
W75	Justine Whitaker	19.38m
W75	Glen Watts	16.98m
Hammer		
W30	Anna McNab	37.51m
W40	Dena Miller	18.41m
W65	Bev Church	20.39m
W70	Alison Wright	17.12m
W75	Glen Watts	27.40m
W75	Justine Whitaker	21.25m
W80	Pat Drayton	16.17m
Javelin		
W35	Jo Ramsey	12.37m
W40	Dena Miller	17.75m
W40	Rachel Simons	14.74m
W55	Lyn Osmer	28.80m
W65	Loris Reed	15.27m
W65	Bev Church	13.85m
W70	Alison Wright	11.77m
W75	Glen Watts	12.38m
W75	Justine Whitaker	12.17m
Weight		
W30	Anna McNab	10.29m
M45	Malcolm Clarke	11.60m
M75	Brian Senior	14.33m
M75	Alan Hunter	6.51m
Shot Put		
M45	Malcolm Clarke	12.10m
M60	Tom Reihana	7.94m
M75	Brian Senior	8.95m
M75	Alan Hunter	4.95m
60m (AC Interclub, wind 0.3)		
W50	Louise Martin	8.80
W55	Lyn Osmer	10.16

100m (wind -0.5 to -1.1)		
W30	Sarah Ebdon	14.32
W40	Rachel Simons	15.71
W50	Louise Martin	14.10
W70	Lois Anderson	18.02
M45	Jonny Baird	13.25
M60	Jeff Barnfield	14.44
M75	Alan Hunter	27.57
200m (AC Interclub, wind -1.0)		
W50	Louise Martin	29.56
300m		
W65	Liz Laban	57.06
400m		
W30	Sarah Ebdon	70.77
W35	Jo Ramsey	69.21
W65	Loris Reed	89.01
M40	Michael Wrigley	61.18
M45	Jonny Baird	65.31
M50	Darren Hoolahan	62.00
M50	Malcolm Cornelius	62.10
M55	Anthony Rogal	65.07
M70	Michael Bond	83.32
800m (AC Interclub)		
M65	Tony McManus	2:31.53
1500m		
W35	Jo Ramsey	5:37.40
W45	Maggie Chorley	5:09.37
W65	Loris Reed	6:32.36
M50	Darren Hoolahan	4:44.49
M50	Malcolm Cornelius	4:45.45
M55	Anthony Rogal	5:06.73
M55	Clive Kitchingman	5:25.89
M60	Tom Reihana	7:19.17
M65	John Mulvaney	7:23.22
M70	Michael Bond	6:15.37
M70	Jos Galavizi	8:17.61
High Jump		
W40	Rachel Simons	1.26m
W55	Lyn Osmer	1.26m
W70	Lois Anderson	1.01m
M45	Damian Neale	1.63m
M75	Alan Hunter	0.81m
Long Jump (wind -1.6)		
W55	Lyn Osmer	3.78m
W70	Lois Anderson	2.69m
M45	Jonny Baird	4.69m
M75	Alan Hunter	1.82m

Pole Vault		
M55	Tarmo Rajasari	2.20m
AC Interclub @ Rawhiti Domain: Saturday 18/02/2017		
60m (wind 1.4)		
		Result
W50	Louise Martin	8.93
W55	Lyn Osmer	10.14
M80	Max Wood	11.39
100m (wind 1.1)		
W50	Louise Martin	14.24
M80	Max Wood	18.65
200m (wind 1.5)		
W50	Louise Martin	29.44
M50	Malcolm Cornelius	29.19
400m		
W45	Maggie Chorley	70.98
M40	Allan Staite	62.52
800m		
W45	Maggie Chorley	2:32.38
M50	Malcolm Cornelius	2:20.06
M60	Mike Riley	2:58.75
3000m		
W35	Shannon-Leigh Litt	12:23.58
M55	Clive Kitchingman	11:27.95
High Jump		
W55	Lyn Osmer	1.30m
M45	Damian Neale	1.65m
Shot Put		
W55	Lyn Osmer	9.91m
W65	Bev Church	5.72m
W75	Justine Whitaker	7.09m
M45	Malcolm Clarke	12.33m
M60	Mike Riley	7.60m
M65	Richard Davison	8.39m
Discus		
W65	Bev Church	15.69m
W75	Justine Whitaker	15.07m
M45	Malcolm Clarke	38.72m
M65	Richard Davison	34.55m
Hammer		
W65	Bev Church	18.10m
W75	Justine Whitaker	22.98m
M45	Malcolm Clarke	37.26m
M65	Richard Davison	35.91m
Javelin		
W55	Lyn Osmer	28.80m
W65	Bev Church	12.48m



Start of the M45-50 1500m final at the NZMA Championships in Nelson.

**Athletics Canterbury Championships
@ Aorangi Stadium, Timaru:
Saturday 25/02/2017 - Sunday 26/02/2017**

60m (wind 2.3)		Result
W50	Louise Martin	8.63
M50	Jonny Baird	7.98
100m		
W50	Louise Martin (Final)	14.09
W50	Louise Martin (Interclub)	13.67
M40	Nick Bolton (Heat)	12.60
M50	Jonny Baird (Heat)	12.81
M50	Wayne Doyle (Heat)	13.35
M50	Jonny Baird (Final)	12.57
400m		
M40	Michael Wrigley	59.20
M40	Allan Staite	62.19
M50	Jonny Baird	65.62
M50	Ian Purvis	65.83
800m		
M40	Allan Staite	2:18.22
M50	Ian Purvis	2:29.55
1500m		
M55	Clive Kitchingman	5:27.90
M65	John Mulvaney	6:53.22
5000m		
M55	Clive Kitchingman	19:42.35
110m Hurdles		
M40	Nick Bolton	16.30
Shot Put		
W30	Anna McNab	9.16m
Discus		
W30	Anna McNab	31.21m
W40	Dena Miller	19.22m
Hammer		
W30	Anna McNab	38.43m
W40	Dena Miller	17.29m
Javelin		
W30	Anna McNab	18.62m
W40	Dena Miller	17.08m

**NZMA Championships Results - Nelson 2017
Canterbury Master's Results
Friday 3rd - Sunday 5th March 2017**

60m		Result
2nd	W50 Louise Martin	9.22
2nd	M45 Jonny Baird	8.21
1st	M50 John Campbell	8.22
100m		
2nd	W50 Louise Martin	14.54
2nd	W70 Lois Anderson	18.44
3rd	M45 Jonny Baird	13.10
200m		
2nd	W50 Louise Martin	29.61
2nd	W65 Lois Anderson	39.55
2nd	M40 Jonny Baird	27.13
400m		
1st	W65 Liz Laban	77.40
3rd	W65 Loris Reed	84.28
2nd	W70 Lois Anderson	93.38
4th	M45 Jonny Baird	65.32
2nd	M50 Malcolm Cornelius	62.08
3rd	M50 Mark Cargin	63.57
4th	M50 Ian Purvis	65.00
4th	M70 Michael Bond	81.13
800m		
1st	W45 Maggie Chorley	2:30.37
1st	W65 Loris Reed	3:10.03
1st	M50 Malcolm Cornelius	2:15.73
2nd	M50 Mark Cargin	2:25.51
3rd	M50 Ian Purvis	2:26.25
3rd	M60 Noel Burr	2:44.51
6th	M60 Tom Reihana	3:35.13
1st	M65 Tony McManus	2:29.76
3rd	M70 Michael Bond	2:56.93
1500m		
1st	W35 Shannon-Leigh Litt	5:46.83
1st	W45 Maggie Chorley	5:09.95
1st	W65 Loris Reed	6:28.52
2nd	M40 Allan Staite	4:38.97
3rd	M45 Chris Mardon	4:44.96
2nd	M50 Malcolm Cornelius	4:38.88
5th	M50 Mark Cargin	5:08.54
4th	M60 Noel Burr	5:54.47
7th	M60 Tom Reihana	7:50.62
1st	M65 Tony McManus	5:07.49
3rd	M70 Michael Bond	5:58.94

5000m

2nd	W35	Shannon-Leigh Litt	21:51.22
1st	W65	Loris Reed	24:24.36
2nd	M40	Allan Staite	16:32.66
1st	M45	Chris Mardon	16:44.34
4th	M60	Kevin Prendergast	32:13.28
ex	M65	Tony McManus	18:25.08

10000m

1st	W35	Shannon-Leigh Litt	45:43.03
1st	M40	Allan Staite	34:59.84

80m H

1st	W50	Louise Martin	14.62
-----	-----	---------------	-------

300m H

1st	W50	Louise Martin	52.69
-----	-----	---------------	-------

400m H

1st	M50	Jack O'Connor	64.84
-----	-----	---------------	-------

2000m S

1st	W65	Loris Reed	9:44.58
4th	M65	John Mulvaney	
1st	M70	Michael Bond	9:21.63

High Jump

1st	W55	Lyn Osmers	1.33m
1st	W70	Lois Anderson	1.08m
4th	M55	Tamo Rajasaari	1.30m
1st	M75	Allan Hunter	0.80m

Long Jump

1st	W70	Lois Anderson	3.31m
2nd	M45	Jonny Baird	5.01m
2nd	M75	Allan Hunter	1.95m

Triple Jump

1st	W55	Lyn Osmers	8.87m
1st	W65	Lois Anderson	6.81m



Noel Burr (far right) prepares himself for the 1500m final at the NZMA Championships in Nelson.

Shot Put

1st	W30	Anna McNab	9.15m
3rd	W35	Dena Miller	6.93m
1st	W55	Sissi Stein-Abel	9.94m
2nd	W55	Lyn Osmers	9.76m
2nd	W60	Linda Watson	6.80m
4th	W65	Bev Church	6.03m
2nd	W70	Lois Anderson	6.81m
1st	W75	Glen Watts	7.77m
2nd	W75	Justine Whitaker	7.17m
1st	W80	Iris Bishop	4.06m
1st	M45	Malcolm Clarke	12.20m
1st	M60	Joe Tasker	9.58m
4th	M60	Tom Reihana	7.53m
3rd	M65	Rick Davison	8.73m
5th	M70	Glen Church	6.69m
1st	M75	Brian Senior	10.01m
4th	M75	Alan Hunter	4.75m

Discus

1st	W30	Anna McNab	31.50m
2nd	W35	Dena Miller	20.51m
1st	W55	Sissi Stein-Abel	26.29m
3rd	W65	Loris Reed	17.49m
4th	W65	Bev Church	15.74m
1st	W75	Justine Whitaker	18.77m
2nd	W75	Glen Watts	18.67m
2nd	W80	Iris Bishop	7.51m
1st	M45	Malcolm Clarke	39.85m
1st	M60	Joe Tasker	37.93m
3rd	M65	Rick Davison	31.66m
4th	M70	Glen Church	16.61m
1st	M75	Brian Senior	27.27m
4th	M75	Alan Hunter	12.91m

Hammer

1st	W30	Anna McNab	38.58m
2nd	W35	Dena Miller	20.85m
4th	W65	Bev Church	19.57m
1st	W75	Glen Watts	25.56m
1st	W75	Justine Whitaker	25.09m
1st	W80	Iris Bishop	10.56m
1st	M45	Malcolm Clarke	37.70m
1st	M65	Rick Davison	34.22m
1st	M70	Glen Church	18.65m
1st	M75	Brian Senior	33.58m
3rd	M75	Alan Hunter	15.45m



Alan Hunter, competing at NZMA Championships in Nelson.

NZMA Championships Throws Pentathlon Results

W30	Anna McNab					1st
HT	SP	DT	JT	WT		
39.84m	8.53m	31.28m	21.61m	10.78	Total	
708	434	487	319	540	2488	

W40	Dena Miller					3rd
HT	SP	DT	JT	WT		
19.30m	6.87m	NM	16.46m	7.22m	Total	
337	375	0	268	421	1385	

W65	Bev Church					3rd
HT	SP	DT	JT	WT		
16.74m	5.97m	15.83m	11.50m	6.92m	Total	
461	524	432	305	442	2164	

W75	Glen Watts					1st
HT	SP	DT	JT	WT		
26.76m	7.88m	19.18m	12.64m	9.80m	Total	
946	823	680	454	718	3621	

W75	Justine Whitaker					2nd
HT	SP	DT	J	WT		
24.11m	7.11m	17.50m	11.23m	8.81m	Total	
835	729	610	393	633	3200	

W80	Iris Bishop					1st
HT	SP	DT	J	WT		
10.60m	404m	7094m	6.20m	4.59m	Total	
341	423	278	230	316	1588	

M45	Malcolm Clarke					1st
HT	SP	DT	JT	WT		
36.29m	12.05m	36.60m	40.86m	10.94m	Total	
594	758	748	557	609	3266	

M65	Rick Davison					1st
HT	SP	DT	JT	WT		
34.12m	8.60m	31.53m	27.70m	13.19m	Total	
676	588	598	490	718	3070	

M70	Glen Church					1st
HT	SP	DT	JT	WT		
17.90m	6.06m	17.16m	14.91m	6.99m	Total	
287	352	308	230	339	1516	

M75	Brian Senior					
HT	SP	DT	JT	WT		
33.80m	9.46m	25.78m	25.90m	12.82m	Total	
772	681	603	574	778	2408	

M75	Alan Hunter					
HT	SP	DT	JT	WT		
14.25m	4.67m	12.63m	11.89m	6.84m	Total	
247	280	237	195	363	1322	

**AC Interclub @ Rawhiti Domain:
Saturday 04/03/2017**

3000m

M55 Clive Kitchingman

11:27.0h

Javelin

1st	W30	Anna McNab	22.06m
2nd	W40	Dena Miller	17.48m
1st	W55	Lyn Osmer	29.09m
1st	W60	Linda Watson	14.00m
2nd	W65	Loris Reed	14.49m
4th	W65	Bev Church	13.13m
2nd	W70	Lois Anderson	13.05m
1st	W75	Glen Watts	12.36m
2nd	W75	Justine Whitaker	12.30m
1st	W80	Iris Bishop	6.71m
1st	M45	Paul Wadsworth	50.61m
2nd	M45	Malcolm Clarke	41.50m
5th	M45	Jonny Baird	30.33m
2nd	M60	Tom Reihana	22.67m
3rd	M65	Rick Davison	24.08m
2nd	M70	Glen Church	16.89m
1st	M75	Brian Senior	25.50m
3rd	M75	Alan Hunter	11.05m

Weight

1st	W30	Anna McNab	12.27m
3rd	W40	Dena Miller	6.24m
4th	W65	Bev Church	7.36m
1st	W75	Glen Watts	9.79m
2nd	W75	Justine Whitaker	9.69m
1st	W80	Iris Bishop	4.78m
1st	M45	Malcolm Clarke	12.07m
3rd	M60	Joe Tasker	11.88m
2nd	M65	Rick Davison	12.98m
2nd	M70	Glen Church	7.45m
1st	M75	Brian Senior	13.43m
3rd	M75	Alan Hunter	7.09m

Anna McNab puts the shot at the NZMA Championships in Nelson.



Liz Laban shows the form that got her to the 1976 Olympics, here competing in the 400m final at Nelson.

CMA Throws Pentathlon Championships @ Rawhiti Domain - Sunday 19/03/2017

On a beautifully fine Sunday morning, the largest group for a few years gathered for this event. Thank you to Matt Leech for once again helping out.

W40 Dena Miller					
HT	SP	DT	JT	WT	
19.26m	6.66m	20.36m	18.00m	5.64m	Total
336	360	327	301	293	1617
W60 Sissi Stein-Abel					
HT	SP	DT	JT	WT	
17.47	9.64	25.09	23.63	9.81	Total
425	825	655	630	607	3142
W60 Linda Watson 1st					
HT	SP	DT	JT	WT	
14.58	6.61	13.60	15.27	7.66	Total
449	678	424	515	568	2634
W65 Bev Church 1st					
HT	SP	DT	JT	WT	
21.47	5.95	16.48	10.99	6.90	Total
636	521	454	288	440	2339
W65 Loris Reed 1st					
HT	SP	DT	JT	WT	
16.67	6.26	17.65	14.62	7.46	Total
459	555	493	412	486	2405
W70 Alison Wright 1st					
HT	SP	DT	JT	WT	
16.53	5.27	13.92	10.47	7.39	Total
529	515	436	326	543	2349
W75 Glen Watts 1st					
HT	SP	DT	JT	WT	
26.39	7.79	19.07	13.36	10.66	Total
931	812	675	485	793	3696

W75 Justine Whitaker 2nd					
HT	SP	DT	J	WT	
24.70	7.39	18.36	9.77	9.93	Total
859	763	645	331	730	3328
W80 Patricia Drayton 1st					
HT	SP	DT	J	WT	
14.95	5.02	10.17	7.20	7.25	Total
544	556	381	280	565	2326
M45 Malcolm Clarke					
HT	SP	DT	JT	WT	
35.29	12.11	38.41	41.95	11.80	Total
573	762	793	576	667	3371
M65 Rick Davison					
HT	SP	DT	JT	WT	
31.49	8.12	32.87	24.92	11.93	Total
613	548	629	426	638	2854
M70 Glen Church					
HT	SP	DT	JT	WT	
18.68	6.25	17.91	16.86	7.01	Total
305	366	327	276	340	1614
M75 Brian Senior					
HT	SP	DT	JT	WT	
36.02	9.48	27.92	28.20	13.35	Total
833	683	665	639	815	3635
M75 Alan Hunter					
HT	SP	DT	JT	WT	
14.81	4.94	11.49	10.93	6.88	Total
262	302	207	171	366	1308

CMA 2016 - 2017 Record Breakers

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

Brian Senior	M75	DOB: 04/04/1940 (76)	<i>Old Record</i>			
Rawhiti Domain	11/02/2017	Weight	14.33m	84.00%	14.01m	CMA
Nelson	03/03/2017	Shot Put	10.01m	67.23%	9.60m	CMA
Rawhiti Domain	19/03/2017	Hammer (TP)	36.02m	80.49%	35.22m	CMA
Tony McManus	M65	DOB: 02/10/1949 (67)	<i>Old Record</i>			
Rawhiti Domain	04/02/2017	3000m	10:43.15	90.62%	11:13.7 (h)	CMA
Dunedin	26/02/2017	3000m	10:36.48	91.57%	10:43.15	CMA
Nelson	03/03/2017	5000m	18:25.08	90.76%	18:44.76	CMA
Nelson	05/03/2017	800m	2:29.76	89.50%	2:30.01	CMA
Jack O'Connor	M50	DOB: 21/10/1964 (52)	<i>Old Record</i>			
Nelson	05/03/2017	400m H	64.84	90.02%	69.78	CMA
Malcolm Clarke	M40 / M45	DOB: 29/09/1971 (*44 & 45)	<i>Old Record</i>			
Rawhiti Domain	18/09/2016	Throws Pentathlon	*2689pts		-	NZMA & CMA
Rawhiti Domain	05/11/2016	Discus	36.64m	51.93%	35.90	CMA
Rawhiti Domain	14/01/2017	Discus	36.93m	52.34%	36.64	CMA
Rawhiti Domain	14/01/2017	Weight	11.75m	53.31%	10.35	CMA
Rawhiti Domain	21/01/2017	Shot Put	12.57m	60.52%	12.03	CMA
Rawhiti Domain	28/01/2017	Shot Put	12.59m	60.62%	12.57	CMA
Rawhiti Domain	18/02/2017	Discus	38.72m	54.88%	36.93	CMA
Nelson	04/03/2017	Discus	39.85m	56.48%	38.72	NZMAC & CMA
Nelson	04/03/2017	Weight	12.07m	54.76%	11.75	CMA
Nelson	05/03/2017	Throws Pentathlon	3266 pts		-	NZMA & CMA
Rawhiti Domain	19/03/2017	Throws Pentathlon	3371 pts		3266	NZMA & CMA
Jonny Baird	M40	DOB: 03/02/1972 (44)	<i>Old Record</i>			
Timaru	20/11/2016	Pentathlon	1693 pts		-	SIMC & CMA
Patricia Drayton	W80	DOB: 08/09/1935 (81)	<i>Old Record</i>			
Rawhiti Domain	04/02/2017	Shot Put	5.15m	65.69%	4.90	CMA
Rawhiti Domain	04/02/2017	Weight	7.26m	69.74%	5.39	CMA
Rawhiti Domain	11/02/2017	Hammer	16.17m	44.04%	13.86	CMA
Rawhiti Domain	19/03/2017	Throws Pentathlon	2326 pts		2159	CMA
Rawhiti Domain	19/03/2017	Discus (TP)	10.07m	31.55%	9.87	CMA
Iris Bishop	W80	DOB: 01/01/1935 (81)	<i>Old Record</i>			
Timaru	18/11/2016	Hammer	14.62m	53.83%	13.52	SIMC
Glen Watts	W75	DOB: 18/05/1940 (76)	<i>Old Record</i>			
Nelson	04/03/2017	Shot Put	7.77m	86.62		NZMAC
Justine Whitaker	W75	DOB: 14/11/1941 (75)	<i>Old Record</i>			
Timaru	19/11/2016	Discus	18.52m	57.14%	13.94	SIMC
Rawhiti Domain	28/01/2017	Discus	20.36m	62.82%	19.06	NZMA & CMA
Nelson	04/03/2017	Discus	18.77m	57.91%	18.58	NZMAC
Lois Anderson	W70	DOB: 23/07/1946 (70)	<i>Old Record</i>			
Perth	28/11/2016	Heptathlon	4504		-	CMA
Timaru	18/11/2016	400m	93.56	76.96%	-	SIMC
Timaru	19/11/2016	Javelin	12.75m	38.82%	10.95	SIMC
Nelson	04/03/2017	High Jump	1.08m	87.10%	1.08	NZMA(=) & CMA

Loris Reed	W65	DOB: 26/04/1947 (69)	<i>Old Record</i>			
Nelson	03/04/2017	2000m Steeplechase	9:37.70	98.84%	10:03.79	NZMAC
Liz Laban	W65	DOB: 03/08/1951 (65)	<i>Old Record</i>			
Rawhiti Domain	11/02/2017	300m	57.06	80.76%	63.23	CMA
Nelson	03/04/2017	400m	77.40	86.10%	94.05	NZMAC & CMA
Lyn Osmers	W55	DOB: 12/06/1960 (56)	<i>Old Record</i>			
Nelson	05/03/2017	High Jump	1.33m	85.81%	1.32	NZMA & CMA
Sissi Stein-Abel	W55 / W60	DOB: 08/03/1957 (59 & *60)	<i>Old Record</i>			
Rawhiti Domain	28/01/2017	Discus	28.78m	58.38%	28.18	CMA
Rawhiti Domain	19/03/2017	Throws Pentathlon	*3142 pts		-	CMA
Louise Martin	W50	DOB: 04/01/1966 (50 & 51)	%	<i>Old Record</i>		
Perth (WMA)	02/11/2016	80m H (heat)	14.61	80.36%	15.1 (h)	CMA
Perth (WMA)	04/11/2016	80m H (final)	14.16	82.91%	14.61	CMA
Timaru	19/11/2016	80m H	14.39	81.58%	15.5 (h)	SIMC & CMA
Timaru	19/11/2016	60m	9.06	89.18%	9.91	SIMC
Timaru	19/11/2016	100m	14.39	86.10%	14.6 (h)	SIMC
Timaru	20/11/2016	300m H	54.92	83.78%	-	SIMC
Rawhiti Domain	17/12/2016	60m	8.87	91.09%	9.01	CMA
Timaru	07/01/2017	200m	29.28	87.88%	29.32	CMA
Rawhiti Domain	11/02/2017	60m	8.80	91.82%	8.87	CMA
Nelson	05/03/2017	300m H	52.69	87.32%	53.74	CMA
Dena Miller	W40	DOB: 14/06/1976 (40)	<i>Old Record</i>			
Timaru	20/11/2016	Throws Pentathlon	1490 pts		-	SIMC & CMA
Rawhiti Domain	19/03/2017	Throws Pentathlon	1617 pts		1490	CMA
Rachael Simons	W40	DOB: 23/03/1975 (40)	<i>Old Record</i>			
Timaru	20/11/2015	60m	9.35	76.79	-	SIMC
Timaru	CMA	Pentathlon	2169 pts		-	SIMC
Melanie Anglad	W35	DOB: 12/08/1981 (35)	<i>Old Record</i>			
Timaru	20/11/2016	5000m	18:57.07	76.95%	-	SIMC
Sarah Ebdon	W30	DOB: 17/02/1986 (30)	<i>Old Record</i>			
Rawhiti Domain	04/02/2017	60m	8.98	77.06%	-	CMA
Anna McNab	W30	DOB: 02/01/1986 (30 & *31)	<i>Old Record</i>			
Rawhiti Domain	18/09/2016	Throws Pentathlon	2638 pts		2617	NZMA & CMA
Rawhiti Domain	18/09/2016	Hammer (TP)	40.34m	53.04%	39.53	CMA
Rawhiti Domain	18/09/2016	Weight (TP)	11.55m	57.26%	11.21	CMA
Rawhiti Domain	15/10/2016	Hammer	41.48m	54.54%	40.34	CMA
Rawhiti Domain	22/10/2016	Hammer	41.72m	54.86%	41.48	CMA
Timaru	18/11/2016	Hammer	40.61m	53.40%	24.38	SIMC
Timaru	19/11/2016	Weight	12.23m	60.63%	6.82	SIMC
Timaru	19/11/2016	Discus	35.33m	46.00%	34.86	SIMC
Timaru	20/11/2016	Weight (TP)	12.53m	62.12%	11.55	CMA
Timaru	20/11/2016	Throws Pentathlon	2757pts		-	NZMA, SIMC & CMA
Nelson	*05/03/2018	Throws Pentathlon	2488 pts		1251	NZMAC

Important dates coming up

CMA AGM

Wednesday 17th August 2017 @ 7:30 p.m. Port Hills Club Room see you there.

Winter Throws Pentathlon

First Sunday of the month. If you are interested in competing in this event please contact **Bev Church** (388 5736)

Oceania Postal Throws Pentathlon

Sunday 24th September 2017 @ 10:00 a.m. Contact **Bev Church** (388 5736) closer to the time. Venue: Rawhiti Domain

South Island Track & Field Championships

November 10th - 12th 2017 (TBC) Venue: Timaru

North Island Track & Field Championships

November 24th - 26th 2017 (TBC) Venue: Inglewood

Oceania Track & Field Championships

January 20th - 27th 2018 Venue: Dunedin

NZMA Track & Field Championships

March 2nd - 4th 2018 (TBC) Venue: Whangarei

Ngā Puna Wai Sports Hub Master Plan
(Stage 1 in colour, future stages in grey)

