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Cant-A-Long

January 2010

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A note from the new editor ... Andrew Stark

My first attempt at Cant-A-Long received a lot of favourable comments and I appreciate the efforts of those who contributed copy ... but I am a bit worried I have set a high standard that I will have trouble keeping up.

The track season is now in full swing, but it has hardly been a great summer. Pre-Christmas I was down at QEII watching or competing, wrapped up in what could only be described as 'winter' clothes. It's very hard to compete at your best in cold, windy conditions. As you look through the results, you will see that Malcolm Fraser's early season attempts to broke Max Wood's M70 records have often be forced by the weather condition.

It would appear ... that just maybe the good weather has finally arrived. Let's hope so, as I, like many of you are looking forward to competing in the CMA & NZMA Championships which are not far away.

This particular issue is 'full' of results, rather than specific articles of interest. This is our local magazine and it's a big job for one person to report on all events so PLEASE help me out by providing some copy, including photos. To help 'spread' the work load, I would like to start compiling articles as soon as possible after each event of note.

Deadline for copy is the last day of the month before publication.

i.e. January 31, April 30, July 31 & October 31

I look forward to hearing from you with a report or ideas for the next Cant-A-Long.

Regards,

Andrew Stark



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:

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½ page \$30.00 / issue or \$100.00 / year

For up-to-date information about what's on, check out the Athletics Canterbury Website

<http://www.athleticscanterbury.org.nz>

Canterbury Masters Athletics Inc Life Members:

**Iris Bishop
Ian Brownie
George Currie
Merle Grayburn
Gwyn Heseltine
Bill Hobbs
Bryan Kerr
Dave Leech
Peter Watts**

Sadly since our last Cant-A-Long, two of our CMA members have passed away, George Currie and Tony Steel. In the late 60's, George was a founding member of 'Veterans' athletics in Canterbury and New Zealand. Tony had been a member of CMA for a long time too, probably since the 70's. He was the secretary of the Games Trust for just about as long and he was also our auditor for a number of years.

It seems a long time ago since the start of the Track & Field season. A few of our Sydney Masters Games competitors produced some good performances upon their return and the results are in this issue.

CMA organised the Bottle Lake Forest run in November. With only a few competitors, I'm not sure if it is at the right time of the year for this event, so if you have any ideas when the best time is to run this event, please let me know.

We also provided officials for the Shoe Clinic Half Marathon, which is a good fund raiser for us, so thank you to all those that helped.

At present we have 130 registered members of CMA. The number of regular competing members at our Sunday / Wednesday meetings seems a bit low, but hopefully this will improve as we get nearer the end of the season. We have already had several CMA

championship or similar events so far this season, i.e. 10000m, Jack King Memorial Weight Pentathlon, 5000m, Steeplechase, Decathlon & Combined Event (Inc Partathlon), with still more to come.

Coming up we have the 3000m, Weight Pentathlon and Track & Field Championships this month and we end the season with the NZMA Track & Field Championship being held here in Christchurch at Easter.

Like all sporting events, they do not run themselves. If you are able to help, please let myself or Bryan Kerr know.

The organizing of the NZMA Championships is coming together, with Kevin Jago as chairman. We have managed to get some funding, but as usual sponsorship is still needed. If you want to sponsor an event, see Andrew Stark or a committee member.

I know of a few members injured at the moment. Peter King has a dislocated shoulder, Bernadette Jago is hobbling around on crutches with a serious Achilles injury and Patricia Drayton has a back problem and is waiting on an operation. If there are other members out there with injuries, I wish you all a speedy recovery.

All the best for the rest of the season.

The elected Committee of the Canterbury Masters Athletics Incorporated for the 2009 / 2010 season.

President:

*Allan Gardiner Tel: 03 338 1248 akgardiner@xtra.co.nz

Secretary:

Andrew Reese Tel: 03 332 3884 anreese@xtra.co.nz

Treasurer:

Diane Carter Tel: 03 312 2518 thecarters57@actrix.co.nz

Committee:

Lois Anderson Tel: 03 322 5118 alloanderson@inet.net.nz

Bev Church Tel: 03 388 5736 gchurch@elastomer.co.nz

Bryan Kerr Tel: 03 980 5346 kerrbjpg@paradise.net.nz

Loris Reed Tel: 03 337 3220 lorisreed@xtra.co.nz

Andrew Stark Tel: 03 338 0516 aws.resources@xtra.co.nz

Glen Watts Tel: 03 332 1964 wattsinaname@clear.net.nz

Les Woods Tel: 03 981 3587 leswoods@paradise.net.nz

Track & Field Representative:

Bryan Kerr Tel: 03 980 5346 kerrbjpg@paradise.net.nz

Uniform Officer:

Ian Brownie Tel: 03 942 6905

Cant-A-Long Editor:

Andrew Stark Tel: 03 338 0516 aws.resources@xtra.co.nz

* Due to the sad loss of Bob Carter, Allan Gardiner has taken over as President for the remainder of the current term.

Subscription for 2009 / 2010

Subscriptions are now due for the 2009 / 2010 season - **\$50.00**

Payment by cheque made out to Canterbury Masters Athletics Inc and posted to:

The Treasurer
57B Eders Road
Woodend
Christchurch 7610
E-mail:
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available on the
Canterbury Masters
website or I can e-mail /
post you a copy.

Contact:
Andrew Stark
338 0516

Subscriptions can also be handed to Bryan Kerr, who is assisting Diane while she is away from Christchurch.

Welcome to new members

At the time of compiling this newsletter, we had 131 registered members of CMA.

The following are new members or members rejoining after having a break in recent years.

Ada Birtles
Jonathan Black
Richelle Cannell
Andrea Cattermole
Kit Chambers
Nicola Jennings
Lisa McGoldrick
Gary McIlroy
Don Mitchell
Gwendaline Papps

Neils Papps
Neville Reid
Louise Scott
Norm Shipley
Mandy Shirtcliff
Murray Smith
Alison Wright

Drive for new members WANTED.

If you are part of a running club that has members of the appropriate age who have not joined CMA, please encourage them to do so. In return they get this publication and Vetline, full of articles of interest and results from around the country.

NZMA National Championships @ QE II Stadium - April 2 - 5 2010

Planning is well under way for the 2010 NZMA Track & Field Championships being held in Christchurch, **Friday April 2nd to Monday 5th 2010**, but there is still a lot to organise. If you are asked to help, please make yourself available as this helps to spread the load and reduces the stress for everyone.

This year, entries can be made on-line by going to the NZMA website ...

www.nzmasters.org.nz

Postal entries are still welcome and the entry form can be found in the December issue of Vetline.

To ensure the NZMA meeting does not run at a loss, we are looking for event sponsors can up help?

NZMA Event Sponsorship

If you can or know of someone who would be interested in sponsoring an event, please contact **Andrew Stark**.

(03) 338 0516

e-mail: aws.resources@xtra.co.nz

6th February 1915 - 5th December 2009

George Currie was one of the founders of the veteran movement in Canterbury and therefore New Zealand. For his efforts, he was awarded life membership of CMA, being our second life member.

On the 5th of December after a short illness he died, just two months before his 95th birthday.

He was one of the original band of stalwarts who in 1962 met to kick-start our organisation. He became secretary in the late sixties through to the middle seventies. As secretary, following a motion at the 1970's A.G.M, he wrote to Clem Green in Wellington. He suggested a national veteran's cross-country race could be organised on the same day as the 1970 New Zealand AAA Cross Country Championships.

Clem agree and the first national veteran's race was run. I know George felt a quiet sense of satisfaction that the letter he wrote kicked off our movement nationally.

Our first minute book has been lost, but I think it is fitting to record that George, along with Tom Bain (Christchurch), John Drew (St Martins), Lionel Fox (Olympic) , Clarrie Gordon (Presbyterian), Frank Sharp (Marist) and Jack R Taylor (Technical), all of whom are now deceased, and the writer Bill Hobbs (Olympic) all competed in that first race.

There were no Track & Field meetings in New Zealand for veterans at that time, but during the summer of 1972 / 73 a group of Americans arrived unexpectedly in Christchurch. They wanted to race at QEII park and George spent Saturday rousing the troops to get a field for a 1500m on Sunday morning. This was again a first for New Zealand.

At the next A.G.M it was decided to promote a Pre-Commonwealth Games Meet in January 1974 at the New Brighton track and George became secretary / treasurer of the organising committee.



Never a star athlete George nevertheless competed into his eighties and was in fact our first octogenarian runner and as such a real trail blazer. George was a very quiet behind the scenes worker, who always had a ready smile and will be remembered with fondness by those who knew him.

As a young runner in my twenties, I used to see George running on the track. I remember him as having a distinctive up-right and elegant style. One of my running courses passed George's home in Kelly's Road and if he was outside in the garden, we would stop for a chat. George was a true gentleman and an inspiration to me. - Andrew Stark



Contact Details:

QEII Sports Stadium, Travis Road
Tel: 03 383 6290
Fax: 03 383 6280
Email: info@activehealth.co.nz
Website: www.activehealth.co.nz

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3rd August 1940 - 17 January 2010



This is a photo of Tony competing in the 1996 Moro Half Marathon.

Just on eleven months ago, Tony was diagnosed with cancer. Like a true competitor, he battled his way through this latest challenge, with the aim of reaching his 70th birthday ... but alas, this time the challenge was too great!

Tony's funeral was held on Thursday 21 January and was attended by 450 - 500 people.

The Anglican Club's President, **John Christie**, gave the following eulogy on behalf of athletics.

Tony joined the Christchurch Anglican Harrier Club in 1969.

He was at various times Club Captain, Deputy Captain, Coach, Treasurer, Auditor, Assistant Secretary, Vice President and President. In his 40 years in the Club he served a total of 55 years in these positions, a

contribution acknowledged in the 1990's with Life Membership of our club and an Athletics New Zealand long service award.

He was the model President, listening to what others had to say and when confusion reigned intervening with the correct solution, obvious to everyone once he had pointed it out.

Tony was a member of and auditor for Canterbury Masters Athletics, and served 18 years on the 4th World Games Trust, which supports masters' athletics in New Zealand. He received another long service award for that work.

Traditionally he was the starter in our Club's Block Relay and starting gun misfires didn't faze him, he just said "Bang" and race commenced.

Nothing fazed him, never more evident than the Friday evening when there was a knock on his door and Denis said, "Tony you've got to help me" – a small problem with a breathalyser checkpoint in St Martins Road. Denis is here and can relate how Tony solved the problem, and it is well worth hearing.

He had one weakness, illustrated when Beryl Williamson was elected to the Committee in the 1980's. Tony stood up and said, "Why women. They should stay in the kitchen."

He ran all the road and cross country events, including one up to the calves in mud and cow manure. With the rest of us who ran that day he was awarded the status 'Real Runner' by our Patron, Bill Gaudin.

His fastest marathon was 3 hours 7 minutes and in the story he told me several times, he could have gone faster, but stayed too long with his running companion.

He was an enthusiastic member of our morning running group, known as the A Team, but on the Tuesday morning run that was and still is from his house, he often took a shortcut over the Sheldon Street footbridge just downriver from here. So we called it the Steele Bridge, but later had to re-name it the Reese - Aldridge - Steele Bridge. A fitting memorial with potential for a spectacular opening ceremony would be to drop Reese and Aldridge and name it officially the Steele Bridge, something we hope to pursue later.

South Island Games Report

Rick Davison is the secretary / treasurer for these games and without his input assisted by his wife Anne, these games would not go ahead. Next year, the games are to be held in Invercargill, but for the second year in a row, the South Island Track and Field Championships were held at Memorial Park in Mosgiel. The following article appeared in the Otago Daily Times.

Rick Davison (Canterbury) proved he still has the skills and strength of his youth when he broke two South Island throwing records at Mosgiel on Saturday.

Davison (60), an agricultural researcher from Christchurch, beat a 22-year-old record when he won the men's aged 60 to 64 hammer throw at Memorial Park.

He beat the South Island masters championship record that Dave Leech (Wellington) set in 1987 by 6.41m with his second throw of 46.59m.

It also beat the Canterbury masters record.

The former Otago athlete also beat the old mark with his first throw of 44.18m.

Davison learned the hammer throw when he was a boarder at Waitaki Boys High School in the 1960s.

He was runner-up at the New Zealand junior championships in 1967 and won the gold medal in 1968.

Davison competed as a senior athlete in the heyday of New Zealand athletics in the late 1960s until he retired in 1975.

He was pitted against athletes of the calibre of Leech, Warwick Nicholl and Daryll Gilliland.

His best performance in the senior ranks was fourth.

He returned to competition as a masters athlete eight years ago and the sport is an important part of his life.

"It's a way of life for me now," Davison said.

"I also watch my diet and don't eat rubbish food."

He proved his ability earlier this year when he won gold medals in his age-group in the hammer throw and the weight pentathlon at the world masters championships at Sydney.

Davison broke his second South Island record when he won the weight throw with 15.29m.

It beat the 1999 record of Barry Rait (Southland) by 43cm.

Mark Flaus (Southland), a 50-year old insurance consultant from Invercargill, set two records in the men's aged 50 to 54 discus (37.81m) and weight throw (14.80m).

The more significant record was in the discus when he beat the 1983 record of Otago's Graeme Lawless by 1.33m.

He beat Davison's 2003 record in the weight throw by 1.08m.

At the world masters championships in Sydney, Flaus won silver medals in the discus and the weight pentathlon and a bronze medal in the shot put.

Ron Stevens (77), a retired Christchurch Teachers College lecturer, broke two of his own records in the men's aged 75 to 79 grade.

He beat the 1500m time by 5sec in 5min 55.80sec and the 3000m by 19 seconds in 12min 41.40sec.

Stevens took up running 55 years ago at the age of 21.

In his heyday he finished fourth in the New Zealand senior men's three and six-mile championships in 1956.

Julie Wilson (Otago) beat the 1998 women's aged 50 to 54 1500m record by 8sec when she won the title in 5min 13.6sec.

Keith Hutton (Otago) equalled the 100m record set by former All Black wing Bruce McPhail (Canterbury) in 2000 when he won the men's aged 60 to 64 100m in 13.6sec.

Eighty-year-old former Otago athlete Stan Gawler (Canterbury) broke the men's aged 80 to 84 3000m record with a time of 16min 32sec and equalled the 1998 1500m record of 7min 33.4sec.

Southlander Alistair McKay (82), a retired sheep and beef farmer, broke his own 100m record in the men's aged 80 to 84 grade with a time of 17sec.

He was the oldest athlete at the championships.

Liz Wilson (Otago) equalled the Otago masters record when she won the women's aged 45 to 49 100m in 13.6sec.

Alex McEwan (Otago) sprinted from the bell to win the men's aged 40 to 45 800m in 2min 19.90sec from team-mate Kevin Duggan who clocked 2min 21.90sec.

In open events, Rebekah Greene (Hill City) broke the Otago girls aged 15 400m record with a time of 57.91sec.

The old record was set by Kirstin Downie (Leith) in 1984.

McKenzie Haugh (Hill City) broke the boys aged 13 long jump record with a leap of 5.67m.

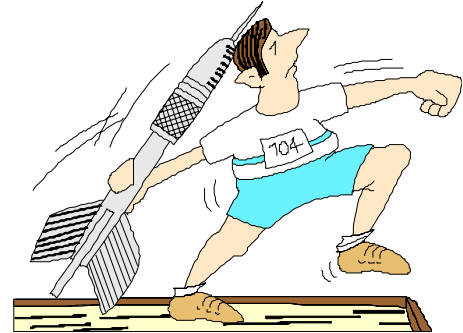
Daniel Balchin (Caversham) won the open 800m in a personal-best time of 2min 00.10sec.

Full results can be found on
the [NZ Masters Athletics](#) website.

Canterbury athletes performed well with the following records being achieved.

1500m		Time
M75	Ron Stevens (SIMA Record)	5:55.8H
M80	Stan Gawler (= CMA Record)	7:33.4H
3000m		
W70	Carol Thompson (CMA Best Performance)	17:44.6H
M75	Ron Stevens (SIMA Record)	12:41.4H
M80	Stan Gawler (CMA Record)	16:32.0H
5000m		
M80	Stan Gawler (CMA Best Performance)	27:49.6H

5000m		
M80	Stan Gawler (CMA Best Performance)	27:49.6H
Hammer Throw		Best throw
M60	Rick Davison (CMA & SIMA Record)	46.59m
Weight Throw		
M60	Rick Davison (SIMA Record)	15.29m



CMA Meeting & Championship Results 2009 / 2010:

The following results were omitted from the November Cant-A-Long, from 28th October 2009 meeting.

1500m		Time
M55	Maurice Gough	5:50.6
W60	Loris Reed	6:12.2
W65	Margaret Fraser	3:59.6
M65	Neils Papps	8:05.4
W70	Carol Thompson	8:08.0



Neils Papps completes in the 800m at QEII (28 / 10 / 09)

800m

W60	Gwen Papps	4:42.5
W65	Margaret Fraser	3:51.1
W70	Carol Thompson	4:02.7
M50	Tom Reihana	3:04.1
M60	John Mulvaney	3:05.9
M65	John Eastmond	3:23.8
M65	Niels Papps	3:54.0
M70	Malcolm Fraser	2:47.3
M80	Stan Gawler	3:48.5

3000m

M50	Tom Reihana	13:22.4
M55	Maurice Gough	13:04.9
M60	Jos Galavazi	13:31.6
M65	Allan Gardiner	16:23.6
M65	John Eastmond	16:23.6

3000m Walk

W65	Ann Henderson	22:18.5
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Hammer

		Best Throw
W30	Andrea Cattermole	21.09
W55	Birgit Steltner	20.85
W60	Bev Church	26.03
W60	Loris Reed	20.74
W60	Alison Wright	16.08
W65	Barbara Bird	16.41
W70	Gwyn Heseltine	15.18
M60	Rick Davison	43.44
M75	Bill Newton	24.16

Wednesday November 11th 2009

60m		Time
W30	Andrea Cattermole	10.8
M45	Craig Wenmoth	8.1
M55	John Stone	8.8
M80	Maurice Cook	13.3

200m		Time
W65	Margaret Fraser	46.6
M45	Craig Wenmoth	31.0
M55	Jeff Barnfield	27.6
M55	John Stone	33.7
M60	John Mulvaney	37.9
M80	Maurice Cook	48.0

Discus		
W30	Andrea Cattermole	22.70
W60	Bev Church	20.00
W60	Loris Reed	18.17
W60	Alison Wright	14.09
W65	Barbara Bird	13.91
W70	Gwyn Heseltine	10.65
M50	Tom Reihana	19.47
M60	Rick Davison	37.78
M75	Bill Newton	20.49

Sunday November 22nd 2009

60m - Heat 1			Time
W35	Andrea Cattermole		10.6
W45	Penny Reid		9.5
W55	Birgit Steltner		10.3
60m - Heat 2			
W40	Louise Scott		9.1
M55	Jeff BarnField		9.3
M75	Bruce Savage		11.7
M80	Maurice Cook		13.6
60m - Handicap			
1st	Bruce Savage		
2nd	Maurice Cook		
3rd	Louise Scott		
100m			
W35	Andrea Cattermole		20.0
W40	Louise Scott		15.0
W45	Penny Reid		15.6
W55	Birgit Steltner		17.4
300m			
W40	Louise Scott (CMA record)		51.1
W65	Margaret Fraser		75.5
M60	John Mulvaney		59.7
M75	Bob Hesltine		79.9
M80	Maurice Cook		82.1
400m			
M80	Ian Brownie		99.7
1500m			
W60	Gwen Papps		9:38.9
W65	Margaret Fraser		7:34.5
W70	Carol Thompson		7:50.9
M60	John Mulvaney		6:23.8
M65	Neils Papps		7:34.5
M75	Bob Hesltine		8:32.8
M75	Brian Keown		8:34.8

Javelin		Best Throw
W30	Andrea Cattermole	19.40
W30	Nicola Jennings	22.61
W55	Birgit Steltner	13.44
W60	Bev Church	18.51
W60	AdaBirtles	17.54
W65	Barbara Bird	19.32
W70	Gwynne Heseltine	9.76
W70	Iris Bishop	8.20
M60	Rick Davison	29.96
M70	Trevor Preece	9.20
M75	Bill Newton	22.38

Weight Throw		
W30	Andrea Cattermole	6.96
W30	Nicola Jennings	8.22
W55	Birgit Steltner	7.37
W60	Bev Church	10.09
W60	AdaBirtles	9.13
W65	Barbara Bird	5.81
W70	Gwynne Heseltine	5.37
W70	Iris Bishop	4.18
M60	Rick Davison	15.92
M75	Bill Newton	9.35

Use of QE11

Your Committee is aware that some of our members are still avoiding paying the \$1.50 entrance fee by entering through the Longroom Tunnel at the North end of QE11 to compete at our CMA Track & Field meetings.

We ask for your co-operation in this matter as by not doing so, you are putting our long-time preferential arrangement with QE11 at risk.

Because of this, the backdoor of the tunnel will not be raised unless we have booked and paid for the park rental, such as we do for our championship events.

In less than pleasant conditions, the CMA 10,000m Track championships were held at QE II in conjunction with the Open 10,000 championship, with the bulk of competitors being masters athletes.

Two records were broken, one by Ron Stevens who ran 42:04.31 to break the M75 NZMA & CMA records. On the way through his run, his 1st 5000m time of 20:52 was better than the current record of 21:27.96, but unfortunately without being officially timed, it cannot be ratified. I am sure, given the right conditions, Ron can break this record.

The second record was achieved by Stan Gawler, whose time of 54:18.00 beat Selwyn Opie's CMA record.

Only fully paid up CMA members results have been recorded. In the photos in the next column, Gary McIlroy (585), Peter Larkin (597) and John Gamblin (58) were the first three official place getters.

CMA 10000m Championship

M40	Gary McIlroy	33.32.03
M60	Peter Larkin	36.36.12
M50	John Gamblin	38.20.12
M50	Clive Kitchingham	38.53.44
M75	Ron Stevens	42.04.31
W60	Loris Reed	43.57.71
M50	Tom Reihana	47.43.60
M60	Jos Galavazi	48.09.60
M70	Eric Saxby	49.29.70
M65	John Eastmond	51.34.24
M60	Peter Coughlan	52.11.94
M80	Stan Gawler	54.18.00
M55	John Waite	56.04.79
M65	Allan Gardiner	58.06.31
M75	Brian Keown	61.04.97



Stan Gawler (left) and Ron Stevens (above) are full of concentration, lap after lap, after lap



Brian Keown

Loris Reed

More competitors in the 10k Track Champs ...



Jos Galavazi, Clive Kitchingham & Tom Reihana



John Waite



Allan Gardiner

Tuesday December 2nd 2009

	60m	Time
W40	Louise Scott	9.0
M75	Bruce Savage	11.0
M80	Maurice Cook	13.0

	200m	Time
W40	Louise Scott	30.3
M80	Ian Brownie	37.7
M80	Maurice Cook	49.0

	800m	Time
W60	Loris Reed	2:57.1
W65	Margaret Fraser	3:55.1
W65	Gwen Papps	4:49.9
M50	Tom Reihana	3:02.7
M55	Maurice Gough	2:46.1
M65	Neils Papps	3:48.4

	2000m	Time
M50	Tom Reihana	8:57.6
M55	Maurice Gough	8:36.8

	Javelin	Time
W30	Andrea Cattermole	16.05
W60	Bev Church	18.43
W60	Loris Reed	19.59
W65	Barbara Bird	18.91
W70	Iris Bishop	8.87
M50	Tom Reihana	25.28
M75	Bill Newton	22.95

	Shot Put	Time
W30	Andrea Cattermole	6.24
W60	Bev Church	7.23
W65	Barbara Bird	6.66
W70	Iris Bishop	4.55
M75	Bill Newton	8.26



Eric Saxby



Peter Coughlan

Jack King Memorial Weight Pentathlon - Sunday December 13th 2009

A small but dedicated group of throwers competed in the annual Jack King Memorial Weight Pentathlon.

		Hammer	Shot	Discus	Javelin	Weight	Total
W30	Andrea Cattermole	20.48	6.19	20.91	16.75	7.09	
	Age Factors	1.1025	1.0000	1.0000	1.0000	1.1699	
		22.57	6.19	20.91	16.75	8.29	
		334	283	294	229	389	1529
W55	Birgit Steltner	18.69	6.38	11.79	14.83	7.92	
	Age Factors	1.3745	1.5191	1.4348	1.5450	1.3601	
		25.68	9.69	16.91	22.91	10.77	
		400	509	223	343	540	2015
W60	Bev Church	27.23	7.12	19.43	17.27	9.48	
	Age Factors	1.5256	1.6782	1.5918	1.7460	1.2741	
		41.54	11.94	30.92	30.15	12.07	
		745	657	480	479	620	2981
W60	Lynn Donaldson	21.89	6.54	14.66	15.79	8.37	
	Age Factors	1.5256	1.6782	1.5918	1.7460	1.2741	
		33.39	10.97	23.33	27.56	10.66	
		567	593	338	430	533	2461
W60	Alison Wright	13.56	5.63	12.72	11.28	7.76	
	Age Factors	1.5256	1.6782	1.5918	1.7460	1.2741	
		20.68	9.44	20.24	19.69	9.88	
		294	493	282	283	485	1837
W60	Loris Reed	18.18	6.63	17.88	16.32	8.30	
	Age Factors	1.5256	1.6782	1.5918	1.7460	1.2741	
		27.73	11.12	28.46	28.49	10.57	
		444	603	433	448	528	2456
W60	Lois Anderson	19.08	7.44	17.33	17.67	7.87	
	Age Factors	1.5256	1.6782	1.5918	1.7460	1.2741	
		29.10	12.48	27.58	30.85	10.02	
		474	693	417	493	494	2571
W60	Ada Birtles	17.47	6.79	16.54	12.33	9.35	
	Age Factors	1.5256	1.6782	1.5918	1.7460	1.2741	
		26.65	11.39	26.32	21.52	11.91	
		421	621	394	317	610	2363
W65	Barbara Bird	15.25	6.61	14.74	18.82	6.24	
	Age Factors	1.7141	1.8744	1.7874	1.9559	1.4307	
		26.14	12.38	26.34	36.81	8.92	
		410	686	394	606	427	2523
W70	Iris Bishop	14.70	4.70	11.42	8.73	4.70	
	Age Factors	1.9557	2.1227	2.0379	2.2231	1.6312	
		28.74	9.97	23.27	19.4	7.66	
		466	12527	337	278	351	1959

		Hammer	Shot	Discus	Javelin	Weight	Total
M60	Rick Davison	42.86	9.56	37.97	32.09	15.08	
	Age Factors	1.4058	1.2703	1.1232	1.4804	1.1392	
		60.25	12.14	42.64	47.5	17.17	
		847	615	718	552	860	3592
M70	Alan Hunter	20.07	6.29	16.85	16.36	8.19	
	Age Factors	1.6112	1.3017	1.4127	1.7461	1.2943	
		32.33	8.18	23.8	28.56	10.6	
		388	377	344	279	486	1874
M75	Bill Newton	24.58	8.10	22.27	21.14	9.28	
	Age Factors	1.8749	1.5043	1.6217	2.0098	1.4735	
		46.08	12.18	36.11	42.48	13.67	
		612	617	586	478	659	2952
M80	Dave Leech	24.94	7.42	18.14	12.19	10.12	
	Age Factors	1.9497	1.5486	1.9033	2.0612	1.5730	
		48.62	11.49	34.52	25.12	15.91	
		654	575	554	231	787	2801

Wednesday December 16th 2009 - Christmas Break-up Meeting

A hardy group of runners, throwers, not to mention officials, turned up for our Christmas Break up meeting, held in cold and windy conditions at Hansen Park. Following the meeting was the usual supper, where all the good work training was undone by mouthfuls of delicious food, which was great!

Thank you to all of those who contributed.

60m		Time
W16	Jackie Barnfield	-
W55	Birgit Steltner	-
W60	Lois Anderson	-
W60	Gwen Papps	-
M60	Kit Chambers	9.0
M65	John Eastmond	10.8
M65	John Waite	12.9
M75	Bruce Savage	10.7
100m		Time
W16	Jackie Barnfield	17.5
W60	Lois Anderson	17.4
W60	Gwen Papps	25.8
M35	Kevin Papps	15.0
M60	Kit Chambers	14.4
M65	John Eastmond	17.6
M65	John Waite	19.8
M75	Bruce Savage	17.9



Lois Anderson & Gwen Papps prepare for the start of the 100m (above). Kevin Papps leads the 1500m (below).





The boys get ready for the 100m



John Eastmond and Jos Galavazi competing in the 1500m.



John Mulvaney competing in the 1500m.

300m		
W60	Gwen Papps	89.8
M35	Kevin Papps	51.5
M60	Kit Chambers	56.3
M65	John Eastmond	62.6
M65	John Waite	77.3
400m		
M35	Kevin Papps	82.7
M50	Tom Reihana	73.7
M55	Maurice Gough	75.6
M60	John Mulvaney	80.8
M75	Max Wood	82.7
1500m		
M35	Kevin Papps	5:29.2
M50	Tom Reihana	6:32.7
M55	Maurice Gough	5:55.3
M60	John Mulvaney	6:23.0
M60	Jos Galavazi	6:42.8
M65	John Eastmond	6:37.6
M65	John Waite	8:58.7
1000m Walk		
W65	Ann Henderson	7:17.5



Ann Henderson competing in the 1000m walk.



Maurice prepares his weapon.



I hope they all remembered to start their watches!



Lois (from left to right), Lynn, Loris and Jeff get all wound up.



Andrea Cathermole is all concentration.

	Discus	Best Throw
W30	Andrea Cattermole	21.85
W60	Loris Reed	19.39
W60	Lois Anderson	16.77
W60	Lynn Donaldson	13.88
W70	Iris Bishop	11.83
M50	Jeff Barnfield	22.48
M65	Brian Senior	27.45
M75	Bill Newton	21.42

	Shot Put	
W16	Jackie Barnfield	6.63
W30	Andrea Cattermole	6.53
W55	Birgit Steltner	6.22
W60	Lois Anderson	7.25
W60	Loris Reed	6.45
W60	Lynn Donaldson	6.27
W70	Iris Bishop	4.55
M50	Tom Reihana	7.92
M50	Jeff Barnfield	7.52
M65	Brian Senior	8.79
M75	Bill Newton	8.15



Iris Bishop shows great form.



Brian Senior (above) and Bill Newton (right) hold nothing back.

All hands on deck to record results



Saturday December 19th 2009

A small group of athletes competed in the 5000m CMA championships, held on Saturday December 19 at QEII in warm conditions. While several other masters athletes competed once again the results reflect only those who were paid up members on the day.

Ron Steven's time of 21:03.64 was a new CMA and NZMA record.

CMA 5000m Championship

M40	Chris Jordan	17:05.86
M60	Peter Larkin	17:54.00
M45	Dave Collie	18:11.61
M50	John Gamblin	18:25.96
M50	Clive Kitchingman	18:30.66
W35	Lisa McGoldrick	19:46.63
M65	Neville Reid	20:46.72
M75	Ron Stevens	21:03.64
M55	Maurice Gough	21:38.72
W55	Brenda Fortune	23:47.08
M65	John Eastmond	23:59.85
M60	John Mulvaney	25:19.06



Chris Jordan (717) set a 'hot' pace in the early laps and was the first CMA member to finish.



Dave Collie, John Gamblin (58) and Peter Larkin (597) battle together for much of the race.

Wednesday January 20th 2010

By all accounts this was a good meeting, however only the field event results have been passed on to Cant-A-Long ... so if you have the track results, pass them on to the editor.

Discus Throw

W16	Jacky Barnfield	16.89
W55	Birgit Steltner	11.76
W60	Bev Church	21.21
W60	Lois Anderson	18.92
W60	Loris Reed	18.79
W60	Ada Birtles	16.93
W60	Alison Wright	13.73
W70	Barbara Bird	14.87
W70	Iris Bishop	10.75
M50	Steve McKee	32.13
M55	Geoff Barnfield	22.45
M75	Bill Newton	21.95
M75	Bruce Savage	14.72

Shot Put

W16	Jacky Barnfield	6.55
W45	Lynn Osmers	8.26
W55	Birgit Steltner	6.39
W60	Bev Church	7.13
W60	Ada Birtles	6.80
W60	Alison Wright	5.13
W65	Diane Underwood	5.23
W70	Barbara Bird	6.52
W70	Iris Bishop	4.50
M50	Steve McKee	10.15
M55	Geoff Barnfield	7.78
M75	Bill Newton	8.07

QEII Inter-club Meeting Results 2009 / 2010:

Several of our CMA members compete on a regular basis at the inter-club meetings a QEII. This allows them to take advantage of racing against opposition of similar or better ability in their quest for 'fast' times.

As always, there are quite a few masters athletes competing at these meetings that are not members of CMA. I ask all of you to encourage these non members to join CMA.

Saturday November 7th 2009

Several of our well performed athletes who competed at the World Masters Games in Sydney, took advantage of their early season form to try and improve on their performance. Although Malcolm Fraser ran faster than Max Wood's NZMA & CMA M70 100m record, the wind reading of 6.3 m/s was too high.

100m		
M70	Malcolm Fraser	13.96
M70	Ron Munro	14.94
200m		
M70	Malcolm Fraser	29.86
M70	Ron Munro	33.29
Discus Throw		
M45	Wayne Doyle (2kg)	26.78m
M60	Rick Davison (1kg)	35.75m
Hammer Throw		
M45	Wayne Doyle (7.26kg)	21.50m
M60	Rick Davison (5kg)	41.86m
Javelin Throw		
M60	Rick Davison (600gm)	31.11m

Saturday November 14th 2009

Encouraged by last weeks effort, Malcolm Fraser had another go at the 100m record. In cool conditions, but an allowable tail wind, he narrowly missed the record by a mere 0.07 seconds bugger!

100m		
M55	Jeff Barnfield	13.20
M70	Malcolm Fraser	14.40
200m		
M40	Malcolm Cornelius	28.33
M55	Jeff Barnfield	27.79
M60	John Mulvaney	37.61
800m		
M40	Malcolm Cornelius	2:15.36
3000m		
M50	Andrew Stark	10:35.36
Pole Vault		
M50	Stephen McKee	3.40m
Shot Put Throw		
M60	Rick Davison (5kg)	41.86m

Discus Throw

M55	Jeff Barnfield (1.5kg)	21.83m
M60	Rick Davison (1kg)	41.86m

Javelin Throw

M50	Stephen McKee (800gm)	32.64m
M60	Rick Davison (600gm)	31.75m

Saturday November 21st 2009

A quiet day at the office for CMA athletes with only four of our athletes competing. Once again Malcolm Fraser is close to Max's M70 NZMA records for the 100m, 200m and 400m. Stephen McKee improved on last weeks pole vault to be within 20 centimetres of the NZMA record.

100m		
M70	Malcolm Fraser	14.74
200m		
M40	Malcolm Cornelius	28.23
M70	Malcolm Fraser	29.45
400m		
M70	Malcolm Fraser	67.61
1500m		
W35	Julieana Findley	4:57.4h
M40	Malcolm Cornelius	4:46.37
Pole Vault		
M50	Stephen McKee	3.50m

Saturday November 28th 2009

The CMA 10000m Championships were held during this meeting and the results are on page 10. Below are the inter-club results.

400m		
M50	Andrew Stark	67.41
M60	John Mulvaney	84.40
M70	Malcolm Fraser	68.17
800m		
W35	Julieana Findley	2:22.86
M50	Andrew Stark	2:08.06
M60	John Mulvaney	3:03.12
3000m		
M45	Richard Bennett	8:46.03
Triple Jump		
W80	Shirley Peterson	5.19m
Pole Vault		
M50	Stephen McKee	3.50m
Hammer Throw		
M60	Rick Davison (5kg)	42.88m
Shot Put Throw		
M60	Rick Davison (5kg)	9.92m
Discus Throw		
M60	Rick Davison (1kg)	35.18m

Saturday December 5th 2009

Another great summer's day ... not. Malcolm Fraser was once again battling in less than great conditions to run fast times.

100m		
M70	Malcolm Fraser	14.67
200m		
M70	Malcolm Fraser	29.81
400m		
M50	Andrew Stark	57.29
1500m		
M50	Andrew Stark	4:19.83
3000m		
M40	Chris Jordan	9:44.72
M50	Clive Kitchingman	10:35.03
Triple Jump		
W80	Shirley Peterson	5.12m
Javelin Throw		
M50	Stephen McKee (800gm)	34.78m
Pole Vault		
M50	Stephen McKee	3.60m

Saturday December 19th 2009

The usual inter meeting this week included an open invitation mile, in which Andrew Stark competed and set CMA Best Performance for the distance. The CMA 5000m championships were run and the results are on page 16. Malcolm Fraser was finally successful in breaking one of Max Wood's M70 NZMA & CMA, the event being the 200m. Well done!

100m		
M70	Malcolm Fraser	14.60
200m		
M70	Malcolm Fraser	29.16
1 mile		
M50	Andrew Stark	4:42.04
3000m		
M40	Chris Jordan	9:44.72
M50	Clive Kitchingman	10:35.03
Long Jump		
M50	Stephen McKee	4.92m
Javelin Throw		
M50	Stephen McKee	36.35m
M55	Jeff Barnfield	23.74m
Pole Vault		
M50	Stephen McKee	3.50m
Shot Put Throw		
M50	Stephen McKee	9.29m
M55	Jeff Barnfield	7.38m



A slow first two laps cost Andrew Stark a faster time in the open mile invitation race. Bryan Kerr watches on.

Wednesday December 30th 2009

The final inter-club meeting for 2009 was a twilight meeting. A small select group of CMA runners competed, with Malcolm Fraser once again leading the charge.

100m		
M70	Malcolm Fraser	14.47
200m		
M60	John Mulvaney	36.31
400m		
M70	Malcolm Fraser	67.80
1500m		
W55	Margaret Flanagan	6:23.35
M45	Richard Bennett	4:10.03
M60	John Mulvaney	6:31.22
3000m H/Capp (Net time)		
M50	Clive Kitchingman	10:40.15
M60	Peter Larkin	10:43.71
M60	Don Mitchell	11:32.47
2000m Walk H/Cap (Net time)		
W65	Ann Hendsrson	14:41.71
M70	Eric Saxby	11:57.38

CANTERBURY PAINTERS

Contact: Allan Gardiner
Phone: 388 1248
Fax: 388 8359
Mobile 0274 339747
E-mail: akgardiner@xtra.co.nz

Saturday January 9th 2010

Richard Bennett was the form CMA athlete at this meeting, breaking the M45 3000m NZMA & CMA record.

100m		
M40	Malcolm Cornelius	13.87
200m		
W35	Julieana Findley	31.12
800m		
W35	Julieana Findley	2:23.28
M40	Malcolm Cornelius	2:14.38
M60	John Mulvaney	3:01.01
3000m		
M45	Richard Bennett	8:43.04
2000m Walk H/Cap (Net time)		
M70	Eric Saxby	11:57.38
Long Jump		
W80	Shirley Peterson	5.12m
Triple Jump		
W80	Shirley Peterson	5.12m
Javelin Throw		
M50	Stephen McKee	33.51m
M55	Jeff Barnfield	23.10m
Pole Vault		
M50	Stephen McKee	3.40m
Shot Put Throw		
M55	Jeff Barnfield	7.70m
Discus Throw		
M50	Stephen McKee	31.27m
M55	Jeff Barnfield	22.09m



Richard Bennett is all concentration as he settles into race pace.

Saturday January 16th 2010

Stephen McKee continued his consistent form in the pole vault by setting a new CMA record (yet to be confirmed) and jumping only 10cm below the NZMA record ... watch this space as I am sure he will improve.

1500m		
M40	Malcolm Cornelius	4:40.78
M45	Richard Bennett	4:05.86
M45	Joe Ford	4:22.85
M45	Dave Collie	4:51.61
M50	Clive Kitchingman	5:01.95
M60	Peter Larkin	5:13.50
M60	Don Mitchell	5:32.95
5000m		
M45	Paul Schaapveld	17:08.87
Triple Jump		
W80	Shirley Peterson	5.21m
High Jump		
M50	Stephen McKee	1.45m
Long Jump		
W80	Shirley Peterson	5.12m
Pole Vault		
M50	Stephen McKee	3.60m
Javelin Throw		
M50	Stephen McKee	33.51m
Hammer Throw		
M60	Rick Davison	42.18m
Shot Put Throw		
M50	Stephen McKee	10.09m
M55	Jeff Barnfield	7.55m
Discus Throw		
M50	Stephen McKee (1.5kg)	31.09m
M55	Jeff Barnfield (1.5kg)	21.51m
M60	Rick Davison (1kg)	34.68m

Saturday 23rd / Sunday 24th January 2010

A normal inter-club meeting on Saturday, along with the CMA Decathlon & Steeplechase Championships. On Sunday the CMA Combined events were held, but as yet I have not seen the results.

CMA 2000m Steeplechase Champs		
M60	John Mulvaney	9:59.56
M60	Jos Galavazi	11:57.38
100m		
W40	Louise Scott	15.03
200m		
W40	Louise Scott	31.08
800m		
M45	Joe Ford	2:10.12
M60	Tony McManus	2:21.65

3000m

M45	Paul Schaapveld	9:56.14
M45	Dave Collie	10:13.07
M50	Clive Kitchingman	10:32.10
M60	Peter Larkin	10:43.74
M60	Don Mitchell	11:28.20

Javelin Throw

M60	Rick Davison (600gm)	31.54m
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Shot Put Throw

M60	Rick Davison (1kg)	9.86m
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Hammer Throw

M60	Rick Davison (1kg)	44.49m
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Shoe Clinic Asics 5k Series 2010

An ever popular series of 5km races that seem to have been on the running calendar for years. Many of our CMA members use these events as the basis of their summer racing training / programme. With the NZMA Track & Field Championships being held in Christchurch during Easter weekend (April 2 to April), why not join your fellow 'track' members and race in the longer track races. If you are a CMA member competing in these races, please encourage your non-member running mates to join CMA, so they too can enjoy the challenge of racing on the track.

Full results for each race and the points standing can be found on Athletics Canterbury website.



Here are some of our members competing in Race 4 on February 2 2010.



'Looking for a good sports massage, then give Jason McDonald a try. With his help, I have remained injury free for some time. Well worth a visit'. Andrew Stark

For more details of what he offers, check out his website or ring Jason on 365 5665.

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New Records & Best Performances:

The following new **Canterbury** records and best performances were approved at various Canterbury Masters Committee meetings throughout the season.

World Masters Games - Sydney October 2009

Hammer Throw	M60	Rick Davison	44.03m	CMA record
Weight Throw	M60	Rick Davison	16.11m	CMA record
Weight Pentathlon	M60	Rick Davison	3728pts.	CMA & NZMA record
10K Road Race	M60	Tony McManus	36.05	CMA record
1500m	M60	Tony McManus	4.43.28	CMA Record
5000m	M60	Tony McManus	17:12.0H	CMA record

Canterbury Centre Interclub meeting QEII 24th October 2009

Hammer Throw	M60	Rick Davison	46.14m	CMA record
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CMA Meeting QEII 1st November 2009

300m	W40	Louise Scott	53.4h	CMA Best Performance
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CMA Meeting QEII 22nd November 2009

60m	W40	Louise Scott	51.1secs	CMA Best Performance
-----	-----	--------------	----------	----------------------

Canterbury Centre Interclub meeting QEII 28th November 2009

10000m	M75	Ron Stevens	42:04.32	CMA & NZMA Record
10000m	M80	Stan Gawler	54:18.00 HT	CMA Record

Canterbury Centre Interclub meeting QEII 5th December 2009

Triple Jump	W80	Shirley Peterson	5.12 metres	CMA & NZMA Record
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South Island Masters T&F Championships Mosgiel 4th - 7th December 2009

3000m	W70	Carol Thompson	17:44.6H	CMA Record Best Performance
1500m	M80	Stan Gawler	7:33.4H	Equals CMA Record
3000m	M80	Stan Gawler	16.32.0H	CMA Record
5000m	M80	Stan Gawler	27:49.6H	CMA Record Best Performance
Hammer Throw	M60	Rick Davison	46.59	CMA & SIMA Record

South Island Records but not CMA Records

Weight Throw	M60	Rick Davison	15.29 metres	SIMA Record
1500m	W75	Ron Stevens	5:55.8	SIMA Record
3000m	W75	Ron Stevens:	12:41.4	SIMA Record

Canterbury Centre Interclub meeting QEII 19th December 2009

200m	M70	Malcolm Fraser	29.16 secs	CMA & NZMA Record
5000m	M75	Ron Stevens	21.03.64	CMA & NZMA Record
1 mile	M50	Andrew Stark	4.42.04	CMA & NZMA Best Performance

Weight Pentathlon results to come. Any CMA member who won his/her age group in the 5000m will hold a Best Performance.

Canterbury Centre Interclub meeting QEII 9th January 2010

Triple Jump	W80	Shirley Peterson	5.52m	CMA, NZMA, & WMA W81 record
3000m	M45	Richard Bennett	8.43.04	CMA & NZMA record

Combined Events Championships QEII 24th January 2010

Javelin Throw	W70	Barbara Bird	19.22m	CMA Record
Long Jump	M80	Ian Brownie	3.07m	CMA & NZMA record
Pentathlon	M80	Ian Brownie	2385pts	CMA record

Note: If you think you have a chance of breaking a record, please remember that you must be a paid up member of CMA before you compete. Not a member of CMA no record!

CMA Track & Field Championship Programme - Sunday February 14th

Start Time	Event	
9:00 am	3000 metres Walk	W30+
9:00 am	3000 metres Walk	M30+
9:05 am	60 metres Sprint	W30+
9:15 am	60 metres Sprint	M30+
9:30 am	1500 metres Run	W30+
9:45 am	1500 metres Run	M30+
10:00 am	80 metres Hurdles	W40+
10:00 am	80 metres Hurdles	M70+
10:00 am	100 metres Hurdles	W30-39
10:00 am	100 metres Hurdles	M50-69
10:00 am	110 metres Hurdles	M30-49
10:30 am	100 metres Sprint	W30+
10:45 am	100 metres Sprint	M30+
11:30 am	300 metres Sprint	W50+
11:40 am	300 metres Sprint	M60+
11:50 am	400 metres Sprint	W30+
Noon	400 metres Sprint	M30+
LUNCH		
1:15 pm	800 metres Run	W30+
1:30 pm	800 metres Run	M30+
2:20 pm	200 metres Sprint	W30+
2:30 pm	200 metres Sprint	M30+
3:20 pm	3000 metres Run	Handicap W30+
3:20 pm	3000 metres Run	Handicap M30+

The Start Time for each Hurdle Race depends on the number of entries.

Event Time	W30-59	W60+	M30-64	M65+
9.00 am	SHOT	HAMMER	LONG JUMP	DISCUS
9.30 am				LONG JUMP
10.00 am	HAMMER	SHOT	DISCUS	
10.45 am	LONG JUMP			
11.00 am			SHOT	HAMMER
11.15 am	DISCUS	JAVELIN		
11.30 am	POLE VAULT			
11.50 am			HAMMER	
LUNCH BREAK				
1.00 pm				JAVELIN
1.15 pm	JAVELIN (2)	DISCUS		
1.30 pm			TRIPLE JUMP	
2.15 pm				SHOT
2.25 pm	WEIGHT			
2.30pm	HIGH JUMP		JAVELIN	
3.15 pm	TRIPLE JUMP			
3.15 pm		WEIGHT		
3.40 pm			HIGH JUMP	
3.45pm			WEIGHT	

No Entry Fee

Members must be financial to compete

Entries required a minimum of 1 hour prior to the scheduled time of the event

Late enties after that incur a Late Penalty of \$5 per event

AFRICA MASTERS ATHLETICS

Affiliated to the World Masters Athletics
Tel/fax: (230)238 5949 – fax: (230)238 4432 – Mob: (230) 258 1811 – (230)753 5629
E-mail: maydew@orange.mu – edmondo@orange.mu
Address: 161 Ave des Mulets, Morc de Chazal – ALBION – Mauritius

19 January 2010
JFHE/MDE/8AMACL/11/10

INVITATION TO ATTEND

Dear WMA Affiliates

8TH AFRICA REGIONAL MASTERS ATHLETICS CHAMPIONSHIPS 2010

This is to inform you that Algeria has been awarded to hold the 8th Edition of our Africa Regional Masters Athletics Championships 2010.

DATE: 30 – 31 October – 1 November 2010

VENUE: Algeria – Biskra Town

the Local Organising Committee of Biskra invites overseas competitors to attend the 2010 Africa Masters Athletics Championships.

I have personally inspected all the sites namely the competitions and accommodations places. Please note that the stadium is a 8 track lanes and owes all the necessary sports equipment, technical facilities and infrastructures.

For more information please contact the Africa Masters Athletics General Secretary, Mr Smail Boucetta – E-mail: smayboucetta@yahoo.fr; The Chief Sports Service , D J S of the Biskra – Tel: 0077 65 65 54 02 – Office: 033 73 56 25, the President of Athletics Asssocation of Veterans of Biskra, Mr Abdelhamid Zekiri –Tel/fax: 0033 74 17 37 – E-mail: zekiri7@yahoo.fr, the President of the National Commission of Masters, Mr Sakhri Sid Ali – fax: 00213 21 38 7825 – E-mail: sakhri4@hotmail.com

Moreover, it has been accepted to allow other countries of the WMA family to participate as guests and they will receive their respective medals.

AGE GROUP: 35-39 years up to 100+ but 30 years up to 34 will be accepted as usual but will not be officially recorded.

GOOD NEWS: I am glad to let you know that Mr Stan Perkins, the WMA President will honour these champs with his presence and we do know that we will benefit of his precious help, support and advice.

I am of opinion that the forthcoming Africa Championships will receive a big success and a massive participation, therefore I rely on you to circulate, as from now, the good news to all your Clubs/Federations/Associations. THANK YOU.

Good luck to all!!!

JEAN HEDLEY EDMOND
PRESIDENT – AFRICA MASTERS ATHLETICS
WMA/AFRICA REGIONAL DELEGATE REPRESENTATIVE

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Contact: Allan Gardiner
Phone: 388 1248
Fax: 388 8359
Mobile 0274 339747
E-mail: akgardiner@xtra.co.nz

Canterbury Masters Athletics Summer Programme 2009/10 (Final 12/08/09)

Programme A:

60m Scratch, 60m Handicap, 100m,
400m / 300m, 1500m run / walk

IMP = Improvised Programme

Programme B:

60m Scratch, 60m Handicap, 200m , 800m,
3000m / 5000m run / walk

= Master's athletics able to compete

February					
Saturday	6th	Masters & Centre 3000m Championships	QE11	4:30pm	
Sunday	7th	Masters Weight Pentathlon Championships + Track	QE11	9.30am	
Sunday	14th	Canterbury Masters Track & Field Champs	QE11	9.00am	
Wednesday	17th	Improvised Programme	QE11	6.15pm	
Sunday	28th	Masters and others 1 mile handicap at Children's Champs QE11		TBA	
March					
Wednesday	3rd	Masters (B)	QE11	6.15pm	Hammer / Discus / T Jump
Sunday	14th	Masters (A)	QE11	10.00am	Javelin / Weight / L Jump
Saturday	20th?	Link Relay [Glen & Peter Watts 3221964]	Hagley Park	2.00pm	
Wednesday	24th	Final Night (Maxies) Including 4x1 mile relay	QE11	6.30pm	
April					
Friday	2nd	N.Z. Masters Track & Field Championships	QE11	4.00pm	
Saturday	3rd	N.Z. Masters Track & Field Championships	QE11	8.30am	
Sunday	4th	N.Z. Masters Track & Field Championships	QE11	8.00am	
Monday	5th	N.Z. Masters Track & Field Championships	QE11	8.30am	M40 - 64 First
May					
Sunday	2nd	Masters Presentation Night	Richmond Club	TBA	

Help Needed for CMA Championships and NZMA Championships

**If you are able to assist as an
official at either of these two
events, PLEASE let
Andrew Stark
or Bryan Kerr know ASAP.**

