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Cant-A-Long

November 2009

In this issue

President's Report

List of CMA officials for the 2009 / 2010 season

AGM debrief

NZMA Nationals in Christchurch

Tributes to Bob Carter

World Track & Field Championship Reports - Finland

World Masters Games Reports - Sydney

Race to Roth

Results, New Records & What's On

Summer Season T & F Programme

A note from the new editor ... Andrew Stark

Over the past few years, Bernadette Jago has been the editor of Cant-A-Long magazine. However, Bernadette has 'had her time' and I have taken over the role as the new editor. May I take this opportunity on behalf of our members to thank Bernadette for her efforts.

The success of Cant-A-Long relies on the goodwill of our members. While I am happy to be a 'reporter' and comment about events I attend, I can't be everywhere. If I don't know about it, I can't report about it and that's where I need your help.

The track season is upon us, although the weather still feels like winter. The summer road season has also begun, so there will be 'stories' our members would like to read. My intention is not to fill the magazine with just lists of results, articles of interest are what I am after.

My background is that I started my own desktop publishing business 14 years ago, writing educational resources for Primary School teachers and parents. I have the skills to format articles, so if you don't, that's okay ... I can help with your article. I am happy to talk with you and write the article, so please give me a call.

While unformatted, typed articles written in MS Word are preferred, hand written articles will also be accepted. Digital photos are easiest to handle, but original photos on paper also make great viewing. If you have several large photos, it may be better to supply such photos on a USB pen, which I can supply if needed, so give me a call to arrange this to happen.

This particular issue is 'full' of news from two world events, the Masters Track & Field Championships held in Finland and the World Masters Games held in Sydney. Thank you to all contributors, who did so at very short notice. I am sorry if I left anyone out. However if I did and you would like to write a report, please do so.

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

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

To help 'spread' the work load, I would like to start compiling articles as soon as possible after each event of note. If you have a particular interest in an event, then I look forward to hearing from you with a report.

Regards,

Andrew Stark



Our two new life members,
Merle Grayburn and Dave Leech
(Is Dave really one eyed?)

**Canterbury Masters
Athletics Inc Life
Members:**

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

With the sad loss of Bob Carter, I have taken over as president of Canterbury Masters, a position I have held before. I welcome you all to a new season of track & field. I will not cover Bob Carter's time with us at Canterbury Masters as it will be well covered elsewhere in this issue. However, I must say I have never been to so many meetings or events where they have had a moment's silence for someone, as much as I have for Bob. A big testament as to how much he was involved in the sport.

Opening day at Hansen Park went off okay, where Murial Grayburn and Dave Leech were to have been presented with life membership badges. Unfortunately the badges were at Bob's and they could not be found in time for the day, but since then both Murial and Dave have received their badges.

We have already had a few new members this season. I welcome you all and I hope you enjoy your time in Masters track & field.

Don't forget the South Island Masters on the 4th, 5th and 6th December. They were held in Mosgiel last year and it was a very well run meeting. The entries close on the 22nd November and an entry form can be found in the September Vetline.

With our Treasurer Diane Carter being away from Christchurch until early next year, Bryan Kerr has agreed to assist by collecting subs in the meantime. Bryan's contact details are on the committee page or you can pay by direct banking. A sub registration form is on the Canterbury Masters website.

As most of you know by now, we are running the N.Z. Masters Champs here in April next year. A sub committee has been meeting, with the first job to get an entry form in the December issue of Vetline. As we get closer to the time, we will be asking for further help in various areas.

Kevin Jago has agreed to chair the sub committee and Bernadette is going to look after entries and I thank them for the help.

Anyone that would like to help with sponsorship and naming rights for races contact Andrew Stark.

The half Marathon which we provide marshals for each year, which is a good fundraiser, will be on Sunday the 15th November, so please help if you can.

Hope to see a good few of you this coming Saturday the 7th at the Bottle Lake Forest Run. We will need a few marshals for this event.

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

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Bryan Kerr

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Loris Reed

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Glen Watts

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Les Woods

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Bryan Kerr

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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:
thecarters57@ihug.co.nz



Pay by direct credit to bank a/c
ANZ 117800 0053698 11
**(Remember to insert your
name in the reference box)**

Subscription forms are
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.

AGM Review

Andrew Stark

This years AGM was held at Port Hills Athletic Club rooms on Wednesday 12 August 2009, will 20 people in attendance and 18 apologies noted.

The meeting stood for a moments silence for those members that have passed away during the last 12 months.

ANNUAL REPORT:

The President, **Bob Carter** presented his annual report. Canterbury Masters along with the Track and Field Committee, Canterbury Children and Cross Country and Road Committee have purchased an Identilynx Camera for use at Track and Field and non-stadia events.

Our membership has declined slightly over the previous year despite attracting several new members.

At our last competition night at QE2 the committee decided to include a 4 x 1 mile relay. There was a great deal of interest with the new event which the committee hoped would grow.

There was a good turnout of members at the annual prize giving. Special thanks to Ian Brownie for looking after the trophy list.

FINANCIAL REPORT:

The Treasurer, **Diane Carter** presented the financial accounts for the year ended 30 June 2009.

With the Eureka Trust donation for payment of the QE2 stadium hire, the committee was able to give free entry to the Canterbury Championships.

ANNUAL SUBSCRIPTION:

The annual subscription will be \$50.00 for the 2009 / 2010 season.

ELECTION OF OFFICERS:

The following were appointed for the 2009 / 2010 season.

President: Bob Carter
(Allan has replaced Bob)
Vice President: Allan Gardiner
Secretary: Andrew Reese
Treasurer: Diane Carter
Committee: Lois Anderson, Bev Church,
Bryan Kerr, Loris Reed, Andrew Stark,
Glen Watts, Les Woods.

ELECTION OF OTHER POSITIONS:

That the following position be appointed for the 2009 / 2010 season.

Patron: Merle Grayburn
Auditor: Tony Steele
Solicitor: Leo Steel

NZMA Delegates: This is to be left over for the incoming committee to name.

Representative to the Cross Country and Road Committee: **Allan Gardiner**

Representative to the Track and Field Committee: **Bryan Kerr**

NOMINATIONS for LIFE MEMBERSHIP:

Bob Carter proposed the following members for Life Membership of Canterbury Masters Athletics.

Merle Grayburn –

Merle has been instrumental in keeping the Canterbury Masters performance records on a card system since the beginning of Veteran Athletics in Canterbury. She assisted with the writing of the book "History of Veteran

Athletics 1962 - 1999." Was Secretary of the CVA committee from 1979 - 1983 and has been an official for some 34 years.

David Leech -

David has been a strong supporter of Canterbury Masters Athletics for about 34 years. As a Technical Official he has been responsible at all of our local major and club Track and Field competitions for measuring and weighing the field implements as to their legality and for record purposes.

REMITTS:

Bryan Kerr submitted the following remit. Additional Clause - 7.8

Associate Membership (non competing)

Any person may apply to become an Associate Member of the Centre on payment of the Centre annual membership fee. Any Member so accepted shall be entitled to receive the Centre newsletters and any other privileges that the Committee may from time to time determine.

Reason: This is to encourage and help people who have an interest in Masters Athletics to maintain this interest possibly to the Centre's benefit.

This remit was discussed and put to the vote and lost.

GENERAL BUSINESS:

Programme:

The seasons programme was discussed.

Due to the 2010 NZ Masters Games being held in Dunedin at the end of January it was agreed to change the Weight Pentathlon from 30 January to 7 February.

Police Games:

The Secretary, Andrew Reese, reported that the Christchurch City Council has just been informed that Christchurch have won the rights to host the 2012 Australasian Police and Emergency Services Games. The eight day games will be held in the city in early 2012.

Officials Education sessions:

Lois Anderson reminded the meeting of the proposed officials education sessions – Sunday 4 October will be a full day for senior officials dealing with AWD and general officiating.

QEII Stadium Hire:

Andrew Reese reported that the hire costs had increased for the 2009 / 2010 season by 33.3%. It was agreed at the Athletics Canterbury AGM that a letter,

CMA - Cant-A-Long

signed by the Presidents of Track and Field, Canterbury Masters and Canterbury Childrens, be written to the City Council viewing our disappointment of the fee increase.

The Chairman closed the meeting at 8.50pm and invited Margaret Monroe to address the members.

Margaret is a post graduate student in Speech and Language Therapy at the van der Veer Institute for Parkinson's and Brain Research, working in stroke research. She is currently looking for volunteers who are healthy and over the age of 60.

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

As you will be aware, the 2010 NZMA Track & Field Championships have been changed from being held in Nelson and will now be held in Christchurch, **Friday April 2nd to Monday 5th 2010.**

This makes for a busy end of season time for Canterbury officials as the Open NZ Championships are being held the weekend before.

An initial sub-committee of ...

Bob Carter, Diane Carter, Allan Gardiner, Ada Birtles, Loris Reed, Lois Anderson, Bev Church, Bryan Kerr and Andrew Stark was formed.

With Bob's untimely death, Kevin and Bernadette Jago have joined the committee and Kevin has agreed to chair the committee and Bernadette has taken over as secretary.

Planning is well underway, but I ask members who are able to help as officials to keep Easter weekend free. To assist with the cost of staging such an event, the aim is to have 'naming' rights by sponsoring an event. More details will be made available closer to the time.

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

Tributes to Robert Charles Carter

On Friday October 2nd 2009 ... Bob died suddenly while out on a run. He was only 63 years 'young'.

Some might say that he died 'doing what he liked best', out for a run. I am sure that is what people say to help themselves cope with what has happened, but the reality is, no matter which way you look at it, Bob's death was a tragedy.

It was a tragedy for Canterbury Masters Athletics in general as he was a tireless worker. It was a tragedy to his close friends who will miss his camaraderie and friendship. It was a tragedy for his family and extended family ... but most of all it was for tragedy for Diane, his wife who has lost her '*much loved husband and soul mate*'.

I had only had brief dealings with Bob initially via e-mails and most of his replies to my questions were short and to the point, but that was how Bob was. I made myself available to be on the Canterbury Masters Athletic committee and was duly selected while I was away in Lahti. Upon my return, I attended only one meeting with Bob as chair person and it was a sub-committee meeting for organizing the 2010 NZMA Nationals.

During that meeting he was well organized and prepared, ready to delegate tasks to the waiting members. As jobs were brought up, some of us dipped our heads, hoping we would not get that job well, as a new boy ... I know I did. When Bob outlined each task and asked various people to be responsible, no-one said no, such was the high regard people held him in.

On that night, I did not get a job and he said as I was leaving, "*I have other things in mind for you*". I found out later that taking over as Cant-A-Long editor was one of them.

I am sorry that I did not get the chance to get to know Bob better, but if first impressions count ... I was impressed, he was a 'good' man. - *Andrew Stark*

The following is a copy of the eulogy that Bryan Kerr gave at Bob's funeral, held at his home on Wednesday 7 October, 2009.

Eulogy for Robert Charles Carter

14 January 1946 - 2nd October 2009

Bob Carter was a respected colleague and friend of all of us at Athletics Canterbury, Athletics New Zealand and in particular New Zealand and Canterbury Masters Athletics.

Bob was experienced and highly qualified in all areas



of athletics i.e Track & Field including walks, Cross Country and Road. e.g. he was on the Local Organising Committee and was Chief Referee at the recent NZ Cross Country Championships in Christchurch. He was also responsible for the course measuring.

He was due to go to Sydney on Friday to officiate in a senior role, at the World Masters Games.

In more recent years he drifted more to field events specializing in operating the electronic measuring device used for measuring long throws.

He was one of only three people experienced in operating this device.

After finishing his field event duties he would usually come across to the track and offer assistance at judging or umpiring.

Bob rarely missed officiating at the ANZ or NZMA Track & Field Championships.

Bob competed at four World Masters Athletics T & F Championships in Melbourne, Eugene(USA), Mizazaki, and Buffalo, winning team medals in cross country and marathon. He officiated at Gateshead, Brisbane and Riccione. Diane accompanying him on six occasions.

He was a 'no fuss, no bother' person, never refusing any request for assistance.

His engineering experience made him very valuable in the 'fix it' department.

Bob & Diane came to Canterbury in 2003 from Gisborne with great credentials, Bob's experience including officiating as a starter. He had been accorded a Life Membership of the Gisborne Runners

and Walkers after serving on the committee, being club captain and director for many years and also race director of Gisborne's very popular Quarter Marathon Fun Run.

He also served on the Gisborne Harriers committee and was Club Captain and President.

In 1991 he was appointed to the NZMA (then Veterans) Executive. In 1998 he advanced to Vice President, a position he still held. He had competed in Cross Country and Track as an above average competitor some examples being;

Gateshead 1999 M50 5000m 18.09 age percentage 82.0, 10km Cross Country 37.27, 10000m 38.00 age percentage 80.98.

He rarely competed in Canterbury, concentrating on officiating and administration.

Bob quickly became a part of Athletics Canterbury and was appointed to the CMA Executive in 2005 advancing to Vice President in 2007 and President in 2008.

He was a Council member of Athletics New Zealand, representing the NZMA in 2002, 2004, 2005 and 2009 having attended the AGM in Wellington just over two months ago. He was on the LOC for the Oceania Masters T & F Championships in Christchurch 2006 and the NZMA T&F Championships in Christchurch 2007. He had recently been appointed Chairman of the LOC for the next NZMA T & F Championships in Christchurch to be held in April 2010. Wherever there was a Masters Championships in the South Island he and Diane would be there with his computer. Bob was a regular contributor to the Masters Vetline magazine. He fitted in so well in Canterbury we were about to

consider him eligible for a mandatory eye patch.

We will miss him in Canterbury and I in particular will miss our Friday telephone conversations and the exchange of the many e-mails, particularly when organizing championship events.

More comments from our members:

Allan Gardiner:

The Bob Carter I know was one of those people in our sport who was always there when there was something to be done.

In his time in Christchurch, he was on the local masters committee within a few weeks of shifting here from Gisborne. As President, a bit over a year ago I decided with all the other things I had on, that I did not want that role any more. I rang Bob the day of the AGM and asked if he would take over the job. Without any second thoughts, he took the role on and did a fine job the past year and a bit.

He was also on the local Oceania committee for the games here in 2006 and put in a huge amount of work.

Over the winter he was on the local committee for the running of the NZ cross country champs here in Christchurch.

Whenever I wanted a road course measured, Bob was more than happy to do it. The last one he did recently being the Canterbury road champs this year run at Spencer park.

I was fortunate to have been on all the committees with Bob and also on the board of NZ Masters and spent a lot of time on planes, in motel rooms with Bob and learnt a lot about how the masters part of the sport should be run.



2006 Oceania Games organizing team ... Bob in the centre

Lois Anderson:

When the Oceania Games were going to be held in Christchurch, we were all busy with the usual preparations for a big 'meet' in our city.

Most of us also thought long and hard about what events we would enter, remembering that some of us choose events where we would do well.

Bob was going to be in a new age group the day that the Games started, so in theory he would be in prime position to do well.

In fact he was so dedicated to making a success of the 'meet' that he did not enter, even though we had great weather. Instead he spent many hours attending meetings and collating entries and did not allow himself any time to train. Along with Diane and others he worked long hours that final week to make sure all athletes needs would be met, knowing there would be many athletes from overseas to cater for.

I remember Bob as a person who set himself a goal and worked thoroughly at that project until it was complete.

He was often seen finishing at one event then quickly gathering his things and off he would go to the next event.

He loved to be involved in athletics and was a great enthusiast of the sport.

Ron Robertson (Gisborne):

By now, most of you in the running scene would be aware of the massive contribution that Bob had made to road, cross country running and track & field, so I thought I would share some of the moments I had with Bob mainly in Gisborne his 'home' town. He was only ever on loan to you good folk down south.

Bob and I both started running at about the same time, in the early 80s. I was running with the Gisborne Harrier Club and Bob ran for the marathon clinic. He came over to our club shortly after and it was not long before he was knee deep in club matters, being on committees, club captain, president and race director of many club and open road races.

There was a group of us that would meet after work and run from various addresses around town. We soon learnt that Bob was a chap that if he said we were leaving at 5:10 pm it was 5:10 pm, not 5:11. He had his watch set to the second. Many a time, if any of us was running a couple of minutes late, he would be off down the road without us and some of the chaps would have to run the whole way on their own.

Bob had a stint at mountain biking and got himself a smart bike. There was a race one day out on a local farm and a cattle beast took a liking to him and decided to attack him. Maybe he had a red tee-shirt on or something. Having worked on a farm back in the UK before moving here and being a quick thinker, he stuck his fingers in its eyes and he managed to get away. Unfortunately, the cow took its frustration out on Bob's new bike.

Later that day when he got home and explained the drama to his wife Diane, one would think he would have been showered with sympathy, but the first thing she uttered was "*What's the bike like?*", but of course she then made sure Bob was okay too.

Bob developed into a very good runner over the years, being particularly strong on hilly cross country courses. A very dedicated trainer, especially when it came to marathons and he ran some very good ones with a PB of 2hr 37min.

I recall the training we would do leading up to the World Track & Field Championships, when he would suggest we do some speed work. Something I have never been that keen on. Without an all weather track in Gisborne and the Games being always in our winter, we would have to head to the local hockey field and by the time we got running it would be dark. We had a 800m marked out (tin fence to a street light) and we would manage a dozen or so, often into a cold southerly.

If it hadn't been for Bob's dedication, I am not sure if I would have bothered, but I must admit by the time I was heading overseas I was thanking him.

We are all going to miss him dearly and we were looking forward to the day when Bob and Diane would come home to Gissy. I know you all down there had the same admiration and respect for him, as we had for him up here too.

We will ALL miss him dearly.

Walter Hume (Timaru):

I knew Bob as a competitor and an official, first meeting him in 1995 when we both toured to US and competed in the USA Track & Field National Champs held in Lansing, then in the XI World Masters Games in Buffalo.

I met up with him again at the British Track & Field Championships in 1999 held in Edinburgh, then in the XII World Masters Games in Gateshead.

In recent years whenever I appeared at Track & Field events Bob was always there as an official.

Bob officiated at the Timaru Round the Gorges Relay as a referee and this also included the NZ Road Relay champs which was incorporated into the 1997 relay.

Bob always did his job well without any fuss and he knew the Athletics Rules inside out.

He will be sorely missed.

Andrew Reese:

OFFICIATING WITH BOB CARTER.

Bob and a large group of Canterbury Officials travelled to the Athletics New Zealand National Track and Field Championships last March. A week prior to the Championships, Bob was approached to be in charge of the results, being done through the Codenz result system. This was due to the unavailability of the main local operator as she had the position of Chairperson of the Local Organising Committee and Bob was the only other official that knew this results system.

We travelled north to Wellington, along with Bryan Kerr on the Friday morning – first day of competition. Bob had less than two hours to get the system operating. Problems after problems occurred throughout the day (not because of Bob but the system!!) and by days end the decision to change computer systems to the FinishLynx system was made.

That meant long hours for a few people to change the system, prior to the start of competition the next. For Bob, his appointed position was made redundant, so a few Canterbury officials took him into town for dinner. He returned the next morning to his original appointed position outside with the Throws team and measuring all the throws with the Electronic Distance Measurer (EDM).

The local officials have lost a great guy, who was very quick in measuring all the athlete's throws. We have already held a measuring course to get other officials involved, as there is now a big hole in this specialized position left by Bob.

Bob you will be missed by all those officials that travel the country to attend the National Championships. The few hours we had to socialize were always enjoyable with his presence, even if we had only a few hours sleep before officiating duties called us.

Patricia Drayton (Para Para):

It is with great sadness that I write this letter.

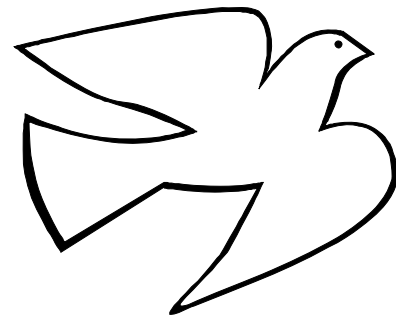
I have always admired the absolute dedication that Bob gave to the Masters Athletics. His thought and care made 'life on the track and out on the field' so much easier for us all.

I will miss Bob's quietly spoken words of encouragement, smoothing away the nervousness felt 'when the going got tough'.

Bob's untiring help and patience in getting Iris and myself away to the Tauranga Nationals was something else. It must have been so frustrating for him to deal with someone who could barely use the computer and was a little deaf as well. It must have taken great courage and patience. He did it and we all had a lovely time.

It has been a rewarding experience to have been associated with Bob and Diane.

Kia kaha, tu tonu mai.



A Message from Diane Carter

Bob's sudden and untimely death has been a huge shock. We would like to thank Canterbury Masters members for their messages, cards and for celebrating his life with us. In the six years since we came here from Gisborne, Bob has involved himself in the Canterbury Masters and Athletics Canterbury and thoroughly enjoyed the athletics scene here. Both as an administrator and as an official he was always there.

A good man gone too soon.

(This article is an extract from an article I have written, which I hope will be in the next Vetline.)

This year I competed in the M50 800m & 1500m events at the World Masters Track and Field Championships in Lahti, Finland, which for me was like the Olympic Games I never got to ... but it took some planning and a lot of effort.

In 2008, I had run the fastest time in the world (that I knew of) for the M50 800m, with a time of 2:03.13 and had the 6th fastest 1500m time of 4:18.10. I knew about an American athlete, Anselm Le Bourne who had won both the 800m & 1500m M45 titles in Riccione, Italy in 2007 and had just turned 50 this year. When looking through the race fields for Lahti, I found out that he was entered in both the 800m & 1500m events. Two other athletes stood out as well. Andre Lafere from Belgium who was running in 400m & 800m with a best time of 1:59.8 for the latter. Steven Smith from Great Britain & NI who had times of 2:04.0 and 4:10.00 listed for his events, the 800m & 1500m. All three had just turned fifty this year.

Sixty runners had entered the 800m and 57 turned up to race. There were 5 heats, followed by three semi-finals two days later and a final on the next day ... three 800m races in four days. The heat (2:08) and semi-final (2:06) races were relatively 'easy'.

In the final, I was in the outside lane of 6, with two other runners ... 13 in the final. The race was run tactically rather than flat out from the start, which was something I have not experienced since the 1980's. It was a question of being in the right place at the right time and looking back, I'm not sure that I was.

My lack of recent race experience cost me, as I avoided being too aggressive down the back straight for fear of being passed coming up the home straight. With 300m to go, Lafere made his move, quickly followed by Le Bourne who had been boxed in until then. Any one of the next seven athletes were still in with a chance of taking a place and I was in 7th place. By the time I entered the home straight I was in 5th place, just behind Steven Smith (Great Britain & NI) and Luigi Ferrari (Italy). Within two metres of the finish line, both these athletes fell and I thought I might have just finished 3rd.

The official announcement came that I was 4th, only 0.08 seconds behind 3rd and 0.1 seconds ahead of 5th. I was more disappointed with the time, as I had run 2:03.13 in March 2009, than I was with getting 4th. The first 8 finishers, apart from myself (almost 52), had just turned 50 this year ... so I was pleased with being the fastest 'oldie'.



The M50 800m final. Smith (GB) crossed into the path of Ferrari (Italy) as he became 'legless', causing both to fall.

In the 1500m there were about 45 runners. The three semi-finals for the 1500m were held two days after the 800m final. I qualified okay, but ran the slowest 1500m I have ever ran and I felt terrible (4:43ish)! For the next day and half I thought of ways I could avoid running the final as I felt 'buggered' and was convinced that I was not going to run well.

Once the gun went off in the 1500m final, I felt surprisingly good! Le Bourne, the favourite, went to the lead. Steven Smith 'pushed' his way out of the pack in a move to get to the front after about 100m. I was in about 10th place, but waited until the home straight before moving into third place to lead the chasing 'pack'.

I still felt really quite good, but with three laps to go, I was not confident enough to tag on behind the two front runners, Smith and Le Bourne, who had 1500m times at least 6 seconds faster than my best. These two slowly pulled away from the remaining 14 runners and had a five second lead with a lap to go.

As the last lap started I was in 6th place, running for third. Down the back straight with 250m to go, I accelerated into 3rd place as I passed three runners and was gaining on Smith all the way up the home straight. I finished 3rd in a time of 4:16.37, just under two seconds behind the Smith (4:14.51), with Le Bourne winning in a time of 4:11.58. I was pleased with my time as it was a PB and Canterbury M50 record, but I realised I could have started my run for home from further out ... perhaps next time.

As a warmed down, I thought to myself 'would I do it again?' you bet!!! I have proven to myself that I can compete coming out of our winter, with the best in the world in my age group. Next time though, I'd be more aggressive as now I know what to ... roll on Sacramento 2011 World Masters Games.

While I was competing at these games, I had the pleasure to get know one of my fellow Canterbrian athletes, Walter Hume and his wife Heather. My wife Pauline and I spent quite a bit of time with Walter and Heather, supporting each other and debriefing over dinner, about the day's events. Below is an article about Walter that appeared in the Timaru Herald, written by John Bisset.

RUNNING MAN:

Timaru septuagenarian Walter Hume has returned home from the World Masters Athletics Championships in Finland with a silver medal.

Timaru 70-year-old Walter Hume is keeping pace with the best runners in the world.

Hume has returned from the XVIII World Masters Athletics Championships in Lahti, Finland, with a silver medal.

The veteran finished second to world record holder Allan Bradford in the 2000m steeplechase in the 70 to 74-year-old section.

Hume was reeling him in at the finish, having gone out slowly after suffering from a sciatic nerve problem but still stopped the clock at 8 minutes 26.85 seconds.

"The injury slowed me down but I tried to get fit, hoping it would come right.

"At the end I was catching him but he beat me by about six seconds."

Fewer than 20 Kiwis competed among the 2500 athletes at the championships.

The septuagenarian also returned home as a British Masters Track and Field champion after winning gold in the 2000m steeplechase in a British and all-comers record of 8m 54:95s.

Hume collected a full set of medals in Birmingham finishing second in the 1500m and third in the 800m.

Because of his leg problems, Hume is looking to change to duathlons rather than just running, after 30 years in the sport.

"The bike will mean I can get off my legs a bit and it will keep me motivated."

Hume said another highlight of the trip was training in Stockholm's Olympic Stadium.

"It had a great feeling and was unusual because it was made from brick."

He and his wife Heather also took the opportunity to do some touring on their eight-week sojourn, including catching up with their Moscow-based daughter.

To add a bit more to Walter's story. He arrived in Lahti, less fit than he would have liked, as pre-games travel had made training difficult and he was suffering from a sore lower back / hamstring. He competed in the 8km cross-country on the first day of competition, finishing 9th in the M70 age group. This 'stirred' up the injury and it looked like his games might be over.

Over the next few days he rested, opted out of running the 800m, but decided to compete in the 1500m. He ran this race as 'training', avoiding putting too much pressure on his injury.

His final event was the 2000m steeplechase. By then the problem had settled down 'a bit' and with the help of massage and taping applied to his lower back / buttock / hamstring area, he was able to compete and finished 2nd.



Well done Walter.

Walter competing at the NZMA, Christchurch 2007

Trans Tasman Winter Weight Pentathlon Challenge

This years Winter Weight Pentathlon was held during the month of August in Australia and New Zealand. This is a time of the year which seems to suit both countries, with the improving weather helping to kick start athletes into gearing themselves up for the summer season.

Eighty-eight competitors took on the Challenge this year, about the same as last year.

History was made with Ruth Frith of Australia competing in the W100 age group.

She set World Records in the W100 age group. Many of us would just be grateful to be alive and well at this age without also being a great athlete on top of that. Helen Searle also set Australian records during her meet.

Many thanks to the organizers who have made this competition possible. In particular to Jayne Hardy and Helen Searle in Australia who always sent me a set of well organized and easy to read results.

Thanks also to Colleen Brunker, Bob Carter, Tui Ashe, Fiona Harvey and Mark Flaus for results from their centres. Thank you to all of you out there for organising the running of the competitions. We couldn't do this event without you.

Next years Challenge will also be held in August 2010, so that many of the athletes will have recovered from the Oceania Championships. We may also have athletes from other countries competing as I have interest from Germany, Netherlands and the United Kingdom.

A small group of Cantabrian athletes crossed the ditch to compete in the World Masters Games in Sydney. Because of the timing, once again the southern hemisphere athletes in the colder countries had to wrap up warm and endeavour to get race ready during their winter. Not an easy task. I have come up with the following results for our athletes, including our colleague in South Canterbury.

I apologise if I have left anyone out and please let me know your results if they are missed. I am happy to report your report in the next issue of Cant-A-Long.

Results:

| | | |
|------------------------------|-----|---------|
| Richelle Cannell W40 | | |
| 100m | 8th | 13.85 |
| 200m | 6th | 28.7 |
| Mandy Shirtcliffe W45 | | |
| javelin | 3rd | 28.32m |
| 400m | 5th | 75.44 |
| Dianne Adams W40 | | |
| 10km Road Walk | 3rd | 1:00.29 |
| Margaret Fraser W65 | | |
| 400m | 6th | 1:43.90 |
| 800m | 4th | 3:43.38 |
| 1500m | 2nd | 8:04.44 |

| | | |
|-------------------------|-----|----------|
| Wayne Doyle M45 | | |
| pole vault | 2nd | 3.1m |
| triple jump | 4th | 9.72m |
| discus | 5th | 35.56m |
| shot put | 6th | 11m |
| javelin | 6th | 44.4m |
| Noel Burr M55 | | |
| 800m | 3rd | 2:18.01 |
| 1500m | 4th | 4:46.34 |
| high jump | 4th | 1.43m |
| 400m hurdles | 4th | 71.90 |
| Tony McManus M60 | | |
| 10km road race | 1st | 36:05 |
| 800m | 5th | 2:23.88 |
| 1500m | 1st | 4:43.28 |
| 5000m | 1st | 17:12.0h |

| | | |
|---------------------------|--------|----------|
| Rick Davison M60 | | |
| hammer throw | 1st * | 44.03m |
| javelin | 8th | 31.78m |
| weight throw | 3rd * | 16.11m |
| discus | 4th | 39.78 |
| shot put | 8th | 10.21m |
| weight pentathlon | 1st ** | 3728 pts |
| Ron Munro M70 | | |
| 100m | 4th | 15.23 |
| 200m | 4th | 31.19 |
| Malcolm Fraser M70 | | |
| 100m | 3rd | 14.58 |
| 200m | 2nd | 29.97 |
| 400m | 2nd | 66.91 |
| Max Wood M75 | | |
| 100m | - | DNF |
| 400m | 5th | 79.53 |
| 800m | 4th | 3:19.60 |

** = NZ & CMA record
* = CMA record

South Canterbury Team competes well in Sydney

Four South Canterbury athletes performed well at the World Masters Games held at Sydney's Olympic Park last week.

Mandy Shirtcliffe, competing in the W45 age group, won a bronze medal in the javelin and was also placed fifth in the 400-metre final.

Wayne Doyle showed his class against an international field by winning a silver medal in the M45 pole vault with a height of 3.1 metres.

Doyle also had four top six finishes after being placed fourth in the triple jump, fifth in the discus (35.56m), sixth in shot put (11m) and also sixth in the javelin (44.4m).

Richelle Cannell, competing in the W40 year old category, also performed above expectations to make the finals of the 100m and 200m.

Cannell ran personal bests in both finals, recording 13.85s in the 100m final to finish eighth, and stopped the clock in 28.7s in the 200m for sixth place.

It was a great effort, particularly considering the depth of experience in the field and the fact she had just recovered from a hip injury.

She said it was amazing being in a final against the world's best.

In the M70 age group, veteran athlete **Ron Munro** competed well in the 100 and 200 metres.

Munro finished fourth in both sprints and was happy with his times.

"It's an incredible feeling knowing that four athletes from a small place like Timaru are amongst the best in the world," Doyle said.



Two medals and plenty of finals were the results for (from left) Mandy Shirtcliffe, Ron Munro, Wayne Doyle and Richelle Cannell at the World Masters Games in Sydney

Jeff Barnfield

Having been out of the athletics scene for a while it was with a little trepidation that I went to the Sydney World Masters Games held in October 2009.

Travelling with my good Christchurch friends Max and Pam Wood, Malcolm and Margaret Fraser and Ron Munro from Pleasant Point soon helped put me at ease.

On arrival at Sydney I thought for a moment that we had just been on a circular flight for nothing, as it was cool, windy and wet ... almost the same conditions in Christchurch.

Apart from Malcolm and Margaret we stayed at a guest house called Baronía Lodge in the suburb of Burwood, being a very busy multicultural suburb, with very friendly people.

We travelled to and from Olympic park by train, taking some 32 trips overall. Thankfully Max had an excellent understanding of Sydney's train system and due to his expertise we were never late or lost.

Although the Track and Field was promoted as being at Olympic park, we never got to compete in the actual Olympic stadium itself, which was somewhat disappointing. Instead two adjoining tracks were used, both had high quality surfaces but were a little exposed to the wind, very much like QE2 in Christchurch.

The events I had entered were the 100, 200, 400 metres and the Pentathlon, my age group being M55.

In the sprints, the competition was of a very high standard with some 57 athletes in my grade, including the current world record holder Bill Collins of the USA. Bill went on to win three individual golds in the sprints, truly an outstanding effort.

I ran reasonably well in the 100 managing to get as far as the semi finals, finally placing 14th overall. My fastest time being 13.23 seconds, something to improve on over our summer. A second off would be really nice.

The Pentathlon was held on a Tuesday and unfortunately the wind really came up gusting between 30 and 35 knots, much like a very strong North West winds we get in Christchurch.

A bit disappointing was the drop in numbers with some 20 or so athletes entered initially only 12 featured on the final result sheet.

The first event was the long jump. I jumped 4.61 metres enabling me to be out in front for a short while. Next was the Javelin and with a throw of 27.32 metres it was the 5th best overall.

The following event was the 200 metres and I was in

lane six in the first heat. As we all tend to do I was hoping for a good time, just to see how I was running for the individual 200 later that week.

But as per usual the wind had really got up and we were heading straight into it around the bend. The wind was so strong the athletes had to really fight to stay within their particular lane to avoid disqualification as they entered the straight.

My time given the conditions was a reasonable 27.50, which was the second fastest time of the two heats.

Next was the discus and here the competition really heated up! Two competitors threw close to the 36 metre mark. In comparison, my throw was only 22 metres, but still good enough for 5th place.

Then came the dreaded 1500! Not having run one for almost 10 years, I just wanted to get it over and done with, I think everyone else felt much the same.

After the gun everything went alright for me on the first two laps except for the wind that made it impossible to stay close to the pole line causing extra distance to be covered.

On the lap heading up to the bell my body was starting to hurt and my mind was really telling me to stop over and over again.

Somehow I got to the bell and said to myself you can manage another lap, it's only a 400, you can do it!

Well, despite the overwhelming messages continually telling me to stop, I finally made it to the end in a time of 5min 53.9 seconds for a 4th placing.



Jeff receives his bronze medal for the M55 pentathlon

The fastest time was a very credible 5min 12.42 seconds.

It did not take long for the officials to inform us of the overall results. Two Australian athletes filled the first two placings with 2970 points and 2945 points respectively.

To my surprise I was awarded third place and the bronze medal on 2819 points, being ahead of the next athlete on 2709 points.

To say I was pleased with the Bronze would be somewhat of an understatement!

However, owing to some overall tiredness and a nagging Achilles tendon injury incurred in New Zealand, I reluctantly retired from the games.

On the following days we really enjoyed watching the

outstanding abilities of the other athletes which included some top New Zealanders and there are some reports about the games from them also in this issue of Cant-A-Long.

My overall impression of the Athletics section of the games was good despite the necessary train commuting which became rather tiring at times.

My advice for those attending any future World Games is to get your accommodation as close as possible to the venue in order to avoid becoming overtired from travelling, this helps you to stay as fresh as possible for competition.

The next World Masters games are in Torino Italy; perhaps we will see you there?

Max Wood

I am writing this overview of our experiences while participating in the World Masters Track and Field Championships held at Olympic Park, Sydney.

Jeff Barnfield, Ron Munro, Malcolm and Margaret Fraser, Pam and myself all flew across the Tasman courtesy of Emirates economy fares and enjoyed excellent service during the flights.

Sydney had rain for a week prior to our arrival. Saturday dawned fine and warm, but windy and we set off to Olympic Park to register and sign in for our opening events. This was done in three parts and our only queue was in signing in where there was a 2 hour delay. Evidently there had been a 5 hour wait to register on Friday ! There were approximately 3000 entrants for Athletics (29,000 registrations over all sports).

Our Accreditation passes allowed us free travel on the city trains, buses and ferries. We took advantage of this and for myself this incurred 35 train trips and 3 nice ferry rides. It took 2 trains to get to Olympic Park.



Self appointed tour guide and team manager Max Wood, takes a well earned rest from all the train travel.

While it was only short rides with approximately 1km walks at each end, we needed to allow 1 hour in transit. I was the designated 'navigator' for our group to schedule the timetable to suit each day. All worked well apart from the occasion when the train doors closed before we could get down from upstairs and to the door. We learned that express trains are just that, as well as only stopping at a minimum of stations! Our Burwood accommodation was a lovely 105 year old restored federation house namely Boronia Lodge and proved an excellent choice. Malcolm and Margaret were staying out at Parramatta and also had to find the best link trains to take.

It was great to meet up with our international competitors, I had 7 nationalities among the 13 entrant in the M75 sprints. Rick Davison beat that number in his events, especially in the Weight Pentathlon where there were 16 countries represented (and between 20-30 entrants in each of his events). To win Gold in that event was a wonderful achievement for Rick.

Medal ceremonies were promptly held on a grass enclosure behind the main stand as soon as results were available. Place getters were not allowed to leave the changing room after the race, until taken out for the presentation. This certainly saved chasing people for their presentation, but we consider it would have been better 'in front' of the stand in more public view.

The Opening Ceremony was billed as 28 sports, 45,000 people, one big night. It included competitors, family and friends and was well organised. As is usual with such a parade, this meant a 2 hour wait, lined up 'in sports' rather than countries, before the parade into the stadium for the formalities and concert. The Closing Ceremony was held at a park in Darling Harbour where the capacity was 5000 and unfortunately some people

had to be turned away after this capacity was reached.

Our small team of Cantabs supported each other well, also cheering for all Kiwi competitors on the Track. I enjoyed the participation, although restricted after re-injuring my hamstring in the opening 100m heat. After treatment and taping and with Jeff's stern advice **no sprinting**, I was able to compete in the 800m and 400m, content with minor placings.

Results will be listed elsewhere but it was a real fine team effort and great to be there to cheer on our track

members Noel Burr, Tony McManus, Ron Munro, Dianne Adams, Malcolm, Margaret and Jeff.

When heading home to the new Track & Field season, there was a feeling of sadness knowing that Bob Carter would not be with us. We will miss his cheerful and efficient leadership as well as his company. He truly enjoyed the social side here also and contributed to the success and fun of the season's closing Maxi night, these past two years.

Malcolm & Margaret Fraser

Malcolm headed off the Sydney games feeling like a 'spring chicken' having just moved up into the M70 age group. He had spent the winter training with good friend Max Wood and he knew that if he ran, then he might just break some of Max's M70 records. His training had gone pretty well, involving a few runs up Mt Pleasant, but mainly he trained through Burwood Forest. In the forest is where he and Max did their initial 'speed work' around a measured circuit. As the competition date loomed, they could be seen doing various sessions at QE II, encouraging each other as they sharpened up for the big event.

His first race was the 100m. In the semi-final he was leading the field, but as he crossed the finish line he felt a slight twinge in his hamstring. Knowing that he had entered three events, he wondered if he forced the pace too much in this heat. The following day he lined up in the final, having decided to start 'carefully'. The ground he lost at the start was the difference between winning and getting 3rd. The winning time was 14.32 and he finished 0.26 behind 1st and just 0.1 behind 2nd.

Malcolm's second event was the 400m. He ran a 'solid' first round effort in a time of 70.37 to finish just behind Bob Cozens (USA) ... one of the men to watch in the final, along with Mack Stewart (USA) who won the first heat. In the final his first goal was to win, but in the back of his mind, breaking Max Wood's 400m M70 NZ record would be a bonus.

The final was a classic battle. Coming down the home straight, the lead changed several times as Malcolm and Mack Stewart (USA) battled for the win. Mack held on to win in a time of 66.53 seconds, with Malcolm's time of 66.91, just 0.62 outside the record.

Later on that afternoon Malcolm qualified for the 200m final, by winning his heat in a good time of 32.38 seconds. For the final he decided it would be 'all or nothing' as he already had a silver and a bronze medal. He ran a great bend to be leading into the home straight and was feeling confident. However, 10 metres from the line he could feel his form falter, as his body tied up ... looking across the track could see Bob Cozen

(Aust) still 'holding' his form ... and as they say, 'the rest is history'. He finished 2nd by a whisker, only 0.48 behind.

Malcolm was pleased with his efforts, but did feel the games were too spread out, making for a 'long' week. The challenge now is for Malcolm to back up on these performances back home and lets see what happens.

For Margaret, fitting in training around work, in our winter was a difficult. Her preparation for the games was further disrupted due to a reoccurring hamstring injury restricting her training. For the last eight weeks prior to the games, she was forced to replace her long runs with long bike rides and do faster work in the pool. There was virtually no running, let alone speed work during this period ... not ideal!

She had entered the 400m, 800m and 1500m even though she had only run these track races once in four years, the last time being at the Taurangi Nationals.

Her first event was the 1500m where the lower age group was combined with hers. She won the silver medal for the W65's and had the pleasure of beating 'younger' athletes in the process.

Later that day she competed in the 400m, but her lack of training meant she was not expecting to run that well.

In the 800m she had drawn lane two, but started too slowly, losing contact with the leaders. Her lack of recent racing meant she was not confident to go 'too hard' at the start. However during the second lap she realised she was gaining on the 3rd place getter and picked up the pace, however she had left her run a bit late.

Margaret enjoyed the experience, but is realistic about her results. She knows that getting injury free is now her main goal, so that she can get back to some consistent training.

(This article compiled by Andrew Stark)



Malcolm receives his silver medal for the M75 200m



Noel receives his bronze medal for the M55 800m

Noel Burr

Isn't it great when you decide it would be nice to compete on the international stage, but that the trip to this year's World Masters Athletic Championship in Finland is going to be just a little too far and a little too expensive then discover that all is not lost, because the World Masters Games are going to be run just across the Tasman in Sydney? Wonderful news!

I can remember about this time last year thinking exactly that. Did I have enough time to put in my early bird games registration, before I changed my mind? The answer to that question was, yes but only if I hurried - so I did.

Training started in earnest after the National Masters Athletic Champs in Tauranga. The wet and cold winter of mileage was happily balanced off against the thought of meeting new friends, competing in the warmth of an October in Sydney and maybe even winning a medal. In the months of March and April I worked hard getting rid of an old achilles injury, then settled into pounding the hills around Westport - carefully of course and with some advice on training from Andrew Stark. I kept tags on old friends who might also be going over to the Games and was delighted to find New Zealand was going to be well represented. Even better, I'd have a lot of mates to cheer for.

The World Masters Games has a reputation for being a little more relaxed than the World Track & Field Championships. Despite the fact that there are medals to be fought for, people are encouraged to have a go and enjoy themselves. The registration fees are such that there are no extra fees for competitors who participate in up to 5 events. I had to sit down and decide that now I was going to Sydney, exactly which events would I compete in?

The 800m and 1500m were definite starters. I thought

I'd try the 400m, the 400m hurdles, and the high jump. Yeah I know, silly me. My wife Clare, suggested a wheelchair at the airport on the way home might come in handy.

I kept training (no hurdles or high jump though - training for those two events was to come on the day of competition), and checked the Sydney Games website regularly to see who my competitors would be. That made me realise this really would be an international games - there were guys from all over the place and their performances looked pretty good too. Interestingly there were a number of competitors coming over who had competed in the World Track & Field Championships in Finland. Most of them had done very well there and were obviously wanting to add in some good performances while they were in peak shape - darn!

By the time I had my bags packed and off to the airport I knew there were World Champions or Championship Finalists in all five of my events.

Sydney turned on West Coast weather to help me settle in, as during the two weeks I was there, we never got higher than 24°C, it rained 10 days of the 15, and the wind at times blew gale force.

Collecting my Games registration package and photo ID was a real exercise too. It made me realise just how big the Games were - at last count we had nearly 29,000 competitors in 28 sports. Happily, 1600 of my fellow competitors were Kiwis! The wait for your registration package over the 4 days they were available prior to the games beginning was three and a half hours. Then we discovered that we had to check in for each event no earlier than a day before competition (if it was a morning event), or no later than 2 hours before competition if the event started after lunch. This was really tricky if you had a couple of

hours driving to get to the stadium. We also had the 'Call Out Tent' to cope with immediately prior to each event, with waits there (after your warm up) of anything up to an hour and a half. But, it has to be said, that's international competition for you, and these games, it was pointed out to me, were bigger than the Sydney 2000 Olympics!

So now to the competition itself. Well, it was tough. One quickly realised there were two camps. Those who were there to compete for every medal that was available and those who were there to have a good time and enjoy participating with their friends. That usually showed up in the races. Up front it was generally a real tussle of strategy and performance. Most of the runners down the back just seemed happy to be there and proud of it.

In my middle distance races, the Europeans certainly showed there was a lot more to racing than just training hard. My first race was the 800m. We had a very strong head wind down the back straight and around the top bend. I was delighted with my race strategy. As the pace was slow, I went hard down the home straight on the first lap, splitting the field and I was able to pick up a bronze. My second event was to be the 400m. I scratched from this event as there were to be heats, a semi and a final *and* with two sub 55 second runners over from the States, so everyone else

was going to be fighting for bronze. I also thought I had a better chance in the 1500m. This was a tactical race and I was competitive but could not match the fast finishing pace and finished 4th.

High jump was on the last day of competition, so with nothing to lose I checked in. Rain was threatening, which encouraged a few of my fellow competitors to withdraw. It didn't matter though and I felt privileged to compete with a Pole and a Ukrainian who were both technically superb straddle exponents. They pushed the bar up to the dizzy age group World Record height of 1.85 metres. Unbelievable! I finished 4th in the 1.50m and was just happy to compete.

My final event was a great encouragement to someone who hasn't hurdled in years. I can see I really should get my technique worked on as I missed a bronze medal by just 0.22 seconds. I'm going to have to check our Canterbury record books to see if my 71.90 is good enough to get me into the book.

Hey it's all over now. It was a thoroughly enjoyable experience and one that I would happily encourage all of those who didn't go this time, to do your training, pack your bags and have a go next time. They tell me it's in Torino, Italy in four years, so get cracking and check out a few airfares. Oh and try to learn a little Italian as well as in 'A Fish Called Wanda' it didn't do John Cleese any harm at all! Chiao

Richard Davison

When Rick heads off to a championship event, he goes there with one thing on his mind ... that is to win! How far he throws is irrelevant, to a point. He had just moved up into the M60 age group and knew that he had a good chance of doing well.

Preparing for an out of season games, like the Sydney Masters Games, is a challenge for Rick. It means hours at the gym lifting weights to build strength, using routines he has developed over the years and from research on the web. With work commitments, actually getting outside in day-light to practice throwing is not easy. He has been known to be down at the New Brighton track, throwing in the dark and cold, restricted to practicing the shot as this does not go too far.

Quite often throwing events are timetabled early in the day, so Rick would go down to practice early in the day on weekends to 'train' his body to perform at that time of the day.

Rick would describe himself and a 'strength' thrower, preferring the hammer and weight throws over the more technical throws, such as the javelin, shot and discus. Part of the reason is that he does not have a coach who can assist him to improve his technique.

In Sydney he entered all individual throws (see results) setting two Canterbury Masters records in the hammer and weight throws.

One of the problems experienced by all throwers in Sydney was the lack of warm-up facilities, due to the large number of competitors and age-groups competing. This meant all throwing circles were in use, so that he was unable to do warm-up throws, making it is hard to perform well 'throwing cold'. With the large fields, there was also considerable delays between throws and throwers were given only three throws, rather the usual six for the top qualifiers.

The weight pentathlon was held on the last day of competition. Doing well in this event was a main goal for Rick, as this event defines who is the best all round thrower. He threw consistently well in all throws, yet did not win any of the throws. However his combined scores won him the gold, setting a new M60 New Zealand & Canterbury record in the process with a total of 3728 points.

Footnote: Since returning home, Rick has improved on his Canterbury Hammer record twice, with a throw of 46.14 metres.

(This article compiled by Andrew Stark)

Tony McManus

The World Masters Games are held every 4 years and have been located in Toronto (1985), Denmark (1989), Brisbane (1994), Portland (1998), Melbourne (2002) and Edmonton (2005).

I was one of 28,292 competitors who recently competed in the World Masters Games in Sydney. It was reported to be the world's largest multiple sporting event. There were 95 countries represented and the oldest competitor was 101 and the youngest a 24 year old Canadian swimmer. You may well have also seen a 100 year old woman from Brisbane, who competed in field events, including the javelin and was on the TV news, both in Australia and New Zealand.

72 venues spread throughout Sydney and surrounding areas were used, with Sydney Olympic Park as the headquarters. Some of the competitors were former Olympians, however, many were there just for 'the fun of it'.

Athletics ran for 7 days from Saturday 10th October to Sunday 18th October with Wednesday 14th a 'rest day'. Two adjacent stadiums were in use everyday simultaneously. There were 2900 competitors in Athletics.

There were many great stories such as the American-Australian couple who met at the 2002 World Masters Games in Melbourne and arranged their wedding and honeymoon to coincide with the 2009 Sydney Games.

I also met a dairy farmer from Montana USA, who advised that he loved his cows more than his wife, not only was she aware of this, she also accepted it. He was in Sydney for less than 48 hours as he had to return to his 'beloved' cows.

There were many brilliant results at the athletics and I was fortunate to watch our NZ Champion, Margaret

Peters from Auckland, running in the W75 age group. She won the 100 metres in a New Zealand record of 16.03 seconds. An amazing lady and so nice to talk to. I personally thought the NZ Masters singlets were the best on show, so well done whoever designed them.

My own programme 'kicked off' with the 10K road race on the first Sunday resulting with a win. I then won my 800 metre heat on Monday and finished 5th in the final the following day. On the Wednesday I won the 5000 metres from Trevor Ogilvie from Rotorua in a sprint finish.

My last event was the 1500 metres on the Saturday. After a tactical battle with Trevor, I won again in another sprint finish.

Other notable Canterbury results included Malcolm Fraser's bronze in the 100 metres and two silvers in the 200 and 400 metres. Margret Fraser wasn't to be outdone and won a silver in her 1500 metres. Jeff Barnfield won a bronze in the Pentathlon.

In Orienteering Carsten Joergensen won a silver in the sprint final and gold in the long final. There were 1159 competitors in Orienteering events alone.

The next World Masters Games are in Torina Italy in 2013 – see you there.

Photos of the finish of my 1500m race can be seen on the following website.

www.melbastudios.com.au

Athletics:

Athletics Saturday 17th 1500m - Men 3

(bottom of page – not in date order)

See photos 171504, 171505, 171506.



Tony (3rd from the left) at the start of the 10km road race. He won the M60 race.

After a series of nerve wracking ups and downs and last minute changes to painstakingly wrought travel plans, the New Zealand Septuagenarians Team with myself as long suffering manager, finally fronted up to race day of the Quelle Roth Challenge. This Ironman distance event is the biggest triathlon in the world, held in the tiny village of Roth, in Bavaria, Germany.

The Main-Donau Canal where Alec Hill our 75 year old swimmer from Devonport swam a brilliant 1hr 24 with myself more than a minute behind, was lined with huge noisy crowds and hosts of enormous hot air balloons. Ray Bennet (75), ultra runner turned cyclist and myself, then cycled off to conquer the convoluted picturesque cycle course that meandered 180 km in 2 laps back to Roth, guided by large red and white arrows and legions of gesticulating efficient uniformed marshals.

It made it impossible to stray off course, but Ray still managed a 7 minute side excursion, exactly the same mistake the manager in no uncertain terms had forced him to remedy on a training ride. Despite the side trip, Ray's 7hr 07 cycle leg still put hundreds of younger riders to shame and he was able to enjoy Tour de France type racing with an excess of 140,000 spectators raucously urging him on.

Meanwhile, Stan Gawler's sole raison d'être was the Marathon. So completely and utterly focused was he that he declined the sightseeing, the swim and cycle parts of the course and even the pasta party where he was the star, before an audience of thousands, of the Wanaka video. Nor would he even come down to the race start with the rest of the team, preferring Alec to return to take him down to rendezvous with Ray after the cycle leg.

My main concern as manager was that he was sufficiently fed, rested and recovered from the long flights over. I myself was barely acclimatized and I had arrived in Germany a whole week before him. The other worry was that he had forgotten to bring with him any race drinks, gels, drink containers or general race day nutrition. Thank heavens I was somewhere in the wilds of the cycle course when Alec, by virtue of shuttlebus, thumb, train and foot arrived back at the Homestay to find NO STAN!

Anyway he retraced the complicated route back to the triathlon park and T2 to search. It was with enormous relief when Ray, utterly exhausted after his grueling 180km, rolled into T2 and there was our Stan, bright eyed, bushytailed and raring to run! A man on a mission to lead our team home in a new world record for the oldest team at a total of 231 years 88 days, ever to complete an Ironman distance triathlon. And run he did, a truly brilliant marathon. When I saw Stan at about his 5km mark he was trotting purposefully and steadily at a pace between 6½ and 7 min / km which he must have maintained until he passed me just a few km from the finish. From the glint in his eye and determined stance, I knew he was in for a good sub 5 hour time.

At Wanaka, Stan had finished the marathon in around 5½ hours to my 5¼ and this was a much easier, completely flat course with absolutely perfect running conditions. His short shuffle reminded me of Selwyn Opie's famous economical gait. Stan's concentration was so hot he never acknowledged my enthusiastic and relieved encouragements, but shuffled ever onward into the gathering dusk. Perhaps 10 minutes later I was overjoyed and thrilled to hear the noisy heroes welcome erupt from the crowds along the finish chute as, accompanied by Ray and Alec, he crossed the finish line in a time of 4 hr 50.14sec, a brilliant time for the final leg of an Ironman by a 79 year old. No doubt if age ranked, a world top 10 marathon finish by an athlete 3 weeks off 80!

Several minutes later when the accolades for the Septuagenarians had died down, I managed to limp anonymously across the finish line, pelvis fractured in 3 places, unannounced. I must admit that I did have to chuckle when Ray later berated me for not being on the finish line to welcome the team in and Stan in apparent surprise, informed me that he didn't know I was injured! Come on, I did actually finish and I was 2nd in my age group.

I guarantee that no Septuagenarian would take on an entire Ironman with a shattered pelvis – some managers are just tough old birds!



'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.

Track & Field Results - Sunday October 18th 2009

Andrew Stark

The opening day has been and gone, with only the 'hardy' turning out on what could only be described as a 'cold' day, more like a winter's day than spring.

The day began with a moments silence as a mark of respect for Bob Carter.

Merle Grayburn and Dave Leech were acknowledged for being added to the list of life members of the Canterbury Masters Athletics, in recognition for their years of involvement.

Below are the results for the various events.

| 60m Scratch | | Time |
|--------------------|-----|------|
| John Stone | M55 | 9.5 |
| Andrea Cattermole | W30 | 10.9 |
| Lois Anderson | M60 | 11.5 |
| John Eastmond | M65 | 12.2 |
| Maurice Cook | M80 | 14.0 |

| 60m handicap | | Time |
|---------------------|-----|------|
| John Stone | M55 | 9.3 |
| John Eastmond | M65 | 12.7 |
| Maurice Cook | M80 | 12.7 |

| 100m | | Time |
|-------------------|-----|------|
| John Stone | M55 | 14.6 |
| Andrea Cattermole | W30 | 17.4 |
| John Eastmond | M65 | 17.6 |

| 300m | | Time |
|---------------|-----|--------|
| John Eastmond | M65 | 1:08.4 |
| Maurice Cook | M80 | 1:33.0 |

| 400m | | Time |
|---------------|-----|--------|
| Peter King | M60 | 1:13.6 |
| John Dumergue | M65 | 1:20.8 |
| Maurice Gough | M55 | 1:23.7 |
| Jos Galavazi | M60 | 1:36.9 |

| 1500m | | Time |
|----------------|-----|--------|
| Maurice Gough | M55 | 5:59.2 |
| Jos Galavazi | M60 | 6:41.0 |
| Neils Papps | M65 | 8:05.9 |
| John Eastmond | M65 | 8:34.0 |
| Carol Thompson | W70 | 8:34.2 |
| Gwen Papps | W60 | 9:55.7 |

| Hammer Throw | | Best Throw |
|---------------------|-----|------------|
| Bill Newton | M75 | 22.92 |
| Andrea Cattermole | W30 | 19.44 |
| Bev Church | W60 | 27.69 |
| Loris Reed | W60 | 21.87 |
| Lois Anderson | W60 | 13.56 |
| Ailsa Wright | W60 | 15.21 |
| Barbara Bird | W65 | 15.68 |
| Gwyn Heseltine | W70 | 14.63 |
| Iris Bishop | W70 | 12.90 |

| Shot Put | | Best Throw |
|-------------------|-----|------------|
| Bill Newton | M75 | 7.92 |
| Andrea Cattermole | W30 | 6.79 |
| Lois Anderson | W60 | 6.94 |
| Bev Church | W60 | 6.87 |
| Ailsa Wright | W60 | 5.93 |
| Barbara Bird | W65 | 6.92 |
| Gwyn Heseltine | W70 | 4.61 |
| Iris Bishop | W70 | 4.55 |

Wednesday October 28th 2009

A small, but dedicated group gathered to test their fitness levels and managed to get the job done before the heavy rain fell. I'm pretty sure some know they have some work to do yet!

Below are the results for the various events.

| 60m | | Time |
|-------------------|-----|------|
| John Stone | M55 | 9.0 |
| Andrea Cattermole | W30 | 10.4 |
| Maurice Cook | M80 | 13.2 |

| 800m | | Time |
|-----------------|-----|--------|
| Maurice Gough | M55 | 2:44.8 |
| John Dumergue | M65 | 2:58.5 |
| Bernadette Jago | W50 | 3:00.0 |
| Margaret Fraser | W65 | 3:59.6 |
| Neils Papps | M65 | 4:04.4 |
| Gwen Papps | W60 | 4:45.0 |

| 200m | | Time |
|-----------------|-----|------|
| John Stone | M55 | 33.3 |
| Margaret Fraser | W65 | 47.7 |
| Maurice Cook | M80 | 50.0 |

| 3000m | | Time |
|-----------------|-----|---------|
| Bernadette Jago | W50 | 12:09.3 |
| Maurice Gough | M55 | 12:37.3 |
| Jos Galavazi | M60 | 13:13.9 |

| Javelin | | Best Throw |
|-------------------|-----|------------|
| Rick Davison | M60 | 29.27 |
| Lynn Osmer | W45 | 21.90 |
| Barbara Bird | W65 | 19.28 |
| Bev Church | W60 | 18.60 |
| Andrea Cattermole | W30 | 17.72 |
| Ada Birtles | W65 | 11.28 |
| Alison Wright | W60 | 9.92 |

| Discus | | Best Throw |
|-------------------|-----|------------|
| Lois Anderson | W60 | 33.72 |
| Rick Davison | M60 | 32.69 |
| Andrea Cattermole | W30 | 23.24 |
| Nicola Jennings | W60 | 23.10 |
| Bev Church | W60 | 18.38 |
| Lynn Osmer | W45 | 18.17 |
| Ada Birtles | W65 | 15.40 |
| Barbara Bird | W65 | 14.74 |
| Alison Wright | W60 | 13.51 |



Maurice Gough - 1st 800m

Sunday November 1st 2009

In warm sunny conditions, the following events were held.

| 60m | | Time |
|------------------|-----|------|
| Jeff Barnfield | M55 | 8.3 |
| Louise Scott | W40 | 9.1 |
| Jacqui Barnfield | U16 | 10.5 |
| Lois Anderson | W60 | 10.8 |
| Maurice Cook | M80 | 13.4 |

| 60m handicap | | Time |
|------------------|-----|------|
| Jeff Barnfield | M55 | |
| Jacqui Barnfield | U16 | |
| Louise Scott | W40 | |
| Lois Anderson | W60 | |
| Maurice Cook | M80 | |

| 100m | | |
|------------------|-----|------|
| Louise Scott | W40 | 15.0 |
| Jacqui Barnfield | U16 | 17.6 |
| Lois Anderson | W60 | 17.7 |

| 400m | | |
|---------------|-----|--------|
| Maurice Gough | M55 | 76.2 |
| John Dumergue | M65 | 78.0 |
| Neils Papps | M65 | 2:03.2 |
| Gwen Papps | W60 | 2:05.0 |

| 300m | | |
|-----------------|-----|------|
| Louise Scott | W40 | 53.4 |
| Margaret Fraser | W65 | 75.5 |
| Maurice Cook | M80 | 84.2 |

| Shot Put | | Best Throw |
|----------------|-----|------------|
| Rick Davison | M60 | 10.03 |
| Bill Newton | M75 | 8.24 |
| Lois Anderson | W60 | 7.07 |
| Gwyn Heseltine | W70 | 5.12 |
| Iris Bishop | W70 | 4.86 |

| Shot Put | | |
|----------------|-----|-------|
| Rick Davison | M60 | 15.99 |
| Bill Newton | M75 | 9.85 |
| Lois Anderson | W60 | 7.99 |
| Gwyn Heseltine | W70 | 5.65 |
| Iris Bishop | W70 | 4.86 |



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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



Saturday Inter-Club Results

24th October Results

| | | |
|--------------------|--------|--------|
| M65 Malcolm Fraser | 400m | 66.38 |
| M60 Rick Davison | Shot | 9.91m |
| | Discus | 36.13m |
| (New CMA record) | Hammer | 46.14m |

31st October Results

| | | |
|--------------------|------|-------|
| M65 Malcolm Fraser | 400m | 66.59 |
|--------------------|------|-------|

New Records & Best Performances:

The following new **Canterbury** records and best performances were approved at the September Canterbury Masters Committee meeting.

Records (Run at the WMA Championships – Lahti, Finland, August 2009):

| | | | |
|--------------|-----|--------------------|---------|
| Andrew Stark | M50 | 1500m | 4:16.37 |
| Walter Hume | M70 | 2000m Steeplechase | 8:26.86 |

Best performances for 10km (Run at the Canterbury Road Championships 2009):

| | | | |
|-------------------|-----|-----------|--------------|
| Richard Bennett | M40 | 10km | 31:26 |
| Joe Ford | M45 | 10km | 34:38 |
| David Macdonald | M50 | 10km | 37:03 |
| Peter Larkin | M60 | 10km | 36:36 |
| Ron Stevens | M75 | 10km | 44:06 |
| Stan Gawler | M80 | 10km | 56:51 |
| Tracy Crossley | W35 | 5km | 17:47 |
| Margaret Flanagan | W55 | 5km | 22:41 |
| Ann Henderson | W65 | 10km Walk | 1hr 15.49sec |

What's On

Shoe Clinic Adidas Half & Quarter Marathon

Sunday November 15th 2009 @ Tai Tapu Domain

Start time 8:00 am

This event incorporates Athletics Canterbury Half Marathon Championships. Entries close **November 6th 2009** and more information about the race can be found on the following website. www.athletics.org.nz

Setting up the course and race marshals will be needed on the day.

Please let Lois Anderson (332 5118) and Loris Reed (337 3220) know ASAP if you can help.

South Island Masters Track & Field Championships

Mosgiel 4th - 6th December 2009

For a list of events and entry form, see the September Vetline and note that entries close **22 November 2009**.

North Island Masters Track & Field Championships

Mosgiel 27th - 29th November 2009

For a list of events and entry form, see the September Vetline and note that entries close **10 November 2009**.

Bottle Lake 10km Run

Where? Information Centre,
Bottle Lake Forest Park,
Waitikiri Drive

When? 9.30 a.m. Saturday 7 November 2009

What? Self Handicapped 10km Run

\$5 entry fee on the day from 8.15 a.m.



Report early with your estimated time for the distance, so handicaps can be established.

SPOT PRIZES!!!

Everybody welcome – bring your friends

Organised by
Canterbury Masters Athletics

This is an Athletics Canterbury sanctioned event

Contact: Allan Gardiner – 03 388 1248

akgardiner@xtra.co.nz



Sumner Running Club presents:

The **FRONTRUNNER**

Off Road Series

3 running races on the Port Hills, Christchurch

Race 1 **The MT VERNON RUN UP**

Wednesday 11th November 2009
Mt Vernon and return 7km

Up the Valley track, across the summit road, to Mt Vernon Summit. Return down the Farm Track.
Start 6.15pm from carpark at the end of Hillsborough Terrace, St Martins. Registration 5.30pm-6pm

Race 2 **The GODLEY HEAD RUN OUT**

Wednesday 18th November 2009
Taylors Mistake to Godley Head and return 6km

Out on Boulder Bay Track, up to Godley Head carpark, back along MTB track, down and return to Taylors Mistake.
Start 6.15pm from Taylors Mistake carpark. Registration 5.30pm-6pm

Race 3 **The EVANS PASS RUN OVER**

Wednesday 25th November 2009
Sumner to Evans Pass and return 8km

Along the Esplanade, up the Flowers Track, Scarborough Spur to Godley Head road, walking track to Evans Pass, and return on Captain Thomas Track to Sumner RSA.

Start 6.15pm Sumner Esplanade. Registration 5.30pm-6pm at Sumner RSA, Wakefield Street.

Prize giving for the Series at the Sumner RSA.

\$10 per race or \$25 for all 3 races.

Entry on the day.

JUNIOR RACES 10-12 years 13-16 years \$5 per race

Enquiries: Contact Alistair Cory-Wright (0274) 589 592, (03) 384 7911 (h)



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

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

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CANTERBURY PAINTERS

Contact: Allan Gardiner
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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

Programme B:

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

IMP = Improvised Programme

= Master's athletics able to compete

| October | | | | | |
|-----------|------|---|-------------------------|---------|------------------------------|
| Sunday | 18th | Masters Track & Field Opening (A) | Hansen Park | 1.30pm | Shot/Hammer/ L.Jump |
| Saturday | 24th | Canterbury Centre Interclub | QE11 | 1.30pm | # |
| Wednesday | 28th | Masters (B) | QE11 | 6.15pm | Discus / Javelin / T Jump |
| Saturday | 31st | Canterbury Centre Interclub | QE11 | 1.30pm | |
| November | | | | | |
| Sunday | 1st | Masters (A) | QE11 | 10.00am | Weight / Shot / L Jump |
| Saturday | 7th | Bottle Lake Forest 10k (Allan Gardiner 388 1248) | Bottle Lake Car Park | | Self Handicapped Event |
| Saturday | 7th | Canterbury Centre Interclub | Timaru | 2.00pm | |
| Wednesday | 11th | Masters (B) | QE11 | 6.15pm | Hammer / Discus / T Jump |
| Sunday | 15th | Shoe Clinic Half & Quarter Marathon | Tai Tapu Domain | 8.00am | Masters are Officials |
| Sunday | 22nd | Masters (A) | QE11 | 10.00am | Javelin / Weight / L Jump |
| Saturday | 28th | Masters 10,000m Champs at Interclub Meeting | QE11 | 5.00pm | 10000m time TBA |
| December | | | | | |
| Tuesday | 1st | Masters Improvised Programme | QE11 | 6.15pm | IMP |
| Friday | 4th | South Island Masters Track & Field Champs | Mosgiel | 6.00pm | |
| Saturday | 5th | South Island Masters Track & Field Champs | Mosgiel | 9.00am | |
| Sunday | 6th | South Island Masters Track & Field Champs | Mosgiel | 9.00am | |
| Sunday | 13th | Jack King Memorial Weight Pentathlon | QE11 | 10.00am | |
| Wednesday | 16th | Masters Christmas Break Up | Hansen Park | 6.15pm | IMP |
| Saturday | 19th | Masters 5000m Champs at Interclub Meeting | QE11 | | 5000m time TBA |
| Wednesday | 30th | Canterbury Centre Interclub Twilight | QE11 | 5.30pm | # |

| | | | | | |
|-----------------|-------|---|---------------|---------|---------------------------|
| January | | | | | |
| Saturday | 2nd | Mid-South Canterbury Open Meeting | Timaru | 1.00pm | # |
| Saturday | 9th | Canterbury Centre Interclub | QE11 | 1.30pm | # |
| Wednesday | 20th | Masters (B) | QE11 | 6.15pm | Shot / Discus / T Jump |
| Saturday | 23rd | Masters Steeplechase & Decathlon + Interclub | QE11 | 1.00pm | |
| Sunday | 24th | Masters Combined Events (Inc. Partathlon) | QE11 | 12.00pm | |
| Sunday | 31st | Masters (A) | QE11 | 10.00am | Weight / Shot / L Jump |
| February | | | | | |
| Saturday | 6th | Masters & Centre 3000m Championships | QE11 | | 3000m time TBA |
| 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 | |