

C
M
A

Cant-A-Long

July 2010

In this issue



Notice of CMA AGM



President's Report

Annual CMA Award Recipients



Winter Events

Oceania Games Results & Reports



A Family Affair

**South Island Games Info
& Entry Forms**



A note from the editor ... Andrew Stark

This time last year I was overseas getting ready to compete in the World Track and Field Championships in Finland, so it was with some envy that I read the reports and looked at the photos supplied to me by competitors who attended the Oceania Masters Track & Field Championships held in Tahiti in early July.

It would have been great to escape our cold and wet winter and by all accounts, those who went to Tahiti had a good time and managed to survive the heat, swimming in the beautiful blue ocean and enjoying the scenery what a hardship!

Not much has been happening on the competitive front, unless you have been competing the winter cross country races. A full list of results is available on the Athletics Canterbury website, therefore they have not been included in this issue.

The CMA AGM is coming up on Thursday 16th August and I look forward to seeing a good turnout as there will be some changes to the personnel on the committee.

I am always on the lookout for articles and photos for Cant-A-Long, so if I approach you for help, please do your best to help out and make this publication a team effort.



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.

I hope your training is going well, be that walking, running, throwing or jumping.

Kind regards to you all,

Andrew Stark (Editor)

P.S. I know my strengths and weakness. Proof reading my own work is one of my weakness so if you come across mistakes, well done for finding them, because I obviously didn't despite my best efforts.

Advertising in Cant-A-Long

If you have a business and would like to advertise in Cant-A-Long, contact Andrew Stark.

Not only is Cant-A-Long mailed out to CMA members, but is it also posted on both the Athletics Canterbury and New Zealand Masters Athletics websites.

Rates:

¼ page \$20.00 / issue or \$70.00 / year

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
Merle Grayburn
Gwyn Heseltine
Bill Hobbs
Bryan Kerr
Dave Leech
Peter Watts**

CANTERBURY MASTERS ATHLETICS INC
AGENDA FOR 2010 ANNUAL GENERAL MEETING
PORT HILLS ATHLETIC CLUBROOMS
MONDAY 16 AUGUST 2010 at 7.30 p.m.

- Quorum Check (15 Financial Members)
- Apologies
- Approval of Minutes of Annual General Meeting held 12 August 2009
- Consideration and Approval of Annual Report
- Consideration and Approval of Annual Financial Statements
- Consideration and Approval of Annual Subscription for 2010 / 2011 season
- Election of Officers for 2010 / 2011
 - President
 - Vice President
 - Secretary
 - Treasurer
 - Committee (not to exceed six)
- Election of other Elected Positions
 - Patron
 - Honorary Auditor
 - Honorary Solicitor
 - Delegates to the NZ Masters Assn AGM
- Election of Delegates to Athletic Canterbury's Sub Committees
- Nomination(s) for Life Membership
- Remits
- General Business

It is with pleasure that on behalf of the Canterbury Masters Committee I present this year's report for the 2009 / 2010 season.

At the beginning of the season Bob Carter was President, but the season did not get off to a good start with the sad loss of Bob Carter just before opening day. However, we have pushed on with our meetings on Wednesdays or Sundays. It would be great to see a few more at some of the meetings.

Once again, we have held monthly meetings that have been well attended by committee members, with a lot of time and work put in over the past year.

In particular I would like to thank Andrew Reese for the fine job he does as secretary. Like most committees, without a good secretary the organisation would not run so well.

On the financial side, it has not been an easy year for our Treasurer, Diane Carter. Not only did she have to deal with the loss of Bob, but the job was made even more difficult by her being out of Christchurch for much of the season. I would like to thank her for the effort she has continued to put in as Treasurer over the past year. Diane is now back and keen to continue her involvement on the committee.

To Andrew Stark, who has taken over as Cant-A-Long editor this year, thanks and as you are all aware, we now have a magazine to be proud of and long may it continue.

There has been some outstanding performances over the summer with many a record set by Canterbury Masters with all the results covered in the last Cant-A-Long.

We ran a very successful New Zealand Masters Championships held here in Christchurch last April. We received several letters from other centres expressing their thanks for the way the meeting was run and the friendliness of officials and other athletes.

I would like in particular to thank Bryan Kerr, who joined the committee to help run this event and his expertise was most helpful.

Thanks also to Kevin (Chairman LOC) & Bernadette Jago and Andrew Stark, along with all the others that made it the weekend it was, a huge thanks to you all.

CMA Membership over the past year was about 160, with Canterbury having the most members by a long way. Auckland was next with 102.

Along with Bob, we have also lost George Currie, Tony Steele and Dave Tucker, all of whom had been members of CMA for a number of years.

Thank you also to Ian Brownie for keeping the trophies up to date and having them all sorted at the annual presentation night.

In conclusion I thank the committee for your support over the past ten months. We have two or three members standing down from the committee this year, so it would be good to have a few new faces come on the committee.

I myself will be standing down as President, but staying on the committee. Andrew Stark has offered to take on the roll of president, if that is the decision of our members at the AGM.

To those members competing in the winter season, I wish you well.

I look forward to seeing many of you at the AGM on Thursday 16th August, Port Hills Clubrooms.

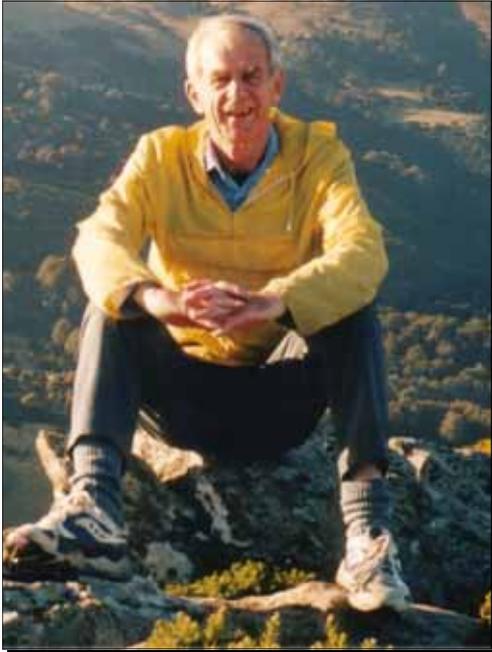


Here is Allan competing in the 3km CMA championships, February 6th 2010

Annual CMA Awards Dinner

The annual awards dinner for CMA was held at the Cashmere Club on May 2 2010. It was attended by about 80 athletes, partners and supporters.

The official part of the evening begun with a moments silence for CMA members who had passed away during the season. In particular, the recent death of Dave Tucker was remembered by Ian Brownie.



On the University of Canterbury Athletic Club's website, Daniel Reese wrote this about Dave.

'It is with sadness that the Club mourns the loss of one of their Life Members – Dave Tucker. Dave (78) died peacefully on Saturday 24th April.

It seems poignant that Dave passed away on the day of the Hagley Memorial Relay a race, of which he had much input (and success). This year's event was the first time for many many years that Dave had been unable to help with recording duties.

Dave joined the Club in 1950, in that year winning the Junior Club Championships and captained the Canterbury Junior provincial team at the Nationals.

He was President of the University Cross-Country Club from 1975 - 1977, Club Captain 1953, Chairman of the Clubs 50th Jubilee Committee 1981 and was elected a Life Member in 1979. Dave will be missed by many in the Club, especially those in his weekly walking group of fellow Life Members and Vice Presidents. It was special that they were able to have their last walk with Dave just 3 weeks ago.

As well as Dave's wonderful commitment to the University Club, he gave considerable service to wider community groups. The Club's condolences go out to Sue, his wife of 49 years and his family.

A friend to many, a great loss to the University Athletic Club family.'

The following awards were presented as a result performances are the various CMA Championship events.

Note: The quality of the supper was not that great. If anyone has a suggestion as to a suitable alternative venue, please let me know.



McIntosh Trophy

Women's Sprint award.
Best sprint performances at CMA Championships.

Lois Anderson



Maurice Cook & Max Wood Trophy

Men's sprint award. Best 3 sprint performances based on Age Percentage Performances.

Jack O'Connor

Malcolm Fraser - Bruce McPhail Trophy

M45 400m

Jack O'Connor



Philip Ross May Memorial Trophy

M45 800m

Paul Ineson



A.H.C. Jubilee Trophy

Women's 1500m

Loris Reed



Kernahan Trophy

M55 800m

Maurice Gough

Kernahan Trophy

M55 1500m

Maurice Gough



Clarrie Gordon Trophy

M70+ 10000m (CMA Championships)

Ron Stevens



Walker of the Year Award

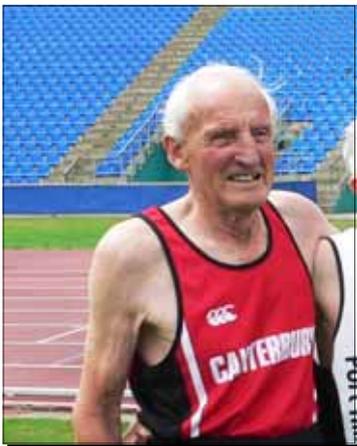
Ann Henderson



Norman & Mary Hawke Trophy

M65+ Hammer - Best Performance
using Age Percentages

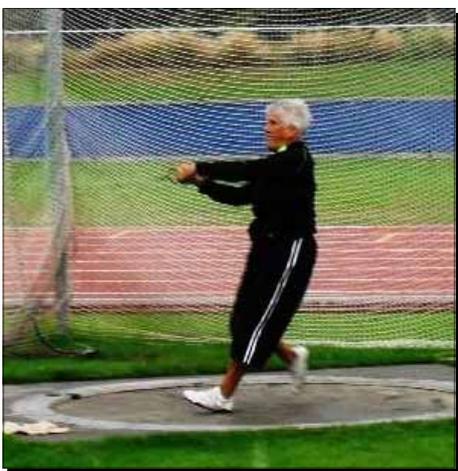
Dave Leech



Arthur & Merle Grayburn Trophy

Men's Pentathlon

Ian Brownie



Women's Weight Pentathlon Trophy

Glen Watts



Grayburn Trophy

Men's Weight Pentathlon

Richard Davison



NOTICE OF ANNUAL GENERAL MEETING

NOTICE IS GIVEN that the Annual General Meeting of **Athletics Canterbury, for Track and Field Delegates**, will be held on **THURSDAY 5 AUGUST 2010** at 7.30 pm at the **SHIRLEY COMMUNITY CENTRE (Room 10)**, Shirley Road, Christchurch

(Note: The AGM set down for Thursday 22 July did not obtain a quorum and therefore could not proceed.)

AGENDA

- Roll Call
- Apologies for Absence
- Approval of Proxies
- Approval of Minutes of Annual General Meeting held 16 July 2009
- Consideration and Approval of Annual Report
- Consideration and Approval of Annual Financial Statements
- Consideration of Remits
- Election of Track and Field Committee for 2010/2011
- Election of Track and Field Selectors for 2010/2011
- Consideration of Season's Programme for 2010/2011
- General Business
 - a) Relay participation at Inter Club events

The winter cross country season is in full swing. Below is the remainder of the winter cross-country and road season events. For a full list of results and information about races coming up, check out the Athletics Canterbury website

www.athleticscanterbury.org.nz

Many of our members have been participating with great success and are involved in positions of responsibility, such as involving organizing the races. Where would the sport be without 'us', so it is a shame that more masters athletes are not members of CMA.

This year the new computer chip timing system has been introduced, making it a lot easier to get results out quickly. Like all computer systems, it's great when it works well, but it is nerve-racking when problems arise during the running of an event, as Bernadette Jago, Dave Thomas and I found out at the Canterbury Cross Country Championship recently.

Below are some photos of our athletes competing in the Jane Paterson races, taken by Alan Gardiner.



From left to right:
Fiona Gilroy, start of men's race, Andrew Stark, Brian Keown.

Canterbury 2010 Winter PROGRAMME

For more details go to this website: www.athleticscanterbury.org.nz

	24	Canterbury Cross Country Championships
	31	Riverside Relays / Papanui ToCH U16 Relays
Aug	7	N.Z. CROSS COUNTRY CHAMPIONSHIPS – Waikanae
		Governors Bay to Lyttelton / Port Hills U17 Races
	14	Greta Valley Marathon Relay
	21	Canterbury Road Championships
	28	Timaru Round the Gorges Relay
Sept	4	N.Z. ROAD CHAMPIONSHIPS – Christchurch
	18	Takahe – Akaroa Relay
	19	Childrens Relays – Marylands Reserve
	29 (Wed)	New Brighton Pier 2 Pier Series begins
Oct	2	N.Z. Road Relay Championships - Inglewood
	13 (Wed)	Fronrunner Mizuna 5km Run / Walk Series begins
	17 (Sun)	Crater Rim Trail Run
	31 (Sun)	N.Z. Marathon Championships - Auckland
Nov	7	Shoe Clinic Half Marathon / Quarter Marathon / Run / Walk Canterbury Half Marathon Championships
	10 (Wed)	The Fronrunner Off Road Series begins (First Race - Mt Vernon Run Over)

Oceania Masters Championships, Papeete , Tahiti (4/7/2010 - 10/7/2010)

At the recent Oceania Masters Championships held in Tahiti, New Zealand was represented by 68 athletes, 12 of whom were Canterbrians. Below are their results.

Birgit Steltner	W55		
60m sprint	6th	10.89	
javelin	4th	16.28m	
triple jump	2nd	7.01m	
shot put	6th	6.33m	
high jump	2nd	1.12m	
long jump	2nd	3.09m	
weight throw	1st	7.67m	
pentathlon	4th	1852	
weight pentathlon	2nd	1721	
Lois Anderson	W60		
60m sprint	5th	10.46	
100m sprint	4th	16.74	
200m sprint	4th	35.23	
80 short hurdles	1st	17.92	
triple jump	1st	7.79m	
high jump	1st	1.09m	
long jump	3rd	3.46m	
heptathlon	1st	3582	
Faye Fyfe	W65		
8km Cross-country	-		
Barbara Bird	W70		
javelin	1st	20.96m	
weight pentathlon	2nd	2587	
Glen Watts	W70		
60m sprint	3rd	13.11	
100m sprint	3rd	21.30	
javelin	2nd	16.96m	
hammer throw	1st	25.04m	
triple jump	2nd	6.78m	
shot put	1st	7.18m	
discus	1st	19.03m	
weight throw	1st	10.71m	
weight pentathlon	1st	3353	



Andrew Reese competes in the 5000m on a hot and humid night.

Andrew Reese	M50		
5000m	8th	25:56.76	
half marathon	8th	2:11:28.00	
John Waite	M65		
800m	5th	4:13.19	
1500m	5th	8:30.25	
5000m	8th	28:52.34	
8000m X country	6th	50:09.00	
Bob Fyfe	M70		
8km cross country	4th	56:22.00	
Alan Hunter	M70		
high jump	3rd	1.00m	
long jump	3rd	1.73m	
shot put	4th	5.83m	
discus	3rd	18.67m	
hammer	3rd	19.03m	
javelin	3rd	17.93m	
weight throw	3rd	8.25m	
weight pentathlon	3rd	1541	
Bruce McPhail	M70		
60m sprint	3rd	9.76	
100m sprint	4th	15.57	
200m sprint	4th	33.44	
Ron Munro	M70		
60m sprint	2nd	9.46	
100m sprint	2nd	15.09	
200m sprint	3rd	31.77	
long jump	2nd	3.17m	
triple jump	2nd	7.07m	
Brian Senior	M70		
shot put	1st	10.77m	
discus	1st	32.12m	
hammer	1st	35.61m	
javelin	1st	25.23m	
weight throw	1st	13.84m	
weight pentathlon	1st	3178	
Pete Watts	M70		
1500m	2nd	9:15.97	
3000m walk	--	DNF	
10000m walk	3rd	1:32:59.00	

Lois Anderson reports ...

We travelled with others from Christchurch and met up with Australians in Auckland. It's always exciting to catch up with fellow athletes who we don't meet up with very much.

The heat of Tahiti met us with a bang as we stepped into the airport at 1.30 a.m. in the morning. The ukuleles were playing and we knew we were in a different island when a lei was placed around our necks.

Allen and I were excitedly waiting to meet up with an exchange student who had stayed at our house 23 years ago. She was entered in the half Marathon so we knew we would see her sometime.

Our accommodation was in a Western suburb and closer than some to the stadium. We were able to walk some days, but got picked up by free buses if we chose to go early in the morning or mid afternoon. The competition most days started late morning and went on to 7 p.m. most days.

Officials were committed to a team and were able to assist in other teams if they were not occupied for part of the day. Some people put in very full days with a very heavy lunch of steak and chips!! The heat was 30 plus every day and shade was very welcome for athletes and officials.

For athletes, preparing for an event was challenging as there wasn't a spare track nearby, but some people were able to jog in around a car park.

Most of us made the best of small spaces and the end of the track.

For many track events there were good fields, although the over all numbers competing were down. Many athletes took part in many events and this meant taking part in an individual event in the middle of a Pentathlon, thank goodness the two competing areas were close together.

The athletes were able to book into a round the Island tour the day after arriving and this was great to give us a feeling of where we were and the beauty away from the city. If only I could get a grip of the francs ratio, then

I would have been game to spend some money.

Most athletes in our complex ate Muesli and bread in their rooms and made a sandwich for later. We found edible bananas after a few days, as green ones are very popular with locals. Along the road from us there was a Carnival, which was running for the School holidays. By calling in there about 7 p.m. we could pick up a hamburger or a sandwich. On the last night, Birgit, Barbara and friends found where the Crepes were being made and they excitedly rushed along.

We washed our running gear in the shower and washed our teacups and plastic plates in the hand basin. You could tell which rooms Kiwi's or Ausies occupied by the shorts and t-shirts hanging at the doorway. At the Motel we had a great time-sharing experiences, but at the track we were rivals. Many of us picked up medals as the days went on, but others just coveted the engraved shell that was given to athletes and officials alike.

The day that we were taken to Morea Island for the day was a bonus. It was part of our registration package and included Ferry trip and buses to and from the boat. It was a mammoth task for them to feed 250 people and then we lay in the luke warm water, what bliss!

Over all we had a great time and catching up with our student friend after 23 years, as well as meeting her family, was a lovely bonus. We are hopeful that Leyla will travel to Tauranga for the next Oceania Games and we will see her again there.



NZ team members at the opening ceremony.



The welcome committee at the airport

The welcome committee at the airport



Free bus service, Tahiti style



The gardens of our accommodation



A view of our accommodation from the water



Welcome shelter from the heat



Accommodation meeting place



Birgit Steltner puts the shot



Glen Watts & Frances Bayler resting between events

Glen (left) and Lois resting between events



Birgit (above) and Lois (below) receive their medals



Ron Munro (below) competing in a relay race



Start of the men's cross country



John Waite reports

My wife, Nyala, and I were pleased to be included in the Port Hills / Canterbury Masters party attending Tahiti's Oceania Games in Papeete. We and six others - Pete and Glen Watts, Peter and Ray King, and Bob and Faye Fye - booked into Fare Suisse, owned and operated by Beni, a wealthy Swiss.

Until our arrival, we had believed that our accommodation was to be double bedrooms with shared bathrooms. Instead, we happily found that four new bedrooms had been built, all with ensuites. Three Canberra ladies shared our kitchen and indoor lounge space, plus our large open-sided, roofed dining/lounge area. Located close to the city centre on a hill and 45 minutes walk from the stadium (if the timetabled bus didn't appear!), the self-contained accommodation proved to be ideal.

One of our number before each breakfast, would purchase the freshly-baked French breadsticks which we enjoyed with cheese, plus fruit juice, tea and coffee, fruit etc. This do-it-yourself version was very satisfying, more so when compared to a nearby Resort breakfast offered at \$NZ90 pp!

Our party included the most active Glen Watts, who seemed to spend most of her time competing and winning medals (when not actually traveling to and from the stadium). Husband Peter, despite a recent hip replacement, competed in the walks and middle distance events. He too, was a medal winner (as were other competitors in our group). Bob Fye raced successfully in the track 5km and in an exhausting energy-sapping cross-country 8km event. Faye his wife, took on the cross-country race despite a very bad fall just prior to leaving Christchurch. Peter King graciously and without complaint, watched events from the sideline, being under doctor's orders not to compete. Wife Ray was (and is) the 'Master Chef'.

Keen to feed her friends, Ray (with Faye) worked wonders with the beef, local fish, vegetables, cheeses, spices etc to produce mouth-watering dishes each evening - dining hours being completely dependent on whatever time the shuttle buses disgorged

their human contents at the end of each day's events.

The dinners were a highlight, complemented by NZ wines carried from Christchurch (and plain old H₂O). The ensuing 'conversations' continued in the lovely outdoor setting, well into the nights. Nyala (my athletically-retired wife) and I participated at meal times by eating enthusiastically and along with others, were seconded to table-setting, dish-washing and other domestic chores. As for me, my results clearly show that I competed in and completed four events.

As a 'never-stayed-together-before' Port Hills group, we enjoyed each other's company. To retreat from the heat to our air-conditioned rooms (heat pumps for the indoor, fans for the outdoor) was a bonus, though we could never separate ourselves from the constant crowing of the many roosters, calling as they did the whole night through.

We left Papeete with many favourable impressions: the friendliness of the local people; their smiles and willingness to assist; the utter beauty of the natural landscape; lush bush, colourful and fragrant tropical flowers; coral reefs and lagoons; the enthusiasm of the local Masters' athletes.

This journey to a tropical island will remain forever in our memories as a thoroughly worthwhile experience.



The Port Hills Club members

Birgit Steltner reports

I am writing about the fantastic trip a group of enthusiastic athletes and I took to the beautiful island of Tahiti, to compete in the new stadium of Papeete, Tahiti's capital.

After leaving cold Christchurch and catching a quick, comfortable flight, we were greeted and welcomed by the lovely Tahitians and were given each a beautiful fragrant flower arrangement.

Have you ever dreamed of a marvellous fragrant paradise, with white or dark sand beaches and gorgeous weather with no clouds in the sky, it looks just like those pictures in a travel magazine, absolutely magnificent!

Tahiti and her islands are full of alluring dreaminess; an explosion of colors; your eyes are immediately drawn to the azure skies and turquoise lagoons.

Swaying palm trees and native flowers seemed to burst with colours, the local Tahitians are very friendly and happy and were quick to smile at us.

Our sports group went out food hunting, which happens once a year; it was a short walk from our hotel at the local fairground. Starting with crepes, huge barbecued steaks and fresh fish, the selection was vast and affordable.

After settling in to our hotels, we all took a day trip on the bus around Tahiti Nui with wonderful gardens, stunning waterfalls and the must see Gaugin museum. We also stopped for lunch in a restaurant at the beach where we took in the sights and ate amazing food.

In the harbour of Papeete was a kayak race, it was fascinating to see the speed at which the kayakers would propel through the water ... they seemed to be floating on air.

Some of the highlights of my trip were: Tahitian dancers at the opening ceremony in the stadium and also at the closing ceremony at Captain Bligh's restaurant.

When it was time to fly back home, I was

happy to have been able to experience such an incredible island.

Overall, this was an amazing trip and making friends that last a lifetime.



At the recent Oceania Masters Track & Field Championships Tahiti 3 July –10 July 2010, the following CMA records were achieved. The records were presented and passed at the last CMA Committee meeting.

60 Metres	M70	Ron Munro	9.46	CMA Electronic record only
60 Metres	W55	Birgit Steltner	10.89	CMA record
Hammer Throw	W70	Glen Watts	25.04 m	CMA record
Discus Throw	W70	Glen Watts	18.65 m	CMA record
Pole Vault	M70	Brian Senior	2.10 m	CMA record
Weight Pentathlon	W55	Birgit Steltner	1721 pts	CMA record. New age factors
Weight Pentathlon	W70	Glen Watts	3353 pts	CMA record. New age factors
Pentathlon	W55	Birgit Steltner	1852 pts	CMA record. New age factors
Heptathlon	W60	Lois Anderson	3582 pts	CMA record. New age factors

New Age Factors for Combined Events:

As from 1 May 2010 all Combined Events are being treated as new events for record purposes, as new Age Factors for Combined Events came into effect. Old records will be closed, but shown alongside the new records / new best performances. At some point, a decision will need to be made about what is done with the old records.

Similar action is required for the W75+ Shot Put, Hammer Throw and Weight Throw, M80+ Long Hurdles and the M60-69 100 metres Hurdles.

On checking the scoring on the above Combined Events, I uncovered some small differences in the scoring as shown in the official results and that of my computer programme and manual calculations. Both of my calculations agreed, but disagreed with the official results. As the official results did not show any adjusted performances, I could not ascertain where the differences occurred.

A similar situation arose in 2006 when the Sportscore Programme took sometime to produce the right results. e.g. Glen Watts' Weight Pentathlon score should be 3350 points, but I have taken the official result of 3353 points at this stage for record purposes.

Glen's Weight Pentathlon performance in my view would be the best of our CMA members at the championships when calculated using the previous age factors, as her result was 3663 points which beats the NZMA record 3659 points.



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



DIY Home Tuition
Mathematics Student Workbooks
www.awsresources.co.nz
FREE Sample pages available - Order on-line
 Written in NZ for NZ
 plus, a full desk-top publishing service available, including photocopying, creating business cards, flyers, booklets and more

Contact Andrew Stark 03 338 0516

... more photos from Tahiti taken by Alan or Lois, John or Nyala and Birgit.



At both the Canterbury and NZMA Track & Field Championships held at QEII last season, several members and family of the Church clan competed.

In this photo, standing in order from left to right are three sisters Alison Wright, Diane Underwood and Beverley Church.

Seated is Beverley's husband Glen and their daughter, Nicola Jennings, is standing on the far right.

Rick Davison is standing at the back and his wife Anne, is standing second from the right. Anne is a niece of Glen and Beverley.



The photo below is of Rona Smith with one of her great grand children, Josh. Rona is the mother of Alison, Diane and Beverley and grand mother of Nicola.

How did it all start? when Nicola was competing as a teenager about 19 years ago, Bev thought she could 'give it go'. She introduced Glen, then mother Rona and Diane. If you look through the Canterbury W75+ throwing records, you will see that Rona holds 16 records, 7 of which are also NZMA records.



More recently, Rick has returned to the sport having been absent for many years. He has had great success creating both CMA and NZMA records in various throwing events. While Anne does not compete, she has become a very important and well respected official.

Now that Nicola has joined the masters ranks, the circle is complete. She is enthusiastic and gives encouragement to all. Alison has joined the team this year as a new athlete.

While Rona has retired at the age of 91 years, the good news is that there are still plenty of family members to continue the tradition.

Footnote: I hope Beverley does not mind me saying this, but recently she fell heavily, knocking herself out and requiring stitches in her head. This has left her feeling 'not that great'. On behalf of CMA, I hope you return to full health soon. - 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

Exercise is Medicine

Services Include:

- Medical
- Physiotherapy
- Rehabilitation
- Acupuncture
- Nutrition
- Podiatry
- Exercise prescription
- Training programmes
- Mental conditioning
- Chiropractic
- Altitude simulation
- Fitness testing
- Aquatherapy

30th ASCOT PARK HOTEL SOUTH ISLAND
MASTERS ATHLETICS
TRACK & FIELD CHAMPIONSHIPS
Surrey Park, Invercargill 3 - 5 December 2010

Looking for somewhere to stay? Support our sponsor.



Situated less than 1km from the Athletics Stadium, the Ascot Park Hotel is Invercargill's largest hotel, offering both motel and hotel accommodation.

Ascot Park Hotel Invercargill offers superb dining in **Emberz Restaurant** as well as a **choice of bars** to relax in after a busy days athletics. Or why not take advantage of the other fantastic facilities to ease those tired muscles after a hard day at the track. Ascot Park Hotel offers excellent facilities such as an **indoor heated swimming pool, spa, sauna, and fitness area.**

They offer superb accommodation with 92 first-class hotel rooms, including 5 deluxe studios, 2 suites, 12 one bedroom apartments and 24 additional motel units.

They are offering a special deal for all our members:-

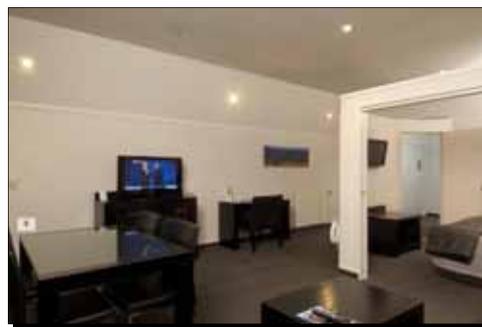
Motel units \$95

Hotel rooms from \$140

When booking just quote this special Athletes only discount code. **# 2243**

Contact Katie Robertson, Reservation Manager, (03) 219 9302 or email Katie@ascot.ilt.co.nz

Visit www.ascotparkhotel.co.nz to see more.



COMPETITION PROGRAMME

YORKSHIRE LICENSEE

Friday 3 December

TRACK			FIELD		
Time	Event	Grade	Time	Event	Grade
6.00pm	Hurdles	M/W	6.00pm	Weight Throw	W
				Triple Jump	M/W
6.30pm	3000m	M/W	6.30pm	Pole Vault	M/W
			7.00pm	Weight Throw	M

Saturday 4 December

9.00am	1500m	M	9.00am	Shotput	W30-59
				Long Jump	M30-49
				Discus	W60-69
				Javelin	W70+
9.30am	1500m	W	9.30am	High Jump	M50+
10.00am	100m	M/W	10.00am	Long Jump	W60+
				Shotput	M70+
				Javelin	W60-69
				Discus	W30-59
10.30am	3000m Track Walk	M/W	10.30am	High Jump	W30-59
11.00am	400m	M/W	11.00am	Shotput	M60-69
				Hammer	W30-69
				Discus	M30-59
				Javelin	M70+
				Long Jump	M50-59
12.15pm	LUNCH BREAK - Welcome & Announcements - Delegates Meeting - South Island Masters AGM				
1.00pm	800m	M/W	1.00pm	Shotput	W60+
				Hammer	M30-59
				Discus	M60-69
				Javelin	W30-59
				High Jump	M30-49
			1.30pm	Long Jump	W30-59
2.00pm	200m	M/W	2.00pm	Hammer	M60+
				Discus	W70+
				Javelin	M30-59
				High Jump	W60+
			2.30pm	Long Jump	M60+
2.45pm	800m Pentathlon	W	2.45pm	Javelin	M60-69
	1500m Pentathlon	M		Shotput	M30-59
				Discus	M70+
3.15pm	4 x 100m Relay	M/W			
3.30pm	3000m Steeplechase	M			
4.00pm	2000m Steeplechase	M/W			

Sunday 5 December

10.00am	5000m	M	8.30am	Throws Pentathlon	W30-59
10.45am	5000m	W	9.00am	Throws Pentathlon	W60+
11.15am	5000m Track Walk	M/W	9.30am	Throws Pentathlon	M

Athletes Information

RACE PACKS

Pick up race packs from the St Pauls Clubrooms Surrey Park
5-7pm Friday & 8-10am Saturday.

SATURDAY DINNER

This will be held at the Invercargill Workingmen's Club - Esk Street
 Invercargill @ **6:30pm Saturday 4th December 2010.**
 Use the East side entrance.

SUNDAY BBQ

There will be a complimentary BBQ at **11.30am.**

ACCOMMODATION ENQUIRIES:

Nikki Buckley - *Marketing Executive*
Invercargill Licensing Trust
 Tel: 03-211 3765 (DDI) or 03-211 3640
 Fax: 03-214 4418

30th ASCOT PARK HOTEL SOUTH ISLAND MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS

Surrey Park, Invercargill | 3 - 5 December 2010



Surname	<input type="text"/>		First Name	<input type="text"/>	
Postal Address	<input type="text"/>		Telephone No.	<input type="text"/>	M/F
			Date of Birth	<input type="text"/>	Age Grade
			Centre	<input type="text"/>	NZMA No. 2010/11
Email	<input type="text"/>		Signed	<input type="text"/>	Date
				<input type="text"/>	<input type="text"/>

I declare that I am a financial member of NZMA for the 2010/11 year. Neither the organisers, the sponsors, nor other parties associated with the events shall have any responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

Tick events entered		(Check the programme for correct events for your age group)
<input type="checkbox"/>	100m	Long Jump
<input type="checkbox"/>	200m	Triple Jump
<input type="checkbox"/>	400m	High Jump
<input type="checkbox"/>	800m	Pole Vault
<input type="checkbox"/>	1500m	Shot Put
<input type="checkbox"/>	3000m	Discus
<input type="checkbox"/>	5000m	Javelin
<input type="checkbox"/>	80m Hurdles	Hammer
<input type="checkbox"/>	100m Hurdles	Weight Throw
<input type="checkbox"/>	110m Hurdles	Pentathlon
<input type="checkbox"/>	2000m Steeplechase	Throws Pentathlon
<input type="checkbox"/>	3000m Steeplechase	
<input type="checkbox"/>	3000m Track Walk	
<input type="checkbox"/>	5000m Track Walk	

We need your help. As with most centres we have good keen band of officials but we need outside help. If you have an official grading this is fine but by no means essential.

OFFICIALS REGISTRATION
NZMA Fee
Address
Phone No
Email
Grading
Preferred Event(s)
2nd Choice
3rd Choice

ENTRIES CLOSE - 15 November 2010

CHEQUES PAYABLE TO
Southland Masters Athletics

ENTRIES AND ENQUIRES TO
Southland Masters Athletics
33 Lewis Street, Invercargill

NOTES -
3000m & 5000m track runners & walkers - please arrange your own lap scorers.

AGE GROUPS -
From 30+ for both men & women. Age as at the first day of competition (even if you do not actually compete on the first day of competition).
Remember to wear the correct colour patch as listed below on the top rear of your singlet:

30+ Light Blue, **35+** Light Green, **40+** Gold, **45+** Black, **50+** Red, **55+** Emerald Green, **60+** Royal Blue, **65+** Yellow, **70+** Lilac, **75+** Maroon, **80+** Orange, **85+** White, **90+** Brown.

ENTRY FEES	
NZMA Fee	\$ 10.00
First Event @ \$6.00	\$ 6.00
Each additional event @ \$4.00	\$
Multi Events @ \$6.00	\$
Saturday Lunch	\$ 8.00
Saturday Dinner	\$ 25.00
Total Enclosed	\$

