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Cant-A-Long

April 2010

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President's Report



Letters / E-mails to the Editor



A Season in Review



**CMA, QEII Interclub, Link Relay
& Championship Meeting Results**



**Summary of the 2009 / 2010 CMA
& NZMA Records**

**Canterbury Winter Cross
Country Programme**



A note from the editor ... Andrew Stark

It seems a long time since the last Cant-A-Long was produced. However, I seem to have been doing nothing but work on or think about athletics stuff all year.

Due to the work involved getting ready for the NZMA Championships, the committee agreed to delay this issue, but it is finally completed. I am looking forward to a break, whereby I can get back to doing my 'real job'.

In this issue, I have reported on the results of CMA, NZMA and Interclub meetings, highlighting the performances of our members. I have introduced a letter / e-mail to the editor section. I hope you will use this area to ask questions or express any concerns you have or offer praise for 'jobs' well done.

In the next issue, I would like to introduce a section for CMA members who live outside the greater Christchurch region, wherein we can report on what our members in those areas have been up to.

I would also like to introduce a coaching section, so if you have any thoughts as to what could be included, please let me know.

I am also looking for fellow athletes or supporters to come on board as 'reporters'. If you don't think you can write, that's okay as I will prepare a brief document that will outline how to 'write an article', using a series of headings. It's not too difficult, once you get started and I would appreciate your help. Also remember that a picture tells a 1000 words, so if you take photos of our members in action, I am always pleased to receive them as well.

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)



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.

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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**

Welcome to new members

At the time of compiling this newsletter, we had 155 registered members of CMA.

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

Nigel Anderson
Jonathan Black
Michael Bond
Kit Chambers
Murray Clayton
Don Garland

Fiona Gilroy
Greg Harney
Rodney Herrick
Darren Hoolahan
Don Mitchell
Lyn Osmers

Beverley Peterson
Neville Reid
Anthony Rogal
Michael Van der Colk

Letters / E-mails to the Editor

A job well done,

On behalf of myself and the other Greymouth Masters athletes who attended the both Canterbury and NZ Masters Championships, I would like to say it was a job well done and most enjoyable to be part of.

We hope to generate a little more interest in our Masters athletes next year and look to compete when ever possible.

Please pass on our appreciation to the team.

Regards,
Jack O'Connor
Greymouth Athletic Club President



Here is Jack in action at the recent NZMA Championships where he won the 400m hurdles, setting a CMA, NZMA & Championship record of 60.54.

He also won the 400m.

Hi everyone,

You all are no doubt physically and mentally exhausted after the long weekend.

I'd just like to voice my appreciation to all of the organisers, officials and various helpers that made this event memorable.

With no disrespect to the other centres that have hosted the champs in previous years, I can now say that I have experienced the 'Rolls Royce' of masters championships.

When Canterbury took over the event at the eleventh hour, I'm sure no one would have been critical if there had been some compromises made. On the contrary - the quality of the entire event was absolutely first class. From the facilities, right down to the finer details, it seemed that nothing had been overlooked. You are lucky to have such great facilities at QEII and we in Auckland are envious of your stadium and 'state of the art' equipment.

I would also like to personally thank the entire crew, who not only ran the show with such efficiency, but were also very friendly and made me feel welcome and part of the team. We were all certainly well looked after in regards to meals etc and it was really appreciated.

My compliments too, for the way that Bryan ran such a tight ship. From my perch up in the photo finish room, I could see Bryan controlling the proceedings from his wheelchair, and it reminded me of Captain Kirk on the bridge of the Enterprise (for those of you that can remember Star Trek). Because I was helping behind the scenes, I saw the occasional minor glitch, but they were handled so quickly and efficiently that the rest of the competitors would have been blissfully unaware of them.

Our next challenge in Auckland is to host the national champs in 2012. I know that we won't be able to match the standard that Canterbury has set, but if we can emulate at least some of it, we will be on our way to doing a good job.

It was such a pleasure to participate in these champs and again I thank you all for the hard work that you put in to make this weekend one to remember.



Regards,

John Campbell
President
Auckland Masters Athletics

*John won both his M45 races, 100m & 200m.
Between races he helped out in the photo finish area.*

On behalf of the LOC, I would like to thank Jack and John for their positive comments - Andrew Stark

The 2009 / 2010 track & field season is all over. On a personal note, it's not one that I will remember for my running, as I spent most of this year watching from the sideline due to an injury.

However for several reasons, it was one of the most enjoyable seasons I have had. Being a runner and at the risk of upsetting those who compete in field events, the sporting highlights for me were watching Richard Bennett (M45) run a 3000m race in 8:40.48 (92.91%) which was a CMA & NZMA record. However, even more impressive was watching Tony McManus (M60) run a 4:28.61 (97.76%) 1500m and get within a second of the World record (4:27.65), held by another New Zealander, Ron Robertson.

I share his disappointment in getting so close. In this attempt he was helped by Richard Bennett, Joe Ford, Malcolm Cornelius and Anthony Rogal and the effort they all put in was obvious by their various states of fatigue at the end of the race. Well done boys and I'm sorry I was not there to help. See the photos on page 15.

Both Richard and Tony's races were run on the same night as the international meeting starring Nick Willis, but do you think Richard and Tony got a mention in the paper??? Not a word ... but for those in the know, these two performances were just as exciting as the so called feature events.

Earlier in the season, at the Canterbury Open Championships, several masters athletes lined up the B Grade 1500m final, including me (Richard Bennett ran the A grade final). While my run was less than memorable, Tony ran another great 1500m in 4:28.90, narrowly missing the world record. At the NZMA championships, running solo on the Saturday morning, having raced the 5000m on the Friday night, he ran 4:29.01. Unfortunately another narrow miss! However, he did break the world M60 mile record earlier in the season, setting a new time of 4:53.29.

Incidentally, the entire field of the B Grade Canterbury Open 800m Championship final was made up of masters athletes, won by Joe Ford ... what does that say about the standard of athletics in Canterbury?

If you are looking for inspiration, what more inspiration do you need than to watch the likes of Shirley Peterson, Ian Brownie, Stan Gawler, Maurice Cook, Dave Leech, Bob Boland, Ron Stevens and our other 'mature' athletes compete. You have my upmost respect and admiration.

Shirley Peterson continues to defy the odds by competing in the triple jump, an activity that puts immense strain on your knee during the step phase (just ask her daughter!). On three occasions she has broken the CMA & NZMA record, the last two jumps also being World records. One of Shirley's most exciting races of the season was the 200m at the NZMA Championships, where she battled Marcia Petley (photo page 19) all the way up the straight. Her time of 44.70 was faster than the W80 world record, but unfortunately there was a +2.4 tail wind, so the record was not allowed.

Who says you can't teach an old dog new tricks. The photo of Ian Brownie nearing the finish of his 80m hurdles race displays perfect running form that much younger athletes would be proud of. It just goes to show that practice does make perfect, even if it has taken Ian a while to master it. As Ian races the hurdles, I can feel myself holding my breath as he jumps each flight and I'm sure I'm not the only one. I jokingly asked him if he had a doctor's certificate to allow him to do that ... he just laughed. Ian also defended his CMA pentathlon title this year ... and was successful.



Ian Brownie in action ... 80m hurdles finish.

Stan Gawler is another quiet achiever. One day I came across Stan running up Major Hornbrook Road, which is a challenge for anyone, let alone one who is over 80 years old. Stan competes regularly in the longer track events and methodically goes about the 'business' ... lap, after lap, after lap, He has set numerous records this season as listed on page 21.

Maurice Cook has had a quiet season this year, which I assume is due to injury or pacing himself (I apologise if that's not correct Maurice), but has been seen helping out at meetings. However he competed in four events at the NZMA Championships and combined with Ian Brownie, Stan Gawler and Stan Cotton to compete in a 4x 1 mile event at Max's meeting, our final CMA meeting for the year.

Dave Leech has been the benchmark for throwers in the Canterbury region since I first came on the scene in the late 70's, with his preferred events as a master being the hammer and weight throws. While he performs, Pat records. His involvement with CMA has been recognized this year with him being added to our list of life members. Dave has had both hips replaced, the last one having been done in June. This has meant that he has 'slowed down a bit' lately, but he was there at our NZMA Championships, so well done Dave.

It would be fair to say the Bob Boland made a guest appearance at the NZMA Championship. At aged 87, just making the straight line once would be an achievement, but Bob competed and set CMA records in the 200m, 400m and 800m. All that secret training obviously paid off, so well done.

Ron Stevens is another well performed 'mature' athlete, who seems to improve with age. He has set

two SIMA and three CMA & NZMA records for his favoured events, the 3000m, 5000m and 10000m. Last season I remember him racing more over the shorter distances, with great success. Does that mean I should do the same and move up?

A slightly less mature woman, Iris Bishop has just moved up to W75 and has been a regular attendee at CMA meetings. She has been rewarded for her efforts by setting five CMA records this season.

Of our 'younger' athletes, Rick Davison (M60) is our best performed thrower and he deserves a mention for his achievements throughout the summer. He started competing in mid October at the Sydney Masters Games, where he won three medals, setting two CMA records (hammer and weight throws) and setting a CMA & NZMA record in the Weight Pentathlon. While he did have a quiet period over Christmas, he came back strongly to finish the season by breaking his own CMA & NZMA Weight Pentathlon record on April 5th at the NZMA championships. A full list of all his record breaking performances are on pages 20 & 21.

Stephen McKee (M50), whose interest in competing was rekindled due to coming down each week to watch his son, has had a new lease on life since turning 50 in December. I remember him back in the 80's competing alongside his brother. This season he has broken six records, many of them being both CMA and NZMA records, in the events 60m, hurdles, triple jump, pole vault and shot put. He also won the Canterbury Open Decathlon Championships. I watched him compete in the NZMA Championships Weight Pentathlon and couldn't help but think he had a slight disadvantage because of his size or lack of. I had trouble rolling back the shot, let alone putting it and there are not many weight throwers who high jump.

Being a runner, I used to turn up, race and disappear. Once I decided to stop racing in mid February due to an injury, I turned my full attention to helping organise the NZMA Track & Field Championships. This was my first experience of organising an athletics meeting. The LOC had a balance of established and new members, with Kevin Jago as chairman. Bernadette Jago and I undertook the task of learning how to run an athletics meeting using Sportscore and by the time the meeting occurred, we had it 'all under control'. We in Canterbury are very fortunate to have the experience and expertise of Bryan Kerr, who did the lion's share of the work, using his various contacts to ensure we had access to QEII when needed and a 'merry band' of officials / helpers organised to run the meeting. This was not an easy task as our meeting coincided with an athletics meeting in Invercargill.

Without Bryan's help, the job would have been a lot more difficult for all on the LOC. I would particularly like to thank him for all the help and guidance he gave me, as the 'new boy', in the weeks leading up to the event. Since being involved, I have a much greater appreciation of what is required to run a meeting. I can now understand why people enjoy officiating as there is a real sense of satisfaction when the job is done well and you know the athletes appreciate your efforts.

Helping organise the meeting was my personal highlight of the season and the creation of the

programme booklet and certificates were jobs I particularly enjoyed. To see all the hard work come together on the day as the meeting ran without any major problems, was most rewarding. The QEII stadium is well designed, whereby the officials and athletes can mix together easily... making these the 'friendly games', which I trust those who attended all enjoyed.

Andrew Reese also deserves special mention, as without his willingness to 'be there' to organise and get out the field event equipment, the meeting would not have run so smoothly.

I hope you all enjoy the winter ... well as much as you can ... and make use of the time so that you can embark on next season with renewed energy and enthusiasm.

P.S. Good luck to those athletes going to Tahiti. Remember to take plenty of photos and write a report for Cant-A-Long about 'your adventures'.

Bill Newton's poem

Lament of an Old Thrower

*The discus was a graceful sling,
It's now a wobbly, awkward fling.
I try to get the Grecian pose,
But sometimes end up on my nose.
Where are the throws of yesteryear?*

*The strength and speed that was the shot,
Has now all sadly gone to pot.
The glide is now a clumsy stumble,
And now and then I take a tumble.
Where are the throws of yesteryear?*

*And when I throw the deadly spear,
I hurl it far, it lands quite near.
I try to give a mighty launch,
What gets in the way, is it my paunch?
Where are the throws of yesteryear?*

*The weight and hammer that I swing,
Don't give me much of anything.
I hurl hard and swing them fletcher,
The gain - another centimetre!
Where are the throws of yesteryear?*

*But as I age and death comes near,
The lighter weights give me some cheer,
And I go and sort out my gear.
Oh, where are the throws of yesteryear?*

Here is Bill with Ada Birtles at the CMA Championships, showing off her achievement certificate she received at the SIMA Championships.



Bill unfortunately was unable to compete at the NZMA Championships due to illness. I hope you are getting back to full health.

CMA Meeting, Interclub & Championship Results 2009 / 2010

Wednesday January 20th 2010

The field event results for this meeting were listed in the last Cant-A-Long.

60m

W16	Jaqui Barnfield	10.4
W60	Lois Anderson	10.6
W80	Shirley Peterson	13.0
M30	Samir Yousuf	7.9
M45	Craig Wenmoth	8.2
M50	Steve McKee	8.5
M55	John Stone	9.2
M60	Kit Chambers	8.9

100m

W16	Jaqui Barnfield	16.6
M30	Samir Yousuf	12.4
M45	Craig Wenmoth	13.2
M50	Steve McKee	13.5
M55	John Stone	15.0
M60	Kit Chambers	14.2
M70	Bruce McPhail	16.0
M75	Max Wood	17.5

200m

W60	Lois Anderson	36.3
W60	Gwen Papps	53.4
W65	Margaret Fraser	46.2
M45	Craig Wenmoth	28.5
M55	Jeff Barnfield	28.2
M55	Maurice Gough	36.1
M60	Kit Chambers	30.0
M60	John Mulvaney	37.0
M65	Neil Papps	47.3
M70	Bruce McPhail	36.4
M75	Max Wood	34.9

400m

M75	Max Wood	81.4
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800m

W60	Loris Reed	2:58.1
W60	Margaret Fraser	4:02.2
M55	Maurice Gough	2:46.0
M60	John Mulvaney	2:58.6
M65	Neil Papps	3:46.2

3000m

M50	Tom Reihana	14:10.7
M55	Maurice Gough	14:11.0
M65	Jos Galavazi	14:36.0
M65	Allan Gardiner	15:27.8
M60	John Mulvaney	16:10.2
M75	Brian Keown	18:28.4

Saturday 23rd / Sunday 24th January 2010

Decathlon

			Points
M50	Stephen McKee		
1	100m	13.67	360
2	Long Jump	5.24m	429
3	Shot Put	10.28m	502
4	High Jump	1.53m	411
5	400m	63.17	312
6	110m hurdles	19.14	420
7	Discus	28.45m	434
8	Pole Vault	3.60m	509
9	Javelin	34.83m	368
10	1500m	5:46.44	322

4067 pts



Stephen McKee in action

Saturday January 31st 2010

Shot Put

		Best Throw
W45	Lynn Osmers	8.68
W60	Ada Birtles	6.83
W70	Barbara Bird	6.84
W70	Iris Bishop	4.74
M60	Rick Davison	10.44
M75	Bill Newton	8.38
M80	Dave Leech	7.56

Weight Throw

W60	Ada Birtles	9.47
W70	Barbara Bird	6.38
W70	Iris Bishop	5.13
M60	*Rick Davison	16.72
M75	Bill Newton	10.54
M80	Dave Leech	12.28

* CMA record

No track results were provided.

Women's Pentathlon	100m	Shot	LJ	Javelin	800m	Total
Lyn Osmers		9.13				
Age Factors (W45)		1.3173				
		12.02				
		662				662
Birgit Steltner	17.25	6.43	3.11	13.90		
Age Factors (W55)	0.8127	1.5191	1.3502	1.5450		
	14.02	9.76	4.19	21.47		
	601	514	352	316		1783
Lois Anderson	16.81	6.56	3.12	12.15		
Age Factors (60)	0.7744	1.6782	1.4596	1.7460		
	13.02	11.00	455	311		2113
	766	595	441	311		
Beverly Church		7	2.02	17.78		
Age Factors (60)		1.6782	1.4596	1.75		
		11.74	2.94	31.04		
		644	97	496		1237
Gwenn Papps	25.12					
Age Factors (W60)	0.7744					
	19.46					
	39					39
Allison Wright		5.11	1.69	13.70		
Age Factors (W60)		1.6782	1.4596	1.79		
		8.57	2.46	23.02		
		436	29	362		827
Barbara Bird						
Age Factors (W70)		2.1227	1.742	2.22		
		14.37	4.05	42.72		
		819	319	720		1858
Men's Pentathlon	LJ	Javelin	200m	Discus	1500m	Total
Jeff Barnfield	4.15	28.43	27.81	16.34		
Age Factors M55	1.3417	1.4059	0.8325	1.0984		
	5.56	39.96	23.16	17.94		
	494	442	770	234		1940
Maurice Gough	3.45	14.30	33.75	13.05	5.46.35	
Age Factors M55	1.3417	1.4059	0.8325	1.0984	0.8181	
	4.62	20.10	28.10	14.33	4.43.44	
	312	163	370	168	659	1672
Bruce Savage			42.94	15.02		
Age Factors M75			0.6925	1.6217		
			29.74	24.35		
			266	355		621
Max Wood		11.47	33.07	13.35		
Age Factors M75		2.0098	0.6925	1.6217		
		23.05	22.91	21.64		
		203	794	303		1300
Bill Newton		23.77		20.97		
Age Factors M75		2.0098		1.6217		
		47.77		34.00		
		556		544		1100
Ian Brownie	3.07	12.89	40.87	18.21	8.48.79	
Age Factors M80	2.0506	2.0612	0.6355	1.9033	0.6236	
	6.29	26.56	25.98	34.65	5.29.76	
	650	251	526	557	401	2385

Held Sunday 24th February 2010 at QEII

Saturday February 6th 2010

CMA Masters athletes joined 'young' athletes to compete in the 3000m championships, but as is often the case, masters athletes made up most of the field.

CMA 3000m Championship Results

W40	Lisa McGoldrick	11:11.70
M40	Malcolm Cornelius	10:25.37
M40	Richard Mallock	10:43.04
M45	Dave Collie	10:07.56
M45	Nigel Anderson	10:46.64
M50	Clive Kitchingman	10:31.22
M50	Michael Kelly	11:47.07
M60	Peter Larkin	10:34.54
M60	Don Mitchell	11:51.08
M60	John Mulvaney	14:29.86
M65	Neville Reid	11:52.44
M65	John Eastmond	13:48.65
M65	Allan Gardiner	15:30.80
M70	Eric Saxby	13:59.44
M75	Ron Stevens	12:19.68



The 3000m competitors do battle in warm conditions at QEII.



Below are the inter-club results. Malcolm Fraser was attempting to break Max Wood's 400m record, but an upper hamstring injury forced him to stop after 300m. The injury ended Malcolm's season.



100m

M35	Jonathan Black	12.38
M70	Malcolm Fraser	14.86

800m

M40	Darren Hoolahan	2:03.68
M45	Richard Bennett	2:05.65

1500m

M45	Joe Ford	4:19.96
M50	Andrew Stark	4:27.56
M60	Tony McManus	4:40.41

High Jump

M50	Stephen McKee	1.50m
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Pole Vault

M50	Stephen McKee	1.50m
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Shot Put

M55	Jeff Barnfield	7.77m
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Sunday February 7th - CMA Weight Pentathlon Championships

The weight pentathlon championships were held at QEII in cool conditions. Photos taken by Jackie Barnfield.

		Hammer	Shot	Discus	Javelin	Weight	Total
Steve McKee		21.08	10.05	28.52	32.17	7.54	
Age Factors	M50	1.1656	1.1468	1	1.279	1.1123	
		24.57	11.52	28.52	41.14	8.38	
		264	577	435	459	362	2097
		264	841	1276	1735	2097	
Terry James		20.63	8.58	22.52	14.51	7.99	
Age Factors	M50	1.1656	1.1468	1	1.279	1.1123	
		24.04	9.83	22.52	18.55	8.88	
		256	475	320	142	390	1583
		256	731	1051	1193	1583	
Jeff Barnfield		15.15	7.84	17.96	25.82	7.25	
Age Factors	M55	1.2992	1.2736	1.0984	1.4059	1.2105	
		19.68	9.98	19.72	36.3	8.77	
		187	484	267	389	384	1711
		187	671	938	1327	1711	
Rick Davison		43.68	10.18	37.67	32.35	14.53	
Age Factors	M60	1.4058	1.2703	1.1232	1.4804	1.1392	
		61.4	12.93	42.31	47.89	16.55	
		866	663	712	557	824	3622
		866	1529	2241	2798	3622	
Bryan Slattery		18.05	6.77	23.15	19.84	7.9	
Age Factors	M70	1.6112	1.3017	1.4127	1.7461	1.2943	
		29.08	8.81	32.7	34.64	10.22	
		336	414	518	365	464	2097
		336	750	1268	1633	2097	
Alan Hunter		19.76	6.61	17.47	13.96	8.05	
Age Factors	M70	1.6112	1.3017	1.4127	1.7461	1.2943	
		31.83	8.6	24.67	24.37	10.41	
		380	402	361	221	475	1839
		380	782	1143	1364	1839	
Bill Newton		23.67	8.15	22.36	23.13	9.48	
Age Factors	M75	1.8749	1.5	1.6217	2.0098	1.4735	
		44.37	12.26	36.26	46.48	13.96	
		584	622	589	537	676	3008
		584	1206	1795	2332	3008	
Dave Leech		22.89	7.4	19.25	13.09	11.57	
Age Factors	M80	1.9497	1.5486	1.9033	2.0612	1.573	
		44.62	11.45	36.63	26.98	18.19	
		588	573	596	257	918	2932
		588	1161	1757	2014	2932	



From left to right,
Rick Davison,
Terry James
and
Bryan Slattery
in action.



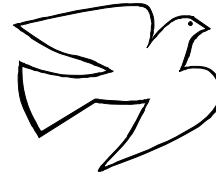
From left to right,
Glen Watts,
Alison Wright
and
Birgit Steltner
in action.

		Hammer	Shot	Discus	Javelin	Weight	Total
Nicola Jennings		18.6	7.52	0	22.87	7.93	
Age Factors	W30	1.0125	1	1	1	1.1699	
		18.83	7.52	0	22.87	9.27	
		255	368	0	342	448	1413
		255	623	623	965	1413	
Birgit Steltner		19.17	6.37	11.58	12.78	7.17	
Age Factors	W55	1.3745	1.5191	1.4348	1.545	1.3601	
		26.34	9.67	16.61	19.74	9.75	
		414	0	0	0	478	892
		414	414	414	414	892	
Ada Birtles		19.49	6.78	16.78	16.23	9.19	
Age Factors	W60	1.5256	1.6782	1.5918	1.746	1.2741	
		29.73	11.37	26.71	28.33	11.7	
		487	619	401	445	597	2549
		487	1106	1507	1952	2549	
Alison Wright		16.96	5.58	11.55	10.38	7.56	
Age Factors	W60	1.5256	1.6782	1.5918	1.746	1.2741	
		25.87	9.36	18.38	18.12	9.63	
		404	488	249	254	470	1865
		404	892	1141	1395	1865	
Lyn Donaldson		20.65	6.37	13.82	15.8	8.87	
Age Factors	W60	1.5256	1.6782	1.5918	1.746	1.2741	
		31.5	10.69	21.99	27.58	11.3	
		526	575	314	431	572	2418
		526	1101	1415	1846	2418	
Glen Watts		24.58	6.86	19.68	16.34	9.96	
Age Factors	W65	1.7141	1.8744	1.7874	1.9559	1.4307	
		42.13	12.85	35.17	31.95	14.24	
		758	717	561	514	754	3304
Diane Underwood		16.95	5.22	12.62	12.01	6.49	
Age Factors	W65	1.7141	1.8744	1.7874	1.9559	1.4307	
		29.05	9.78	22.55	23.49	9.28	
		473	515	324	354	449	2115
Barbara Bird		16.09	6.84	12.49	19.93	6.35	
Age Factors	W70	1.9557	2.1227	2.0379	2.2231	1.6312	
		31.46	14.51	25.45	44.3	10.35	
		525	828	377	750	514	2994
Iris Bishop		14.37	4.81	10.99	10.46	5.46	
Age Factors	W70	1.9557	2.1227	2.0379	2.2231	1.6312	
		28.1	10.21	22.39	23.25	8.9	
		452	543	321	349	426	2091

Saturday February 13th 2010

A quiet day for masters athletes, most probably because our CMA Track & Field Championships were on the next day.

	Triple Jump	Best Throw
W80	Shirley Peterson	5.30m
	Pole Vault	
M50	Stephen McKee	3.60m
	800m	
M50	Andrew Stark	2:07.69
	3000m	
M50	Anthony Rogal	10:24.09



At the time of writing this edition of Cant-A-Long, I was informed that Dave Tucker passed away on Saturday.

Our behalf of CMA, I would like to express our sympathy to Dave's family.

Sunday February 14th 2010 - CMA Track & Field Championships

Lois Anderson

Sunday 14th February was the day for the Championships this year. It always seems to come around earlier than we're prepared for.

This year there were 60 athletes competing and many competed in several events. It made for a busy schedule as many competitors hurried from a track race to a throwing event. Those seen rushing about were Birgit Steltner and Lois Anderson.

Having Centre officials assisting us was a bonus as we often feel like the ones on the fringes of the sport. Pat Leech and Ann Davison were officiating for us as they do on many occasions.

In the throws, many athletes put out very good performances. Being new in a grade is always a great time to put on a spurt of energy and this paid dividends for Barbara Bird in the W70 javelin. She threw 20.33m, this being a new CMA record.

Iris Bishop competed in all the throws and got a Canterbury record in the W75 shot put, hammer throw and throwing a commendable 11.44m in the discus. The three 'Smith sisters' were seen to be having keen competition in their grades as well.

Rick Davison was very pleased with his throws and he did especially well in the discus. Geoff Barnfield was also very pleased with his improvements in the throws. Fresh from getting a medal at the Sydney Masters Games in the Pentathlon, he has new enthusiasm for the sport.

Steve McKee continued to produce consistent performances. In the M50 pole-vault, his 3.60 was a new CMA record, but just short of the NZMA record of 3.70m, which I am sure was his goal. In the triple jump, he achieved a CMA and NZMA record of 11.44m. In the 100m hurdles, his time of 17.68 was another CMA record. Well done.

Another athlete performing particularly well this season is Shirley Peterson. She achieved a NZMA and CMA record in the long jump with a jump of 2.60m and in the 100m her time of 21.12sec was another CMA record. Louise Scott, a new athlete to our province ran some great sprint times. Her time of 49.28 seconds in the 300m was a CMA record.

It was great to see a few athletes returning to our track and doing well. Georg Ludwig did well in the javelin throw getting a Canterbury record and Kit Chambers got a record in the M60 60 metres race.

Andrew Stark ran from the front in the 800m, recording a time a 2:08.86, as did Loris Reed in the 1500m. Her time of 5:53.60 was great, given that she has not been able to train properly due to an injury.

Several other athletes are out with injuries, but were able to assist on the day. Gwyn Heseltine was a great help at the throws, Bruce McPhail was a track official and Carol Thompson was recording results at the finish line. Bernadette Jago was busy compiling and competing sheets in the results room. Andrew Reese didn't get his shorts on this year, but he was kept busy running back and forward to the equipment shed for extra equipment, including low hurdles.

Bryan Kerr did a great job running the meeting and even though he abhors the hurdles because of the huge personal input required, he always makes sure that every individual is catered for.

I thought we all had a great day and the weather was kind to us.

A full set of results is available on the Athletics Canterbury website.



Officials hard at work ... thanks boys



Prepare for competition!

A selection of photos from the day.



CMA Pentathlon Report

Maurice Gough

On 24th January the 2010 Canterbury Masters Pentathlon took place in ideal weather conditions at QEII Park. The first event was the long jump, contested by Maurice Gough, Jeff Barnfield and defending champion Ian Brownie. Ian's leap of over 3 metres was possibly an age group record for M80.

For the javelin we were joined by Max Wood and Bill Newton, and were grateful for some last-minute coaching from Bev Church and Bill. However, much to our relief, we all recorded at least one valid throw. The 200m was won by Jeff, with Max holding off Maurice, with Ian and Bruce Savage next to finish. Some good age-group times were recorded in this event.

Bill and Ian dominated the discus and then it was on to the 1500m to complete the pentathlon. This was a match race between Maurice and Ian, with Maurice recording his best time for the season. Although Ian was a lap behind, he received most of the applause for winning his third consecutive pentathlon.

When this article was written, official results were not available, so it is merely a personal impression of the day. I would like to thank the officials for their assistance, also my fellow competitors who were all prepared to share their knowledge in a friendly manner.

It was a good turnout for the pentathlon and hopefully next year there will be more entering the full pentathlon.

Winter training for sprinters

Max Wood

Looking for a group to run with?

Where: Bottle Lake Forest, Waitikiri Drive car park
When: Saturday mornings @ 10:00 a.m.

Usually an easy run of 2 laps, approximately 4km each lap. For those not involved in Cross Country events it is a good stride out in a lovely location.

Any enquiries phone Max Wood on 3831961

Wednesday March 3rd 2010

With the NZMA championships coming up in a months time, more athletes are coming out to 'sharpen' their fitness or technical skills. The President of Auckland Masters Athletics, John Campbell made a guest appearance.

60m

M45	John Campbell	7.7
M55	Jeff Barnfield	8.3
M55	Georg Ludwig	8.4
M55	John Stone	8.9
M80	Ian Brownie	11.1

200m

W40	Louise Scott	30.1
W60	Gwen Papps	54.5
M45	John Campbell	24.4
M45	Paul Ineson	28.9
M55	Jeff Barnfield	27.6
M55	Georg Ludwig	28.1
M60	John Mulvaney	35.6
M75	Max Wood	33.6
M80	Ian Brownie	38.9

400m

W40	Louise Scott	1:11.0
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800m

W60	Loris Reed	3:00.2
W60	Gwen Papps	4:50.1
M45	Paul Ineson	2:20.6
M55	Morris Gough	2:54.8
M55	John Stone	3:41.3
M60	John Mulvaney	2:59.5
M65	Allan Gardiner	3:39.2
M65	John Waite	4:40.2
M75	Max Wood	3:20.3

3000m

M50	Allan Gardiner	14:52.3
M55	Maurice Gough	13:17.1
M65	John Waite	17:38.9
M75	Brian Keown	18:04.0
M80	Stan Gawler	15:55.0

2000m Walk

W65	Ann Henderson	14:44.7
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Hammer

		Best Throw
W30	Nicola Jennings	29.01
W60	Bev Church	24.36
W60	Alison Wright	17.48
W65	Diane Underwood	16.42
W70	Barbara Bird	16.32
W65	Glenn Watts	23.93
W75	Iris Bishop	13.66

Discus Throw

		Best Throw
W30	Nicola Jennings	24.80
W60	Bev Church	19.16
W60	Alison Wright	14.09
W60	Loris Reed	19.60
W65	Diane Underwood	13.40
W70	Barbara Bird	14.77
W65	Glenn Watts	19.20
W75	Iris Bishop	11.16
M60	Rick Davison	35.77

Sunday March 14th 2010

60m

W55	Birgit Steltner	10.6
M35	Jonathon Black	7.4
M55	Georg Ludwig	8.5

100m

W55	Birgit Steltner	17.1
M55	Jeff Barnfield	13.3
M55	Georg Ludwig	13.9
M55	Kit Chambers	14.0
M65	John Eastmond	16.8
M75	Max Wood	15.7
M80	Ian Brownie	17.7

300m

W55	Birgit Steltner	62.2
W55	Margaret Flannagan	66.7
M55	Kit Chambers	48.2
M80	Ian Brownie	70.7

400m

M45	Paul Ineson	65.5
M55	Georg Ludwig	64.4
M55	Maurice Gough	77.0
M60	John Mulvaney	79.8
M75	Max Wood	75.6

1500m

W55	Margaret Flannagan	6:25.6
W60	Loris Reed	5:55.3
W60	Gwen Papps	9:23.2
W70	Carol Thompson	8:26.6
M40	Malcolm Cornelius	4:41.6
M45	Paul Ineson	4:41.7
M55	Maurice Gough	5:52.8
M60	John Melvaney	6:06.8
M65	Neville Reid	5:51.4
M65	Allan Gardiner	7:05.1
M65	John Eastmond	8:00.0
M65	Les Woods	8:20.1
M75	Brian Keown	8:21.9
M75	Bob Heseltine	8:59.8
M80	Stan Gawler	7:27.7

Javelin		Best Throw
W30	Nicola Jennings	26.06
W55	Birgit Steltner	14.13
W60	Bev Church	18.50
W60	Alison Wright	12.51
W60	Loris Reed	18.27
W70	Barbara Bird*	21.54
W75	Iris Bishop	10.75
M55	Georg Ludwig	32.30
M55	Jeff Barnfield	21.81
M60	Rick Davison	31.01

Weight Throw		
W30	Nicola Jennings	8.35
W55	Birgit Steltner	7.30
W60	Bev Church	10.51
W60	Alison Wright	8.32
W70	Barbara Bird	6.24
W75	Iris Bishop	5.85
M60	Rick Davison	15.38

Thursday March 18th 2010

For the second year in a row, an international meeting was being held in Christchurch. A well organized meeting involving a selection of top overseas athletics and our own Nick Willis or should that be Tony McManus? I will explain later.

An inter-club programme of selected events was held before the 'main' events and for the first time they put on an invitation masters event, a 1500m. To help ensure a good crowd, organisers included a series of children's relay events which are always great fun for those involved, but a challenge to co-ordinate.

For me, the feature event was Tony McManus' attempt at the world M60 1500m record, followed closely by Richard Bennett's 3000m.

Richard lead from start to finish in the 3000m to break his own NZMA & CMA record, then helped Tony in his record breaking attempt. For Tony to get the NZMA record he has to break the world record, held by Ron Robertson. What a challenge!!

Invitation 1500m		
M45	Joe Ford	4:25.10
M45	Richard Bennett	4:28.12
M50	Anthony Rogal	4:28.32
M60	Tony McManus	4:28.61
M40	Malcolm Cornelius	4:32.44

3000m		
M45	Richard Bennett	8:40.48
M50	John Gamblin	10:27.72
M50	Michael Kelly	11:29.69
M65	Neville Reid	12:06.42
M75	Ron Stevens	13:27.93

Despite his best efforts, Tony narrowly missed breaking the world record, but did set a new CMA record. The photos below show all the boys worked hard, with Tony, Anthony and Malcolm all running PB's.



Well done Tony!

Saturday March 20th 2010 - Link Relay

Held in South Hagley Park near the netball court, runners / walkers do 2 laps of a 2km circuit. Handicap start.

Place	Team	Team Gross Time	HCP	Net Team Time	Net Place
1st	Lightning Bolts	1.34.09	20	1.14.09	9th
14.29	Nigel Anderson				
15.16	Lisa McGoldrick				
13.47	Dave Collie				
15.20	Nigel Cox				
15.53	Malcolm Collie				
2nd	Rosa's Racers	1.37.31	15	1.22.21	7th
16.16	Rosa Scott				
18.06	Audra Hansard				
15.26	Julieana Findlay				
15.36	Daniel Collingwood				
16.57	Rosa Scott				
3rd	Hillmorton Hackers	1.38.26	Go	1.38.26	16th
22.30	Bob Fyfe				
20.45	Andrew Poore				
23.58	Faye Fyfe				
17.01	Pauline Poore				
16.54	Brent Mahony				
4th	Daisy Chain	1.41.09	5	1.36.09	14th
16.08	Loris Reed				
17.42	Terry Warren				
19.08	John Eastmond				
19.18	Wahren Hensley				
23.53	Kevin Knight				
5th	Thorn Among 4 Roses	1.41.20	15	1.26.20	11th
17.02	Diane Davis				
17.36	Tessa Holland				
16.50	Bill Stevens				
17.37	Margaret Flanagan				
17.15	Toni Taylor				
6th	Chris's Chargers	1.42.03	31	1.11.03	1st
13.02	Chris Mardon				
14.26	Jacob Lim				
13.35	Scott McDonald				
14.04	Sarah McSweeney				
15.26	Hamend Khaled				

Place	Team	Team Gross Time	HCP	Net Team Time	Net Place
7th	Fox Gloves	1.43.14	5	1.38.14	15th
17.10	Chris Arnold				
21.36	Sylvie Arnold				
17.58	Maurice Gough				
20.32	Wendy Fox-Turnbull				
20.58	Stew Hill				
8th	Chapman Challenge	1.44.07	24	1.20.07	5th
15.58	Hugh Conly				
18.29	Gerry Whearty				
14.51	Carl Chapman				
15.13	Phil Chapman				
15.36	Jerard Chapman				
9th	South Of The Border	1.44.13	17	1.27.13	12th
29.33	Karen Hodgson				
30.51	Andrew Blain				
26.47	Lori Rusbatch				
10th	Richard's Robots	1.44.21	25	1.19.21	4th
15.00	Guy Dryden				
15.26	Richard Young				
15.08	Andrew Turpin				
15.51	Aubrey Begley				
17.56	Jos Galavazi				
11th	Gary & the Pacemakers	1.44.43	26	1.18.43	2nd
15.21	Mike Glen				
14.54	Charlie Nolan				
17.49	Peter Bayliss				
18.06	Tom Reihana				
12.33	Gary McIlroy				
12th	Red Herrings	1.44.44	26	1.18.44	3rd
14.46	Mark Moore				
17.11	Joshua Dieudonne				
15.19	Ian Dieudonne				
17.55	Carl Dieudonne				
13.33	Ben Ford				
13th	Down Mexico Way	1.45.04	23	1.22.04	6th
25.41	Alison Conway				
28.10	Barbara Taylor				
28.13	Bill Hood				

Place	Team	Team Gross Time	HCP	Net Team Time	Net Place
14th	Silver Linings	1.47.06	24	1.23.06	8th
16.17	Tony Archibald				
15.48	Gary Whiting				
16.18	Dennis Taylor				
20.40	Jimmy Stubbs				
14.03	Peter Larkin				
15th	Beach Boys	1.48.11	6	1.42.11	17th
17.40	Ian Riley				
20.25	Marty Rowe				
20.23	Allan Gardiner				
22.03	Russell Berry				
21.40	John Wilkinson				
16th	Port Fools	1.48.31	15	1.33.31	13th
16.55	Robyn Daly				
20.06	Louise Daly/Holly Johnston				
16.18	Peter King				
23.00	Les Woods				
16.00	Frances Daly				
17th	Golden Threads	1.50.13	26	1.24.13	10th
16.19	Claire Van Polanen				
17.46	Noel Batty				
19.02	Kerrin Lester				
18.00	Brendan Frame				
13.06	Joe Ford				
18th	Famous Five	1.50.16	5	1.45.16	18th
16.04	Heather McKenzie				
20.36	Stan Gawler				
20.52	John Caughley				
23.50	John Waite				
23.54	Pete Watts				



Wednesday March 24th 2010 - Max's Night

The final CMA track & field meeting was held in stormy conditions at QEII. Most of the events were completed by the time the weather turned fowl.

An impressive southerly front forced many to take shelter under the grandstand as we faced the brave warriors competing in the 4x 1 mile handicap event.

After the final race, a large group gathered in the function room for light refreshments and Max Wood's awards, which were as follows.

Here are the finalists and winner for each category in this years fun / acknowledgement awards.

1. Most mileage in pre season build up season.
Finalists: Richard Bennet, Malcolm Cornelius, John Mulvaney, Joe Ford.
Winner: **John Mulvaney**
2. Best All Rounder / Multi Eventer - Iron Lady.
Finalists: Lois Anderson, Loris Reed, Birgit Steltner.
Winner: **Birgit Steltner**
3. Best Multi Tasking Male.
Finalists: Bryan Kerr, John Waite, Andrew Stark, Ron Stevens
Winner: **Andrew Stark**
4. Best He / She 'Came Back' Award.
Finalists: Lyn Osmer, Neville Reid, Jeff Barnfield
Winner: **Jeff Barnfield**
5. Chocolate Medals.
(4th Placings / International events)
Qualifiers: Ric Davison, Margaret Fraser, Ron Munro, Noel Burr, Jeff Barnfield, Andrew Stark, Max Wood.
6. Most Appreciated 'Behind the Scenes' Contribution: Award to **Bryan Kerr**
7. Relay Teams / Best Performance Award.
Winners: 4x (80+yrs) 1 mile relay team.
Maurice Cook
Ian Brownie
Len Cotton
Stan Gawler

On behave of CMA, I would like to thank Max and Pam for making this evening a 'fun' night.

60m		
W45	Lyn Osmer	9.6
W60	Lois Anderson	10.4
M60	Kit Chambers	8.8
M70	Bruce McPhail	10.2

100m		
M35	Jonathon Black	11.8
M40	Marcus Elliott	12.5

200m		
W40	Louise Scott	29.3
W60	Lois Anderson	36.6
M55	Jeff Barnfield	27.5
M55	Maurice Gough	35.1
M60	Kit Chambers	29.2
M70	Bruce McPhail	34.0
M75	Max Wood	32.8
M75	Bob Heseltine	47.5
M80	Ian Brownie	38.6

3000m Walk		
W65	Ann Henderson	21:46.0

1500m

Apologies to all 1500m runners, but due to a problem with timing, no timed results are available.

No field event results were supplied or no events took place?

This year, the 4x 1 mile relay teams had to estimate their combined running time and were handicapped accordingly by Bryan Kerr.

The winning team would be the one closest to their estimated time (Gross time - handicap = Actual time).

Comparing estimated time with actual time = **D (Difference)**

1st	Dave Collie Brian Law Lisa McGoldrick Peter Larkin	D = 17.6 seconds
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2nd	Ian Brownie Maurice Cook Stan Gawler Len Cotton	D = 60.3 seconds
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3rd	Maurice Gough Loris Reed Tom Reihana Margaret Flanagan	D = 65.3 seconds
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4th	Allan Gardiner Jos Galavazi Gwen Papps John Mulvaney	D = 2 mins 59.4 sec
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The success of this meeting was a result of a team effort and would not have happened without help from everyone involved. The meeting was run with Canterbury's usual skill and efficiency, but this would not have been possible without the expertise of Bryan Kerr. From his wheelchair he guided his troops to ensure the success of the meeting.



It's impossible to list a full set of results in Cant-A-Long, but they are available on the NZMA website.

www.nzmastersathletics.org.nz

A list of all record breakers, as compiled by Christine McCahill is on the next page. If you think your performance has been missed, please let me know.

Well done to all.

The following collection of photos was taken by Gary Nesbit and his team. They are available for purchase via his website www.nesport.co.nz. He allowed me to use them as the border for the various certificates I created, which I think look pretty good.

On page 20, there is a list of all athletes that broke various records during the NZMA championships.



RECORD BREAKERS AT THE NZMA CHAMPIONSHIPS APRIL 2010

NZCR = New Zealand Championship Record (MUST be set at NZMA Championships)

NZR = New Zealand Record (This will also be a CMA records)

Pauline Purser	W85	Discus	10.52m	NZCR
Pam Spiers	W85	Weight Pentathlon	2727pts	NZCR
Shirley Peterson	W80	Long Jump	2.34m	NZCR
		100m	20.44	NZCR & NZR
		Triple Jump	5.48	NZCR
Marcia Petley	W80	400m	2:00.21	NZCR
Dawn Cumming	W75	2000m Steeple	12:12.84	NZCR
		800m	3:54.56	NZCR
Loris Reed	W60	2000m Steeple	8:58.09	NZCR
		800m	2:56.90	NZCR
		1500m	5:44.66	NZCR
Sally Gibbs	W45	5000m	17:57.70	NZCR
		800m	2:25.44	NZCR
		1500m	4:56.69	NZCR
Christine McCahill	W45	Shot Put	10.73m	NZCR
		Hammer	40.95m	NZCR
		Weight Throw	14.40m	NZCR
		Weight Pentathlon	4234pts	NZCR
Lyn Osmers	W45	Javelin	29.76m	NZCR
		High Jump	1.40m	=NZR & NZCR
Nyla Carroll	W40	5000m	16:48.28	NZCR
Vanessa Story	W35	400m	1:02.17	NZCR
Hardeep Kaur	W30	Hammer	55.80m	NZCR & NZR
Ian Brownie	M80	80m Hurdles	25.02	NZCR
Stan Gawler	M80	10000m	54:08.44	NZCR
Alistair Mackay	M80	Triple Jump	5.73m	NZCR
Jim Blair	M75	Javelin	24.44m	NZCR
Max Wood	M75	400m	1:14.27	NZCR
Stewart Foster	M70	80m Hurdles	17.72	NZCR
Richard Davison	M60	Weight Pentathlon	3776pts	NZCR & NZR
Laurie Malcolmson	M60	300m Hurdles	46.89	NZCR & NZR
		100m	12.76	NZCR
		100m Hurdles	8.19	NZCR
Tony McManus	M60	1500m	4:29.01	NZCR
Stephen McKee	M50	Pole Vault	3.71	NZCR & NZR
Jack O'Connor	M45	400m hurdles	60.54	NZCR & NZR
Peter Ranginui	M40	High Jump	1.78	NZCR
Michael Scholten	M30	Shot Put	8.58m	NZCR
		Discus	26.94m	NZCR & NZR
		Javelin	37.31m	NZCR & NZR
		Hammer	28.00m	NZCR
		Weight Pentathlon	1847pts	NZCR & NZR
		Hammer	28.22m	NZR

Canterbury Masters Athletic 2009 / 2010 Record Breakers

On the next three pages, all of the athletes who break various records have been listed. If you are on this list, please check it carefully to ensure the times or distances are correct and that all of your record performances are included.

If you have any inquiries, please contact Bryan Kerr or Andrew Stark.

In the table, there is an Age % figure that gives you an idea of how your performance compares between different events and different competitors.

	Venue	Event	Time or distance	Age %	Record
Bob Boland (M85)	DOB	30-Oct-1922		Age = 87	
3-Apr-2010	QEII	400m	2.03.30	71.41%	CMA record
4-Apr-2010	QEII	200m	56.41	64.69%	CMA record
4-Apr-2010	QEII	800m	5.01.19	67.96%	CMA record
Stan Gawler (M80)	DOB	8-Aug-1929		Age = 80	
28-Nov-2009	QEII	10000m	54.18.00	79.01%	CMA record
5-Dec-2009	Mosgjel	1500m	7.33.4H	72.86%	Equals CMA, SIMC record
5-Dec-2009	Mosgjel	3000m	16.32.0H	72.26%	CMA record, SIMC record
5-Dec-2009	Mosgjel	5000m	27.49.6H	73.87%	CMA record Best Performance, SIMC record
2-Apr-2010	QEII	5000m	26.20.59	78.03%	CMA record
4-Apr-2010	QEII	10000m	54.08.44		CMA & NZMA Championship record
Ian Brownie (M80)	DOB	12-Mar-1929		Age = 80 / 81	
24-Jan-2010	QEII	Long Jump	3.07m	70.34%	CMA & NZMA record
24-Jan-2010	QEII	Pentathlon	2385pts	-	CMA record
31-Jan-2010	QEII	300 m	64.9H	74.33%	CMA record
14-Feb-2010	QEII	100m	18.30	77.60%	CMA record
14-Feb-2010	QEII	400m	1.35.52	74.33%	CMA record
14-Feb-2010	QEII	High Jump	1.00m	73.87%	CMA record
3-Apr-2010	QEII	80m Hurdles	25.02	-	CMA, NZMA & NZMA Championship record
3-Apr-2010	QEII	400m	1.35.50	76.39%	CMA record
3-Apr-2010	QEII	100m	17.95	80.47%	CMA record
4-Apr-2010	QEII	200m	37.80	82.17%	CMA record
Max Wood (M75)	DOB	11-Mar-1933		Age = 77	
3-Mar-2010	QEII	400m	74.27	90.57%	NZMA Championship record
Ron Stevens (M70)	DOB	15-Oct-1939		Age = 70	
28-Nov-2009	QEII	10000m	42.04.32	95.43%	CMA & NZMA record
5-Dec-2009	Mosgjel	1500m	5.55.8H	88.99%	SIMC record
5-Dec-2009	Mosgjel	3000m	12.41.4H	88.11%	SIMC record
19-Dec-2009	QEII	5000m	21.03.64	91.33%	CMA & NZMA record
14-Feb-2010	QEII	3000m	12.19.68	90.69%	CMA & NZMA record
Malcolm Fraser (M70)	DOB	7-Nov-1932		Age = 77	
19-Dec-2009	QEII	200m	29.16	88.48%	CMA & NZMA record
Rick Davison (M60)	DOB	27-Aug-1949		Age = 60	
1-Oct-2009	Sydney	Hammer	44.03m	71.36%	CMA record
1-Oct-2009	Sydney	Weight	16.11m	70.97%	CMA record
1-Oct-2009	Sydney	Weight Pentathlon	3728pts	-	CMA & NZMA record
24-Oct-2009	QEII	Hammer	46.14m	74.78%	CMA record
5-Dec-2009	Mosgjel	Hammer	46.59	75.51%	CMA & SIMC record
5-Dec-2009	Mosgjel	Weight	15.29 m	67.36%	SIMC record
5-Dec-2009	Mosgjel	Weight Pentathlon	3668pts	-	SIMC record
31-Jan-2010	QEII	Weight	16.72m	73.66%	CMA record
4-Apr-2010	QEII	Weight Pentathlon	3776pts	-	CMA, NZMA & NZMA Championship record

	Venue	Event	Time or distance	Age %	Record
Tony McManus (M60)	DOB	21-Oct-1949		Age = 60	
5-Mar-2010	QEII	800m	2.19.77	90.34%	CMA record
4-Apr-2010	QEII	800m	2.19.47	90.53%	CMA record
1-Oct-2009	Sydney	1500m	4.43.28	92.70%	CMA record
7-Mar-2010	QEII	1500m	4.28.90	97.65%	CMA record
18-Mar-2010	QEII	1500m	4.28.61	97.76%	CMA record
4-Apr-2010	QEII	1500m	4.29.01	97.61%	NZMA Championship record
26-Feb-2010	QEII	3000m	9.50.40	92.66%	CMA record
20-Feb-2010	QEII	1 Mile	4.53.29	94.36%	CMA, NZMA & WMA record
1-Oct-2009	Sydney	5000m	17:12.0H	91.20%	CMA record
Kit Chambers (M60)	DOB	22-Apr-1949		Age = 60	
14-Feb-2010	QEII	60m	8.92	86.71%	CMA record
Jeff Barnfield (M55)	DOB	31-May-1954		Age = 55	
14-Feb-2010	QEII	60m	8.60	86.96%	CMA record
Georg Ludwig (M55)	DOB	25-May-1954		Age = 55	
14-Feb-2010	QEII	Javelin	34.00m	48.54%	CMA record
Andrew Stark (M50)	DOB	13/9/1957		Age = 52	
19-Dec-2009	QEII	1 mile	4.42.04	91.71%	CMA & NZMA Best Performance
Stephen McKee (M50)	DOB	29-Dec-1959		Age = 50	
23-Jan-2010	QEII	110 Hurdles	19.14		CMA & NZMA record
6-Feb-2010	QEII	Triple Jump	11.56m	76.76%	CMA & NZMA record
14-Feb-2010	QEII	60m	8.75	82.56%	CMA record
14-Feb-2010	QEII	100 Hurdles	17.68		CMA record
14-Feb-2010	QEII	Triple Jump	11.44m	75.96%	CMA & NZMA record
14-Apr-2010	QEII	Pole Vault	3.60m	74.13%	CMA record
2-Apr-2010	QEII	Pole Vault	3.71m	76.39%	CMA, NZMA & NZMA Championship record
2-Apr-2010	QEII	Shot Put	10.72m	53.17%	CMA record
Tom Reihana (M50)	DOB	2-Feb-1957		Age = 52	
6-Dec-2009	Mosgiel	3000m	13.46.7H	61.84%	SIMC record
Richard Bennett (M45)	DOB	6-Dec-1964		Age = 45	
9-Jan-2010	QEII	3000m	8.43.04	92.45%	CMA & NZMA record
18-Mar-2010	QEII	3000m	8.40.48	92.91%	CMA & NZMA record
4-Apr-2010	QEII	800m	2.02.66	90.77%	CMA record
Jack O'Connor (M45)	DOB	21-Oct-1964		Age = 50	
4-Apr-2010	QEII	400m Hurdles	60.54	88.58%	CMA, NZMA & NZMA Championship record
Jonathon Black (M35)	DOB	2-Jul-1970		Age = 39	
14-Apr-2010	QEII	60m	7.78	85.63%	CMA record



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	Venue	Event	Time or distance	Age %	Record
Shirley Peterson (W80) DOB		24-Jul-1928		Age = 81	
4-Apr-2010	QEII	Long Jump	2.34m	70.91%	NZMA Championship record
14-Feb-2010	QEII	Long Jump	2.60m	78.79%	CMA & NZMA record
5-Dec-2009	QEII	Triple Jump	5.12m	74.96%	CMA & NZMA record
3-Apr-2010	QEII	Triple Jump	5.48m	80.23%	NZMA Championship record
9-Jan-2010	QEII	Triple Jump	5.52m	80.82%	CMA, NZMA & WMA W81 record
26-Feb-2010	QEII	Triple Jump	5.63m	82.43%	CMA, NZMA & WMA W81 record
14-Apr-2010	QEII	100m	21.12	81.81%	CMA record
3-Apr-2010	QEII	100m	20.44	84.53%	CMA, NZMA & NZMA Championship record
Iris Bishop (W75) DOB		8-Feb-1935		Age = 75	
14-Feb-2010	QEII	Shot Put	4.90m	52.98%	CMA record
14-Feb-2010	QEII	Discus	11.44m	35.30%	CMA record
3-Apr-2010	QEII	Discus	11.55m	35.64%	CMA record
14-Feb-2010	QEII	Hammer	14.46m	42.75%	CMA record
5-Apr-2010	QEII	Weight Pentathlon	2489pts	-	CMA record
Barabara Bird (W70) DOB		20-Dec-1939		Age = 70	
24-Jan-2010	QEII	Javelin Throw	19.22m	58.53%	CMA record
14-Feb-2010	QEII	Javelin Throw	20.33m	61.91%	CMA record
14-Mar-2010	QEII	Javelin Throw	21.54m	65.60%	CMA record
Carol Thompson (W70) DOB		23-Sep-1939		Age = 70	
5-Dec-2009	Mosgiel	3000m	17.44.6H	74.15%	CMA record Best Performance
Lois Anderson (W60) DOB		23-Jul-1946		Age = 63	
14-Feb-2010	QEII	60m	10.40	87.30%	CMA record
Loris Reed (W60) DOB		26-Apr-1947		Age = 62	
3-Apr-2010	QEII	2000m steeplechase	8.58.09		NZMA Championship record
Linda Beach (W50) DOB		1-Nov-1959		Age = 50	
3-Apr-2010	QEII	Javelin	26.28m	49.12%	CMA record
Bernadette Jago (W50) DOB		28-May-1956		Age = 53	
5-Dec-2009	Mosgiel	5000m	20.49.9H	83.43%	SIMC record
Lyn Osmer (W45) DOB		12-Jun-1960		Age = 49	
3-Apr-2010	QEII	High Jump	1.40m	82.35%	CMA & = NZMA Championship record
3-Apr-2010	QEII	Javelin	29.76m	56.88%	CMA & NZMA Championship record
Louise Scott (W40) DOB		4-Jan-1966		Age = 44	
1-Nov-2009	QEII	300m	53.4H	69.89%	CMA Best Performance
22-Nov-2009	QEII	300m	51.1H	73.04%	CMA record
14-Feb-2010	QEII	300m	49.28	75.73%	CMA record
Nicola Jennings (W30) DOB		15-Jan-1980		Age = 30	
3-Apr-2010	QEII	Hammer	28.56m	37.55%	CMA record

	Date	Event	Time	Percentage
<p>NZMA Colours & NZMA Middle Distance Athlete of the Year</p> <p>At the annual dinner during the NZMA Championships, the 2009 NZMA awards were presented.</p> <p>Andrew Stark was awarded his NZMA Colours for a performance with an age graded percentage over 95% and was named Middle Distance Athlete of the Year for 2009. Here are his best 2009 results ...</p>	21/02/09	1500m Inter-club event - QEII	4:19.68	93.61%
	31/01/09	800m Inter-club event - QEII	2:05.39	93.52%
	14/02/09	800m Inter-club event - QEII	2:04.58	94.13%
	21/02/09	1500m Inter-club event - QEII	4:17.39	94.45%
	27/02/09	800m Inter-club event - QEII (CMA M50 Record)	2:03.50	94.96%
	07/03/09	1500m - Tauranga (NZMA Championships)	4:16.47	94.79%
	08/03/09	800m - Tauranga (NZMA Championships)	2:04.78	93.98%
	13/03/09	800m Inter-club event - QEII (CMA M50 Record)	2:03.13	95.24%
	18/03/09	1500m Inter-club event - QEII	4:17.1h	94.55%
	02/08/09	4th, 800m World T & F Championships (Lahti, Finland)	2:04.73	94.02%
	06/08/09	3rd 1500m World T & F Championships (Lahti, Finland) (New Canterbury M50 Record)	4:16.37	94.82%
	05/12/09	800m Inter-club event - QEII	4:19.83	94.37%

Canterbury 2010 Winter PROGRAMME

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

May	1	The Children's Forest Relay
	2 (Sun)	New Balance 15km Road Race <i>(Registrations close today for Lionel Fox Relays)</i>
	8	Lionel Fox Relays <i>(Registrations close on 9th May for Jane Paterson Races)</i>
	13 (Thur)	Christchurch Secondary Schools Road Championships
	15	Jane Paterson Races
	22	
	23	N.Z. Half Marathon Championships - Huntly
	25 (Tues)	Christchurch Secondary Schools Cross Country Championships
	29	
June	30 (Sun)	Avonside Sharpathon Road Races
	5	
	6 (Sun)	Canterbury Marathon Championships for SM, SW, MM, MW – SBS Marathon
	12	Holloway Memorial Races
	19	Anglican Block Relays N.Z. Secondary Schools Cross Country Championships - Waikanae
July	26	
	3	Kennett Cup / South Island Cross Country Championships
	10	
	17	
	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
	11	
	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)	Frontrunner 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 Frontrunner Off Road Series begins (First Race - Mt Vernon Run Over)



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