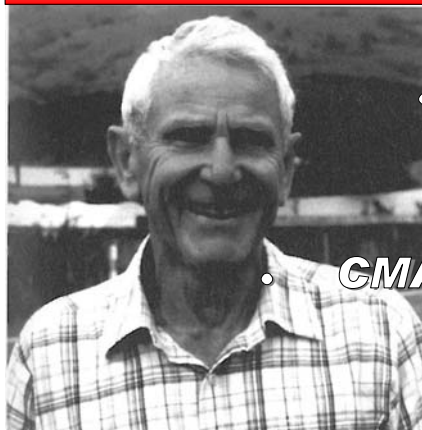


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# Cant-A-Long

January 2011



• *President's Comment*



• *CMA Member receives Civic Award*



• *NEW REVISED Canterbury Championship Programme*



• *Obituary - Clem Green*

• *Member's Flash Back*

• *Member's Milestones*



• *CMA & Inter-Club Results*

• *CMA Promotion - The Massage Stick*



• *Summer Road & CMA 2010 / 2011 Season Programmes*

**A note from the editor ... Andrew Stark**

This issues is packed full of results, rather than articles about events past and present. Thank you to those who have contributed.

Creating Cant-A-Long is a very time consuming job, especially for one person. I am always looking for and asking for help to come up with suitable articles and photos ... so please keep that in mind as you compete or watch others compete.

If you are interested in being a assistant editor, please let me know, the pays great!

What's coming up that you can report on ....

Canterbury 3000m Championships, our CMA Championships and NZMA Championships.

I have recently be given some old running articles, but as yet I have not had a chance to look through them or included anything from them in this issues. If you have something of interest about past runners, why not bring it to my attention and have it published.

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 (Cant-A-Long Editor)**



**Advertising in Cant-A-Long**

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

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

**Rates:**

¼ page \$20.00 per issue or \$70.00 per year  
½ page \$30.00 per issue or \$100.00 per year

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

Well ... we are more than half-way through the current track & field and getting down to the business end.

Our CMA run meetings on Wednesdays and Sundays are continuing to attract a regular group of dedicated athletes ... mainly throwers who use these meetings as a time catch-up on the latest news. It would be great to have more attendees. Thank you to those who come down to officiate.

A smaller group of CMA members compete regularly at QEII at the Saturday Inter-club meetings. In fact, if it was not for the masters athletes, some of the inter-club races would be very light on numbers. Several of the usual 'Saturday' competitors, myself included, have been absent from these meetings due to injury. I hope that those with injuries get them sorted ASAP and return to competition.

The results from both the CMA and Inter-club meetings are in this issues.

The record breakers this season have been noted on pages 21 to 23. Please check this list and if there are any errors or omissions, please let me know ASAP. I would like to knowledge the considerable effort that Bryan Kerr has made to ensure that these records are keep up to date. Changes on 1st May 2010 to the age factors and implement specification, has resulted in 'new' events being created. This means that new best performances / records are required and over time, the 'old' records will be archived.

The Canterbury Masters Track & Field Championships are coming up on Sunday 20th February. This year we are trialing a new programme, starting later and concluding with a social in the form of a BBQ.

The full details of the programme are on page 6.

There are several reasons for the change. The age spread of members and the numbers competing does not require the split age groups any more, particularly in field events. We have combined the age groups, with the expectation that the field will not be too big, but we have strategies in place if they are.

Secondly, when the pentathlon championships were held in December, we had a very small turn out. In this new programme, the pentathlon events are in the correct order so that if you select to enter these events, you can set new records. If this works, we will run the pentathlon championship events on this day in future years.

We have planning a social BBQ after the meeting at a small cost of \$5.00. For this to be successful, I hope as many as possible will stay. To assist with catering, when you are entering the Championship events, please indicate if you are staying for the BBQ and how many are coming.

That's all for now. I look forward to seeing you at the Canterbury Championships and wish you well for the remainder of the season.

---

### **The elected Committee of the Canterbury Masters Athletics Incorporated for the 2010 / 2011 season**

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**President:**

Andrew Stark	Tel: 03 338 0516	<a href="mailto:aws.resources@xtra.co.nz">aws.resources@xtra.co.nz</a>
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**Vice President:**

Bernadette Jago	Tel: 03 960 2457	<a href="mailto:bkjago@paradise.net.nz">bkjago@paradise.net.nz</a>
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**Secretary:**

Andrew Reese	Tel: 03 332 3884	<a href="mailto:anreese@xtra.co.nz">anreese@xtra.co.nz</a>
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**Treasurer:**

Diane Carter	Tel: 03 312 2518	<a href="mailto:thecarters57@ihug.co.nz">thecarters57@ihug.co.nz</a>
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**Committee:**

Bev Church	Tel: 03 388 5736	<a href="mailto:gchurch@elastomer.co.nz">gchurch@elastomer.co.nz</a>
Allan Gardiner	Tel: 03 388 1248	<a href="mailto:akgardiner@xtra.co.nz">akgardiner@xtra.co.nz</a>
Kevin Jago	Tel: 03 960 2457	<a href="mailto:bkjago@paradise.net.nz">bkjago@paradise.net.nz</a>
Tony McManus	Tel: 03 332 3921	<a href="mailto:amcmanus@kiwirail.co.nz">amcmanus@kiwirail.co.nz</a>
Alison Wright	Tel: 03 342 8683	<a href="mailto:barry@southern.co.nz">barry@southern.co.nz</a>

**Cross-Country & Road Athletics Canterbury Centre Representative:**

Alan Gardiner

**Track & Field Athletics Canterbury Centre Representative:**

Andrew Stark

**Uniform Officer:**

Ian Brownie	Tel: 03 942 6905
-------------	------------------

**Cant-A-Long Editor:**

Andrew Stark

## Welcome to new members

As at mid January we have 126 members, with the following new members ....

- Brian Chubbin
- Paul Couhlgan
- Anthony Duncraft
- Kerry Faass
- Kevin Prendergast
- Chris Rae

We look forward to more joining us the season. If you have friends who are interested in becoming members, please bring them along. They are welcome to 'have a go' at CMA meetings before joining.



**Physiotherapist &  
International Athletics Coach**  
**Bruce Milne MNZSP**  
**Hoon Hay Physiotherapy Clinic**

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Sports Injuries & Rehabilitation - Body Balancing  
Sports Massage - Coaching - Exercise Programmes - Gym



**(03) 338 5424**

Fax (03) 338 5443  
143 Sparks Road, Hoon Hay

e-mail: [bruce.milne@xtra.co.nz](mailto:bruce.milne@xtra.co.nz)

## 2010 / 2011 Registration Overdue

Andrew Stark

Here are the dates for the remaining championship events this season.

- 5th Feb - **3000m** (QEII @ 4:45 p.m.)
- 6th Feb - **Throws Pentathlon** (QEII @ 9:30 a.m.)

For the event listed above we are continuing the policy of paying the CMA Championship event entry fees on behalf of ALL **currently registered CMA members**.

### Important Note:

**For all events above, you are required to enter the event no later than 30 minutes before the listed start times.**

**If you are not a current member of CMA you can compete, but you will be required to pay the appropriate QEII competition fee and you are not eligible to win an age group title nor break a CMA or NZMA record.**

**To complete in the following events listed below, you must have paid your 2010 / 2011 subscription.**

- **Canterbury Masters Track & Field Championships - February 20<sup>th</sup> 2011**

**NEW START TIME: Sunday 11:00 a.m.**  
**See Page 6 for new revised programme.**

- **New Zealand Masters Track & Field Championships, Hastings - March 4<sup>th</sup> to 7<sup>th</sup> 2011**

**You can download a registration form from the Athletics Canterbury website.**

## CANTERBURY PAINTERS

Contact: Allan Gardiner

Phone: 388 1248

Fax. 388 8359

Mobile 0274 339747

E-mail: [akgardiner@xtra.co.nz](mailto:akgardiner@xtra.co.nz)



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Contact Andrew Stark 03 338 0516

On the 8th December 2010, Andrew Reese along with fifteen other recipients gathered at the Christchurch Town Hall to receive a Christchurch City Council Civic Award. This is an annual event and these are the highest awards given out by the CCC. The awards were presented by the mayor of Christchurch, Bob Parker and Andrew received one of two awards for service to sport.

For each recipient, a citation about how they had contributed to the community had been prepared and then read out by the town crier.

This is what was said about Andrew ....

*'Serving as an Administrator and Official for three and a half decades, he has been involved in track and field events in Canterbury and further afield at all levels. He is a familiar and welcome face at Athletics Canterbury, the Christchurch Anglican Harrier Club, the Canterbury Cross Country Committee, the Canterbury Masters Athletics Association and many more.*

*He has served on too many committees and sub-*

*committees to mention and is very active in the organization and administration of athletics sports in both primary and secondary schools in Canterbury.*

*Committee member, equipment officer, timekeeper, he is a true all-rounder, ready to serve in any capacity wherever his many skills might be needed both on and off the field. His work has helped to ensure that major events at QEII Athletic Stadium and other venues have been at a very high degree of excellence, providing the best possible experience for both athletes and supporters.'*

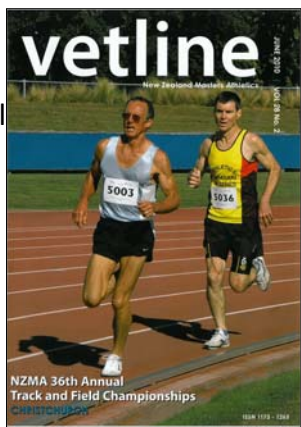
The evening concluded with drinks and nibbles and a chance to talk with the other recipients. We in Canterbury are indeed fortunate to have Andrew Reese give of his time so generously and in so many ways. I do think we will really understand nor appreciate what exactly he does and will not until he no longer does it ... so long may it continue.



## Vetline / Cant-A-Long Magazines

If an effort to reduce the cost of production for Vetline, only a limited number of extra copies of each issue will now be printed.

If you are not a current member of NZMA & CMA you will not be receiving Vetline, nor a paper version of this magazine.



### Athletics New Zealand Long Service Awards

Late last year the following members and ex-members of CMA were recognised for 20 years administrative service within athletics.

- ◆ **Merle Grayburn**
- ◆ **Ann Henderson**
- ◆ **John Henderson**
- ◆ **Cassells Kernahan**
- ◆ **Colin O'Brien**

To all above ... well done and thank you for your efforts.

## CMA Championship Revised Programme for 2011- Sunday 20<sup>th</sup> February @ QEII

The CMA Committee has undertaken a review of last year's championship programme. In light of comments we have received and the decline in competitors, we felt it was time to come up with a new programme. A further consideration occurred after the running of pentathlon championships on the designated in December. This event was not well supported, so we have ordered the pentathlon events within this programme we are trialling.

All field event gender age groups have combined, based on the number of entries last year. If more than 10 turn up for a field event this year, the event could be split at the discretion of the official to avoid delays between throws.

**New start time 11:00 a.m.** We accept that this programme may not suit everyone, but it is a start. After the meeting we welcome your feedback, so that improvements can be made for next year.

### Social BBQ.

This year we would like to have a social gathering after the meeting and this we are doing in the form of a BBQ. The cost we will **\$5.00 per person** and we need to know numbers before the day. We have the use of the Function Room until 6:00 p.m., so if you can come please ring me ASAP (**Andrew Stark 338 0516**).

CMA 2011	Track Events	
11:00	100m	W30+, <b>WP</b>
11:05	100m	M30+
11:30	800m	M30+
11:40	1500m	W30+
12:15	60m	W30+
12:20	60m	M30+
12:40	3000m Walk	W30+, M30+
1:20	80m Hurdles	W40+
1:25	80m Hurdles	M70+
1:30	100m Hurdles	W30 - 39
1:35	100m Hurdles	M50 - 69
1:40	110m Hurdles	M30 - 49
2:10	200m	W30+
2:15	200m	M30+, <b>MP</b>
3:30	300m	W50+
3:35	300m	M60+
3:40	400m	W30 - 49
3:45	400m	M30 - 59
4:30	800m	W30+, <b>WP</b>
4:40	1500m	M30+, <b>MP</b>
5:00	4x 100m	Mixed

CMA 2011	Field Events	
11:05	Discus	W30+
11:05	Hammer	M30+
11:15	Long Jump	M30+, <b>MP</b>
12:00	Shot Put	W30+, <b>WP</b>
12:10	High Jump	W30+, M30+
12:40	Javelin	M30+, <b>MP</b>
12:50	Long Jump	W30+, <b>WP</b>
1:20	Hammer	W30+
1:55	Shot	M30+
2:00	Pole Vault	W30+, M30+
2:35	Weight Throw	W30+
3:10	Discus	M30+, <b>MP</b>
3:40	Javelin	W30+, <b>WP</b>
4:10	Weight Throw	M30+
4:40	Triple Jump	W30+, M30+

There is no planned 'lunch' break and as there are half the number field events, we would anticipate that field event officials will be able to have breaks.

Tea and coffee will be available in function room for all athletes and supporters.

NOTE: Events with **WP** or **MP** indicate the women's and men's pentathlons.

Below is the order and time of the pentathlon events.

CMA 2011		Women's Pentathlon
11:00	100m	W30+, WP
12:00	Shot Put	W30+, WP
12:50	Long Jump	W30+, WP
3:40	Javelin	W30+, WP
4:30	800m	W30+, WP

CMA 2011		Men's Pentathlon
11:15	Long Jump	M30+, MP
12:40	Javelin	M30+, MP
2:15	200m	M30+, MP
3:10	Discus	M30+, MP
4:40	1500m	M30+, MP

**\* Call for Officials \***  
**Sunday February**  
**20<sup>th</sup> 2011**

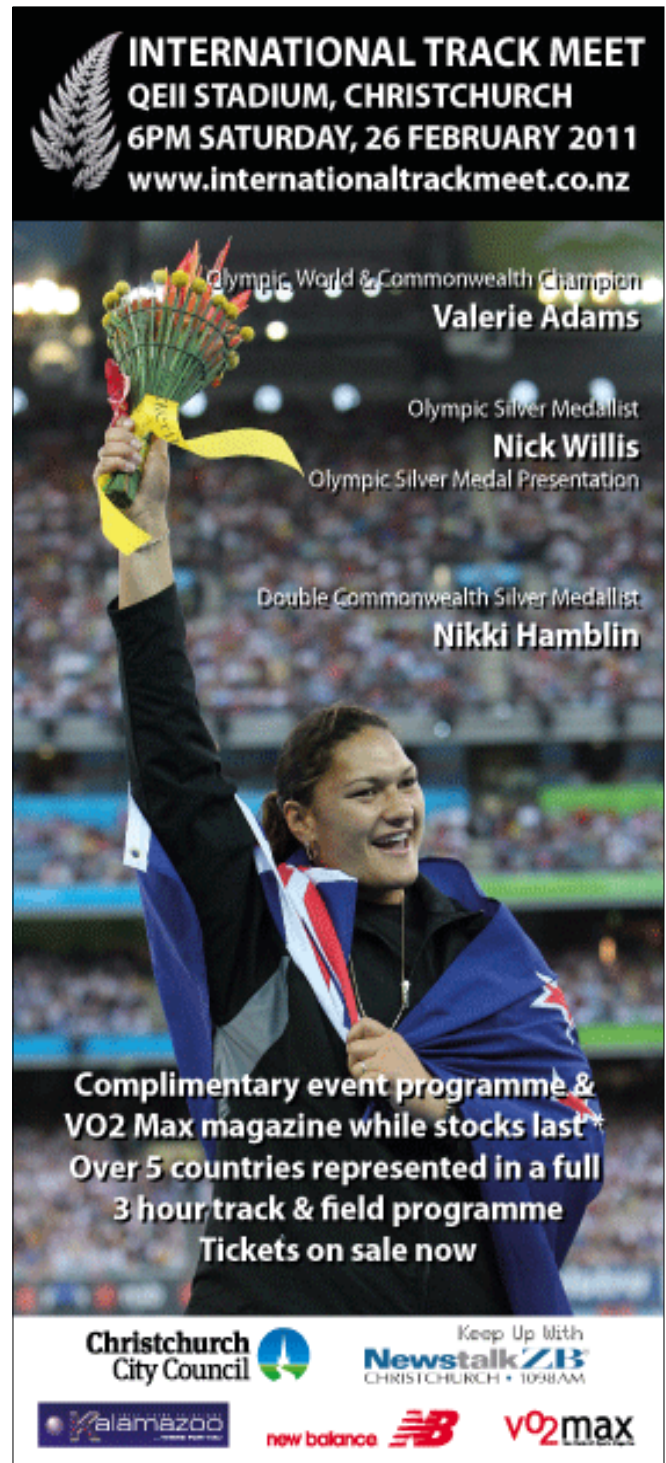
If you are able to help,  
 please make it known to one  
 of your CMA committee  
 members ASAP.

**Championship Certificates**

Certificates will be printed to order at  
 a cost of **\$5.00**.

Please contact **Andrew Stark** if you  
 are interested.

Telephone: 338 0516



**INTERNATIONAL TRACK MEET**  
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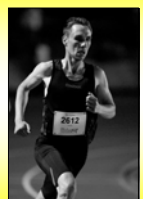
Christchurch City Council  
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Contact **Nick Burrow**  
 ASAP  
 (021 0222 6103)  
 if you can help.

**International Meeting Saturday February 26th 2011 - Volunteers required ASAP.**

- Feb 24<sup>th</sup> Thursday 3 p.m. & 5 p.m. onwards (finish around 9 p.m.) - Event Set up
- Feb 25<sup>th</sup> Friday 3 p.m. & 5 p.m. onwards (finish around 9 p.m.) - Event Set up.
- Feb 26<sup>th</sup> Saturday 9 a.m. - 2 p.m. - Event Set Up
- Feb 27<sup>th</sup> Sunday 9 a.m. onwards Pack Down



On Friday 28th January 2011 Clem Green passed away, aged 93. He was a Life Member of NZAVA, now known as NZMA.

With the permission of Merle Grayburn, the following article has been included in Cant-A-Long. It appeared in the book, 'A History of New Zealand Veteran Athletics 1962-1999' and it sums up Clem's contribution to our sport.

*If Clarrie Gordon was the pioneer visionary and founder of the Canterbury Veteran Runners Association, Clem Green was surely the 'father' of the New Zealand Association of Veteran Athletes.*

*Arising from the inaugural National Cross Country Championships at Trentham in 1971 Clem saw the need, and took up the challenge, to establish a National Body to promote and co-ordinate veteran athletics nationwide. He set about the task with great enthusiasm, dedication and thoroughness under the title of National Co-ordinator.*

*In his career appointment with the Department of Education, Clem was required to travel throughout New Zealand. This provided him with the opportunity to recruit, and maintain contact with Centre Co-ordinators in each of the eleven NZAAA Centres. With this structure Clem administered and guided the association until the present formal structure was set up under a new constitution in 1983.*

*During that period of approximately 12 years, Clem worked tirelessly for New Zealand Veteran Athletics. With the help of his lovely wife, Nola, he produced regular and comprehensive newsletters (the forerunner of Vetline) which were distributed to members through Centre Co-ordinators. He established international contacts and represented Oceania on the WAVA Executive. He also set up and nurtured the Oceania*

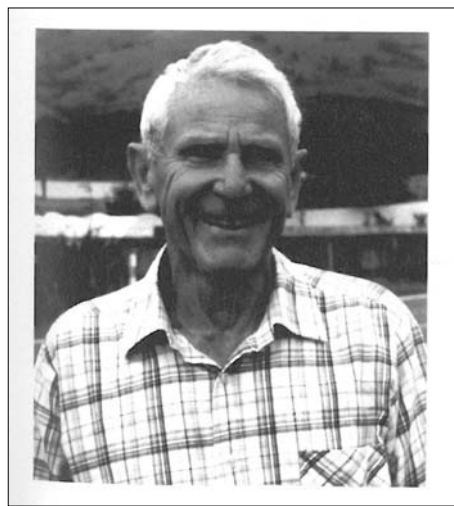
*Association of Veteran Athletes.*

*All this Clem did with heroic effort and dedication and at considerable personal expense. When the current constitution was adopted in 1983, Clem (the obvious choice) assumed the International Portfolio on the new Executive and continued in this role until he stood down in 1989. During, and beyond this time, Clem continued his leadership role in WAVA and Oceania.*

*The enormity of Clem Green's contribution to Veteran Athletics in New Zealand, Oceania and Internationally, has been such that it would require a whole book to describe it in detail.*

*The ultimate accolade for outstanding service is LIFE MEMBERSHIP. This honour was conferred on Clem in 1985 at a time when he still had many years of service to give to veteran athletics. Now in his eighties, Clem resides in Duvauchelle, Banks Peninsula, and he is still running.*

*Fittingly Clem is currently Patron of both the New Zealand and Oceania Associations.*



## Member's Flash Back

Andrew Stark

In 1963, **Lois Anderson** (2nd from right) was in the winning Otago 4 x 100m relay team, as a result of Auckland team being disqualified.

While it had been wet during the afternoon and it stopped raining in time for the relay, held on a wet Caledonian Ground, Anderson's Bay Dunedin.

Lois was the third runner for Otago. Marice Chamberlain was the running for Canterbury.



# CMA Meeting, Interclub & Championship Results 2010 / 2011

## Inter-Club - Saturday November 6<sup>th</sup> 2010

This meeting was held in Timaru, with a few of our members making the trip south.

### 100m

W55	Birgit Steltner	17.4
M40	Marcus Elliott	12.4
M55	Jeff Barnfield	13.4
M70	Ron Munro	15.4
M75	Max Wood	15.0

### 200m

M55	Jeff Barnfield	28.1
M70	Ron Munro	
M75	Max Wood	

### 5000m

M60	Peter Larkin	18.29.9
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### Long Jump

W55	Birgit Steltner	3.07
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### Triple Jump

W55	Birgit Steltner	6.93
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## CMA - Wednesday November 10<sup>th</sup> 2010

A good turn out, with plenty of helpers, with many performers getting ready for the South Island Track & Field Championships. As usual there were more field event athletes than track athletes ... come on runners ... where are you all??

### 60m

W40	Louise Scott	?
W50	Lyn Osmer	9.4
W55	Birgit Steltner	9.6
M50	Andrew Stark	8.6
M55	Georg Ludwig	8.5
M70	Bruce McPhail	?
M75	Max Wood	9.5
M75	Bruce Savage	?

### 100m

W40	Louise Scott	14.6
M55	Georg Ludwig	13.8

*(Birgit, Bruce & Max were in this race, but all stopped when Max's hamstrings failed to work. A minor setback.)*

### 400m

W40	Louise Scott	66.7
M50	Tom Reihana	73.3
M55	Georg Ludwig	62.9
M60	John Mulvaney (300m)	58.9
M65	John Dumergue	75.9
M70	Malcolm Fraser	68.7

### 1500m

W60	Loris Reed	6:00.2
W70	Carol Thompson	8:22.4
M40	Malcolm Cornelius	4:51.7
M50	Andrew Stark	4:40.1
M50	Tom Reihana	6:48.5
M65	John Mulvaney	6:31.0
M65	Jos Galavazi	6:51.1

### 2000m Walk

W70	Ann Henderson	14:54.6
-----	---------------	---------

At this meeting, Bill Newton competed for the first time in the M80 grade, having just had his birthday. He was rewarded by breaking the shot put record, previously held by Dave Leech. Well done Bill.

### Shot Put

W30	Nicola Jennings	7.23m
W30	Andrea Cattermole	6.80m
W50	Lyn Osmer	10.51m
W55	Birgit Steltner	6.37m
W60	Bev Church	7.37m
W60	Loris Reed	6.72m
W60	Lois Anderson	7.15m
W60	Alison Wright	5.42m
W60	Diane Carter	4.91m
W65	Diane Underwood	5.29m
W70	Barbara Bird	6.41m
W70	Gwyn Heseltine	4.95m
W75	Iris Bishop	5.89m
M70	Brian Senior	10.09m
M80	Bill Newton	8.71m
M80	Dave Leech	7.79m

### Weight Throw

W30	Nicola Jennings	9.93m
W30	Andrea Cattermole	6.75m
W55	Birgit Steltner	7.57m
W60	Bev Church	9.15m
W60	Alison Wright	7.32m
W65	Diane Underwood	6.23m
W70	Barbara Bird	5.59m
W75	Iris Bishop	6.57m
M70	Brian Senior	13.42m
M80	Bill Newton	10.73m
M80	Dave Leech	10.38m



*Loris Reed manages to hang on to stay ahead of the fast finishing John Dumergue and John Mulvaney in the 800m, October 31 2010.*

**Inter-Club - Saturday November 13<sup>th</sup> 2010**

<b>100m</b>		
M40	Marcus Elliott	12.72
<b>800m</b>		
M40	Marcus Elliott	2:25.89
M50	Michael Kelly	2:38.43
M55	Denis Christmas	2:33.25
<b>3000m</b>		
M50	Anthony Rogal	9:56.31
M50	Clive Kitchingman	10:44.21
M50	Michael Kelly	11:14.08
M55	Denis Christmas	10:54.91
M55	Iain Chinnery	11:35.19
M60	Peter Larkin	10:47.69
<b>Shot Put</b>		
M60	Rick Davison	9.38m
<b>Discus Throw</b>		
M60	Rick Davison	38.74m
<b>Hammer Throw</b>		
M60	Rick Davison	43.75m
<b>Javelin Throw</b>		
M60	Rick Davison	32.69m

**Inter-Club - Saturday November 20<sup>th</sup> 2010**

<b>100m</b>		
M40	Marcus Elliott	12.72
<b>1500m</b>		
M40	Darren Hoolahan	4:17.83
M40	Marcus Elliott	5:15.66
M45	Richard Bennett	4:10.58
M50	Andrew Stark	4:29.37
M50	Michael Kelly	5:11.87
<b>3000m walk</b>		
M70	Eric Saxby	18:22.25



*Richard Bennett maintains his usual high standards with a strong run over 1500m.*

**CMA - Sunday November 21<sup>st</sup> 2010**

Despite the prospect of rain following some bad weather, the morning turned out to be great and there was a good turn out of members.

<b>60m</b>		
M65	John Dumergue	10.0
M70	Ron Munro	9.9
M80	Maurice Cook	14.7
<b>200m</b>		
M50	Tom Reihana	31.7
M65	John Dumergue	33.0
M65	John Mulvaney	35.5
M70	Ron Munro	35.0
<b>800m</b>		
W60	Loris Reed	3:22.4
W70	Carol Thompson	4:05.3
M45	Tony Emmerson	2:34.5
M65	John Mulvaney	3:03.9
M55	Kevin Prendergast	3:56.6
<b>3000m</b>		
M45	Tony Emmerson	12:20.1
M50	Tom Reihana	14:16.2
M65	John Mulvaney	17:12.3
M55	Kevin Prendergast	16:11.4
M75	Brian Keown	18:27.6
<b>Javelin</b>		
W30	Nicola Jennings	22.51m
W30	Andrea Cattermole	18.66m
W55	Birgit Steltner	15.38m
W60	Bev Church	17.49m
W60	Loris Reed	17.88m
W60	Alison Wright	12.90m
W70	Barbara Bird	18.28m
W75	Iris Bishop	9.82m
M50	Tom Reihana	27.43m
M80	Dave Leech	13.42m
M80	Bill Newton	21.77m
<b>Discus</b>		
W30	Nicola Jennings	24.21m
W30	Andrea Cattermole	25.69m
W55	Birgit Steltner	15.31m
W60	Bev Church	19.74m
W60	Loris Reed	18.25m
W60	Alison Wright	14.93m
W70	Barbara Bird	14.90m
W75	Iris Bishop	13.72m
M50	Tom Reihana	19.18m
M80	Dave Leech	19.32m
M80	Bill Newton	20.32m

**North Island Track & Field Championships**

A few CMA members made the journey north to New Plymouth, November 19<sup>th</sup> - 21<sup>st</sup> 2010. No report or photos were supplied by any athletes who attended the meeting, but a full list of results can be found on the NZMA website ([www.nzmastersathletics.org.nz](http://www.nzmastersathletics.org.nz)).

## Inter-Club - Saturday November 27<sup>th</sup> 2010 CMA 10000m Championships

On a hot, nor-west day, the Canterbury Open & Masters 10000m championships were held at QEII. All but four of the competitors were masters athletes .... where have all the seniors gone? Well done to those who competed and thank you to Ronnie Stevens for taking the photos.

### 800m

M40	Malcolm Cornelius	2:15.18
M40	Marcus Elliott	2:23.45
M50	Andrew Stark	2:10.37
M60	John Mulvaney	2:58.25
M60	Brian Chubbin	3:34.49

### 2000m Steeplechase

M60	Iain Chinnery	8:32.15
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### 3000m

M40	Darren Hoolahan	9:24.88
M40	Anthony Duncraft	9:42.12
M45	Richard Bennett	8:56.87

### \*CMA 10000m Championships

M40	Gary McIlroy	34:14.67
M45	Chris Rae	38:22.09
M45	Nigel Andreson	40:15.05
M50	John Gamblin	37:34.11
M50	Michael Kelly	41:51.05
M50	Mike Van der Colk	43:34.66
M50	Tom Reihana	51:31.30
M60	Peter Larkin	37:45.92
M65	John Souter	51:59.09
M65	Jos Galavazi	52:28.42
M70	Eric Saxby	53:35.38
M70	John Eastmond	58:32.04
M65	John Waite	60:24.18
M75	Brian Keown	65:03.02
M80	Stan Gawler	58:32.07

\* Only current CMA members have been recorded in the results above and were eligible to win the CMA age group titles and / or records. This selection of photos were supplied by Ron Stevens.



Gary McIlroy  
(1585)



Tom Reihana &  
Jos Galavazi

John Gamblin



John Souter



Michael Kelly



CMA members Loris Reed and Brian Keown.

More 10000m photos ...

Eric Saxby



John Waite



Mike Van der Colk

## CMA - Tuesday November 30<sup>th</sup> 2010

A small turn out of runners, but the usual group of throwers turned up for a final worked before South Island Track & Field Championships.

### 60m

W60	Lois Anderson	10.7
M50	Craig Wenmoth	8.6

### 200m

W60	Lois Anderson	36.3
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### 1500m

W70	Ann Henderson (walk)	10:54.4
M40	Richard Malloch	5:07.5
M55	Maurice Gough	6:02.5

### Discus

W30	Andrea Cattermole	23.49m
W60	Bev Church	20.49m
W60	Alison Wright	14.39m
W65	Diane Underwood	11.38m
W75	Iris Bishop	12.76m
M60	Rick Davison	40.44m
M75	Bruce Savage	14.60m
M80	Bill Newton	20.14m
M80	Dave Leech	18.25m

### Hammer

W30	Andrea Cattermole	21.48m
W60	Bev Church	28.51m
W60	Alison Wright	17.90m
W65	Diane Underwood	16.21m
W75	Iris Bishop	18.90m
M60	Rick Davison	41.77m
M80	Dave Leech	27.28m
M80	Bill Newton	27.04m

## South Island Track & Field Championships

Several CMA members made the journey south to Invercargill, December 3<sup>rd</sup> - 5<sup>th</sup> 2010.

Unfortunately no full report was written by anyone who attended the meeting. A full list of results can be found on the NZMA website ([www.nzmastersathletics.org.nz](http://www.nzmastersathletics.org.nz)).

However, Max Wood sent this photo and did write this brief report.



Birgit Steltner, Penny Reid, Louise Scott & Lois Anderson

The four 'girls' from Rm 9 Monarch Motel and Canterbury Masters teammates were unofficially known as, Ms Germany, Ms Brazil, Ms Tai Tapu & Ms Halswell, !

We did enjoy the Championships, although a different role for me as Team Support.

Such a shame that Malcolm Fraser injured his leg during the 400m and had to pull out at the 260m mark.

Louise achieved PB's in her 3 sprints and Birgit and Lois had strong performances in the Pentathlon.

Penny ran in the 4 x100m relay (all females), but had decided against competing in the sprints with the lack of recent training.

\*\*\*\*\*

Following the meeting, a group spent some time on Stewart Island and these photos were supplied by ?????



Birgit Steltner making friends with a 'local'.

## Inter-Club - Saturday December 11<sup>th</sup> 2010

### CMA 5000m Championships

Another hot nor-west day ... following the normal inter club meeting, the CMA 5000m championships were held. Well done to those who competed.

<b>100m</b>		
M50	Anthony Rogal	13.88
<b>800m</b>		
M50	Andrew Stark	2:07.44
M50	Anthony Rogal	2:13.71
M50	Michael Kelly	2:46.24
M60	John Mulvaney	2:58.54
<b>3000m</b>		
W40	Lisa McGoldrick	11:34.6h
M45	Richard Bennett	8:57.9h
M50	Clive Kitchingman	10:51.0h
M50	Michael Kelly	11:45.3h
<b>*CMA 5000m Championships</b>		
W35	Tracy Crossley	18:19.33
M40	Gary McIloy	16:48.51
M40	Malcolm Cornelius	18:05.31
M45	Joe Ford	16:53.15
M45	Anthony Duncraft	17:46.40
M45	Chris Rae	18:03.27
M45	Nigel Andreson	18:50.91
M50	John Gamblin	18:49.89
M50	Mike Van der Colk	20:43.87
M50	Maurice Gough	23:10.78
M55	Kevin Prendergast	26:45.84
M60	Peter Larkin	18:16.56
M60	Iain Chinnery	20:27.43
M60	Brian Chubbin	25:41.24
M65	Michael Bond	20:53.87
M65	John Souter	24:14.45
M65	Peter Coughlan	29:20.31
M70	Walter Hume	22:46.60
M70	John Eastmond	29:24.94
M75	Brian Keown	30:44.69
M80	Stan Gawler	29:25.05

\* Only current CMA members have been recorded in the results above and were eligible to win the CMA age group titles and / or records.

<b>High Jump</b>		
W50	Lyn Osmer	1.30m
<b>Shot Put</b>		
M60	Rick Davison	9.76m
<b>Discus Throw</b>		
M60	Rick Davison	37.17m
<b>Hammer Throw</b>		
M60	Rick Davison	44.32m
<b>Javelin Throw</b>		
M60	Rick Davison	31.04m



Andrew Stark wins the open 800m.

#### 5000m competitors

Nigel Anderson

Peter Larkin



Stan Gawler



## Jack King Memorial Throws - Sunday December 12<sup>th</sup> 2010

Our regular group of throwers turned out for this annual event. For those who did not know Jack King, he was the first CMA field events coach, who encouraged and coached many of our present day mature members.

He arrived to compete at one of our meetings in the mid 1990's, but as he was not feeling well he left without competing. Within a few days he had passed away and this event was introduced as a mark of respect for his coaching efforts.

		Hammer	Shot	Discus	Javelin	Weight	Total
<b>W60</b>	<b>Beverley Church</b>	24.99	7.36	17.85	14.90	9.99	
	Age Factors	1.5353	1.5015	1.5961	1.5408	1.2108	
		38.36	11.05	28.49	22.95	12.09	
		675	598	434	344	621	<b>2672</b>
<b>W60</b>	<b>Alison Wright</b>	18.22	5.29	14.59	10.19	8.58	
	Age Factors	1.5353	1.5015	1.5961	1.5408	1.2108	
		27.97	7.94	23.28	15.70	10.38	
		449	395	337	209	516	<b>1906</b>
<b>W65</b>	<b>Diane Underwood</b>	15.11	5.45	12.46	13.50	6.89	
	Age Factors	1.7038	1.6600	1.7927	1.7274	1.3260	
		25.74	9.04	22.33	23.31	9.13	
		402	467	320	351	440	<b>1980</b>
<b>W70</b>	<b>Barbara Bird</b>	16.18	6.54	14.36	18.96	5.20	
	Age Factors	1.9160	1.8559	2.0542	1.9654	1.4667	
		31.00	12.13	29.49	37.26	7.62	
		515	670	453	615	349	<b>2602</b>
<b>W70</b>	<b>Gwyn Heseltine</b>	16.49	5.00	10.66	8.54	6.00	
	Age Factors	1.9160	1.8559	2.0542	1.9654	1.4667	
		31.59	9.27	21.89	16.78	8.80	
		528	482	312	229	420	<b>1971</b>
<b>W70</b>	<b>Iris Bishop</b>	17.85	5.63	12.47	9.67	6.73	
	Age Factors	1.9984	1.8324	2.1546	2.2794	1.5146	
		35.67	10.31	26.86	22.04	10.19	
		616	550	404	327	504	<b>2401</b>
<b>M50</b>	<b>Stephen McKee</b>	22.88	9.88	27.81	31.25	9.14	
		1.1864	1.1721	1.0218	1.2278	1.0488	
		27.14	11.58	28.41	38.36	9.58	
		305	581	433	418	429	<b>2166</b>
<b>M60</b>	<b>Rick Davison</b>	40.75	9.97	38.51	33.09	15.76	
	Age Factors	1.3082	1.2482	1.0628	1.4140	1.0424	
		53.3	12.44	40.92	46.78	16.42	
		731	633	683	541	816	<b>3404</b>
<b>M70</b>	<b>Brian Senior</b>	36.46	10.81	31.55	22.96	14.38	
	Age Factors	1.5124	1.3471	1.2781	1.6801	1.1408	
		55.14	14.56	40.32	38.57	16.40	
		762	763	671	421	815	<b>3432</b>
<b>M80</b>	<b>Bill Newton</b>	26.06	9.10	20.23	22.85	10.79	
	Age Factors	1.9056	1.5980	1.6441	2.0952	1.3043	
		49.65	14.54	33.26	47.87	14.07	
		671	761	529	557	682	<b>3200</b>
<b>M80</b>	<b>Dave Leech</b>	21.97	7.13	18.23	13.41	10.26	
	Age Factors	1.9056	1.5980	1.6441	2.0952	1.3043	
		41.86	11.39	29.97	28.09	13.38	
		543	569	464	272	643	<b>2491</b>

## CMA - Wednesday December 15<sup>th</sup> 2010

A group of over 30 members gathered for the annual Christmas Break-up meeting held at the New Brighton track in fine weather.

Three competitions involving estimating distance, weight and time were enjoyed by all with Glen Church, Jeff Barnfield and Louise Scott all winning a section.

After the scheduled track events, a handicap 4 x 100m was relay was held, with the winners being those closest to their estimated time ... and a first ... the field event competitors finished before the runners!!

The meeting ended with a social gathering and a shared supper. Thank you to all those who attended.

### 60m

W50	Lyn Osmer	9.6
W55	Birgit Steltner	10.2
M55	Jeff Barnfield	8.4
M55	Kevin Prendergast	11.4
M60	John Mulvaney	10.5
M65	John Dumergue	10.0
M75	Bruce Savage	10.8
M65	John Waite	13.1
M80	Maurice Cook	14.1

### 800m

W16	Jackie Barnfield	3:37.4
W45	Penny Reid	3:46.8
W60	Loris Reed	3:19.9
W70	Ann Henderson (walk)	5:57.7
M50	Tom Reihana	3:09.7
M55	Maurice Gough	2:56.4
M55	Kevin Prendergast	3:33.5
M60	John Mulvaney	3:05.6
M65	John Waite	4:47.1
M70	John Eastmond	4:04.1

### Discus

W30	Andrea Cattermole	25.25m
W60	Bev Church	20.67m
W60	Loris Reed	19.56m
W60	Lois Anderson	16.32m
W60	Alison Wright	15.91m
W65	Diane Underwood	11.97m
W70	Barbara Bird	14.24m
W70	Gwyn Heseltine	10.97m
W75	Iris Bishop	13.46m
M60	Rick Davison	40.08m
M65	Glen Church	19.81m
M65	Barry Wright	13.90m
M75	Bryan Kerr	10.78m
M80	Bill Newton	21.21m



Christmas break-up social at the NB clubrooms.

## Interclub - Saturday December 18<sup>th</sup> 2010 Open & CMA Steeplechase Championships

### 400m Hurdles

M50	Anthony Rogal	70.34
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### 400m

M40	Darren Hoolahan	56.77
M50	Andrew Stark	57.86
M50	Anthony Rogal	60.41

### 1500m

W35	Tracy Crossley	5:05.15
W40	Lisa McGoldrick	5:36.78
M45	Richard Bennett	4:12.1h
M45	Chris Rae	4:44.59
M50	Andrew Stark	4:24.3h
M50	Clive Kitchingman	5:01.57
M60	John Mulvaney	6:15.12
M60	Brian Chubbin	7:05.15

### 2000m Steeplechase Championship

M60	Iain Chinnery	8:40.40
M80	Ian Brownie	15:59.22

### 3000m Steeplechase Championship

M50	John Gamblin (Open winner)	12:06.71
M55	Kevin Prendergast	17:02.60

### Discus Throw

M60	Rick Davison	39.50m
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### Hammer Throw

M60	Rick Davison	46.29m
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### Javelin Throw

W50	Lyn Osmer	33.36m
M60	Rick Davison	30.74m

## Inter Club - Sunday December 19<sup>th</sup> 2010

The Athletics Canterbury Combined events included the CMA Pentathlon Championships. As can be seen by the results below, there were very few members who competed in these events. Having discussed this situation at a recent Committee meeting, it has been decided that rearrange the February CMA Championship programme to include the pentathlon events and no longer run these events on a separate day.

Women's Pentathlon							
		100m	Shot	Long Jump	Javelin	800m	Total
<b>Penny Reed</b>	W45	15.18	0	3.22metres	0	3.28.47	
	Points	610	0	261	0	276	1147
<b>Birgit Steltner</b>	W55	17.13	6.36m	3.24	15.55m	3.38.07	
	Points	521	445	388	336	357	<b>2047</b>
Men's Pentathlon							
		Long Jump	Javelin	200m	Discus	1500m	Total
<b>Maurice Gough</b>	M55	3.23m	0	35.27	10.77m	5.58.78	
	Points	244	0	226	126	565	1161
<b>Bruce Savage</b>	M75	0	0	0	14.61m	0	
	Points	0	0	0	290	0	290
<b>Bill Newton</b>	M80	0	20.79m	0	21.27m	0	
	Points	0	494	0	563	0	<b>1057</b>

## Inter-Club - Wednesday December 29<sup>th</sup> 2010

The final meeting of 2010 was held in great weather conditions on a warm evening. At this meeting there are events for all ages, children, seniors and masters. It is always a good opportunity to witness some competitive racing, with an invitation 1 mile and 5000m events as feature events. A few CMA members performed well, as listed below.

### 100m

W45	Penny Reid	14.94
W55	Birgit Steltner	16.94
M40	Marcus Elliott	12.77

### 200m

W40	Louise Scott	29.34
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### 800m

M40	Darren Hoolahan	2:05.47
M40	Malcolm Cornelius	2:13.81
M40	Marcus Elliott	2:23.32
M50	Andrew Stark	2:07.53
M50	Anthony Rogal	2:10.54
M60	John Mulvaney	2:57.69

### 5000m

W35	Tracy Crossley	18:22.63
M45	Richard Bennett	15:07.22
M50	Clive Kitchingman	18:22.56
M60	Peter Larkin	18:12.20
M60	Iain Chinnery	19:58.82

### Long Jump

W45	Penny Reid	3.39m
W55	Birgit Steltner	3.23m

### Triple Jump

W55	Birgit Steltner	7.09m
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### Shot Put

M60	Rick Davison	9.85m
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### Discus Throw

M60	Rick Davison	39.25m
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### Hammer Throw

M60	Rick Davison	43.70m
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### Javelin Throw

M60	Rick Davison	30.41m
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## CMA - Sunday January 9<sup>th</sup> 2011

A small dedicated group athletes competed in the first CMA meeting for 2011, with several records being broken.

### 60m

W16	Jacqui Barnfield	10.1
W40	Louise Scott	8.6. (R)
W50	Lyn Osmers	9.4 (R)
M55	Jeff Barnfield	8.1 (R)
M55	Georg Ludwig	8.3
M70	Bruce McPhail	9.7
M75	Bruce Savage	11.0
M80	Maurice Cook	14.6

### 100m

W16	Jacqui Barnfield	16.0
M55	Georg Ludwig	13.5
M55	Maurice Gough	15.9
M55	Kevin Prendergast	21.7
M70	Bruce McPhail	15.4
M75	Bruce Savage	18.1
M80	Maurice Cook	24.7

<b>300m</b>		
W40	Louise Scott	45.6 (R)
M55	Kevin Prendergast	71.1
M60	John Mulvaney	58.7
M70	Bruce McPhail	67.5
<hr/>		
<b>400m</b>		
M45	Tony Emmerson	66.4
<hr/>		
<b>1500m</b>		
M45	Tony Emmerson	5:00.6
M55	Maurice Gough	6:00.2
M55	Kevin Prendergast	7:11.1
M65	Peter Coughlan	7:48.2
M75	Brian Keown	8:48.4
M80	Stan Gawler	8:04.8
<hr/>		
<b>Javelin</b>		
W50	Lyn Osmer	29.42m
W60	Alison Wright	12.16m
W70	Barbara Bird	18.56m
W75	Iris Bishop	10.32m
M55	Georg Ludwig	30.85m
M55	Jeff Barnfield	23.07m
M80	Bill Newton	22.47m
<hr/>		
<b>Discus</b>		
W60	Alison Wright	12.87m
W70	Barbara Bird	14.29m
W75	Iris Bishop	13.15m
M80	Bill Newton	21.23m

### Inter-Club - Saturday January 15<sup>th</sup> 2011

<b>400m</b>		
W35	Julieana Findlay	66.26
M40	Darren Hoolahan	57.78
M45	Anthony Duncraft	63.41
M50	Anthony Rogal	58.71
<hr/>		
<b>1500m</b>		
W35	Julieana Findlay	4:52.7h
W40	Lisa McGoldrick	5:24.2h
M40	Darren Hoolahan	4:19.54
M40	Malcolm Cornelius	4:35.28
M45	Richard Bennett	4:13.82
M45	Nigel Anderson	4:57.00
M45	Anthony Duncraft	4:31.23
M50	Anthony Rogal	4:29.80
M60	Tony McManus	4:35.11
M60	Peter Larkin	5:13.78
<hr/>		
<b>5000m</b>		
M50	Clive Kitchingman	19:50.47
M60	Peter Larkin	19:00.99
<hr/>		
<b>High Jump</b>		
W50	Lyn Osmer	1.35m

### CMA - Wednesday January 19<sup>th</sup> 2011

<b>60m</b>		
W55	Birgit Steltner	10.6
M55	Maurice Gough	10.6
M70	Bruce McPhail	10.5
M80	Maurice Cook	14.8
<hr/>		
<b>200m</b>		
W55	Birgit Steltner	37.3
M55	Maurice Gough	34.9
M60	John Mulvaney	36.6
M70	Bruce McPhail	34.9
M80	Maurice Cook	57.1
<hr/>		
<b>800m</b>		
M40	Malcolm Cornelius	2:21.9
M45	Tony Emmerson	2:30.0
M55	Maurice Gough	3:01.3
M55	Kevin Prendergast	3:39.7
M60	John Mulvaney	3:04.0
M65	Peter Coughlan	3:53.9
M80	Stan Gawler	4:01.8
<hr/>		
<b>3000m</b>		
M40	Malcolm Cornelius	11:41.2
M55	Maurice Gough	14:35.3
M55	Kevin Prendergast	15:02.0
M60	John Mulvaney	16:31.5
<hr/>		
<b>Discus</b>		
W55	Birgit Steltner	15.37m
W60	Bev Church	18.67m
W60	Loris Reed	18.50m
W60	Alison Wright	14.64m
W65	Diane Underwood	12.12m
W70	Barbara Bird	13.01m
W70	Gwyn Heseltine	10.45m
W75	Iris Bishop	12.37m
M60	Brian Chubbin	17.02m
M65	Barry Wright	11.86m
M65	Glen Church	18.19m
M80	Bill Newton	21.20



*The throwers prepare for competition.*

### Shot Put

W55	Birgit Steltner	6.41
W60	Bev Church	7.05
W60	Loris Reed	6.69
W60	Alison Wright	5.31
W65	Diane Underwood	5.51
W70	Barbara Bird	6.35
W70	Gwyn Heseltine	4.82
W75	Iris Bishop	5.43
M60	Brian Chubbin	5.73
M65	Barry Wright	5.99
M65	Glen Church	6.78
M80	Bill Newton	9.03



(1) Peter Coughlan, (2) Tony Emmerson, (3) Kevin Prendergast and (4) Maurice Cook are full of concentration during their races.

## CMA - Sunday January 30<sup>th</sup> 2011

On a warm but windy morning, a dedicated group gathered and enjoyed some competitive competition.

### 60m

W45	Louise Scott	8.6
W55	Birgit Steltner	10.1
W60	Lois Anderson	10.6
M55	Jeff Barnfield	8.4
M60	John Mulvaney	9.9
M65	John Dumergue	9.8
M70	Peter O'Halloran	9.6

### 100m

W45	Louise Scott	13.4
W55	Birgit Steltner	16.7
W50	Lyn Osmer	13.4
W60	Lois Anderson	17.2
M55	Jeff Barnfield	13.2
M55	Maurice Gough	16.1
M65	John Dumergue	16.1
M70	Peter O'Halloran	15.5
M75	Bob Heseltine	22.1

### 300m

W60	Margaret Flanagan	67.6
M55	Maurice Gough	56.6
M60	John Mulvaney	59.8
M65	Peter Coughlan	73.2
M75	Bob Heseltine	79.6

### 400m

W45	Louise Scott	67.8
M40	Malcolm Cornelius	63.3
M45	Tony Emmerson	66.1
M65	Les Woods	119.4

### Hammer

W30	Nicola Jennings	29.66m
W30	Andrea Cattermole	18.97m
W45	Philippa Main	16.30m
W55	Birgit Steltner	18.87m
W60	Bev Church	28.37m
W60	Alison Wright	17.69m
W65	Diane Underwood	13.47m
W70	Barbara Bird	15.21m
W70	Gwyn Heseltine	16.79m
M60	Rick Davison	43.96m
M80	Bill Newton	27.37m

### Javelin

W30	Andrea Cattermole	17.12m
W45	Philippa Main	11.96m
W60	Lois Anderson	14.63m
W55	Birgit Steltner	14.41m
W60	Bev Church	16.95m
W60	Alison Wright	10.76m
W65	Diane Underwood	12.77m
W70	Barbara Bird	19.00m
W70	Gwyn Heseltine	8.80
M60	Rick Davison	32.79
M75	Bob Heseltine	10.20
M80	Bill Newton	23.59

When Tony McManus told me about the massage stick I thought, "What's he on about?". However, I was interested, as I have been suffering from an upper hamstring problem for ten months, which prevented me from sprinting at speed.

I found the New Zealand supplier's website ([www.thestick.co.nz](http://www.thestick.co.nz)), read all the background information about how and why they work and then ordered the more flexible **Marathon Stick** to 'give it a go'. Within a few days of using the stick, I noticed a change in how my muscles were feeling and the 'tight' area in my upper hamstring had disappeared!!!

I ordered a **Sprinter Stick**, which is less flexible, so I could compare the two.

I was so impressed by how easy it was to use them, that I contacted the supplier to see if he would consider allowing Canterbury Masters Athletics to purchase the product at a reduced rate, as I know we would all benefit from using one.

I'm not suggesting it will cure everything, but if used regularly as part of your training regime along with regular stretching exercises etc., I am sure many of the benefits outlined in their website will occur.

I have samples of both massage sticks that you can try, which I will bring to QEII or various other races. Once you try it for a few days, I am sure you will not be disappointed.

**Andrew Stark (CMA President)**

Below is information & prices from [www.thestick.co.nz](http://www.thestick.co.nz) website. I suggest you look at the website for more information.

**\$62.50 + \$7.50 courier**

**SG-2000  
Marathon Stick**



- Popularized by world class distance runners
- Most flexible of small models
- 10 spindles • 20" • 10 oz.

**Marathon Stick** – a flexible Stick for those with less muscle mass, who are older, more tender, or just prefer a lighter pressure (ideal for post exercise recovery). The Marathon is a short stick particularly good for use on the limbs (legs, arms, neck). A great tool for runners, walkers, cyclists and tri-athletes.

**Sprinter Stick** – a firm Stick to provide deeper pressure and are most appropriate for more muscular physiques, larger individuals, or those who especially enjoy deep pressure. The Sprinter is also a short stick especially suitable for use on the limbs. Cyclist's calf muscles particularly enjoy massage from the Sprinter.

**\$67.50 + \$7.50 courier**

- Designed for well-developed legs
- Most rigid of short models
- 19" long • 9 spindles • 11 oz.

**G-1900  
Sprinter Stick**



**CMA Price  
\$60.00  
each  
+  
\$2.50 courier  
(if required)**

If you are a member of **CMA**, my contact details are in Cant-A-Long.

For all other athletes who are interested in **purchasing** a massage stick, contact Andrew Stark on ...

**cmams2011-promo@yahooextra.co.nz**

I will provide you with your payment & delivery options ASAP once I receive (see) your e-mail.

Note: The promotion of these two models of the Massage Stick is a fund-raiser for CMA, whereby a small percentage of the purchase price is retained by CMA to assist us in the running of our organization. CMA acknowledges the supplier of the Massage Stick for his support of CMA.

## Welcome to the world of 'The Stick' where we all enjoy happy muscles!

When you purchase a stick, you will find a brochure wrapped around your Stick outlining some features and also some diagrams and tips for use. I have added a little more information below which you might find useful in the use of your **Stick**.

### General Instructions:

- A typical treatment for healthy muscle tissue is about 20 progressively deeper passes over each muscle group (about 30 seconds per area).
- Discomfort or pain may be experienced when the spindles locate a bump or tender knot in the muscle - this is known as a trigger point.
- Muscles containing trigger points are often weak, stiff and sore. They are frequently tight, easily tire and often hurt. Muscles containing chronic trigger points may need additional passes over the involved area and may require attention several times daily until healed.
- The rolling action of **The Stick** will remove these trigger points through the compression and stretching of the muscle. A healthy copious blood supply will be promoted to assist the natural recovery and healing process and provide essential nutrients to the muscle.
- Keep muscles relaxed during rollout. It is not necessary to hurt the muscle in order to help it! Pressure on the muscle by **The Stick** can be varied by moving the hands closer together and is at your own discretion dependent on how your muscle feels. The rollout can be in both directions.
- For treating the calf muscle, try lifting your foot off the ground, hold **The Stick** in behind the calf then move your leg up and down against **The Stick**. As per the diagrams enclosed also try rolling the calf with the leg on the ground. You will feel what is most effective for you.

### For best results, use The Stick ....

- In the morning after you wake up.
- Immediately before you go to bed.
- Pre activity to warm the muscles, lessen your chance of injury and prepare them for action. If you have a stretching routine, roll the muscle first, which will promote an increased blood flow and correspondingly allow a much more effective stretch. Immediately upon completion of exercise. The Stick will force a relaxation of the exercised muscle and will encourage new blood flow to accelerate recovery.



Use it anytime you want your muscles to feel better!

You now have a tool that you can use to treat your whole body easily and quickly.

The repetitive use of our muscles (be it walking, running, stretching, bending) can increase toxin accumulation in the muscle or maybe cause just a small misalignment of the muscle fibres or fascia. We are all exposed daily to these potential tissue problems, but now by using **The Massage Stick**, you have the tool to help alleviate those barriers to optimum muscle performance.



#### Contact Details:

QEII Sports Stadium, Travis Road  
Tel: 03 383 6290  
Fax: 03 383 6280  
Email: [info@activehealth.co.nz](mailto:info@activehealth.co.nz)  
Website: [www.activehealth.co.nz](http://www.activehealth.co.nz)

## Exercise is Medicine

### Services Include:

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Medical        | <input checked="" type="checkbox"/> Exercise prescription |
| <input checked="" type="checkbox"/> Physiotherapy  | <input checked="" type="checkbox"/> Training programmes   |
| <input checked="" type="checkbox"/> Rehabilitation | <input checked="" type="checkbox"/> Mental conditioning   |
| <input checked="" type="checkbox"/> Acupuncture    | <input checked="" type="checkbox"/> Chiropractic          |
| <input checked="" type="checkbox"/> Nutrition      | <input checked="" type="checkbox"/> Altitude simulation   |
| <input checked="" type="checkbox"/> Podiatry       | <input checked="" type="checkbox"/> Fitness testing       |
|  | <input checked="" type="checkbox"/> Aquatherapy           |

# Canterbury Masters Athletics 2010 / 2011 Record Breakers

On the next three pages, all of the athletes who break various records as at **January 15th 2011** 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 against different events and different competitors.

**Note 1** At the Trans Tasman Throws Pentathlon Challenge (**1 August 2010**), the new 'Age Factors' introduced in 01 May 2010 were meant to be used as a 'new' event has been created. The official results do not reflect this change, however new CMA Best Performance for these new events have been created using the new age factors.

**Note 2** New record as the implement specifications were changed on 01 May 2010.

**Note 3** New record for this age group has been created as there was no previous record.

**Note 4** New record as the age factors were changed 01 May 2010.

	Venue	Event	Time or distance	Age %	Record / BP
<b>Dave Leech (M80)</b>	<b>DOB</b>	<b>9-Mar-1927</b>		<b>Age = 83</b>	
01 August 2010	QEII	Throws Pentathlon	2572 pts	-	CMA BP (Note 1)
04 December 2010	Invercargill	Throws Pentathlon	2404 pts	-	SIMC (Note 4)
<b>Ian Brownie (M80)</b>	<b>DOB</b>	<b>12-Mar-1929</b>		<b>Age = 80 / 81</b>	
18 December 2010	QEII	2000m Steeplechase	15:59.22	-	CMA record
<b>Stan Gawler (M80)</b>	<b>DOB</b>	<b>8-Aug-1929</b>		<b>Age = 81</b>	
20 November 2010	Tai Tapu	Half Marathon	2:04.15	78.62%	CMA & NZMA record
<b>Bill Newton (M75/80)</b>	<b>DOB</b>	<b>10-Nov-1930</b>		<b>Age = 79 / 80</b>	
01 August 2010	QEII	Throws Pentathlon	2242 pts	-	CMA BP (Note 1)
12 December 2010	QEII	Throws Pentathlon	3200 pts	-	CMA record
12 December 2010	QEII	Shot Put	9.10m	70.12%	CMA record
<b>Ron Stevens</b>	<b>DOB</b>	<b>11-Nov-1932</b>		<b>76</b>	
06 September 2009	Dunedin	10km	44:06.0	91.05%	CMA Best Performance
<b>Ron Munro (M70)</b>	<b>DOB</b>	<b>18-Oct-1938</b>		<b>Age = 72</b>	
04 December 2010	Invercargill	100m	15.04		SIMC record
<b>Brian Senior (M70)</b>	<b>DOB</b>	<b>9-Apr-1940</b>		<b>Age = 70</b>	
04 December 2010	Invercargill	Pole Vault	1.75m	50.69%	equals SIMC record
04 December 2010	QEII	Throws Pentathlon	3293 pts	-	SIMC & CMA record (Note 4)
12 December 2010	QEII	Throws Pentathlon	3432 pts	-	CMA record
<b>Rick Davison (M60)</b>	<b>DOB</b>	<b>27-Aug-1949</b>		<b>Age = 61</b>	
04 December 2010	Invercargill	Hammer Throw	45.90m	76.12%	SIMC record
04 December 2010	Invercargill	Throws Pentathlon	3341 pts	-	SIMC & CMA record (Note 4)
12 December 2010	QEII	Throws Pentathlon	3404 pts	-	CMA record
<b>Jeff Barnfield (M55)</b>	<b>DOB</b>	<b>31-May-1954</b>		<b>Age = 56</b>	
09 January 2011	QEII	60 metres	8.1secs HT	92.94%	CMA Record
<b>John Gamblin (M50)</b>	<b>DOB</b>	<b>8-Mar-1959</b>		<b>Age = 51</b>	
20 November 2010	Tai Tapu	Half Marathon	1:22.01	82.34%	CMA Best Performance
<b>Stephen McKee (M50)</b>	<b>DOB</b>	<b>29-Dec-1959</b>		<b>Age = 51</b>	
12 December 2010	QEII	Throws Pentathlon	2166 pts	-	CMA record
<b>Richard Bennett (M45)</b>	<b>DOB</b>	<b>6-Dec-1964</b>		<b>Age = 45</b>	
21 August 2010	Spencer Park	10km	31:35	93.43%	CMA Best Performance

	Venue	Event	Time or distance	Age %	Record
<b>Iris Bishop (W75) DOB 8-Feb-1935 Age = 75</b>					
01 August 2010	QEII	Hammer Throw	16.84m	49.79%	CMA BP (Note 1)
01 August 2010	QEII	Throws Pentathlon	2164 pts	-	CMA BP (Note 1)
20 October 2010	New Brighton	Shot Put	5.66m	61.2%	CMA Best Performance
20 October 2010	New Brighton	Weight Throw	6.71m	53.94%	CMA Best Performance
21 November 2010	New Brighton	Discus Throw	13.72m	42.34%	CMA Best Performance
04 December 2010	Invercargill	Shot Put	5.80m	62.71%	SIMC & CMA record (Note 2)
04 December 2010	Invercargill	Discus Throw	13.94m	43.02%	SIMC & CMA record (Note 2)
04 December 2010	Invercargill	Hammer Throw	18.56m	54.87%	SIMC & CMA record (Note 2)
04 December 2010	Invercargill	Javelin Throw	10.95m	38.62%	SIMC record (Note 2)
04 December 2010	Invercargill	Weight Throw	6.42m	51.61	SIMC record (Note 2)
04 December 2010	Invercargill	Throws Pentathlon	2432 pts	-	SIMC & CMA record (Note 4)
<b>Carol Thompson (W70) DOB 23-Sep-1939 Age = 70</b>					
21 August 2010	Spencer Park	5km	29:38	75.13%	CMA Best Performance
04 December 2010	Invercargill	3000m	17:24.67	75.56%	SIMC record
<b>Barbara Bird (W70) DOB 20-Dec-1939 Age = 70</b>					
04 December 2010	Invercargill	Javelin Throw	18.09m	55.09%	SIMC record
<b>Glen Watts (W70) DOB 15-May-1940 Age = 70</b>					
04 December 2010	Invercargill	Shot Put	7.07m	66.32%	SIMC record
04 December 2010	Invercargill	Discus Throw	19.61m	52.04%	SIMC record
04 December 2010	Invercargill	Hammer Throw	24.33m	61.8%	SIMC record
04 December 2010	Invercargill	Pentathlon	1548 pts	-	SIMC & CMA
<b>Ann Henderson (W70) DOB 24-Sept-1940 Age = 69 / 70</b>					
06 September 2009	Dunedin	10km Walk	1:15.49	77.47%	CMA Best Performance
04 December 2010	Invercargill	3000m T Walk	22:03.07	72.78%	SIMC & CMA record
04 December 2010	Invercargill	5000m T Walk	38:14.81	72.6%	SIMC & CMA record (Note 3)
<b>Diane Underwood (W65) DOB 17-Aug-1944 Age = 65</b>					
01 August 2010	QEII	Throws Pentathlon	1944 pts	-	CMA BP (Note 1)
12 December 2010	QEII	Throws Pentathlon	1980 pts	-	CMA record
<b>Lois Anderson (W60) DOB 23-Jul-1946 Age = 64</b>					
01 August 2010	QEII	Throws Pentathlon	2211 pts	-	CMA BP (Note 1)
04 December 2010	Invercargill	200m	35.4	83.13%	SIMC record
04 December 2010	Invercargill	Pentathlon	2091 pts	-	SIMC & CMA record (Note 4)
<b>Loris Reed (W60) DOB 26-Apr-1947 Age = 63</b>					
04 December 2010	Invercargill	800m	2:56.52	87.62%	SIMC record
04 December 2010	Invercargill	1500m	5:47.10	95.47%	SIMC record
04 December 2010	Invercargill	5000m	21:42.55	92.33%	SIMC record
04 December 2010	Invercargill	2000m S/chase	9:15.07	-	SIMC record (Note 3)
<b>Bev Church (W60) DOB 2-Sept-1948 Age = 62</b>					
12 December 2010	QEII	Throws Pentathlon	2672 pts	-	CMA record
<b>Sue Jones (W55) DOB 4-Apr-1954 Age = 56</b>					
20 November 2010	Tai Tapu	Half Marathon	1:39.33	80.9%	CMA Best Performance
<b>Birgit Steltner (W55) DOB 30-Aug-1954 Age = 56</b>					
01 August 2010	QEII	Throws Pentathlon	1819 pts	-	CMA BP (Note 1)
04 December 2010	Invercargill	Pentathlon	2028 pts	-	SIMC & CMA record (Note 4)
19 December 2010	QEII	Penathlon	2047pts	-	CMA record

	Venue	Event	Time or distance	Age %	Record
<b>Lyn Osmer (W45)</b>	<b>DOB</b>	<b>12-Jun-1960</b>		<b>Age = 50</b>	
18 December 2010	QEII	Javelin Throw	33.26m	62.38%	CMA & NZMA record
09 January 2011	QEII	60m	9.4secs HT	85.16%	CMA Record
<b>Louise Scott (W40)</b>	<b>DOB</b>	<b>4-Jan-1966</b>		<b>Age = 45</b>	
09 January 2011	QEII	60m	8.6secs HT	88.26%	CMA Record
09 January 2011	QEII	300m	45.6secs HT	82.8%	CMA New Record
<b>Fiona Gilroy (W40)</b>	<b>DOB</b>	<b>8-Feb-1969</b>		<b>Age = 41</b>	
20 November 2010	Tai Tapu	Half Marathon	1:29.25	76.56%	CMA Best Performance
21 August 2010	Spencer Park	5km	19:09	80.36%	CMA Best Performance
<b>Tracy Crossley</b>	<b>DOB</b>	<b>11-Apr-1972</b>		<b>Age = 37</b>	
06 September 2009	Dunedin	5km	17:47	78.62	CMA Best Performance
<b>Andrea Cattermole (W30)</b>	<b>DOB</b>	<b>23-Jan-1978</b>		<b>Age = 32</b>	
04 December 2010	Invercargill	Weight Throw	6.82m	34.96%	SIMC record (Note 3)
04 December 2010	Invercargill	Throws Pentathlon	1428 pts	-	SIMC & CMA record (Note 4)



*A mixed 1500m field ran in hot conditions at QEII.*



**Question:** What happens if you run too hard too soon in the 200m.

**Answer:** You blow up!

*Remember Maurice, not to run so fast too soon ... Pace yourself!!*



*Some people you just can't wait to see the back of .... John, Birgit and Maurice disappear into the distance.*



*Runners head off at the start of the Tai Tapu Half Marathon.*

*How can we encourage some to join CMA?*

*Bev Church gives it her best shot.*



## Canterbury Masters Athletics Summer Programme 2010 / 2011

### February

Saturday	5th	Canterbury Centre Interclub + Masters 3000m Championships	QEII	4:45 p.m.	
Sunday	6th	Masters Throws Pentathlon Championship & Track meeting	QEII	9.30 a.m.	
Wednesday	9th	Masters (A)	QEII	6.15 p.m.	Discus/Shot/L Jump
Sunday	20th	<b>Canterbury Masters Track &amp; Field Champs</b>	QEII	<b>11.00 a.m. Note NEW TIME</b>	

### March

Tuesday	1st	Masters	QEII	6.15pm	Weight/Hammer/H Jump
Friday	4th			4.00 pm	
Saturday	5th	<b>N.Z. Masters Track &amp; Field Championships</b>	Hastings	8.30 a.m.	
Sunday	6th			8.00 a.m.	
Monday	7th			8.30 a.m.	
Sunday	20th	West Coast T & F Open & Masters Champs	Greymouth		
Friday	25th	Final Night (Maxies)	QEII	6.30 p.m.	
Saturday	26th	Link Relay	Hagley Park	2.00 p.m.	

### April

Sunday	3rd	Masters Presentation Night	<b>TBA</b>	<b>TBA</b>	
Programme	A	60m Scratch, 60m Handicap, 100m, 400m / 300m, 1500m run / walk			
Programme	B	60m Scratch, 60m Handicap, 200m , 800m, 3000m / 5000m run / walk			

## Athletics Canterbury Cross Country & Road Committee Summer Road Programme - 2010 / 2011 Season

### February

Tuesday	1st	<b>Shoe Clinic Asics 5km Series, Race #4</b> – North Hagley Park <b>Start:</b> Children 5.30 p.m. Reg Race 5.45 p.m. Fun Run 6.15 p.m. Contact: Peter King (Phone: 341 1154)
Saturday	5th	Canterbury Masters 3000m Championships - QEII - 4.45 p.m. Contact: Andrew Stark (Tel: 338 0516)
Tuesday	8th	<b>Shoe Clinic Asics 5km Series, Race #5</b> – North Hagley Park <b>Start:</b> Children 5.30 p.m. Reg Race 5.45 p.m. Fun Run 6.15 p.m. Contact: Peter King (Phone: 341 1154)
Saturday	12th	<b>Buller Marathon and Half Marathon (Tasman Centre), Westport</b> <b>Start:-</b> 8.30 a.m. Contact: Dennis Straker (Phone: 03-789 8010)
Saturday	19th	Inter-Club + <b>Canterbury Open 3000m Championships</b>
Sunday	20th	Canterbury Masters Track & Field Championships Contact: Andrew Stark (Tel: 338 0516)
Saturday	26th	International Track Meeting QEII

### March

Friday - Monday	4-7	New Zealand Masters Track and Field Championships - Hastings
Friday - Sunday	11th 13th	Canterbury Track & Field Champs Weekend QEII Stadium + <b>Canterbury 5000m Championships</b>
Friday - Sunday	25-27	National Track and Field Championships - Dunedin
Saturday	26th	<b>Link Relay</b> <b>Start:</b> 2.00 p.m. Netball Centre, South Hagley Park Organised by Canterbury Masters Association Contact: Andrew Stark (Phone: 338 0516)

### April

Saturday	23rd	<b>Ashburton Easter 10 - Miler</b> <b>Start:</b> 10:00 a.m. - Ashburton Hotel, Racecourse Road Contact: Noel Batty (Phone: (03) 308 4003)
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