

# Cant-A-Long

November 2010

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

This issue of Cant-A-Long is packed full of interesting articles and not just results. Well done and thank you to the contributors. My hope is that it will inspire more of you out there to share your stories.

I am always interested in 'something different' that our members have been up to or have done in the past. So ... look up those old photos or training diaries and put together your story.

I am also interested in talking with some of our 'mature' members, as I did with Dave Leech in this issue. As a youngest, I see you competing but know nothing your past. Who will be next to share their story?

On pages 24 & 25, you will find information about a simple device that could help you to prevent or recovery from a soft tissue muscle injury. I was so impressed by the product, that I negotiated with the New Zealand supplier for a bulk deal price. CMA members (and others) have the opportunity of purchasing via CMA at a reduced price, plus CMA retains a small percentage as a fund-raiser. I have sample massage stick you can try before you buy.

With the new track & field season upon us, I know we have members going to the North Island and South Island Championships. Remember to take your camera and upon your return write something for the next issue about your experience.

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)***

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



### **Advertising in Cant-A-Long**

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

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

#### **Rates:**

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

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

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

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

### **Canterbury Masters Athletics Inc Life Members:**

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



The Canterbury Masters Athletics AGM was held on 16 August 2010 at the Port Hills Club rooms. A good turnout of nearly 40 members attended.

The elected CMA officials for the 2010 / 2011 season are listed below.

Three members stood down from the previous committee and were acknowledged for their contributions - Bryan Kerr, Glen Watts and Loris Reed.

Alan Gardiner stepped down as President, but has continued on as a committee member, the CMA representative on the Athletics Canterbury Cross Country & Road Committee and on the NZMA Executive Committee.

Bryan Kerr presented a draft version of the summer programme and there was some discussion about the placement of our

championship events. The final season programme is at the back of this issue of Cant-A-Long.

As a result of a successfully run NZMA Championships held in Christchurch last April, Bryan Kerr, Bernadette & Kevin Jago and Andrew Stark were acknowledged for their efforts with a presentation of a framed set of medals from the event.

While this season is 'quiet' with no national events being held in Canterbury, there is still plenty to do. CMA members hold several positions of responsibility on the various Athletics Canterbury committees, so there is always something on and work to be done.

If you are interested in becoming involved, we are always looking for 'helpers' to train.

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

**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:**

Ada Birtles	Tel: 03 355 6336	<a href="mailto:adabirtles@yahoo.co.nz">adabirtles@yahoo.co.nz</a>
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
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**Cant-A-Long Editor:****3**

Andrew Stark

## Welcome to new members

As it's early in the new season, we only have two new members so far ....

- Justine Whitaker
- Tony Kinrade-Emmerson

We look forward to more joining as the season progresses. 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  
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**(03) 338 5424**

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

e-mail: bruce.milne@xtra.co.nz

## 2010 Trans-Tasman Postal Throws Pentathlon

Lois Anderson

On the 1st August 13 athletes competed at Rawhiti Domain. It was the annual competition held throughout New Zealand and Australia in the month of August.

As usual the contest is held in five year bands and we strive to be the best in our grade.

We had only three throws in each 'discipline' - hammer, shot put, discus, javelin and weight throw.

We were grateful to Pat Leech for coming along to act as our recorder and to cast a watchful eye over the throwers feet. The weather was mild and we made the most of the lack of wind.

Everyone was proud of their efforts as it was 'out of season', though the older few always get the most admiration for their efforts.

Dave Leech, Iris Bishop and Brian Senior were throwing well. Some regular attendees were absent, so we hope they are well and we look forward to seeing them competing later on this season.

We will wait with anticipation for the certificates and scores from the coordinator to see how we went overall.

### Results:

*There were 110 participants from Australia and New Zealand, up from last year which indicates the event is gaining in popularity. As there are too many results to print here, the full official list is available on the New Zealand Masters website. How did our athletes go?*

Throws Pentathlon			Points
W55	4th	Birgit Stether	1928
W60	2nd	Lois Anderson	3340
W60	3rd	Lynn Donaldson	2233
W60	5th	Alison Wright	1841
W65	4th	Diane Underwood	2121
W70	2nd	Glen Watts	3510
W70	5th	Barbara Bird	2727
W75	2nd	Iris Bishop	2717
M60	2nd	Rick Davison	3239
M70	1st	Brian Senior	3642
M75	9th	Bill Newton	2514
M80	1st	Dave Leech	2811



*Canterbury participants  
in the event.*

*Looks a bit cold to me!*

*Thank you to Bev  
Church and her crew for  
the organisation of this  
event.*





*A selection of photos from the Trans-Tasman Throws Pentathlon,  
New Brighton track, held on Sunday 1st August.*



Earlier this year, I was attending the funeral of an old neighbour of mine, Peter Rennell. As a youngster, I spent many hours playing with his children who were my generation. Sitting near me that day was Dave Leech, who also knew Peter as they had been in Christchurch Harrier Club together in the mid 1940's. Dave also used to visit Peter at home and may well have been there on days when I was playing with Peter's children back in the 60's .... what a small world we live in!

I first met Dave back in the mid 1970's. My father had recently died from a heart attack when I was 17 years old and a teacher at my school (Jim Sargent) suggested I join the University of Canterbury Athletics Club. To say I 'knew' Dave is not really correct. He was one of those 'old buggers' .... about the age I am now!! .... who made up the D or E teams in relay races. I later met his son Matthew as we were in the same University course for one year and we both represented Canterbury at athletics in 1976.

Dave is like so many of our 'mature' CMA members ... the younger ones amongst us know nothing about their 'history', so I thought it was time to find out.

Well ... here is some of Dave's history.

Dave was born in Christchurch on 9th March 1927 and lived in New Brighton. He attended St Bede's College school, tried various sports and was an 'okay' runner.

In 1944 at aged 17 years old, he joined the Christchurch Harrier Club, now known as the Christchurch Avon Athletics Club.

In 1946 he represented Canterbury at the New Zealand Junior Championships (Dunedin) where he finished runner-up in the discus throw. In those days, your competition grade changed the day of your birthday and had this event been held the next day,

Dave would have been a senior and not able to compete for the title. (See photo at bottom)

Being part of a club meant that you had an opportunity to try various other events. Dave soon found that he was not only a capable discus thrower and shot putter, but under the guidance of J R (Johnny) Brown he was more than useful at throwing the hammer.

In the late 1940's, Dave attended Canterbury University, studying mainly history and changed clubs. He joined the Canterbury University College Athletic Club and the Canterbury University Cross Country Club, where he was Club Captain in 1951 & 1952. Today both clubs are gone, having merged to be known as the University of Canterbury Athletic Club.

In 1952 he won the Canterbury Championship Hammer throw and also won the first of his four National Hammer titles. The New Zealand Championships were held at the famous Wanganui, Cook's Gardens track. However, the officials at Cook's Garden track would not let the hallowed turf get damaged by the hammer throw, so the competitors had to make their own throwing circle and sector by mowing a section of the Wanganui Racing Club's grounds, before the competition could take place.

The photo on the next page of Dave was taken by Arthur Grayburn, who was also competing and won the first of his two New Zealand Championship javelin titles. You will notice that the throwing circle is grass. It was not until 1957 that the first concrete throwing circles were introduced at the New Zealand Championships (Napier).

For his efforts that season he was awarded the Canterbury University Blues and New Zealand University Blues. He also won New Zealand University Blues again in 1953 & 1957.



The three place getters (left to right) of the Junior Discus throw are D Leech (2nd), G Gilmour (1st) & D McKay (3rd) What a handsome looking boy!





*Dave in action winning his first senior New Zealand Championship title in 1952 (Wanganui), having first prepared the ground with the other competitors. Where are the nets???*

Later on that year Dave moved to Wellington, where he did some clerical work and 'some' more university work ... well as Dave said himself. "Very little university work actually!" He was the Victory University Athletics Club captain in 1953 – 1954.

In Wellington he trained with Max Carr and won the 1953 Wellington Championship hammer throw. He had every intention of defending his title at the 1953 New Zealand Championships (Dunedin), this time representing Wellington.

However, Duncan Clark who had represented Scotland at the 1950 Empire Games in Hammer Throw, had emigrated to New Zealand and turned up to claim the title.

I am sure Dave would have been disappointed to have not won, but he and Duncan did become good friends. Dave might have lost the title, but he gained a greater prize that weekend. After the competition was over, several athletes gathered at a Dunedin flat and that is where Dave met Patricia (Pat). Pat was working at the Dunedin hospital as a radiographer and without quizzing Dave on the details ... the rest is history as they have been together ever since.

Dave and Pat were married in 1955 and have three sons, Matthew, Jeffrey and Simon.

In 1955 Dave moved back to Christchurch to attend a one year Christchurch Primary Teacher's College 'short course' and followed that up with a year of relief teaching. During the 1956 season he won the Canterbury hammer title, captained the Canterbury team at the New Zealand Championships (Christchurch) held at Lancaster Park, placed 3rd in the hammer and broke the Canterbury record.

Teaching was not really what he wanted to do and Duncan Clark suggested he might like to work for the probation service of the Justice Department.

Having completed the training, he moved to Auckland in 1958 for his first placement and this is where he stayed until early 1962. During this time he won Auckland hammer titles, broke the Auckland record and won the New Zealand title representing Auckland in 1962.

Dave was then transferred to Wellington, where he stayed until 1973. There he improved on his hammer throw performances, breaking the New Zealand Resident Record at Hataitai Park. He was rewarded for his efforts and represented New Zealand at the 1962 Commonwealth Games, held in Perth (Western Australia). In 1964 he won the New Zealand Championship hammer title with a distance of 54.10m, improving upon the New Zealand Resident's record he already held.

In 1974 while living in Hamilton, Dave made his last appearance at the New Zealand Championships (Dunedin), this time representing Waikato. He was joined by son Matthew who also threw the hammer (Under 19 Grade), an experience that brought Dave much pleasure.

In mid 1975, Dave moved back to Christchurch, where he has remained ever since. He continued to throw, but also took part in some cross-country and road races. He also ran one marathon, just to 'prove he could'. Dave had competed in the hammer throw at an inter-club meeting that day, before running in the Canterbury Championship (1982?) marathon later that afternoon.

While Dave was a keen competitor, he was also a capable and competent official and administrator.

- In 1964 he managed the New Zealand University Athletics team that went to Australia. The Captain of the team was Don Mackenzie who these days can be seen officiating at QEII.

- In 1971 he managed a small New Zealand team of eight on a week long visit to New Caledonia as a 'lead up' to the South Pacific Games. While on this tour, Dave threw the hammer, much to the surprise of the younger competitors ... after all he was over 40!!!
- In 1974 he was the Assistant Manager of the New Zealand Athletics team at the Commonwealth Games (Christchurch).
- In 1976 he managed the New Zealand Athletics team at the Olympic Games, Montreal (Canada).
- In 1981 he managed a New Zealand team that competed at the Australian Championships, Adelaide (South Australia).
- In 1990 he was the Chief Discus Judge at the Commonwealth Games (Auckland).
- In 2006 he was the Chief Shot Put Judge at the New Zealand Championships (Christchurch).

Dave has also held several positions of responsibility, being an Executive Member of Athletics Canterbury and a member of the Track & Field Committee. For his continued years of service Dave has been made a Life Member of Athletics Canterbury, the University of Canterbury Athletic Club and more recently Canterbury Masters Athletics.

From 1974 onwards, Dave has competed regularly at Masters events in New Zealand and Australia. Not to be out done, Pat took up competitive athletics in 1991 at aged 60 and together they went to the 1997 World Track & Field Championships in Durban (South Africa). What was Pat's event? ... the hammer throw!! With a bit of tutelage from Dave, Pat was 3rd in the W65 grade and Dave also finished 3rd in his M70 grade.

Dave is quick to acknowledge that without the support of Pat, he could not have continued in the sport for so long without a break. He remembers a time when Pat cashed in an insurance policy of hers just so he had



*Here Dave is competing in the weight throw, NZMA Championships, held at QEII April 2010.*

enough money to pay for the trip from Auckland to Invercargill to compete at the 1960 New Zealand Championships. I have no doubt that it's not easy living with an athlete and it is a testament to Pat and her willingness to get involved too, that Dave has been able to do what he has done. I have no doubt that it's been a win win situation for them both, as over the years they have made some wonderful friendships and had a reason to travel together.

What I remember about Dave and Pat, is seeing them both attending numerous track & field meetings (Dave throwing, Pat recording). At cross-country or road races throughout the years, they could both be seen sitting there in all weathers recording results. In 2007 they retired from the 'recording' jobs, other than helping out at track & field meetings when needed.

Now that Dave is in the M80 age group, he admits to 'slowing down' a bit, not helped by having both hips replaced (2006 & 2009) and having to deal with prostate cancer in 1995. These days his regime consists of three gym / weight sessions a week at QEII, one throw session, plus a lot of walking of up to 2.5 to 3 hours with a group of 'mature' former athletes.

His plan for the 2010 - 2011 season ... maybe a little competition and after that, who knows?

What I do know is that Dave and Pat are going down to the South Island Track & Field Championships in early December, then on to Stewart Island for a holiday ... so much for 'slowing down'! Enjoy your trip.

It is impossible to sum up a person's life achievements in such a short article as this. I hope what has been written here, gives you an insight into one of the true gentlemen of our sport, Dave Leech.

I say this with all sincerity ... when I see our 'mature' athletes competing in various events at our CMA or NZMA meetings, I am inspired to keep going.



*Dave Leech and Merle Grayburn being acknowledged as CMA's two latest Life Members, October 2009.*



## National Road Championships 4th September 2010 - Spencer Pk

This year, Canterbury was to host the New Zealand Road Championships at Spencer Park. The local Canterbury Championships had been held over the same course two weeks earlier as a practice run for the event. Several of our members, along with John Gamblin (Chairperson Cross Country & Road Committee) the race organiser of this event, put in many hours of preparation to organise this event ..... However, the 4th September 2010 will go down as an eventful day, but all for the wrong reasons.

The National Road Championships were cancelled!

This selection of photos, as published on the Athletics Canterbury website clearly show why.



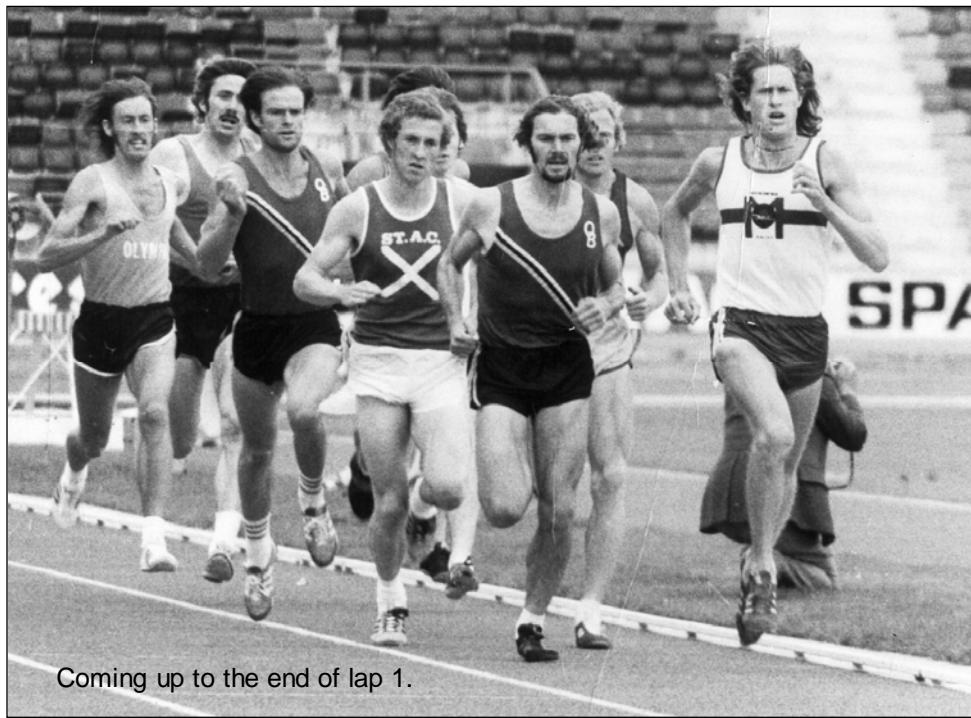
As you can see, not ideal running conditions for a road race!  
To all those affected by the earthquake, I sincerely hope that your life does get back to normal ASAP.



## Member's Flash Back

On 27th December 1975, John Walker ran an 800m race at QEII.

I had just left school (18 years old) and was invited to run. While I finished 7th in 1:50.8, I was inspired to train harder by the occasion. The following season I broke the Junior NZ & Canterbury 800m record, with a time of 1:50.00.



Coming up to the end of lap 1.

If you can name any, if not all of the nine athletes in this race, then e-mail or post me your answers. Here is a clue, the two athletes you cannot see are Brian Rhodes (Canada) and Stewart Melville (Otago).

Another day I will always remember was back in 1980. I was trying to break Rod Dixon's record of 3:41.7. With the help of the University Club I had organized a Wednesday night twilight track & field meeting at QEII. However it was a cold, wet night and I ran a solid effort 3:43ish.

Ten days later, I had arranged a 1500m race to occur in the lunch time break of NZMA Masters Championships, also being held at QEII.

Well ... I ran the time, but as the article below says, the officials (Ted Lunn) did not like my use of pace makers so the record was never accepted .... bugger!!!

Press 31-3-80

### Stark breaks record

Andrew Stark (University) broke the Canterbury 1500m record with a superb run of 3min 41.6s at Queen Elizabeth II Park on Saturday.

However, some officials were unhappy about the use of pace-makers and the record might have a stormy passage into the record books.

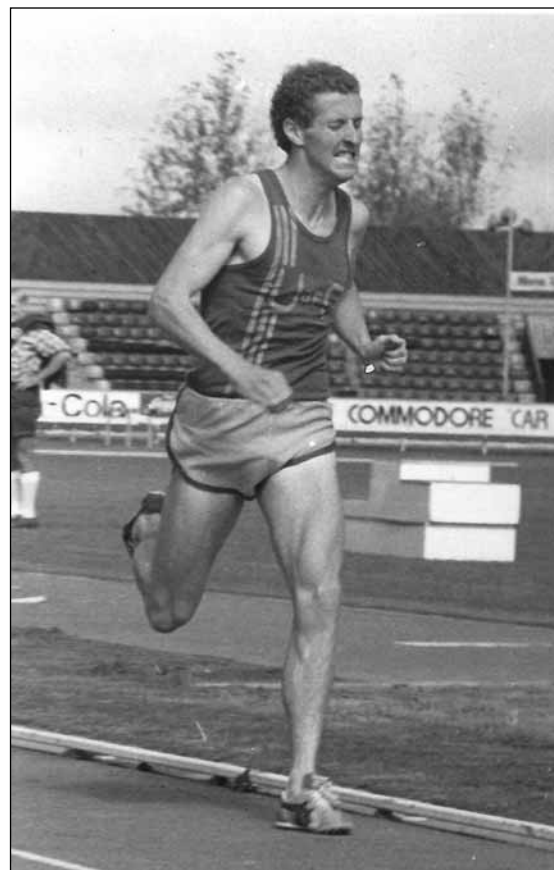
"I am not worried," said Stark afterwards. "They can take the record away from me, but they can't take the time."

Stark, who had help from

pace-makers right through-out his run, chopped a tenth of a second off the record held by Rod Dixon. If ratified, the record will be his fourth. He already holds the Canterbury 800m, mile, and 3000m.

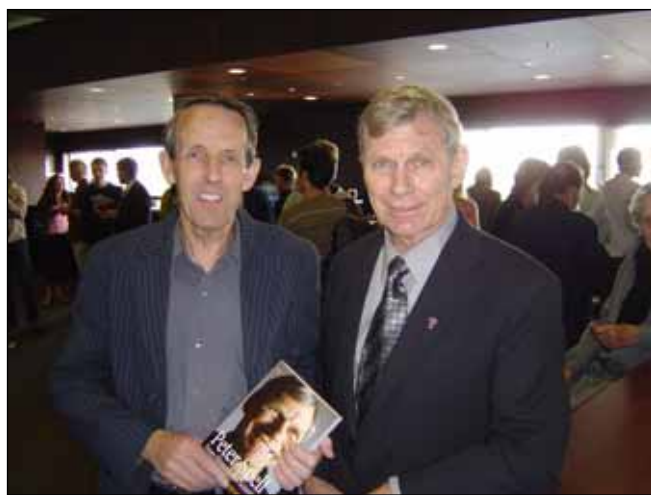
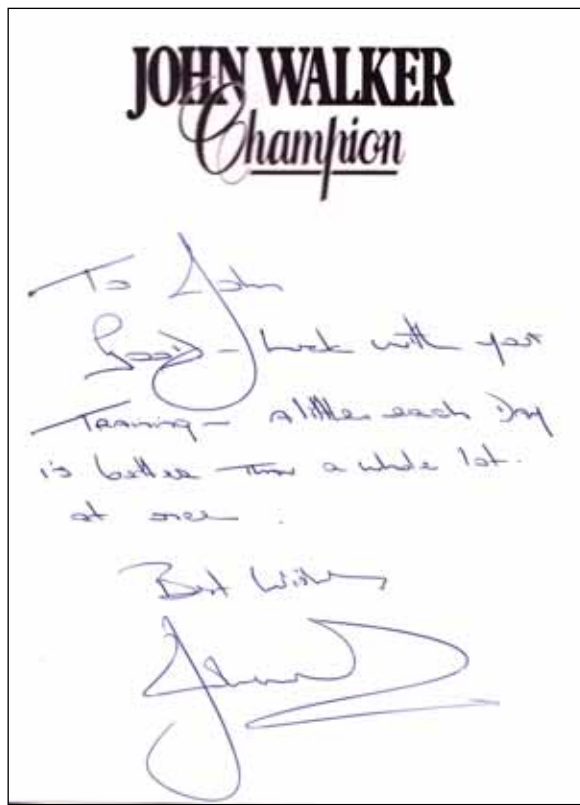
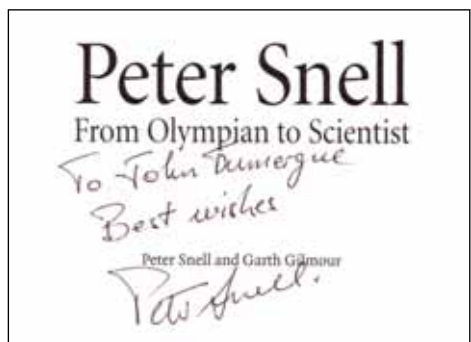
His time on Saturday was the equivalent of a mile in 3min 58.8s.

Stark's next race will be the Sedley Wells mid-winter marathon in June, his first. Then he will build himself up for the Pacific Conference Games at Queen Elizabeth II Park in January.





**John Dumergue** has used his meetings with John Walker and Peter Snell as motivation for his own running.



**Bryan Kerr** (below) is seen here in full flight, winning the 400m in a time of 59.0 seconds at the 1982 NZMA Championships, Invercargill. Nice legs!!

**Allan McLaren** has written a small book as part of the New Brighton Club's Milestone Reunion which occurred recently. The book focused mainly on road relays such as the Takahe to Akaroa Relay and their clubs winning teams.

The inclusion of a 'Veteran' grade in the relay was a difficult process, but it did happen. In 1974, the veteran's grade was finally recognized as a grade of it's own as a result of the New Brighton Club presenting a cup for the winning team ... won that year by New Brighton.

This is a photo of **Brian Keown** (above) competing on Lap 1. In 1974 he ran the fastest time overall, not just amongst the vets. Well done Brian!



*From 1972 to 1983 I was running for the 'LG Bayer 04 Club' in Leverkusen, Germany.*

*LG Bayer 04 is one of three High Performance Centres in Germany and includes sports from soccer, boxing, handball and athletics with a total of approximately 3000 members at the time.*

*The club was sponsored by Bayer, a multinational chemical company.*

## Facilities:

*Three Stadia with tartan-tracks and a larger number of grass and tinder tracks, an indoor 200m oval track, an indoor 100m straight track with an indoor pole vaulting facility at its end, one each full time paid coach for long-distance, middle-distance, sprint, jumps and throwing. A fulltime secretary and the use of a sports research hospital ... all owned and maintained by Bayer.*

## Olympic medallists or record-holders of this club included :

- Paul Heinz Wellmann (also my coach)  
(Bronze behind John Walker in Montreal)
- Thomas Wessinghage  
(European 1500m Champion),
- Karl Fleschen  
(World best in 25km road run and National 10km champion)
- Dieter Baumann  
(Gold 5000m in Barcelona),
- Schumann  
(Gold over 800m in Sydney),
- Franz Peter Hoffmeister  
(European 200m Champion),
- Ulrike Melfart  
(High jump-gold in Munich and in Los Angeles),
- Dietmar Moegenburg  
(High jump gold in Los Angeles)
- Klaus Wolfermann  
(World record in Javelin)

*I only joined this club, because it was the closest to home and the throwing coach was talent hunting at my secondary school. At this time I had no idea that these stars were club members.*

*I had real talent for sprinting, but I preferred the longer lasting adventure of long-distance running particularly running through natural landscape. So in a certain way I wasted my talent, but I never regretted my decision to be a mediocre long-distance runner instead.*

*It gave me a fantastic insight of the concentrated atmosphere: I joined their meticulously planned eating habits (no junk food, no alcohol, no smoking, early bedtimes etc.) Because of the warm heartedness of almost all members I really enjoyed (and still do) these habits.*

*The following anecdotes will give you an impression of the atmosphere at this club.*



**This is Georg competing at last year's Canterbury Championships.**

## My first day

*I was a shy boy, who always did as told, and Mr Shenk, the national Javelin coach, who visited our school, told me, to try a training session with Bayer 04.*

*It is a dark winter evening (4 p.m. sunset in Germany), when I appear at the floodlit track and the four mates there tell me, that the coach is elsewhere today. "Just do what we do and tell us when you have enough".*

*I tuck behind the four, who run lap after lap, chatting, while I feel like I'm in a race. After numerous exhausting laps we finally stop and do a range of stretches and drills. I am absolutely stuffed, having run 4 km in under 16 minutes.*

*"Now we start our training", one of them says, "3 x 2000m with 400m jog intervals".*

*His mate says, "Remember, it's his first day," and to me, "How do you feel, do you want to try one?" Well, after the first lap in 65 seconds I was heading for the shower, but too shy to quit I returned the next day.*

## Professore

*After each Olympics or World Champs some club members would return with medals, always including one or more gold. So here I was a second or third rate runner, but not the slowest member of the club.*

*Klaus Wolfram was a bit slower, but nobody knew more facts about athletics than him. From Emil Zatopek to John Walker he would know all dates, participants and times of any important sports meeting ... so we named him "Professore".*

**12** *After passing a coaching-certificate, I unofficially*



grew into the position of assistant coach.

Manfred, Professore and I had just run a 10km road race an hours drive away. We did quite well, compared to what we could expect. Professore came close to his personal best, but now during our drive home he constantly questions himself and us, why he had not performed better.

I remember, that 5 days ago he did not want to take part in this race, but late last night he phoned me to say, he was coming. So I ask him, whether he is healthy, whether he ate the right things at the right time etc.

"Yes, I have done everything by the book", he says, "Yesterday I ran 20km, improving my personal best by more than 5 minutes!"

### Germany versus England

During my first training after two weeks holiday my coach tells me that he booked me into a 1500m race. I reply, that I have hardly trained, but the race would give me a good idea where I am at, but I would prefer 800m to 1500m.

"Well, its in the European league. Germany against England in Bonn and since Karl Fleschen (he held the German 10000m record at the time and ran 3:36 over 1500m) is sick, I booked you into his slot".

"Are you serious!" I replied. "You know, my PB is 4:02 and I hardly trained the last weeks and there are faster runners to fill this slot".

Too late for change and I am scared. At least my good friend Harald Hudak, who has run 3:37min, is with me in the race. "Georg, just run your own race, you won't die ... enjoy the experience."

After our warm-up, we get walked into the stadium, where 35 000 spectators are clapping .... I feel as if I am going to be slaughtered.

The loud-speaker announces Sebastian Coe, who lines up next to me and then he announces me as Karl Fleschen's substitute. Another applause and Coe quickly shakes my hand. I would love to vanish into the ground. At least I have been to the toilet so often that there is nothing left to lose.

The gun goes and I am already last. I have no feeling for my pace. I am just full of adrenalin and I follow the pack instinctively like a greyhound.

I am so pumped, I hardly worry about the increasing gap in front of me ... until I hit the finishing straight. The crowd roars and I wonder what I have achieved ... but of course they roar at seeing Coe's winning time displayed. I am the only runner on the track. Now they clap for me. Giving that lonely chap 80m behind the second last runner some recognition ... I rather would do without ... just do not drop out now ... just survive into the finish. I see the big display with my time ....

4:00:02 and I run straight out of the stadium.

That was my least enjoyable PB ever!

### 4 x 800m relay

I do not remember the year, but during my time Bayer 04 held the unofficial world record for the 4 x 800m relay with approximately 7:03.

As assistant coach (with Coach Paul Heinz Wellmann curing a ruptured Achilles tendon) I was in charge to support our 4 x 800m and 4 x 1500m teams and as usual, all expenses including hotel costs were paid for me and all athletes.

As it happened, the week before the race a number of top athletes had to cancel for various reasons. So on the day the 4 x 1500m team had only 3 top-runners under 3:45min left and the 4 x 800m team was just okay with 4 runners under 1:48. Additionally to a 4<sup>th</sup> 'slowest' 1500m runner there were 2 other substitutes, just in case.

When we all met to drive to the venue, one top runner and both substitutes did not appear, perhaps because of the atrocious weather forecast! We waited, but finally we had to get going and I knew I had to run too.

We decided to field our four best runners in the 4 x 1500m relay, because we already had the 4 x 800m record and it is more fun to aim for a new record, than to defend the 4 x 800m title.

The mood of us 'left over 800m runners' was low'. We knew that all people at the venue expected a top performance, just because they saw us wearing a Bayer 04 Top.

We just hoped we would get through to the final, but some probably hoped we would not.

While we were warming up during a downpour, the speaker announced, that due to low numbers of teams, the 800m men's relay heats are cancelled and all present teams would run the



Georg is getting ready for a 200m race at QEII on Sunday 31 October 2010.

final



Georg is getting ready for a javelin throw at QEII on Sunday 31 October 2010.

tomorrow.

*Fantastic, we are in the final!!!*

*In the evening we realistically moved our expectations simply not to come last of the 10 finalists.*

*Our only top runner Rainer Guenter really moved our heart, when he suggested we should just focus on not coming last of the 10 finalists. He knew the worst thing in a relay is to run under pressure of your mates. Each of us vowed to have no expectation of our team mates, because who would run deliberately slack during a race anyway!*

*We hardly knew Thomas Muehlacker, since he came from the decathlete section of our club, so he was our first runner. Everybody knew, that I was the weakest of the four (fortunately not by much), so I ran third.*

*As a sprinter Thomas did not find the pace fast and stayed with the front, which shocked us all and we wondered whether we would have a chance to get the baton. 200m to go we could see him 'die', but he battled through in an amazing 1:53min, in fifth position. Olaf Schneidewind got us back to fourth.*

*During these times I always started too conservative and soon two runners passed me. On the last 100m, as usual I displayed my sprinting*

*abilities, which brought us back to fifth place within a meter of fourth. 1:54:00 was my new PB. Rainer Guenter chased the fourth guy all the way and 10 meters before the line 'we screamed' him into fourth place.*

*We were the happiest fourth placed team ever, with tears and big hugs. Each of us had run a PB. This experience created a special understanding between us four for many years to come. It is still one of my dearest team spirit experiences.*

*Generally I was impressed by the modesty of these top-athletes, who cared more for their mates' personality than performance.*

*I remember training runs through the forest with Karl Fleschen and other performers. They chatted the first 10km in order to give the slower runners like me a good workout of 34min. While we staggered to the shower, they upped the pace for a second 10km lap ... after they had already had a training session in the morning.*

*I remember Dietmar Moegenburg jumping 2:33m in training, I could just reach the bar with my fingers, while standing on my toes.*

*I remember my annual turns of fitness test in the Bayer-sports hospital. Like an astronaut on a treadmill I had electrodes with cables all over my body and a mask strapped over my head to measure inhaled and exhaled gases and blood samples taken every 30 seconds, while I had to bike as hard as possible.*

*The 'nurse' (probably a sports scientist) was tougher than a coach. Each time I lamented, that everything ached, she pointed to the instruments and said, we can see that you have something left and you can safely put more effort in, because the mark on the left indicates death, and you are still far from it.*

*I still have a set of my medical performance data, and being a coach myself it is very interesting, having hard numbers and relating them to how I feel producing them.*

*That's how it was then. I hope you enjoyed reading about my experiences.*

\*\*\*\*\*

Thank you Georg for sharing your experiences with us.

What a buzz to be involved with such a great club, amongst so many talented athletes, but I suspect at the time it was very daunting for a young inexperienced runner!



This section is dedicated to member's milestones.

So far, all I have been able to find out about are two 50th wedding anniversaries.

On behalf of all CMA members. I would to congratulate Malcolm & Margaret Fraser on their 50 years of marriage.

Also celebrating their Golden Wedding anniversary were Max and Pam Wood. Their day was one to remember as their special day was Saturday September 4th, as Max recalls ....



Max & Pam's 'Christchurch' daughter at rear right, along with their three grand daughters. Missing the evening celebrations is their 11 month old great grand daughter.

### *The Day The Earth Moved.*

Pam and I were looking forward to a nice quiet family meal out to celebrate our 50 year partnership with our two daughters, their families and friends. Little did we know (our daughters knew) that Pam's family were planning to 'gate crash' with a surprise appearance at the venue. Of Pam's three brothers and two sisters, all but the youngest sister (who was overseas) came with their spouses and so experienced the 'shake of a lifetime' here in Christchurch. They each have a story to tell and like us will never forget the experience. One couple were staying on the 24th floor of a city hotel and while the lift was out of action had good rivalry 'racing' each other up and down the stairs to see who could claim to be the fittest.

The venue for the dinner on Saturday night was closed due to the 'quake, however our Caley managed to book a small function room at a Ferrymead hostelry and they really looked after us with a lovely meal selection and evening. On leaving later in the evening we did not realise there was a curfew from 7.30 p.m., but we all made it back alright amid the 'cones, rubble, water and road damage, police and security patrollers.

On Sunday morning everyone came to us for brunch and another special family 'catch up' time was had. Most flew out that afternoon back to Australia and the North Island, thankful the celebrations had not been too adversely affected.

*We thank God for the 50 years together and for our family and friends.*

### *Max & Pam*



Max & Pam's elder daughter, partner and grandson who stayed with them after flying in from Auckland at 11 p.m. Friday night, settling in 'for the night' belatedly, getting shaken awake at 4.35 a.m. Saturday morning, when the big one struck !!

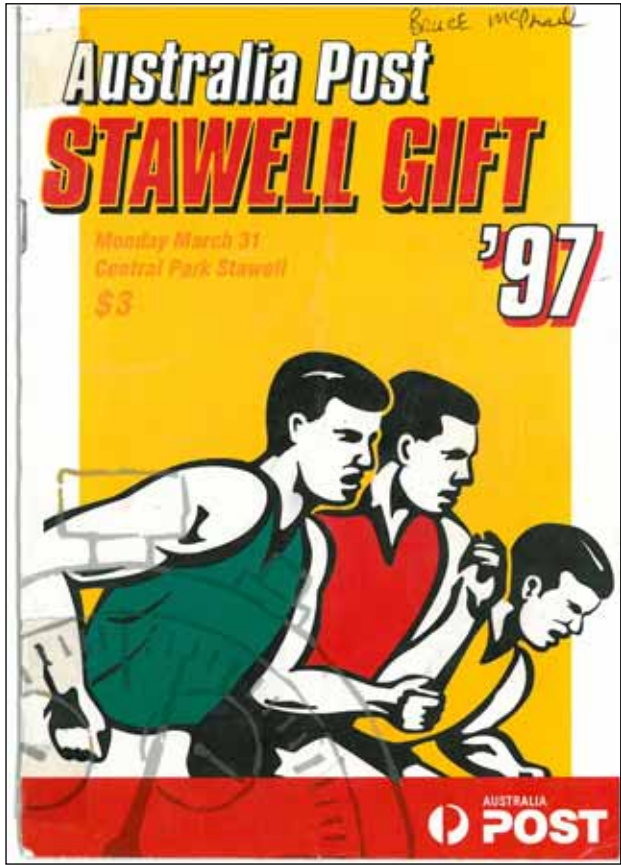


No celebration is complete without a cake!

If you have a '**milestone**' that you would be happy to share with the 'group', please contact the editor of Cant-A-Long.

Telephone: 338 0516

After competing in the Australian Veteran Track & Field Championship in Melbourne over Easter 1997, I took the opportunity to travel some 220km west of Melbourne towards Adelaide to a small town in Victoria called Stawell. This town of about 7000 people with rural servicing being its predominant business activity, traditionally stages an important athletic event over Easter.



The town comes alive with the running of the 'Stawell Gift Carnival', which is reputedly worth about \$3 million to the town's economy each year. The event in 1997 was the 121<sup>st</sup> year of the 'Gift' and the 116<sup>th</sup> actual running of the race, the war years being the reason for the non events.

The major sponsor in 1997 was Australia Post and a total of \$78,000 was won by athletes on finals day, Easter Monday, with the Australian Broadcasting Corporation (ABC) broadcasting live throughout Australia during the afternoon. Together with about 10,000 people, I watched the days events which were held on a grass track with lanes pegged and roped with a finishing chute at the end. Most sprints were held with six lanes and each participant wore a supplied coloured singlet – Red, White, Blue, Yellow, Green or Pink for easier identification.

Thirteen finals were held during the afternoon as well as several semi-finals with Masters and Women also competing in events from 70m, 100m, 120m, 200m, 400m, 800m and 3200m. No walking races or field events were held in this carnival. All races were handicapped with competitors positioned according to their form, with a maximum of 10.75m for the Gift down in ¼ metres to scratch. Only the winners of heats or

semi-finals proceed to the next round or final and if any athlete false-starts he or she goes back one metre! I saw only one false start during the day.

An announcer called each race, similar to a horse race meeting and kept the spectators fully informed of the athletes abilities and previous successful competitions together with each athletes handicap and colours they were wearing. Once an athlete gets his or her handicap, then it does not change for that meeting.

Betting through the "bookies" on the athletes is permitted, and very good business was carried out during the weekend. Some good stories abound about how some runners have duped the bookies over the years. One story about an athlete who was seen eating pies and drinking coke prior to a final was noted by the bookies, who immediately increased his odds. His twin brother was kept out of sight until a large plunge was completed and then the other twin succeeded in winning the 'Gift'!

Two hundred athletes began in the 28 heats for the 'Gift' over Easter Saturday, Sunday and Monday. Overseas athletes from U.S.A, Scotland, Nigeria and New Zealand

competed with the leading Australian sprinter, Steve Brimacombe amongst many top athletes. The winner of the 1997 'Gift' was Daniel Millard of South Australia, who ran off the maximum of 10.75m, and was a great-grandson of the first Stawell Gift Champion. He won \$30,000 plus a Gold Medal valued at \$1100, a Silver Tea Service, a large bottle of Champagne and the winners sash presented on stage before the large crowd. The winner of each final is invited to speak after presentation and usually thanks his trainer, family and supporters.

It was an entertaining experience for me and I really enjoyed the day. Somehow, amateur athletics will never be quite the same to me after experiencing this carnival!

## Gift is a family tradition

THE great grandson of the first Stawell Gift champion is one of the favorites for tomorrow's \$50,000 final.

Daniel Millard, 25, is 5-2 for the 120m handicap race after clocking 12.06s in yesterday's heats.

In 1878 William J. Millard won the then 130-yard Gift in 12.75s off three yards. But Daniel is off the maximum of 10.75m because of recent poor form.

Millard, who works on his father's cattle farm in Mt Gambier, said his improvement is the result of a three-month curfew.

"Dad, who is also my trainer, has not allowed me to drink or go to night clubs," Millard said.

Father Dale ran in yesterday's 400m event.

Millard's grandfather, Russell, ran in 400's at Stawell to create four generations of competition at Central Park.

"Russell, who died three years ago, encouraged me to take up running after I had played football, tennis and golf," Daniel said. "If I win I will dedicate it to him and Dad."

On a hard track, the fastest time was 12.02s from Ballarat's Evan King.

Trained by former North Melbourne rover Len Templer, King is off 6.5m and is 1-2 favorite.

At evens is Queensland's Dustin Lockett — the second cousin of Tony Lockett — who clocked 12.08s off 9m.

— BRAD BEITZEL

*This article appeared in the local paper.*





*A large crowd watching on!*



## 2010 / 2011 Registration

Andrew Stark

Here are the dates for our championship events this season.

- November 27th - **10000m** (5:00 p.m.)
- December 11th - **5000m** (4:45 p.m.)
- December 18th - **Steeplechase, Decathlon**
- December 19th - **Combined Events** (11:00 a.m.)
- February 5th - **3000m** (4:45 p.m.)

For the events listed above we are continuing the policy of paying the CMA Championship event entry fees on behave 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.** (Not sure of the Steeplechase start time).

**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 or break a CMA or NZMA record.**

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

A registration form is included with this issue of Cant-A-Long.

- **South Island Masters Track & Field Championships, Invercargill - December 3<sup>rd</sup> to 5<sup>th</sup>**
- **Canterbury Masters Track & Field Championships - February 20<sup>th</sup> 2011**
- **New Zealand Masters Track & Field Championships, Hastings - March 4<sup>th</sup> to 7<sup>th</sup> 2011**

## Vetline Magazine - Current sub PAID???

I have been asked to advise our members that if the 2010 / 2011 registration fee (CMA / NZMA) is not paid by 30 November 2010, then you will miss out on the December issue of Vetline.

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.

To avoid missing out, please pay your subscription ASAP.



On a recent trip to England, Diane Carter embarked on a 'walk' ... not just a casual walk ... but a walk across England. This is part one of her story.

*This walk was devised by Alfred Wainwright who wanted to create a route across England using national parks and public footpaths as far as possible. He drew a line across a map of the north of England and decided the route pretty well planned itself. Although Wainwright encouraged walkers to take whatever route they wanted, most people stick to the recognized route with a few alternatives. The route is approximately 192 miles or 307 km and crosses three national parks; the Lake District, Yorkshire Dales and Yorkshire Moors. It begins on the west coast of Cumbria at the small historic town of St Bees and finishes on the east coast of Yorkshire at Robin Hoods Bay, a small fishing village. It is not a national recognized trail so markers and sign posts are not regular. In fact in the Lake District, there are no signs or way marks as the local council doesn't want them. A route guide and maps are essential. There are several to choose from and I got one by Martin Wainwright from Amazon (no relation), which had both in one book and proved to be excellent.*

*So why did I do it? I had fancied doing it for quite a while and a guy from Rangiora Tramping Club, of which I am a member, was going to be doing it in early June if anyone wanted to join him. My niece was getting married in Yorkshire on 25 June, so it seemed that the signs were there that I should go. So I made the decision.*

*There was e-mail communication as I was living in Gisborne at the time, but Rod didn't want to book ahead, preferring to see how it went, but I wanted to book ahead and not risk having nowhere to sleep or the hassle of ringing round trying to book.*

*As it turned out Rod was going to start two days before me. As I didn't arrive in England until 1 June, I felt that to start on 3 June was too soon, even 4 June was pushing it. My first reaction was that I wouldn't do it as I didn't think I could do it on my own. I am directionally challenged for one thing with no sense of direction. But then I decided I hadn't got this far in the planning to give up.*

*So the next step was to book 13 nights accommodation which*

*was a mission. With the aid of a good website or two I eventually booked a mix of bunk houses, youth hostels and B & B's. My initial plan was to stay in youth hostels as far as possible, but then found they are pricing themselves off the budget market and for a couple of extra £'s I could get a B & B with a room of my own and full English breakfast.*

*I talked to a lady from the tramping club who had done it. She assured me I would not get lost, would not be alone, carrying my gear would not be a problem and wearing shoes rather than boots would be fine. I figured that picking up and putting down my feet all that way would be easier without heavy boots. Then there was what to take and what not to take as I was going to carry it. Although a sleeping bag and cooking gear wasn't needed. There is a baggage carrying service, but as it would have been expensive to have it carried, I decided to carry it.*

*So all the plans were made, but as 31st May got nearer more doubts set in until I would gladly have not gone. But go I did and duly arrived in Knaresborough, Yorkshire at my sister's on 1st June. It was my birthday on 3rd June so we went out for an Indian meal and she gave me a Swiss water bottle and some top quality tramping socks. She and my brother-in-law took me to the train station in York on 4th June for the 5 hour journey with two changes to St Bees, arriving at lunchtime after a couple of melt downs wondering what I was doing there.*

## **Day 1: St Bees-Ennerdale Bridge - 22km**

*Two days earlier this area had been the scene of the guy who went berserk with a gun killing 12 people and injuring lots more. However, the*



**A coast scene from the C2C walk.**



scene that day was a peaceful sunny day with holiday makers enjoying the warm weather. Most people have a photo taken at the start, dip their feet in the Irish Sea and pick up a pebble on the beach to deposit on the beach on the other side of England. I wasn't feeling confident about the whole thing so dispensed with those customs, but on and up. I was on my way and the lovely walk along the headland soon had me thinking this was okay.

The first day was the kind of walking I enjoy in England, over fields, along country roads, through villages and farmyards. Only one small hiccup route wise, I was in the right field but it didn't look right so I retraced my steps and went up a farm track. Only to come to a gate with a notice telling C2Cer's they had come the wrong way, but with directions on how to get back on track.

On the first day, the guide book made much of the hill called Dent. This appeared to be a slope after Hikurangi and the like, so I wasn't worried about this. However, jet lag and a warm day gave me a sharp shock. Halfway up Dent and finding it harder than expected, I stopped for a rest and drink, then felt a bit queasy and threw up. On the way I could see people with a dog ahead. I caught two women up at the bottom of the valley who were talking to two other women with two dogs. All C2Cer's. With starting at lunchtime I hadn't expected to meet anyone else that day so it was a pleasant meeting. Two of them had started at 10 a.m. that morning, so were impressed with my effort. I continued on with Jos and Tracy and the Labrador who were staying at Low Cock How Farm. Same as me, but they were camping. Jos had done it before which was just as well as it was a bit tricky finding the right way through Nannycatch Gate.

I was staying in the bunk room adjacent to the Low Cock How farm house. Although I made good time I was exhausted, suffering from jet lag. Dorothy made me a cuppa and brought me a glass of wine, which wasn't part of the deal so that was nice of her. I later joined her and her husband outside to enjoy the wine and summer's evening. Her husband had the broadest accent ever, talk was of the nutter who had shot all those people two days before. I was lucky to be the only person in the 10 bed bunk room which was going to be full the next night. That was the reason for starting on a Friday to be ahead of the weekend crowd.



An example of the rocky tracks beside the lakes - Day 2.

### Day 2 – Ennerdale Bridge to Stonethwaite – 23km

Despite being so tired, I was awake at 4 a.m. I couldn't do justice to the full English breakfast, so made a bacon sandwich for lunch. Today's walk took us into the Lake District, firstly around Ennerdale Water. It was another fine, warm day. The path along the edge of the lake was stony and rocky and not what I expected and there was to be a lot more of these sort of tracks which was a bit hard on the feet. It was a lovely walk and I met up with Howard and Mark. They were taking it easy and I was to meet up with them later in the week. I didn't know at the time, but Howard was having feet problems.

The route carried on across fields and along a forest road to eventually come out into a lovely valley and the Black Sail Youth Hostel, probably the nearest thing in UK to a NZ hut. I didn't stay here as it was too early in the day, but it's a popular lunch stop sitting on the grass enjoying the views. Then it was over the Honister Pass to the Honister slate mine which is a bit of blot on the landscape. The track met up with the old tramway and a steep downhill to the main road and the mine visitor centre. On down the bridle path and three guys caught me up and we walked into Stonethwaite together after deliberating over a short cut, which proved to be a good move.

Arrived at Stonethwaite very tired after a 8.5 hour day, to stay at the Stonethwaite Farm B & B. Very nice, own room and a soak in the bath. I had no energy to go to the pub for dinner and enjoyed my bacon sandwich and an early night.

### Day 3 – Stonethwaite – Grasmere – 13km

Stonethwaite is situated in the lovely valley of Borrowdale, so today was the climb out and over the hills to Grasmere. This is a very touristy town

being the home of Wordsworth and other poets in the heart of the Lakes. I was one of the first ones on the walk today, but not far behind were two fit looking ladies who soon passed me. Ahead were the three guys I met yesterday. We all stopped for a rest and a chat. The mountain ahead looked steep with no sign of a track. One of the three guys was a bit fazed. These guys didn't seem to be particularly fit and were hoping to do the walk in 9 days! That is really pushing it, so they were heading further today. I didn't see them again, so don't know if they made it.

I decided to follow the fit ladies. The way up wasn't as bad as it looked, there was a sort of track over the rocks. However when the top was reached the way ahead was not clear with only the odd cairn to mark the way and the mist was closing in. I kept the ladies in sight otherwise I could have been in trouble. Once over the top it was a steady downhill into Grasmere and a short day. I was staying at the youth hostel where Bob and I had stayed a few years ago. Only problem was I managed to get misplaced. I eventually found the YH, but it was the wrong one and closed up. I eventually found the right one and made it before it started to rain. Bob and I had stayed here a few years ago, so had a bit of a melt down here.

#### **Day 4 – Grasmere – Patterdale – 12km**

A lot of people do Borrowdale to Patterdale in one go, so having split it into two I had two short days. There are also high level alternatives, but I decided the regular route was hard enough. Today's walk started with a couple of miles of road walking and it was raining. After turning onto the mountain track, I was about halfway up the first hill when I realized I'd left my walking sticks behind. Too far to go back and called myself suitable names.

I could see people ahead and caught up with two of them, two old guys, Tony and Roger who were like the old guys on Last of the Summer Wine with southern English accents. I was to meet up with them later on. The track headed up to Glaisdale Tarn, a lovely spot. Then headed down the valley and lunch outside (because it was locked) a mountaineers hut dedicated to two guys who died on Mount Cook in 1988. Another couple passed me who I later met at the shop in Patterdale, Carol and Ron.

I stayed at Greenbank Farm. Bev the landlady, had been to NZ a couple of times and was

very chatty. I had a very small, but nice room and cheaper than the YH. As the farm was a mile out of the village Bev gave me a lift back. I went in the YH, who let me ring Grasmere YH to locate the sticks. Rang Packhorse who carry bags from point to point to arrange for them to pick them up and drop them off at tomorrow's B & B. No problem, but said they would have to charge me which was okay, but they never did ask me for money. I ventured into the pub that night for dinner. I'd never been in a pub on my own in my life, so I felt a bit daunted. After ordering a meal I spotted Carol and Ron so joined them. They were lovely people and we had a pleasant evening.

#### **Day 5 – Patterdale – Shap – 24 km**

This was a long day and it rained all day. From the farm there was a short cut across the fields to rejoin the track, but I don't know that it was. It was uphill pretty soon and I came to a fork and wasn't sure which way to go as there was no sign posts. No problem, wait for someone else to come along and follow them. In a few minutes Kris and Andre from Belgium came along.

So I duly joined them. On and up to Kidsty Pike, the highest point on the walk. Here was another junction with no sign posts. Did I mention that the 'powers that be' in the Lakes don't allow sign posts or way marks. There were already three people there with a husky wondering which way to go and not looking too happy and we were joined by Avril and Lynne who I met several times in the days to come. They were more directionally challenged than me. So that was eight of us. Visibility was not good with the mist coming and going.

In the end I followed the Belgians as they had a compass. Avril and Lynne went the wrong way, but soon realized and came back. The 'wrong



*I made it to the top on a 'not so great day'. Shame about the weather!*



way' was an old Roman road named High Street. Pity about the weather as the views would have been awesome. Despite all these people around, I ended up on my own after a couple of hours, the Belgians got away on me and the others were behind. Kidsty Pike was conquered and then it was a long, wet, rocky path along the length of Haweswater, a reservoir which serves Manchester and not a natural lake. Eventually it came to the village of Burnbanks. Again I took what I thought was the wrong way and turned back and met up with two guys who had arrived late at the B & B in Patterdale. I was on the right track and I walked with them the rest of the way to Shap.

I knew that Brookdale Farm B & B was at the end of the village, but this has to be the longest village in England. After a long day Shap main street seemed to be 10km long. The B & B run by Margaret, who is a legend among landladies on the C2C, was typical, all flowered wallpaper and Royal Albert china. However, she is used to wet walkers and has a drying room and plenty of newspaper to stuff wet boots. She washed my socks and made me tea and toasted tea cakes which I was enjoying when Howard and Mark who I met briefly on day 2 appeared. They were off to the pub for dinner and invited me to join them. I duly did and Carol and Ron were there too. Another pleasant evening and an early night in a comfy bed. And my sticks had arrived.

#### **Day 6 - Shap - Kirkby Stephen - 32km**

Another full English breakfast and I was on my way again with Howard and Mark. The advantage was that we joined the route at the back of Brookdale B & B. The weather was still damp and it was quite cool. We had now left the Lakes and the day's walk was over typical English farming countryside of farms and villages and moorland. Shap is close to the M6 and we walked across a footbridge over it. Bizarre to be so far from the chaos of 60 million people in a small island and then to see the hurtling traffic on 6 lanes of highway below. We were soon back to the peace of the countryside. Howard was still having boot problems which slowed us up, but I enjoyed their company so stayed with them. The moorland was quite bleak and we huddled behind a stone wall for lunch.

We somehow took a wrong turn coming off the moor. I had relied on the guys being better at reading maps than me, so I really didn't know where we were except I didn't think we were going the right way. We eventually worked out where we could get back on route and reckoned we cut a couple of km off so we all agreed there was nothing wrong with that. It was still a long walk from here over fells (low hills), fields and stiles and eventually arrived in Kirkby Stephen, a reasonable sized town about 5 p.m. after 7.5


hours. Once again I stayed at the YH where Bob & I stayed a few years ago. It's in a Methodist church and a bit bleak to say the least. Not many were staying there and I had a bunk room to myself. I went to the supermarket to stock up and Avril and Lynne were in there having just arrived and getting misplaced along the way.

So nearly half way and the feet and body were holding up well. The pack was also okay, but I had too much gear and it wasn't getting any lighter.

**To be continued ....**



On this day, the weather was great for walking , neither too hot nor cold.



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



# CMA Meeting, Interclub & Championship Results 2010 / 2011

## Saturday Inter-Club October 16<sup>th</sup> 2010

The opening Inter-club meeting at QEII was a quiet affair, with a small number of athletes in attendance .... and I'm not talking just about Masters athletes. Below are the results of the CMA members. There were of course, several CMA members officiating. Where would Athletics Canterbury be without us?

### 60m

W50	Lyn Osmers	9.95
W55	Birgit Steltner	11.07
M55	Jeff Barnfield	8.60
M70	Bruce McPhail	9.58
M75	Max Wood	9.80

### 145m

W55	Birgit Steltner	25.90
M55	Jeff Barnfield	20.29
M75	Max Wood	23.22

### 2000m

M40	Malcolm Cornelius	6:39.21
M50	Michael Kelly	7:09.99
M60	Peter Larkin	7:04.54

### Triple Jump

W55	Birgit Steltner	6.89m
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### Pole Vault

M50	Steve McKee	3.20m
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### Shot Put

M60	Rick Davison	9.41m
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### Discus Throw

M60	Rick Davison	36.95m
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### Hammer Throw

M60	Rick Davison	41.48m
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### Javelin Throw

M60	Rick Davison	30.84m
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## Wednesday CMA October 20<sup>th</sup> 2010

The opening CMA meeting was held at the New Brighton Track due to Hansen Park being damaged by the earthquake. Many of the 'usual' performers from last season made an appearance. After the formal welcome and opening speech, it was down to business.

### 60m

W60	Lois Anderson	10.9
M55	Georg Ludwig	8.4
M60	Greg Harney	9.1
M60	John Waite	12.7
M65	John Dumergue	10.0
M75	Max Wood	9.9

### 100m

W60	Lois Anderson	17.5
M55	Georg Ludwig	14.0
M60	Greg Harney	14.6
M60	John Waite	21.4
M65	John Dumergue	16.5
M75	Max Wood	16.2

### 400m

M55	Georg Ludwig	66.0
M60	Greg Harney	78.9
M65	John Dumergue	82.8
M75	Max Wood (300m)	58.0

### 1500m

W60	Loris Reed	6:31.6
W70	Coral Thompson	8:09.0
M40	Malcolm Cornelius	5:02.0
M80	Stan Gawler	8:33.0

A dedicated group of regular throwers turning up again, with Gwyn being the 'official' recorder. Thanks Gwyn.

### Shot Put

W16	Jacqui Barnfield	6.25m
W30	Nicola Jennings	7.61m
W30	Andrea Cattermole	6.64m
W55	Birgit Steltner	6.50m
W60	Bev Church	7.20m
W60	Loris Reed	6.53m
W60	Alison Wright	5.80m
W70	Barbara Bird	6.29m
W70	Gwyn Heseltine	4.85m
W75	Iris Bishop	5.66m
M50	Tom Reihana	7.89m
M60	Rick Davison	8.91m
M75	Bill Newton	7.53m

### Weight Throw

W16	Jacqui Barnfield	5.91m
W30	Nicola Jennings	9.09m
W30	Andrea Cattermole	6.58m
W55	Birgit Steltner	8.02m
W60	Bev Church	10.40m
W60	Loris Reed	8.40m
W60	Alison Wright	8.18m
W70	Barbara Bird	5.61m
W75	Iris Bishop	6.71m
M60	Rick Davison	15.88m
M75	Bill Newton	8.33m

## Saturday Inter-Club October 23<sup>rd</sup> 2010

### 100m

W50	Lyn Osmers	16.17
W55	Birgit Steltner	17.62
M75	Max Wood	15.74

### 400m

M70	Malcolm Fraser	68.41
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### 1500m

W55	Birgit Steltner	25.90
M55	Jeff Barnfield	20.29
M75	Max Wood	23.22

### 2000m

M50	Michael Kelly	5:17.08
M55	Rodger Ward	5:07.99
M60	Peter Larkin	5:10.86



<b>Long Jump</b>		
W55	Birgit Steltner	2.95m
<b>Pole Vault</b>		
M50	Steve McKee	3.40m
<b>Shot Put</b>		
W50	Lyn Osmers	9.55m
W55	Birgit Steltner	5.99m
<b>Javelin Throw</b>		
W50	Lyn Osmers	29.42m

## Saturday Inter-Club October 30<sup>th</sup> 2010

<b>100m</b>		
W50	Lyn Osmers	15.90
<b>400m</b>		
M70	Malcolm Fraser	68.68
<b>800m</b>		
M55	Rodger Ward	2:32.30
M40	Malcolm Cornelius	10:34.42
M45	Joe Ford	9:36.00
M50	Anthony Rogal	9:55.00
M50	Michael Kelly	11:14.44
M55	Rodger Ward	11:39.47
M60	Peter Larkin	10:39.76
<b>Pole Vault</b>		
M50	Steve McKee	3.20m
<b>Shot Put</b>		
M60	Rick Davison	9.15m
<b>Discus Throw</b>		
M60	Rick Davison	44.26m
<b>Hammer Throw</b>		
M60	Rick Davison	41.48m
<b>Javelin Throw</b>		
M60	Rick Davison	30.84m

## Sunday CMA October 31<sup>st</sup> 2010

<b>60m</b>		
W30	Andrea Cattermole	11.0
W40	Louise Scott	8.8
W55	Birgit Steltner	10.5
W60	Alison Wright	14.5
M55	Georg Ludwig	8.6
M75	Max Wood	9.9
<b>200m</b>		
W40	Louise Scott	29.5
M50	Tom Reihana	33.9
M55	Jeff Barnfield	27.4
M55	Georg Ludwig	27.9
M65	John Mulvaney	37.9
M75	Max Wood	32.5
<b>800m</b>		
W60	Loris Reed	2:59.6
W70	Coral Thompson	3:53.2
M40	Richard Malloch	2:32.3
M65	John Dumergue	3:00.9
M65	John Mulvaney	3:03.6

## 3000m

W60	Loris Reed	12:47.4
W70	Coral Thompson	16:23.1
M40	Richard Malloch	12:03.9
M50	Tom Reihana	14:23.3
M65	John Mulvaney	16:18.7

A small group gathered at 10:00 a.m. at QEII. I know it's early in the season, so I hope more CMA members attend these meetings at the season progresses.

## Javelin

W30	Andrea Cattermole	18.42m
W55	Birgit Steltner	14.00m
W60	Loris Reed	18.69m
W60	Alison Wright	12.21m
W70	Barbara Bird	19.64m
W70	Gwyn Heseltine	8.86m
W75	Iris Bishop	9.77m
M50	Tom Reihana	25.96m
M55	Georg Ludwig	31.83m
M60	Rick Davison	30.45m

## Discus Throw

W30	Andrea Cattermole	24.24m
W55	Birgit Steltner	14.47m
W60	Loris Reed	18.27m
W60	Alison Wright	15.69m
W70	Barbara Bird	14.91m
W70	Gwyn Heseltine	9.67m
W75	Iris Bishop	12.68m
M60	Rick Davison	37.66m
M75	Bruce Savage	14.46m



*Javelin competitors above and 200m below. Richard Malloch finishing strongly in the 800m.*



# CMA Massage Stick Promotion



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 suggested it will cure everything, but if used regularly as part of your training regime along with regular stretching exercises etc., I'm 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.

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

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

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

**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.

**G-1900**  
**Sprinter Stick**



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](mailto: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)

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# Athletics Canterbury Cross Country & Road Committee

## Summer Road Programme - 2010 / 2011 Season

### September

Wednesday 29th **New Brighton Pier 2 Pier Beach – Race #1**

### October

Wednesday 6th **New Brighton Pier 2 Pier Beach – Race #2**

Wednesday 13th **FRONTRUNNER MIZUNO 5km Series Race #1** – North Hagley  
**Start:** 6.00 p.m.  
 Contact: Steve Lyons (Cell: 021 240 2940 Evenings Tel: 338 5116)

Wednesday 13th **New Brighton Pier 2 Pier Beach – Race #3**

Saturday 16th Track and Field Opening Day - QEII

Sunday 17th **Shoe Clinic Crater Rim Trail Run**  
**Start:** 8.00 a.m. - St Martins Primary School, Albert Terrace.  
 Contact: Kevin Jago (Tel: 980 2457)

Wednesday 20th **FRONTRUNNER MIZUNO 5km Series Race #2** – North Hagley  
**Start:** : 6.00 p.m.  
 Contact: Steve Lyons (Cell: 021 240 2940 Evenings Tel: 338 5116)

Wednesday 27th **FRONTRUNNER MIZUNO 5km Series Race #3** – North Hagley  
**Start:** : 6.00 p.m.  
 Contact: Steve Lyons (Cell: 021 240 2940 Evenings Tel: 338 5116)

Sunday 31st New Zealand Marathon Championships - Auckland

### November

Sunday 7th **Shoe Clinic Adidas Half Marathon / Quarter Marathon Walk / Run**  
**Start** - Tai Tapu Domain 8.00 a.m.  
 Contact: Kevin Jago (Tel: 980 2457)

Wednesday 10th **THE FRONTRUNNER Off Road Series Race #1** - 'Mt Vernon Run Over' 7km  
**Start:** 6.15 p.m. - Mt Vernon Carpark, Hillsborough Terrace  
 Contact: Alistair Cory-Wright (Tel: 384 7911)

Wednesday 17th **THE FRONTRUNNER Off Road Series Race #2** - 'Godley Head Run Out' 6km  
**Start:** 6.15 p.m. - Taylors Mistake Car park  
 Contact: Alistair Cory-Wright (Tel: 384 7911)

Wednesday 24th **THE FRONTRUNNER Off Road Series - Race #3** - 'Evans Pass Run Up' 8km  
**Start:** 6.15 p.m. - Sumner RSA  
 Contact: Alistair Cory-Wright (Tel: 384 7911)

Saturday 27th Canterbury (Incl. Masters) 10,000m Championships – QEII - 5 p.m.  
 Contact: Andrew Stark (Tel: 338 0516)

### December

Saturday 11th Canterbury Masters 5000m Track Championships – QEII – 4.45 p.m.  
 Contact: Andrew Stark (Tel: 338 0516)

### January

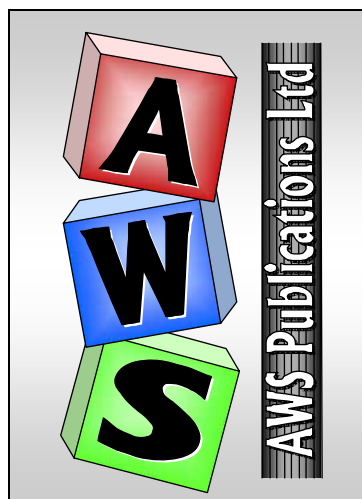
Tuesday 4th National SM,SW 10,000m Championships - Tauranga

Tuesday 11th **Shoe Clinic Asics 5km Series, Race #1** – North Hagley Park  
**Start:** Children 5.30 p.m. Reg Race 5.45 p.m. Fun Run 6.15 p.m.  
 Contact: Peter King (Tel: 341 1154)

Tuesday 18th **Shoe Clinic Asics 5km Series, Race #2** – North Hagley Park  
**Start:** Children 5.30 p.m. **26** Reg Race 5.45 p.m. Fun Run 6.15 p.m.  
 Contact: Peter King (Tel: 341 1154)



Tuesday	25th	<b>Shoe Clinic Asics 5km Series, Race #3</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 (Tel: 341 1154)
Saturday	29th	<b>Town and Country Brokers Rover 10km</b> VENUE – Halswell School <b>Start</b> – 10.00am Contact: Steve Mitchell (Tel 348 8195)  See Cross-Country & Road page on Athletics Canterbury website <a href="http://www.athletics.org.nz/CANTERBURY">www.athletics.org.nz/CANTERBURY</a> for up to date details for this event
<b>February</b>		
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
<b>March</b>		
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)
<b>April</b>		
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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**.... then give Andrew Stark a call on 03 338 0516**  
**or e-mail <sup>27</sup>aws.resources@xtra.co.nz**

# Canterbury Masters Athletics Summer Programme 2010 / 2011

October		Field Events etc.			
Saturday	16th	Canterbury Centre Interclub	QEII	1.30 p.m.	Masters able to compete
Wednesday	20th	Masters Track & Field Opening (A)	New Brighton Track	6.15 p.m.	Field events will be decided on the night
Saturday	23rd	Canterbury Centre Interclub	QEII	1.30 p.m.	Masters able to compete
Sunday	31st	Masters (B)	QEII	10.00 a.m.	Discus/Javelin/H Jump
November					
Saturday	6th	Canterbury Centre Interclub	Timaru	2.30 p.m.	Masters able to compete
Sunday	7th	Shoe Clinic Half & Quarter Marathon	Tai Tapu Dom.	8.00 a.m.	Masters are Officials
Wednesday	10th	Masters (A)	QEII	6.15 p.m.	Weight / Shot / T Jump
Sunday	21st	Masters (B)	New Brighton Track	10.00 a.m.	Field events will be decided on the day
Saturday	27th	Canterbury Centre Interclub - Open & Masters 10000 Championships	QEII	5.00 p.m.	
Tuesday	30th	Improvised Programme	QEII	6.15 p.m.	Discus/Weight/H Jump
December					
Friday	3rd	SI Masters Track & Field Champs	Invercargill	6.00 p.m.	
Saturday	4th			9.00 a.m.	
Sunday	5th			9.00 a.m.	
Saturday	11th	Canterbury Centre Interclub + Masters 5000m Championships	QEII	4:45 p.m.	
Sunday	12th	Jack King Memorial Throws Pentathlon	QEII	10.00 a.m.	
Wednesday	15th	Masters Christmas Break Up	New Brighton Track	6.15 p.m.	Field events will be decided on the night
Saturday	18th	Canterbury Centre Interclub + Masters Steeplechase & Decathlon	QEII	1.30 p.m.	
Sunday	19th	Masters Combined Events (Inc. Partathlon )	QEII	11.00 p.m.	
Saturday	29th	Canterbury Centre Interclub Twilight	QEII	5.30 p.m.	Masters able to compete
January					
Saturday	8th	Mid-South Canterbury Open Meeting	Timaru	9.30 a.m.	Masters able to compete
Sunday	9th	Masters (A)	QEII	10.00 a.m.	Discus/Javelin/L Jump
QEII Park will be closed from 16 - 30 January for IPC Games					
Wednesday	19th	Masters (B)	Hansen Park	6.15 p.m.	Weight/Shot/H Jump
Sunday	30th	Masters (A)	Hansen Park	10.00 a.m.	Ham/Javelin/T Jump
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	Canterbury Masters Track & Field Champs	QEII	9.00 a.m.	
March					
Tuesday	1st	Masters	QEII	6.15pm	Weight/Hammer/H Jump
Friday	4th	N.Z. Masters Track & Field Championships	Hastings	4.00 pm	
Saturday	5th			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	TBA	TBA	
Programme	A	60m Scratch, 60m Handicap,100m, 400m / 300m, 1500m run / walk			
Programme	B	60m Scratch, 60m Handicap, 200m , 800m, 3000m / 5000m run / walk			
IMP		Improvised Programme			
* Masters able to compete					