

NZMA ACHIEVEMENT AWARD RECIPIENTS

The following athletes have achieved awards in the following events:

Brett Laurent	M50	3000m Steeplechase
Ron Wareham	M75	800m
Petra Creighton	W40	200m, 400m, 800m, 1500m, 5000m

I look forward to receiving more applications over the summer months. Standards for these events are on the NZMA website or you can email Chris McCahill on cmccahill@xtra.co.nz

NEW ZEALAND RECORD BREAKERS TO OCTOBER 2009

Dawn Cumming	W75	800m	3:48.99
		1500m	7:19.33
		2k stepples	12:03.04
Marcia Petley	W80	200m	46.36
		400m	1:51.06
		800m	4:37.68
Margaret Peters	W75	100m	16.46
		200m	34.55
		400m	1:27.17
Barbara Patrick	W60	½ Marathon	1:35.41
Marlene White	W60	10km Road Walk	1:03.27
Pauline Purser	W85	Shot Put	4.49m
Christine McCahill	W45	Shot Put	10.79m
		Weight Throw	13.57m
		Shot Put	11.29m
		Weight Throw	15.23m
		Hammer	41.11m
		Throws Pentathlon	4285 points
Mark Flaus	M50	Weight Throw	15.75
		Shot Put	13.68
		Throws Pentathlon	3439 points

Mark Cumming	M45	Hammer	50.77m
		Weight Throw	15.49m
		Throws Pentathlon	3295 points

4 x 400m Relay	W75		6:58.70
Marcia Petley			
Clasina van der Veecken			
Dawn Cumming			
Margaret Peters			

Marlene White	W60	20km Road Walk	2:14.15
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Any athletes who broke New Zealand Records at the recent World Masters Games in Sydney, please fill in the top portion of a NZMA record sheet and attach the results from the website and forward to me.

Chris McCahill