

March 2016

UP-FRONT

Editorial

By: Bryan Mayall

Welcome to the last summer edition of our Up Front for the 2015-16 season and what a bumper summer we had weather wise. Our Masters athletes continue to perform at the highest level and I am sure some P.B's would have been achieved. On the international scene I know that many of our Masters will be looking forward to the WMA Masters Champs at Perth later this year.

It's that time of the year again with the completion of our international cricket season and the start of the rugby season. I think it would be fair to say we as Sky viewers were encapsulated by the heroics of our Black Caps with brilliant individual performances. I guess the highlight being Brendon McCullum's farewell 100.

Would you believe I have come across this amazing book "The Boys in the Boat" by Daniel James Brown, referred to me by my daughter. As an avid reader of high quality true stories this book portrays sheer grit, courage and amazing determination to succeed against all the odds.

The Boys in the Boat is the story of Joe Rantz, a charismatic young man born dirt poor in the woods of

Washington State, who dreams of escaping the challenges of the great Depression, and a complicated family life full of painful memories. What follows is an extraordinary journey, as Joe and eight other young men exchange the sweat and graft and dust of ordinary life for the purer rigours of sport at the very highest level – a journey at the end of which lies a gold medal rowing eight race at the Berlin Olympics of 1936, in front of Hitler himself.

I have to say I have never been so excited and full of emotion as the author describes the rowing eight final. This book is very easily read with large print. This book once again has to be another "**A Must Read**".

Finally congratulations to all our Masters who have made it through another demanding track and field season and have managed to achieve some more personal goals. Also thanks to my contributors who have made this publication possible.

Coming events 2016

To be advised at a later date

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Snippets

Congratulations to Fred Copeman who turned 90 on Friday 10 March. Well done Fred for reaching this amazing milestone. Fred now resides in a rest home at Omakaroa. Incidentally Fred is one of our Life Members and is one of our true Masters Legends from the past.

A big get well to June Jacobs who is now recovering at home after a freak kitchen fall and broke her right leg in three places. After spending three weeks in Hospital June is now recuperating at home. We wish June a speedy recovery and hope she is up and about in the near future.

Great to see Rene Otto from the BOP competing again at the Nationals in Dunedin. Rene is one of our icons in the throwers fraternity. Rene is doing so much for the sport at Edgecumbe College.

Presidents Report March 2016 Murray Clarkson

The Summer season has been winding down with only the secondary Schools North Island event to be held. It has involved quite a lot of travel for Fay and myself and we are pleased it is over although we have enjoyed the company immensely. A great bunch of competitors and Officials.

Our trip to Dunedin involved a 10 Day stint to incorporate the Masters and Open Championships at the same venue. This was great for us but not so for the South Islanders who had to make two trips due to other commitments. We were able to do the Train trip and the Albatross trip and enjoyed both. We recommend these if you have the time

Our Waikato Masters Champs were held in January with a small turn-out but enthusiastic all the same. This year we added a Pre- Nationals event as the Trophy Day slot was congested by the Porritt Classic event. This event allowed our athletes to stretch their arms and legs before planning what clothing to pack for Dunedin. As reported elsewhere a lot of gear remained in the bag to be returned to its hiding place for winter.

Our winter events are in the planning stage but an indication of dates is included in the up-coming events section. I hope to finalize these in the next week or so.

For those thinking of going to Perth for the World Masters Athletics Champs, entries are now available on line or paper entries can also be accepted. Be in, as accommodation will be in short supply nearer the date. Your 2016/17 Subscription will need to be paid prior to the event. The amount will be finalized at our AGM in August but indications are that it will be the same as this year (\$60).

The NZMA Annual General Meeting confirmed the National portion is to remain at \$45. The Annual General meeting voted in Michael Wray as a new member of the board and he brings with him a vast commercial knowledge which will boost the decision making. The Partnership issue was not voted on as the documentation for this was incomplete. The Board, however has the mandate to continue discussions with ANZ.

Next year, the Nationals will be in Nelson and it is hoped that there will not be a lot of clashes to limit entries. Nelson have a very small membership of Masters and it is the aim to encourage locals to join and get the bug.

It is to be hoped that next Summer we will be able to get a volunteer non-participating person to process the entries and results onto the computer. This task takes up time of an active athlete who cannot then compete properly or act as an official. Please keep this in mind and let me know of anyone who would be willing to do this task.

WBOP Masters Athletics Champs. Tauranga 16-17 January 2016

Master of a day for athletes

Posted at 3:01pm Sunday 17 Jan, 2016 | By Greg Taipari greg@thesun.co.nz

The Waikato Bay of Plenty Masters Athletics Championships keeps getting bigger and better every year says competitor and organiser Bruce Solomon.

Bruce was one of about 25 athletes who took part in the two day event which wrapped up today.
Held at the Tauranga Domain Reserve Bruce says the annual event appears to get bigger every year.

"The event has been running for about four years now and it just gets bigger and better every year. It's great to see so many people taking part and enjoying themselves."

Bruce says there were more than 30 different events athletes could participate in over the two day event.

"We have competitors from 35 and as old as you like taking part. Some of the events we had men and women taking part at the same time. It just really depended on how many were competing."

Bruce says the event was so popular it was sure to return again next year.

Full results can be seen on website:

<http://athleticswaikatobayofplenty.org.nz/Results/Results-2015-2016>

WBOP Masters Athletics Champs. Tauranga 16-17 January 2016 Bruce Solomon

This year we had close to perfect conditions. No wind, no clouds and superb sunshine. Which some would say was too hot. With no head wind, sprinters are always happy, and some really good times were recorded.

Sprinters who achieved over 80% age grade:

		Time	%age	
W60 Lynne Mackay	60m	10.96	83.60	(visitor)
W75 Jill Sherburn	60m	12.23	84.20	
M40 Rob Lyle	60m	7.87	85.30	
	100m	12.34	83.10	
	200m	25.68	81.10	
M50 Bruce Solomon	60m	7.90	93.30	
	100m	12.36	90.50	
	200m	25.47	89.84	
M50 Stephen Te Whaiti	60m	7.94	92.20	
	400m	62.30	80.60	
M70 Alan Silvester	60m	10.17	83.50	
M95 Eric de Lautour	400m	2:41.14	84.10	

The Men's 800m proved to have a very exciting and close finish with Murray Clarkson (M65) beating Craig Wilson (M50) by 5/100th second.

Competing as a visitor Gavin Smith (M60) excelled in the 1500m & 5000m with times of 5.30.44 = 80.70 %age and 19.44.07 = 80.90 %age. Also in the Men's 2km steeple 8.20.75 = 81.50%

The Throwers also excelled with 70% age grade achieved by:

		Distance	%age
W75 Jill Sherburn	SP	6.85	74.10
W45 Brenda Davis	WT	11.26	75.90
W65 Bev Savage	WT	11.05	74.30
M70 Kevin Bradley	Hammer	37.33	71.30
	WT	15.12	77.60

We would like to thank the athletes that travelled down from Auckland, as well as all other athletes that turned up to make this a great day.

Thanks also to Fay Smith for Photo-finish and taking photos of the athletes in action.



Ian Clarke in action in the Hammer
Photo courtesy of Local Press



New Masters Member Rob Lyle in High Jump
Photo courtesy Fay Smith

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NZ Masters Athletic Championships 26-28 February Dunedin Bryan Mayall



These are my thoughts and observations on a great weekend. Our visit to Dunedin to the recent T&F Nationals would have to rate as one of the best ever. For me it was my second visit to the Nationals at Dunedin but the first one for Joan. Joan and I planned to make this a relaxing time with a view to see some of the wonderful tourist attractions that were on offer. Flying down on the Thursday and returning on the Monday was a smart move, giving us more time to see these wonderful attractions.

I have to say we were a bit nervous about our Cumberland Street motel being located near all the student action and learning to cope with the one way street system was a mission at times. However not too many problems, I think we were located far enough away to not to be disturbed by all the student goings on. We hit the road running on the Friday morning with a visit to the world famous Cadbury's Chocolate Factory which was amazing. We even got to sample some of their wares, just the smell was amazing.

Bryan Mayall in M80 Shot Put

Photo courtesy John Campbell

We made time to attend the AGM of our National body which we found to be very enlightening and informative. It was great to meet and hear reports from the leaders from the various centres around the country. After the meeting we

gathered up our race packs with all the goodies and officials polo shirts which were very much appreciated. It is not often that we have received an officials top, this one was right up there with the ones we have received. Well done to the hospitality ladies who provided officials with lunches and teas and coffees plus lots of generous snacks. This area was indeed a wonderful facility.

I was very impressed with the way the meeting was run, great commentary and communications via the PA system, well done again to the announcer for his expertise. Highlight had to be the background music that provided a great atmosphere. Hearing Hey Jude sung by the Beatles while Joan and I were officiating at the Shot Put on Saturday was great.

Talking about officials I think it was a wise decision to put our names to help out on the Saturday. Putting on the officials polo shirt certainly made you feel part of the team. Joan and I officiated at four of the throws events on the Saturday, so we were kept pretty busy and focussed. For me being the recorder was a real mission at times with all background noise around you.

**Raylene Bates**

The first event for us was the ladies W30-64 Shot Put. I have to say I very impressed with the high standard and representation from Otago Masters Athletics. On my count out of 16 competitors 10 were from Otago. Leading the way was Raylene Bates who is ANZ high performance manager who completely dominated all her throwing events.

Another observation was the great Otago strip that all Otago Masters wore. Apparently it is the same strip worn by all athletes competing for Otago. I have to say it is something to ponder for those centres who do not have an official strip.

Another observation was the use of the Hi-Tech laser measuring equipment used for the throws. This certainly made the measuring of the individual throws very simple and quick and did away with the odd official.

All in all we certainly left the Caledonian Athletics track with some great memories, so well done Otago Masters

NZ Masters Athletic Champs 26-28 February Dunedin - Track Report Julia Lile**Julia Lile in 200m**

It was the turn of Otago Masters Athletics to host the 42nd NZMA Track & Field Champs held at the Caledonian Ground, Logan Park, Dunedin during the weekend of 26-28 Feb 2016. The weather was perfect allowing athletes to achieve some top performances amongst their peers from across the country. A small team of five women and 10 men from WBOP Masters travelled south for the event.

Friday night on the track opened with the 3000m track walk, and then on with the 400m. Sheryl Gower took out the W65 event in a time of 1:21.98 (80.63%). Joan Mayall (W70) ran a superb race winning the title and in a very good time of 1:42.58. Bruce Solomon (M50) was in sharp form and won with a time of 57.60 (85.63%) and Peter Ayson (M60) took out the title in a time of 1:03.77 (83.05%)

Saturday morning was an outstanding day minimal wind to begin with. The 60m saw Julia Lile (W40) in for a silver medal in a time of 8.72 (83.26%).

The W65 race saw Sheryl Gower easily take the title in a time of 9.99 (89.09%). In the W85 event Marcia Petley took top honours with a good time of 14.87 (80.90%). In the men's races Bruce Solomon (M50) was edged out for silver in a very good time of 7.98 (89.10%).

After lunch it was into the 100m. W40 Julia Lile 2nd 13.87 (79.24%). Sheryl Gower blew everyone away yet again in the W65 with a time of 16.03 (84.03%), and Marcia Petley ran another good race winning the W85 in a time of 25.50

(71.41%). For the men Bruce Solomon M50 had another very tight race with Tony Tan from Otago, coming in for silver once again in time of 12.56 (86.62%). Peter Ayson M60 finished with a bronze medal in a time of 14.25 (81.68%). Stewart Foster M75 easily won his race in a time of 18.12 (79.20%). Finally, in the M85 Hector Mein earned the silver medal in a time of 28.49 (53.49%).

Next up was the 1500m. Sally Gibbs W50 took out her race in a time of 5:01.35 (89.42%) well clear from the rest of the field. Murray Clarkson M65 took out the bronze medal position in a time of 5:54.39 (77.21%)

Sunday was another brilliant day as far as the weather was concerned. The 10,000m was the first event on the track and once again Sally Gibbs W50 showed her style with another good win in a time of 39:30.90 (86.92%).

The 200m was all set to go later in the morning.



Sheryl Gower and Lois Anderson in 200m

Julia Lile W40 finished in the silver medal position with a time of 28.79 (79.33%). Sheryl Gower finished well ahead of the field again in a time of 34.55 (84.88%). Marcia Petley W85 rounded out the WBOP women's entrants with a win in a time of 57.80 (74.86%). For the men, Bruce Solomon M50 was back in action and this time took the win in a very close finish and a time of 25.65 (84.33%). Peter Ayson M65 won his race with a time of 28.43 (81.57%). Stewart Foster M75 rounded out the WBOP 200m sprinters finishing in the silver medal position in a time of 38.05 (70.38%).

Next up was the 800m. Sally Gibbs W50 wrapped up her race in a winning time of 2:35.66 (83.56%). Joan Mayall W75 had a fantastic race and smashed her time with a 4:06.84 (67.97%) – well done Joan you put everything into that race. For the men Murray Clarkson M65, finished in fourth place in a good time of 2:51.72 (75.72%).

Also the pentathlon was held on Sunday. Bruce Solomon M50 took out the event well clear of the rest of the field with a points total of 2557. Bruce Solomon also won the overall men's sprints award and Marcia Petley took out the throws at the annual dinner and awards night. Very well deserved to both of you.

Overall, excellent results from our WBOP team and the event was well organised and run by Claire Giles and her team from Otago Masters Athletics. Dunedin and surrounding districts is a wonderful part of the country to visit and we all thoroughly enjoyed our time there.

N.Z Masters Athlete of the Year Awards from Waikato BOP

Congratulations to the following athletes who were presented with their awards on the Saturday night.

Sprints	Bruce Solomon
Distance	Sally Gibbs.
Throws	Marcia Petley.

Neil Fleming calls it a Day

A big congratulations to our Super Vet Neil Fleming who has competed in his last Iron Man at Taupo recently. This is a report that Neil Fleming filed.

I did make the finish line with just eight minutes to spare in a time of 16 hours 52 minutes. Since I have been on medication to control my Atrial Fibrillations I find the swimming has not suffered much. The bike has suffered somewhat but the running has really suffered.

This is almost certainly will be my last as it would take a miracle or a Sharapova drug to change this. It was an almost perfect day and I was comfortably under the swim and bike cut offs but I was chasing the run cut offs all night. It makes a total of 15 Ironman finishes in the last 11 years. There where three of us entered in the 80+ age group. One did not turn up but the other Japanese guy was well ahead of me in a time of 15 hours 36. I understand that I am the oldest Ironman in New Zealand.

WBOP Masters Trophy Day 2016 - 13 March Porritt Stadium Judy Chandler



We were again lucky with the weather and great to have ten friends from Auckland Masters Athletics here for our special day boosting our entry numbers. Good to catch up with them again.

First race up - 100m . New Frankton Club member Tania Hodges (50) won in 15.6 - 79.40% . Chris Waring (70) – 16.1 - 94.50% and Sheryl Gower (65) – 16.1- 94.50% both same time recorded , Jill Sherburn (75) 20.2 – 78.60%.

Men 100m – 11 starters, so we had several heats to make it easier for our timekeepers . Fastest times went to Bruce Solomon (50) 12.4 – 90.20%. Stephen Burden (55) – 12.6 – 90.60%. Trevor Guptill (65) 13.5 - 91.5% and Seelan Ramiah (55) also 13.5 - 84% Ron Johnson , (80) 19.1 – 73.30%. Trevor Guptill's time equated to an age factored time of 10.71 for the 100m!

New Masters Member Tania Hodges

200m – Close finish for women's race. Sheryl Gower (65) 34.0 – 89.9% and Chris Waring (70) 34.4 – 92.20%. Joan Mayall (70) 44.1 - 73.20%

Seven starters in the men's 200m. Fastest Stephen Burden (55) 26.0 – 89.80% closely followed by Paul Daborn 26.9 – 84.50%.

Trevor Guptill (65) 27.8 . Fastest age percentage time of 92.10% . (Factored time 27.8)

400m – For the Kathleen Woodhead 400m Trophy . Won by Joan Mayall in 1.49.8 – 72.00%. . Congratulations Joan.. Men's 400m a close finish between Stephen Burden (55) 1.04.0 – 80.50% and Craig Wilson (50) 1.05.8 – 76.30%. Giving these two competitors factored times equal to 53.64 and 56.62.

800m – For the Gower 800m Trophy . Won by Joan Mayall (70) 4.13.4 – 77.70% Well done Joan Men's 800m for the Gower 800m Trophy was won by Craig Sinclair in time of 2.24.0 – 78.00%. second Craig Wilson 2.32.4 – 77.60%. Both winning their age groups.



1500m for men – Craig Sinclair first home in 5.33.2 – 69.70% followed by Murray Clarkson (65) 5.59.9 - 77.90%.

Two entrants for the hurdles Paul Daborn (50) 18.6 – 73.20% Alan Silvester (70) 20.3- 66.70%

High Jump . Seelan Ramiah (55) 1.50m – 79.40% ; David Hamilton (50) 1.45m- 74.00% and Mark Henderson (50) 1.50m 65.40%

The Triple Jump had five entrants for the Alan Woodhead Trophy – won by Stephen Burden (55) with a jump of 10.47m (75.50%) ; Seelan Ramiah (55) 9.63m-68.50%. Paul Daborn (50) 9.15m – 62.40%

Stephen Burden with George de Bell Trophy

Thank you everyone so much for helping out. Bryan our announcer, Jeanette with gear and timekeeping and all those who helped out while competing themselves in the field events, we were really short of helpers this time..

Trophy Day Awards Recipients

George de Bell Trophy for overall points men -Waikato members - Stephen Burden

Cuthbertson Memorial Trophy for overall points women -Waikato members - Sheryl Gower

Ted Hamilton Trophy for men, overall points -non Waikato members – Ron Johnson

Mary Hamilton Trophy for women, overall points- non Waikato members – nil this year

Allen Woodhead Trophy for men, Triple Jump – Stephen Burden

Kathleen Woodhead Trophy for women, 400m – Joan Mayall

Gower Trophy for men, 800m – Craig Sinclair

Gower Trophy for women, 800m – Joan Mayall

Waikato Women Field Trophy, Weight Throw – Jill Sherburn

Waikato Men Field Trophy, Shot Put – Laini Inivale

W.B.O.P Challenge Trophy - Auckland



Craig Sinclair with Gower Trophy

The WBOP Challenge Trophy is for competition between W.B.O. P Masters and Auckland Masters. For a total of points gained at the North Island Championship

Field Events Report - Trophy Day

David Hamilton

The field events on Trophy Day produced some strong performances from the 'Masters' of our female Masters' competitors

. Jill Sherburn turned in consistent performances in each of her W75 field events with 7.75 m (62.3 points) in the weight throw, 6.77 m (73.2 points) in the shot put and 14.52 m (51.2 points). She won the Waikato Women's Field Trophy for the weight throw. In the same age grade, Marion Clarke threw 7.51 m (60.4 points) in the weight throw and 20.3 m (60.0 points) in the hammer throw.

The highest score across all of the field events, however, was in the men's high jump where Auckland athlete Seelan Ramiah (M55) cleared 1.50 m (79.4 points) to beat David Hamilton (M50) who cleared 1.45 m (74.0 points). After clearing 1.50 m, Ramiah failed his attempts at a New Zealand record of 1.56 m.

The Allen Woodhead Trophy for men's triple jump was closely contested with Stephen Burden (M55) once again taking the trophy with a jump of 10.47 m (75.5 points), followed by Ramiah with 9.63 m (68.5 points), Ron Johnson (M80) with 5.48 m (64.9 points) and Paul Daborn (M50) with 9.15 m (62.4 points).

Also of note, in the difficult-to-score throwing events, the promising Tania Hodges (W50) threw 9.52 m for 59.4 points and Laini Inivale (M45) won the Waikato Men's Field Trophy for shot put with a throw of 11.57 m (60.6 points).

WBOP Masters Membership Update

Total Membership to date 76

Welcome to new members Rob Lyle (40) Alan Isaac (65) who has rejoined and Tania Hodges (50)

Photos WBOP Masters Champs Tauranga



Marion Clarke Javelin



Jill Sherburn Javelin



David Couper in Shot Put



Ian Clarke and Murray Clarkson

Photos courtesy of Fay Smith

Photos NZ Masters Champs Dunedin



Bruce Solomon and Tony Tan in 200m
Photos Courtesy John Campbell



Stew Foster with Evan MacIntosh and Dave Eastmond

y



Marcia Petley in 200m



Joan Mayall and Terri Grimmett in 800m



Marcia Petley receiving her NZMA award