

# UP-FRONT

**Editorial**

By: Bryan Mayall

Welcome to the last summer edition of our Up Front for the 2016-17 season. Unfortunately we have not had our usual long hot summer like last season. Our Masters Athletes have continued to achieve many of their personal goals with some outstanding performances. Some of our Masters will no doubt be competing in the World Indoor Champs at Daegu South Korea later this month. Also many of you will be getting a taste of international competition by competing in the World Masters Games later next month.

What a great summer of International sport we have had for you TV Sky viewers with exciting coverage of International cricket and Grand Slam tennis. I have to say my visit to the Rod Laver Arena in Melbourne (TV Visit) in January was for me an amazing experience

and reminder of my real visit to the arena in 2013. Watching 35 year old Roger Federer play Rafael Nadal in a thrilling five set final was absolutely breathtaking. What we witnessed was the greatest comeback of all time in the tennis circle from the lower world rankings and play some of the best tennis ever was amazing.

On a more serious and sad note we unexpectedly said farewell to one of our real colourful members in Brendan Magill. Brendan suddenly passed away on 26 January. Murray has written an obituary on Brendan's life.

Finally congratulations to all our Masters who have made it so far through another demanding track and field season. Also thanks to my contributors who have made this publication possible.

**Coming Events 2017**

April 21-30 World Masters Games Auckland

Tentative dates for Winter Season

- May 13 Coastlands Whakatane
- June 11 WBOP Cross Country Event – Waipuna Park Tauranga
- July Hamilton Gardens
- August McLaren Falls Tauranga
- September Oceania Throwers Meet Edgecumbe

**OFFICE BEARERS**

President: Murray Clarkson 075769575  
 Vice President/ Secretary Bruce Solomon 075422064  
 Membership Secretary: Judy Chandler 07 8567674  
 PO Box 24072, Abels Hamilton 3253  
 Treasurer: Fay Riley 07 5769575  
 Committee Marion Clarke, Sheryl Gower, Jill Sherburn, Dave Couper

**NEWSLETTER PERSONNEL**

Editor: Bryan Mayall 07 856 5484  
 Advertising: Bryan Mayall 07 856 5484  
 Distribution: Judy Chandler 07 856 7674  
 Production: Judy Chandler 07 856 7674  
 Bryan Mayall  
 Photos: Bryan Mayall bryanjoan@xnet.co.nz

Please support our Sponsors

**Hamilton Pharmacy**

**For All Sporting Needs and Prescriptions**

750 Victoria Street, Hamilton  
Phone 834 3444 – (opp Les Mills Gym)

Invest now with one of  
**New Zealand's most respected**  
first mortgage only lending  
institutions.



- Investor income paid quarterly with the option for interest to be compounded
- Not a fixed term investment
- All loans are secured by registered first mortgage on selected residential, commercial and rural properties across New Zealand
- Two investment options with the First Mortgage PIE Fund designed for investors who want tax effectiveness



**FIRST MORTGAGE TRUST**  
INVESTMENTS | PROPERTY FINANCE

Contact us for a copy of our Product Disclosure Statements or visit our website

**0800 321 113**  
[www.firstmortgagetrust.co.nz](http://www.firstmortgagetrust.co.nz)

**FOR ALL YOUR TRAVEL NEEDS**

**holiday, business or group travel**

locally owned and operated  
proudly supporting the community

455 Grey St, Hamilton East | 856 9009  
[calder@hot.co.nz](mailto:calder@hot.co.nz) | [www.cnl.co.nz](http://www.cnl.co.nz)

**HOUSE OF TRAVEL**

**CALDER & LAWSON**



**HANDS ON**  
PHYSIOTHERAPY LTD.

8 Ulrich Avenue  
Melville, Hamilton 3206  
p. 07 843 2267  
[www.handsonphysio.co.nz](http://www.handsonphysio.co.nz)



**Presidents Report**

**Murray Clarkson**

Welcome to the new members who have joined this year. We try to make everyone welcome and join in at our events. I am making this report brief as I know that we have other more detailed contributions.

**Local Events:-** Since Christmas we have had both the Trophy Day and our Provincial Championships. The turn-out for both events were pleasing and I would like to thank those who assisted in providing successful events.

Personally I would like to thank Julia Lile who, through her computer knowledge was able to provide me with a spreadsheet which made calculations for trophies a breeze.

Thank you to our visitors and the Sinclair family for assisting with gear. We welcomed Wendy Brown and her small team who had a great time sharpening up for the World Masters Games.

**Nationals:** From memory we brought home 84 medals with the highest individuals with seven Golds apiece. The unexpected wind gusts were a challenge but Nelson Masters did well with a small team of organisers.

**Finances:** We are managing quite well on our existing Subscriptions. With the subsidy for uniforms we will run a little below breaking even, but the end result is a uniform we can proudly wear and is the envy of other Centres.

**Winter Series:** These events start in May with Whakatane being the host. A date will be available shortly. The full schedule of dates will be available soon.

**General:-** The surprise passing of Brendan Magill has been a shock to us all. He has left behind many memories. An Obituary is included.

Thank you all for making the summer events a success. I am reluctant to single out anyone as everyone lends a hand.

**Christmas Meeting Tauranga Sunday 11 December 2016 Bruce Solomon**

**Bruce Solomon in Action**

The weather was hot and there wasn't too much wind to complain about although it was known to pick up at times and was a contributor in the bad fall that Eric de Lautour had. The tough competitor that he is, he was quite prepared to continue to compete. "It's my face that's sore, not my legs". What a tough Masters legend.

The turnout of 13 Men and five Woman was okay considering we were half way through December, so thanks to all the local athletes and visiting athletes from out of town, officials and helpers that made the day happen.

Well done to Eric de Lautour for setting a New Zealand establishment record and to visiting Masters Athlete from Auckland, Laini Inivale setting a NZM record in shot put.

Full results are available on the website, with a few high percentage achievers mentioned below.

**WBOP Masters Champs Tauranga 22 January 2017 Marion Clarke**

**Aaron Jack competing in the Javelin**

What an awful morning to wake up to. It had rained all night with gusty winds. Those from Hamilton thought "What are we doing driving over the Kaimais in this weather?" Some of us were on the road by 7am and glad to arrive without incident by 8-30am to check in and put our entries in.

On arrival Murray Clarkson, Fay Riley, Dave Couper, Linda Reynolds and the late Brendan Magill had been out in the rain early setting up. A big 'thank you' guys. We checked in and as we put our entries in the sun poked through and the weather improved greatly with only the odd passing shower but the wind kept up and hampered the Javelin throwers until they found the right angle. Dave Couper throwing 41.62m.

The attendance was disappointing. nine women, 16 men from WBOP and 2 from Auckland, Mark Cumming and Laini Inivale who came especially for the Weight Throw.

Mark throwing 18.86m and Laini 14.21m. We welcomed some new brave members to the meet, Aaron Jack and Rodney Lewis to the track and Jane Crawford to the throws.

On the track Bruce Solomon and Mark Henderson in the M50-54 battled out the Pentathlon with Bruce coming out on top. Over all it turned out to be an enjoyable day which ended with a very welcome cuppa.

## **Results**

### **60m**

W65: Sheryl Gower 10.84 ( 88.40%)  
M40: Aaron Jack 9.56 (72.40%); M50: Bruce Solomon 8.04 (92.40%)  
M75: Alan Silvester 10.47 (81.70%); Noel Jones 13.69 (65.10%)  
M95: Eric de Lautour 17.38 (95.60%)

### **100m**

M40: Aaron Jack 15.64 (67.40%); M75: Alan Silvester 16.95 (77.90%)

### **200m**

**M50:** Bruce Solomon 25.74(89.50%); Mark Henderson 31.49 (73.20%); M75: Alan Silvester 35.49 (78.60%).

**M85:** Hector Mein 1:01.72 (57.00%)

### **400m**

M70: Rodney Lewis 1:56.29 (51.70%) M75: Alan Silvester 1:23.61 (77.70%)

### **800m**

W50: Linda Reynolds 3:47.76 (56.50%) W65: Robyn Winter 6:53.69 (40.50%)  
M40: Aaron Jack 3:06.59 (59.10%) M45: Craig Sinclair 2:27.54 (76.80%) M50: Craig Wilson 2:41.84 M70: Rodney Lewis 4:16.75 (54.80%)

### **1500m**

W65: Robyn Winter 12:40.25 (46.40%) Barbara Allen 13: 18.23 (35.10%)  
M40: Aaron Jack 6:25.79 (59.10%) M50: Bruce Solomon 6:18.38 (66.00%) Mark Henderson 6:45.78 61.50%)  
M65: Murray Clarkson 6:36.73 (71.20%) M70: Rodney Lewis 8:59.16 (53.70%) M85: Hector Mein 13:43.66 (47.50%)

### **5000m**

W50: Linda Reynolds 27:41.82 (61.10%)  
M60: Gavin Smith 22:11.60 (72.60%) Barry Watson 22:40.77 (69.80%)

### ***Hurdles***

M40: Aaron Jack 25.55 (54.90%) M75 Alan Silvester 22.19 (61.90%)

### ***Steeplechase 2000m***

W50: Linda Reynolds 11:21.18 (64.90%)  
M45: Craig Sinclair 12:48.20 (71.80%) M50: Craig Wilson 14:14.01 (68.00%)

### **3000m Track Walk**

W55: Diane Barrett-Kendall 19:11.84 (72.50%) W65: Barbara Allen 26:40.20 (53.90%)

### **Long Jump**

M50: Bruce Solomon 5.07 (75.00%) Mark Henderson 3.62 (53.60%) M85: Hector Mein 2.25 (62.00%)

### **High Jump**

M40: Aaron Jack 1.40 (65.70%) M45: Glenn Boyd 1.45 (68.70%)

### **Triple Jump**

M40: Aaron Jack 9.34 (57.40%)

**Shot Put Women**

W40: Michelle Bitcheno 7.08m; W45: Brenda Davis 9.35m  
 W65: Sheryl Gower 6.22m; W70: Jane Crawford 5.97m  
 W75: Marion Clarke 4.46m.

**Shot Put Men:**

M35: Dave Couper 11.02m; M45: Glenn Boyd 8.63m;  
 M70: Peter Crawford 11.50m; M75: Noel Jones 5.33m.

**Discus Women:**

W40: Michelle Bitcheno 18.53m; W45: Brenda Davis 27.75m  
W70: Jane Crawford 14.05m; W75: Marion Clarke 10.45m



**Michelle Bitcheno throwing the Discus**

**Discus Men:**

M35: Dave Couper 30.62m ; M40: Aaron Jack 18.75m; M45: Glenn Boyd 25.81m.  
 M50: Bruce Solomon 32.85m; Mark Henderson 20.25m.  
 M70: Peter Crawford 35.15m; M75 Noel Jones 16.67m; M85; Hector Mein 10.63m.

**Javelin Women:**

W40: Michelle Bitcheno 12.60; W45: Brenda Davis 25.85 .  
 W70: Jane Crawford 12.78m; W75: Marion Clarke 8.26m

**Javelin Men:**

M35: Dave Couper 41.62m; M40 Aaron Jack 25.98m;  
 M50: Bruce Solomon 37.80m; Brendan Magill 24.50m; Mark Henderson 18.15m.  
 M70: Peter Crawford 28.93m; M85: Hector Mein 15.25m.

**Hammer Women:**

W40: Michelle Bitcheno 20.43m; W45: Brenda Davis 31.37m; W75: Marion Clarke 21.18m  
 W85: Marcia Petley 15.74m.

**Hammer Men:** M35: Dave Couper 34.47m

**Weight Throw Women:** W40: Michelle Bitcheno 6.81m W45: Brenda Davis 12.05m;  
 W75: Marion Clarke 6.72m; W85: Marcia Petley 6.49m.

**Weight Throw Men:**

**M35:** Dave Couper 11.58m; M50: Mark Cumming 18.86m; Laini Invale 14.21m

**Tribute Brendan Magill**

**Murray Clarkson**

**Brendan Weston-Magill 24-10-1963 – 26-01-2017**

Known to most as Brendan Magill, he was born in Masterton and spent his school days both there and in Tauranga.

He started his working life with what is now known as National Archives of NZ. He developed a keen thirst for information which allowed him to accumulate an outstanding memory of facts and figures. He continued to mature this area throughout his life. The number of newspapers that accumulated at his workplaces, vehicles, and home testify to this. (Not to mention a propensity to be disorganised and untidy)

He started in the Tyre industry in Tauranga where he had just moved to. He was employed with the IMEX Group of companies and subsequently Traction Tyres for whom he was still employed at the time of his untimely passing. He was extremely well liked in the Industry and by the many clients with whom he dealt – to the extent that he was invited overseas as their guest. Brendan held Biosecurity and Health & Safety certificates allowing him to better service the needs of the Company.

**Sport** – Brendan followed a keen interest his father had in Powerboat Racing.

**Rugby and Cricket** were the sports which Brendan followed and participated in during his earlier years and he later became a prominent Referee. (No need for a whistle for this Guy!!) He would have relished administering the rules of which he would have an accurate memory bank and being IN CHARGE.

**Athletics** – In his 30's Brendan took part in the many UCAN2 events instigated in the 1991/92 season as a "have-a-go" event which was a huge success. Bruce Trask and Iris Thomas relate that he always turned out to their events mainly doing Duathlon or Running sections. "He was never one to do up his shoe-laces – one wonders how much better he would have run. Was always happy, hard to keep quiet, would talk to anyone, willing to help and gave 100% always"



**Brendan throwing the Javelin**



**Brendan at Water Jump – S/chase Photo Courtesy Fay Smith**

He belonged to the Tri Club in Tauranga and made many friends there. He was known as the "Chicken Man" due to his kindly gesture of having Tea (Chicken & Chips) with his masseuse on a regular basis. Such was Brendan's friendly disposition.

He Joined the Masters Athletics movement as a pre-vet competing in as many events as were on the programme. Never one to settle in behind, Brendan would power to the front at his first opportunity and slog it out- sometimes successfully – others not so much. A hard task-master, his training followed the same approach which off-times led to injury and "I told you so" from his Masters family.

He settled in to a penchant for 400m Hurdles, Steeplechase, and Javelin, these events being the toughest in Athletics. He did himself proud and had some good P.B's. He attended both Oceania events and World Masters events overseas with mixed results.

I spent a month with Brendan in Italy at World Masters Athletic Champs both during competition and as a tourist; I treasure the experiences we shared. Brendan's willingness to Officiate when not competing, organising of equipment and technical gear certification will be hard to replace.

**General** – Brendan will be missed (both audibly and physically) by the many with whom he has conversed. His Quiz competition prowess, his tyre knowledge and memory, his persistent competitiveness, willingness to assist, and, of course his hearty laugh. To all that have met or known Brendan, I hope this resume assists in acknowledging the achievements of a friend, colleague and "Bro".

Rest in Peace Brendan - You deserve it.

Murray Clarkson  
 President Waikato Bay of Plenty Masters Athletics  
 Close friend of Brendan Weston-Magill for over 20 yrs.

**WBOP Masters Trophy Day Sunday 26 February**

**Judy Chandler**

To begin our Trophy Day we shared a minute of silence in memory of our special friend and fellow athlete Brendan Magill.

Today a first Trophy Day competition for several new masters members. Morgan Foster, Aaron Jack and Dennis Litt . From Auckland Tina Ryan , Grant Chapman , Mark Powell , Terry Ryan , and Wendy Brown with her 'Team Brown' girls Olivia Haddon, Catherine Gambaro and Ann Shattky. Visitors Vavae Nuia,,Chantel Greyling and Charlotte Bartrum.



**Wendy Brown with her Team Brown Girls**

Lovely weather day and here are a few highlights from our events –everyone competed so well. Detailed results with Age Group Percentages and Factored Times can be found on NZMA website – Waikato section)

**100m:** Women, eleven competing; Olivia Haddon (40) 13.0; Anna Shattky (45) 13.3; Julia Lile (45) 13.9 ; Sheryl Gower (65) 15.7 .

**Men:** six competing; Morgan Foster (40) 11.5; Bruce Solomon (50) 12.2 ; Paul Daborn (50)12.4.; Stephen Te Whaiti (50) 12.9

**200m:** Julia Lile (45) 30.0; Sheryl Gower (65) 34.0 . Morgan Foster (40) 24.2; Bruce Solomon (50) 26.2; Craig Sinclair (45) 30.3

**100m Hurdles:** Paul Daborn (50) 16.2; Stephen Te Whaiti (50) 17.8 .

**400m:** Six competitors and a close finish with Olivia Haddon (40) 1:04.1 and Anna Shattkey (45) 1:04.7. Catherine Gambaro (40) 1:10.4; Sheryl Gower (65) 1:30.7; Joan Mayall (75)1:53.6. Men – Paul Daborn (50) first home in 56.8 and an exciting race for second with Aaron Jack (40) 1:06.7 and Craig Sinclair (45) 1:06.7 ; Murray Clarkson (65) 1:21.0. – a PB for Aaron by just over three seconds, he was happy.



**800m:** Joan Mayall (75) 4:20.0, the only women competitor. Men: Ian Bitcheno (50) 2.21.0; Dennis Litt (65) 2.59.0. Murray Clarkson (65) 2:59.0

**1500m:** A winning time by Dennis Litt (65) all on his own in 5:10.1.

**3000m:** Charlotte Bartrum (30) 12.37.0: Dennis Litt (65) 10.43.0

**3000m Track Walk.** Two competitors – Chantel Greyling (30) 21:14.0; Diane Barrett-Kendall (55) 18.57.0 .

**Paul Daborn in 100m Hurdles**

**Triple Jump:** Morgan Foster (40) 11.23m; Aaron Jack (40) 8.78m; Paul Daborn (50) 10.23m; Stephen Burden (55) 10.89m:

**High Jump:** Aaron Jack (40) 1.46m; Stephen Te Whaiti (50) 1.52m; Bruce Solomon (50) 1.30m

**Discus: Women** - Tania Hodges (50) 27.25m; Brenda Davis (45) 26.60m . Michelle Bitcheno (40) 20.57m; Jill Sherburn (75) 14.92m

**Men:** Grant Chapman (50) 39.19m ; David Couper (40) 30.70m; Mark Powell (65)23.70m;Terry Ryan (75) 16.84m.

**Javelin:** Jill Sherburn(75) 14.86m; Craig Sinclair (45) 26.06m; Stephen Te Whaiti (50) 41.54m

**Shot Put:** Tania Hodges (50) 10.49m; Tina Ryan (50)9.74m; Vavae Nuia (40) 8.58m; Sheryl Gower (65) 6.26m; Jill Sherburn 6.62m; Sheryl Gower (65) 6.26m; Chantel Greyling(30)5.66m

Men - Stephen Te Whaiti (50) 10.42m;Mark Powell (65) 6.73m;Murray Clarkson(65) 5.07m; Terry Ryan (75) 6.55m

**Hammer:** Brenda Davis (45) 43.65m; Tania Hodges (50) 28.56m; Tina Ryan (50) 28.46m; VavaeNuia (40) 24.85m; Michelle Bitcheno (40) 21.37m; Marcia Petley (85) 15.75m .

Men – David Couper (40) 35.35m ; Mark Powell (65) 22.71m; Terry Ryan (75) 17.21m

**Weight Throw:** Brenda Davis (45)12.35m; Tina Ryan (50)11.24m;Vavae Nuia (40)9.86m;

Michelle Bitcheno (50) 8.57m; Marcia Petley (85) 6.79 .

Men – Mark Powell (65) 9.80m; Terry Ryan (75) 7.00m

Thank you so much to our helpers and officials. Heather O'Hagan, George Caddie, Jeanette Vedder-Price, Marion Clarke, our announcer Bryan, Bev Savage, Ray Laurie and everyone helping out – and – thank you for all the afternoon tea treats.

#### **Congratulations to our Trophy Recipients for 2017 –**

**George de Bell Trophy –**

Paul Daborn

**Cuthbertson Memorial Trophy –**

Sheryl Gower

**Ted Hamilton Memorial Trophy –**

Nil

**Mary Hamilton Memorial Trophy –**

Tina Ryan

**Allen Woodhead Trophy –**

Stephen Burden

**Kathleen Woodhead Trophy –**

Sheryl Gower

**Gower Trophy Men**

Dennis Litt

**Gower Trophy Women**

Joan Mayall

**Waikato Women's Field Trophy (Discus) –** Tania Hodges

**Waikato Men's Field Trophy (Hammer Throw) –** Mark Powell

**WBOP Challenge Trophy –** Auckland



**Dennis Litt receiving Gower Trophy**

#### **NZ Masters Athletic Champs Nelson 3-5 March 2017 Reflections Bryan Mayall**



**The Athletic track Saxton Oval**

When we read in the Vetline that the Tasman Centre were hosting the 2017 Masters T&F Champs in Nelson for the very first time. Joan and I made the decision that we were going to be there. Also for us it would be a great opportunity to see this part on New Zealand hence we decided on a five day visit which proved to be a smart move.

The venue named the Saxton Oval was out in the country at Stoke. The venue which was a multi purpose site with the cricket oval on the adjacent site and both venues sharing this rather unique looking building. The first time I got an inkling about this venue was when we saw the Black Caps in action at the Saxton last year. In an overhead camera shot I noticed this rather unusual sausage looking facility located between the two venues and running full length of the Athletic track.

Our first visit to the Track was on Friday when we attended the AGM at this magnificent and roomy function centre. The first thing that hit us was the magnificent views both ways of the two stadiums. It was great to hear from the leaders from the various centres around the country. It was pleasing to hear positive reports of the amalgamation that was working well between the two National bodies.

After the meeting, a quick visit to our digs in Richmond we checked in at the track. There was a real buzz on the Friday as we experienced a real sense of that special camaraderie and belonging.

Come Saturday, a big day of action on the track and a big programme of field events to get through.. Putting my name down to help out as a recorder for the field events gave me a real insight of the action and also a real sense of belonging to our wonderful sport. Great to see our President Andrew Stark roll up his sleeves and help out.



The one thing that struck me was how the meeting just seemed to flow without the minimum of fuss. One of the key people making things tick was the announcer Vern Mardon who had a real sense of knowledge of the athletes and provided us with expert commentary. Vern was located ringside at the finish line and ideal spot. He certainly gave the meeting real lift and it was great to hear his voice on News talk radio on the Saturday morning giving our meeting and Masters a big plug. I was able to have a quick chat to him and complimented him on giving our sport much needed publicity.

#### **Announcer Vern Mardon with Murray, Fay and Ian Morrison**

I have to say it was great to see how some of the Masters competing would sometimes multitask and help out as officials. On the subject of officials I have to give Stew and Loloma Foster along with Murray Clarkson and Fay Riley who worked tirelessly in their respective tasks. All four as highly qualified officials were also officiating at Perth.

I also have to say it was great to see most of our WBOP Masters competing in our new strip. Special thanks would have to go to Fay Riley and her team for putting all this together.

Overall I have to say as a meeting, considering it was Tasman's first time hosting a Nationals a big high five to Derek Shaw and all his hard working team on a well run meeting. It certainly was right up there as a top meeting.

#### **NZMA Masters Athletic Champs Nelson 3-5 March Nelson Kris MacDonald and Tania Hodges**



Wow, what a privilege!

What a privilege it was to accompany my wife Tania Hodges to the Master's Athletics Nationals at Saxton Stadium in Nelson. The weather was great and a little wind made it a bit tougher and the Waikato Bay of Plenty team was out in force.

Normally, I watch my wife trot off to Athletics on a Tuesday afternoon in her Frankton Club uniform and wonder what she does. All I remember were the balmy afternoons when I used to take myself to Athletics as a kid. As I got older, I actually stopped running physically when I hit 40. My waist expanded and I made all sorts of excuses as to why I couldn't go for a run, or race the kids on the beach. Why I seem to run out of puff all the time and stick to lifting weights. It's was all in my head and I'm sure in the heads of most people when they hit middle age.

#### **Tania with fellow Thrower Tina Ryan**

That was blown out of the water, when I turned up to watch the games on the Saturday. I had to rub my eyes when I saw 88-year-old Marcia Petley sprinting her 60m! When I saw a group of lean and ripped 75 year olds, thinning grey hair, run the bend and power to the finish. I remember my grandparents as a kid and how I couldn't ever imagine them sprinting. Come to think of it I couldn't imagine my parents sprinting! I met Paul Daborn from the Frankton club and he ran the 100, 200, 400 and other races in the 50-54 year-old group. Along with other outstanding sprinters Julia Lile, Sheryl Gower and Bruce Solomon who really got his monies worth by competing in just about everything! It was good to see an old mate, ex MP Tuāriki Delamare who I worked with in the 1990s. I remember he went to the Olympics and was a professional athlete in the States in the 80s. Now over 65, sure his run-ups were a little shorter but he was still able do a fosbury flop high jump and hang long jump plus compete in a number of other throwing events. This seems to be the norm in the Masters.

The throwing events were something else. My wife was uncharacteristically nervous. I could see why. Things were hotly contested in her age group, the 50 to 54 year women. The large group also included the other age groups Michelle Bitcheno in the 40 to 44-year group and Brenda Davis in the 45 to 49-year group. These younger throwers emphasised perfect technique and power.



Tania's main competitor and friend Tina Ryan from Auckland was up first, Tania was the last thrower. The day before Tania was pushed into two silver medals for javelin and the weight throw. Saturday was shot, hammer and discus. In each event I could see Tina setting the pace, longer and longer. Tania coming back, last throw, thud! Cheers and high fives. On to the hammer. Careful throws in the beginning to get the distance. Last throw, nothing to lose, let it all hang out – thud! To the discus, tight again. Wow... three gold medals for the day! The camaraderie between the throwers was fantastic reflected in the number of high fives, cheers and hugs freely given out when winning throws or PB's were achieved!

**Tina and Brenda with their fellow Throwers**

The men stepping in to take their turn. Glide across the circle, grunt, Dave Couper executing his shot put. Dave excelled breaking the record for the throwing pentathlon on the Sunday for the 40 – 44 year men (a small matter to have the record confirmed...advise the officials). You instantly knew where Laini Inivale was throwing by his loud shouts, cheering and laughs. Coach Sam watching intently.

Sunday included the hurdles, the pentathlons, 200 metres, relays and throwing pentathlons. It was fantastic to watch the concentration of athletes take on 25 rounds of effortless running to complete the 10,000 metres.

Overall, an inspirational weekend watching the athletes! It was clearly evident to see the health benefits of maintaining physical fitness, mental toughness and social engagement which should be the norm for everyone at all ages. What a difference that would make to the health of the nation. We should all be active like the Marcia Petley (88) sprinting and throwing the weight throw, Joan Mayall (75) with her middle distance running and Bryan Mayall (82) in a class of his own throwing the shot put.

Many thanks to all of the supporters and officials who made the championship a great event including our own Loloma and Stewart Foster.

At the Saturday night function the winners of the NZMA awards were made. Congratulations to our Whakatane thrower Brenda Davis for winning the Throwers Award.

Photos Nelson



**Brenda Davis receiving her Award**



**Alan Silvester winning the M75 400m**



**Bruce Solomon and Paul Daborn in 60m**



**Jason Cameron in 1500m**