

UP-FRONT

Editorial

By: Bryan Mayall

Welcome to the second edition of our summer Up Front for the 2016-season. The season is well and truly up and running with many of our Masters competing in a number of competitions, nationally and internationally. Needless to say I was personally excited to have been to WMA Champs in Perth. I have done a full report covering my thoughts on this great event.

Congratulations to those Masters who made it to Perth, either as a competitor, supporter or officials. Each of you will have a long lasting memory of your individual experiences. My heartfelt commiserations to those Masters who either through injury didn't make it to Perth or competed with an injury.

On the international sporting field we have had lots to see via the box. For those cricket fans I have to tell you what the sporting highlight for was for me outside my Perth Games experience. When I knew we were going to Perth I always had the desire to go to the WACA ground the home of Western Australian cricket. As it turned out, on the second day off from competition on the Thursday happened to be first day of the first cricket test between the Aussies and South Africa. This without a doubt had to be the highlight of my visit to Perth and I couldn't get there quick enough.

In conclusion all the very best to all our Masters for the remainder of the 2016-17 season. Finally thanks to all my contributors who have made this edition possible. Also a very Merry Christmas to you all from the Up Front team.

Coming events 2016 - 2017

December 11	WBOP Christmas Meeting	Tauranga
2017		
January 22	WBOP Masters Championships	Tauranga
January 29	AMA Masters Meeting Two	Mount Smart
February 26	WBOP Masters Trophy Day	Porritt Stadium 12 Noon
March 3-5	NZMA Masters T&F Champs.	Nelson.
March 12	AMA Masters Meeting Three	Mount Smart

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

Subscription Reminder

Subscriptions are now due for the 2016/2017 season. For those members unpaid and wishing to remain members, please send your subscription to our Membership Secretary Judy Chandler.

For those unpaid, we would like to remind you that it is Vetline policy to purge the membership rolls in December. From that point only financial members will remain on the mailing list.

Please support our Sponsors

Hamilton Pharmacy

For All Sporting Needs and Prescriptions

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

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 | www.cnl.co.nz

HOUSE OF TRAVEL

CALDER & LAWSON

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



HANDS ON
PHYSIOTHERAPY LTD.

8 Ulrich Avenue
Melville, Hamilton 3206
P. 07 843 2267
www.handsonphysio.co.nz



Snippets

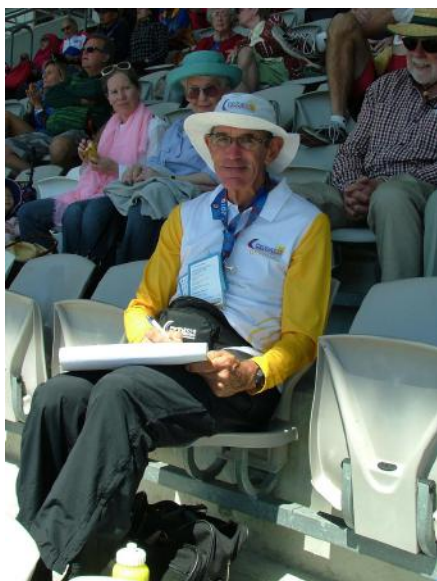
Happy 80th Birthday to Neil Fleming who made the big 80 last October. Neil has had a long association with athletics and more recently Triathlons and Iron Man events.

Also happy 80th birthday to Bruce McPhail one of our Masters legends over many years. Bruce will be celebrating this special occasion on 26 January 2017

We also wish Ray Laurie a speedy recovery after his major heart surgery last October. Ray had a Mitral valve repair and is doing well with his rehab.

Presidents Report

Murray Clarkson



Murray taking a break at Perth

Wow!! December already and the summer season and Christmas meetings are about to break loose. Our Christmas meeting on 11th Dec will have been held before this report is printed. To those of our members who were unable to attend I wish them a happy and healthy Christmas and look forward to catching up in the New Year.

Reports on the warm-up meetings and Perth have been documented separately. Personally I had a great time as an Official at Perth all-be-it hectic at times. It was a well-run event by all accounts although different in several aspects.

WBOP Management: - Our WBOP membership is quite healthy with more still to renew from last year. The M.O.U. agreement has introduced another 167 masters aged members in this region. Bruce and I are compiling a letter of introduction along with our flyer, suitably modified to invite them to join WBOP Masters. We will see what happens. NZMA have suggested via their website that we allow them to join free of charge. Our committee rightly stand firm on having one subscription for all. The more members we have, the greater the chance of reducing the subscription.

Annual General Meeting NZMA: - Remits and nominations for Board members will need to be discussed at our next committee meeting on 11th Dec. This is an important time and we need to have strong delegation at these meetings. I await with interest the number of members who are now subscribing to NZMA.

Uniform :- Our new uniform is a "Hit" with many favourable comments. Our suppliers are very efficient and we have now got to grips with the sizing. We are holding a few garments in stock as try-ons to make sure everyone is happy. At the Nationals in Nelson we would like to see all our members wearing our strip. The Committee has agreed to subsidize one garment per member by \$10. We can now identify ourselves and be proud of our region. It will certainly show out as a quality garment and be the envy of the other Centres. Have you got yours yet??

General: - The Newcomers at our Warm-up meets were impressed with the friendly welcome and assistance in trying events outside their comfort zone. If we can continue to foster this culture, we re will go a long way in catering for our new members.

WBOP Warm Up Meeting Porritt Stadium 11 October 2016 Judy Chandler



We escaped the heavy rain expected, just a light shower or two for our first get together of the season. We had about 22 competitors. Perfect timing for our athletes leaving soon for World Masters Athletics T & F Champs in Perth in a couple of weeks, and for those going to the North Island Championship in Palmerston North. All Best wishes going with them for a wonderful and successful time.

Plenty of track events to choose from. The sprints particularly well supported Three new athletes here to have a go, Paul Liao, Sue Su and Gordon Mackenzie

First up the 60m - Closest of finishers with Sheryl Gower 9.4 and Julia Lile 9.6. Gordon Mackenzie 8.5, Paul Daborn 8.7

Judy and Jeanette our officials, with competitors

and Stephen Burden 9.0 in the men's race.



Paul Liao, Jill Sherburn, Sue Su and Joan Mayall

100m – seven competitors Julia Lile 14.2, Sheryl Gower 16.2. Men with five competitors– Gordon Mackenzie 12.0 ; Paul Daborn 12.4; Stephen Burden 12.6

150m – Paul Daborn well ahead on 18.5 Sue Su the only woman competitor 32.4

200m Julia Lile 31.0 ahead of Sheryl Gower 34.1 Paul Daborn 25.4; Ross Brown 33.7; Darryl Conn 33.0 (Darryl competed in eight events)

400m men first and second out of five competitors – Paul Daborn 65.0; Craig Sinclair 69.0 . Just two for the women Joan Mayall 2.00.0 and Fiona Sinclair 2.08.0

800m, Sadly not well supported with only two competitors Darryl Conn 2.59 and Paul Liao 4.12. I wonder why we have so few athletes lining up for the 800m? It is so good to do.

1500m - Five athletes -Craig Sinclair well ahead in 5.03.

3000m – Craig Sinclair 11.09 Darryl Conn 19.05, Fiona Sinclair 19.05

We had all the field events, W Throw, Discus, Hammer, Javelin and Shot Put well supported with nine competitors in the W /Throw and Hammer.. Everyone threw well some highlights –

Weight Throw- Brenda Davis 12.8m; Tania Hodges 11.77m; Marcia Petley 6.38m Kevin Bradley 15.64m

Discus- Brenda Davis 25.8; Tania Hodges 24.42m; Dave Couper 30.32m

Hammer- Brenda Davis 33.63m; Tania Hodges 24.42m ; Dave Couper 30.32m
Marcia Petley 13.85m; Kevin Bradley 42.08m.

Javelin – Brenda Davis 24.63m; Jill Sherburn 12.53m; Tania Hodges 18.32m

Shot Put; Brenda Davis 9.4m; Tania Hodges 9.91m

Our Long Jumper Stephen Burden – 5.04m

Mark Henderson was our only High Jump competitor 1.25m

We all enjoyed a delicious afternoon tea, and look forward to next Warm Up Meeting on 13 November. Thank you so much to all our helpers on the day.

WBOP Warm Up Meeting Porritt Stadium 13 November

Marion Clarke

There was some concern that due to a clash of events such as “Round the Bridges” and athletes coming home from World Masters Athletics in Perth that there were going to be only a few, if any taking part. Although numbers were down there were a few athletes preparing for the North Island Champs in Palmerston North 25th - 27th Nov. Paul Daborn and Bruce Solomon had a good blow out against Morgan Foster and Rob Lyle in 60m, 100m and 200m sprints.

Bosun Paki and Ross Brown were down from Auckland. Bosun was visiting family in Hamilton and was encouraged to “Have a Go”. Both Ross and Bosun ran well.

The women sprinters were Louise Wells and Joan Mayall. It was great to see Louise back on the track after a year off. Joan is running well also.

Long distance saw Louise run 800m along with Robin and Wirimu Knowles.

Craig Wilson ran 3000m in 12.09.0 and in the 3000m walk Diane Barrett-Kendal was first in a time of 19.36.3 from Theresa Large. Time 20.20.5

Field Events **Marion Clarke and Tania Hodges**



Thanks goes to Dave Couper and Mark Henderson for organising the throws and jumps.

A welcome to Michelle Bitcheno, Bosun Paki, Aaron Jack, and Robin Knowles to the throwing circles and jumps.

High jump results: Robin Knowles 1.50m, Rob Lyle 1.55m, Bosun Paki and Aaron Jack 1.45m. Louise Wells who had a busy track programme cleared the high jump in 1.30m

Tania Hodges continues to improve in the throws especially in the hammer.

Dave Couper had an outstanding day of throwing, hitting three PB's for the day. He threw 11.39m for weight throw, 30.42m for discus, 33.91m for the hammer, 46.82 for the javelin and 10.48 in the shot-put.

Theresa Large had a busy day doing four throwing events and the 3km walk. You never would have guessed Bruce Solomon from Tauranga had an active weekend from competing the previous day at the Putaruru Bell. He threw extremely well in the Discus with 29.57m and 33.68m in the javelin to complement his fine times in the 60m, 100m and 200m sprints.

Dave Couper in action

It was good to have Michelle Bitcheno throw the weight, hammer, javelin and shot-put on the day. Michelle and Tania Hodges used the day as preparation for the North Island Masters competition held at the end of November 2016. Aaron Jack was another multi field competitor throwing 5.71m in weight throw, 24.64m in the javelin, 6.52m for the shot-put complimenting his long jump of 3.97m and high jump of 1.45m.

This was the first day Bosun Paki had participated in an athletics day since school and gave it go throwing the discus 19.65m, javelin 21.02m, long jump 4.21m along with the 60m and 100m sprints. Similarly, Robin Knowles was fairly busy on the day doing multi events from the discus at 22.8m, javelin at 33.68m, long jump 4.32m, high jump 1.5m followed by a 2.39.8 time for the 800m.

Masters Oceania Throws Pentathlon Tania Hodges

The Masters Oceania Throws Pentathlon combined with the WBOP Masters Pentathlon was held at Edgecumbe College on Sunday 25 September, 2016. The day was the start to the 2016/17 seasons. It was a wet day travelling from the Waikato but that didn't dampen the enthusiasm and warm hospitality from Rene Otto and his team of young supporters. Fay Riley and Murray Clarkson were also there early taking registrations and officiating on the day along with Brendan Magill.

A group of eleven committed throwers braved the wet and cold. We were privileged to watch Bev Savage, Brenda Davis and Kevin Bradley who threw on the day in preparation for the Perth 2016 World Masters Athletics Championships. Brenda Davis was the thrower of the day placing 1st in her age group and 5th overall for all of the women with total points of 3376. Kevin focused on the hammer and weight throw showing superiority in his technique and distance gained.

Other experienced throwers like Dave Couper, Ian Clarke and Marion Clarke were giving valuable tips and coaching to those of us in need. Dave was impressive to watch and had the javelin throw of the day with 43.31m.



Group photo of competitors

With the wet and bogging ground it was easy to see where the weight and shot put landed. The rain let up in the afternoon for a short while when we were ready for the last event and a group photo.

Bruce Solomon threw the well particularly in the discus and javelin. He had the best distance in the discus with 32.30m

Gail Dryland was exceptional on the day and had energy to throw well despite an early start with day light saving commencing and milking the cows in the morning. A great day had by all.

Our collective goal for next year should not only to increase our performance, but to bring new people along to join in the day.....they don't know what fun they are missing!

WMA Track and Field Champs October 26 – November 6 Perth

Bryan Mayall



When Joan and I first read that the next WMA Championships had been allocated to Perth we made the decision that we going to be there. Perth was the only major city in Australia we hadn't been to and we had heard so many positive reports of this city in the far west. This was only our second WMA event that we have attended, having competed as athletes in Brisbane 2001. We also heard of the many stories and experiences.

As it turned out it was a good decision and now consider it a real privilege to have been part of this smorgasbord of Athletics in this major event. It was so good to be part of the NZ supporters, fellow athletes and officials, whom we had a great time meeting. We were totally blown away by the magnitude of the event. The massive organising that must have been put in place to stage an event that is without doubt on a level of an Olympic Games event.

We felt that the WMA organising team did an outstanding job with the communication to the participants with their Vetline Up Dates and also their very easy to navigate Web Site. Another key was the very efficient Trans Perth transport system which enabled everyone to get to the respective stadiums via bus and train. For us travelling from our central accommodation in Mount Bays Road courtesy of Roy Skuse Online Sports Tours it was very easy getting to the stadium which was all free thanks to the sponsorship deal with Trans Perth.



I guess for us travelling to the stadium by bus to the train station, then shuttle bus to the Stadium was a real experience. We always were meeting fellow athletes from all around the world who were very excited like us to be attending such an event. One of meetings with such people and one we will always remember was meeting Gloria from Melbourne with her daughter and two grandchildren. The family came to Perth to support Gloria who was competing in the W80 100m and needless to say were quite excited.

Our first mission was to go to the HBF stadium(nearby the WA Athletes Stadium) on the Monday to

The Journey on the Bus to the Stadium

check in and get our supporters package. This consisted of the athletes Entry List , Competitors Handbook, Trans Perth Swinger, a pen and a water bottle. This was made easy by the wonderful help we got from the many helpful and friendly volunteers who kept us on track at all times when we went to the stadium.

Our first day of competition we were just blown away by the high standard, with so many entries in each age group. We settled for a spot on the this magnificent stadium around the 50 m mark and about a third of the way back in the stands. We were also able to cheer for our fellow Kiwi athletes as they walked passed us on there way to the start of their competition. We would always call out very loudly "Go Kiwis".

Right below us was the pole vault and to the right was the triple and long jump pit and also the two shot put throwing circles. We also had a very good overview of all the field events and were aided by the expert handling of the indicator boards. Also at the end of finishing lanes was this huge screen which showed all the competitors in each race, times, instant replays etc. I learned later this data was being live streamed all over the world. We learned about this also when I received a text from Marion Clarke saying that was watching us both at the Pole Vault. We were also kept well informed by the very knowledgeable and enthusiastic announcers.

It was great to sit with some of our N.Z athletes and fellow supporters which added to the atmosphere. Our biggest problem with such a smorgasbord of athletics, it was difficult to focus on what to watch. However one event that caught our attention was the amazing skills of the pole vaulters. On this particular day we were sitting with Kevin Bradley watching the W35-45 event. It soon became clear who the star was going to be. Irie Hill a British competitor who won in an amazing 3.5m. Kevin was very excited believing that he had seen her compete in a World Masters event in the early 2000's at Melbourne.



I think for an event such as this where there was such high quality competition the overall efficiency had to be spot on. It was a real credit to the officials who got all the events started on time which was amazing. This event I believe was only a little below of the organisation on an Olympic Games.

Congratulations to our team of officials from the WBOP Stew and Loloma Foster, Murray Clarkson, Fay Riley and Linda Reynolds who put in countless hours officiating at the various venues. Also thanks to our team manager Malcolm Clark for his awesome task of keeping track of the NZMA Athletes at the various venues. Also for his great communicating skills and keeping track of our athletes with up to date postings of our medal haul on the notice board.

Pole Vault Action – Irie Hill

Finally it was great to see our NZ Athletes compete on the world stage and for the size of our entry participation we did so well. Our local WBOP athletes all performed so well with perhaps the highlight being Sally Gibbs with winning five medals. Overall New Zealand collected 14 Gold with a total of 71 and finished 10th on the medal table.

Summary of medals WBOP Athletes

Gold

W50 Sally Gibbs	10000m, Half Marathon
M45 Jason Cameron	8 km Cross Country teams
M60 Gavin Smith	8 km Cross Country teams

W45 Brenda Davis	Shot Put
W45 Brenda Davis	Throws Pentathlon

Silver

W50 Sally Gibbs	5000m
W50 Sally Gibbs	8 km Cross Country
W85 Marcia Petley	Hammer

Bronze

W50 Sally Gibbs	1500m
W60 Sheryl Gower	4 x 400 Relay
W65 Sheryl Gower	4x 100 Relay
M45 Jason Cameron	8 km Cross Country

Top Five finishers

M45 Jason Cameron	5000m	4 th
M55 Stephen Burden	Triple Jump	4 th
W45 Brenda Davis	Weight Throw	4 th
W55 Karen Petley	8km Cross Country	4 th
W45 Brenda Davis	Hammer	5 th
W65 Sheryl Gower	100m	5 th
W70 Bev Savage	Hammer	5 th
W70 Bev Savage	Weight Throw	5 th

Also competing at Perth were Kevin Bradley, Murray Clarkson, Brendan Gibbs, Theresa Large, Dennis Madden, Sheryl Miritana and Linda Reynolds.

My First Worlds from a Throwers Perspective Brenda Davis

Brenda in action Weight Throw

Worlds was a competition that I had heard plenty about but never contemplated, honestly believing I was not good enough, until last year at the Oceania Champs in Rarotonga I was asked by an Australian athlete if I was going to Worlds in Perth. When I said no, she informed me that I would easily make the top eight and so the seed was planted. I decided to plan one big fundraising event, an adventure race, to help get me there which turned out not only to be enough to get me there but also paid for my entry fee and accommodation but also entries into Pan Pacific's and the World Masters Games in Auckland next year.

So, with the Whakatane community behind me 110%, I arrived in Perth very excited. When we turned up to register, I was like a kid in a candy store, loving all the different accents and seeing the athletes in their country's track suits. I'm sure I embarrassed my Aussie roommates as I constantly asked other athletes "Hi, where are you from?"

My first event was hammer throw at the Ern Clark Centre (ECC), a much smaller centre than the Western Australian Athletics Stadium (WAAS) where unfortunately we were made to wait 45 minutes after checking into the call tent, as they hadn't scheduled the official's lunch break into the programme and we had no-one to take us over for practise throws. After having warmed up, this wasn't helpful and some of the athletes didn't hold back from voicing this. Once into competition though, I tried to put that behind me as I got down to business. My best throw was 35m which I was happy with as this was around my average distance and I placed 5th.

My next event was weight throw which was held at the WAAS and for some reason, this just wasn't my day. After two great practise throws, I had one bad throw followed by four fouls whereupon I decided to do a one-turn throw taking me from 6th to 4th throwing 11.39m. I put this down to nerves at being in front of a very big audience and just couldn't pull it back together despite the awesome encouragement from the side-lines. I was disappointed as I knew I had the potential to medal in this event.

My next two events were Discus (28.67m) and Javelin (26.32m) and while not being my strongest events, I placed 6th in both. With my favourite event, shot put on the Wednesday, this was the one event I was looking forward to the most. With 22 athletes, this meant preliminaries in the morning and finals in the afternoon. We were split into two groups with the first group taken out while those of us in the second group then had to wait at least an hour until they had finished.

Again, not ideal as we had all just warmed up! Qualifying distance was 9.5m, my first throw was 10.24m meaning I could relax until 3.30pm to join the other 11 athletes in the finals. In the finals, my second throw was my best of 10.20 and I was sitting in third place until the Polish athlete, Malgorzata Krzyzan, also throw 10.20m in the 5th round. On countback, she technically should have been awarded the Bronze but for some reason we were both awarded a medal. I wasn't going to argue and hence received my first Worlds medal!

The last event of the competition was the Throws Pentathlon held at ECC and I was quietly confident that I would do ok after having seen some of the other athlete's performances in the different disciplines. At one stage I was sitting in second place but Kimberly Lidner from the States overtook me after the discus. Thankfully by having the best weight throw out of everyone I managed to hold onto third place, and ended up with 3246, only 19 points behind 2nd place.

With the competition being held between the two different centres, it was hard to catch up with NZ athletes as we were often different days at different locations but it was great hearing the cry "Go Kiwi" as you filed past the spectators in the stadium on the way to your event and likewise, we would yell out the same encouragement, even if we didn't know them. The only athletes I managed to spot competing that I knew from Waikato BOP were Kevin and Sheryl.

Reflections on my First Worlds
Fay Smith

Eight of us from the BOP flew over to Perth together, with a quick transit in Sydney. We arrived late in the evening of Monday 24th October and grabbed a shuttle to our accommodation at The Seashells on Scarborough Beach. We- Gavin and Fay Smith sharing an apartment with Sally and Brendan Gibbs and Murray Clarkson, Fay Riley, Linda Reynolds and Bev Savage were downstairs sharing another apartment - just a chat away over our balcony, which had gorgeous views of the ocean and out to Rottnest Island and Freemantle..

Next day we gathered race packs etc at the HBF Stadium and visited the W.A. Athletics Stadium next door. Gavin, Sally, Brendan and I then checked out the cross country course across the road at Perry Lakes Reserve, while the downstairs bunch sorted their administrative and official duties. Later that evening we travelled back into Perth and Elizabeth Quay and took part in the opening ceremony. It started well but an unfortunate shower of rain towards the end had us running back to the railway station.



Wednesday was the 8km XC, comprising 4 x 2km laps. We arrived in the midst of the 70+ race and in time for Ron Robertson's gold medal ceremony, setting the tone for further Kiwi successes. WaiBop athletes Gavin Smith and Dennis Madden raced in the M60-69 race. Kiwi Tony Price from Masterton lead out and held the lead until a sprint finish over the final few hundred metres saw him pipped at the post.

Another Kiwi, Dennis Wylie (based in Australia) placed 5th in the M60-64 grade. Gavin Smith started well in the first 2km lap but faded badly due to lack of fitness following 8 weeks of knee and hamstring injuries. His efforts were just enough to bring the NZ Team a gold medal ahead of Australia and Great Britain by just 11 seconds. Dennis Madden looked good in his run despite recent illness, placing 33rd/47 finishers in the M65-69 grade. After becoming used to smaller fields in NZ it was amazing to see so many in each age group.

**Dennis Madden, Tony Price and Gavin Smith
Bronze Medal in 8km M60 Teams Cross Country**

Sally Gibbs lead out the W50-59 race and dominated. However it was a late burst by Lucy Elliott from Great Britain during the final kilometre that saw Sally edged out on the line into 2nd place. Lucy was timed at 29.39.48 and Sally 29.39.67. Karen Petley - ex Hamilton and daughter of Marcia, did well, finishing 4th/23 in the W55-59 grade. Linda Reynolds looked strong finishing mid field. Marshalling the final corner into the finish straight, Fay Riley had a great view of all the XC races.

Jason Cameron's M40-49 race was also a thriller to watch with an extremely competitive field. Jason had his work cut out, sprinting home for 3rd place on the podium. Along with kiwis Chris Mardon and Kyle Eagar, NZ gathered in another Team's gold medal, beating Australia and Spain.

A trip to the W.A. Stadium and we watched Murray Clarkson run solidly in the 800m to miss out on finals in 3.02.36. Murray had also been overcoming recent injuries.


Sally Gibbs Gold Medal in W50 10000m

Sally, Brendan, Gavin and I spent much of our time at the Ern Clark Athletics Track at Cannington on the south-east side of Perth. It is also a Mondo Track and the distance races were held there along with some throws events. We caught a bus then two trains to Cannington each time, keeping fit running through Perth station or the Glendalough station to the changeovers.

Meantime Murray, Fay and Linda were at the W.A Stadium either helping out as officials or competing. In the M60-64 5000m Gavin was still well below par on fitness and just happy to finish without further injury.... He drew the faster of two sections seeded on his previous times and finished 15th in 21.04.91. Sally ran a brilliant race leading all the way, but her nemesis: Great Briton Lucy Elliott, tracked on her shoulder the whole way and took her just before the finish again. Sally's time 17.38.44. Jason Cameron ran a well paced race in his M45-49 5000m, just missing the medals with a 4th from 28 finishers in 16.20.34.

A couple of days later we were back for the 10,000m. Sally blew the field away in her W50-54 race lapping the entire field and finishing 600m ahead of the 2nd. Her time 36.35.53. Absolutely Brilliant! Gavin again aimed just to finish without injury and did 43.42.17 for 12th in his M60-64 10,000m.

Next up was the 1500m at the W.A Stadium. (Bus to Glendalough, Train to Perth. Train to Showgrounds then bus to stadium.). We all went along to support: Sally won her heat of three in 4.59.95 and was fastest qualifier. Murray again missed final with 6.07.74, in the M65-69 race, but was spending very long days officiating in the Perth heat. Other Kiwis were doing well and the atmosphere at the stadium amazing, though extremely hot in the sun. In the final a day later, Sally placed 3rd in 4.49.97 (10sec quicker) losing to 1st : Salome Vermeulen of South Africa (4.48.27) and Lucy Elliott, GB (4.48.55).

Next event on the list the half marathon along the Swan River Cycle/Walkways. A very scenic course, but despite being flat, as it turned out- slower, hotter, windier and harder than expected for most of the Kiwis competing. Sally lead most of the Women's race but was overtaken in the last couple of kms by 42year old Australian, Belinda Martin. Sally won the W50 grade in 1.22.02. Kenyans dominated several Men's grades. Gavin found he wasn't able to run to pace from the start and struggled through to a PW 1.49.44 -over 20 minutes slower than estimated. Brendan Gibbs walked a brisk 2.34.53 in the M55 grade. NZ gathered in a couple of Team medals in other grades.

Straight after medal ceremony we were on the bus then train then bus back to the W.A. Stadium. Sally had been co-opted into a 4 x400m relay Team in the W35 grade along with W35 Angie Ross, W45 Andrea Harris & W40 Vanessa Story. A tough ask for Sally just a few hours after her half marathon. The team placed 4th in 4.25.70. Meantime, Sheryl Gower from WaiBop had already helped bring home bronze in the W60 grade 4 x 400m relay. The team: Sheryl (69), Lois Anderson (70), Dalise Sanderson (61) and Chris Waring (73) finished in 5.43.16.



Whilst we hadn't been able to view athletes at the W.A Stadium as we were elsewhere, Sheryl Gower had performed well placing 2nd in her heat of the 100m in 15.66Q then 5th final 15.54 (2.1wind). In the 200m she was 5th overall in prelims 32.23 and 6th final 32.64 (4.1w). In the 400m Sheryl ran 1.22.98 but didn't qualify final.

Bev Savage W70 placed 8th in the shotput 6.51m, 6th discus 17.74m, 5th hammer 24.17m, 5th weight throw 10.34m and 11th in the throws pentathlon with 2461 points.

Jason Cameron with fellow team members with their Gold Medal in the 8km M45 Teams event

Between events Gavin, Sally, Brendan and I took the train to Freemantle and toured the markets and sights, were picked up by an Aussie/Kiwi friend of the Gibbs' in a SUV and taken on a tour of the wineries, chocolate factories, and cafes up the Swan and lookouts from the hills. Other days we checked out restaurants, shops and beaches and took the ferry across the Swan and walked through Kings Park. Another evening we had BBQ/drinks poolside at the Seashells.. The four of us met up with Wellingtonians Michael and Sharon Wray, Tony Price, Andrea Harris & others for dinner one evening downtown Perth. After closing ceremony, Gavin and I hired a rental to tour south for a few days staying in Bunbury, Margaret River, Augusta - visiting Cape Leeuwin Lighthouse and Mandurah before meeting Murray, Fay and Linda back at Perth airport for a direct flight home on Friday evening 12th November.

Random Kiwis you meet : We ran into NZ Team manager Malcolm Clark and Sue Waru on Busselton Jetty - we had all walked out over 1.8km into the ocean on the world's longest jetty and back. Bumped into them again, randomly, at the same overnight stay in Margaret River and we all had fish & chips at the local pub. All in all a fantastic trip! Great, sunny weather. Well organised event. Free trains and buses for the duration ran continuously, albeit some time being spent transitioning to and fro.

Pan Pacific Games Brenda Davis

The day after my Worlds competition ended, I flew to Brisbane to compete in the same five throwing disciplines after having four days rest. The Throws Pentathlon was incorporated into the individual events so while you didn't have the added pressure of another event, you still had the pressure to perform well in your first three throws.

I believed it worked well and was glad when the last event was over. The level of competition at Pan Pacific's was not as high as Worlds where the calibre of athletes was very apparent and despite coming away with six Gold at Pan Pacific's, I truly gave it all at Worlds and was starting to feel it on the last day. My distances were not as good as Worlds except for the weight throw and a new PB in the hammer event. I also managed to get four records in the Throws Pentathlon disciplines except for hammer.

The next Worlds will be held in Malaga, Spain in 2018 and it's definitely on my bucket list – fingers crossed I will get there!

Congratulations Brenda on behalf of us fellow Masters, you did so well !! Ed

Photos Track Action Perth



Loloma Foster Starter for 100m sprints



Stew Foster (2nd left) officiating Pole Vault



Sheryl Gower in W65 100m final- finished 5th



New Zealand team Bronze medal W65 4x 100m Relay



Stephen Burden 4th in M55 Triple Jump



Kevin Bradley competing in M70 Hammer

Photos Cross County Action Perth Courtesy Fay Smith



Dennis Madden in M60 8km Cross Country



Gavin Smith in M60 8 km Cross Country



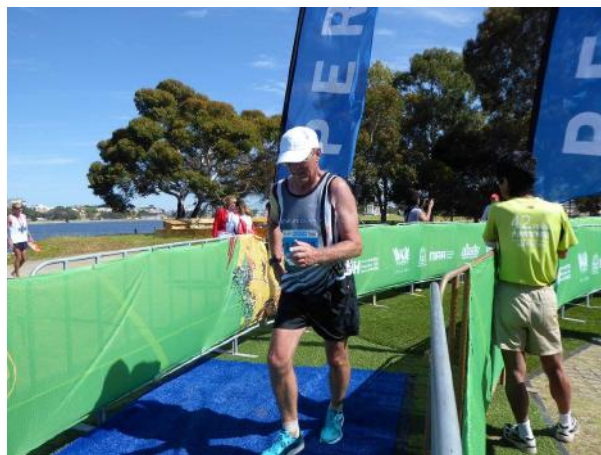
Jason Cameron in M45 8 km Cross Country



Sally Gibbs in full flight in W50 8km Cross Country



Linda Reynolds in W 50 8km Cross Country



Brendan Gibbs in M55 Half Marathon