

# UP-FRONT

## Editorial

By: Bryan Mayall

Welcome to the last summer edition of our Up Front for the 2017-18 season. Like last summer this has been another challenging summer season with lots of rain and hot humid weather. Against all the odds some of our Masters athletes have achieved many record performances. An example of this was at our recent NZ Masters Championships in Whangarei especially on Friday night and Monday morning. Congratulations to those Masters and Officials who took part in the recent Oceania Masters Championships.

What a smorgasbord of international sport we have had over the last couple of months. Sky viewers were once again treated to another master class performance from the ageless Roger Federer and also from a determined Caroline Wozniacki who won her first ever grand slam event. Probably the icing on the cake had to be the amazing performances and skill from those athletes participating at the PyeongChang Winter Olympics.

Coming up of course we have the Commonwealth Games from the 4-15<sup>th</sup> April at the Gold Coast to look forward to. No doubt many of our Masters will also be seriously targeting the next WMA Stadia Championships at Malaga Spain this September.

On a more personal note, I would like to give a big thumbs up to many of our Masters Athletes who dedicated themselves so tirelessly to officiating at our recent National Athletic events. Besides officiating at our Masters events many of Masters were seen to be officiating in different roles at the recent National Athletic Championships in Hamilton.

Finally congratulations to all our Masters who have made it so far through another demanding track and field season. Also a big thank you to all my contributors who have provided us with some amazing articles.

## Coming Events 2018

June 24 WBOP Cross Country Event - Waipuna Park Tauranga

Further Winter Programme dates TBA.

September 4-16 WMA Stadia Championships Malaga Spain

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## Snippets

For a full set of results of WBOP Masters Champs go to [www.athleticswaikatobayofplenty.org.nz/Results/Masters](http://www.athleticswaikatobayofplenty.org.nz/Results/Masters)

Also for further photos of all our meetings go to Facebook Waikato Bay of Plenty Masters Athletics Photos courtesy of Ian Clarke

We sadly hear the news that our new Waikato Bay of Plenty Athletics member Don Butler has passed away. Our condolences to his wife Johanna and his family.

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## Oceania Masters Athletic Championships Dunedin 20-27 January 2018

### Track Results Bruce Solomon

There was a total of 361 entrants with the majority coming from NZ (224) and Australia (117). The weather was perfect every morning up to midday and then like clockwork the clouds and wind came over. All-in-all it was a lovely setting and a well-run Championship Event. There were four Oceania records broken. Sorry if I've missed anyone.

WBOP **Track and Multi-events** master's athletes represented in the New Zealand squad, and their performances, were as follows:

#### Sprints

Marcia Petley	W89	100 M	1st	24.85
		200 M	1st	60.82
Stewart Foster	M80	60 M	2nd	10.71
		100 M	2nd	17.70

Peter Crawford	M74	100 M	4th	17.20
Bruce Solomon	M55	60 M	1st	<b>8.04 Record</b>
		100 M	1st	12.81
		200 M	1st	26.18
<b>Hurdles</b>				
Stewart Foster	M80	200 Long Hurdles	1st	<b>51.32 Record</b>
<b>Middle</b>				
Murray Clarkson	M70	800 M	4th	3:12.22
Sally Gibbs	W54	1500 M	1st	<b>4:48.49 Record</b>
<b>Walk</b>				
Theresa Large	W61	3000 M Race Walk	1st	19:41.69
		5000 M Race Walk	2nd	34:52.88
Sheryl Miratana	W68	5000 M Race Walk	DQ	
Loloma Foster	W77	3000 M Race Walk	DQ	
<b>Track-Multi events</b>				
Bruce Solomon	M55 Decathlon	1st		<b>5,872 Record</b>

### Field Events David Couper

The decision to enter my first Oceania Masters Athletics competition was left late, not knowing what to expect. All the fleeting excuses briefly passed my mind, "a week is a long time away from work at that time of the year" and "would I be good enough"? Casting the doubts aside, the opportunity was too good to miss. The attraction of Dunedin was a strong pull as was the chance to have a week away with my 10-year-old daughter who very reluctantly came with her Mum!



The programme schedule was perfect and matched the weather. Usually one event a day in the morning with free time to go sightseeing around the region and for the body to recover. There was even the chance to tick off one thing on my bucket list, which was to visit the Moeraki boulders and make the connection for my daughter to her tupuna from the region.

There was a good mix of Aussie and NZ athletes and one from the USA. The 50-54 and the 55-59 women were often together throwing and within a few days we knew each other, cheering on, getting cheeky and giving tips often which came in handy. By the end of the week there was a strong camaraderie amongst the group.

### Tania with her happy group of Throwers

Only three women athletes from the Waikato Bay of Plenty competed in throwing events. Marcia Petley always outstanding, came first in the 100m (24.85sec) and the 200m (60.82secs); second in the hammer throw with 13.50m and broke the Oceania record for 85-89 women in the weight throw with 6.23m. Next year, she will break the 90-94 year old age group too.

Michelle Bitcheno (W40-44) who has been dedicated to her training in her first full season of athletics also performed well coming away with six medals: gold for the shotput (7.37m); hammer (30.78m) her favourite event; weight throw (8.34m) and silver for discus (18.34m), javelin (16.33m) and throwing pentathlon (2089 points).

I was happy with my overall performance and very lucky with some results, which were close between my buddy Tina Ryan (Auckland / new Hawkes Bay resident), Viv Hardy (Otago), Raylene Bates (Otago) and Vicki Townsend (Australia...but really a Kiwi) having turns on different parts of the podium on the various events. It was great spending time with Joanne Inivale who has recently joined athletics, after several years of watching her husband Laine, who is a record holder at many levels.

My results for W50-54 were first in weight throw (13.57m) with NZ record pending and throwing pentathlon by 5 points (3136); then second in shotput (10.38m), discus (27.19m), hammer (32.42m) and javelin (18.49m).

### Message from Tania Hodges



I particularly would like to acknowledge and thank all of the organisers, hosts, officials, judges, supporters who continually give of their time freely to make such events wonderful. And, closer to home, a special thanks to the Frankton Athletics Club, Coach Dave Couper...and of course...my daughter!

**WBOP Trophy Day Sunday 18 February 2018**
**Judy Chandler**

**Our Trophy Day had so many special moments and highlights, thank you everyone - and we had very hot and humid conditions..**



**Eric de Lautour resting after his 100m**

Exciting to have Mark Gray, David James, Bev Savage, Hector Mein and Eric de Lautour all back competing. Eric de Lautour now 97, how special to have Eric and his daughter Kay over from Tauranga. After a little slip on the track Eric went on to race the 100m 200 and 400m. Fantastic Eric.

Down from Auckland Laini Inivale and Mark Powell, John McInnes from Wellington Masters, now in Tauranga, welcome John.

First track event Hurdles - our only competitor Stephen Te Whaiti M50 a **personal best time of 17.0**

**100m** - close finishing between Tania Hodges W50 16.0 and Sheryl Gower W70 16.3; Jill Sherburn W75 20.0 and Joan Mayall 20.2; Marcia Petley 25.3.

Close finish between M35s Gordon MacKenzie 12.0 and John McInnes 12.2. Ian Clarke M45 18.8; close too between Bruce Solomon M55 12.5 Stephen Burden M55 13.0: Mark Powell M65 21.9: Hector Mein M85 25.6: Eric de Lautour M95 35.4

**200m** -Tania Hodges W50 36.2;Sheryl Miratana W65 56.4; Sheryl Gower W70 35.6 ; Joan Mayall 45.7 Gordon MacKenzie M35 24.2; John McInnes M35 25.8; Bruce Solomon M55 25.4; Stephen Burden M55 25.8; David James M55 42.2; Eric de Lautour M95 1:13.9

**400m** - Sheryl Gower W70 1:34.5; Joan Mayall W75 1:55.3 John McInnes M35 1:00.7; Aaron Jack M45 1:07.2; Stephen Te Whaiti M50 59.7; Craig Wilson M50 1:03.5; Bruce Solomon M55 1:03.2: Stephen Burden M55 1:05.4; David James M55 1:33.1; Eric de Lautour M95 3:25.3

**800m** - Ian Bitcheno M50 2:27.0; Gary Wilson M50 2:27.9

**1500m** - David James M55 6:49.5



**Tania Hodges in action Weight Throw**

**3000m run-** Charlotte Bartrum W35 12.30.5, the only 3000m competitor racing on her own along with our three 3000m Walk competitors

**3000m racewalk.** First place to Mark Gray M55 18.31.2; Theresa Large W60 Sheryl Miratana W65 16.22.03.

**Men's High Jump** - Congratulations to Glenn Boyd M45 for a **new Trophy Day Record in 1.82m**. Aaron Jack M45 1.69m. Stephen Te Whaiti M50 1.86m; Bruce Solomon M55 1.85m; Hector Mein M85 1.80m

**Triple Jump** - Aaron Jack M45 10.35m; Stephen Burden M55 13.82

**Hammer** - this time held outside grounds as Hammer cage under repair..

**Javelin Special event -Brendan Magill Memorial Javelin Throw**

**Age Graded results for all events are up on our website**

Thank you Bruce for bringing our Trophy Day Records list for us to check through . A big thank you too to all our helpers. Marion Clarke and Dave Couper for setting up our day, Murray Clarkson computer and results, Bryan and Joan's daughter Cherry and her partner Frank who helped out over at the Long Jump -spiking and pull through. Field events recorders Fay Riley and other timekeepers and recorders, Jeanette Vedder Price, the athletes who helped while competing as well and afternoon tea organisers.

We had an interesting time with the soccer players again taking over the women's changing rooms! A memorable funny moment happened though, did you all see our Marcia Petley standing guard fiercely holding a broom outside the men's changing rooms to keep guys away while Joan Mayall was taking a shower?? Joan was not allowed in the ladies change room to shower there. I wonder if anyone took a photo? I did go into changing rooms in spite of being told not too!

### Trophies Awarded

**George de Bell Trophy – Bruce Solomon**  
**Cuthbertson Memorial Trophy – Sheryl Gower**  
**Ted Hamilton Memorial Trophy – John McInnes**  
**Mary Hamilton Memorial Trophy – No competitors**  
**Allen Woodhead Trophy – Stephen Burden**  
**Kathleen Woodhead Trophy – Sheryl Gower**  
**Gower Trophy (Men) – Craig Wilson**  
**Gower Trophy (Women) – no competitors**  
**Brendan Magill/Traction Tyres Memorial Trophy (Men) – Stephen Te Whaiti**  
**Brendan Magill/Traction Tyres Memorial Trophy (Women) Jill Sherburn**  
**Waikato Women's Field Trophy (Weight throw) – Marcia Petley**  
**Waikato Men's Field Trophy (Shot Put) – Dave Couper**  
**WBOP Challenge Trophy – Waikato-Bay of Plenty**



**Dave Couper with Field Trophy**

### Sports Medicine Corner

**Stephen Burden**

#### Minimizing the extent of an injury (RICE)



Stephen Burden MSc (Medicine) Exercise Science, is a Senior Lecturer in the Centre for Sport Science and Human Performance (Wintec), Chair of Clinical Exercise Physiology New Zealand and Executive Member of the Waikato branch of Sports Medicine New Zealand. With over 20 years experience in injury prevention, exercise rehabilitation and massage therapy, he also sees patients at SportsMed Physiotherapy, Mon-Thur afternoon. Stephen has always had a love for athletics, finishing his senior athletics career as a decathlete. As an active member of the Hamilton City Hawks, he now trains and competes in the sprints, LJ and TJ.

As Master's athletes, we often joke and tell our fellow competitors that we are training between injuries. A future article will address the issue of what we can do to reduce our tissues from failing, straining and tightening up. Most should be familiar with the acronym RICE to be used in the treatment of acute soft tissue injuries. This article will be a reminder of what to do, why we do it as well as highlight new methods available to us.

In the first 24 hours immediately following a soft tissue injury, blood accumulates around the damaged tissue. This swelling presses on nerve endings resulting in pain. To reduce bleeding and pain at the site of injury we use the RICE method *i.e.* R=Rest; I=Ice; C=Compression and E=Elevation.

**Rest** following injury, means to cease activity; thereby reducing the risk of further damage to the injured site.

**Ice** can be applied as crushed ice wrapped in a moist cloth and applied to the injured area; reusable frozen gel packs; instant ice packs – used once, after a chemical reaction inside the pack results in cooling; cold water immersion in a bath or tub; cold water or cooling sprays. A systematic review of the literature suggests that intermittent 10-minute applications of ice are the most effective at cooling tissue. This is repeated every 1-2 hours over the first 24 hours and

gradually reduced. Ice should not be applied if the individual has impaired tissue circulation disorders or suffers from a cold allergy. Prolonged applications of ice may result in skin burns and nerve damage.

**Compression** of the injured area with a firm bandage reduces bleeding and swelling. This can be applied during and after ice application.

**CoolXChange** bandage (see below) is a new product that has come on to the market, which combines the cooling effect of ice (without the risk of skin burn or nerve damage) and compression. These are easy to apply and are reusable for up to 6 months. They can be carried in a training bag; used when needed then kept in the fridge for further use. They make an ideal gift for active athletes.

**Elevation** of the limb reduces the accumulation of fluid and pressure on the injured area. Slings for upper limbs or resting lower limbs over pillows while lying down work best.

Avoid heat, alcohol, running (activity) and massage (soft tissue therapy) in this initial phase of injury. Pain can be managed safely by taking paracetamol (unless allergic) in a standard dose of 2 x 500mg every 4 hours. Low dose (250-300mg) aspirin can also be used; but higher dosages have an anti-inflammatory effect and may result in side effects particularly of the gastrointestinal (GI) system. Non-steroidal anti-inflammatory drugs (NSAIDs), such as Diclofenac (Voltaren) and Ibuprofen (Brufen) are widely used in the treatment of sporting injuries; but should be avoided, as they block the inflammatory response required during healing. No research data has proven the effectiveness of NSAIDs in treating acute soft tissue injuries while adverse effects of GI symptoms (nausea, indigestion and heartburn) are commonly reported. Recent studies have also shown NSAIDs to be associated with a higher risk of myocardial infarction (heart attack).

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## Meeting Old friends and making New friends - Whangarei Bryan Mayall

Making the decision to travel to Whangarei this year for the Nationals for Joan and myself was a great one as it turned out. We were last in Whangarei for their North Island Champs in 2013 and the hospitality then was just wonderful. This time around it was even better with record numbers competing over three wonderful days apart from the weather on the Friday night and Monday morning.

Travelling to Whangarei this time around was a breeze having made the decision to catch the Mana bus which took away any stress of driving. Arriving on the Thursday afternoon gave us ample time to get ourselves sorted out into our Motel which was very near to the Stadium. Our first meeting with old friends were meeting Dawn Melrose and Francis Bayler who were staying in the same motel. We were able to create a friendship also with Jan and Mike Shepherd from Ashhurst who were our neighbours and luckily for us took us to the social.

Congratulations to Sally Gibbs for winning and NZMA Award for the Distance events section



Our first visit to the Stadium was at midday on Friday where we attended the NZMA AGM. After sitting and taking in all the formalities I can honestly say that the future for our Masters is secure. I have personally been able to accept that we are in a new era of our Masters movement and have to be a little more innovative in enticing new members to join Masters. When the meeting was finished it was all go with the LOC into full swing dishing out race packs etc. It was good to meet with our old friends Ian and Val Babe along with many of the locals who we knew. Incidentally Ian did a fantastic job in his role of meeting announcer keeping us all in touch with what was going on.



Back to the Motel for a breather and we were ready to go for the start of the competition. Arriving at the stadium was a real buzz and meeting with our old Masters friends was a real highlight. First up for me personally was the Shot Put which put me touch with some new competitors. My lasting memory would be meeting with the legendary Peter Tearle from Wellington who at an amazing 91 years was competing at a good level. Halfway through the competition he disappeared to take part in the 3000m Race Walk and finished the walk looking good.

Saturday turned to be a fantastic day not only weather wise but a truly action day on the track. When we arrived we made the decision to catch the lift up to the back of the stand where we had a fantastic view of all the events.

### **Bryan and Joan with Dawn, Mike, Jan and Frances**

Once again we were able to catch up with many of our Masters friends including Malcolm Clark who was meeting manager. The icing on the cake was attending the dinner and awards ceremony at the A'Fare Restaurant. It was so good sitting with some of our Masters friends and also meeting new Masters attending their first ever Nationals.

I would have to say with limited resources the LOC did an amazing job. Also a big pat on the back for the hard working officials in sometimes adverse conditions. Also what a wonderful facility the Trigg Sports Arena is and certainly puts our own Porritt Stadium facility to shame. Overall I have to say from where I was located in the stand it was so good to observe the excitement among many of those masters who were competing for the first time.

We now all look forward to next year when Canterbury will be hosting the Nationals on their brand new facility at Wigram. It is many years since we have had a Nationals at Christchurch sadly of what happened in 2011.

## **NZMA Masters T & F Championships Whangarei 2-4 March**

### **Track Sprints Report Bruce Solomon**

While the rest of New Zealand was experiencing Sunny beach weather, Northland thought it would be a good idea to provide us rain, wind and more rain. However, this would never dampen the festive master's athletes' spirits, but if you wanted to try break records in this "not the best running conditions" it was a bit more challenging.



Full results are posted on the NZ master's website, see link below, so I won't write down all the results.

<http://nzmastersathletics.org.nz/wp-content/uploads/2018/03/NZMA-2018-Championship-Results.pdf>

Sheryl Gower had a field day setting new W70 WBOP best performances (BP) for her age group in the 60m, 100m and 200m.

Stephen Te Whaiti M50 and Bruce Solomon M55 comfortably won their respective age groups and it will be good to see them back in the same age group for North Island Champs in November.

### **Veronica, Chris, Lois and Sheryl in 60m battle**

WBOP Athletes who achieved **Gold** medals for Sprints were the following:

Name	Event	Time	Wind
W70 Sheryl Gower	60m	9.83sec	2.5
	100m	16.00	1.1
	200m	34.33	0.8
W75 Joan Mayall	200m	46.51	0.8
	400m	1:51.35	
W85 Marcia Petley	200m	62.21	0.8
M50 Stephen Te Whaiti	60m	7.97	2.3
	100m	12.47	1.0
	200m	27.12	0.9
	400m	58.99	
M55 Bruce Solomon	60m	8.01	0.9
	100m	12.75	3.2
	200m	26.39	1.7
	400m	1:02.31	
M80 Stewart Foster	60m	10.86	2.3
	100m	18.55	-0.5
M80 Noel Jones	200m	47.12	1.1



Happy group of Multi Events competitors

### T&F Multi Events Report

WBOP had three Masters men representatives in these events.

The weather conditions got worse than Friday and Saturday but most of us managed to soldier on without picking up any injuries. Many thanks must go to Northlands and all the officials that gave up their weekend to help make this an enjoyable Master's Champs.

M50 Stephen Te Whaiti	1,840
DNF	
M55 Bruce Solomon	3,002
NZ Record	
M85 Hector Mein	788
NZ Record	

### Throws Report David Couper



Changeable weather greeted the athletes as they descended on Whangarei for the 44th edition of the NZMA National Championships. A strong team of Waikato Bay of Plenty throwers were looking to continue their success from throughout the season.

**Friday** evening saw the women compete in the Weight Throw and the Javelin while the men had the Hammer and Shot Put. Javelin gold for Tania Hodges(W50) and Bronzes for Brenda Davis(W45) and Michelle Bitcheno(W40) saw a good start to competition.

The weight throw saw golds for Tania, Brenda and the evergreen Marcia Petley(W85). Silver to our first season athlete Annette Parlane (W70) and another bronze for Michelle. Over in the men, Hammer gold for Dave Couper(M40) and silvers for Ian Clarke(M45) and Neil Tait(M55). In the Shot a large haul of medals for WBOP. Gold to Peter Crawford(M70) and Bruce

Solomon (M55). Good to see Glenn Boyd in his first Nationals pick up the silver in the M45.



**Saturday** turned out to be a rather long day for some. The set up of the throwing circles meant that some events needed to be delayed for safety reasons. The women had the Shot put, Discus and Hammer. For the Men, Weight Throw, Discus and Javelin. Theresa Large took off her Officials hat long enough to pick up three golds in the W60. Well done Theresa. In the men's Javelin, four golds from Dave, Bruce, Peter and Stephen Te Whait (M50). 40m+ throws from Bruce and Stephen while Dave was over 45m.



Annette Parlane with her Silver Medal

**Sunday**....and the winterless north was not living up to its name. Wet with a bit of a chill in the air greeted the athletes for the Throws Pentathlon. The thought of good scores quickly went out the window and it became a battle to finish the event. Well done to all that completed in challenging conditions and hats off to the officials for the same. Golds to Brenda, Tania, Dave and Neil. Silver to Ian and Bronze for Michelle

## Presidents Report

## Murray Clarkson

For this report, I feel compelled to point out some very disturbing trends and not comment on individual events.

We currently have 66 members, 30 of which are ANZ registered. There were also eight Masters competitors who took part in the NZM Track Champs but do not belong to the Centre. This trend will continue as long as ANZ members are advised that they automatically become Masters Members.

This is contrary to the current constitution and I have challenged this with the NZMA Board but not supported. We also asked for a Committee to look into this and other aspects of the MOU but this also did not gain the necessary support. Centres run the risk of being phased out. We have already been asked to allow ANZ members to join the centre without paying a membership fee while the NZMA Members pay to support them. Not on in my book.



Fay and Murray with Stephen at Whangarei

NZMA Board is investigating compelling members to pay on-line through ANZ. Centres would therefore have no membership base and no income. They would therefore not be able to exist and definitely not host Championship meetings as in the past. This responsibility would therefore fall into the hands of NZMA Board of seven members. The events could only be held in the major centres of Auckland, Wellington and maybe Christchurch.

ANZ would need to be involved to provide the Officials and expertise to run these events. They (ANZ) would require payment for their services and take over the entry fees etc. as they have for the Non-Stadia events. This would render our Board superfluous and the Masters movement as it exists now would disintegrate.

It will take some strong leadership and possibly legal intervention to reverse the trend and have the situation rectified before it is too late. We have already lost the non- Stadia section of our sport. Let's get back what is rightfully ours. I have battled, as most of you already know, over the last five years to try and get support but have been met with challenges from a few which has influenced others.

We need to actively take ownership of our section of Athletics and make sure it continues for future members. It is a great environment and I enjoy being part of it. It is not all doom and gloom. We must, however be on our guard. The events we have had to date will no doubt be reported elsewhere. I have therefore said what I think needs to be said at this time.

Tauranga Track is now open for business with a few minor tasks yet to be finished. We look forward to using it fully next summer season.



Garry Rawson and Bruce Solomon celebrating Record



Loloma Foster in 3000k Walk



Theresa Large 3000m Walk



Murray Clarkson in 800m



Stew Foster and Lloyd Gledhill 100m



Sally Gibbs Gold 1500m and Oceania record





**Bev Savage Weight Throw**



**Michelle Bitcheno Hammer**



**Marcia, Tania, Jill, Joan and Sheryl 100m**



**Marion and Marcia with Julia Radcliffe and mother  
At NZ Athletic Champs Hamilton ( Photo courtesy Criss Strange)**



**Stephen Te Whaiti Javelin**



Photos Trophy Day



Bruce Solomon with George de Bell Trophy



Marcia Petley with Women's Field Trophy

Photos Whangarei



Judy, Frances Marcia and Joan



Murray Gower Starter



Marcia, Judy, Joan and Frances in 60m



Stephen Te Whaiti 100m