

UP-FRONT

Editorial

By: Bryan Mayall

Welcome to the second edition of summer Up Front for the 2018-19 season. It is with mixed feelings that this will be my last newsletter as Editor for the Up Front. See my article in this edition for my memories.

Not too much of any real interest on the International sporting front. I guess the main talking point in Rugby circles has to be the two defeats this season of the All Blacks. The point here I guess is that in today's professional era that there are always going to be upsets and surprises. The key we all need to learn is that being beaten is not the end. It is how we can bounce back and be gracious when we loose or do not get the result that we thought we were going to get.

In conclusion all the very best to all our Masters for the remainder of the 2018-19 season. Also special thanks to the many of my contributors over all these years who have made these Up Front editions possible. Finally a very Merry Christmas to you all from our Up Front team.

Coming Events 2018 - 2019

2019

- Jan 20 – WBOP Masters Track Champs – Tauranga- Early start – 8.30am Free entry
- Feb 17 Trophy Day – Porritt. \$10 entry
- March 1-3 NZMA T & F Championships Timaru
- March 24-30 WMA Indoor Championships Torun Poland

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Presidents Report Bruce Solomon

We had our first new committee meeting on 18 November. Currently our WBOP paid membership is 45. Membership numbers continue to decline so in an effort to attract new members we made the decision not to charge for all future "Give it a go" meetings. Our funds are in a healthy state, so we can accommodate this.

There was a lengthy agreement between ANZ and AWBOP at which Murray Clarkson made some notable suggestions and comments. This was returned to Stephen Reece-Jones for further discussion.

We have our final WBOP Masters meeting scheduled for 9 Dec at Porritt. This meeting will be combined with AWBOP as the usual venue at Tauranga is not available. Other events to diarise are WBOP Champs on 20 Jan at Tauranga and our fantastic annual Trophy Day on 17 Feb at Porritt.

Until the next Up Front, I wish you all a safe a Merry Christmas.

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Up Front Memories

Bryan Mayall

The Up Front Newsletter was first birthed by June Jacobs way back in 1994 who became our first Editor. A small sub committee was formed. Judy Chandler who provided the key board skills and prepared all of June's hand written articles onto a floppy disk. From there Alan Hill with his Vetline Production expertise was in charge of the final production. In order to cover printing and postage costs, I was in charge of advertising.

It was when I was having my big office clean up that I came across all the Up Front copies going back to Edition No.2 April 1994. I was tempted to read some of the earlier editions and was very impressed of what an amazing group of Veteran Athletes as we were known in those days. Those were the days when we had a big membership base and the competition was full on.

After June so faithfully served us in those earlier years she stepped aside as editor and Murray Savage continued as Editor until 2004 when I took over the reins. June incidentally was still fully involved as she did a stint for a few years as President until I assumed that role. I have to say that it has been a great journey and I have been privileged to have been associated with so many amazing people. I have just loved this role as editor and has kept me in touch with the sport that has been so good to me.

My job would have not possible without the support I had from Judy Chandler who has been involved in some way with the production since it's inception. Judy also has been one of my key contributors, always making time in her schedule and to cover our local events. I also would like to thank our publishers Zoom in particular Suzanne who has been a tower of strength. She has always been so obliging with no task too big for her.

Warm Up Meeting October 7 Porritt Stadium Judy Chandler

A very enjoyable day, not as many competitors as at some 'Have a go' days , but other events on and Auckland Masters busy also with competition.. Welcome to Mandy Foster, Dean Boyd, Graham McCready ,Bryce Millington and Betty Clarke. Good competition in the 60m 100m and 200m .

A real highlight of the day – to have Paul Daborn back competing again so well after his injury 60m 8.3; 100m 12.6;200m 26.2;400m 1.04; 100m hurdles 6.4.

Sheryl Gower back from her successful medal winning World Champs in Spain. 60m 12; 100m 16.8; 200m 37.8. Bryce Millington, lining up in the 100m. Bryce mentioned that he used to compete at middle distance - hope to see you back again Bryce
Stephen Te Whaiti recorded the fastest time in all three sprints.and won the high jump..

60m – seven competitors close results with Stephen Te Whaiti 7.7; Stephen Burden 8.0; Paul Daborn 8.3; Sheryl Gower 12.0; Joan Mayall 12.7 , Marcia Petley 16.0

100m – eight competing - Stephen Te Whaiti 12.0; Paul Daborn 12.6 Stephen Burden 12.8;Sheryl Gower; Joan Mayall 20.6 ;Bryce Millington 27.0, Marcia Petley 27.1

200m – five competing- Stephen Te Whaiti 25.8; Paul Daborn 26.2; Sheryl Gower 37.8;Joan Mayall 48.2 and Graham McReady .

100m Hurdles- Paul Daborn 19.3

No competitors in the 1500m and only two in the 800m. Joan Mayall and Judy Chandler finishing together in 5.40.. For Judy was an interesting comeback , first 800m in 22 years. Thank you Joan. Over double the time back then, but - 22 years older.! A bit of a 'go'.

High Jump – Stephen Te Whaiti 1.45m Mark Henderson 1.25m Mandy Foster 1.05m

Field Events were well supported, fourteen competitors in the different throws events, mixed age groups and throwing different weights..Ten of those competing for the Lodge Frankton Club. Age groups from 45 – 85, including age group championship medal winners, age group record holders, club champions and folk trying out throwing events for the very first time - how special..

	Weight	Discus	Hammer	Jav	Shot Put
Dave Couper	9.97	30.82	30.74	40.26	9.96
Ray Laurie	6.19	10.84	16.74	9.83	5.16
Graham McCready	6.13	11.38	8.34	8.41	4.59
Stephen Te Whaiti		24.96			9.73
Mark Henderson			22.83		7.48
Glenn Boyd		19.81			7.04
Dean Boyd		23.7			8.41
Bev Savage	10.2	18.86	24.68	12.44	6.81
Tania Hodges	10.95	24.21	28.51	18.35	9.85
Annette Parlane	9.4	17.65	21.06	13.75	6.71
Marcia Petley	5.97		13.00		
Michelle Bitcheno	9.54	18.29	31.04	13.71	6.96
Mandy Foster		18.96		20.63	7.53
Betty Clarke			14.43		

Thankyou to all our helpers and those competing and helping out at the same time , our time keepers, afternoon tea helpers, Bryan our announcer and everyone. A fun day for all.

Malcolm Clark - a tribute Sally Gibbs

I first met Malcolm Clark in Sacramento, when I was a first-timer at World Masters Athletics Champs and he was our New Zealand team manager. He was also a fellow Waikato-Bay of Plenty entrant – on the start list for the M60 800m. But that was as far as he got. He'd registered as a competitor solely to be sure of an "access all areas" pass.

Access all areas he certainly did, to support the Kiwi athletes around the various track and field and out-of-stadia venues. He also fostered team spirit, especially by maintaining a blackboard in the lobby of our main hotel, listing daily who was competing, when and where. This encouraged us to support each other and made it easy to commute around with team mates. Later the results were added, too, keeping us up-to-date and involved.

After a successful running career himself, Malcolm's experience, knowledge and passion for athletics (and other sports) added to the personal qualities that made him an exceptional team manager. He was generous with his time and his money in order to "get there" for others, and took pride in their achievements. He was caring, unruffled, unassuming, down to earth, diplomatic, astute, and quietly organized; his farmer's No.8 wire practicality was invaluable. All this was evident when he managed the Kiwi team at numerous championships – with even the unique challenges of Brazil in 2013 taken in his stride.

Although ill health slowed him down and Lyon and Perth were Malcolm's final World Masters Champs wearing the manager's hat, he was there again sporting his trademark silver fern cap in Malaga, with longtime partner Sue – still somehow at every stadium supporting as many of the Kiwi athletes as possible, then typically sharing dinner with team members before doing it all again next day. From team manager to friend was a very short step, and this final trip – including a post-champs tour in Morocco – was a chance for many masters to make the most of social time with Malcolm.

However it wasn't just at international events that Malcolm's efforts were appreciated. He was an unstinting supporter and popular official and manager at countless home turf meets for athletes of all ages.

Many of those athletes, past rivals, and fellow officials were among hundreds of friends and family who farewelled Malcolm at his funeral service in Whakatane on November 15. His long run has ended and regretfully I never did get to see him race – in that 800m or any of the distance events he favoured – as he'd retired his spikes and flats years back. But he has truly left big shoes to fill.

My Memories of Malcolm Clark Bryan Mayall

My first memories of Malcolm go back to Tahiti 1996 where he competed in the distance events at the Oceania Games. He impressed me as a very competitive runner who gave his very best. The next time our paths crossed was when I was officiating with Malcolm at the Norfolk Oceania Games in 2000 where he carried out his duties very efficiently in the throwing events where I was also officiating. Joan and I also met up with him on a tour of the Island and after this visit I really felt I had indeed met a very special person.

Over the subsequent years we quite often met at either the North Island or National Championships sometimes in his role as meeting manager. I seem to remember Malcolm as meeting manager at the N.Island Champs at Whakatane in 2006 where Whakatane conducted a very successful meeting on their grass track. I always remember Malcolm as a very calm and knowledgeable person who was very easy to get along with.



Over the subsequent years he adopted the role as team manager for our team competing at the WMA Track and Field Meetings. I had a real close up on his role as team manager at the WMA in Perth 2016. We were staying at the same accommodation and quite often sat with him at the various competitions so I was able to see first hand the important role he played. Needless to say I was very impressed with his quite unassuming way and the efficiency that he was able to get the job done.

Needless to say he carried his role of keeping track of our very large contingent of athletes. Once again I saw special qualities in Malcolm that made him a very popular and loved person. He was always there at every event where the Kiwis were competing and supporting them in his special way.

Malcolm at Perth 2016

Malcolm also had another interest outside Athletics and that was following the America's Cup contests over the past few years.. As I had this same passion and interest we had frequent chats each time an America's Cup Challenge came along. It was because of our similar interests we kept in close contact over the years. Malcolm as you readers are well aware did some amazing articles for our Up Front. With his knowledge and close association with the right people he was able to provide some really great insights of the event.

I always found him to be a very obliging person when you asked him do something, also because of his humility he was a very popular person impacting the many lives of people. I know I will miss him greatly along with many people.

Malcolm passed away on Sunday 17 November aged 70 years. Our condolences to Sue and both families.

Pan Pacific Games Gold Coast 9-11 November Annette Parlane

How exciting, I am off on a Pan Pacific adventure for the first time. Beach front apartments booked, rental car waiting and two best friends as supporters.

There are over 42 countries participating, 16000 people from 18 to 94 years in age. My goodness the Gold Coast was just buzzing with people and teams everywhere you looked.

Athletics was out at Runaway Bay and a great turn out. Some spectacular running on the track in all ages and gender. I saw a number of Kiwi faces competing and cheered our own Sheryl Gower on. Sheryl won four Gold medals in the 60m, 100m, 200m, 400m

My events were shot, discus, javelin, weight, hammer and pentathlon. There were good numbers in all age groups from all over Australia.

One of the over 60 ladies was competing for the first time and won a gold in the shot.. She burst into tears and said sobbing I have two hip replacements, two knees done, a pace maker and I have just won a gold medal. Then her horse went on to win. One very happy lady,

My competition went well. The first three throws were counted toward the pentathlon points. Luckily for me I managed to get a decent throw in each event. During the shot put the second place getter and I threw three throws the exact same distance..The recorder said if that happens again I will eat my hat.. It did and he was seen to be eating his hat. Six gold medals for me, I was happy with that.

All in all a most enjoyable time was had. Balmy weather, lots of shopping and superb meals harbourside.. A River cruise to top it off..

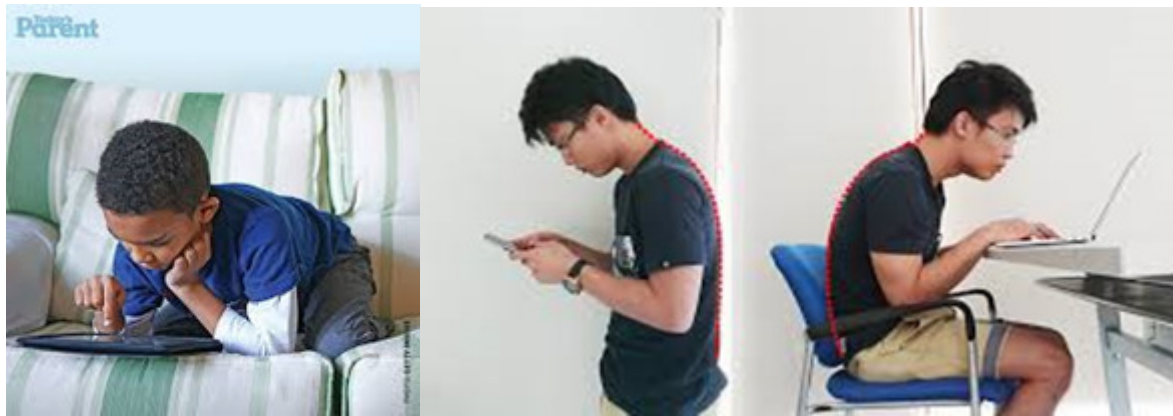
Sports Medicine Corner Stephen Burden

– posture exercises to get “the biggest bang for your buck”



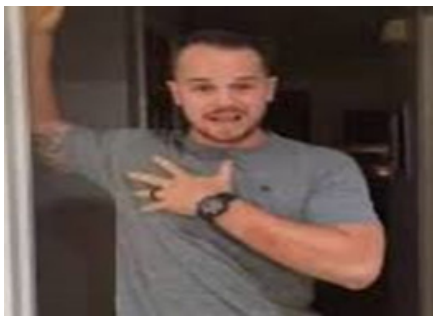
Stephen Burden MSc (Medicine) Exercise Science, is a Senior Lecturer in the Centre for Sport Science and Human Performance (Wintec), Chair of Clinical Exercise Physiology New Zealand and Executive Member of the Waikato branch of Sports Medicine New Zealand. With over 20 years experience in injury prevention, 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.

The human body was designed to move. As Masters athletes we aim to get our bodies to perform track and field events that are stressful to our tissues. With mechanisation and modern lifestyle we spend long periods of every day sitting. When a large portion of every 24hr day is spent sitting, (especially in chairs; looking at phones/tablets/computers) we are going “to seize up”. We develop aches and pains in our knees, hips, lower back and neck regions, which we attribute to “stress”.



The American College of Sports Medicine and Exercise is Medicine recommend a minimum of 150 minutes of moderate to vigorous activity per week to remain healthy. How many manage to do this? Fitbits, Smart phones and other activity trackers can help to record daily steps and periods of activity. Some can be set to remind you to move (if at a desk; ideally every 20min). Walking is a great activity which most should be able to do. Aim for 7500 steps per day (new data shows that this is effective and we don't have to reach 10 000 steps a day). On top of the mobilisation drills (in the June Up Front) we need to focus on re-setting our posture. Here are three easy activities that I presented at a recent Sports Medicine New Zealand (Waikato) Evening Seminar:

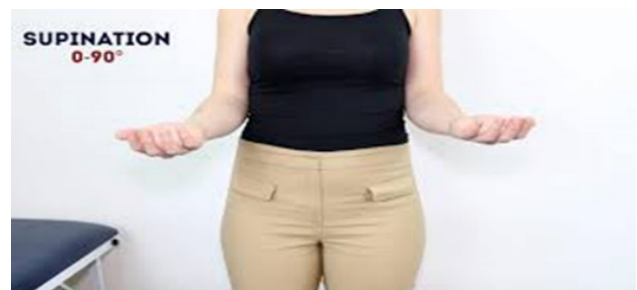
1) Self-massage the upper chest (from sternum out to the shoulder) while in the shower/bath; using pads of your fingertips and a little soap. Repeat every 3-4 days; then stretch in a doorway.



2) Chin tuck - re-set your chin position; place a finger on your chin and push your chin back (creating a double/triple chin). Do this during your 20min alarm to move.

3) Shoulder re-set – a good one to reposition the shoulders after working on the keyboard or using a mouse

These easy exercises will help to improve/correct your posture; prevent “forward head posture” or “poking neck syndrome” and allow the upper back and neck to function better. The stressed and overloaded muscles will be grateful if you help to give them a break!! Enjoy summer; train well and enjoy the competitions. I look forward to sharing more advice with you in 2019.



North Island Track and Field Champs Wellington 23-25 November

Track Report Bruce Solomon



Sadly, I wasn't able to attend this event due to a niggling injury and ever-increasing work load. Feedback for this eve from athletes has been very positive with congratulations going to Wellington Masters for putting on a well-run competition. Special mention of thanks to all the out of town officials who also gave up their time to assist Wellington in making this a great event.

Stephen Te Whaiti improves with each event, and I think it would be fair to say that as he gets older he should move to a younger (not older) Masters Group. Well done Steve, we are proud to have you in the WBOP Masters team.

Stephen Te Whaiti in Hurdling Action

While your results are still to be checked by the record committee, Steve set a new M55 NZ North Island & National Pentathlon record scoring 3,262 points. This adds to his recent M55 NZ Decathlon record of 6,677 points he set at the NI Multi events earlier this month in Hamilton. Awesome stuff and well done.

WBOP Track Results taken off the website:

M55	Stephen Te Whaiti	T&F Pentathlon 3,262pts		NI & NZ Record
		60M	7.89	NI & NZ Record
		100M	12.48	
		100M H	17.76	
		400M H	69.43	NI Record
M55	Mark Gray	5KM	27:55.39	
		3KM SC	18:55.79	
M75	Alan Silvester	60M	11.22	
		100M	18.57	
		200M	38.03	
		400M	86.18	
M80	Jim Jones	200M	40.49	
		400M	89.37	
W60	Theresa Large	3KM RW	20:04.72	
W70	Sue Su	60M	12.12	
		100M	20.85	
W75	Jill Sherburn	60M	12.63	
		100M	22.16	

Throwers Report Tania Hodges and Annette Parlane

The North Island Masters Track & Field Championships were held at Newtown Park, Wellington on the 23 to 25 November 2018. Five Frankton club members represented the club with pleasing results coming away with 15 first placings and nine second placings amongst the athletes.

Rain was expected over the three days but athletes were fortunate that the weather held out and largely most of the events missed the rain. It was great to see Sue Su (W70) compete with two first places in the 60m and 100m with times of 12.12sec and 20.85sec respectively.

Jill Sherburn (W75) was busy competing in eight track and field events. She ran her 60m in 12.63 and 100m in 22.16sec. Her best long jump was 2.04m and triple jump 5.12m gaining second place in all four events.

Marcia Petley (W85) recovering from injury, only competed in her throwing events and is wisely saving herself for the World Indoor Championships in Poland in March 2019. Annette Parlane (W70) provided a good challenge for the veteran thrower Barbara Austin who denied her of a clean sweep in the throwing events by taking out the javelin. Annette competed in all of the throwing events with Tania Hodges (W50).

There were 13 women throwers overall from around the country which included some new comers which was good to see. A lot of fun, laughter and some good results. Sundays pentathlon ran like clockwork as we worked our way through the events with everyone from the club claiming a placing for their effort.

The Throwing results were:

	Hammer	Shot	Discus	Javelin	Weight Throw	Throwing Pentathlon
Marcia Petley W85	13.68m (1 st)	-	-	-	5.46m (1 st)	-
Jill Sherburn W75	-	6.07m (1 st)	14.43m (1 st)	12.52m (1 st)	-	2639 (1 st)
Annette Parlane W70	20.51m (2 nd)	6.99m (2 nd)	18.86m (1 st)	12.68m (2 nd)	9.35m (2 nd)	3115 (2 nd)
Tania Hodges W50	33.60m (1 st)	10.86 (1 st)	26.59m (1 st)	20.39m (1 st)	13.13 NI record	3116 (1 st)

North Island Track and Field Champs Wellington Photos



Alan Silvester



Mark Gray



Jill Sherburn

Photos Courtesy Sharon Wray