

# UP-FRONT

**Editorial**

By: Bryan Mayall

Welcome to our first Winter Edition of the Up Front. Congratulations to our Masters who are doing the hard yards competing and enjoying the camaraderie of fellow Masters Athletes. Also all the very best to those Masters are in full training mode for the upcoming WMA Championships. The deadline is drawing near to enter these Championships at Malaga Spain.( see below)

On the sporting front we have the All Blacks pitting their skills against the mighty French team in June over three tests. Also for those tennis purists we have had the French Tennis Open from 27 May to 10 June. Once again we witnessed some enthralling tennis with both the No.1 seeds winning. In the ladies singles Simone Halep won her first grand slam singles title after a come behind win over Sloane Stephens. This was followed up by the anticipated win of Rafael Nadal who amazingly won his 11<sup>th</sup> French Open in straight sets. Next month we have the Wimbledon open from

2- 15 July which as always promises to be full of excitement.

While on the sporting scene I have to make mention of my latest read. The book is called “The Skippers Dairy” written by Sir Richard Hadlee son of Walter Hadlee.and has only recently been released. The book is based on the dairy of the skipper Walter Hadlee of the New Zealand’s Cricket tour of England in 1949, famously known as the “Forty Niners”. The tour lasted eight months, and the team played 32 first-class games, including four tests, winning 13, drawing 18 and loosing one. All and all an incredible documentary of the events unfolding only four years after the war ended.

Finally a big thank you to all my contributors who have made this edition possible. Also all the very best to all Masters competing in off the track events over the winter.

**Coming Events 2018 - 2019**

- June 24** WBOP Masters Cross Country Event – Waipuna Park Tauranga 12 noon
- August 19** **WBOP Masters AGM 1pm Cambridge Athletic Grounds**
- September 4-16** WMA. Stadia Championships Malaga Spain.
- September 16** Oceania Throwers Meet. Edgecumbe College 10am
- November 23-25** North Island Masters T&F Championships – Wellington

- 2019**
- March 1-3** NZMA T&F Championships Timaru

**Please Note. Closing date for entries is 11 July. When entering provide your NZMA 7000 series membership number. The program will not accept the seven7 figure ANZ Number. If they do not have a NZMA number contact Fay Riley**

**OFFICE BEARERS**

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**Snippets**

A big happy 80<sup>th</sup> birthday to Judy Chandler who made the big 80 on 30 April.

Well done to Judy also for her longevity in Masters Athletics and we all hope that she will be back on the track one day.

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**WBOP Masters Annual General Meeting**

The Annual General Meeting of the WBOP Masters Athletics will be held on Sunday 19 August at the Cambridge Athletic Clubrooms at 1.00 pm.

**WBOP Masters of the Year Nominations**

Members are reminded to get your nominations in to Murray Clarkson by 21 July on enclosed nomination forms.

**World Masters Championships Malaga Spain**

Could those members who are planning to compete at Malaga please contact me. It would be really great to get any reports/photos etc for next Up Front and forward to Bryan Mayall at [bryanjoan@xnet.co.nz](mailto:bryanjoan@xnet.co.nz)

**Presidents Report Murray Clarkson**

Hopefully my last report has had some traction for the incoming committee and those who are interested in the future to take up where I am leaving off. No longer being able to compete, I have to transition to the side-lines as an official or sometimes an also-ran. I am still very much a part of Athletics.

The period since our last Upfront is our quiet time although we still have to gear up for the Winter events of WBOP Cross Country, NZ Cross Country (Wellington), NZ Road Champs (Cambridge) and Oceania Throws (Sept).

Our winter events programme was abandoned due to lack of suitable times, little interest, and travel issues. There are many other distractions and commitments to consider. Tauranga Domain will be in full use this next summer with some important events being held. We hope to be able to host a major Masters event on rotation.

I recently took part in a Park Run event locally and can see why people flock to these events. They fund the event through a sponsor, have no entry fee or prizes and operate a simple yet effective registration and recording system. Marshalls as in most events are volunteers and you are expected to roster on occasionally. After a wet week and a not-so-pleasant start to the day, the 8.am start saw 111 participants run, jog, walk, chat the 5k course.

Results are age graded so although a very modest time and finishing 29<sup>th</sup> I managed top % (by 0.01%). These events are held World Wide and open to anyone with a bar-code registration. There must be a way to tap into the senior members and offer them our hospitality.

Good luck to all those competing Overseas or locally over the winter, who knows what may lurk around the corner.

I would encourage any athletes who have performed well over the summer to enter for the Athlete of the Year Awards. If you have not applied we cannot award you the trophy.

**A Blast from the Past**

Sheryl Gower dug this rather interesting article up on our Murray Clarkson from her archives.

The article was written by Peter Brown editor of the Canterbury News in the April issue 1968 of the New Zealand Athlete.

**A distance man with a bright future.**

Since my last report Canterbury athletes have performed with distinction at both the provincial and national championships. February 10 saw the first day of the day of the Canterbury Championships being held at Rugby Park. The meeting was marred by the unfortunate spiking of Richard Tayler at the start of the 880 yards. Notwithstanding the fact that he had sustained a deep cut which later was to require ten stitches.

Richard Tayler completed the race in considerable pain and minus a shoe and yet ran 1. 56.0. the race was won by a rapidly improving Murray Clarkson in 1.52.5. This 20 year old is probably the most improved athlete down here this season. His clash with Tayler could have seen Hack's old 880 yd. record broken-but this was not to be.

**Members Update**

Bruce Solomon has updated the WBOP Masters records/best performances and the Trophy Day records

<http://athleticswaikatobayofplenty.org.nz/Activities/Masters>

## – “to stretch or not to stretch; that is the question” (apologies to W Shakespeare)



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.

There is a hereditary component to general flexibility, and joints or muscles may become stiff as a result of injury, age, over-activity or inactivity. Stretching has been advocated as an injury prevention method (supported by ACC in their SportSmart plans), but “recent systematic reviews in the literature concluded that there is no evidence to support its efficacy” (in Brukner & Khan, 2017). Most athletes will undertake a period of warming their tissues by walking and jogging, then doing static stretching routines prior to starting their training session. This is what has been passed down as the “right way to prepare for activity/training” over the years by well-meaning coaches, ACC or by copying others. But, does it help? The latest findings in the research appear to differ. In actual fact, some research showed that it is detrimental to do static stretching prior to vigorous activity (sprinting, hurdling; jumping and throwing); as muscle fibres are more susceptible to strain injuries (Pope et al, 2000). Yes, they reported that “stretching weakens muscles”; therefore don’t static stretch but use some form of dynamic activity before exercise or training. Key to these findings, are the important aspects that we are all made differently – some individuals are very flexible while others are and always have been tight or stiff. So, if you are supple; too flexible or hypermobile then warm up but don’t do static stretching as your joints will be at risk of subluxing or dislocating. Those individuals (most Master’s athletes) who are at the tight or hypomobile end of the flexibility continuum will need to warm up, do dynamic activities and mobilisation work prior to their training and should do some stretching after their cool down.

Warm-up prepares the body for exercise. General exercises may include walking, cycling or jogging while specific exercises should include movements for the activity about to be undertaken. The benefits of warm-up are: increased blood flow (oxygen delivery) to the muscles; reduced muscle viscosity leading to smoother muscle contraction and better mechanical efficiency; decreased stiffness in connective tissue; enhanced cellular metabolism; increased circulation leading to decreased vascular resistance; to name a few. A guideline for the intensity of the warm-up is to produce some mild sweating without fatigue.

Following a structured warm-up program, more dynamic activities and mobilisation exercises should be done. Dynamic activities such as arm and leg swings, ankle pumps and hip circles, while mobilisation exercises should target the tight areas of the body using foam rollers and balls. Foam rollers are ideal to use on the back, calves, quadriceps and hamstrings. I recommend the Obie foam roller – see their site for exercises ([https://obie.co.nz/how\\_to\\_use.html](https://obie.co.nz/how_to_use.html)). Regular use of the roller over the working muscles, reduces the tightness in the tissues and allows for efficient movement patterns when training or competing. Solid rubber balls are best for working on tight spots in the tissues, especially buttocks and hips. The rubber grips the skin better allowing you to pin and stretch your tissues and work out the knots. Using a tennis ball is a cheap alternative; but doesn’t grip the skin and may move off the spot you are working on.

A nice way to work along your back muscles (see fig 1) is to put two tennis balls in a sock and tie a knot in it. Using the balls (shaped like a peanut or back roller; see fig 2), lie on your back with the balls contacting either side of the spine and roll down from your neck to the lower back and then up again. Keeping these back muscles loose or free from tension is essential for athletes, as these are the muscles that get tight from sitting and working on computers. A tennis ball can be used to break up tight spots or knots in tissue (usually the site of an old injury) – see fig 3 for examples. This should be done first and then stretch to restore the tissue back to full length. At the end of a training session; everyone should actively warm down followed by some stretching (especially if you are tight). Static stretching is where the stretch position is held for 30-60 seconds, to a point of mild discomfort (not pain), then relaxed.



Fig 1 Rolling the back



Fig 2 Make a peanut with two tennis balls and tape



Fig 3 Using the tennis ball for other key areas

**Australian Masters Athletic Champs 26- 29 April Perth - Michelle Bitcheno**

This was my First Overseas Competition. After only taking up throwing just over a year ago I decided to enter my first overseas comp the Australian Master's Athletics champs. After eight months of full focus on the Hammer throw and being coached by two top athletes I headed to Perth with a full-blown Cold knowing I had a big job in front of me to bring home a medal with the calibre and experience the Aussies had. With over 700 Athletes entered and big fields in all of my events it wasn't going to be easy.



**Michelle with her Bronze Medal in Hammer Throw**

My first event was the Hammer throw. I was consistently throwing around 35m in training, so I knew I had a good chance for a minor medal here. Competing against Byrony Glass the Australian Record holder at 51m was an amazing experience. Not just an amazing world class thrower but an outgoing laidback chick who made me feel most welcomed like a lot of the other throwers. I felt really tired and slow in the circle due to long travel and time difference but managed to grab the bronze medal and be only 2m behind silver. Wasn't happy with my 30m throw but its all about what you do on the day.

On the same day we had the shotput and my goal was top eight. I threw close to my PB to grab seventh spot.

**Day Three** saw the Discus and Javelin events be held. Again, my goal was top eight so I could get the full six throws in. In the discus I was sitting ninth going into the third round and needed a 1 metre PB to get into the top eight. I threw 21.18 just over a metre more than my PB and 3cm more than eighth spot. In the javelin I grabbed eighth spot.

**Day Three** was going to be a long tough day with the Throws Pentathlon and the 1500m Race walk in the middle of it in 32 deg heat. Had a deal with a throwing friend (who piked out) about entering the walk so I gave it a shot although I had only two sessions of training around the Tauranga track before I came down sick before heading to Perth. I was sitting in third spot after the second event (shotput) but got hammered in the discus and slipped to fourth after Kelly Hunter through an amazing 42m. I finished the Pentathlon in fifth spot after a disappointing Javelin.

In the 1500m racewalk I was pretty nervous before starting. Am I going to finish? Will I get Dqd? It was hot and no wind and was struggling with my chest infection so could hardly breathe. The last 300m was the toughest as my form started to decline and every step I would say to myself straight knees, straight knees. I managed one yellow card and a bronze medal. I was happy but also relieved.

**Day four** was the final day and was a very early start with the Weight throw up at 8am. I was sitting in third after the third round with a big PB of 9.73m. so close to that 10m mark but was over taken by Kelly Hunter with a 11m throw. Was stoked with my fourth spot behind the World record holder Byrony with a throw over 17m.

It was an amazing four days of competition and sightseeing and making new mates with the Aussie girls where I felt most welcomed. Was a long season and looking forward to a break before I kick of for next season.

**Rotorua Marathon - NZ Marathon Champs 5<sup>th</sup> May Fay Smith**

Gavin Smith finished in 3.34.52 for 2nd M65 in NZ Champs, Barry Watson finished in 3.56.07 8th M60 in the race



**Gavin Smith**



**Ken Knott and Barry Watson**