

UP-FRONT

WAIKATO BAY OF PLENTY MASTERS ATHLETICS INC
FEBRUARY 2020 #104

Coming Events

16 February Trophy Day - please remember to return your trophies.

28 Feb - 1 March NZMA National Champs.

15 March Multi Events Champs: Throws & Track Pentathlons plus some distance events and open sprints (program TBA).



SHERYL GOWER

PHOTO CREDIT SHARRON WRAY

President's Report

BY DAVID COUPER

I hope that everyone had a safe and enjoyable holiday period and welcome to the 2020s. Firstly, I must extend a big thank you to the Whakatane Club, Dave Rondon and his team for the well-run North Island Champs. An enjoyable weekend was had by many and the dinner on Saturday night was fantastic. A special mention to the efforts put in by Fay and Murray in sharing their knowledge of running events and keeping things ticking along. Masters Athletics in our region would not be the same without them.

I encourage those who have not paid the small sub for WBOP Masters to please do so. This fee does enable us to put on these events for you and to be able to provide a masters friendly environment. Happy training and don't forget to enter the NZMA National Champs being held in Hastings. Online entries are open.

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Oceania Throws Pentathlon Challenge 2019

BY DAVID COUPER

Eight hearty athletes, including two from Auckland, descended on Edgecumbe College in September to take on the Oceania Throws Pentathlon Challenge. The Challenge is a great concept of an event. Each centre in the Oceania region can host a throws pentathlon in September or early October. The results are then sent to a coordinator and compiled together, giving a competitor not only an age group result in an International competition but also an all age-grade ranking.

Rene Otto played host and his young Edgecumbe College athletes officiated the event. Many thanks to them all.

First up was the Hammer and Brenda Davis (W50) continued her good form from the Oceania Champs with 39.65m. James Thomas (M60), one of our Auckland visitors, threw 38.15m for 2nd with Dave Couper (M40) 3rd with 33.78m. Bev Savage (W70) showed that class never dies with 24.20m keeping her new protege Denise Fellows (W50) at bay.

On to the Shot. Enter Laini Inivale(M50). An impressive series of throws, topping with a massive 14.35m. James was showing his all-round ability throwing 11.50m to better Dave's 10.71m. Tania Hodges, in one of her last comps in the W50 age group, threw 9.76m to hold off Brenda who threw 9.51m.

In the Discus, James continue his good day throwing an impressive 40.18m, blitzing the rest of the field. Loris Reed (W70) proved that runners can throw with a tidy 16.42m. The rest of the field had good throws for this time of the season. Many commenting that the relaxed atmosphere lead to good throwing.

Laini displayed his new Javelin throw technique...which worked. Laini astonishing himself with a new PB of 34.34m. Well done Big Man. Dave hit 43.06m in a good series of throws. Brenda top the women with 22.74m followed by Tania and Loris.



JILL, MARCIA, SHERYL & JOAN AT WHAKATANE
PHOTO CREDIT SHARRON WRAY

Finishing with the Weight Throw and the bodies were starting to feel it. James once again topped the event with 16.15m. Very impressive throwing. So much so that James' total score was better than the then NZ record. Brenda again topped the women with 12.97m holding off Tania with 12.39m. Bev home in 3rd with 8.89m.

As with most Masters meets it was then off to the Staffroom for a cuppa and some afternoon tea before the trip home. Thanks once again to Rene and Co for hosting us and for Fay for keeping us in line. I highly recommend this competition as a good way to dust off the winter cobwebs and enjoying some throwing with some very good company.

Round the Bridges 2019. Another race run!

BY GRAEME RAILL

On an almost perfect day Sunday 17th Nov, cloudy at first with the sun breaking through a little later on although a light breeze helped with cooling, another 12km Round the Bridges race was run. Maybe I would, maybe I wouldn't have bothered this year.

However, the appearance of a photo with me to the fore on a mobile billboard advertising the event generated comments and compliments from friends, shop owners and others, lead me to make the latest possible on line entry six days beforehand. A race number of 6193 obviously meant I wouldn't be alone in the event. And it would be a good test of that age-old rule of thumb, good to race over 2.5 times my weekly training park runs of 5 kms.

Last year despite a better level of fitness, competition from younger out of town family members, necessitated an appearance but pacing off 20 and 30 year olds left a 69 year old a little exhausted even before the Grantham Street hill was reached a kilometre or so from the end, let alone a sprint finish. An easier pace over all this year saw me cruising up the hill with a strong finish. The Round the Bridges 12 km race has been running for at least the 40 years or so since I arrived in Hamilton to live, and I'd guess that I'd run way more than half of them. The current course, which has been used for 15 years or more, starting and finishing in Victoria Street, crossing two bridges and with river path sections of the run can be very pleasant. I think in some earlier years the race had started in River Road adjacent to Memorial Park, headed towards the university and then along Peachgrove Road before coming back towards the river and finishing back on Memorial Park.



PHOTO CREDIT: EVENTFINDA

When I could maintain a 4.5 min/km pace, I didn't used to see or take much notice of the other runners except my immediate competitors. I recall one year losing an all-out sprint finish across the grass at Memorial Park to a younger person from the University Club. Mostly I think my target was to get there in under an hour. But in more recent years I've mainly just been happy to finish at a more leisurely pace; and you get time to see and notice a larger cross section of the other runners, especially with the mass start of both the 12km and 6km runners. It does cause a bit of congestion on the first part of the River Path heading towards Fairfield Bridge. And it can be a bit disconcerting when a section of the group of people that you're been running with and pacing yourself off, peel off in Memorial Park to go up and over the original City bridge for the 6km race finish as you head on towards the Rose Gardens and the Cobban Bridge for the 12km race. It is pleasing to see the wide cross section of people taking part in the various events on the day - family groups, workmates, children. Women particularly in their 20s, 30s and 40s seem to make up the largest proportion of the participants in this and similar events. Surely all those other fellas can't be out fishing, playing team sports or minding the children? I hope they're looking after their health! Ah well maybe next year I'll reclaim this year's extra couple of minutes and be back at 75 minutes!

Have a Go Day 2019

BY MARION CLARK

Sunday 13th Oct Masters "Have a Go" day Porritt Stadium. A very warm day greeted a good number of old and new athletes to this meet.

Results: Track

60 metres

Heat 1

Morgan Foster 7.5

Stephen Te Whaiti 8.0

Stephen Burden 8.2

Brad Hills 8.4

Heat 2

Trevor Watson 9.0

Shane Harris 9.3

Ross Brown 9.6

Graham Clarkin 10.2

Stewart Foster 13.7

Heat 3

Sheryl Gower 11.6

Joan Mayall 12.2

Sue Su 12.5

Gail Dryland 13.3

800 metres

1. Mark Cornaga 2.44.3

2. Anne Harris 3.6.4

3. David Trow 3.59.8

100 metres

Heat 1

Sheryl Gower 21.6

Joan Mayall 21.7

Heat 2

Morgan Foster 11.9

Stephen Te Whaiti 12.6

Stephen Burden 13.0

Heat 3

Trevor Watson 14.7

Graham Clarkin 15.8

Ross Brown 16.0



SHERYL, JOAN, SUE & GAIL



ANNE HARRIS



TREVOR WATSON, GRAHAM CLARKIN,
ROSS BROWN

Have a Go Day 2019

1500 metres

1. Linda Reynolds 10.46.6
2. David Trow 10.46.7

200 metres

- Stephen Te Whaiti 27.1
Trevor Watson 31.0
Graham Clarkin 32.3
Ross Brown 33.2
Sheryl Gower 36.6
Joan Mayall 48.5
David Trow 48.8

300 metres

1. Dee Atkinson 13.5.2
2. Craig Wilson 13.5.3

400 metres

- Craig Wilson 1.12.7
Rob Kear 1.14.9
Trevor Watson 1.18.7
Graham Clarkin 1.21.1
Joan Mayall 2.00.1
David Trow 2.00.4
Gail Dryland 2.23.1

Shot

- Denise Fellows 5.50
Annette Parlane 6.26
Jill Sherburn 6.06
Dave Couper 10.14
Michelle Anthony 6.36
Gail Dryland 4.42
Joan Mayall 4.59

Javelin

- Tania Hodges 18.61
Denise Fellows 10.92
Annette Parlane 14.18
Jill Sherburn 11.86
Dave Couper 43.16
Steve Te Whaiti 39.42
Michelle Anthony 8.98



CRAIG WILSON & DEE ATKINSON



DAVE COUPER
PHOTO CREDIT: BRYAN MAYALL

Have a Go Day 2019

Discus

Tania Hodges 23.75
Denise Fellows 15.48
Annette Parlane 17.41
Jill Sherburn 13.00
Dave Couper 29.78
Stephen Te Whaiti 28.36
Michelle Antony 17.55
Gail Dryland 14.45

Weight Throw

Tania Hodges 11.90
Denise Fellows 7.79
Annette Parlane 9.91
Jill Sherburn 7.14
Dave Couper 11.08
Michelle Antony 5.45
Gail Dryland 6.76
Marcia Petley 5.08

High Jump

Stephen Te Whaiti 1.45
Mark Cornaga 1.35



DENISE



DAVE

PHOTO CREDIT: BRYAN MAYALL

Trophy Day 2020

WAIKATO-BAY OF PLENTY MASTERS ATHLETICS INC

Trophy Day 2020

PORRITT STADIUM - HAMILTON

SUNDAY FEB 16th 2020

TRACK EVENTS

12.00pm	80/100 hurdles
12.30pm	3000m run/walk
1.00pm	100m M/W
1.30pm	800m Woman
1.30pm	800m Men
2.00pm	200m M/W
2.30pm	1500m Women
2.30pm	1500m Men
3.00pm	400m Women
3.00pm	400m Men

FIELD EVENTS

12.00pm	Weight M/W
12.30pm	High Jump M/W
12.45pm	Hammer M/W
1.15pm	Triple Jump Men
1.15pm	Shot Put Women
1.45pm	Javelin Men
2.15pm	Javelin Women
2.15pm	Shot Put Men
2.45pm	Discus M/W

WAIKATO NZMA MEMBERS ONLY

GEORGE DE BELL TROPHY (MEN)

CUTHBERTSON MEMORIAL TROPHY (WOMEN)

ALLEN WOODHEAD TROPHY (TRIPLE JUMP MEN)

BRENDAN MAGILL TROPHY (JAVELIN MEN & WOMEN)

KATHLEEN WOODHEAD TROPHY (400m WOMEN)

GOWER TROPHIES 800m MEN & WOMEN

WAIKATO WOMEN'S FIELD TROPHY (DISCUS)

WAIKATO MEN'S FIELD TROPHY (WEIGHT)

TED HAMILTON (MEN) & MARY HAMILTON (WOMEN) TROPHIES

NZMA MEMBERS OUTSIDE WAIKATO

ATHLETES MAY COMPETE IN 4 EVENTS ONLY (THIS CAN COMPRISE OF TWO TRACK / TWO FIELD, 3 TRACK/1FIELD, 1 TRACK/3FIELD BUT NOT FOUR OF EITHER. MAXIMUM OF 4 JUMPS / THROWS.

PLEASE REMEMBER TO RETURN TROPHYS

North Island Championships Whakatane 2019

BY ANNETTE PARLANE

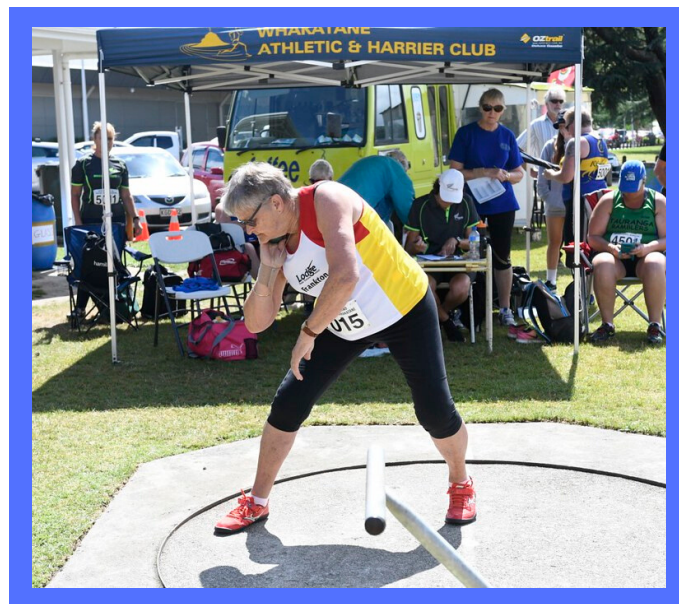
This year these were held at Rex Morpeth Park in Whakatane. What a great setting this was and the grounds looked amazing. Running on a grass track was something different for the track athletes and for some of us we remembered this was all we knew from our younger days.

Luckily for us all the weather held off with just the odd shower.

The times on the grass track were impressive with a number of athletes in the 90% plus range. Sheryl Gower W70 98.20, Stephen Te Whaiti M55 97.40% and Trevor Watson M65 93.20% in the 60 metre sprint. Sheryl did 92.50% in the 100 metre sprint with Stephen making 90.80%, Loris Reed W70 91.30% in the 800 metres and not to be outdone in the 1500 metres Sally Gibbs W55 100%, and Loris 91.30%. These two continued this form in the 3000 metres with Sally 99.60% and Loris 92.20%. Sally continuing in the 5000m another 100%. The ladies throwing group was large this year and split into two groups with lots of friendly banter on who would go first, the oldies of the younger ones.

We got to use the impressive new hammer cage and some clever work from the organisers saw an extra field out the back. Marcia Petley W90 had an impressive throw of 13.01 in the hammer breaking the record by over a metre and also breaking the NZ record. Tania Hodges threw the shot 10.06 going into double digits for the first time in the W55. Tania again threw an outstanding 24.27 in the discus continuing to break records by more than two metres and Peter Crawford M75 breaking records by a similar amount throwing 33.79. Brenda Davis W50 broke the record in the weight throws with 13.35 while Bev Savage and I both tied for second place on 9.90. Good fields in the jumps with Frances Bayler W75 outstanding jump of 2.40.

Friday night delicious burgers were available and thanks to Fay for looking after the last of us throwing and making sure we didn't miss out.



BEV SAVAGE

Saturday night's dinner was amazing. We had watched and smelt that lamb spit during the afternoon and it was very tasty. A lot of effort went into catering for us all with delicious salads, lots of veg and yummy desserts. Thank you to everyone.

Sundays pentathlons saw 10 men line up, 17 women and five on the track. Like a well-oiled machine we all threw and moved onto the next event. Stephen Te Whaiti M55 ended up with a massive 3150 points in the track pentathlon. Dave Couper M 40 won his discus and javelin but Arno van der Westhuizen won that competition. Tania and Brenda continued on with their fine form from the day before with Brenda outscoring in all of her events and Tania scoring highest points overall. 675 points over the competition record and two points over the NZ record. My group of W70 all scored over 3000.

A great three days competition, it will be interesting to see how we all go in Hastings at the end of February.

PHOTO CREDIT: SHARRON WRAY

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