

UP-FRONT

Editorial

By: Bryan Mayall

Welcome to the first summer edition of our Up Front for the 2016-17 season. I hope you all have a spring in your step (pardon the pun) and feel really inspired for a great track season. I am sure you will be after watching and listening to the many highlights and exciting contests of the many athletes around the world competing at the Rio Games. I think it would be fair to say we could feel proud as Kiwis watching our track and field athletes competing with the very best in the world.

A big thumbs up of course to Eliza McCartney, who could ever forget that huge grin and infectious giggle. Also to Tom Walsh and Valerie Adams for putting (another pun) New Zealand on the World rankings with their respective shot put efforts. Also not

forgetting our evergreen Nick Willis who produced another one of his masterful and controlled finishing bursts to claim another medal for New Zealand.

Well done to those Masters who have been busy competing and training in preparation for the WMA Champs in Perth this October-November. I believe we have over 100 Masters competing from NZ with 17 competing from the WBOP region. We wish you all well and enjoy the competition and camaraderie with the WM Athletes from around the world.

Finally all the very best to all those Masters preparing for another Track and Field season.

Coming events 2016 - 2017

September 25 WBOP Masters Oceania Throwers Meet. Edgecumbe School.
 October 9 WBOP Masters Warm Up Meeting, Porritt Stadium 12 noon
 October 16 AMA Masters Pre Perth Warm Up Meeting. Mt Smart
 Oct 26 – Nov. 6 WMA T & F Championships Perth
 November 13 WBOP Masters Warm Up Meeting, Porritt Stadium 12 noon
 November 20 AMA Masters Meeting One Mount Smart
 November 25-27 NZMA Masters NI Champs Palmerston North
 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 2016-17 year. Contact Judy Chandler address above or email her at Judy.ken2@xtra.co.nz for a membership form.

Please support our Sponsors



HANDS ON
PHYSIOTHERAPY LTD.

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

KINESIO
Kinesiology Taping

Trigenics
Myoneural Medicine

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

Presidents Report September 2016 Murray Clarkson

At this time of the year activity in the competition area gives way to assessment of the performance over the past year and the appointment of the administrators for the current year.

Trophies were awarded as follows:- Masters Athlete of the year – Bruce Solomon
Committee Trophy- Murray Gower

The Committee trophy is an award decided by the Committee to the most worthy helper, (Non-committee) who has assisted with the success of WBOP Masters events. Murray has always put his hand up and has organised and started at our events for many years.

Membership decreased from 97 in 2014/15 to 82 this year being in part due to members joining to compete in the NZMA Nationals hosted locally. A small surplus was accrued with prudent management and our subscription will remain the same. We look forward to a challenging membership drive for the year ahead.

Drop-off of competitors in our Christmas event was a concern with more promotion needed for future events. Our winter social get-togethers, where there are the options of running or walking the scenic courses, are for enjoyment rather than competition. As a widespread Centre, we find value in getting away from our dual bases of Tauranga and Hamilton giving these areas the opportunity to join WBOP Masters by our fitting in with local events at Rotorua and Whakatane.

Annual General Meeting Report**Bryan Mayall**

This years AGM was held on 28 August 2016 at the Cambridge Athletic and Harrier Clubrooms.

Murray Clarkson our President welcomed the 22 members present and presented his annual report. Some of the highlights in his report were.

- 1) He reported that membership numbers had decreased yet again .With the amalgamation with ANZ it is hoped that NZMA will be able to attract ANZ members to our North Island and National events.
- 2) Our centre was well represented in the recent Oceania and World Champs at Rarotonga and Lyon. We also had a good representation of officials at our Oceania and NZMA events.
- 3) Our finances continue to be in a healthy state with the holding of the National event last year giving us a significant boost in funds.
- 4) A thank you to Bruce Solomon for his effective communication via our AWBOP website.
- 5) Over the past year we sadly said farewell to Murray Savage, Bruce Clarke, Pauline Purser and Max Carr.

Murray Clarkson was once again elected President for a further term with Bruce Solomon as Vice President and Secretary. Committee members elected were Jill Sherburn, Marion Clarke, Sheryl Gower and David Couper.



The annual subscription increases to \$75 of which \$60 goes to NZMA.

At the end of the meeting the winner of the Wynn Abel Trophy for the WBOP Masters Athlete of the year was announced. The only nominations this year were Bruce Solomon M50 and Sheryl Gower W65.

This year's winner once again was Bruce Solomon for his outstanding performances in the sprint events.

The winner of the Committee Award Trophy this year went to Murray Gower.

**National Road Championships 3 September Masterton Murray Clarkson**

These were held over a 1k circuit which was triangular in shape. It created a different approach and was interesting to compare lap times. Although a fine day, a strong head wind on one of the 300m straights was a challenge. We had four members taking part:- Sally Gibbs won the W 50 event, Murray Clarkson was second in the M65 age group, Jason Cameron was third in the M45 age group, and Craig Sinclair also competed in the M45 age group. We had three ANZ age grade members taking part who we are inviting to join the Centre.

NZMA Winter Indoor Meeting AUT Millennium Stadium Bruce Solomon

The 2nd NZMA Indoor Meeting was held at AUT Millennium on Sunday 24 July 2016.

The turnout was great, almost double over last year, and this can be contributed to the addition of Hurdles and Shot Put to Indoor, and 600m and 1,200m as outdoor events. WBOP Ladies where were you?

Great effort by Stephen Te Whaiti setting four new Indoor records for the M50 and Stephen Burden setting two records for the M55. Let's hope that these successes keep going and continue to improve at the World Champs Perth later this year. Also well done to Rob Lyle and Peter Crawford for setting one record each.

Masters Representatives from WBOP and their results were as follows:

50m

M40	Morgan Foster	6.40	
M40	Rob Lyle	7.09	
M50	Stephen Te Whaiti Record	6.88	
M50	Bruce Solomon	6.83	HT
M55	Stephen Burden	7.06	

50m Hurdles

M50	Stephen Te Whaiti	8.70	
-----	-------------------	------	--

Long Jump

M50	Stephen Te Whaiti	5.04	Record
M50	Bruce Solomon	4.64	
M55	Stephen Burden	5.11	Record

Triple Jump

M55	Stephen Burden Record	5.11	
-----	--------------------------	------	--

High Jump

M40	Rob Lyle Record	1.50	
M50	Stephen Te Whaiti Record	1.55	

Shot Put

M50	Stephen Te Whaiti Record	10.84	
M50	Bruce Solomon	10.24	
M70	Peter Crawford Record	11.22	

Full Meeting results can be viewed on the AMA Facebook page, link below:

[http://www.ama.org.nz/files/results/NZMA%20Indoor%20Meet%202016%20Results%20\[3328252\].pdf](http://www.ama.org.nz/files/results/NZMA%20Indoor%20Meet%202016%20Results%20[3328252].pdf)

Big thanks to all Committee, AMA Officials, Helpers and Athletes that attended the Meeting. It was a great success and highly enjoyed by all who attended. We look forward to next year.



Stephen Te Whaiti and Stephen Burden competing in the Long Jumps

Photos courtesy of Murray Free

WBOP Masters Uniform

Your committee has agreed to proceed with the production of a new uniform.(as below) This is darkish grey with lime green trim and logo (embroidered). It is from the same supplier as the ANZ Officials uniform.

A quote has been received which indicates that a price of \$35 per Singlet and \$40 per Tee Shirt will cover costs. They come in all sizes (Male & Female). We are able to subsidise the first item per member of WBOP Masters by \$10.

Please contact Fay Riley to place your order. 075769575 or email wbopmasters@xtra.co.nz

We would like to see all our members showing pride in their Centre and wearing this attractive singlet/tee shirt at all events. This will identify our relay teams.

Client: Athletics New Zealand
Date: 04/05/2016
Design #: Razor Singlet Design



Signature: _____

NOTE: Please check this Graphic Approval sheet carefully. These graphics on this sheet may not be true scale. On this sheet is approved and returned, this goes to print.

Client: Athletics New Zealand
Date: 04/05/2016
Design #: Razor T-Shirt Design



Signature: _____

NOTE: Please check this Graphic Approval sheet carefully. These graphics on this sheet may not be true scale. Once this sheet is approved and returned, this goes to print.

WBOP Masters Run/ Walk Hamilton Gardens Sunday 11 Sept. Judy Chandler and Craig Wilson


Such a stunning warm and sunny day at our Gardens. This time based at Hungerford Terrace entrance, to the left of Gardens up by the horse paddock near Cobham Drive, by the Cemetery. I hadn't been up there for a long time even though living only 2 kms away(not good)

Busy day there with boy scout Badgers Club meeting, youngsters with their ponies walking by now and then and even Pokemon Go followers.

Thank you Craig for setting up the three courses for the twelve of us and giving good directions.

Our Runners and Walkers at the start line

A 2km around up to and across the horse paddock, then down through the beautiful trees and around the cemetery back to base.

The 4km course – up past horse paddock down to Malcolm St and along our beautiful Hammond Bush board walk and bush pathways. Craig mentioned the beautiful Tui and native bush also the wonderful views of Pirongia also. Then back via Hudson St.



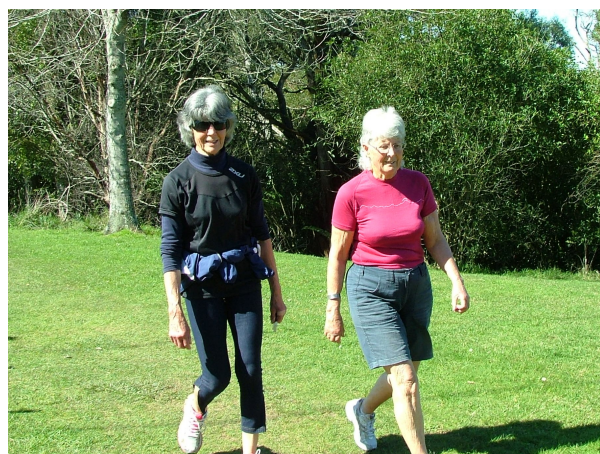
Tina Beckley with Murray Clarkson in 6 km run



Joan Mayall and Gail Dryland in full stride



New Masters visitor Berry Koppens



Judy Chandler with Fay Riley

Judy's Fudge Slice (Highly Recommended)

Two packets Griffins Super Wine Biscuits.
225 grams (8oz) margarine. (I use Flora) Can use butter if you prefer.
One cup brown sugar, 2 tablespoons cocoa, 2 eggs, vanilla

Add a few raisins or sultanas if desired. (not too many)
Crush biscuits in food processor, usually quite finely. Place margarine, sugar and cocoa in saucepan, or microwave, bring only just to the boil. Take off heat. Beat eggs in a bowl and stir gently into mixture. Add vanilla and mixture to the crushed biscuits and mix up really well. Press into greased tin and leave in fridge. Chocolate icing later when cooled down.

Important thing is just to bring the margarine to the boil. If you add the beaten eggs to too hot a mixture it will all go rough and lumpy.

It keeps well in fridge. (this recipe can easily be halved)



Stephen Burden and Stephen Te Whaiti



Peter Crawford



Garry Rawson, Mark Lett and Stephen Te Whaiti



Andy Richardson, Bruce Solomon and Garry Rawson

Members Update for 2016 year

We welcomed the following members since June.

Bruce Mathews, Dennis Madden, Gavin Smith, Brendan Gibbs and Jason Cameron

