

UP-FRONT

Editorial

By: Bryan Mayall

Welcome again to the first summer edition of our Up Front for the 2018-19 season. Some of you will be aware that this will be our 100th Edition and sadly this will be my second to last edition as Editor. I have done an article on the history of our Up Front in this edition. Well done to those Masters Athletes who have endured our exceptionally wet winter season. I am sure you will all be well prepared for another exciting Track and Field season with a full programme of events on the calendar.

Congratulations to our WBOP Masters Athletes who have performed so well in Malaga. A full report from Bruce Solomon will follow. For us couch potatoes there has been lots on the Sky Sports channels to keep us well and truly enthralled. I guess for me personally the drama of the recent U.S. Tennis Open would have to right up there with the early departure of some of the biggest names in the earlier rounds. Great to see

Novak Djokovic continue with his Wimbledon Success and beat Juan Martin del Potro coming back after a long injury layoff in an enthralling final. Also great to see the emergence of the relatively unknown Japanese girl Naomi Osaka win Japan's first ever grand slam title over her idol Serena Williams.

Finally all the very best for those Masters as you prepare for another track and field season. Also thanks to my contributors who have this edition possible

Coming Events 2018 - 2019

Oct 7 Combined with AWOP – Porritt
 Oct 14 – WBOP Masters Warm Up Meet.Day – Porritt- Free entry
 November 23- 25 North Island T & F Championships Wellington.
 Dec 9 Christmas Meeting – Combined with AWBOP – Porritt (Tga Track not available)

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

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Subscription Reminder

Subscriptions are now due for the 2017-18 season. Contact Fay Riley at murrayclarkson@xtra.co.nz for a membership form.

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WBOP Masters Annual General Meeting Bryan Mayall

This years AGM was held on 19 August 2018 at the Cambridge Athletic Clubrooms

Murray Clarkson our President welcomed the 16 members present and presented his annual presidents report-----

This is my final report, having indicated that I will no longer be continuing as President. Having filled this position for the last five years, I have endeavoured to represent our members at National, International, and local level to the best of my ability. Having tackled some controversial decisions I have not always been successful. I leave this position in good stead and wish my successor good luck. I will continue on as a committee member if required, to facilitate a smooth transition.

Membership: My concern has been the wording of the Memorandum of Understanding agreed to by our Board. Our membership has decreased as a result of this and the contact we have is very difficult as Centres do not have access or assistance from Athletics NZ. Our Board are now planning to join the on-line system of membership used by ANZ thus preventing us from having independent access to our members. It is therefore hard to see centres remaining viable & as a result of this the entire movement could crumble. Our only income would be from running local events

and hosting National/ North Is Track Championships. I note that Canterbury, one of the larger Centres is integrating with Athletics Canterbury for the next Nationals. I thank those loyal members who have contributed by subscription to keep our Centre going.

Local events: Over the last year it has been with great pride that I have been able to support and congratulate those who have put in time and effort to achieve some great results. We have combined a few of our events this last year due mainly to the unavailability of the Tauranga track. I would thank Athletics WBOP for their inclusion of Masters Athletes at their events. Hopefully their athletes got some inspiration from us and we in turn enjoyed the additional competition and friendship.

Representation: As a member of AWBOP Management committee I have been able to put Masters view-point forward and also assist with decisions of their committee. I thank them for this and hope that we can continue this contact. Unfortunately my endeavours at Board level did not sit well with some centres and I was therefore voted off as a member. It is interesting to note that they are now realising the consequence.

Finances: Although stretched this year, prudent management and donations have meant that we continue to break even. I note that over the last five yrs, we have not experienced a deficit. Back in 2000 we had \$8,000 in the bank and the trading loss that year was \$1,000. We currently have a \$40,000 bank balance. With ground and equipment charges increasing and a lack of subscription income, our healthy balance is going to be difficult to maintain unless there is a change to the M.O.U. apportioning some of the ANZ Masters subscription to Centres.

Winter Series: These were abandoned this year with a lack of time to organise and poor turn-outs at some of the events, I could not justify the cost and travel time to attend these. It is over to the new committee whether they wish to pursue these events.

General: Performances of our athletes and the friendships created makes for a very healthy, happy group and I would like to congratulate everyone for their willingness to assist with the running of our events. They don't just happen. WBOP Masters compares well with the other larger Centres and continues to be a cohesive group. It is with sincere regret that we have lost several members who have passed on. Our thoughts are with their families in adjusting to Life without them.

Finally, thank you to Fay for reminding me of the things I forget and keeping me on track. Also the Committee members who have contributed and assisted with running a successful Masters Group.

Annual Subscriptions

Fay recommended that the subscriptions remain at \$15.00 for WBOP Masters centre fee or \$75 for NZMA membership including Vetline magazine.



Election of Officers

President : Bruce Solomon
Vice---President : David Couper
Secretary (minutes only): Sheryl Gower
Secretary / treasurer: Fay Riley

Committee

Marion Clarke, Sheryl Gower ,Jill Sherburn, Murray Clarkson, Michelle Bitcheno

WBOP Masters Athlete of the Year

Murray Clarkson read out the name of the recipient of this award, the winner being BRUCE SOLOMON. Bruce has set two Oceania records, two NZ records and achieved numerous gold medals at championship events.

Committee Award Trophy

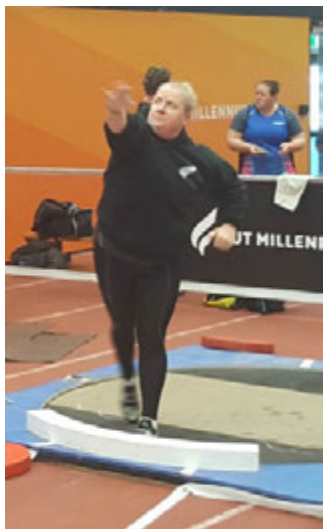
This year the trophy was awarded to Tania Hodges in recognition for all her help at all the WBOP Masters athletics meetings

NZMA Winter Indoor Meeting AUT Millennium Stadium Bruce Solomon

The 4th NZ Masters Indoor Champs was held over two days this year on 4th and 5th of August at the AUT Millennium. This was a great idea as it made it worthwhile for athletes to travel from out of town.

Special thanks to the Auckland region and officials that gave up their weekend to run the event and for putting together another well run tournament. Adding the extra outdoor throws was a good idea, just a pity about the rainy weather on day two. Complete contrast to day one.

WBOP had a good representation better than last year and it was good to see some female athletes from WBOP competing this year. WBOP set seven new NZM records so well done.



Brenda Davis

WBOP Indoor Results:

Women 50m SP
 W40 Michelle Bitcheno 12.84 7.18
 W45 Brenda Davis 10.04 NZMR
 W50 Tania Hodges 8.83 11.23 NZMR
 W70 Sheryl Gower 8.42 NZMR
 Men 50m 50mH LJ TJ HJ SP
 M40 Dave Couper 7.96 10.46
 M45 Glenn Boyd 8.23

M50 Stephen Te Whaiti 6.79 NZMR 8.82 NZMR 4.89 1.50
 M55 Bruce Solomon 6.96 NMZR 4.08 1.35 10.92 NZMR
 M55 Mark Gray 14.09 6.71
 NZMA = NZ Record
 * records subject to ratification

WBOP Outdoor results:

Women Hammer Weight
 W40 Michelle Bitcheno 29.35 8.81
 W45 Brenda Davis 33.19 12.73
 W50 Tania Hodges 34.40 11.37
 Men
 M40 Dave Couper 31.50 10.21

World Masters Athletic Championships Malaga Spain 4-16 September Bruce Solomon

What a fantastic experience for my first venture into the pinnacle event of every athlete's lifetime. During my senior athletics years, to attend an event of this size would be the Olympic Games and that was only a dream for me.

There is no selection process to attend the World Masters Champs with the only criteria being fit to compete and to self-fund yourself. By no means does this detract from the quality of competition that enter these events. Included in my M55 Decathlon field was a 1986 Olympics athlete. I was very pleased to be in Group A which included the top 16 athletes based on their points entered at registration.

The World Masters Champs event had more than 8,000 athletes from 101 different countries who competed at four different sports stadiums between 4 and 16 September.



Bruce competing in the 100m

The weather was typical Mediterranean weather with sun, rain but a lot of pleasant warmth. Oh yes, and a very strong wind down the 100m straight when we ran the 400m.

Was I nervous, stressed out or worried? Funny enough, not at all. I had more stress driving a hired car for two days, driving on the left (wrong) side of the road. Talking to a few other adventurous car hirers at breakfast, we could share a few stress stories.

In a positive way, the two car hire days were before my Decathlon, so the driving stress kept the competition stress at bay.

Setting goals

Like all master's athletes, I also set goals. I came into the competition ranked 15th out of the 41 entered, and my personal target was to come 8th and score 6,000 points. Split 3500points day 1 and 2500 points day 2. This would also break my NZ record set at Oceania in January.

Day One (my favourite day and personal highest points scoring day)

The Men's 55 Decathlon took place at the Torremolinos Stadium. The weather was warm, but there was a swirling wind which directed its attention head-on down the 100m straight when it came to the 400m.

After event three I was lying in third position, yes that's a Bronze medal at the Olympic Games of Masters athletics, but I knew that there were still seven more events to go. I just knew I had to do as best I could to create a lower target for day two. All was going to plan, but the strong headwind encountered during the 400m ended the day on a slight downer. 3361 points, but a good sixth position.

Day two (pole vault & hurdles, say no more)

The day was warm, and the wind had dropped. This suited all events and all athletes were in high spirits. What was also a bonus was our group only started at 3pm with our final 1500m event scheduled for 8.30pm.



The Decathlon Team

Other than huge confusion and lack of pole vault poles, the day ran well. I got over my life-threatening nervousness for pole vault, and actually managed a PB for hurdles and pole vault. Pole vault took much longer than expected, so we ended up running the 1500m at 10.30pm. I was lying in 8th position and needed a PB in the 1500m to get my 6000 points.

I followed the USA athlete (lying 4th and who was targeting 5.45min) He ended up beating me by 1 sec, so I was sure I had made my target. Unfortunately, he wasn't an accurate pace setter and his time was 6min. No ways do I blame this at all for not hitting my target, I gave it my all and left nothing in the tank. I finished 9th with 5955 points. 16 points behind 8th, or three sec too slow on the 1500m. But I did beat my NZ record.

Smiles, cheers and hugs all round. That's the nature and culture of Master's Athletics all over the world. New Facebook friends sharing photos and tips gained from Country Champions of their event from all over the world.

Our World Champion - Sheryl Gower "Go WBOP Masters" Bruce Solomon

Sheryl entered the W70 100m, 200m and 400m. This isn't unusual when entering the NZ Champs or even the Oceania Champs but entering the same three sprint events at a World Masters Championship is a different dimension.



Sheryl leading on the bend in 200m

Not only are you competing with the best in the World, but you are also having to qualify through the quarters, semis and all going well, compete in the final. The 100m was first up and was a straight semi-final. Reading the results Sheryl was hot favourite to win with a heat winning time of 15.89sec. The final was a nail biter with Sheryl time 16.65sec, SILVER by 6/100th of a second .

Post run analysis indicated the possibility of too much effort in the semi-final. Next up was the 200m. The semi-finals were taken with a better strategy and Sheryl qualified with a comfortable 2nd in her heat.

Race day, and I was fortunate to be there to witness a phenomenal race. While Murray and I were out shopping earlier, Sheryl was back at the hotel resting and focusing on the race ahead. Sheryl ran a fantastic 200m leading from start to finish. Coming around the 100m bend Sheryl was ahead by a metre with the rest of the group pushing hard.



It was close up to the 80m, but Sheryl kept her composure and won by over three meters. 33.58sec = GOLD Both the 100m and 200m had the same three athletes from New Zealand, Australia and South Africa winning but in a different order. Next up was the 400m

By now Sheryl certainly knew that you don't need to go flat out in the heats, you only need to qualify, in the process testing her supporters stress levels by coming third in her heat.

Race day was up, and Sheryl proved she had the endurance, 77.76sec = SILVER, but this time sharing the podium with Great Britain & Finland.

What a remarkable achievement. Well done Sheryl, I'm so happy that I could be there to witness at least one race.

Sheryl with her Gold Medal in 200m

NZMA Oceania Throws Pentathlon Challenge Sunday 16 September Marion Clarke

An early start for some Hamilton athletes but the day looked fine although cloudy. Being a Sunday traffic was light and the outlook looked good for a trip to Edgecumbe College for the 2018 NZMA Oceania



Due to the World Masters Athletic Champs in Malaga, Spain, some of the throwers were absent, however 13 Athletes from the Waikato-Bay of Plenty region took part.

Rene Otto and his helpers were all prepared and warmly welcomed everyone. Athletes caught up with the news of one another as some had not seen each other since the end of last season so there was a lot of laughter and chatter.

10am saw Tania Hodges, Dave Couper and Rene send the Hammer over 30m. Michelle Bitcheno wasn't far behind. It was good to see Bev Savage, Ray Laurie, and Peter Blackwood taking part again. Bev, after two seasons off with injury, Ray, after some health problems and Peter returning to the Bay of Plenty from Hawkes Bay.

What a great day it was. Afternoon tea was provided. A very big thank you to Rene and the Edgecumbe College Sporting Academy for hosting this event which was very much appreciated by all.

Results

Name	Age	Hammer	Shot	Discus	Javelin	Weight
Dave Couper	41	31.5	10.41	30.29	43.95	11.16
Rene Otto	51	35.36	9.88	36.13	18.29	12.19
Michelle Bitcheno	40	29.62	7.2	18.29	18.5	8.96
Bev Savage	72	26.11	7.46	18.4	13.39	9.9

Ian Clarke	48	27.42	8.21	25.64	33.65	7.87
Jill Sherburn	78	16.6	6.36	14.41	14.24	7.03
Marion Clarke	77	17.96	4.11	8.33	6.87	6.2
Marcia Petley	89	14.56	3.34	6.57	5.56	6.12
Annette Parlane	71	21.14	7.05	18.06	12.03	8.56
Ray Laurie	83	19.6	5.28	11.76	10.44	6.04
Tania Hodges	53	32.56	11.27	23.39	21.19	13.15
Noel Jones	80	11.98	6.35	16.18	11.52	6.06
Peter Blackwood	64	DNS	DNS	7.69	10.82	DNS

Photos Throwers Meeting Courtesy Ian Clarke**Bev Savage****Dave Couper****Marcia Petley****Rene Otto**

For further photos go onto WBOP Masters Facebook.

WELL DONE SALLY

A huge congratulations to our World Champion Sally Gibbs.

The below article is taken from the BOP Times 18 September.

Katikati athlete Sally Gibbs has firmly established herself as the best middle distance runner for her age in the world.

The 55-year-old vicar's wife is holidaying for a few weeks before returning home with three gold medals from the World Masters Athletics championships in Malaga, Spain.

Her trifecta of success began in the 10km road race on the first Sunday of the championships, September 9. Gibbs beat Sabine Hoffer of Austria by 12 seconds to win in 37 minutes 10 seconds.

Last Wednesday she cruised home in the women's 55-59 years 5000m in 17.46.52 to beat Fiona Matheson of Great Britain into second by 43 seconds.

Then this past Sunday, on the final day of the championships, she had her closest race of the week but still prevailed comfortably.

In the W55-59 1500m, Gibbs ran 4.54.96 to win by 8 seconds over Esther Pedrosa of Italy.

