

UP-FRONT

Editorial

By: Bryan Mayall

Welcome to our first winter edition of Up Front for the 2015 season. Unfortunately it has been another wet winter and as always brings challenges for those athletes doing the hard yards. Been so much to keep up with on the International sporting front with the success of the Black Caps taking all the Kudos. Their performance in the recent English tests was amazing and certainly kept us on the edge of the seats. The Kiwis have certainly hardened their attitude of never giving up.

Talking about never giving up I have just read (yes another book) this amazing book **Long Shots- The greatest Underdog stories on NZ Sport**. The book covers underdog stories of NZ athletes and teams from the 1928 to 2010 era. One story that captured my attention was about Billy Savidan who won gold in the

six miles at the Hamilton Ontario's British Empire Games in Canada in 1930. Billy didn't get confirmation of his selection until a few days before the ship sailed. It is a series of 25 stories of some of our greatest comeback triumphs in our proud sporting history.

Finally all the very best to our Masters Athletes who are competing at the WMA Athletic Champs at Lyon France from 4-16 August. All the very best to Marcia Petley, Kevin Bradley, Sally Gibbs, Hector Mein and Johan Van Zyl. Also to those Masters competing in the rest of the winter season programme. Also thanks to our contributors who have made this edition possible.

COMING EVENTS - 2015

July 12	WBOP Masters Run/Walk Hamilton Lake Innes Common Yacht Club.
July 18	WBOP Cross Country Champs Hamilton
August 9	WBOP Masters Run Whakatane Venue etc T.B.A
August 4-16	WMA Track and Field Champs Lyon France
September 13	WMBOP Masters Run Hamilton Gardens
September 27	Oceania Throws Pentathlon Edgecumbe College Details Rene Otto
October 5-9	OMA Champs Rarotonga
October 11	WBOP Warm Up Meeting – Porritt Stadium 12 Noon
November 15	WBOP Warm up Meeting Porritt Stadium 12 Noon
November 27-29	NZMA North Island Track and Field Champs Auckland
December 13	WBOP Masters Christmas Meeting Tauranga

2016

January 16-17	WBOP Masters Champs Tauranga
March 13	WBOP Masters Trophy Day Porritt Stadium 12 Noon

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Annual General Meeting Reminder

The Annual General Meeting of the WBOP Masters Athletics will be held on Sunday 16 August at the Cambridge Athletic clubrooms at 1.00 pm

At the conclusion of the AGM the Wynn Abel Trophy for the Waikato Masters Athlete of the year will be presented. Afternoon tea will follow.

WBOP Masters Athlete of the Year Nominations

Members be reminded to get your nominations to Marcia Petley by 1 July

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Presidents Report

Murray Clarkson

Welcome to another addition of Upfront. I hope everyone is able to access these newsletters and appreciate being let know what is happening and the odd point of interest. Bryan Mayall does a good job in chasing us up and printing topics of interest.

We note with sadness the recent passing of Murray McRae, a stalwart of the Whakatane Club. Murray was a fine competitor and administrator and will be sadly missed. We send our condolences to Family, fellow Masters and friends.

Winter events have started and although low key and small numbers, those who have been attending have appreciated going to different places or areas of the same place. McLaren Falls run / walk in April showed us the autumn spectacle this park is renowned for. Pauline Purser was able to come along and enjoy our company. It was great to see her back.

Karyn McCready hosted the May meeting in Rotorua and it was a surprise to all of us that Rotorua had such a wonderful leisure park hidden on the doorstep of the city and free to all to meander, walk and run. The area was challenging enough to get a good work-out and enjoy the hospitality afterwards. Thank you Karyn.

Events coming up are – Cross Country day at Waipuna on 14th June, Hamilton 12 July, Whakatane 9 August, & Hamilton again 13 Sept. Try and make it if you can. You will not be disappointed.

Oceania entries are now on-line for Rarotonga. I am seeking clarification on how manual entries can be made as the others are in Australian dollars.

Our membership needs a boost for next financial year as we do not have a local major event to draw back in the fringe members. Pamphlets are available to assist in creating interest. Please see a committee member if you can distribute some of these.

A review of the subscriptions and alliance with Athletics New Zealand is taking place and we should have some idea of the structure next year. This has already taken place for the Athletic clubs.

Congratulations to Marcia Petley. It has been a while coming but her Queens Birthday award is no less warranted. We would be lost without her knowledge, work-rate and advice.

To all members, keep fit, well, and venture out to our winter meetings. No pressure to perform as walking allows conversation and observance of nature around you. All we ask is a small plate of goodies for the cuppa which follows.

A venue for the winter throws event has not been established and we may have to combine with Auckland this year because of the proximity to the Oceania Champs event.

Keep active and out of the comfort-zone (Fireside Chair)

Australian Masters T&F Champs Bankstown Sydney 3-6 April 2015 Stephen Burden

After posting some good performances at the NZMA T & F Champs in Tauranga, I felt the need to keep competing and entered the AMA T & F Champs (it felt as though the season had ended before it really got going; maybe due to the fact that we had been without our all-weather track at Porritt, which was out of action for three months undergoing resurfacing). I had competed at two World Masters Games in Australia (Melbourne, 2002 & Sydney, 2009) but never at the AMA Champs. When the entries closed, AMA reported that 667 athletes had entered with only 19 from overseas.



Due to work commitments, I was only able to fly over on Thursday evening. The flight went well and I made it safely to my hotel in Bankstown. What should have been a good, solid sleep was disturbed by a crying, screaming child in the room next door... Not the best preparation for competition. After breakfast on Friday morning, I drove to the track in Bankstown.

Everyone, even the Australians, was surprised that the Championships were being held here and not at Sydney's Olympic Park. However, the Bankstown track had recently been resurfaced and Olympic Park was unavailable due to the Easter Show. The day was cool and cloudy, with a hint of drizzle but no wind.

Stephen battling with his Aussie Competitors in 100m

After collecting my numbers (no bag, which was unusual), I warmed up on a big field next to the track. My first event was the long jump. I knew a couple of my competitors (who had jumped against me at the Pan Pacific Games and Oceania Champs), so it didn't feel too "foreign". My jumping went well, with only one NJ and managed to win by a clear margin. During the medal ceremony (very efficiently done straight after the event's completion), the Aussies had "a go at me" saying that I had the Gold medal but NZ didn't have the World Cup (referring to the Cricket).

After a short break, I ran in the 60m final. Some of the age groups had required heats, but I was glad to have had a straight final [very handy to have a track with 100m straight and 10 lanes]. Despite a nervous, slow start, I got into my running, finished well with a good dip and headed off the Aussies by 0.01s (into a light headwind). I was delighted to win, as the short sprint is not one of my main events.

More banter at the medal ceremony – I think the Aussies were now irritated by a New Zealander "pinching their medals". A few competitors withdrew from the 100m, which meant another straight final later in the day. I went back to the hotel to try and rest after my disturbed night. Too much adrenalin and excitement after my morning's events resulted in some rest but no sleep.

I returned to the track in the late afternoon for the 100m final. The weather had turned cold, rainy with a headwind (not my favourite). I did some warm-up activities and light drills; then joined the masses huddled under the shade cloth sails at the start of the 100m straight, trying to stay dry. Shade cloth probably does a good job to help athletes stay cool on hot days, but it didn't keep the rain off. The time dragged as we waited for our event (some paperwork issues around lane draws).

When we got going, I had a much better start than in the 60m. Rob Maystone (the Champion of Champions from 2014) powered past me after 30m and I had a terrific tussle with Trevor Young who managed to beat me by 0.02s. I had felt a slight "pull" in my right quad at the 60-70m mark; probably due to an inadequate warm-up for the conditions.



Stephen in a narrow win in the 60m

Sure enough, the skies cleared and the sun came out. I used some kinesiotape along my thigh and had a good warm-up, before checking my run-up for the Triple Jump. I had a great series of jumps and managed to break my NZ age-group TJ record (set in Nov 2014) by 21cm.

So, a great way to end the season. My focus now will be on the 2016/17 season, with six months of great competition – World Masters T & F Champs in Perth (Oct/Nov 2016 ; North Island Champs; NZMA T & F Champs and World Masters Games in Auckland Apr 2017). It was super to see Kevin Bradley take Gold in the Hammer Throw and Bronze in the Weight Pentathlon; while a number of other NZ competitors came away with medals too (full results on the web or in the next Vetline).

However, I was happy to collect another medal - wow, two Gold and one Bronze from day one! Back at the hotel, I did some recovery in the hot and cold pools, before going out to the Three Swallows pub (only place we went with Kathleen from Sydney and Jim from Perth) found open on Good Friday for a nice steak at a reasonable price.

Back at the Hotel and despite a complaint to Management, the child next door screamed and cried until 11.40pm (child was sick and the hotel was full, so couldn't move me). On Saturday, I was due to compete in the 200m. My quad had stiffened up; the weather was even colder and wetter than the day before, with a strong headwind, so I scratched. Another dinner at the Three Swallows, followed by a better night's sleep and the promise of fairer weather for Sunday.

Rotorua Winter Run Sunday 17 May

Bruce Solomon

Weather wise, we could not have asked for a better Sunday afternoon and what a beautiful setting the Tree Trust at Tihi-Otonga is. Thanks to Karyn McCready for organising the run.

Unfortunately there was a poor turnout which is a pity. Those that did attend had the opportunity to run through some of the most beautiful Autumn tree groves which certainly took your mind off the many up-hills that we encountered along the run. We really encourage more members to make the effort to come and meet, run and share some running experiences. Especially when we are running at a venue in your town.



Picturesque view of the trail

The Winter runs are fun runs and all members and their families and friends (even if they are not members), are invited to come out and enjoy the afternoon with us. We have a run every month, and we arrange them in a different town each month so members close by can join us.

There are no entry fees. There is always tea, coffee and bring a plate after the run, so don't be scared to work up an appetite.

Hope to see you at the next event. For more info, please check the NZ Masters website, or contact us.

Congratulations to Marcia Petley

Our congratulations go to Marcia who was made a Member of the New Zealand Order of Merit in the recent Queens Birthday Awards.

Marcia's achievements have been well documented over the years for her outstanding service to Masters Athletics, Athletics New Zealand and the Lodge Frankton Athletic Club. Also making time to compete at a very high level winning several medals at National level, Oceania Games and World Masters events.

Marcia's achievements were also recognised by in the recent weekly round up from Athletics New Zealand.

This is a copy of the Citation to Marcia

Marcia Petley of Hamilton for services to athletics. She is heavily involved with Masters Athletics, having served on the board of New Zealand Masters since 1994 and represented New Zealand at the World Masters Congress. She was a founding member and secretary of the Frankton Amateur Athletic Club in 1964. She has been a competitor at Masters Athletic Championships since 1980 and won medals at world masters and Oceania Masters Championships. She is a member of the team that holds the world masters record for W75 4 x 400m relay.

Tribute to Murray McRae from the Whakatane Athletic and Harrier Club Colin Stringfellow

Born 5th Nov 1922 Died 30th May 2015

Married to Jewel for 67 years and has two sons Neil and Evan.

Whakatane Athletic and Harrier Club is mourning the passing of a long-standing club member and past President, Murray McRae.



Murray was very much a community man. Even before he began his life with the Whakatane Athletic & Harrier Club Murray was involved in the Otakiri Athletic Club, Edgecumbe Kindergarten, Edgecumbe Cosmopolitan Club and the Edgecumbe Fire Brigade on which he served for more than 45 years. His time with the Otakiri Athletic Club saw him involved with the children's section during both the week, and also weekends, organising participants for the local Ribbon Day events.

Murray later moved on to the Whakatane Athletic & Harrier Club. He was a keen club runner but additionally played a major part in the early 1970's supporting Ann & Ron Jones with the formation of the Whakatane Marathon Clinic. Murray also supported the introduction of the Joggers Club and was instrumental as Chairman of the local organising committee in hosting the very successful NZ Road Championships held in Whakatane in October 1980. Murray was Club President for 10 years and a member of the committee for over 30 years. He worked tirelessly behind the scenes without any fuss, and in the process helped everyone around him.

His work in establishing the Whakatane club's well-known flagship event, the Toi Challenge, as an organiser and helper over many years, has greatly contributed to the on-going success of the popular run.

Murray giving his speech at his 91st Birthday

Murray's work ethics were second to none and his attention to detail is evident in the way that the Club Constitution, weekly harrier event Manual, Toi Challenge/Triple Iron Event and other documentation were clear and concise. These references will long endure as invaluable assets.

Murray was also a great dabbler in making all those essential little things such as measuring stakes, field markers, tents, tables, signage, storage boxes, brochure racks, cutlery and utensil cases and more. His efforts ensure the club functions as efficiently as possible.

Additionally, his work in improving the track surface on his beloved Birdwalk Loop were widely appreciated and recognised.

Although Murray was more a social runner, albeit with a number of marathons under his belt, he always wanted to get the best out of people who ran with him. Murray was an inspirer, encourager, mentor and 'bloody good bloke' who was equally happy to enjoy a good cup of tea or a beer after a Club Run.

In his later years Murray was a constant attendee and helper at club meetings and many a runner will remember Murray in his familiar role of handing out the numbered tags at the finishing line. His helpful advice arising from his lengthy running experiences, together with his kind and friendly conversational ability will be sorely missed.

Note from Editor: Murray along with his wife Jewel were also long standing valued members of the Masters Athletics from approx. 1985 to at least 1993. Murray competed in the 1500m to the Half Marathon in many NZ Masters and Oceania Championships.

Beyond the Comfort Zone Bruce Clarke

I believe and we would all agree, that belonging and participating in athletics is something really special. If it wasn't we would not be doing it that's for sure. The camaraderie between athletes is great but it goes further than that. No matter how young, old or experienced there is something new to learn and a way of doing things. Track training and field throwing techniques etc and most importantly, participating outside of our "comfort zone". The "comfort zone" is the limited boundary we set ourselves within, when we are competing whether running or throwing or both.

There are many occasions when our "comfort zone" is challenged during competition in events such as relays, pentathlons, WBOP v Auckland Challenge, Putaruru Bell, Trophy Day and others. These events have a restricted limit of only four disciplines per athlete and a limited mix of throwing and running. Because of this to participate, unless we are all rounders or multi talented, our "comfort zone" is seriously questioned!!

It is so important to meet the challenge. It improves our skill level and prepares us for the 'rainy day' and adds to our sporting bow. The 'rainy day' is when we become injured and perhaps can't run any more but we could always perhaps, do the throws. Likewise the athletes that just do throws, could always perhaps, do running or walks.
 TRY IT!! DO IT!! I promise you it really works

Note from the Editor : I totally concur with Bruce on this one. Maybe the reason why we now have more of our Masters taking part in field events. Many like myself can no longer run and need to retrain our bodies to the rigors of field events.

WBOP Masters Cross Country Day Tauranga 14 June Bruce Clarke

Yet another very successful event at the popular venue. 25 male/female athletes participated. Unfortunately Brendon Magill in the 6k run had to pull out through injury, likewise Eric de Lautour (90+), perhaps found the course a bridge too far and DNF. But what an amazing man he is and has a record in cross country racing over many years that we others just dream of achieving.

Women 3k run: (6 starters) Fastest time was newcomer Tina Beckley (45) 15.55m but on net time finished third. First placing on net time went to Marcia Petley (86) 13.10 followed by Linda Reynolds (49) 14.16. Although not in the placings, Karina Meyers (47) Karen Smith (62) and Sheryl Gower (67) did really well within the "comfort zone"

Combined 3k walk: (2 men 2 women) First placing went to Bruce Clarke (77) at 25.37 with a net time of 16.59. Bruce had been training hard in recent weeks and showed good strength on the hill sections which made the difference. Barbara Allen (66) net time 19.31 was second followed by Bernie Allen (68), Marion Clarke (77).

Men 6k run: (15 starters) Fastest time was John Caie (49) 25.10 but only sixth on net time of 22.39. First on net time was Dennis Madden (64) 21.32 followed by Stu Smith (61) 21.34. Third was Murray Clarkson (68) 21.44.

Teams Cross Country Trophy : Went to Frankton for the 3rd successive year. Craig Wilson, Ian Clarke, Sheryl Gower, Marcia Petley.

The course was surprisingly dry but mushy in some places with all the windfall leaves and those two hills are just as steep as ever. Prize giving and afternoon tea were real gems. Everyone enjoys Fay's soups. Unanimous vote again to host at the same venue next year.

RESULTS

Womens 3k Run

Place	Name	Time	Age	Net Time	Net Place
1	Tina Beckley	15.55	45	14.32	3
2	Linda Reynolds	16.12	49	14.16	2
3	Karina Meyers	17.09	47	15.23	5
4	Karen Smith	19.04	62	14.43	4
5	Sheryl Gower	21.59	67	15.57	6
6	Marcia Petley	25.44	86	13.10	1

Combined 3k Walk

1	Bruce Clarke	25.37	77	16.59	1
2	Barbara Allen	26.29	66	19.31	2
3	Bernie Allen	29.20	68	21.38	3
4	Marion Clarke	31.28	74	33.52	4

Men 6k Run

1	John Caie	25.10	49	22.39	6
2	Stu Smith	26.35	61	21.3	2
3	Barry Watson	26.41	60	21.51	4
4	Craig Wilson	27.36	52	24.15	8
5	Dennis Madden	28.00	64	21.32	1
6	Peter Kennedy	28.12	61	22.12	5
7	Murray Clarkson	28.57	68	21.44	3
8	Gerry Meyers	29.41	59	24.32	9
9	Bruce Solomon	30.28	52	26.46	10
10	Ian Clarke	31.34	45	29.17	11
11	Robert McPherson	32.02	73	22.42	7
12	Paul Taylor	38.29	64	38.29	12
13	Hector Mein	1.02.19	85	36.11	13

Brendan Magill DNF Eric de Lautour DNF

Teams Cross Country Trophy

Frankton Craig Wilson, Ian Clarke, Sheryl Gower, Marcia Petley.



