

UP-FRONT

Editorial

By: Bryan Mayall

Welcome to the first winter edition of our Up Front. Well done to our Masters who are doing the hard yards in this very wintry season. Also congratulations to all those Masters who distinguished themselves at Daegu and Auckland over the past months. These two major events are covered in this copy.

Wow what a smorgasbord month of sport we are having for those TV couch potatoes. Sporting fans can watch the excitement of the British and Irish Lions tour and the America's Cup action at Bermuda. We have so far witnessed some breathtaking action at Bermuda with very exciting action

I am sure we are all behind Emirates Team New Zealand as they endeavour to nail their early advantage and get the job done. I hope to have a full review of all the action at Bermuda from a special report from Malcolm Clark who has been ringside at Bermuda for the September edition.

We have some very interesting articles for you this month. A big thank you to my contributors who have made this edition possible. I urge all members to show your support for this years AGM and show your support for this great sport that we participate in. Finally all the best to all Masters who will be competing in off the track events over the winter season.

Coming Events 2017

July 9	WBOP Masters Meet.	Hamilton Gardens.
August 6	WBOP Masters Meet	McLaren Falls Tauranga.
August 20	AMA Masters Indoor Meet.	AUT Millennium Stadium
August 27	WBOP Masters AGM 1 pm	Cambridge
September 24	Oceania Throwers Meet.	Edgumbe.
November 24-26	NZMA North Island Championships	- Inglewood

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

Presidents Report
Murray Clarkson

The summer season having closed and reported in our last issue, there have been two winter meets at Whakatane and Tauranga which are reported on separately together with the Masters Games in Auckland and the Rotorua Marathon along with the other "stand-alone" events.

Masters Games

There were many athletes taking part in this event and many of the athletes were not affiliated members of NZMA. We need to encourage these people to join (or re-join) our Centre and enjoy participating with us. Although some of our regulars broke existing records, at time of writing the NZMA Board have deemed these not acceptable. I understand that this is to be re-considered at their next board meeting at the request of members. Let's hope they stand by their original decision and not open up records to any event.

New Members - Before next Summer season, contact needs to be made with those Masters athletes who have become NZMA members through the NZMA/ANZ agreement inviting them to join our Centre. Our paid membership took a minor dip with this concession but most remained loyal to our cause. We know of several who are awaiting our new subscription year to join.

I thank those who assisted over the summer producing friendly competition and making the Centre a successful entity. Let's all make our new "strip" an identity and gear up for another successful season. Keep warm and active .

Please support our Sponsors
Hamilton Pharmacy
For All Sporting Needs and Prescriptions

750 Victoria Street, Hamilton
Phone 834 3444 – (opp Les Mills Gym)

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

**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

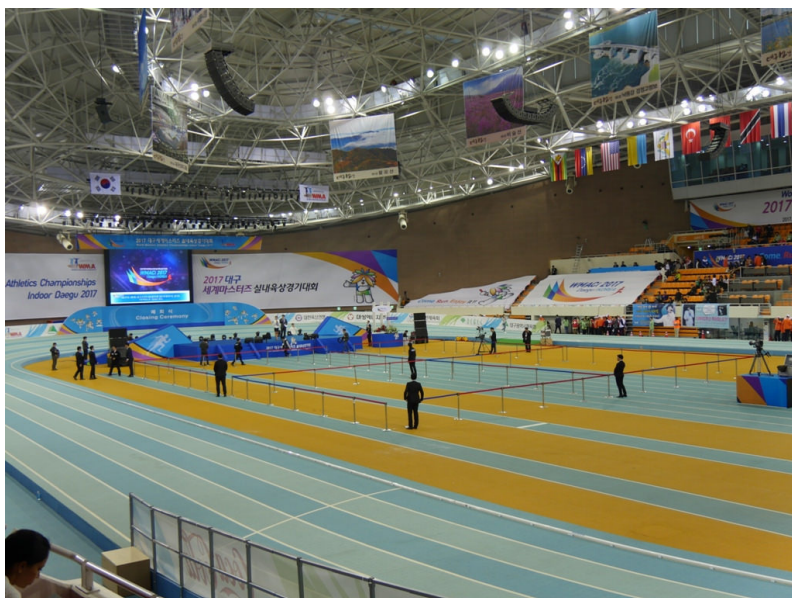
World Indoor Masters Championships Daegu 19 – 25 March 17 Stephen TeWhaiti

The venue was Daegu, South Korea. This was a delightful city with terrific infrastructure on the transport front. The underground trains and topside buses enabled the people to travel easily from place to place. The hospitality shown by the South Koreans was also excellent, along with the clear guidance through signage and helpful people at various underground stations and bus stops.

The 19 New Zealand competitors were mostly staying at the same Hotel. I had the privilege of rooming with Roy Skuse - travel agent extra-ordinaire. My first event was the 60metre flat race. This was a good hit out and after

making it through to the semi-final it acted as a great tune up for the main event for me - the Pentathlon. Once a multi- eventer, always a multi eventer.

Over 30 competitors were reduced to 19 starters. On a very cold morning, Wan Bax from the Netherlands set a very high bar and scored 800 points with his 9 second 60 metre hurdles race. This took place in the main stadium so was a little warmer than outside. We were all gathered together after the hurdles and marched off to the second indoor stadium a short distance away.



General View of Stadium

The long jump and shot put went smoothly, though the two Japanese competitors struggled in the shot. This wasn't to last long though as in the high jump they both flew over 1.70. Another American also jumped well and told a great story of how he arrived at having a synthetic Achilles' tendon. Originally a ballet dancer, he then moved into the high jump, jumping 2.20. He finally arrived in the multi-event circuit and enjoyed the versatility it offers. The last event was held back in the main stadium - the 1 km was five laps of the 200m track and began at a sprint, then easing back into a strong pace followed by a furious finish. A 4th placing here meant I ended up 6th overall, which I was happy with.

The following two days involved the hurdles for me, and reaching the semi-finals again with a PB was more than I could ask for. The NZ team racked up a fine set of results for the 19 who competed.

World Indoor Masters Champs Daegu Cross Country Report - Michael Wray

My thanks to Michael Wray for supplying this report on Jason Cameron's events at Daegu. Also to Sharon Wray for supplying the Photos.

After enjoying his time at the summer World Masters Athletics Track & Field Champs in Perth 2016, Jason Cameron went to Daegu, Korea to take part in the winter World Masters Athletics Track & Field Champs Indoors.

It's called Indoors, but it is only primarily an indoor championship. There are two outdoor events for runners, one outdoor event for walkers and two outdoor events for throwers. Jason kicked off his championship with an outdoor event: the cross country.



The cross country course was not challenging from a technical perspective. Set up around a small golf course, the grass was short and there were no hills or obstacles. Aside from stretches of sand and large gravel chunks, the main challenge came with negotiating five hairpin turns and a few right-angled corners per lap. With four laps, that's a lot of switchbacks.

In the initial kilometre, Jason found himself in a lead bunch of three. Together with a runner from Kazakhstan and another from Spain, it was a tight pack. Not far behind was another Spanish runner, himself trailed by a chasing group with even more Spanish athletes.

Jason with Gold Medal in 8 km Cross Country

By the end of the first lap, the race pattern was set. Jason and Yevgeniy Medvednikov from Kazakhstan were clear at the front, while their Spanish friend Albert Albareda had fallen back but was staying a long way ahead of fourth.

Jason and Yevgeniy remained shoulder to shoulder, each taking turns to test the other, until a kilometre from the finish. At this time, Jason raised the tempo and Yevgeniy gradually fell away. With a finishing time of 27:45 over the 8km course, Jason claimed the win by six seconds, over 90 seconds in front of third.

A few days later the 3000m took place. On an indoor track, this means 15 laps. The track is cambered, with the bends particularly pronounced. Again Jason found himself in an early leading pack of three, in the company of Frederic Gilbert from France and Musa Gwanzura from Zimbabwe. The Frenchman soon turned up the pace and Jason went after him, leaving Musa behind. It was to no avail, as Frederic soon pushed himself into a large lead and before the first half kilometre was up Musa surged ahead of Jason to chase Frederic.



Musa got close to the Frenchman but Jason was now left stranded, well behind second and well ahead of fourth. Frederic gradually stretched the lead out and eventually won in 8:46, with Musa finishing in 9:00. Albert Albareda, the Spaniard who had finished third in the cross country, tried to pressure Jason but there was never any threat and with a finishing time of 9:37, the bronze was safe by 12 seconds.

Jason winning the Cross Country

On the final day of competition, Jason ran the 1500m. American Peter Brady set the early pace in a large pack that included the first two from the 3000m as well as Jason and three others. When Musa set out to the front, the pack started to string out in single file. Jason and the Czech Robert Cepek were the first to fall off the back of the train. Jason and Robert soon began to duel between themselves, while the race ahead dropped Musa and then a Spaniard. It set up an exciting finish as Irishman Mark O'Shea used the finishing straight to overtake Brady and then out-dipped

Frederic to win in a photo finish. The first three had finished in 4:07.44, 4:07.54 and 4:07.80. Jason was forced to settle for seventh in 4:25.37.



The Champs were wrapped up with some fun in the 4x200m Relay in a team of three longer distance runners (Jason, M50 Michael Wray, M60 Tony Price), all of whom leg-weary from racing that day, and a walker (M40 Greg Cross) who fancied a run. Suffice to say, much laughter was had and the real sprinters did not know what to make of the underdogs who were soon adopted by the crowd as their favourites. The underdogs came last by 23 seconds in their heat, six seconds slower than the last team in the other heat. Technically, however, it was only second last... the German team was disqualified!

Jason in 3000m Run

World Masters Games Auckland April 2017 Track Report Bruce Solomon

Since 1985 the IMGA together with games organizing committees have organized eight World Masters Games. The IMGA was proud to have Auckland as the 9th WMG from April 21st to 30th, 2017. The Kansai Region in Japan will host the 10th edition of the World Masters Games in spring 2021.

WMG Auckland 2017 was my first experience competing against International athletes. Overall I managed to achieve Five Silver medals, 100m, 200m, 400m, 4 x 100m and 4 x 400m relay. What an experience, and what fantastic

weather. In my last two years, I haven't managed to run a 200m sprint event with a positive wind assist. This reflected in my season best times in both the 200m (25.14sec) and 400m (57.57sec).

Paul Daborn started the competition with a relaxed and easy 400m Hurdles semi-final win 1.08.04sec. He looked the part of not only winning the Gold in the final, but also beating the existing NZ National record. The final got under way, and Paul was off to a good start closely challenged by Satoshi Tsunemi from Japan.

Unfortunately, Paul clipped the hurdle before entering the 100m home straight, and shoulder/face planted into the track. Satoshi Tsunemi finishing in a great time of 1.00.98sec winning the Gold medal and Paul taking home a broken shoulder and black eye with stitches.



Stephen Burden achieved the full house of medals;
Gold 100m, Silver – Triple Jump, Bronze – Long Jump

Other track results included.

Aaron Jack 100m - 14.42sec, 400m – 1.07.56sec

Hector Mein 100m – 23.77sec

The WBOP women were the flag bearers of Gold medals. Marcia Petley, Julia Lile and Sheryl Gower all achieving Gold medals.

Marcia Petley	100m	24.34	200m	54.4
Julia Lile	100m	14.11	200m	28.75
Sheryl Gower	100m	16.11	200m	33.01

At time of writing this report, the results page had been removed from the WMG 2017 website so apologies to any other WBOP Masters track athletes that competed and attended that I haven't mentioned.

Bruce Solomon and Barros van Hovell (Chile) in 200m final

Further Results

Dave Couper	Weight	Gold	11.13m	Weight Pentathlon	Silver	2761pts
-------------	--------	------	--------	-------------------	--------	---------

Tania Hodges	Shot	Bronze	10.49m	Hammer	7th	28.84m
--------------	------	--------	--------	--------	-----	--------

Weight Pentathlon	6th	2723pts
-------------------	-----	---------

Karen Petley	8km Crosscountry	4th	39.25.2
--------------	------------------	-----	---------

World Masters Games - Throws Report

David Couper

The training was done, the bags packed and it was time for the Waikato Bay of Plenty Throwers to strut their stuff at the World Masters Games.

Day One of the Track and Field was Sunday 23rd April at the Trusts Stadium out west. In a world beautiful.

First up, Dave Couper in the M40 Hammer and then 15mins later the Javelin. A season best of 35.80m in the hammer was enough to secure the Silver and 45.81m in the Javelin had the same result. Rene Otto also had the Hammer later that day, in the very competitive M50 age group. With a best throw of 36.36m he managed to hold onto the Bronze. His beaming smile was a testament to how happy he was. Bruce Solomon made a cameo appearance in the M50 Javelin. 37.47m saw him come in seventh place before he rushed off to one of the many other events he was doing that week.

Day Two saw our women off to AUT Millennium for the Weight Throw. The evergreen Marcia Petley won gold with a best of 6.01m. Tania Hodges completing her first full season of athletics resumed her season long ding dong battle with Auckland's Tina Ryan. The W50 age group was stacked with some very talented athletes. 11.27m saw Tania finish in 5th, just pipped by Tina. Brenda Davis continued her stellar season in the W45. 11.59m securing Brenda her first Bronze of the meet.

Another new comer in Michelle Bitcheno continued going from strength to strength. A PB of 8.83m gaining her a Bronze as well. Back over at Trusts, Dave, Rene and Bruce lined up for the Discus and Peter Crawford started his campaign with the M70 Javelin. 30.97m from Peter saw the Bronze coming his way. Dave finished fourth. The M50 Discus was a spectacle! Bruce with a standing throw of 35.47m came in 5th. After a steady start Rene unleashed a couple of monsters in the later rounds. A PB of 40.62m saw a very happy man and another Bronze medal around his neck.

ANZAC day saw the men in the Shotput and women apart from Tania in the Hammer. Marcia had to settle for a Silver with a throw of 15.59m. Brenda was able to hold on to the Bronze in a tight competition, prevailing with 35.13m. Michelle with yet another PB of 26.78m was able to get up for the Silver.



Dave Couper with his Gold Medal in M40 Weight Throw (photo Rene Otto)

Back over at Trusts and it was a busy day for Brenda. A big throw in the closing rounds saw her sneak away with the Gold in the Javelin. Then it was on to the Shotput where 9.75m saw Brenda win yet another Bronze and finally off to the Discus for a fourth place with 27.91.

Michelle had both the Discus and the Shotput. A solid outing for a pair of fifth placings. Tania's day consisted of the Discus and Javelin. A few flat no throws in the Javelin resulted in a safe 18.14m for 6th. While in a very competitive Discus, 24.18m was good enough for another sixth placing.



Happy group of women's Weight Throwers (photo Michelle Bitcheno)

Over in the Shotput circles, Dave managed to come away with the Bronze while Peter won the Silver with an excellent put of 12.10m (just over the current NZ record). The highlight of the day was the M50 Shot. Quite a crowd gathered for the spectacle and were not disappointed. Auckland's Laini Inivale "dropped a bomb" in the first round. The massive put of 14.63m proved to be unassailable. Rene held his own in the competition, a solid 10.43m netting him 7th place.

Day Four saw Dave and Rene off to AUT Millennium for their turn at the Weight Throw. In a tight event, Dave was able to win the Gold with a throw of 11.13m. Rene with 13.36m was fifth.

Dave got to watch the sunrise on Day five at AUT Millennium. There for an early start of 8:30am for the Throws Pentathlon. Rene followed shortly after. A few hours later after a testing time of revisiting all the throws again.

Dave came away with the Silver and a new PB of 2761. While Rene with a score of 2738 took out the Bronze. Over at Trusts, Tania was finishing up the last of the individual events for the Women. Success! A put of 10.49m saw her take out the Bronze. A decent throw of 28.84m in the Hammer was only enough for 7th, which just shows the class of that field.



Friday saw the final day for our throwers. Peter was in the Discus where a long throw of 37.77m saw him take out the Bronze. Brenda, Tania and Michelle were over at AUT Millennium for their turn at the Throws Pentathlon. Michelle was throwing more PB's in the Hammer and ended the day with a PB of 1951 and a shiny Silver medal.

Brenda added to her swag of Bronze medals. A score of 2999 bringing number four. Tania had a bit of fouling trouble in the Hammer and in the end had to go with a safe throw to get the points rolling. She recovered to finish the day with 2723 and sixth place.

Dave competing at dawn at AUT Millennium Stadium

All in all it was a successful week for the throwing crew and a great end to the season. I look forward to seeing you all again after a hardy winter of training. On behalf of all the throwers I would like to wish Paul Daborn a speedy recovery. We hope to see you running circles around us again soon.

WBOP Masters Cross Country Day Whakatane 13 May Murray Clarkson

Our First Winter outing was hosted by the Whakatane Harrier Club in a new suburban area called Coastlands.

As usual, they turned on a great day with many assistants and a difficult all off- road course. The under-foot conditions were firm but uneven making the undulating course technically challenging.

Four Masters from Tauranga attended and were greeted and hosted well. Almost 80 entrants including local Masters, vied for their local challenge points series. The weather remained fine but with a brisk side wind on the course. A generous afternoon tea and chat concluded the day. Thank you Whakatane for having us.

WBOP Masters Cross Country Day Waipuna Park Sunday 11 June Fay Riley



Considering the number of apologies received we had a pleasing number of competitors turn up. It was a fabulously fine day for friendly rivalry.

Conditions under-foot were firm despite the course having been cut up the previous week by schools competition and the Tauranga Open event.

As usual the Friendly Masters atmosphere prevailed and was supported by Merit and spot prizes, a great afternoon tea of hot soup and goodies. A big thank you to those who helped both with the course and in the kitchen. We appreciate the support from those from Frankton and Whakatane who made the effort to travel to Tauranga.

It was agreed to continue this event next year at the same venue.

Andrea Neal, Tina Bexley and Bruce Solomon in 3 km run (Photo Fay Smith)

Results
Combined 3 k Run

Place	Name	Time	Age	Net Time	Net Place
1	Andrea Neal	13.36	29	13.36	1
2	Bruce Solomon	15.36	54		
3	Tina Beckley	17.06	47	15.20	3
4	Karen Smith	19.14	64	14.30	2
5	Linda Reynolds	21.05	51	18.14	4

Combined 3k Walk

1	Barbara Allen	27.15	68	19.38	1
2	Robyn Winter	39.39	67	28.54	2

Men 6k Run

1	Gavin Smith	25.34	64	20.08	1
2	Craig Wilson	26.27	54	22.52	5
3	Barry Watson	26.33	62	21.35	2
4	Stu Smith	28.31	63	22.48	4
5	Murray Clarkson	29.23	70	21.38	3
6	Ron Price	39.37	74	27.49	6

Teams Crosscountry Trophy
No Qualifying team



Craig Wilson shows hurdling skills



Gavin Smith hurdling in style

Photos World Masters Games


Stephen Burden with his Gold Medal



The Men's M50 400m finalists

Photos World Masters Games



Marcia with 101 year old Indian star



Dave competing in weight throw (Rene Otto)



Rene Otto with M50 Throws Pentathlon medallists



Michelle Bitcheno her with Bronze medal



Brenda Davis with her Gold Medal in W45 Javelin



Tania Hodges in W50 Shot Put

