

UP-FRONT

Editorial

By: Bryan Mayall

Welcome to the first winter edition of our Up Front for the 2016 season. Well done to those Masters who have toughed it out in our rather inclement winter. So much to look forward to for those Masters planning to go to Perth. This will be a massive event and such a great opportunity to be among the best Masters Athletes in the world.

For those couch potatoes we have a full programme of sport coming up especially with the Rio Games coming up in August. As usual we will have huge expectations

of our athletes to win medals. As usual we have another exciting programme coming up and I urge all masters to try and encourage at least one person into having a go at Masters Athletics.

We have some very interesting articles for you to read this month and a big thank you to my contributors who have made this edition possible. Finally I urge you all to be present at the AGM this year and show your support to this great sport that we all participate in.

Coming events 2016

July 10 WBOP Masters Meet Hamilton Lake 1 pm
 July 24 NZMA Winter Indoor Meeting AUT Millennium Stadium Mairangi Bay
 August 5-21 Olympic Games Rio De Janeiro
August 28 WBOP Masters AGM Cambridge Athletic Clubrooms 28 August 1 pm
 September 11 WBOP Masters Meet. Hamilton Gardens 1 pm.
 September 25 WBOP Masters Oceania Throwers Meet. Edgecumbe School.
 October 9 WBOP Masters Warm Up Meet, Porritt Stadium 12 noon
 October 16 AMA Masters Warm Up Meet. Mt Smart
 October 26- November 6 WMA T & F Championships Perth
 November 13 WBOP Masters Meet. Porritt Stadium 12 noon
 November 25-27 NZMA Masters NI Champs Whanganui or Palmerston North
 February 24 - 26 NZMA Masters T&F Champs. Nelson.

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Annual General Meeting

The Annual General Meeting of the WBOP Masters Athletics will be held on Sunday 28 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 are reminded to get your nominations to the President by 20 July. Nomination forms already sent out. If you have been missed or require another form contact Judy Chandler.

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Presidents Report March 2016 Murray Clarkson

Winter?? Yes it is here but before reporting on events etc, I must report that Pauline Purser, after a valiant fight has succumbed and passed away on Monday 13th June. Our condolences go to Ray and her family. Fay and I have visited Ray and he has promised to continue his association with Masters and the friends he has established in his time with us. We look forward to seeing him at events in the future. He is looking well and rested after a hectic period.

Our winter meetings have been slow starting this year with summer events carrying through longer. Our first event was at Whakatane where our small contingent was hosted at Ron Jone's place for a Club relay. A walk was also available. The weather was great and we were made most welcome. There were a total of 70 members taking part including the young ones. Whakatane have applied to host the 2019 North Is Masters Champs and no doubt we will be called upon to assist. It will be a good time for us to encourage new members from this area. The Annual Cross Country day is on 19th June which clashes with the deadline of this report so I will report on this next issue. The other winter outings are on website or in coming events section.

Athletics WBOP Management

As delegate for Masters on this committee, I am able to voice any concerns we may have as far as Centre is concerned. I was concerned that the new distances for Masters 65+ were being used at Centre Championships. This has been incorporated. The latest meeting was primarily about the ANZ Track Champs at Porritt Stadium in March next year. A lot of work is required to get everything up to standard. John Tylden is Chairman of the Local Organizing Committee.

Wanderers Soccer are submitting plans to re-build/upgrade the administration building which will include meeting rooms upstairs and observation decks. A \$1.5m plan has been submitted to Council for approval. This can only be of benefit to us. The Tauranga Track is still in line to be re-surfaced 2017/18 so we will need to plan our events early for this season.

NZMA Board

As a Board member, I can report that a Special General Meeting is planned for 6th August in Auckland in conjunction with the X/C Champs to decide on the future structure of the M.O.U. shared membership agreement. The Board is meeting on 9th July to discuss and finalize the final document before it is circulated to members. Our committee will then appoint delegates to vote on our behalf. Any comments on the agreement should be directed to me so I can make sure our members wishes are put forward.

I am still looking for a young or old (anyone!!) who can assist with entries and results at our meetings. Full training will be given. Keep up the fitness and exercise and come along to our Winter outings.

Australian Masters Champs – Adelaide 16-19 April Bruce Solomon

The Australian Champs were held in Adelaide on 16-19 April. The turnout was the biggest ever in the history of Masters Athletics in Australia with a total of 670 athletes. The fantastic turnout was attributed to the World Champs in Perth later this year, and the growing love of Masters Athletics.

There were a total of 15 Athletes representing New Zealand who achieved 40 medals. Tauranga had representation with 2 x M50 Athletes, namely Bruce Solomon and Brendan Magill.



Competition was excellent in all the M50 Sprint events which necessitated heats in 60m, 100m, 200m and 400m. While I was expecting good competition and heats in the 60m & 100m, this is the first time I had to be prepared for heats in 200m and 400m. Added to this, the 200m in the Pentathlon was run separately.

As usual, when signing up for the competition and after a few motivational beers, I ticked as many blocks possible on the entry form, which meant that I was also competing in Long Jump, Shot Put, Discus, Javelin and Pentathlon.

After Day One I realised this was going to be a bridge too far and after a disappointing 200m heat (not qualifying for the final by 1/100 sec), I decided to pull out of the 400m heat,

M50 Pentathlon with my Gold Medal

give myself a rest day, and focus on the Pentathlon. This proved to be a wise decision as I achieved Gold, a Pentathlon SB and also a SB in Long Jump.

Brendan did extremely well, achieving two Silver medals. He was also looking good at the start of the Steeplechase, but after a lap he developed a pain in his vertebrae at the top of his back. He tried to carry on, but the pain was too much, so he did not finish. A day later he was back on track with no pain and achieved a Silver in the 400m Hurdles.

In between his events, he could be seen helping officiate at Long Jump, and wherever they needed him. He was seen wearing the Official T-Shirt proudly. Good on you Brendan.

The South African Champs - Pretoria 13-14 May Bruce Solomon

The South African Champs were held in Pretoria from 13-14 May. The turnout was good considering the entry forms were only made available about a month before the competition started. This was due to the change of venue several times. They were hoping to have the new Mondo tack available which was at the TUKS University. Unfortunately, this wasn't to be so we were back at Pilditch Stadium in Pretoria (Same venue I competed at in 2012).



Long Jump M50 Bronze

Locals kept saying I must be used to this weather. I think it's all the rainy weather they see on TV when Springbok rugby is played against the All Blacks in NZ.

The Athletes were very friendly and lots of them asked me if I knew this person and that person from Masters Athletics NZ. Many are looking forward to competing at the World Champs in Perth, and meeting up with old faces they had met at previous World Events.

I entered 100m, 200m, 400m, LJ, SP, DT & JT. Unfortunately, they don't offer 60m or Pentathlon. I also had a conflict of event times for 100m & DT, so I chose 100m. Good decision as I achieved a Silver medal in the 100m, 4th in 200m and 4th in 400m.

I don't know the exact number of Masters Athletes that entered, but I do know that I was the only Athlete representing New Zealand.

RESULTS

M50

100m final 2 nd / 8	12.75	200m final 4 th	25.93	NWI
LJ 3 rd / 7	4.90m	400m final 4 th	61.55	
SP 5 th / 8	10.98m			
JT 3 rd / 6	38.35m			

It was great to be back in South Africa again, and I managed to see lots of beautiful sites.

I also went to a Game Farm and we were fortunate to interact with Elephant and Cheetah. But we kept our distance from the Rhino and

Profile Stew Foster

Bryan Mayall

This is an interview I decided to do after discovering some of Stew's early history in harrier running. Most of you readers will be aware of Stew's illustrious career in Masters Athletics.

I was pre viewing my 1985 H.H.C. seasons events DVD that eventually was shown to those competing in 1985 at my reunion held at the Hawks Clubrooms last month. It was then I picked up that Stew Foster was a prominent competitor in the then Veteran events. I have to say I was very surprised to see him competing, knowing him now as a track runner and occasional recreational harrier for his Lodge Frankton Club.

Q1 What led you to get involved in track athletics all those years ago and when did you get started?

My late father-in-law used to say "it is all in the breeding". My grand -parents were very much involved with athletics. I have my grandfather's gold medal from 1904 when he won the Hamilton Athletics Club 150 yards. The Lindsays (mothers side) are well recorded in the Hamilton Harrier Club history and results.

I actually started at Primary school and represented Hamilton High in the late 1940s in the Inter Secondary School Championships. I was too small to make the rugby as in the 5th form I could barely make the 7th grade weight. There was the Boy's Brigade with their athletic badges and as I was doing well in the sport, have just continued.

As well as running I also took on track cycling with a high degree of success. Always remember my bike number was the same as my athletic rego. number 421.



Q2 What events did you initially focus on?

The 800 yards was a starter and during CMT training was coached by Frank Sharpley and things just developed from there. Represented Papakura Camp against Ardmore Training College, Nothing in particular as long as it was running.

Training took precedence over school work and racing the shunt train from Craig's yard in Hamilton to the Frankton yard in the evening was all in a good night's work out. The shunt left at 7pm each Tuesday and Thursday.

Stew the Cyclist Dey Street Stadium 1960

Cycling at this time also helped and we used to catch the stock trucks at Frankton sale yards, hook in behind and get drafted to the Horotiu freezing works. OK so long as the driver knew you were on the back.

Q3 What are some of your early memories of track running and the big names of your fellow competitors?

There are many happy memories. Running with Hamilton Wright (400 hurdles) at the Hamilton Club nights (Hinemoa Park). Get a new member and we would place them between us. Hamilton would break first, then I would go. The new guy by this time was shattered.

Winning the Rothmans International 100yds at Seddon Park and beating Warren Jowett (Waikato Champ) in a time of 9.9 seconds. This followed on to Hastings where I beat Tony Steele in a similar time.. There are other meets like Paeroa and running with Peter Strange (his father was Town Clerk of Te Kuiti). We would run then hop behind the toilets and have a cigarette.

The country meets at Tauwhare, Cambridge (Anniversary Weekend) and Otorohanga (Easter) were all part of the calendar. At Otorohanga I was able also to ride the bike. Teamed up with the Johnston brothers, Warren and Ritchie (Olympic representatives) for the cycling part of my competition during a term with Hinemoa based on the Naylor Street track.

Q4 When did you get involved with the H.H.C and what was your reason?

I just went along one Saturday in 1951 and the club was based at that time in the old building on top of the Seddon Road hill behind Hinemoa Park. My parents knew the Wood Family and George and Alex were members and asked me to come along.



Q5 Can you give the readers some of the Harrier events you competed in? Did you ever compete in a Marathon and when?

There were many, but three ones I enjoyed were, Rotorua at Queens Birthday Weekend. Sulphur Flats around the boiling pools and the Maori Children who would try to push you the tracks. Paul Tasker and I used to go over on the NZR bus. I had home-made vegetable soup and Paul fruit cake. Ngongotaha to Rotorua Road Race. Along the main drag to the show buildings.

Stew winning the Junior event Tauwhare Cup 1956

I held the record for this event. Rotorua was a real happy hunting ground. There was the Tauwhare Cup and this event proved popular and the Auckland, Northland and Waikato Challenge was held there. Won the Juniors event

then changed into a Waikato singlet and was second home in the Challenge. I must admit it was a great period of time.

Relays were a speciality and the year Hamilton won the Round the Lakes was real special. Team was Robin Ash, Graeme Wilson, Myself, Andy Galloway, Lofty Drysdale and Harry Nicholls. I broke the record for the Hamurana hill section in 18.24 and this stood for many years until broken by Peter Snell, all metal roads then.

I ran three marathons with a best of 2-42. (I did have some doubts of the course measurement) I did this in September 1970 just before my return to NZ. I was the senior NZ Army Officer with the United Nations Military Observer Group India Pakistan. Marathons never really interested me.



I did make a point of concentrating on the Huntly Half and worked on the basis that I had to compete within 100 days after my last 100m in a time of at least 100 minutes. Never failed. Round the Bridges always evaded me and the best I ever did was second. Others can tell of my liking for trains.

The Nationals in Timaru were a real exercise to get there. Train to Wellington, Ferry to Christchurch then bus to Timaru. Those days we were billeted and I was put up with Lofty Drysdale's parents. Pure coincidence. Trip back was bus to Christchurch then DC 3 back to Hamilton. In those days the team was fully selected and no self entry.

Q6 How did you remain competitive in track running in those years before you became a Masters Athlete at the then age of 40?

I think it was just the group of people I was with. I enjoyed what I did. The comradeship was there plus family were also involved. Joining Hinemoa and being able to cycle and run at the same meet and venue added a different perspective. Cycling finished with a crash at the Hillcrest velodrome in a miss and out race, Bike was written off and I received a badly injured shoulder.

Stew running in Round the Bridges 1960

Q7 When did you decide to get involved in Veteran Athletics? (in those days Masters Athletics was known as Veteran athletics)

I took my son (Glenn) to Frankton, as they were just down the road on Innes Common. I saw Laurie McGregor and the late Murray Savage there and with Fred Copeman decided that I could do better than them. This was the challenge. It was here that I commenced back in hurdling with concentration on the long hurdles.

Q8 As a very successful Masters Athlete your exploits are well documented. What are some your highlights in your very early days in Veteran Athletics?

Reaching the finals of the 100m at the Melbourne World Veterans Champs along side Bruce McPhail. Oceania had just been formed and I had taken on hurdling and was coached by Paul Wilson (St Pauls Collegiate). These meets were enjoyable social affairs and the records tumbled. New Caledonia was a good meet with winning the 10km road race and the track events I entered.

Q9 All athletes get injured at some stage of their career. How did you personally deal with your injury setbacks? (I seem to remember that you broke your leg in a motor bike accident)

Yes in 1971, after my return from the UN, I was knocked off my motor cycle in Bader Street and pushed up against a power pole compounding Fib and Tib in the right leg. It took four months in hospital before I was able to get mobile. Time taken was with the skin grafts. I was rightfully or wrongfully accused that I had slipped causing the shin bone to move forward and not sit as it should. Sorry but you had better give athletics away as the leg will not be straight. I took two years off before returning and that was when I joined Frankton. Hurdling does place stresses on parts of the body and as you get older your flexibility becomes less. A recent release of the sciatic nerve has helped.

The main thing I feel is to listen to the advice (except giving up) of the experts. As you grow older it takes more time for the body to recover

Q10 Was there at any stage you felt like quitting Athletics and living the easy life?

Not really. Though I must admit I could pass it all off some-days.. I play golf on Thursdays, Saturday morning and then to Harriers in the afternoon. It is easy to consider where you are and give up, but as long as the joints hold up why give it away. I have not given it much thought. I do enjoy time out at the beach property and officiating and often think of my friends who have a more leisurely life.

Final Question Stew. Do you have any advice for Masters Athletes?

Listen to the advice that your body gives you. The masters system caters for all through the age grading system so all you do is work within the range where you fit. Enjoy yourself.

The NZMA motto is "Comradeship in Competition" and this can be achieved in many ways. Keeping contact is important and one way to do so is to offer your services as an official.

WBOP Masters Cross Country Day 19 June 2016 Bruce Solomon

This event always reminds me why I am a Sprinter and not a Distance Runner. Then I remind myself that it's about the fun, great prizes, great soup (and other nice treats) and of course the camaraderie. This year we had 18 Masters runners compete. 15 Male and three Female. There were quite a few observers....Maybe next year they will compete?



Women 3km run (3 starters), Fastest time was Fiona Sinclair (43) 18.38 minutes and on net time finished second. On net time Karen Smith (63) finished first with 14.50 minutes. Third place went to Linda Reynolds (50) with 19.29 minutes.

Combined 3km walk (4 starters), First place went to Brendan Magill (52) (nursing an ankle injury) with 22.42 minutes. Bernie "last train – toot toot" Allen (69) second with 26.27 minutes and Barry Watson (61) third with 30.36 minutes. Barbara Allen (67) was the only Woman with 26.27

RESULTS
Womens 3k Run

Place	Name	Time	Age	Net Time	Net Place
1	Fiona Sinclair	18.38	43	17.55	3
2	Karen Smith	19.27	63	14.50	1
3	Linda Reynolds	19.29	50	17.00	2

Combined 3k Walk

1	Brendan Magill	22.42	52	19.29	2
2	Barbara Allen	26.27	67	19.16	1
3	Bernie Allen	30.35	69	22.19	3
4	Barry Watson	30.36	61	24.14	4

Men 6k Run

1	Daniel Smith	24.18	36	24.02	6
2	Craig Sinclair	24.58	46	22.46	5
3	Gavin Smith	25.41	63	22.25	1
4	Stu Smith	26.26	62	21.14	2
5	Dennis Madden	28.33	65	22.15	4
6	Craig Wilson	28.57	53	25.13	7
7	Murray Clarkson	29.26	69	21.55	3
8	Bruce Solomon	31.55	53	28.04	9
9	Ian Clarke	34.26	46	31.42	11
10	Alan Silvester	37.22	74	26.08	8
11	Ron Price	39.39	73	28.05	10

Teams Crosscountry Trophy No Qualifying team

Memory Tribute to Pauline Purser
Marion Clarke

Pauline was born in Hawera, the only girl in the family of four children. She loved sport and with her long legs, enjoyed the hurdles. In her 50s she completed the "Round the Bays" run. She also enjoyed tramping.



Pauline met Ray at a public dance and from there they took lessons and together they travelled Australasia winning an impressive medal collection. Pauline was a Life Member of the Auckland Amateur Dancing Association.

Pauline and Ray used to dance at the Masters Games and in 1994 having gone to a NZ Masters Games Athletic meeting with Ray, saw the ladies in a walking race and decided she could do that--- a big mistake, as the next year when competing, they left her behind. Pauline then tried her hand at running at the Australian Masters Games in 1995 at the age of 73, complete with stockings and a scarf where the announcer called her "Miss NZ" and having won a medal in the 200m, was hooked. Pauline joined the Glen Eden Club and remained in that Club for some years. Pauline and Ray shifted to Tauranga in 1996 and eventually joined the Waikato- Bay of Plenty Masters.

With her running days coming to a close, Pauline changed from Track events to Field events specialising in the Hammer and Javelin. Pauline still holds many records in these events. At the Pan Pacific Masters she holds all but the shot records for 90 year old women.

At January 2016 still holds the following records.

Hammer:

W90 12.83m 2014 at Invercargill

Shot:

W85 4.49m. 2009 at Tauranga

W90 3.80m 2014 at Invercargill

Discus:

W85 11.28m 2008 at Townsville (Oceania)

W90 7.77m 2012 at Oceania (Tauranga)

Photos Australian Champs Courtesy Bruce Solomon



Steve Jones 5056 beating Bruce in 60m and 100m



Brendan Magill flying in 3000m S.C



Brendan Magill officiating Long Jump



Brendan outside his Grain store in Adelaide



Podium with the big Aussie M50 Shot



Running the 100m in the rain Silver medal



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