

# UP-FRONT

**Editorial**

By: Bryan Mayall

Welcome to the last summer edition of our Up Front for the 2013-14 season. We have some interesting articles thanks to our willing contributors. Another great season weather wise which has contributed to the success of our athletes who have performed so well on the local and international scene. I know many of you have achieved P.B's for you favourite events which is always the aim and a reward for all your hard effort put in.

Been a great summer for us goggle watchers of summer sport. We were spoilt for choice with having to choose between some great Aussie Tennis Open games and some tantalising cricket games with the Black Caps being the victors on most occasions. I couldn't help but think as the crowds lined up at the Basin Reserve on the fifth day of that great come from behind test how we as New Zealanders love to see our National team winning.

What a fantastic finale to the cricket season when we drew the second test and won the series against the Indian team. For me it all the drama, excitement and a real test on the nerves as our boys edged closer to their respective targets. Maybe some small consolation from our loss in the America's Cup, showing that we a team can still win even after virtually being out on the ropes. Surely this is what test cricket is all about.

Congratulations to our small but select team of athletes who travelled down to Invercargill and braved the atrocious conditions to compete with honours.

Finally congratulations to all our Masters who have made it through another demanding track and field season and managed to achieve some new goals. Also thanks to my contributors.

**COMING EVENTS 2014**

March 30 AMA Top Team three – Mount Smart

**The winter season programme has not been finalised and we will send it out by email when dates have been finalised.**

**Website Information**

**Bruce Solomon**

**Important websites to visit for WBOP forthcoming meetings, results, best performances/records etc can be viewed on the NZ Masters website: <http://www.nzmastersathletics.org.nz/>**

**Once you are on this website, look near the top right and click on Waikato Bay of Plenty, or just click on this link: <http://www.nzmastersathletics.org.nz/waikato/waikato.html> ..**

**It is also interesting to view Auckland Masters link: <http://www.ama.org.nz/>**

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**Julia with her Medals**

sprinter likes to see. Down the track -3.6 m/s head wind and over the line for bronze. Phew, now I had an idea where I sat with the rest of the field.

I was happy with my time given the head wind of 8.77, in fact I broke my own W40 NZ record of 8.84. Lots of good performances with other WBOP team members – Brenda Davis (W40) silver in the shot put, Bruce Solomon (M50) and Stewart Foster (M75) both bronze in the 60m. Linda Reynolds (W45) 5<sup>th</sup> in the 5000m.

**Day 4 Tuesday** The 100m. Originally we were to run prelims, but enough pulled out to have a straight final. Again the head winds were back and even stronger this time. Our race -5.2m/s this time, like running with a parachute on. This was a tough race and the bronze was between Lee-Ann Grosvener and myself. I could just see a glimpse of her as we went over the line. 4<sup>th</sup> this time but not by much. Rubbish times 14.0 – a shocker, should have been running 13.50 or better (of course without insane headwinds). Bruce Solomon (M50) and Stewart Foster (M75) both got bronze in 100m. Brenda Davis (W40) got silver in the hammer and 5<sup>th</sup> in the discus. Linda Reynolds (W45) 5<sup>th</sup>, and Murray Clarkson (M65) silver in the 800m. Brendan Magill (M50) got 6<sup>th</sup> in the Javelin. Stewart Foster ran the 80m hurdles and gained silver.

Day 5 & 6 were days off for me and I went sightseeing in the city of Bendigo. The weather finally settled and was hot and sunny. An amazing place, lots of history and amazing architecture from the gold rush days. I purchased a tram ticket and enjoyed the sights of the city. Went to the Chinese Dragon museum – an amazing place, lots of beautiful artefacts and historical information.

A bit of retail therapy included the purchase of some new Asics trainers. Back at the track WBOP athletes in the 3000m walk: Theresa Large (W55), silver and Sheryl Miratana (W60), bronze. Away from the stadium the 8km cross country with Murray Clarkson (M65) gaining silver and Linda Reynolds (W45) taking 4<sup>th</sup> place. Bruce Solomon (M50) competed in the Pentathlon and won gold again, Brendan Magill (M50) finished 4th. Brenda Davis (W40) had the weight pentathlon and finished with the bronze medal.


**Stew Foster with Gold Medal**

**Day 7 Friday.** The 400m – ugh – not my favourite event, but I compete in it to help with my 200m endurance. Eight athletes this time, started off in Lane 1, yuck, but at least I could see the whole field. Set a good pace and slowly picked off all but two of the field by the 200m mark. Round the bend, it is starting to hurt, and into the straight – woo-hoo if I keep it together I'll get the bronze. Last 50m my legs wanted to fold, I could hear people screaming at me, then over the line just in time, very happy with my time of 64.96.

WBOP athletes competing: Bruce Solomon (M50) silver in 400m, Brenda Davis (W40) had the weight throw (silver) and the javelin

(bronze). The 5000m walk included Theresa Large (W55) for silver and Sheryl Miratana (W60) with bronze. The 1500m saw Murray Clarkson (M65) finish with silver and Linda Reynolds (W45) in for 5<sup>th</sup>. Also in the 400m Murray got bronze and Linda with 4<sup>th</sup> place. Brendan Magill got gold in the M50 400m hurdles. Stewart Foster had a wonderful day not only just winning the M75 300m hurdles he broke both the Oceania and NZ records for the event.

**Day 8 Saturday** – final day for track and field. The 200m, we had seven competitors and I drew lane 1 again – man, the worst lane for the 200m. Out of the blocks round the bend and onto the straight I was in 5<sup>th</sup> place. I pushed hard and clawed my way to the bronze medal on the finish line - the 400m work paid off in the end. My time was 27.80, not where I wanted in mid to low 27s, but ok playing catch up.

In the steeplechase, Linda Reynolds (W45) silver and Brendan Magill (M50) silver, Brendan also gained bronze in the triple jump. Stewart Foster (M75) gained the silver medal in the 200m.

Next up were the relays. Despite our low Kiwi numbers we fielded some very good teams. Malcolm Clarke drew up the teams. We put a pretty good team into the women's 230yr+ 4x100m relay (Frances Bayler 73, Julia Lile 42, Lois Anderson 67, and Claire Giles 57). Frances started us off, I took the 2<sup>nd</sup> leg along the back straight and made up all



but one placing, Lois maintained our 2<sup>nd</sup> place position on 200m bend then Claire motored down the final straight overtook the leader to give us Gold – awesome.

The medley relay was next, a younger team 150-194 yrs. Andrea Williams 800m, myself 400m, Noeline Burden 200m, Linda Reynolds 200m. Andrea started us off well for the 800m giving us the lead, then I followed on with the 400m our lead reduced, Noeline took the first 200m we moved to 2<sup>nd</sup> place. Then Linda ran the final 200m, the fastest I have ever seen her middle distance legs run to secure our silver medal position. An awesome effort by us all, and a bucket load of fun.

The final day was the half marathon and my trip home. It was a good week and staying with other NZers, some Australians and a Fijian in the same hostel was a lot of fun when you are travelling on your own. Aside from the odd hiccup and a couple of days of ugly headwinds, the Australians put on an excellent event.

**Linda Reynolds running 200m Leg of Relay**

**NZ Masters Games Dunedin February 2014**
**Bruce Clarke**

Ninety two athletes competed at this athletic competition which included quite a few from Australia. What a tremendous event it was, extremely well organised, outstanding officials and beautiful weather. Marion and I have been to many athletic events over the years including the higher profile events such as Nationals and Oceania, etc , but never an event as good as this one.

If you are a thrower, how good it is to have the right equipment. Nice straight wires in the hammer, lasers for all the measuring (including long jump) and officials that know how to use it. It certainly ticked all the boxes. I have been informed that Otago Masters are keen to host a major event such as Oceania. Good luck to them, they certainly would get my vote.

**Waikato-Bay of Plenty Masters were represented by Four athletes.**

<b>PAULINE PURSER</b>	<b>(91)</b>	<b>TAURANGA</b>	<b>5 GOLD</b>
<b>RAY LAURIE</b>	<b>(79)</b>	<b>TAURANGA</b>	<b>3 SILVER 2 BRONZE</b>
<b>MARION CLARKE</b>	<b>(73)</b>	<b>HAMILTON</b>	<b>4 GOLD 1 SILVER</b>
<b>BRUCE CLARKE</b>	<b>(76)</b>	<b>HAMILTON</b>	<b>5 GOLD</b>

Pauline had a great day, but then Pauline says every day is a good day!!! Local paper featured Pauline's photo and at 91 was the oldest competitor.

Dunedin is a fine city to visit. Starting with a nice airport. Heritage buildings well looked after – masonry – facades – cathedrals – castles – railway station – the world's steepest street – the N. Z. shop – and the "Scottish Shop", the latter whether you were Scottish or not you have to have a peek inside. It is positively amazing, every conceivable item or artefact Scottish you can imagine.

Dour Scot's humour abound in post cards. Every Clan's tartan. Heraldry – coat of arms – etc. Nice to behold until you turn it over – nice price – and "made in china" on the label. So there you go!!

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# WBOP Masters T & F Champs – Tauranga 18/19 January 2014

Bruce Solomon

Tauranga blessed us with a hot Sunny weekend, and a slight breeze every now and again to cool us down. This made it perfect conditions for setting new records and many of the Masters athletes took full advantage of this.

# New WBOP Records

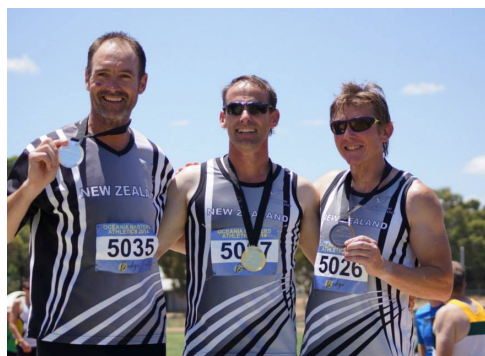
Name	Event	Distance
W65 Bev Savage	Shot Put	8.74m
	Discus	23.37m
W85 Marcia Petley	Weight Throw	7.31m
W90 Pauline Purser	Shot Put	3.80m
	Weight Throw	4.49m
	Discus	8.90m
M70 Rob McGregor	Weight Throw	10.28m



M75 Bruce Clarke	Shot Put	7.19m
	Weight Throw	10.38m
	Discus	21.36m
M80 Hector Mein	Weight Throw	7.95m

On the Track special congratulations and mention must go to Sheryl Gower, Trevor Watson & Stewart Foster who achieved over 85% Age %, while on the Field, Marcia Petley was the only athlete to achieve over 85%.

Name	Event	Time	Age %
W65 Sheryl Gower	60m	10.10 sec	92.4
	100m	16.58 sec	86.3
	200m	33.92 sec	88.4
M55 Trevor Watson	60m	8.60 sec	89.3
	100m	13.62 sec	85.4
	200m	28.04 sec	85.0
M75 Stewart Foster	60m	9.91 sec	87.2
	200m	33.12 sec	85.7
W85 Marcia Petley	WT	7.31 m	87.2

**Profile Bruce Solomon**
**Bryan Mayall**


Bruce Solomon competes in the M50 grade and a very valuable member of our WBOP Executive. This is an interview I did with Bruce.

**What is your background in Athletics and when did you come to NZ?**

We had to do a Winter and Summer sport at school and growing up in South Africa taking rugby as a Winter sport was a no brainer. As a Summer sport I took up swimming, athletics & shooting. While I had some success at school athletics, it was only after I finished my two years military service (compulsory in SA at the time), that I decided to get back into athletics. Within a year I was captain of our Provincial team, Border

**Bruce with Silver Medal**

Athletics. We ran our meetings on a grass track and my best hand times were, 100m = 11.0 sec, 200m = 22.6 sec and 400m = 51.9 sec

Work wise I was promoted from East London (Hometown) to Johannesburg at the age of 25, and sadly I gave up all sport to focus on work and ...socialising.

I immigrated to NZ in May 2008 and joined Tauranga Ramblers at the end of 2011.

**What led you to or encouraged you to become involved in Masters Athletics and the reason for settling in Tauranga?**

I was fortunate to be offered a job by Alpine Gold Fruit Juices, Cromwell in 2008. Although the job lasted 12 months, it offered me the opportunity to travel NZ. I was National sales manager and I had seven representatives based in all the main Cities. During my business visits to Tauranga, I knew that this was where I wanted to eventually settle. It took me over three years to settle down, and I wanted to get back into a sport. The All Blacks backline looked pretty settled with their wing choices, so I decided to join Tauranga Ramblers instead.

It's amazing how the mind was still visualising the times I achieved as a youngster and I was convinced this is where I would start off from. My first day at the track soon changed that and made me realise I had a long way to go.

**What other sports were you involved in?**

I was involved in many sports at and after school, but athletics was always a sport I excelled the most in. I really enjoyed playing rugby, and I miss the camaraderie of after game celebrations or commiserations. The social aspect

was very important and all members had to stay after games. We played hard and trained hard. An ethic I still keep today. I'm not scared of a few beers, but I'm also focused on what I want to achieve.

### What do you in the real world?

I have two working interests:



#### **Cape Umbrellas Australasia Ltd**

My wife (Thurla) still works for Cape Umbrellas South Africa. She represents the African & European corporate arm of CU, and is also a Director of CU Australasia. I helped set up the Australasian network of the Company and we supply outdoor umbrellas to all markets including Mitre 10 Group, Harvey Norman and Placemakers, Lion & Coca-Cola. Non branded or branded umbrellas  
For more info - [www.capeumbrellas.co.nz](http://www.capeumbrellas.co.nz)

#### **Kelly Sports Tauranga BOP**

We bought the franchise a year ago and I absolutely love what we do. In brief, I call on all Primary schools and discuss fundamental skills and basic sport skill opportunities. We also offer Holiday programmes which we currently operate at Matua school. For more info - [www.kellysports.co.nz](http://www.kellysports.co.nz)

### **Bruce winning 1500m in Decathlon**

#### **Do you have family who are in involved in sport?**

Thurla was a good swimmer at school, but now she enjoys running on the treadmill and does home gym. Unfortunately working with Africa, she works local night shift hours. My son (Matthew) is more into computers. However, he did achieve his red belt in Nam Wah Pai before giving up the sport to focus on getting his pilot license.

### **What was it like competing in a major championship event like the Oceania Masters?**

After my sad attempt at the Oceania in Tauranga (pulled hamstring), I was on a mission to do better in Bendigo. I love combined events and knew that I had achieved a better score than the current M50 Oceania record so I was going with high hopes and expectations. After competing at the Hastings Decathlon about a month prior, I was reminded that I was a Masters athlete and hurdles, pole vault and high jump don't like me. I was gifted a serious right Achilles strain.

Long story short, I had committed to Oceania and my main goal was to achieve the M50 Decathlon record. I had entered a lot of other events, but those would be a bonus if I could get through the Decathlon. The decath was a well entered event with 5 x M50 entrants. The Gold medal was decided after the last event of day two, the dreaded 1,500m. I was lying 2<sup>nd</sup> and there were three of us vying for the Gold. At this stage all three of us had already passed the old record so the winner would take the glory. I'm proud to say that I achieved Gold and the new record. 1<sup>st</sup> New Zealand, 2<sup>nd</sup> and 3<sup>rd</sup> Australia. Had a sweet ring to it.

### **What are your short and long term goals in the sport and do you have any ambitions of going to a World Masters in the future?**



#### **Short term goal:**

Try to reduce injuries and get fit enough to train harder. I feel I still have a long way to go, and the injuries really frustrate me. I'm also focussing on events I can gain extra Pentathlon & Decathlon points. E.g. High Jump & Long Jump.

#### **Medium term goals:**

Bruce McPhail's 100m NZ record set in 1987 would be a reason to celebrate. However, at this stage I think I'd need to be running

### **Bruce in 100m**

downhill with a strong backing wind to get to 11.57 sec. Improve my Oceania Decathlon score at Rarotonga in October 2015.

**Long term goal:**

Most definitely is to compete at a World Champs.

I absolutely admire, respect and congratulate John Campbell for achieving the Gold for the M50 200m and closely missing the 100m Gold. I'm lucky to have John in my age group. There is currently no faster bench mark for me to run against and he's right here in NZ.

**Finally do you enjoy the training and how do you fit in into your busy lifestyle?**

I do enjoy training, and like most of us, I don't do enough. I'm fortunate not to have an 8-5 office job, so I can plan my weeks to include training sessions. I vary my training from running on the beach, gym workouts at home, and track training.

A big part of training is to attend the weekly track & field meetings. I try to attend as many as these as possible.

As always there are people to thank, and my biggest thanks must go to my Wife who looks after my diet and supports me (and covering my work) while I'm away travelling to all the athletics meetings.

Then to all the numerous Masters friends that have given me advice. It's amazing what I have learnt and how much better I have achieved by adapting my technique.

Last but not least, to all the track and field officials. Thanks for all your hours you put into making the events possible

**Waikato BOP Masters Trophy Day 16 February 2014**
**Judy Chandler**


What a wonderful weekend of sporting and other events around the country and for us - Our Trophy Day. This year not quite so many participants, I guess maybe because Auckland Masters Athletes were having a big event, their Track and Field Championships, on the Saturday and Sunday. Wonderful weather at Porritt with a bit of a headwind coming down the home straight.

So we had a very good day with some great competition. As always for Trophy Day, results are age factored, and have added percentages for over 80% on track results

Two age group Waikato Bay of Plenty records in the hammer – Pauline Purser in the 90 age group and Bruce Clarke in 75 age group.

First up on the track, the 100m hurdles, a new race in height and distance for our hurdler Paul Daborn, just into his new age group, his time 16.9 (80.10%)

100m races -The women's 100m won by Louise Wells (30) in 14.3. age factored time went to Sheryl Gower (65) (87.80%). Theresa Large (55) 23.4; Marcia Petley (85) 23.6 (82.60%)

**Stephen Burden with George de Bell Trophy**

We knew that the men's 50 age group 100m with three competing would be exciting – Bruce Solomon 12.3 (89.70%); Stephen Burden 12.5 (90.20%) ; and Paul Daborn 12.6. Bit difficult for us timekeepers! Age factored winning time was Bruce Solomon 10.90 (87.10%) Great race.

200m races – Again three M50s competing together with Bruce Clarke M75. Paul Daborn 26.0 (86.20%); Stephen Burden 27.3 (84.40%); Mark Henderson 30.9 and Bruce Clarke in 40.6. The women's race won by Louise Wells (30) in 30.3, with Sheryl Gower second in 35.0 (85.70%), Joan Mayall (70) 44.5; Marcia Petley (85) 50.9 (82.50%).

Men's 400m. Stephen Burden (50) again making his 400m look so easy, his winning time 1:03.9; Mark Henderson 1:07.5; David Hamilton 1:26.7; Murray Clarkson (M65) 1:16.5.

Women's 400m Tui Ashe (60) 1:22.5; Sheryl Gower(65) 1:24.5 (80.00%); Joan Mayall (70) 1:50.4. Age Factor best very close, with Sheryl 59.47 Tui 59.98! Sheryl winning the Kathleen Woodhead Trophy for 400m.

800m Women – A special highlight of the day - Best Age factored result going to 3<sup>rd</sup> place getter Joan Mayall (70) her 3:38.5 (2:24.39), winning her the Gower Trophy for women's 800m Well done Joan. Louise Wells (30) 2:52.2 and Tui Ashe (60) 3:24.4.

800m Men: Four competitors. Craig Wilson (50), first home in 2:30.3; Ian Clarke (40) 2:32.4; Graeme Adams(60) 2:46.3; and Murray Clarkson (65) 2:51.4.





Winner of Gower Trophy for men's 800m is Graeme Adams

The 1500m had only two competitors Craig Wilson (50) 5:55.5 and Murray Clarkson (65) 6:05.4.

The field events the throwing events were well supported.

High Jumper Louise Wells (30) 1.30m and in the men's high jump David Hamilton (50) 1.50m and Paul Daborn (50) 1.25m

Triple jump competitors were Stephen Burden (50) 10.78m winning him the Alan Woodhead Triple Jump Trophy and Paul Daborn (50) 9.76m

Six shot put competitors in the men's event. Laini Inivale (45) 64.60, a great throw as he had a very sore wrist and hand, hope better soon Laini. David Hamilton (50) 10.43m; Bruce Solomon (50) 9.94m. Three competitors in the women's shot Tui Ashe (60) 7.66m; Sheryl Gower 6.68m (65) and Joan Mayall (70) 5.37m

### **Marcia Petley with Cuthbertson Memorial Trophy**

Best discus throw of the day for women, Bev Savage (65) 21.70m; Theresa Large (55) 16.92m; Tui Ashe (65) 20.27m; Marion Clarke (70) 10.35m. Great throw also from Pauline Purser (90) 8.16m.

Six competitors in the men's discus Bruce Solomon (50) winning the WBOP Men's Field Event Trophy for his 34.36m throw. (34.98m) Dave Couper (35) 23.62m; David Hamilton (50) 29.30m; Ian Clarke (40) 27.65m; Murray Clarkson (65) 15.44m; Bruce Clarke (75) 20.26m.

Only one competitor in the women's javelin – Pauline Purser (90). Her javelin 7.68m -age factor 40.07m . Well done Pauline. Dave Couper (35) threw 44.87m ; Ian Clarke (40) 35.03m; Bruce Solomon (50) 30.03m and Craig Wilson (50) 21.72m

Six women hammer throwers each winning in their own age groups. Theresa Large (55) 19.57m; Bev Savage (65) 29.59m; Marion Clarke (70) 16.94m; Marcia Petley (85) 16.17m and Pauline Purser (90) for her WBOP record 12.09m, winning the WBOP Women's Field Trophy. Only three men competed, Dave Couper (35) 34.47m; Bruce Clarke (75) 25.95m for a new WBOP age group record and Ray Laurie (75) 22.17m.

The weight throw - all age group winners. Theresa Large (55) 8.72m; Bev Savage (65) 11.19m; Marion Clarke (70) 5.87m; Marcia Petley (85) 6.69m and Pauline Purser (90) 4.19m. Men – Ian Clarke (40) 8.32m; Bruce Clarke (75) 9.98m; Ray Laurie (75) 6.78m



### **Trophy winners for 2014 are –**

George de Bell Trophy – Highest Points Male - Stephen Burden  
Cuthbertson Memorial Trophy – Highest Points Female - Marcia Petley  
Ted Hamilton Trophy – Highest Points Visitor Female - Tui Ashe  
Mary Hamilton Trophy – Highest Points Visitor Male – no competitors this year  
Alan Woodhead Trophy - Triple Jump Men– Stephen Burden  
Kathleen Woodhead Trophy - 400m Women – Sheryl Gower  
Gower Trophy for 800m Men – Graeme Adams  
Gower Trophy for 800m Women – Joan Mayall  
WBOP Women's Field Trophy – Hammer – Pauline Purser  
WBOP Men's Field Trophy – Discus - Bruce Solomon  
(All these results were on age factored performance.)

The meeting concluded with afternoon tea and presentation of the Trophies.

Thank you so much to all who helped out and participated,

**Graeme Adams with Gower Trophy**



**40<sup>th</sup> NZMA T & F Championships Invercargill March 2014**
**Bruce Solomom**

Terrible weather aside (hail, wind & rain), the National Champs was very well run by Invercargill & all officials. The events started on time and the results were available faster than Usain Bolt running the 100m. What was also very much utilised was the WARM athlete's room, where coffee and tea was readily available throughout the cold days.

Southland Times gave some coverage of the event and Event photographer David Russell was cheerfully taking pics of athletes at as many events as he could get around to. These are available on [www.southernexposures.co.nz](http://www.southernexposures.co.nz).

There was a good representation of Masters Athletes from Waikato BOP Region, and all the results will be available on the NZ Masters website by the time this article is published in Upfront. Rather than repeat the results, I would like to mention the athletes that achieved over 85% for their age grades in very wet, cold and windy conditions. Extra mention should be made of Sally Gibbs and Sheryl Gower who both achieved over 95%, a qualification requirement for NZ Masters athletics colours.

Grade	Name	Event	Time/Distance	Age %age
<b>WOMEN</b>				
W50	S Gibbs	10,000m	35:38:51	<b>96.03</b>
W50	S Gibbs	1,500m	4:49:40	<b>95.59</b>
W50	S Gibbs	5,000m	17:36:80	94.89
W50	S Gibbs	800m	2:27:53	86.10
W65	S Gower	60m	9.72	<b>95.99</b>
W65	S Gower	200m	33.62	89.23
W85	M Petley	100m	22.43	86.94
W85	M Petley	60m	13.61	86.70
<b>MEN</b>				
M50	B Solomon	60m	7.88	92.26
M50	B Solomon	100m	12.36	89.40
M50	B Solomon	200m	25.80	87.48
M50	P Daborn	60m	8.15	88.59
M50	P Daborn	100m	12.90	85.12
M75	S Foster	60m	10.09	85.63

**4 x 100m RELAY**

Julia Lile, Kimberley Wells, Paul Daborn & Bruce Solomon had a scintillating run, winning from start to finish. There were five teams entered and their time was 51.27 sec beating a Male team from Otago into 2<sup>nd</sup> place 51.98 sec.

Well done to all athletes that competed. Many achieving personal bests and records in very difficult weather conditions. I know many of you are looking forward to a break to get those tired limbs a rest and some long overdue R&R. Please remember to support our winter running program. Not only will this be good for winter training, but it keeps our team spirit going as we make our way towards the start of the next Season.

**Congratulations to the following WBOP Masters Athletes who were recipients at the Annual NZMA awards presented at the Nationals in Invercargill.**

**Distance Sally Gibbs Throws Bev Savage**

**Birthdays**

**Congratulations to the following Masters who have gone into a new age group.**

**Marcia Petley** turned 85 on 13 January. Well done Marcia you just seem to keep on keeping on.

**Kevin Bradley** hit the big 70 on 19 February. Well done Kevin, keep that throwing up.

**Paul Daborn** hit the big 50 on 21 December last year. Well done Paul and welcome into your new age group.



**Brenda Davis in Discus action at Bendigo**



**Julia Lile in full flight in 200m at Bendigo**



**Stephen Burden, Paul Daborn and Bruce Solomon**



**Craig Wilson and Murray Clarkson**



**Joan Mayall in full flight**



**Sheryl Gower with Kathleen Woodhead Trophy**

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