

UP-FRONT

WAIKATO BAY OF PLENTY MASTERS ATHLETICS INC
NOVEMBER 2024 #124

Coming Events

29/11 - 01/12 Nth Is Champs, Whangarei
15/12 Xmas Meeting, TGA
19/01/25 WBOP Masters Champs ,TGA
16/02/25 Trophy Day, Porritt Stadium
16/03/25 WBOP Multi Champs, TGA
28/03 - 30/03/25 NZ Masters Champs,
Mt Smart



President at PanPac

President's Report By Bruce Solomon

Welcome to the final Up-front edition for 2024.

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The two have a go days were a success, and it was lovely seeing some new Masters athletes join us. The weather was sunny which also added to make the days great events.

Congratulations to the four Masters athletes who represented WBOP Masters at Pan Pac Games Brisbane.

We wish all WBOP Masters athletes who have entered the North Island Champs in Whangarei 29th November to 1st December best of luck. Give it your best and don't forget the WBOP/Auckland North Island Masters trophy is up for grabs.

For those of you who will be around Tauranga on the 15th December, please come and join our final WBOP Masters Christmas meeting get together.

If I don't get to see you before then, wishing you all a very Merry Festive Season and Happy New Year. Take care, take a break and see you in 2025.

Have a go day #1

Porritt Stadium , 20th October 2024

Fine weather and a good turn out for this event. Thirty competitors out there, some of us using it as a training session and others having ago at something new. Some happy throwers with good results this early in the season. Great to see Kerry and Iain Rattray give the hammer a go with huge improvements each throw. Good to see Murray getting back into some competition and getting competitive with Stewart in the shot put circle.

We had some familiar faces lining up in the track events and a few newcomers. Nice to see Simon Xuback sprinting, taking out the two short sprints. Our World Champs representative Stephen Burden made a celebrity appearance in the 60m and shot put and seemed happy with the latter. Mark Cornaga made a strong start in the 800m before settling on a high tempo finish in the 800m, with a great sprint off down the home straight between Grahame Clarkin and Mark Henderson. A few late arrivals for the 3000m, Matthew Parsonage ran a nice solo effort nearly cracking 10 minutes. Thanks always to everyone's efforts behind the scenes setting up and bringing everything back afterwards. As always a great afternoon tea and catch up. Thanks to Iain for his track comments.



Iain Rattray



Mark Henderson



Rachael Savage

Results

60m

W35 AnaMree Ngaheu 9.40 W45 Audrey Poaneki 9.40 W50 Lyween Cornaga 10.30 W75 Sheryl Gower 9.20 Sue Su 13.20 Iris Hansen 24.40
M40 Simon Xu 7.70 M60 Bruce Solomon 8.60 M65 Stephen Burden 8.10 M70 Trevor Watson 9.10 Grahame Clarkin 10.10 M75 Murray Clarkson 12.60 M85 Stewart Foster 14.20

100m

W35 AnaMree Ngaheu 15.60 W45 Audrey Poaneki 15.30 W50 Lyween Cornaga 18.20 W75 Sheryl Gower 17.80 Sue Su 22.40 Iris Hansen 38.00
M40 Simon Xu 12.50 M40 Todd Unkovich 14.10 M70 Trevor Watson 14.70 Grahame Clarkin 17.10 Henare Vickeridge 17.30

200m

W35 AnaMree Ngaheu 33.20 W45 Audrey Poaneki 32.60 W75 Sheryl Gower 40.70
M40 Todd Unkovich 30.40 M60 Bruce Solomon 28.60 M70 Trevor Watson 31.20 Grahame Clarkin 35.40

800m

M55 Mark Cornaga 2.26.00 M60 Mark Henderson 3.17.00 M70 Grahame Clarkin 3.14.00

3000m

W35 AnnaMree Ngaheu 15.58.00 M40 Mark Parsonage 10.05.00 M60 Craig Wilson 14.20.00 Steve Smith 15.35.00 David James 16.54.00

High Jump

W35 AnnaMree Ngaheu 1.10 W45 Audrey Poaneki 1.15 W45 Rachel Savage 0.95 M50 Glenn Boyd 1.20

Shot

W35 Sarah Hockley 8.82 AnaMree Ngaheu 8.76 W40 Jen Kavettoa 7.16 W45 Rachael Savage 8.11 W65 Annette Hermans 6.76 W75 Annette Parlane 6.99 M60 Bruce Solomon 11.00 Mark Henderson 7.91 M65 Stephen Burden 9.62 M75 Murray Clarkson 5.81 M85 Stewart Foster 5.52

Discus

W35 Sarah Hockley 29.38 AnaMree Ngaheu 21.73 W40 Jen Kavettoa 16.93 W45 Rachael Savage 23.03 W75 Annette Parlane 20.00 M50 Iain Rattray 29.57 Glenn Boyd 24.38 M60 Bruce Solomon 35.21 Mark Henderson 20.78 M75 Murray Clarkson 13.81

Javelin

W35 Sarah Hockley 21.82 AnaMree Ngaheu 16.24 W40 Jen Kavettoa 16.22 W45 Rachael Savage 18.13 W60 Annette Hermans 13.01 W75 Annette Parlane 12.00 M60 Bruce Solomon 33.77 Mark Henderson 18.25

Hammer

W35 Sarah Hockley 22.79 AnaMree Ngaheu 20.71 W40 Jen Kavettoa 19.54 W45 Rachael Savage 19.43 W50 Kerry Rattray 15.22 W75 Annette Parlane 25.11

Weight

W35 Sarah Hockley 7.26 W40 Jen Kavettoa 7.26 W45 Rachael Savage 6.97 W75 Annette Parlane 9.11 M50 Iain Rattray 8.82 M60 Bruce Solomon 9.48



Mark Parsonage



Trevor and Graeme

Secretary Report

A big welcome to all the athletes that “Had a Go” on the days we put on. We would love to see you all at our future meetings.

We aim to be friendly and helpful to everyone. There is always someone who will give you a hand with your Throws, Jumps and Running to get the most out of your efforts but practice, technique, and confidence will come.

I was super-proud of the uniforms worn at the last meeting. They looked smart and have been worth all the trouble and angst to get them - it is very important that the size is comfortable for you, hence the fitting sessions.

Please also remember that the WBOP Masters will be the hosts at Tauranga for the North Island Champs. So let's all chip in and make them a great competition for everyone.

For all those getting back into athletics, always remember that “Rome was not built in a day” so be patient and make your athletics fun. You will be rewarded in the long run. Your next age bracket may just give you that boost.

Take care, stay healthy and injury free.
Fay Riley



Have a go day #2

Tauranga , 10th November 2024

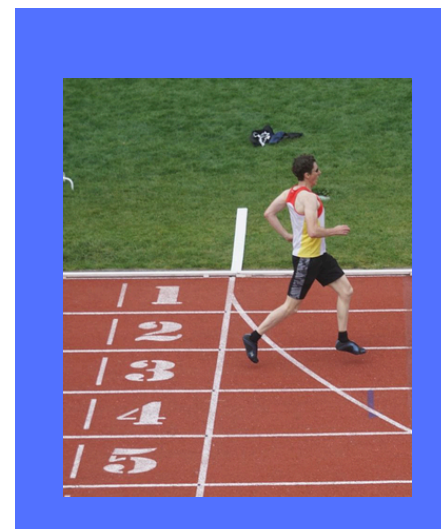
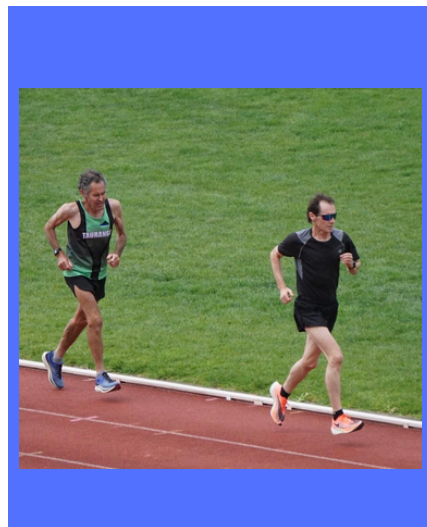
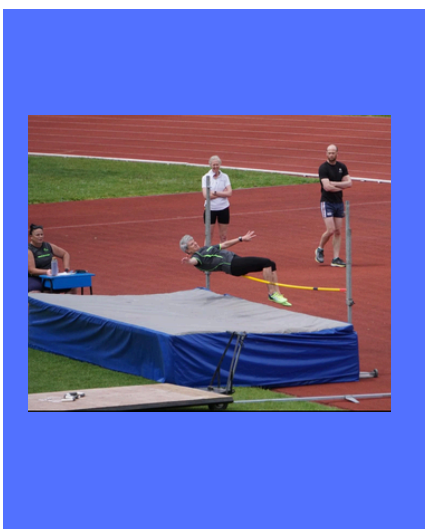
Trackside with Sheryl Gower

Grahame Clarkin M70 has given up the longer races and is now an amazing sprinter, especially in his spikes. New comer Johan Tempelhol ran an amazing 60m followed up by a great 100m but sadly limped off the track to get his muscles back in line. Something that happens to us all.

Pail Daborn ran his 400m against an U16 Adam De Sousa which was a good race. Jo Shuffelen gave Henare Vickeridge an excellent race with the women runners mixed in. Audrey Poaneki and Ida Beneke showed Sheryl how she used to run. Thanks to Murray, Fay and Fay Smith for a nice meeting with a new Starter

Out in the field - as always another beautiful day in Tauranga. Numbers were down slightly with some away in Brisbane Pan Pacs and the half marathon in Rotorua. Well done Murray tracking down and retrieving your missing trolley from over the bank further along the cricket grounds. Bev got a good hammer throw out, I was happy with my discus. Annette Hermans soon got the hang of the weight throw and it was good to see some new faces in the circle.

Thanks to everyone for helping out and an enjoyable cuppa and chat to conclude the day and Fay Smith for your pics.



Results

60m

W455 Audrey Poaneki 9.50 W75 Sheryl Gower 11.18
M35 Johan Tempelhof 7.77 M60 Paul Daborn 8.61
M70 Grahame Clarkin 10.69 M75 Joe Shuffelen 9.87
Murray Clarkson 12.38

100m

W75 Sheryl Gower 19.26
SM ihaka Savage 13.03 M35 Johan Tempelhof 12.37
M45 Aaron Ross 13.02 M60 Paul Daborn 13.78 M70
Grahame Clarkin 16.10 Henare Vickridge 16.89 M75
Joe Shuffelen 16.29

200m

W35 Ida Beneke 33.18 W45 Audrey Poaneki 33.84
W75 Sheryl Gower 38.62
M45 Aaron Ross 29.21 M60 Paul Daborn 27.81 M70
Grahame Clarkin 33.74 Henare Vickridge 37.54 M75
Joe Shuffelen 23.89 Murray Clarkson 55.34

400m

SM Adam De Souza 58.05 M60 Paul Daborn 1.08.17
M70 Grahame Clarkin 1.24.25 M75 Joe Shuffelen
1.27.14

800m

W35 Jenny Gater 2.35.31 Ida Beneke 3.00.85 Nanine
Fouche 3.08.58 W75 Loris Reed 3.34.30
M70 Gavin Smith 3.10.80 Grahame Clarkin 3.16.20

3000m

M55 John Caie 13.04.11 M60 David James 16.10.63
M70 Gavin smith 14.25.34

High Jump

W45 Audrey Poaneki 1.30 Rachel Savage 1.00
M45 Aaron Ross 1.47 M50 Wayne Fausett 1.30

Shot Put

W40 Jennifer Kavetoa 7.02 W45 Rachel Savage 7.77
Aurdey Poaneki 6.19 W55 Denise Fellows 5.39 W65
Annette Hermans 6.81 W75 Bev Savage 7.58 Annette
Parlane 7.08
SM Ihaka Savage 8.93 M45 Aaron Ross 8.35 M50
Wayne Fausett 8.10

Discus

W40 Jennifer Kavetoa 20.54 W45 Rachel Savage 21.92
W55 Denise Fellows 15.71 W75 Bev Savage 18.05
Annette Parlane 20.47 Loris Reed 16.70
SM Ihaka Savage 23.00 M50 Wayne Fausett 24.98

Javelin

W40 Jennifer Kavetoa 15.89 W45 Rachel Savage 19.11
W55 Denise Fellows 10.42 W65 Annette Hermans
14.12 W75 Annette Parlane 12.50
SM Ihaka Savage 26.58 M45 Aaron Ross 32.49 M50
Wayne Fausett 27.84

Hammer

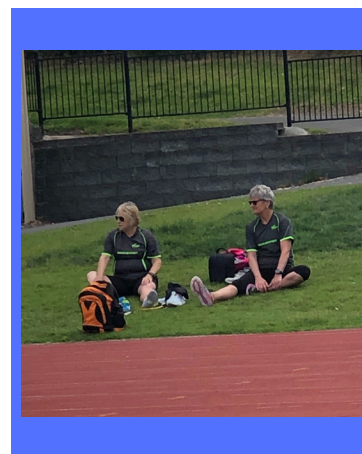
W40 Jennifer Kavetoa 18.18 W45 Rachel Savage 18.89
W55 Denise Fellows 24.25
W75 Bev Savage 30.16 Annette Parlane 26.10

Weight

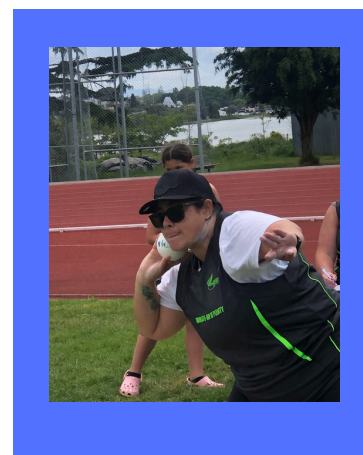
W40 Jennifer Kavetoa 7.17 W45 Rachel Savage 6.78
W55 Denise Fellows 6.88
W65 Annette Hermans 8.86 W75 Bev Savage 9.82
Annette Parlane 9.42



Wayne Fausett



Sheryl and Annette



Jennifer

WAIKATO – BOP MASTERS ATHLETICS

CHRISTMAS MEETING

TAURANGA DOMAIN

Sunday December 15th 2024

<u>12.00</u> Short Hurdles	12.00	Hammer
12.30 1500m	1.00	Shot Put
1.00 100m	1.30	Discus
1.30 3000m Walk/Run	2.00	Long Jump
1.30 5000m Walk/run	2.15	Javelin
1.50 600m	2.30	Weight Throw
2.00 60m		
2.15 200m		
2.30 400m		

Other event requests will be considered.

Throwing events limited to three throws

Enter early please. NO ENTRY FEE for members (\$10 non-members)

Email – WBOPMasters@xtra.co.nz

Please register by 11.30am.



Please bring a “Merry Christmas” Plate of goodies for Cuppa.

Pan Pac Games

Brisbane 8-10 November 2024

By Bruce Solomon

I've always wanted to compete at a Pan Pac Games. The attraction of all the festivities and the fact that the Games usually attracts competitors that don't compete at Masters athletics events was also exciting.

How easy, just book your flights, accommodation and enter. This is what I did in 2019 and finally five years later I get to attend. Covid event cancellations were to blame for the first four years and then we found out that this year it was due to track maintenance at the Gold Coast, so the Masters athletics events took place in Brisbane. So, I've kind of attended a Pan Pac Games. Nevertheless, it was a well run meeting with great competitors and friendly officials.

In the M60 it attracted over ten competitors in 60m, 100m, Discus and Shot Put.

Trevor Watson had a great competition achieving three out of three gold medals for his events and achieving a new WBOP record for the 100m.

All the New Zealand competitors I spoke to were feeling the heat. Phew, over 30 degrees every day with a small breeze to cool us down.

WBOP Masters was represented by the following athletes:

M70 Trevor Watson

60m **Gold** 9.30sec

100m **Gold** 14.39sec **WBOP Record**

200m **Gold** 30.99sec

W70 Tui Ashe

200m Silver 41.20sec

100m Bronze 18.81sec

Discus Bronze 14.61m

Shot Put Bronze 6.15m

Javelin 4th 14.11m

M65 Trevor Ashe

3,000m **Gold** 12:37.47

1,500m Silver 5:47.35

M60 Bruce Solomon

Javelin **Gold** 35.53m

200m Silver 28.41sec

Shot Put Silver 11.18m

60m Bronze 8.49sec

100m Bronze 13.82sec

Discus 6th 33.17m



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