

# UP-FRONT

WAIKATO BAY OF PLENTY MASTERS ATHLETICS INC  
JANUARY 2025 #125

## Coming Events

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



*WBOP Maidens at Nth Is Champs*

## President's Report By Bruce Solomon

Welcome to the First Up Front addition for 2025.

It was great to see some WBOP Masters athletes getting an early start to 2025 by competing in the Tauranga Twilight Meeting on 2nd January. It was well supported by Senior and Masters athletes with the downside of congestion at the field events. In some cases, Discus, Shot Put and Javelin all taking place at the same time. No doubt picked up by Tauranga athletics officials and will be sorted for 2026.

I hope you have all had a relaxing New Year and look forward to seeing as many of you as possible at our WBOP Champs on 19 January.

Thank you to our Up Front sponsors and we encourage all WBOP Masters members to support them wherever you can.

Stay fit and may you all achieve your sporting targets for 2025.

# Christmas Meeting

## Tauranga, 15th December 2024

By Annette Parlane

A good turn out for this meeting with eighteen on the track and fourteen throwers. A noticeable presence of Xmas regalia reminding us it's that time of the year. Bruce giving the Senior men a run for their money in the 60m and his time a little quicker than in Whangerei. Good to see Sheryl back from her injury. Ihaka had some company with Jordan having a go at the track and then giving the throws a go. The Throwers had some good throws with Brenda and Bev getting good distances in their hammer. Bruce and Ian threw some great discus throws and Ihaka is getting his javelin going nicely. Thanks to Linda and Barry for helping out with the throws. Murray and Fay busy behind the scenes making sure everything was running smoothly. As always a great afternoon tea and catch up.



*Afternoon tea*



*Denise and Brenda Claus*

## Results Track

### 60m

W70 Tui Ashe 11.35 W75 Sheryl Gower 13.39  
SM Ihaka Savage 8.33 M60 Bruce Solomon 8.38  
M70 Grahame Clarkin 10.48

### 100m

SM Ihaka Savage 13.26 Jordan Mcallum 20.24 M60  
Bruce Solomon 13.43 M70 Grahame Clarkin 16.85

### 200m

W50 Brenda Poutawera 36.08 W65 Annette  
Hermans 38.39 W75 Sheryl Gower 46.56  
M70 Grahame Clarkin 35.16

### 600m

W75 Loris Reed 2.37.92  
SM Ihaka Savage 1.58.12 Jordan Mcallum 3.17.01 M65  
Dominique Dos Santos 1.57.33 M70 Grahame Clarkin  
2.38.19

### 1500m

W45 Vicki Rees Jones 5.48.04 W75 Loris Reed 7.13.12  
M45 Steve Rees Jones 4.30.72 M65 Trevor Ashe  
5.59.64 M70 Gavin Smith 6.36.74 Grahame Clarkin  
7.14.04

### 3000m

W50 Brenda Poutawera 13.26.61  
M65 Trevor Ashe 13.13.44 M70 Gavin Smith 14.50.31  
Grahame Clarkin 16.15.17

### 5000m

M40 Matthew Parsonage 17.29.45 M55 John Caie  
21.26.72 M60 David James 29.34.97 M65 Barry  
Watson 25.27.76

## Field Results

### Shot

W35 Sarah Hockley 8.38 W45 Rachael Savage 7.09  
W55 Brenda Davis 11.24 Denise Fellows 5.28  
W65 Annette Hermans 6.48 W70 Tui Ashe 6.45 W75  
Bev Savage 7.35 Annette Parlane 6.96 Loris Reed  
6.81 Sheryl Gower 6.13  
M60 Bruce Solomon 11.24

### Discus

W35 Sarah Hockley 26.79 W45 Rachael Savage 20.89  
W55 Brenda Davis 26.60 Denise Fellows 15.72  
W65 Annette Hermans 14.94 W70 Tui Ashe 15.04  
W75 Bev Savage 18.32 Annette Parlane 18.14 Loris  
Reed 17.49  
SM Ihaka Savage 20.32 Jordan Mcallum 8.77 M55 Ian  
Bitcheno 32.61 M60 Bruce Solomon 34.74

### Javelin

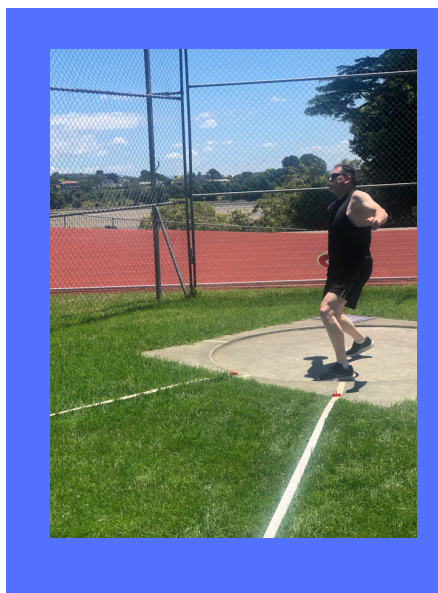
W35 Sarah Hockley 20.30 W45 Rachael Savage 19.28  
W55 Denise Fellows 10.94 W65 Annette Hermans  
15.48 W70 Tui Ashe 13.54 W75 Bev Savage 11.10  
Annette Parlane 12.07  
SM Ihaka Savage 27.82 Jordan Mcallum 11.98 M60  
Bruce Solomon 29.45

### Hammer

W35 Sarah Hockley 22.10 W45 Rachael Savage 19.57  
W55 Brenda Davis 39.74 Denise Fellows 23.64  
W75 Bev Savage 30.76 Annette Parlane 24.73

### Weight

W35 Sarah Hockley 7.84 W45 Rachael Savage 7.06  
W55 Brenda Davis 12.10 Denise Fellows 7.32  
W75 Annette Parlane 9.00 Loris Reed 7.96  
M60 Bruce Solomon 9.64



*Ian Bitcheno*



*Denise Fellows*



*Loris and Grahame*

# North Island Championships

## Whangarei 29th Nov - 1st Dec 2024

By Sheryl Gower

Friday afternoon was fine and warm and the lady throwers all lined up for the shot put. Bev Savage, Rachael Savage, Denise Fellows, Tui Ashe, Brenda Davis, Jennifer Kavatoa, Sarah Hockley and Christine McCahill all competed then headed off to the Javelin. Welcome back Christine.

On the track Stephen Burden ran the 60m and then onto the long jump where he managed to break the record but the Northern winds just rose to a point where it was disallowed. Trevor Watson and Joe Schuffelen also ran good 60m's along with our President Bruce Solomon.

On Saturday Brenda Davis threw 39.67m in the hammer. Thank goodness it was on the other side of the field. Sue Su ran her best time in the 100m sprints and again our men flew down the track. The Auckland guys seemed to be flying.

Sunday saw a misty start for the early competitors. Trevor Ashe ran 10k and Gavin Smith ran the 5k. Gavin ran PB's most of the weekend except for this 5k. Trevor Watson ran his 200 against diehards Gary Lawson and Dennis O'Leary. Luckily for Trevor he was in a different age group. Joe Schuffelens 200 was full on. It will be easier next year Joe. Ex President Murray Clarkson ran a good meeting from a non competitive view along with Nigel and Judith Stewart. Quite a few competitors were sitting in the stands with all types of injuries.

Sheryl won the raffle which was devoured quite quickly by every one trying out an amazing platter donated by Noelene Burden from Otago. Ian and Heather Calder took the Franklin women to the Abbey Road Caves, now blocked off since the death of a college student a short while ago. There were amazing rock formations pushed up from underground. On the way we came to a picket fence burial site, 120 years ago a two year old boy was buried there. This young fellow was related to Willie Bowmar from Whangarei Masters Athletics



*Rachael and Bruce*



*Brenda Davis*



*Trevor Watson*

## Results

### Track

#### 60m

W75 Sue Su 1st 12.75  
M60 Bruce Solomon 2nd 8.58 M65 Stephen Burden 1st North Island Record  
8.39 M70 Trevor Watson 1st 9.15 Geoff Wolfe 9.87 2nd  
M75 Joe Schuffelen 4th 10.18

#### 100m

W70 Tui Ashe 1st 18.79 W75 Sue Su 1st 21.87  
M65 Stephen Burden 1st North Island Record 13.47 M70 Trevor Watson 1st  
14.78  
M75 Joe Schuffelen 3rd 16.46

#### 200m

M70 Trevor Watson 1st 31.37 M75 Joe Schuffelen 3rd 34.81

#### 400m

M75 Joe Schuffelen 2nd 1.22.50

#### 1500m

M70 Gavin Smith 1st 6.32.92

#### 3000m

M70 Gavin Smith 1st 14.07.39

#### 5000m

M70 Gavin Smith 1st 25.27.57

#### 10000m

M70 Trevor Watson 1st 47.12.57

#### High Jump

W45 Rachel Savage 1st .90

#### Long Jump

M65 Stephen Burden 1st 4.95

#### Triple Jump

M65 Stephen Burden 1st 9.83 North Is Record

### Field Events

#### Hammer

W35 Sarah Hockley 1st 21.66 W40 Jennifer Kavettoa 2nd 19.15 W55 Brenda  
Davis 1st 39.67 Denise Fellows 3rd 22.28 W60 Christine McCahill 3rd 30.31  
W75 Bev Savage 1st North Is Record 29.63  
M60 Bruce Solomon 2nd 33.36 M65 Stephen Burden 1st 36.50

#### Shot

W40 Jennifer Kavettoa 1st 7.41 W45 Rachael Savage 1st 7 8.40 W55 Brenda  
Davis 1st 9.94 Denise Fellows 3rd 5.62 W60 Christine McCahill 1st 8.454  
W70 Tui Ashe 1st 6.37 W75 Bev Savage 1st 7.82  
M60 Bruce Solomon 1st 10.98 M65 Stephen Burden 3rd 9.87

#### Discus

W35 Sarah Hockley 1st 26.82 W40 Jennifer Kavettoa 2nd 21.15  
W45 Rachael Savage 2nd 22.02 W55 Brenda Davis 1st North Is Record 29.22  
Denise Fellows 2nd 15.75 W60 Christine McCahill 2nd 22.78  
W70 Tui Ashe 1st 16.33 W75 Bev Savage 1st 17.52  
M60 Bruce Solomon 1st 35.75

#### Javelin

W35 Sarah Hockley 1st 17.61 W40 Jennifer Kavettoa 1st 7.00 W45 Rachael  
Savage 2nd 17.53 W55 Brenda Davis 2nd 18.25 Denise Fellows 3rd 11.48  
W60 Christine McCahill 3rd 16.44 W70 Tui Ashe 1st 12.46  
W75 Bev Savage 2nd 10.60

#### Weight

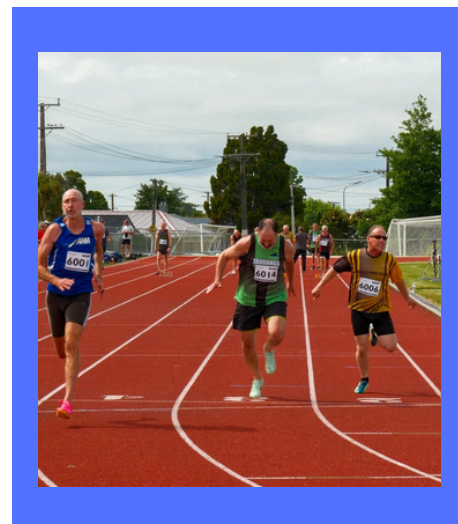
W 35 Sarah Hockley 1st 7.46 W40 Jennifer Kavettoa 2nd 7.15 W55 Brenda  
Davis 1st 12.89 North Is Record Denise Fellows 3rd 7.88 W60 Christine  
McCahill 2nd 12.09 W75 Bev Savage 2nd 9.57

#### Throws Pentathlon

W35 Sarah Hockley Hammer 21.46 Shot 8.92 Discus 24.59 Javelin 19.95  
Weight 7.13 Total 1713  
W40 Jennifer Kavettoa Hammer 18.30 Shot 7.08 Discus 21.62 Javelin 17.92  
Weight 6.59 Total 1553  
W45 Rachael Savage Hammer 18.21 Shot 8.66 Discus 21.82 Javelin 18.48  
Weight 7.05 Total 1864  
W55 Brenda Davis Hammer 36.99 Shot 9.77 Discus 25.67 Javelin 19.41 Weight  
12.23 Total 3180  
W60 Christine McCahill Hammer 27.01 Shot 8.38f Discus 22.97 Javelin 15.85  
Weight 13.01 Total 2847



*Trevor Ashe*



*Bruce Solomon*



*Bev Savage*

**WAIKATO-BAY OF  
PLENTY MASTERS  
ATHLETICS INC.  
TRACK & FIELD CHAMPIONSHIPS  
TAURANGA DOMAIN**

**Sunday 19th January 2025**

**NO ENTRY FEE WBOP MASTERS MEMBERS.**

**Please enter EARLY (17<sup>th</sup> Jan ) if possible.**

Register 1hr prior to the start of the meeting. PLEASE.

This will determine whether an event will take place. Hurdles especially.

**Surname:** \_\_\_\_\_

**First Name:** \_\_\_\_\_ **D.O.B.:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Anyone who is available to help in any way would be appreciated.**

Pre-entry: Post to F Riley, 37 Pillans Rd, Tauranga, 3110

Email: [wbopmasters@xtra.co.nz](mailto:wbopmasters@xtra.co.nz)

**NOTE 9.00am START. Circle Event(s) that you wish to enter.**

**Programme: -**

09.00	3000m /5000m Walk/Run	9.00	Hammer Throw
09.30	Hurdles (Long)	9.30	Triple Jump
10.00	60m	10.00	Discus
10.30	800m	10.30	High Jump
10.50	100m		
		11.00	Shotput
11.30	Hurdles (Short)	11.30	Long Jump
		12.00	Javelin
12.30	400m		
1.00	1500m	1.00	Weight Throw
1.30	200m		
2.00	600m		

Steeple Chase Championships will be in conjunction with Multi Day Champs in March.  
NON-MEMBERS ENTRY FEE \$10.00

Afternoon Tea to follow at completion of meeting (Plate Please)

WAIKATO-BAY OF PLENTY MASTERS ATHLETICS INC  
Trophy Day 2025

PORRITT STADIUM - HAMILTON

SUNDAY FEB 16th 2025

**TRACK EVENTS**

12.00pm	80/100 hurdles
12.30pm	3000m run/walk
1.00pm	100m M/W
1.15pm	60m ( Throwers Competition)
1.30pm	800m Woman
1.30pm	800m Men
2.00pm	200m M/W
2.30pm	1500m Women
2.30pm	1500m Men
3.00pm	400m Women
3.00pm	400m Men

**FIELD EVENTS**

12.00pm	Weight M/W
12.30pm	High Jump M/W
12.45pm	Hammer M/W
1.15pm	Triple Jump Men
1.15pm	Shot Put Women
1.45pm	Javelin Men
2.15pm	Javelin Women
2.15pm	Shot Put Men
2.45pm	Discus M/W

**WAIKATO NZMA MEMBERS ONLY**

GEORGE DE BELL TROPHY (MEN)

CUTHBERTSON MEMORIAL TROPHY (WOMEN)

ALLEN WOODHEAD TROPHY (TRIPLE JUMP MEN)

BRENDAN MAGILL TROPHY (JAVELIN MEN & WOMEN)

KATHLEEN WOODHEAD TROPHY (400m WOMEN)

GOWER TROPHIES 800m MEN & WOMEN

COUPER THROWERS TROPHY (60m and 3 Throwing events)

WAIKATO WOMEN'S FIELD TROPHY (DISCUS)

WAIKATO MEN'S FIELD TROPHY (WT THROW)

**TED HAMILTON (MEN)/MARY HAMILTON (WOMEN) MEMBERS OUTSIDE WAIKATO**

**ATHLETES MAY COMPETE IN 4 EVENTS ONLY**

(THIS CAN COMPRISE OF TWO TRACK / TWO FIELD, 3 TRACK/1FIELD, 1 TRACK/3FIELD BUT NOT FOUR OF EITHER. MAXIMUM OF 3 JUMPS / THROWS.

**PLEASE REMEMBER TO RETURN TROPHYS**

**RESULTS ON AGE GRADED SCALE.**

**DO NOT ENTER MORE THAN 4 EVENTS AT THIS MEETING**

PLEASE SEND YOUR ENTRIES TO [wbopmasters@xtra.co.nz](mailto:wbopmasters@xtra.co.nz) Entries Close 13th Feb.  
PAY ENTRY FEE \$10 ON THE DAY. AFTERNOON TEA AND PRESENTATION OF  
TROPHIES WILL FOLLOW THE MEETING. COMPETITORS BRING A PLATE PLEASE.

**TROPHY DAY ENTRY FORM – 16th FEB 2025**  
**4 EVENTS ONLY - NO CHANGES ACCEPTED**

**SURNAME:** .....

**FIRST NAME:** .....

**MALE:..... FEMALE:..... \*DATE OF BIRTH : ...../...../.....**

**CHOICE 1:** .....

**CHOICE 2:** .....

**CHOICE 3:** .....

**CHOICE4:** .....

**\*This is essential as results are age graded calculated on a yearly basis.**

**The percent received for each of the four events chosen will be added together, then divided by 4. The highest average % will win the Trophy.**

**Email entry to [wbopmasters@xtra.co.nz](mailto:wbopmasters@xtra.co.nz) Late entries not guaranteed.**





# Twilight Meeting

## Tauranga 2 January 2025

By Rachael Savage

Competing as a Masters Athlete at this open meet provided a range of different opportunities.

Opportunities - Competing with all ages provides insights into different approaches to competition. Athletes with nerves, frustration, drive and joy were evident no matter what age people were. This is our second year competing here and the younger athletes that we helped officiate last year were open and engaging with us showing again that age is not a barrier in our sport. The opportunity to compete in an open grade and if successful to have prizes for winning made the day a profitable one. Seeing the joy on certain athletes faces as they left with much needed post Christmas dollars was wonderful to see. To be able to start 2025 with a few throws, runs, and jumps to try and improve on towards Nationals was a good reset and focus time.

Challenges - The size of some of the fields was large. Athletes had to decide to cut their throws to get to the next event simply because there were so many people. For example the shot put started when the discus was only in round three and the javelin started when the shot put was on round two.

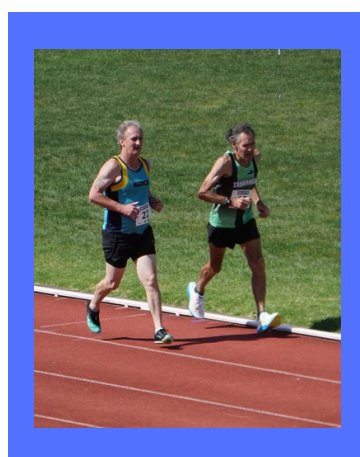
Because the athletes had left to move on to ensure they got to their events, it moved the pressure to the end table where results were being sought before people travelled home. We really felt for the organisers in that situation, but it provided an opportunity to practice patience and tolerance and to warm down before driving home.

There were so many officials working tirelessly to put on this day and our hearts and thanks go out to each and every one of them. Also thanks to the sponsors for providing the prizes for the meet.

Kaua e mate wheke mate ururoa (strive for your goals by being strong and resilient like a hammerhead shark)



*Karyn McCready*



*Daryl and Gavin*

## Masters Results

### 100m

M40 Bruce Alexander M60 Bruce Solomon 12.37 M75 Joe Schuffelen 16.44

### 200m

M40 Bruce Alexander 24.80 M60 Bruce Solomon 28.56 Darryl Conn 34.56 M75 Joe Schuffelen 34.39

### 1500m

M45 Steve Rees- Jones 4.22.33

### 3000m WBOP Championship

W65 Karyn McCready 14.03.77

M50 Gavin Smith 14.51.13

M55 Darryl Conn 15.59.52

M60 David James 16.08.87

M70 Cameron Mumby 10.03.92



*Bruce Solomon*

## Field Events

### Discus

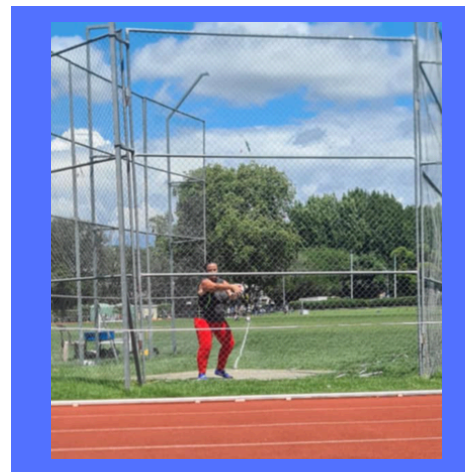
W40 Jennifer Kavetoa 20.01 W45 Rachael Savage 22.58 M60 Bruce Solomon 38.85

### Shot

W40 Jennifer Kavetoa 7.07 W45 Rachael Savage 7.62

### Javelin

W40 Jennifer Kavetoa 14.92 W45 Rachael Savage 19.68



*Rachael Savage*

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Secretary/Treasurer: Fay Riley 07 576 9575

Minutes Secretary: Sheryl Gower 027 478 8887

Committee: Marion Clarke. Jill Sherburn. Bev Savage. Murray Clarkson.

Annette Parlane. Iain Rattray.

Newsletter Personnel

Editor: Annette Parlane 027 2933 459

Advertising: Fay Riley 07 576 9575

Distribution: Judy Chandler 027 264 0433