

UP-FRONT

WAIKATO BAY OF PLENTY MASTERS ATHLETICS INC

APRIL 2025 #127

Coming Events

29/06 WBOP Masters Cross Country

Champs Tauranga

16/08 NZ Masters indoor Champs

Hastings

06/09 Masters Oceania Champs

Brisbane

28/11 Nth Is Masters Champs

Tauranga



Brenda flashing the gold

President's Report

Wow, What a turn out from our group at the NZMA Nationals in Auckland. Congratulations to you all and your individual successes both P.B.s, and medals. We certainly turned heads with our uniform and the support given to not only our team but all the other competitors. I note that some did not come away without a reminder that over extending comes with a price. I hope there has been speedy recovery and lessons learned. I am proud of you all.

Trophy Day and Multi Day went well with fine weather for both. I leave it to our scribes to report on these. Congratulations to Annette Hermans and Stephen Te Whaiti on breaking the Pentathlon National records - well done!!

Calling all helpers - Tauranga is hosting the North Island Masters Championships in November. If you have not been contacted and can offer some assistance with the many functions required to conduct such an event your assistance would be appreciated. Let's make a mark by hosting a memorable event. We can do it!!

Thinking there is nothing on in the Winter months? Wrong! Our Cross Country event is being held at Waipuna Park Tauranga on the 29th June. Walk, run, come along and eat, chat and enjoy the soup. We guarantee a great day but not the weather. Full details will be circulated shortly.

Our (NZMA) AGM is being held in June due to a Board Blunder. We are putting forward two remits to try and clarify our status and operate legally. Iain Rattray and myself are the voting delegates to this meeting which is being held by Zoom

Being the end of the season, there is a message that next year will be greater than the last if you do not have to start again at square one. Keep up the fitness and those who are having treatment, I wish you success and a speedy recovery.

I can not overemphasize the enjoyment Fay and I take out of being witness to the enthusiasm generated by everyone. Thank you.

Murray Clarkson
Vice - President.

WBOP Multi Events Championships

18th March 2025 Tauranga

We had a busy day in the field seven ladies and four men. Ladies first and the men kindly retrieving then we swapped, men first at next event. A good opportunity for us to have a good throw out before the Nationals but only having three throws doesn't give much time to get into your stride. Some great efforts from Sarah with a PB in Shot, Discus and Javelin. Not to be outdone Rachael had a PB in the Hammer and her Pentathlon score.

Ana-Mree got her PBs in Hammer and Javelin and Pentathlon scores. Thank you to Barry for getting that tape out there for every single throw and a hot day as well.

Annette Hermans and Stephen Te Whaiti giving the Track Pentathlon a try out and both breaking the New Zealand points records.

There were some very close sprints with Sarah one second in front of Anne Marie and Audrey chasing them. Stephen and Bruce had their age grade clashes with Stephen coming up into this age grade and giving Bruce some good competition. Matt looking strong in his distances races as was Malcolm and Gavin.

Thanks as always to our helpers who give up their time for the athletes to enjoy their day. Afternoon tea and that yummy food is a great finish to the day.



60m start... is that a break??



Jen Kavetoa

Track Results

60m

W35 Sarah Hockley 9.26 W40 Annmarie McDonald 9.27 W45 Audrey Poaneki 9.61
W60 Nicki Matheson 11.63
W75 Sheryl Gower 11.25
W80 Iris Hansen 21.75
M60 Bruce Solomon 8.48
Stephen Te Whaiti 8.99

100m

W35 Sarah Hockley 14.99 W40 Annmarie McDonald 14.23 W45 Audrey Poaneki 15.79
W60 Nicki Matheson 18.98
W65 Annette Hermans 17.35
W75 Sheryl Gower 17.66
W80 Iris Hansen 34..70
M70 Trevor Watson 14.79
M75 Joe Schuffelen 17.22

200m

W35 Sarah Hockley 31.65 W60 Nicki Matheson 41.35 W75 Sheryl Gower 38.46
M60 Stephen Te Whaiti 27.33
Bruce Solomon 27.55 M70 Trevor Watson 31.74 M75 Joe Schuffelen 35.92

400m

W45 Audrey Poaneki 1.21.85
M75 Joe Schuffelen 1.24.24

800m

W65 Annette Hermans 3.35.80
W75 Loris Reed 3.8.95
M70 Gavin Smith 3.23.36

1500m

M40 Matthew Parsonage 4.36.47
M45 Malcolm Smith 5.09.69
M60 Stephen Te Whaiti 6.28.39
M70 Gavin Smith 6.41.66

3000m

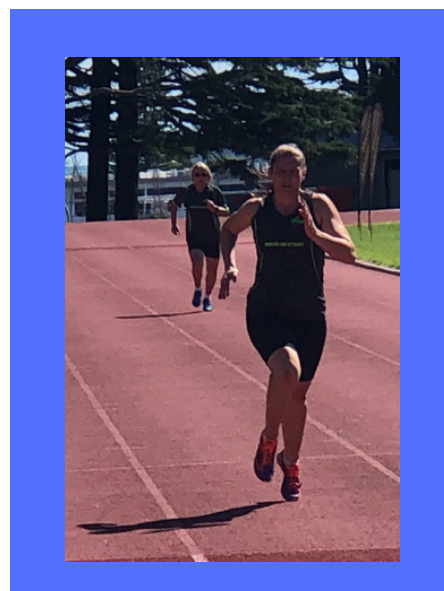
M40 Matthew Parsonage 9.23.99
M45 Malcolm Smith 10.44.61
M70 Gavin Smith 13.42.41

Long Jump

W45 Audrey Poaneki 3.28
W65 Annette Hermans 2.57
M60 Stephen Te Whaiti 4.61



Sheryl Gower



Sarah Hockley

Field results for those not in the Outdoor or Throws Pentathlon

Shot

W35 Sarah Hockley 9.59 W40 Annmarie McDonald 7.86

Discus

W35 Sarah Hockley 29.81 M55 Ian Bitcheno 32.84

Javelin

W35 Sarah Hockley 23.61

Throws Pentathlon

	H	S	D	J	W	Total
W35 Ana-Mree Ngaheu	24.18	7.93	26.41	19.20	8.25	1752
W40 Jen Kavetoa	19.34	6.82	19.33	14.74	6.46	1436
W45 Marcia Black	17.91	8.06	24.32	21.13	7.84	2023
Rachael Savage	23.60	7.91	17.79	20.02	7.12	1917
W55 Benda Davis	38.50	8.84	25.83	19.08	11.33	3006
Denise Fellows	23.19	5.22	14.76	11.24	7.09	1587
W75 Annette Parlane	26.68	7.13	20.22	11.73	9.21	2792
M50 David Sexton	31.98	9.58	31.18	32.37	11.54	2472
M60 Bruce Solomon	21.65	11.55	33.78	29.96	9.17	2420
Dawid de Villiers	27.75	8.58	26.01	19.92	11.17	2084
M70 M Wyndham-Jones	35.29	10.42	31.88	25.44	13.74	3059

Men Outdoor Pentathlon

	LJ	Jav	200m	D	1500m	Total
M60 Stephen Te Whaiti	4.61	36.44	27.33	33.32	6.28.39	3041

Women Outdoor Pentathlon

	100m	Sh	LJ	Jav	800m	Total
W65 Annette Hermans	17.35	7.10	2.57	14.68	3.35.80	2356



Malcolm Smith



Matt Parsonage



WBOP Masters Nationals

28th/29th/30th March 2025

Hi Everybody

I reckon that all who went, enjoyed the event which was amazing. Sincere thanks goes to Murray Free and his team. They ran a very efficient team with a huge amount of challenges. There were huge numbers to get through in the Sunday Pentathlons. Many of you got medals and Personal Bests, what more can you ask for – WELL DONE. You all did our uniform proud and it looked smart. Thank you for wearing it with pride.

Murray and I are thrilled that the atmosphere and friendship we are creating with your help is enjoyed by so many. Our new members are having fun and satisfaction while keeping active with a sense of belonging – Keep it up.

That's our summer over, with the final event of the year being on the 29th June at Waipuna Park, Tauranga, our Masters Cross Country. A flyer will be sent for this nearer the time but note it in your diaries. \$10 entry for all, Place prizes, spot prizes, results are age graded, cuppa and hot soup as a reward. Come and enjoy.

Start thinking about WBOP Masters Athlete of the Year entries. These are for the year to 31/03/25. Further info to follow.

Take care, stay fit, keep healthy and play safely with those "TOYS".

Hugs, Fay Riley – Secretary / Treasurer.



NZ Masters Championships

28th – 30th March 2025, Mt Smart

The 51st NZ Champs were joined by the members of the NZ Police and FENZ who held their championships within this meeting.

Forty three competitors from WBOP and eleven athletes nominated in the Athlete of the year finalists with Brenda Davis taking out two throws awards. Sheryl said she had a great Nationals, weather wise and a good team from WBOP. Most of us ran hard and threw well and if it didn't work we had a massage with the marvellous Michelle or wrapped Kenisio tape around where it hurt so we could still compete. Stephen Te Whaiti and Annette Hermans pulled out of their events due to Achilles problems but they had already broken the records at our Multi Day.

Results for WBOP athletes

60m

W35 Sarah Hockley 1st 9.46 W43 Annmarie McDonald 1st 8.63 W45 Audrey Poaneki 2nd 9.83
W74 Tui Ashe 2nd 11.64 W75 Sheryl Gower 1st 10.83 W80 Sue Su 2nd 12.93
M42 Simon Xu 4th 8.34 M51 Iain Rattray 2nd 8.02 M65 Stephen Burden 1st 8.57 M70 Trevor Watson
1st 9.45 M81 Peter Crawford 1st 11.87

100m

W35 Sarah Hockley 1st 15.36 W43 Annmarie McDonald 1st 13.82 W45 Audrey Poaneki 1st 15.87
W65 Annette Hermans 1st 18.32 W75 Sheryl Gower 1st 17.18 W80 SueSu 2nd 21.57
M42 Simon Xu 4th 13.26 M51 Iain Rattray 3rd 12.70 M61 Stephen Te Whaiti 2nd 13.68 M65 Stephen
Burden 1st 13.54 M70 Trevor Watson 1st 14.78

110m Hurdles

M42 Simon Xu 1st 21.55

200m

W 38 Sarah Hockley 1st 42.50 W43 Annmarie McDonald 1st 28.07 W75 Sheryl Gower 1st 37.08
M65 Stephen Burden 1st 28.20 M70 Trevor Watson 1st 30.21 M81 Peter Crawford 2nd 50.19

400m

M51 Iain Rattray 3rd 59.99 M61 Stephen Te Whaiti 2nd 10.04.92

800m

W37 Jenny Gater 1st 2.24.60 W77 Loris Reed 1st 3.39.36
M44 Matt Parsonage 1st 2.08.65 M51 Iain Rattray 2nd 2.21.00

1500m

W38 Ana-Mree Ngaheu 4th 6.57.31 W37 Jenny Gater 1st 4.59.05 W77 Loris Reed 1st 7.18.49
M44 Matt Parsonage 2nd 4.18.11 M46 Malcolm Smith 1st 4.48.48

1500m Race Walk

W58 Denise Fellows 2nd 12.22.52

2000m Steeple Chase

W75 Loris Reed 1st 11.21.95
M72 Gavin smith 1st 10.32.89

3000m Steeple Chase

M45 Malcolm Smith 1st 12.43.34

3000m

W35 Ana-Mree Ngahea 2nd 16.17.40 W40 Nanine Fouch 2nd 12.42.17 W77 Loris Reed 1st 15.36.36
M40 Matt Parsonage 1st 9.18.78 M45 Malcolm Smith 2nd 10.44.75 M55 John Caie 1st 12.30.84
M70 Malcolm Smith 2nd 10.44.75 M70 Gavin smith 2nd 13.20.09

5000m

W40 Nanine Fouch 3rd 21.54.05
M44 Matt Parsonage 1st 15.58.97 Malcolm Smith 5th 18.22.88
M59 John Caie 2nd 21.15.03 M72 Gavin smith 1st 23.50.82

High Jump

W49 Marcia Taylor 4th 1.12 W40 Audrey Poaneki 2nd 1.33 W65 Annette Hermans 1st 1.09
M61 Stephen Te Whaiti 2nd 1.45 M59 Glenn Bishop 1st 1.40

Long Jump

W30 Mariah Pirinui 1st 5.60
M60 Stephen Te Whaiti 1st 4.67 Bruce Coretesi 2nd 2.42 M65 Stephen Burden 1st 4.86

Triple Jump

W45 Rachael Savage 1st 4.52 M65 Stephen Burden 1st 9.83

NZMA National Champs 2025

by Brenda Davis

National Champs are always looked forward to at the end of our athletics calendar - the social side of catching up with old friends and frenemies has to be one of the absolute highlights, I'm sure we all go in with great anticipation and full of hopes and dreams to attain not just a placing but maybe a record or two in the process, or even a sneaky PB here and there.

While I managed one out of three, there were a certain group that managed to attain two out of three. Andrew Stark mentioned at the Awards dinner that the throwing events had large numbers of athletes at this competition and the WaiBOP was very well represented in the throwing events with six alone from the Eastern Bay and four of those attending the National Champs for their very first time.

While Racheal Savage was attending for her second National Champs, Dave Grimwood, Ana-Mree Ngaheue, Sarah Hockley and Jennifer Kavetoea were suitably in awe of the venue and the "in your face" hammer cage, realising they "weren't in Kansas anymore" or K-Town as we like to call it.

The throwing events had larger fields than previous years and this led to quite long wait times between throws which didn't help the nerves, even for this seasoned professional but it didn't seem to phase our newbies though who were cracking out PB's here, there and everywhere!

PB's for this K-town group included:

Dave Grimwood - Shotput

Jennifer Kavetoea - Shotput

Racheal Savage - Weighted throw, Triple jump, Throws Pentathlon

Ana-Mree - Hammer, Discus, Weight, 1500m, 3000m, Throws Pentathlon

Sarah Hockley - Javelin, Long jump, Track Pentathlon

I was also competing in the Police and FENZ which was being held alongside the NZMA Champs. Being the only one in my age group in this competition meant I took home a further six Gold which was a bonus. We are hoping the numbers will increase next year once others see the amazing medals we got to bring home.

Speaking of the Awards dinner, this was also well attended and the various Awards went to athletes from all around NZ, including yours truly. The last time I was awarded the Athlete of the Year Throws Award was way back in 2016 so it was indeed a nice surprise to be the recipient of not only the Throws Award but also the Combined Events Award - double surprise!

Throws Pentathlon Results

Brenda: 2936 (Gold)

Racheal: 1941 (Gold)

Marcia : 1851 (Silver)

Ana-Mree: 1771 (Silver)

Denise: 1557 (Silver)

Jennifer: 1417 (Gold)

Track Pentathlon

Sarah: 1269 (Gold)



Simon Xu



Gavin and Loris in the steeplechase



Peter and Stewart

By 30th July 2025



Obituary

Ray Laurie

Passed away 22 March 2023

It is with sadness we learn of the passing of Ray Laurie.

Ray had a career in Pharmacy and was on the Board of Auckland Hospital for a time.

He joined Waikato Bay of Plenty Masters on his move to Tauranga with wife Pauline. He was on our committee and always a willing contributor and helper.

Ray was a keen competitor and was often seen training at the Domain with fellow athletes. He and Pauline attended Masters Games events with distinction; competing in Athletics, Rowing and Ballroom dancing (a favourite pastime).

Ray returned to Auckland in his later days to a Retirement Village to be closer to family.

We remember Ray for his kind, quiet nature and friendly determination in mastering throwing technics.

We pass on sincere condolences to his family, and hope that he rests in peace after a life well lived.

Murray Clarkson.



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2025 FMT Youth Sponsorship Grant

Investing in the Future - Applications Now Open!

For 20 years, we have proudly supported young talent through the FMT Youth Sponsorship Grant, helping ambitious individuals achieve their dreams. This year, we are expanding the program, offering more funding and more opportunities for rising stars across various fields.

Bigger and Better Grants for 2025

After receiving a record-breaking 50+ applications in 2024, we are increasing our support to reach even more young people. Previously, one grant of \$3,500 was awarded - but this year, we are offering:

- Two age categories: 16-19 and 20-25, ensuring fairer distribution
- Two major grants of \$8,000 each
- Two runner-up grants of \$2,000 each

This is one of our favourite sponsorship programs, and we are thrilled to expand it to help more young individuals on their journey to success.

Who can apply?

The FMT Youth Sponsorship Grant is open to young individuals aged 16-25 who are excelling at a national or international level in the following areas:

- Sport
- The Arts
- Academia
- Leadership
- Music

How to apply

To be considered, applicants must be aged 16-19 or 20-25 at the time of application.

The applicant will need to submit a cover letter, CV and if possible a short video introducing themselves, showcasing their ambitions and achievements, and explaining how they plan to use the grant. For more details or to apply, please visit fmt.co.nz.

What's expected from grant recipients?

Successful applicants will share their story and inspire others by:

- Creating a short video to feature at our Investor Meetings
- Providing two short articles (300 words each) and photos throughout the sponsorship period, to be shared on our website and in our investor newsletter.

Know someone who would benefit from this grant?

Encourage them to apply today. For more details, visit our website or contact our team. We look forward to seeing the incredible talent and passion from this year's applicants.



0800 321 113 ► fmt.co.nz

Applications close 5:00pm, 31 May 2025

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