

INTERNATIONAL TUG OF WAR SPORT NEWS

Reflections on 2018

With 2018 rushing to an end, we reflect with thankfulness and appreciation on the tug of war activities and participation globally. Not only did we experience two great TWIF level events, but also regionally, nationally and locally our athletes and officials did themselves proud in a plethora of events which show the humble but proud nature of our sport.



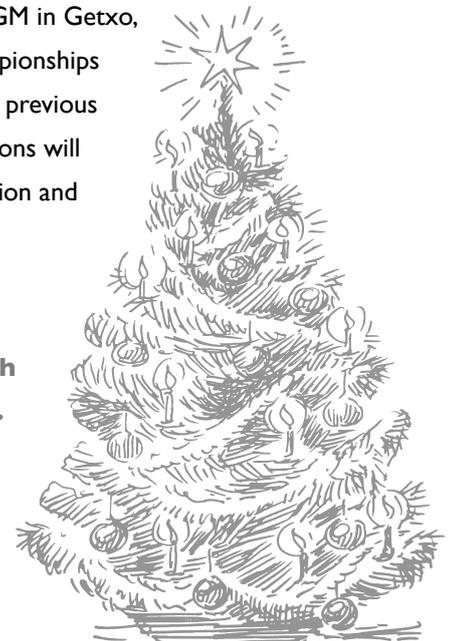
Anton Rabe.

The international year started with the first ever TWIF competition in Asia with the World Indoor Championship being hosted by China in the city of Xuzhou. The 2018 Congress and AGM followed in April in Cork, Ireland and the year was capped by an excellent World Outdoor Championship in Cape Town, South Africa in an iconic setting with top class performances. With both the Indoor and Outdoor, the different weight classes were spread over a number of winning nations with the behaviour and level of performance of participants both on and off the competition arena doing us proud.

My thanks to the organisers and hosts of the various events. Equally so, my sincere thanks and appreciation to all participants and especially also our TWIF officials for their time and dedication to the tug of war sport. Without that passion and willingness to serve the sport with humbleness and dedication, such events and the high level of performance would not be possible.

Looking forward to 2019, we already have the Congress/AGM in Getxo, Basque Country in April, and the European Outdoor Championships Castle Bar, Ireland in September on the radar. Reflecting on previous events in these countries, I have no doubt that these occasions will again be a celebration of the competence of both organisation and level of performance.

Meantime I wish everybody a great Festive period with family and friends. For those that will also have some time for holidays, enjoy.



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IS A MEMBER OF



MISSION STATEMENT

As an International Federation our mission is to provide the structure and good governance necessary for the well-being and development of the sport of Tug of War throughout the world. Our Primary Objective is to attain a sufficiently high level of excellence and universality to expedite our acceptance by the International Olympic Committee as a sport within the programme of the Olympic Games, a status held by our sport in the early years of the 20th century.



Some of the world's toughest men and women came to Cape Town to dig in their heels as South Africa hosted the 24th World Tug-of-War Championships in Cape Town from 19-22 September 2018, at the Camps Bay High School.

The wet weather reared its head on Wednesday's opening day, leaving the athletes competing in downpours of rain. But the grounds had been well-prepared, and never turned muddy. From Thursday onwards, the Cape Town sun came out, and we had wonderful weather for the remainder of the World Championships.



Wednesday and Thursday's first two days featured the Open Clubs Championships, with clubs from all over the globe participating, while the final two days, Friday and Saturday, were set aside for the official World Championships. An impressive entry figure of almost 1400 athletes from 18 different countries was received. These athletes competed in 13 different weight divisions.

LESLEY CARSTENS

Countries who entered for the world championships were: South Africa, Australia, Basque Country, Belgium, China, Chinese Taipei, England, France, Germany, Italy, Latvia, Lithuania, Netherlands, Scotland, Sweden, Switzerland, USA, and Zimbabwe.



Anton Botha, Anton Rabe and Mnr Gert Oosthuizen, MP - Deputy Minister of Sport of South Africa at the official opening ceremony.

ANTON BOTHA, President of the South African Tug-of-War Federation, said: *'This year was the fifth time that South Africa hosted the World Championships, and saw a return to the city where South Africa hosted its first World Championships in 1976. Forty-two years later, it was indeed extra-special for SA Tug-of-War to play hosts in this city, which many regard as the tourist capital of the world. Recognising the unifying power of sport, the theme of this year's World Championships was "The World as One".'*



MICHAEL LOURENS (South Africa) National Coach - right

'My international career in tug-of-war started in 2009 in Assen, Netherlands and after missing out in 2010 in Pretoria, 2018 was the first time that I got the chance to represent our national team in my own country at an international event. 'This is definitely the highlight of my tug-of-war career to date, and it makes me proud to be associated with South African Tug-of-War after the brilliant event hosted by South Africa in Camps Bay.

'With every pull we could hear the supporters shouting and singing for us and this definitely helped us ending up on the podium. Standing there, with the South African supporters still cheering for us – with the beautiful mountain behind us, and looking out over the sea, I knew this would be my proudest moment ever in tug-of-war.'



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ROBERTO OOSTHUIZEN (South Africa) Athlete

'Participating in my 17th World Championships, and my fourth in South Africa, these Championships hosted in Cape Town was one of the most memorable in my career, in over 40 years of involvement in tug-of-war.

'The venue had ample space, outstanding pulling ground, and enough marquee tents for all the pullers – a first for me, although we as pullers prefer to be in the open and enjoying the fresh air.

With Table Mountain on the one end and the Atlantic seaboard with the white beach of Camps Bay on the other, compliments to the organisers!'



Chinese Taipei



Briefing



Lithuania



Australia



China

JANCKE DEWET (South Africa) Athlete

'For me as a "puller", the World Championships in SA were an amazing experience! I have taken part in eight tug-of-war World Championships overseas. But taking part in South Africa was truly great. For the first time in my life, all my friends and family could experience this.

'Fellow South Africans could experience first-hand what tug-of-war is all about. People actually realised how much strength, fitness and endurance goes into this sport. 'Also, why tug-of-war athletes are so dedicated, focused and disciplined.

"You don't know how strong you are, until being strong is your only option."

Thank you for the experience of a lifetime!'



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JAMÉ PHILLIPS *(South Africa) Athlete*

'A person would never believe that all the months of hard work, late evenings at practice, tears and every difficult weigh-in . . . would be over in the blink of an eye.

'We didn't start off with high expectations for this World Championships, but we're proud that we walked away with high quality results. The competition was unbelievably difficult, but the spirit amongst the guys and girls was fantastic and made it all worthwhile. The crowds shouting for us to win just that millimetre of ground was a 'goosebumps' moment!

'Of the seven weights I pulled in, I won five medals, of which only one was a bronze. I'm proud to say that when you have the will in you to want to win a medal... you already have that medal in your hands.

'It was an honour to wear the green and gold, and to represent my country, along with my teammates.'



Italy



Germany



Netherlands



Latvia



Ladies from Ayrshire (Scotland) and Kilroe Ladies (England)



France, mixed



Lorna power

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USA



Belgium



David Kruse.



Hendrik, Sweden



Erika Julieth Rojas.



Barefoot pulling



Basque Country



LAURIE IBBOTSON (England) Athlete

"If you really look closely, most overnight successes took a long time." STEVE JOBS

'That is certainly true for the World Championships in Cape Town. Everything was planned and executed to ensure that all athletes, coaches, spectators and officials could enjoy the most wonderful setting and high-class pulling for the Championships.

'A venue like no other in the world. The back drop of magnificent Table Mountain, overlooking the golden sands of Camps Bay and the cheers and encouragement from the local school children and spectators was truly fantastic. 'The ground was perfect. Over the four days it allowed some tremendous pulling from early morning until evening. 'Success of the championships will be measured differently. For me personally, success came in the form of four medals, including two golds. Success was the happy times shared with old and new friends whilst competing and watching the tug-of-war – as well as celebrating and planning new adventures.'

"If you can dream it, you can do it." WALT DISNEY

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CAPE TOWN 2018 COMPETITION RESULTS

OPEN CLUBS OUTDOOR COMPETITION	WEIGHT	GOLD	SILVER	BRONZE
	500W	Ayrshire (SCO)	Kilroe Ladies (ENG)	Bedford ladies (ENG)
	540W	Tai Shi Da Jingmei (TPE)	Gaztedi A (BAS)	Disa Ladies (RSA)
	560M	Goldscheuer (GER)	Goiherri (BAS)	Gaztedi A (BAS)
	640M	Engelberg (SWI)	Böllen (GER)	Goiherri (BAS)
	680M	Valleitrekkers (NED)	Ebersecken (SWI)	Gelderswoude (NED)
	720M	Heure (NED)	Valleitrekkers (NED)	Koapman (NED)
	580MX	Kilroe Ladies (ENG)	Eibergen (NED)	Heure (NED)
	560MJ	Stans Oberdorf (SWI)	ShouShanChioTai (TPE)	Oakdale A (RSA)
	500WU23	Tai Shi Da Jingmei (TPE)	Disa Ladies (RSA)	Kaiserberg (GER)
	600MU23	Böllen (GER)	Veenseboys (NED)	Swellendam (RSA)
	480 JFM	Nantou High School (TPE)	HTS Drostdy (RSA)	Disa Ladies (RSA)
	520JMX	Nantou & Shou-Shan (TPE)	Oakdale A (RSA)	HTS Drostdy A (RSA)
	560mxU23	Tai Shi Da Jingmei (TPE)	Swellendam (RSA)	Wallby (SWE)

OPEN CLUBS MEDAL TABLE				
NO	COUNTRY	GOLD	SILVER	BRONZE
1	Chinese Taipei	5	1	
2	Netherlands	2	3	3
3	Germany	2	1	1
4	Switzerland	2	1	
5	England	1	1	1
6	Scotland	1		
7	South Africa		4	5
8	Basque Contry		2	2
9	Sweden			1



Flag ceremony



Switzerland



Bo England



Medals

CONTINUED ON PAGE 7

CAPE TOWN 2018 COMPETITION RESULTS



Zimbabwe flag



Recorders



Evaluators



TWIF exco



Coaches with trophy

OUTDOOR MEDAL TABLE				
NO	COUNTRY	GOLD	SILVER	BRONZE
1	Switzerland	5	2	1
2	Chinese Taipei	5	1	1
3	Germany	1	2	
4	Netherlands	1	1	3
5	England	1		4
6	South Africa		3	2
7	Sweden		2	1
8	Basque Country		2	1

WORLD OUTDOOR CHAMPIONSHIPS	WEIGHT	GOLD	SILVER	BRONZE
	500W	Chinese Taipei	Switzerland	Basque Country
	540W	Chinese Taipei	Switzerland	England
	560M	Germany	Basque Country	Netherlands
	640M	Switzerland	Germany	England
	680M	Switzerland	Netherlands	England
	720M	Netherlands	Basque Country	South Africa
	580MX	England	Sweden	Netherlands
	580MJ	Switzerland	Chinese Taipei	Netherlands
	500WU23	Chinese Taipei	South Africa	Switzerland
	600MU23	Switzerland	Germany	South Africa
	480 JFM	Chinese Taipei	South Africa	England
	520JMX	Chinese Taipei	South Africa	Sweden
	560mxU23	Switzerland	Sweden	Chinese Taipei

SUCCESSFUL MEDIA WORKSHOP IN MADRID



The Olympic Channel and The World Games organised a joint Media Workshop from 13-14 November in Madrid.

Maaike Hornstra (left) attended the workshop for TWIF. On the agenda there were matters related to live TV production, social media and how to pitch news stories for distribution. Experts from the Olympic Channel, The World Games, Twitter and Google presented the latest updates and trends from their areas as well as answered questions from participants. As a perfect start to the workshop, the Chief of the Olympic Channel Swiss office, Jochen Färber, moderated a discussion about 'how to do more with less' when it comes to resources.

IWGA President José Perurena was present at the workshop. "I am very pleased with our cooperation with the Olympic Channel in general and regarding this Media Workshop in particular. We had two very good and informative days in Madrid with many engaging presentations and discussions", he says. "It was also encouraging to see how well the people from our federations communicate and cooperate with each other and IWGA staff – in many ways we are all in the same situation and meet the same challenges in our communication work. I hope that the cooperation will continue and grow within The World Games family, and these workshops are excellent opportunities for that. All the feedback we have received so far from the workshop participants has been extremely positive."

Olympic Channel General Manager Mark Parkman added, "Our relationship with each sport within the Olympic Movement is at the core of the Olympic Channel's output, and our great collaboration with the IWGA has already proven to be fruitful with the success of The World Games in 2017. As we look ahead to Birmingham 2021, we share a common goal to increase both the size of the audience and active participation for their sports. It is important for us to work together in our collective efforts to promote their sports and to help grow their audiences worldwide, and we hope this workshop provided the federations with useful insights and tools on how they can achieve more value through our partnerships."

On the first evening of the Workshop, the participants got to take part in the inauguration of the exhibition "The Olympic Games: Behind the Screen", which provides a living history of how modern media conveys the Olympic values around the world. The exhibition has a new, permanent home at the headquarters of Olympic Broadcasting Services (OBS) and the Olympic Channel in Madrid.



IOC Vice President Juan Antonio Samaranch was joined by Alejandro Blanco, President of the Spanish Olympic Committee; Jose Perurena, Marisol Casado, IOC Member and President of the International Triathlon Union; Antonio Espinos, President of the World Karate Federation; Francis Gabet, Director of the Olympic Foundation for Culture and Heritage; Olympic broadcasting pioneer Manolo Romero, and Yiannis Exarchos, CEO of OBS and Executive Director of the Olympic Channel to officially open the exhibition.

Open Doors & Open Minds: NEW TOOLS FOR IFs

DAN MCCARTHY
(Treasurer TWIF)

MONDAY 5TH NOVEMBER at 17h00 the Master of ceremonies David Evans introduced Thomas Bach, president of the International Olympic Committee (IOC) who said the Forum (Open Doors and Open Minds-New Tools for IF (International Federations)) welcomed all present.

TUESDAY 6TH NOVEMBER the opening remarks were made by Andrew Ryan, Director of ASOIF*. He spoke about the Challenges for IF. Modern Technology will affect the World of Sport. We must protect and develop our sport. The IF must create their own events and make sure individuals cannot create their own events. Will Reynolds, Consultant of ASIOF, spoke regarding mindset, opportunities and new ideas regarding Sport. New format for spectators, Fun

Engagement, Face Book, look at partners how they act in the changing world. This must be embraced by IF. Gerry Ryan from J.L.T. Insurance* spoke about Sport Governance, Personal Risk, who's to blame when something goes wrong. The next Topic was 5G Live Stream, pre-educate the viewers. A presentation from 2020 Tokyo was given; the date will be 24th July - 9th August with 33 Sports. From 25th August - 6th September the Paralympics will take place.



LAUSANNE
5 – 7 NOVEMBER 2018

WEDNESDAY 7TH NOVEMBER: E-Sports* have met with IOC and WADA. Sports are developing rapidly with youths. The digital revolution is driving sport and they have unity and common approach with I.O.C. e-Sport arrived in 1999 with video games but now have Sport Simulation across three continents; Europe, America and Asia. Presentations were given by three Simulation Sports: cycling, motor sport and sailing. Sustainability leading the way with IOC and IF Forum - Open Doors and Open Minds.

CLIMATE CONTROLS AND ACTION IN SPORT LOOKING AHEAD RESPONSIBILITY: safeguard our planet, young people are more conscious about the environment compared to older people who run sports events.

PLASTIC PROBLEM-BLUE ECONOMY: by 2050 there will be more plastic in the sea than fish by weight. Air pollution is destroying sport regarding the athletes training in various countries. Athletes suffering with asthma have to avoid some events in countries with high levels of air pollution.

ASOIF = Association of Summer Olympic International Federations

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eSports.com brings news, scores, and statistics to the world, supporting the formation, growth, and activity of eSports organisations around the globe.

ZIMBABWE TUG OF WAR

BATSIRAYI FRANK
President
Zimbabwe Tug of War

The location of Zimbabwe Zimbabwe is located in Southern Africa and it neighbours the Republic of South Africa to the south. There is Mozambique to the east, Botswana to the south west and Zambia to the north. This makes Zimbabwe a landlocked country but enjoying the fraternity of good neighbours. We are home to one of the World's Wonders - the mighty Victoria Falls, together with other resorts like the largest man-made lake on the continent, the Kariba Dam, National Parks that are home to the *big five* and also historical sites like the Great Zimbabwe Ruins. When you visit Zimbabwe you will never run out of amazing places to visit.

Birth of Zimbabwe Tug of War Some gentlemen in 2011 were imbibing and a having friendly chats about tug of war and suddenly there was question posed as to whether there was tug of war in Zimbabwe. The gentlemen included the late Pat Power who had visited home (Northern Ireland), Dennis Dunlea, Mickey Carrol, John MacGrath and later the discussion would include immediate past President Cathal McKeever. Soon after the drink Pat was on line to Zimbabwe to Batsirayi Frank to see to it that there were teams playing the game in Zimbabwe and also to prepare for the games in Cape Town for April 2012. The current President, Mr. Anton Rabe who was President SATF and his Vice Anton Luther Botha from then to now have been mentoring ZITWF and for that we are indebted to SATF and we try to emulate them.

The first port of call was the Commercial Bank of Zimbabwe (CBZ BANK) who were active in the game at Inter Banks Games. The CBZ Bank has been since 2012 have been *our partner for success* as their pay off line says. They have sponsored their club, Engine yeChitima (The Locomotive in local lingo). They bankrolled the first ever international tug of war event in 2013 and funded the CBZ CUP which was played until 2015 but have continued to support the sport. Other partners





include EXIDE BATTERIES and PAYSERV who have lent a helping hand in our growth as a National Sport Association. The sports mother body of Zimbabwe, THE SPORTS & RECREATIONAL COMMISSION has supported us immensely and encouraged us when we faltered and were worn down in our endeavours to promote the game to the length and breadth of Zimbabwe.

Tug of War has become popular and only in August of 2018 our Harare Agriculture Show more than 30 000 spectators watched the game as it is the signature event

for the show. The Zimbabwe International Trade Fair (ZITF) is also another event where we showcase the game. It is our hope that one day we will have the World Tug of War family will descend on Zimbabwe at one such event and show that tug of war is alive and kicking despite our last participation at Olympics in 1920.

Africa Games Together with SATF we developed a competition which we termed Africa Champs to try and promote the sport in Africa. We have seen gradual growth in terms of country participation in Africa. We now Zambia and Kenya are playing in the Africa Games and we want to have more and more teams playing in Africa. Plans are already underway for 2019 AFRICA CHAMPS, with these games I have the belief that Zimbabwe will be a force to be reckoned with in the very near future.

The long trek to the first World Champs in Cape Town, The Mother City When SATF won the bid to host World Champs in 2014 we were so excited that the world champs will be closer to home. Everyone looked forward to 2018 with great anticipation. Years would drag on but the world champs were always talked about. I remember in August 2018 before a full house of about 34 000 spectators at the Harare Agricultural Show the commentator announced that the teams playing today will be headed for WORLD CUP in Cape Town people realised that we are a serious sport to be so organised to have a world champs. It is our hope and desire that one day at such a big event some friends within the Greater Tug of War Family will grace our games in Zimbabwe to give the spectators a chance to watch top of range playing like we witnessed in Cape Town. Thank you TWIF and all teams that came. SATF thanks for the perfect location and hosting.

Seventy men and women embarked on the 2 600 km road trek to Cape Town from Zimbabwe to play in the first ever world championship for Zimbabwe. At the back of our minds we had

two things that we needed to do that was to LEARN and to LEARN. Learning to play the game for players and learning how to manage a national federation. We did our part and Latvia gave us the shock we needed as that was our first pull at world champs. We learnt a lot of things about the game especially training regimes for conditioning the players.

The future of Zimbabwe Tug of War Tug of War is a very popular sport in Zimbabwe but it is mostly taken as a recreational sport. It is played at churches and other social gatherings. Corporates also



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play it during their employee wellness initiatives. Our federation has been approached several times to help organise and officiate at games such as Inter Banks, Revenue Games, NGO Games, Churches and many others. The Sports and Recreation Commission (SRC staff and SRC Board) have supported us so much in our formative years and they still do to this day. We intend to embark on a THE GREAT ZIMBABWE 10 KM ROPE PROJECT.

The aim of this project is to take the game to all the 10 provinces of Zimbabwe. When fully implemented each province will have 277 ropes and each district in the province will have at least 16 ropes. Our major handicap is that the rope is not manufactured locally and we rely on RSA for this rope. We also need trainers both for high performance and beginners and if there are federations out there who can help us to develop this, our sport, we are more than delighted to have your suggestions and proposals. We are open and welcome to ideas on how we can improve on our game especially after the successful world champs. Once again let me say thank you to the Tug of War family for the wonderful experience in Cape Town.

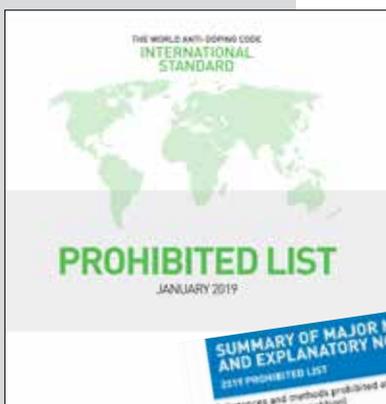
KWAHERI YAKUONANA – GOODBYE TILL WE MEET AGAIN

WADA PUBLISHES LIST OF PROHIBITED SUBSTANCES AND METHODS & A SUMMARY OF MAJOR MODIFICATIONS AND EXPLANATORY NOTES

PETE DYER

At the end of September the World Anti-Doping Agency (WADA) published the List of Prohibited Substances and Methods for 2019. In addition, they also published a 2019 Summary of Major Modifications and Explanatory Notes.

The Prohibited list can be downloaded from the TWIF and WADA websites and the Summary of Major Modifications and Explanatory Notes can be downloaded from the WADA website. The list is available in English and French and will be available in Spanish.



The List is released three months ahead of it taking effect so that athletes and their entourage can acquaint themselves with any modifications. Ultimately, athletes are responsible for the substances in their body and the methods on the List; and, athlete entourage are also liable for anti-doping rule violations if determined to be complicit.

Consequently, if there is any doubt as to the status of a substance or method, it is important that they contact their respective Anti-Doping Organization (International Federation or National Anti-Doping Organization) for advice.

WADA provide some very useful anti-doping e-learning on their website under education and prevention. The anti-doping e-learning platform (ADeL) offers access to all topics related to clean sport and anti-doping. It offers courses for athletes, coaches, doctors, administrators and anyone interested in learning more about anti-

doping and protecting the values of clean sport.

