



FROM THE PRESIDENT'S DESK



Co Koren, President TWIF

The close of the World Outdoor Championships in Rochester USA on Sunday 5 September marked the end of the 2004 international competitions. It however certainly was not the end of the TWIF activities for the year. The policy plan, the blueprint of TWIF's future, induced an amount of work that never has been bigger. The required activities to implement and accomplish all these plans are far beyond the capacity of the TWIF Executive.

In my column of June this year I used the slogan 'All together lads', to indicate that the input and assistance of the entire TWIF family is essential to pull off this huge challenge. I now appeal to the great potential of capable persons within the TWIF family to step forward and actively help us to overcome the many tasks we are faced with. TWIF is in an upward surge towards a higher level. There are great numbers of candidate members waiting to get assistance to join the tug of war family - as well as a growing number of youth teams that need help in the GENSB events - these projects require manpower to cope.

In Rochester I called on the youth in the tug of war sport to fulfill the TWIF dream and ambition; the reintroduction of the tug of war sport into the Olympic Games. The youth is now at the start of their career and TWIF has to provide them with the means to develop, to grow and to excel in tug of war. We, the managers, administrators, coaches and staff of today's organization have to do the spadework so that the youth can reap the harvest after they have climbed to the summit of their performance. It would be a shame to miss the current opportunity to take the tug of war sport to a higher level.

I look forward to working with our TWIF members to progress the tug of war sport; one that gives us much pleasure and satisfaction. Many of you are already very much involved and I am convinced that the hard work will help to increase your enjoyment in the sport.

CO KOREN
President TWIF

Teams qualified for WORLD GAMES 2005

The following teams have qualified for the World Games 2005 by ending within the top 6 for the respective weight classes at the last two world Championships. The 520 women teams at the World Indoor Championships held in Glasgow, Scotland in February this year, and the men 640 and 680 outdoor teams at the World Outdoor Championships held in Rochester USA in September 2004.

WOMEN 520 (INDOOR)

- Chinese Taipei
- Great Britain
- Japan
- Netherlands
- Spain
- USA

MEN 640 (OUTDOOR)

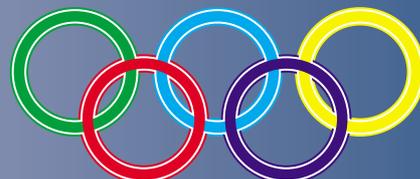
- Great Britain
- Germany
- Ireland
- Netherlands
- Sweden
- Switzerland

MEN 680 (OUTDOOR)

- Great Britain
- Ireland
- Netherlands
- Rep of South Africa
- Sweden
- Switzerland



We need to see the reintroduction of the tug of war sport into the Olympic Games ... it would be a shame to miss the current opportunity to take the tug of war sport to this higher level.





TOW IN SRI LANKA

The Tug of War Federation of Sri Lanka held their first Inter Club Championships on 25th of September 2004. Ten of their clubs participated and the winning club, Police SC received the Presidents Challenge Trophy.

There were approximately 500 spectators present and Mr Fernando, the Hon Secretary, stated that he is very confident that the Tug of War Sport is going to be very popular in Sri Lanka. They have plans to get thirty coaches and thirty match officials trained before the end of December.



THE MONGOLIAN PRIME MINISTER IS PULLING THE ROPE!

PULLER PROFILE



MAAIKE HORNSTRA: Seeking the limits of performance

Even after more than twenty World and European titles and five gold medals at the World Games, Maaïke Hornstra is still as eager to win an international title as she was at her first world title in 1990. Maaïke, who is employed at a social insurance company, is totally dedicated to sport. Born in 1965 in the northern province of the Netherlands, Friesland, she grew up with athletic sport along with her three brothers and one sister. She is still an active middle and long distance runner; the 10 kilometres is her favourite distance; but she also competed in two marathons.

At the age of 18 a friend invited her to a tug of war training session and as it happens to so many pullers; she was hooked and became devoted to the tug of war sport. After competing and winning a string of regional and national competitions with her club Teerns, Maaïke's first international outdoor event was the TWIF Open Club Competition 1985 in Stans, Switzerland. The club Teerns got the hang of it and participated in three consecutive TWIF Open Club Competitions in 1986, 1987 and 1988, each time winning the gold medal in the 520kg class as well one gold and one silver medal in the 560kg class. Maaïke enjoyed those competitions and victories very much, but her ambitions became focused on a higher goal.

In 1990 she was selected for the national 520kg team for the World Outdoor Championships in Slagharen, the Netherlands. In the final the Netherlands defeated the unbeatable Swedes for the first time. Maaïke still retains good memories of her first world

'I am still very honoured when I am selected for the national team. It is the recognition that you are one of the best.'

title, but the title that she most cherishes is the world title in 480kg Indoor in 1993 in Cardiff, Wales. 'To win that final pull against Spain, we had to give everything and we did just that'. It is illustrative of the sportswoman Maaïke Hornstra; an easy win is not the real thing, she needs a real challenge.

"Tug of war is not a silly sport as some journalists continue to put across in the media", says Maaïke explaining why she is so committed to the tug of war sport. "It is a unique team sport where teammates have to be well geared to each other to make the team". Maaïke considers the Indoor discipline even more special as team sport, because teammates 'need to be really fine-tuned to each other' to perform as a good tug of war side. In the indoor tug of war 'there is no room for mistakes; you can't recover from a misstep'.

The charm of tug of war for Maaïke is that a team is made up of individuals, all with the same goal which makes a success of the team. 'If you work for the team, the team works for you. It's not only the physical strength of the pullers; the success of a team is the result of a combination of many factors including mental strength and team spirit'. The joy of living radiates from Maaïke's face when

The United States **Amateur Tug of War Association** has been involved with the **International Tug of War Federation** for 26 years. During that time, the USA hosted three World Championships, the last two both in Rochester, Minnesota.

The women's teams of the **USATOWA** have won medals at all three of these Championships, but at the most recent one they finally made it to the top - winning gold in the 520kg weight class in the closed competition.



USA MAKES IT TO THE TOP

Through the years USA women's teams have won many medals in both the open and closed competitions. It is indeed a long road from the first gold medal won in an exhibition competition in 1984 to the gold medal won 20 years later in the closed competition in 2004. The US women's teams have also qualified and participated for each World Games since the games of 1993 and have won a medal in 3 out of 4 times in these competitions.

Shelby Richardson, USATOWA President, says that the number of active teams are not as high as in other countries but the quality of their competitors are world class. This is indeed so and something they can rightly feel proud of as a lot of hard work and dedication to the sport has gone into keeping their world rankings high. Says Shelby: "I commend each woman and women's team coach in our Association for these accomplishments."

she relates her fondness for tug of war. Her high spirits certainly create a positive element for all the teams in which she participates.

Her job at the social insurance company is full time but she still finds the time for a bachelor study in social sciences. Besides this and the tug of war she and her partner Jelle van de Velde, a puller from the Frisian team 't Heidenskip, have taken up another sport; adventure racing. This new sport is an extreme endurance sport made up of various sport disciplines such as running, orienteering, swimming, cycling, inline speed skating, kayaking and others. It is a non-stop event consisting of at least four disciplines which takes two or more days. A team in adventure racing consists of four athletes. Together with Jelle and two more teammates Maaïke's team has won the national title and participated in international events in uncultivated areas such as the jungle of Borneo.

Since 1988 she has been qualified as a tug of war judge and officiates at national competitions. Due to her charisma and competence she is fully respected and accepted by the competing teams. If given the opportunity, her ambition would certainly include becoming an international judge in the tug of war sport.

In February this year, Maaïke won her sixth world title in the

520kg class in the World Indoor Championships in Glasgow, Scotland. With this result the Netherlands qualified for the World Games 2005 in Duisburg. Maaïke will be really proud if she is selected for the national team to compete in the World Games 2005 Duisburg. 'I have won gold medals at all three World Games when the Indoor tug of war for Women was still on the demonstration programme. I would be very honoured and happy to be able to compete for a World Games medal in the first World Games where Indoor Women is on the official competition programme'.

It would certainly be the jewel in the crown of Maaïke's achievements to win the gold medal at the World Games 2005 in Duisburg in July next year.



Maaïke and teammate at the World Championships in South Africa in 2002.

MY LIFE: IN & OUT OF TUG OF WAR

PULLER PROFILE

by FRED WORLE
(NO.1 FELTON
ECCLES, ENGLAND)

I was born and brought up in a small village just a few miles from Felton where 'Felton Eccles Tug of War Club' has been based for many years. I have always been passionate about sport, like most small boys my earliest love was soccer, but as the years went by this was replaced or supplemented in my affections by cricket, athletics, and rugby union. I represented and captained my school at all of these sports, I continue to play rugby, and though now just for fun, I have played some 350 first team games and captained my local club.

Tug of war has always been and continues to be a huge part of my life. I first competed at the tender age of 13 for a local club that ultimately failed to keep going, but I had great fun, learnt a lot, met some good people and I knew I had found a sport that I wanted to compete at and to the highest level possible. I joined Felton Eccles in the early nineties; I had strong family connections with the Club through my father, grandfather and various uncles and cousins and from the outset I knew that I would never pull for any other Club. Success at the very top level was not instant. Felton had a strong young team that had not really fulfilled its potential and many team members had drifted away. However, those who remained were totally committed to getting the Club back to the pinnacle of the sport, and were joined by a group of like minded men. This team has gone on to enjoy great success in our sport in England and on the International stage.

I have been lucky enough to be in teams that have won the English, United Kingdom, European Open and World Open and Closed Championship titles, and during this 10 year period I have enjoyed every moment. I have the utmost respect for any person who walks out on to the field of competition and competes at tug of war, it is the ultimate test of physical strength and fitness and mental toughness. At the highest level it provides a spectacle that is truly awesome. Every year it becomes tougher to remain competitive and we have to push harder to remain in the elite. The 640kg Closed weight class is now fantastic, and at World and European Championships it has been great to see nations like Germany and South Africa come through to join the more established countries and creates an event that tests the competitor to the very highest degree.

The demands in terms of time in and out of season to train and take part, have risen to a point that we are totally immersed in the sport in every



personally, have the demands on my time risen in the terms of my career and family commitments, this has not been easy to juggle! Often I arrive back from a long working day and car, train or plane journey to the training field, take off my business suit, shirt and tie and get on with rigours of another training session.

Tug of war is a very physical sport and has traditionally drawn in participants from physical trades like farming or construction work. Those from that background do have some advantage as their work will condition them and develop natural strength to its full potential. However these same guys, when they come to training have already expended a huge amount of physical energy during the day - I might be mentally tired, but really enjoy the physical aspect of training and look forward to every session.

Tug of war is a sport for all, irrespective of gender, size, age and certainly, profession!!

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