

TWIF MONTHLY FOCUS

MAY 2021



3rd Manmohan International Gold Cup Tug of War Championship - Nepal Army left and Sunsari Team right - read more about it on page 7.

FOREWORD FROM OUR PRESIDENT ANTON RABE

As we continue to live in unprecedented times with challenges and complexities that we have not even thought about as recently as 18 months ago, we witness with horror and sadness the human tragedy in some parts of the world. At the writing of this, particularly in India, but we are aware of huge suffering in many countries.

At least some of us have however somehow started to operate within our immediate domains within a regime of complying with Covid protocols and restrictions with continued vigilance and adherence to practices such as sanitation, social distancing and wearing of masks in public places. Global travel and gathering of any large number of people, remains very restricted. This is casting a huge shadow on the return to competitions locally, nationally and internationally. Indications of 3rd and 4th waves in different parts of the world is creating further uncertainty and is certainly not helpful in trying to guide sporting activities. Given this context, we still have a number of fairly high hurdles to navigate before we can hope to have a feasible tug of war event in September in Getxo. Given that this event will also double as a qualifier for the 3 outdoor tug of war events on the programme of the 2022

World Games in Birmingham, USA, it is even more important to guide our membership as to how things would likely develop over the next 4-5 months.

It seems as if 10-12 countries may be able and willing to commit to travel given Covid compliance within a "bubble" approach as other sports have adopted in recent months for a limited number of athletes only. At the time of writing it therefore seems highly unlikely that we will be able to have a "normal" TWIF championship over 4 days with closed and open categories.

The only realistic option with the knowledge available at this stage, seems to be a down-scaled event which will have a serious impact on the financial model of the event, also given that spectators are not allowed at sporting events. Covid testing and requirements of maintaining bubbles – and even bubbles within bubbles – will increase costs further not only for participants, but also for the hosts and TWIF itself.

TWIF Exco will continue to explore various options in close collaboration with the organisers. We expect clear direction by end of May and will do our utmost to ensure that all stakeholders are fully informed of developments as they unfold in the coming months.





Kyrgyzstan Traditional Tug of War

Tug of war is a traditional game of the Kyrgyz people, and it takes place at folk festivals and celebrations among young people and adults, and is included in most programmes of mass competitions. Competitions in tug of war are held among kindergarten students, school students, students in higher educational institutions, in the army, among military personnel, etc. There are clubs for fans of this sport, both women's and men's in our country. Competitions are held in stadiums, squares and on green lawns, where a large number of people gather, causing a huge competitive interest with its entertainment. Many other sports include tug of war in their athletic training programs.

Annually the International Issyk-Kul Sports Games have been held in 18 sports in Kyrgyzstan for 20 years. One of the disciplines is tug of war: 8x8 men, 8x8 women, 4m4wx-4m4w. Teams from Russia, China, Kazakhstan, Uzbekistan, India, Azerbaijan, Belarus, Ukraine, Armenia and Turkmenistan took part in these competitions.

**DID
YOU
KNOW**

**Kyrgyzstan
is TWIF's 75th
member
country.**

The tug of war competitions were held as part of the competition programme of the 1st and 2nd World Nomad Games, which aroused great interest and popularity.

This sport does not require special sports facilities, so it develops quickly and easily in Kyrgyzstan. At the tug of war competition venues, a control line is marked to determine the winner. At a signal from the referee, each team simultaneously begins to pull the rope until the winner is determined.

Tug of war develops a high level of overall strength, strength endurance, "explosive power", as well as good coordination, a sense of rhythm and timing, psychological stability and a high level of motivation and concentration of both physical and spiritual forces.

There are a lot of people who want to engage in tug of war in Kyrgyzstan. Competitions are held, both among men and women, so it has become a separate sport and the Republican Tug of War Federation of the Kyrgyz Republic has been created.

INTERVIEWS

WITH OUR YOUTH



Christopher Hunter

Age: 16

CLUB: Leo's Tug of War Club

COUNTRY: Northern Ireland

USUAL POSITION ON THE ROPE:

Outdoor at 2, 3 & 4

Indoor at 6 & 7



Sean Treanor

AGE: 21

CLUB: Leo's Boys/Killylough

COUNTRY: Ireland

USUAL POSITION ON THE ROPE:

4 or 5 on the rope

(mid rope)

How did you first get involved in tug of war?

My father, uncle, cousins, etc. have been involved in tug of war for years and since I could walk I have been brought along to training and competitions.

What was your first competition experience like?

In Northern Ireland there is no real young teams or competition so the only real opportunity I had to pull was with the ladies and mixed competitions.

My first real competitions were in the Northern Ireland 5 a side indoor league in 2016/17.

What was your first international competition experience like?

My first international competition was the TTV Lagerweij 30th Anniversary Tournament in 2017. I was lucky enough to pull with the Lagerweij youth team and we won the silver medal

What is your best memory from your time involved in tug of war?

Lots of brilliant memories of training and the team winning medals but my best memory is winning my own first international medal in Lagerweij.

What is your funniest tug of war memory?

Training and competitions are always physically hard but there is loads of fun and story with all of the team members at every session.

How did you first get involved in tug of war?

Myself and few local lads decided to try out the sport and done some training with a gantry, and then went to see a training with Leos boys and give it a go with them and really enjoyed it. My father also pulled tug of war so I was very familiar with the sport from going to events.

What was your first competition experience like?

Big learning experience, it was poor weather and was my first time pulling outdoors.

What was your first international competition experience like?

None to date.

What is your best memory from your time involved in tug of war?

The last competition of last year, conditions were great and I got a real good feel for the sport.

What do you think are the most important attributes for a puller to have?

Motivation, dedication, and are willing to put in the work.

What is your funniest tug of war memory?

At a competition last year, someone commented "when two elephants fight, its only the ground that gets hurt".

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What do you like most about tug of war? I really enjoy the hard training and being part of the team, seeing how I improve as an individual helps the whole team get better.

What would you say to anyone thinking about perhaps giving tug of war a go? Be totally open minded about tug of war, it is nothing like people imagine.

What is your tug of war "top tip"? Enjoy the sport, have fun in the training and competition because it takes time and continual effort to improve and get better.

What are your hopes and dreams in tug of war in the future? I would really love to see youth tug of war being developed, locally and nationally to help create interest with new pullers and teams. All of the focus in on the senior pullers and competitions and it is hard to see how new people will get into the sport.

I'd love to see local school or youth organisation competitions and championships that in time will create teams for higher levels of competition.

What do you like most about tug of war?

Its a real teamplayer sport, everyone needs to do their bit on the rope.

What would you say to anyone thinking about perhaps giving tug of war a go?

Don't judge it until you try it.

What is your tug of war "top tip"?

Do the basics to the best of your ability and focus on your technique and shape on the rope.

What are your hopes and dreams in tug of war in the future? To compete at national and international events.

ADVICE FROM CHRISTOPHER HUNTER

What do you think are the most important attributes for a puller to have?

I believe the attributes that pullers need are:

1. To understand the techniques of pulling and the position on the rope.
2. Dedication to training.
3. Being a strong team member.

The old joke between the pullers in our team is that you need a 'strong back and a weak mind' but this is not true.



DID YOU KNOW
TUG OF WAR
ON ASPHALT?

FROM ITALY WE ARE REMINDED that Tug of War used to be practised on asphalt from the 70s until the early 90s!

- It was very popular as it was easy to organize.
- There was no need to look for a suitable lawn to use as a competition field.
- Pulling on the road was much more visible, direct and engaging for the audience.

Also very interesting were the boots used to compete - they were welder's boots that had the sole modified with rubber which, with the rubbing on the asphalt, warmed up and *increased the grip!*



Beti Gazte

INDOOR TUG OF WAR ENDURES COVID 19 IN BASQUE COUNTRY

It has been a difficult year for a traditional sport such as tug of war in the Basque Country.

The health situation has complicated our lives, and also the practice of this sport.

But even with the difficulty of getting together, training, moving around in our territory and organizing championships, it has been possible to pull the annual tug of war indoor championships.

Adapted to the health situation, with no public in the same enclosure and with fewer days than usual, the Basque Country indoor championships began in December 2020 in Getxo.

The first championship was the 4x4, which was pulled in 4 categories: 260 kg and 240 kg for women, and 320 kg and 300 kg for men. 5 teams participated in each category: Antsoain, Berriozar, Beti Gazte, Ibarra and Txantrea. Beti Gazte was superior among men, taking both men's championships. On the other hand In the women's cham-

pionships Ibarra won the 260 kg championship and Beti Gazte the 240 kg.

These were the results of the 4x4 championships in Basque Country:

	W 260 kg	W 240 kg	M 320 kg	M 300 kg
1.	Ibarra	Beti Gazte	Beti Gazte	Beti Gazte
2.	Beti Gazte	Ibarra	Ibarra	Ibarra
3.	Txantrea	Antsoain	Txantrea	Berriozar

The 8x8 championship was held in March, also at the Fadura venue in Getxo. Due to the mobility restrictions, The Basque teams of the North side of the Pirynees were not able to come to the Championship which was held in the South side , and finally there were 6 teams that participat-

ed: Antsoain, Badaiotz, Berriozar, Beti Gazte, Ibarra and Txantrea. There were 7 categories to compete, and Beti Gazte won all the men's and women's championships.

The only one that did not win was the 580 kg mixed championship, which Ibarra won.

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These were the results of the 8x8 championships in Basque Country:

	W 540 kg	W 500 kg	M 680 kg	M 640 kg	M 600 kg	M 560 kg	Mx 580 kg
1.	Beti Gazte	Ibarra					
2.	Ibarra	Ibarra	Ibarra	Ibarra	Ibarra	Txantrea	Beti Gazte
3.	Badaiotz	Txantrea		Txantrea	Berriozar	Berriozar	Txantrea



REGIONAL CHAMPIONSHIPS

In addition to the 8x8 and 4x4 national championships, there have also been regional tug of war indoor championships.



Ibarra



Badaiatz

These were the championships of the Nafarroa and Bizkaia regions. Both were delayed by the pandemic. Nafarroa was pulled in February and Bizkaia was pulled in March. In Nafarroa 4 teams participated in a reduced 6x6 format for a single day. Beti Gazte won the three championships, the men's 450 kg, the women's 375 kg and the mixed 8x8 550 kg.

The championships were held in Lesaka, with an audience, but with limited capacity due to the health situation.

And at the time of writing this article, the 2021 4x4 championship is being disputed, which is supposed to be held in 5 days in different locations in Nafarroa.

The following categories will be contested: M320 kg, M300 kg, W255 kg, W235 kg, M280 kg, U-20 280 kg and cadets.

The following teams will participate: Antsoain, Araxes, Berriozar, Beti Gazte and Txantrea.

On the 14th of March, 5 teams participated in the Bizkaia Championship. The tournament was held in Laukiz in 640 kg. Goiherri was a champion followed by Gaztedi A, Akelarre, Gaztedi B y Abadiño.

Finally, regional competitions for lower categories have also been held in which school age boys and girls have participated.

The TWIF Magazine and Monthly Focus were used in the brand new series of *Have I Got News for You*, broadcasted on BBC (in the UK) on Friday 30th April 2021. The magazine featured as the guest publication in the missing words round on the longer version: *Have I got a Bit More News for You*. The missing words round is where they take a headline or sentence from an article and the contestants have to guess the missing words.





3rd Manmohan International Gold Cup Tug of War Championship 2077*

Sunsari District Tug of War Association (SDTWA) is a leading association affiliated to Nepal Tug of War Association (NTWA) which is a member of the Tug of War International Federation (TWIF).

Established in 2074BS*, recognized by Sunsari District Sports Development Committee and National Sports Council of Nepal, SDTWA is the first Tug of War Association in Nepal that is responsible for starting International competition events in Nepal and making them huge successful events.

With the organizing experience of 1st Manmohan International Goldcup Tug of War Championship in 2075BS* and 2nd Manmohan International Goldcup Tug of War Outdoor Championship in 2076BS*, SDTWA successfully organized this grand event of Tug of War in Nepal which was named as the 3rd Manmohan International Gold Cup Tug of War Outdoor Championship 2077BS*. This 3rd edition of the tournament was organized on the 8th and 9th of April 2021.

The event was played in a knockout format and Province 1 Team of Nepal beat the Patna Hind Team of India in the final match to win the trophy.

A total of ten teams participated in the tournament;

YUBRAJ CHAUDHARY
Secretary

Sunsari District Tug of War Association

Nepal Police, Nepal Army, Armed Police Force of Nepal, Province 1 Team, Province 2 Team, Bagmati Province Team, Lumbini Province Team, Organizer Sunsari Team, Patna Hind Team from India and Vaishali Hind Team from India.

On 9th of April, the tournament was enaugurated by the Mayor of Duhabi Municipality, Mr Bed Gachhedar, who further declared in his speech that Duhabi Municipality will also help in the budget of the upcoming year to develop the Tug of War sport in Duhabi. The chief guest for the closing session was Mr Ramesh Silwal, the Member Secretary of the National Sports Council of Nepal - he observed the event and he was so impressed with the sport that he declared that he would include the ug of War Game in the upcoming National Sports Competition.

In the closing ceremony, Nepal Tug of War Association declared 8 judges from Sunsari and Morang district as the official Tug of War judges in Nepal.

*2077BS is the calendar year of Bikram Samvat which is used as official calendar in Nepal. (The current Nepali Year in Nepal is Nepali calendar 2077 Bikram Samvat and is approximately 56 years and 8 months ahead of the English calendar, which is known as Gregorian calendar or AD).



1. Winning Team, Province 1, Nepal 2. Patna Hind Team India
3. Girls Blue Team 4. Bagmati Province Team 5. Girls Green
Team 6. Lumbini Province Team 7. APF team.