



**2016 OFFICIAL PROGRAMME**

**MEN'S CENTRAL LEAGUE**

**Stop Out v Petone AFC**

**2.30 Saturday 18th June**



**Patrons:**

Mayor Ray Wallace  
Wynton Rufer

**President:**

Chris Canton

**Chairman:**

Neil Kemp

**Treasurer:**

Donna Beech

**Club Captains:**

Andrew Beech  
Kathryn Burt

**Senior Liaison:**

Pat Gulley

**Jnr Working Group:**

Tania Rook  
Phil Marra  
Alistair Yates  
Andrew Beech

**Directors of Football:**

Chris Sambrooke  
Mike Gibbs

**Jnr Coaching Director:**

Adam Reynard

**Football Manager:**

Paul Commerford

**Club Manager:**

Craig Darby



**Life Members:** Jim Blair, Chris Canton, Dick Dunn, Jimmy Dunn, Tom Dunn, Peter Freidlander, Brent Hamlin, Peter Hartstonge, Dave Houghton, Ernie Gould, Terry Killalea, Brendan Marsh, Arie Molenaar, Jim McCreadie, Carol McNie, Ron Weitzel.



[stopout.org.nz](http://stopout.org.nz)



Stop Out Sports Club (Official)



@redgoldblood

## The First Word

## My blood is red... and gold!

April 30th was our last match at Hutt Park so six weeks on it's a welcome return to daytime football, on a Saturday, at our home ground.

As it's worked out we now play five of our last eight matches at home so that will be better than the plethora of late night games we've had recently in the freezing cold winter nights on artificial surfaces! It might be the way of modern football but you can keep it.

Our good friends from across the river come to us after a very tough start this season. But a quick glance at the table shows a couple of results could change everything. And with still two matches to play against Palmerston North Marist, plus the team that plays in canary yellow, there should be plenty of optimism in Petone's camp.

Petone have also recruited a few new players recently and have been getting closer every week. One of those players is Fisum Aden a 119 game veteran for Stop Out. Fizz is still prominent on the Stop Out sideline, when recovering from injury or when match scheduling allows it.

Welcome home Fisum!



Fisum in red and gold



Sam Pickering

For us we had arguably our best ever result in the last 10 years with a superb and dominant performance over 2015 champions Napier. But two consecutive losses have seen us well and truly come back down to earth, but still with plenty to play for in the 2nd round. Bettering our 4th place finish of 2015 is still one of the goals.

But it's not all bad. Season two back in Central League has seen an improved start to the 2016 campaign. Last year after 10 games we had amassed just 12 points, this year it's 16 points.

In fact our last home defeat was over a year ago on the 13th June 2015 against Napier City Rovers. That's an impressive effort and Fortress Hutt Park is something the boys are very proud of.

Welcome to Hutt Park and enjoy our Stop Out hospitality.

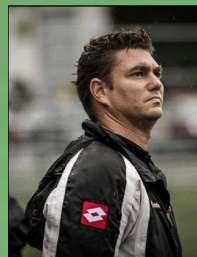
<b>CENTRAL LEAGUE 2016</b>	P	W	D	L	F	A	GD	Pts
Napier City Rovers	10	7	2	1	26	13	13	23
Olympic	10	7	1	2	25	18	7	22
<b>Miramar Rangers</b>	<b>10</b>	<b>6</b>	<b>2</b>	<b>2</b>	<b>28</b>	<b>18</b>	<b>10</b>	<b>20</b>
Western Suburbs	10	5	3	2	28	14	14	18
<b>Stop Out</b>	<b>10</b>	<b>5</b>	<b>1</b>	<b>4</b>	<b>23</b>	<b>20</b>	<b>3</b>	<b>16</b>
Wairarapa United	10	4	2	4	21	16	5	14
Wellington United	10	3	2	5	22	29	-7	11
Lower Hutt	10	1	4	5	18	21	-3	7
Marist Palmerston North	9	1	3	6	16	30	14	5
Petone	9	0	1	8	10	38	-28	1

<b>2016</b>	<b>Central League</b>					
Rnd 1	Sat 2 April	Stop Out	<b>3</b>	Wairarapa	<b>1</b>	Hutt Park 1 @ 2.30
Rnd 2	Sat 9 April	Petone	<b>1</b>	Stop Out	<b>5</b>	Petone Turf @ 3.00
Rnd 3	Sat 16 April	Stop Out	<b>2</b>	PN Marist	<b>1</b>	Hutt Park 1 @ 2.30
Rnd 4	Sat 23 April	Miramar	<b>2</b>	Stop Out	<b>1</b>	Dave F @ 2.30
Rnd 5	Sat 30 April	Stop Out	<b>3</b>	<b>Phoenix</b>	<b>1</b>	Hutt Park 1 @ 2.30
Rnd 6	Sat 7 May	Wests	<b>5</b>	Stop Out	<b>3</b>	Endeavour 1 @ 2.30
Chatham Cup	Sat 14 May	Island Bay	<b>2</b>	Stop Out	<b>1</b>	Wakefield @5.45
Rnd 7	Sat 21 May	Lower Hutt	<b>2</b>	Stop Out	<b>2</b>	Fraser Turf @7.30
Rnd 8	Sat 28 May	Stop Out	<b>3</b>	Napier	<b>1</b>	Hutt Park 1 @ 2.30
Rnd 9	Sat 4 June	Olympic	<b>2</b>	Stop Out	<b>1</b>	Wakefield 2 @ 5.45
Rnd 10	Sun 12 June	Wairarapa	<b>4</b>	Stop Out	<b>1</b>	Masterton Turf @ 2.30
Rnd 11	Sat 18 June	Stop Out		Petone		Hutt Park 1 @ 2.30
Rnd 12	Sat 2 July	PN Marist		Stop Out		Memorial (PN) @ 2.30
Rnd 13	Sat 9 July	Stop Out		Miramar		Hutt Park 1 @ 2.30
Rnd 14	Sat 16 July	Phoenix		Stop Out		Newtown 1 @ 2.30
Rnd 15	Sat 23 July	Stop Out		Wests		Hutt Park 1 @ 2.30
Rnd 16	Sat 30 July	Stop Out		Lower Hutt		Hutt Park 1 @ 2.30
Rnd 17	Sun 7 Aug	Napier		Stop Out		Park Island @ 2.00
Rnd 18	Sat 13 Aug	Stop Out		Olympic		Hutt Park 1 @ 2.30

<b>2016</b>	L Hutt	Marist	Miramar	Napier	Petone	Stop Out	'Rapa	Olympic	'Nix	Wests
L Hutt		9/7	<b>1-3</b>	13/8	<b>4-0</b>	<b>2-2</b>	19/6	<b>1-2</b>	23/7	<b>0-0</b>
PN Marist	<b>3-3</b>		1-7	16/7	28/5	2/7	30/7	<b>2-3</b>	<b>3-5</b>	13/8
Miramar	16/7	<b>2-3</b>		<b>1-1</b>	13/8	<b>2-1</b>	<b>2-1</b>	30/7	2/7	18/6
Napier	<b>4-2</b>	<b>4-1</b>	24/7		10/7	7/8	<b>3-2</b>	19/6	<b>3-0</b>	<b>1-1</b>
Petone	2/7	6/8	<b>2-3</b>	<b>0-4</b>		<b>1-5</b>	<b>0-5</b>	16/7	<b>1-4</b>	<b>2-7</b>
Stop Out	30/7	<b>2-1</b>	9/7	<b>3-1</b>	18/6		<b>2-1</b>	13/8	<b>3-1</b>	23/7
Wairarapa	<b>2-1</b>	<b>1-1</b>	7/8	3/7	24/7	<b>4-1</b>		<b>3-3</b>	<b>2-1</b>	<b>0-2</b>
Olympic	<b>3-2</b>	23/7	<b>3-4</b>	<b>1-2</b>	<b>3-1</b>	<b>2-1</b>	9/7		6/8	<b>2-1</b>
Phoenix	<b>2-2</b>	18/6	<b>4-3</b>	30/7	<b>3-3</b>	16/7	13/8	<b>1-3</b>		9/7
Wests	6/8	<b>3-1</b>	<b>1-1</b>	<b>2-3</b>	30/7	<b>5-3</b>	16/7	2/7	<b>6-1</b>	

## Women's mid-season review

The 2016 season is reaching the halfway mark and our three Women's teams have had a mixed bag of results to date. The Reds team in Division 2 have finished the first round in 5th spot. Now that the mid season promotion/relegation is complete and the points table returned to zero, the Reds will set their sights on winning promotion to Div 1 by the end of the round. Having been rain abandoned last weekend they will aim to kick start their second round campaign with a win over Western Suburbs this weekend at Endeavour.



The Women's Premier side has a lot of talent and is getting better week by week. They have successfully won their quarter final of the Kelly cup competition and look forward to a semi final date with Seatoun at Hutt Park towards end of July. In league competition though they are having to settle for a current position of 9th spot with a game in hand and would probably only need a further three wins to avoid the relegation zone.



Last weekend they played Wests and went down two goals early but then hit back with two goals to draw level before a blunder at the back conceded a late goal just before the half time break. The game swung back and forward and with five minutes to go was locked at 4-4 before we conceded two more goals to lose 6-4.



The women's Central League team are having a better season than last year. At the half way stage we sit comfortably in 4th place on 12 points and 5 points ahead of nearest challenger Seatoun. This total is already better than the 7 points accumulated for the whole of last year. Being only 3 points away from third the side will travel to Palmerston North again this weekend to take on a much improved Massey University with both teams chasing the 3 points. Our goal now for the end of season is to finish in the top 4 of the Women's central league, safety for our Women's Premier side and promotion for our Reds to Women's 1.



Mike Gibbs,  
Women's  
Director of  
Football

## Reserve mid season review

So as we entered into round 2, we had played eight games and have had an outstanding run of seven wins and 1 loss. A massive statement of intent by a young, structured team, looking to take this grade and run away with it. Our first two games of round two were met with the same results as we took from the opposite fixtures from round one; two wins.



MOM Devon Batchelor

Island Bay provided a stern mature test for our lads, and actually went a goal up after some heavy pressure. As usual, we hit our stride mid way through the first half and managed to bring it back level to 1-1 at half time through a great finish from Khalid Razouk. The second half was all Stop Out and we dominated possession in their half, which led to another two goals coming from the hard working Khalid Razouk, and another converted by young rising talent, Josh McEvoy. Another goal followed from another of our young players, Devon Batchelor. Another great result. Final : 4-1. MOTM: Devon Batchelor.

Game 2 of round two saw us come up against Victoria University, now after escaping with three points last time around, we wanted to stamp our authority on this match early. After an early lapse in defensive concentration, we found ourselves 1 nil down, but resilience has been a word to describe our season so far and the boys started flowing into their game soon after on a narrow Boyd Wilson pitch and were rewarded when, you guessed it, Josh McEvoy struck a great shot after some nice combination play with centre forward on the day Khalid Razouk. Shortly after Khalid grabbed one of his own to send us 2-1 up with a tidy finish. Another defensive mistake led to Vic Uni going into half time at 2-2. The second half began and we were humming the ball around the pitch at close to our best, and Khalid again popped up with another great finish to give us a 3-2 lead in the game.

Another cameo from Alistair Yates helped us long the way, as he was fouled in a good position for Daniel de Gans to whip in a nice free kick to find Kieran Mouton in the box who got over the ball and headed home sweetly to put us in the driving seat; 4-2. The game ended up finishing 4-3 as Vic struck late on, but the boys again showed their resilience and fought until the final whistle.



Daniel de Gans

Final: 4-3 MOTM- Again, Devon Batchelor; a hugely influential performance from the heart of our midfield.



<b>Capital 2 2016</b>	P	W	D	L	F	A	GD	Pts
<b>Stop Out</b>	10	9	0	1	32	17	15	27
Wainuiomata	10	7	1	2	24	16	8	22
Waterside	10	6	0	5	22	24	-2	18
Waikanae	10	5	2	3	20	13	7	17
Seatoun	10	5	1	5	16	17	-1	16
University	10	4	1	6	23	28	-5	13
Island Bay	10	3	3	5	18	17	1	12
Wellington United	10	3	2	6	21	27	-6	11
Lower Hutt	10	3	1	7	23	29	-6	10
Douglas Villa	10	2	1	7	14	25	-11	7

## On the mend

You may not have seen Club Chairman Neil Kemp around recently and you probably wont for a few more weeks.

Neil suffered a horrific injury recently with a major break of his ankle. After surgery last week he is held up at home for 5-6 weeks with a prognosis of 11 weeks until a full recovery.



And sadly his planned overseas sojourn to celebrate wife Di's 60th has had to be postponed.

There is no truth to the rumour that tripping up in his work's car parking building was caused by one too many Radlers—the official Chairman's special.

All the best for a speedy recovery Neil.



# Stop Out Sports Club



***Coach:**  
Chris Sambrooke*

***Assistant Coach:**  
Stu Pyne*

***Manager:**  
Paul Commerford*

***Physio:**  
Jonathon Crowley  
Proactive*



**PROACTIVE**  
*Four Corners of Health*

No.	Player
GK	Chris Campbell
2	James Sutcliffe
3	James Sharp
4	Khalid Razouk
5	Lewis Francis
6	
7	Martin Packer
8	
9	Paora Porter
10	Miroslav Malivuk
11	Andrew Abba
12	Brandon Tai
14	Luke Grindlay
15	Luis Corrales
16	Jason Tipping ( c )
17	Steven Gully
18	Sam Pickering
19	Jordan Martens



A Spark New Zealand Company



# Petone AFC

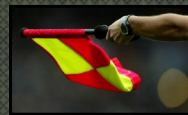


No.	Player
GK	Jake Piper
RGK	Shea Stapleton
2	James Nash
3	Josh Ebert
4	Joe Harris
5	Jake Harris
6	Jordan Pickering
7	Fernando Montada-Rocha
8	Ryan Benson
9	Zach Watson
10	Fisum Aden
11	Tawonga Mahowa
12	Michael McCutcheon
13	Ben Feld
14	Dylan Goddard
15	Connor Coulson
16	Alex Shepherd-Reynolds
17	Jack Morrissey
18	Matt Victor
19	Morgan Blair

*Coach:*  
*Graham Little*



*Referee:*  
*Matt Conger*



*Assistants:*  
*Peter Macdonald*  
*Aaron Clarke*





## 1st team match reports

Stop Out 3 v Napier City Rovers 1  
– Memorial Park, Petone

Hutt Park was deemed unplayable due to the heavy rain over the previous days so the fixture was

moved to our neighbours place at Memorial Park.

Welcoming the league leaders and defending champions was always going to be a challenge and one that the boys were clearly up for.

We dealt with the Napier's threat well, looking to win the deep ball into our back four and counter quickly and aggressively. This paid dividends when we turned the ball over on the half way line and played the ball into Luis Corrales who turned and finished brilliantly from 25 yards midway through the first half. Ten minutes later Andrew Abba doubled the lead with a great run and finish to take us to the break 2-0 ahead.

The second half followed along the same lines. Napier were looking to get forward early and maintain possession high up the park. We were working well to break up the play and get at them on the counter attack. Mid-way through the half Luis Corrales caught them on the break and held off a defender to finish well pass the advancing keeping to wrap up the points.

Napier pulled one back late on but it was a well-deserved victory against a very good side.

Scorers – Luis Corrales 2, Andrew Abba. MOM Abba



Goalscorers Abba 1 and Corrales 2

## Stop Out 1 v Wellington Olympic 2– Wakefield Park

Following on from the win against Napier we went to the late fixture at Wakefield Park against Wellington Olympic. It was a very tactical game to watch through the first twenty minutes. Neither side pressed the back four meaning that the any ball into the midfield was strongly contested. Both sides created a couple of chances, but defensively we were well set and looked the more organised side. Martin Packer gave us the lead on the half hour mark and we kept the lead heading into the break.

The second half started in the same way but as the half drew on Olympic grew into the game more and more. When we lost Lewis Francis to injury we dropped Micky Malivuk into midfield to sure things up but this resulted in a lack of an outlet to clear pressure and we started to drop deeper and deeper to protect the lead. With 15 minutes left a deflected effort found the top corner to give Olympic the equaliser and the momentum of the game really shifted in their favour. With five minutes left Sam Blackburn converted from the tightest of angles to give Olympic the lead. With time running out we committed numbers forward and only a fantastic save denied Micky the equaliser in injury time. Scorer – Martin Packer. MOM Steve Guley



Goal to Packer

## Stop Out 1 v Wairarapa United 4– Memorial Park, Masterton

A late Sunday afternoon fixture took us over the hill to Memorial Park in Masterton to take on a much improved Wairarapa United side. We were keen to bounce back after a difficult result against Olympic and with the other sides in the league picking up points we needed a win to stay close to the leaders. Paul Ifill scored the opening goal of the game with a well taken volley from a corner after a fairly even beginning to the game. Micky equalised shortly after from a trade mark header. Wairarapa continued to look dangerous on the break and with Steve Guley off the park receiving treatment we conceded in first half stoppage time to go in 1-2 down.



MOM Chris Campbell

2nd half was disappointing. We struggled to match the intensity that we have seen in earlier performances and were opened up to easily on defence. We conceded a penalty which was brilliantly save by Chris Campbell and then had a good chance to equalise but were unable to convert. From there Wairarapa dominated the game and scored 2 late goals to blow the lead out to 4-1. If we are honest, except for Chris's performance in goal it could have been more. We have a big week to recover and get ready for the visit of Petone. Scorer – Micky Malivuk. MOM Chris Campbell

Last weekend saw two major milestones in our U17 programme. For the first time in the club's history we had three U17 sides - something we never foresaw at the start of the season.

## Under 17's success!



Our A side travelled to Endeavour Park to take on Wests, our Gold side faced Island Bay at Wakefield, and our Red side faced North Wellington at Alex Moore.

Our Red side had a tough encounter against North Wellington.

A 10-1 loss was not a true reflection of some excellent performances. Liam Hannah was well deserving of the man of the match award with some great saves to prevent a heavier defeat - this boy has a very bright future as a Stop Out player! Jatin Dhuru worked tirelessly up front in difficult circumstances, while younger brother Nayan excelled as skipper of the side.



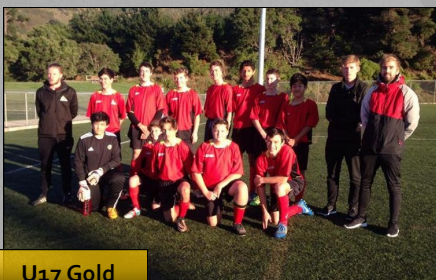
U17 A's

Our Gold side went up against Island Bay, eager to make amends for the last meeting against the Sharks. Joel Tennent was a standout in his role as holding midfielder, as he continues to improve and impress. He sealed a 1-0 win with an audacious 30 yard effort on goal. Sammy Wright continued the trend of impressive young goalkeepers in our group with some smart saves to keep his first clean sheet for the club. Jacky Zeng was another player deserving of praise with another energetic display. As coach Adam Reynard told me after the game: 'everyone had an excellent game'. There will definitely be some selection headaches for the coaching staff on the back of these two games.



U17 Reds

Our A side had a simple equation this morning: we knew if we beat Wests and Porirua failed to win their game that we could secure promotion to the A grade, an almost unimaginable dream at the start of the season. What followed was perhaps the most stressful game of football ever experienced!



U17 Gold

We were 4-3 up at half time thanks to goals from Josh McEvoy, Diego Rodriguez, Max Odgers and Juan Madriaga - Juan's effort a particularly noteworthy goal due to the sensational work from Daniel Langdon and Kieran McInnes. Some poor defending in the second half got the score back to 5-4 to Wests; a late three goal flurry in our favour meant a final score of 7-5. Josh completed his hat trick while Jack Wilson got in on the action with an awesome late cameo.



**Josh McEvoy hat trick**

News filtered through shortly afterwards that Porirua slipped up against our great friends KCU; we had secured promotion. An amazing feeling.

This is a major milestone for our great club. These 52 players have given us everything in such a short space of time; they are true Stop Out lads and represent everything that Stop Out Sports Club stands for: enjoyment and acceptance.



**Griff Edward**

It would be remiss of me to forget to mention our boys currently out with injury - Lyndon Murray, Jamie Rybinski and Jack Kilty. Ben Cushman and Ollie Sully were unavailable this weekend also.

All great lads with massive futures. Another major person who was unfortunately absent this weekend was our talisman Griff Edward. He has been a part of our journey from day one; a player who gives everything for our group and is an inspirational leader.

On a personal note, I can't speak highly enough of our boys. It's a pleasure to work with such incredible young men who have come together and created a unique atmosphere that cannot be matched. Pride doesn't even come close to describing my emotions this evening.

<b>Under 17 B, Rnd 1</b>	P	W	D	L	F	A	GD	Pts
Tawa	8	8	0	0	60	8	52	<b>24</b>
<b>Stop Out</b>	<b>9</b>	<b>7</b>	<b>1</b>	<b>1</b>	<b>36</b>	<b>22</b>	<b>14</b>	<b>22</b>
Porirua City	9	6	1	2	70	13	57	<b>19</b>
Naenae	9	5	1	3	27	23	4	<b>16</b>
Kapiti Coast United	8	4	2	2	26	19	7	<b>14</b>
Nth Wellington B	9	4	1	4	49	43	6	<b>13</b>
Marist	9	3	1	5	30	26	4	<b>10</b>
West's Black	9	2	0	7	20	57	-37	<b>6</b>
Petone	9	1	0	8	13	66	-53	<b>3</b>
Upper Hutt Dev	9	0	1	8	10	64	-54	<b>1</b>

The hard work begins now for these lads. We will continue to improve and prove the doubters wrong. The future of our club is very bright!

Alastair Yates



## 3rds ticking along nicely!

with Island Bay at Wakefield brought plenty of entertainment between two well matched teams. In the first half, we conceded an early goal, but played well for the remainder of the half and should have gone in to the break at one all. After the break, both teams continued to attack, and both looked like scoring. Island Bay broke the deadlock first to go two up with only 20 to go. Never a team to give up, we continued to press and were rewarded with a goal by Troy Peek following a pass that cut the defence apart. Unfortunately, Island Bay scored a contentious goal virtually immediately after a Stop Out player was fouled. The game should have been well and truly over but their keeper, who is known for his gamesmanship and other antics, had a brain explosion. With his own defenders either side of him, he decided to take on Matt "Chopper" Henderson on his six-



yard line. Having decided he wasn't going to get round Chopper, he turned his back to his own goal line, tripped and put the ball into the back of his own net. Even after this, he continued his gamesmanship with excessive time wasting, much to the annoyance of us and the referee. His plan back fired badly, when the referee awarded us a corner five minutes into stoppage time. With time running out fast, the corner was driven long and hard past the back post. Chopper rose dramatically to head the ball into the goal past the hapless keeper, from an improbable angle, to seal a well-earned draw.

Next up bottom side North Wellington Wolves were a completely different side that turned up in the first round. They played with speed and quality that belied their bottom position and not having won a game all season. They went two goals up, one through an extremely controversial offside decision. Again, we found our feet and pulled a controversial goal back ourselves before the game was levelled up with 10 minutes left through an own goal, smashed past their excellent keeper. With time running out again, we rode our luck and somehow managed to win the game in the dying seconds with a deflected corner.

Last week's game against Olympic was a much more routine game, which we dominated from the first minute to the last. Having shifted Kev Hoskin to centre forward to cover injured regular Kieran Page, we managed to go into the break 2-0 up thanks to a Hoskin brace. In the second half, we learned the lesson that Olympic didn't...that you can't play long balls at Hutt Park into a strong northerly. We kept the ball on the deck, moved it quickly and managed to go three up with half an hour to go; the sublime half volley from MOM Hoskin completed the team's first hat trick of the season. The game was sealed when Chopper rounded the keeper, who brought him down to stop a certain goal. A straight red, which was harsh, but technically correct. Chopper scored from the spot and Olympic got a consolation goal for a 4-1 final.

This week it's back to Alex Moore for another night kick off. With their first team playing before us, and their reserves having a bye this week, who knows who we may be playing. Roll on the game!

Cap 5 2016	P	W	D	L	F	A	GD	Pts
Island Bay	11	9	2	0	37	17	20	29
Stop Out	11	9	1	1	33	11	22	28
Olympic	11	7	0	4	24	22	2	21
Nth Wgtn M	11	6	2	3	23	17	6	20
Tawa	11	5	2	4	19	13	6	17
Waterside	11	5	0	6	22	23	-1	15
BNU	11	4	2	5	20	27	-7	14
Tawa AC	11	2	2	7	13	24	-11	8
Naenae	11	1	2	8	14	32	-18	5
North Wgtn W	11	0	1	10	16	35	-19	1

## The Last Word!

### Hamstrung!

Nothing worse than seeing one of your own go down, during a match, without warning and nobody about them.

During the match against Olympic that's exactly that happened. Lewis Francis went down with a hand to the back of his leg. The voice next to me said, knowledgeably, that it looked like a hamstring injury. It turns out it was exactly that. Lewis ended up stood next to us for a few minutes and described the event. The feeling of the tear, realising what it was and the nature of the pain. My friend and I nodded sagely, even flinched a bit at the idea of the tear. Then the same thought came to us, what is a hamstring?

Like a lot of football, sports more broadly, injuries the jargon is there often but with a limited understanding. A little looking up and it seems that the hamstring is any of the three tendons contracted by three posterior thigh muscles (semitendinosus, semimembranosus and biceps femoris), and the term is often also used to refer to the muscles themselves. The hamstring tendons make up the borders of the space behind the knee; the muscles are involved in knee flexion and hip extension. That all seems a bit complicated.

So, more simply, the three hamstring muscles form the bulk of the muscle at the back of your thigh. They end in strong, thick tendons at the back of the knee. The term 'hamstrings' is used to refer both to the muscles and to their tendons. During a hamstring strain, one or more of these muscles or tendons gets overstretched, often suddenly, and may even tear. So what do they do? The answer is they bend the knee. They also straighten out the hip when you move your thigh backwards. These big muscles are not very active in normal walking, but are crucial in power activities such as running and jumping. Hamstring injuries seem to pop a lot in football. Mostly because they are 'often caused by rapid acceleration activities and sudden explosive movements when running or initiating running'. Clearly in football those two criteria are easily met.

It was at this point I wondered what Lewis would have felt at the point of injury. It seems it should have been something along these lines. He may have felt or heard a pop, followed immediately by severe pain in the affected leg after his sudden movement. The muscle may have felt tight and tender, and gone into cramp or spasm. All of which if I was listening properly, and not flinching, sounds like what went on.

Recovery involves a lot of self discipline and paying attention to your body. That begs the question, what is the outlook for hamstring injuries? The outlook is generally good, but can require a period of rest by avoiding running and athletic competition. The length required for recovery varies depending on the severity of the muscle injury.

Thanks to my GP for pointing me to [www.patient.co.uk](http://www.patient.co.uk) as starting point to understanding health issues.

*Life-long Stop Out fan Mike Barton gives us his perspective on the beautiful game!*





**brendan foot**  
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